



## 1Thessalonians 5:13-15

# Rise and Shine

*13 and that you esteem them very highly in love because of their work. Live in peace with one another. 14 We urge you, brethren, admonish the unruly, encourage the fainthearted, help the weak, be patient with everyone. 15 See that no one repays another with evil for evil, but always seek after that which is good for one another and for all people.*

**Plymouth Lutheran Church**

**Pastor Ryan Kandoll**

**February 2025**

**11015 County Road 15, Plymouth, MN 55441 Telephones: 763-544-7248 & 763-544-9170**

### **From the Pastor's Office**

### **14 Random Ways to Show God's Love to Others**

Valentine's Day is February 14, and whether or not you have a romantic evening planned, here are 14 simple and random ways to show the love of God to the people around you. This offers a lighthearted way to challenge our culture's association of romance with this Christian holiday, which actually honors martyrdom and sacrifice (more on that at the end).

1. Pray for someone on the spot when they share something significant about their life with you.
2. Do something kind for someone who gets on your nerves.
3. Do something nice for your neighbors—just because.
4. Tell a stranger about God and how Jesus died for them.
5. Ask a stranger about their spiritual beliefs and see if it opens the door for you to share God's truth.
6. Forgive someone who has hurt you (and if they don't know about it, don't bring it up).
7. Ask forgiveness from someone you've wronged (actions only—not thoughts; this is often awkward and, in some cases, unhelpful or even rude).
8. Send someone an encouraging note, text, or email.
9. Take someone out to lunch—someone you don't normally spend time with, or

someone who can't (or wouldn't feel obligated to) repay you.

10. Write a prayer for someone and send it to them.
11. Bring a meal or coffee to a shut-in.
12. Ask people how you can pray for them.
13. Instead of just asking how you can help someone in a crisis (or in need), take time to pray and think of a practical way to help, then offer it.
14. Volunteer in the new children's program on Wednesday nights!

According to tradition, Saint Valentine was put in jail for conducting secret marriages after Emperor Claudius ordered the prohibition of marriage, believing that unmarried soldiers would be better fighters. While in jail, Saint Valentine prayed for the jailer's daughter, and God healed her of blindness. He also wrote her a letter, signing it, "From your Valentine."

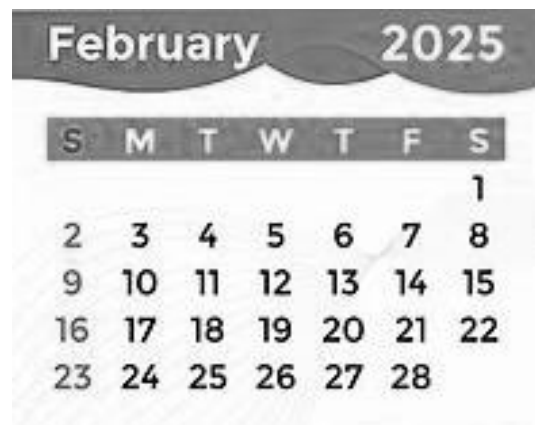
He was executed on February 14, 269 AD, because he refused to renounce his faith in Christ. His martyrdom has been seen as an example of love and sacrifice for centuries. While it's perfectly fine to go out to dinner if you have a romantic interest, and there's nothing wrong with romantic gestures (when appropriate), a much better way to celebrate is by doing acts of sacrificial love for others.

God's Peace,  
Pr. Ryan Kandoll

Church website: [www.plymouthapostolic.org](http://www.plymouthapostolic.org) Church email: [secretary@plymouthapostolic.org](mailto:secretary@plymouthapostolic.org)

Prayer Chain: [plcprayerchain2021@gmail.com](mailto:plcprayerchain2021@gmail.com) If you would like to receive this by email, please send a message to [secretary@plymouthapostolic.org](mailto:secretary@plymouthapostolic.org)

## February at PLC



## Celebrate Our Congregation February Birthdays:

Sharon	Wahala	2/2
Henry	Wempen	2/4
Pietro	Serazzi	2/9
Sue	Jukuri	2/19
Kevin	Myrmel	2/20
Pam	Bielinski	2/20
Larry	Walters	2/23
Ryan	Rintala	2/24
Nicole	Bartell	2/26

### Sundays:

**2, 9, 16, 23** **9:15am** Sunday School for Everyone  
**10:30am** Worship service with Communion  
**11:30am** Coffee Fellowship

### Tuesdays:

**11** **6:00pm** Mission Committee meeting  
**6:30pm** Board of Trustees meeting

### Wednesdays:

**5** **9:00am** Men's breakfast @ Perkins Hwy 55 & 494  
**6:00pm** Evening Bible Study @ the Church  
**12, 19, 26** **9:30am** Men's Bible Study @ the Church  
**6:00pm** Evening Bible Study @ the Church

### Saturdays:

**22** **9:30am** FMSC Event @ Chanhassen location

## Save The Date



**Feed My Starving Children** event scheduled for **Saturday,**

**February 22<sup>nd</sup> @ 9:30am**  
**18732 Lake Drive East, Chanhassen, MN 55317**  
**Sign-up sheet on the narthex desk.**

**March 5 – Ash Wednesday**

**April 20 - Easter Sunday**



**March is**  
**MN FoodShare Month**

WHAT'S HAPPENING AT



Interfaith Outreach™  
Igniting the power of community



## Looking ahead to Food Share Month in March

### Join us in the fight to prevent hunger: 2025 campaign starts now

When we compared our food shelf's year-over-year Q1-Q3 data (April-December 2023 vs. April-December 2024), we saw increases as high as 13% in a few key areas: number of households served, number of households with children served, and pounds of food/goods distributed.

While we can help prevent hunger for the families and individuals who have come to us in need of support, we can only be here, ready to respond, for the hundreds of households who have not yet found their way to Interfaith - but eventually will.

**The need is growing, and so is our commitment.**

As a result, we are getting a head start on [Prevent Hunger](#), our annual drive to end food insecurity in our community, which will run through April 30.

**We invite you to join us in responding to this need; here are a few ways to do so:**

- **Make a donation:** Financial donations to [Prevent Hunger](#) help us purchase food from our partners at the best prices possible. This is especially critical when it comes to getting ind-demand meat and fresh produce for our clients. Bonus: If you donate on or before March 31, you'll help us work toward our FY25 goal – we're 87% of the way there!
- **Hold a food drive:** Each month, Interfaith's food shelf distributes an average of 69,000 pounds of food and goods. Most food drive collections weigh at least 1,000 pounds, which helps our team plan inventory for the weeks and months ahead. For more information on how to plan your food drive, [click here](#).

"We will always need to use funds to purchase food, but we want to reserve them for items that aren't ideal for donating, like frozen meat and fresh produce. That's where larger-scale donations of the basics, the non-perishables, really come into play," says food shelf manager Andy Swerine.

Your **individual food donations** are always needed and appreciated as well. Be sure to check out our current list of [most-needed items](#) to make the most impact.

Thank you – your support makes the difference!

# Food Shelf Donation List

## THANK YOU FOR YOUR GENEROUS DONATIONS TO THE INTERFAITH OUTREACH FOOD SHELF

### **MOST NEEDED ITEMS:**

Canned tomato products\*  
Cooking oil\*  
Fresh produce (vegetables, fruits, herbs)  
Juice boxes, sparkling water, and squeeze pouches  
Healthy snacks (granola bars, trail mix, dried fruit, etc.)  
Baby food and formula  
Baby wipes  
Paper towels  
Pull Up diapers  
Toilet paper Toiletries (shampoo, toothpaste, bar soap, deodorant)

\*Indicates culturally-specific foods

### **OTHER NEEDED ITEMS:**

Baking mixes (muffins, cake, etc.)  
Canned chicken or fish\*  
Canned fruits and vegetables  
Cereal  
Coffee or tea  
Dish soap  
Herbs and spices\*  
Jam/jelly  
Laundry detergent  
Meal-in-a-box or can  
Pasta sauces\*  
Peanut butter\*  
Rice and pasta\*  
Feminine hygiene products

### **HOLIDAY FOOD NEEDS:**

*Help our neighbors celebrate special traditions! Please drop off items two weeks before the holiday.*

Passover, March: Matzo bread

Easter, April: Ham, potatoes, Easter candies

Eid al-Fitr, May: Dates

Rosh Hashanah, September: Apples, Honey

Thanksgiving, November: Turkey, stuffing, gravy, collard greens, mustard greens, turnip greens, russet potatoes, sweet potatoes, cranberries

Chanukah, December: Chocolate coins, applesauce, sour cream, potatoes

Christmas, December: Turkey, ham, gravy, potatoes, baking ingredients

### **Donation Door Hours: Mondays, Wednesdays, Fridays from 10:00 a.m. to 5:00 p.m.**

Drop off location: 1605 County Road 101 N, Plymouth, MN 55447

Please call 763-489-7545 to schedule a large delivery or email Andy at [aswerine@iocp.org](mailto:aswerine@iocp.org) with questions. Thank you!



Interfaith Outreach & Community Partners  
1605 County Road 101 N, Plymouth, MN 55447  
763-489-7500 [www.iocp.org](http://www.iocp.org)



**Saint Valentine risked his life  
to bring God's love to others.**

Taken from "The Story of Saint Valentine – Coloring Storybook"  
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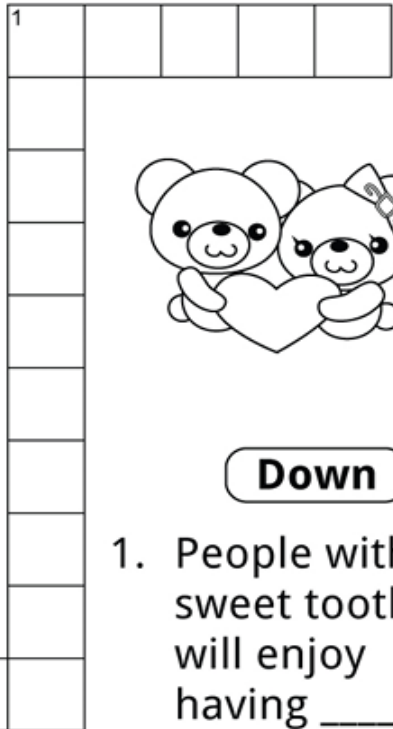
[www.brotherfrancisonline.com](http://www.brotherfrancisonline.com)



# Valentine's Day

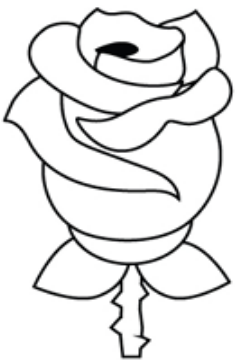
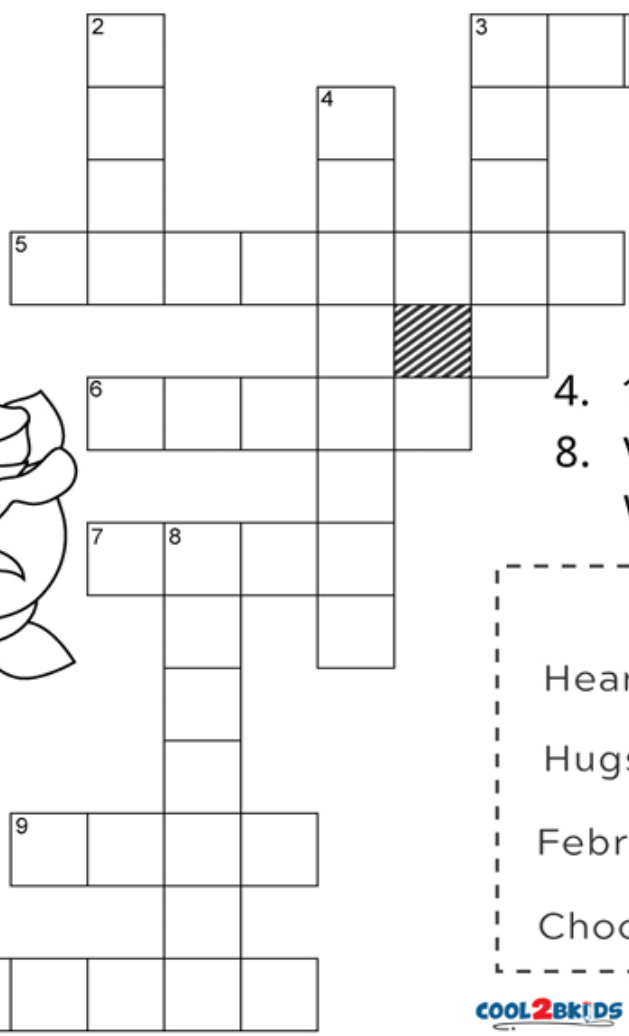
**Across**

1. A winged archer associated with love
3. \_\_\_\_\_ and kisses for everyone!
5. Valentine's month
6. Popular colors of the day are red, \_\_\_\_\_, and pink
7. The opposite of false
9. What color will you wear? Red or \_\_\_\_\_?
10. \_\_\_\_\_ are red.....violets are blue



**Down**

1. People with a sweet tooth will enjoy having \_\_\_\_\_
2. Valentine's Day is a celebration of this
3. You may receive candy in a \_\_\_\_\_-shaped box
4. 10 plus 4
8. Valentine's Day is filled with love and \_\_\_\_\_



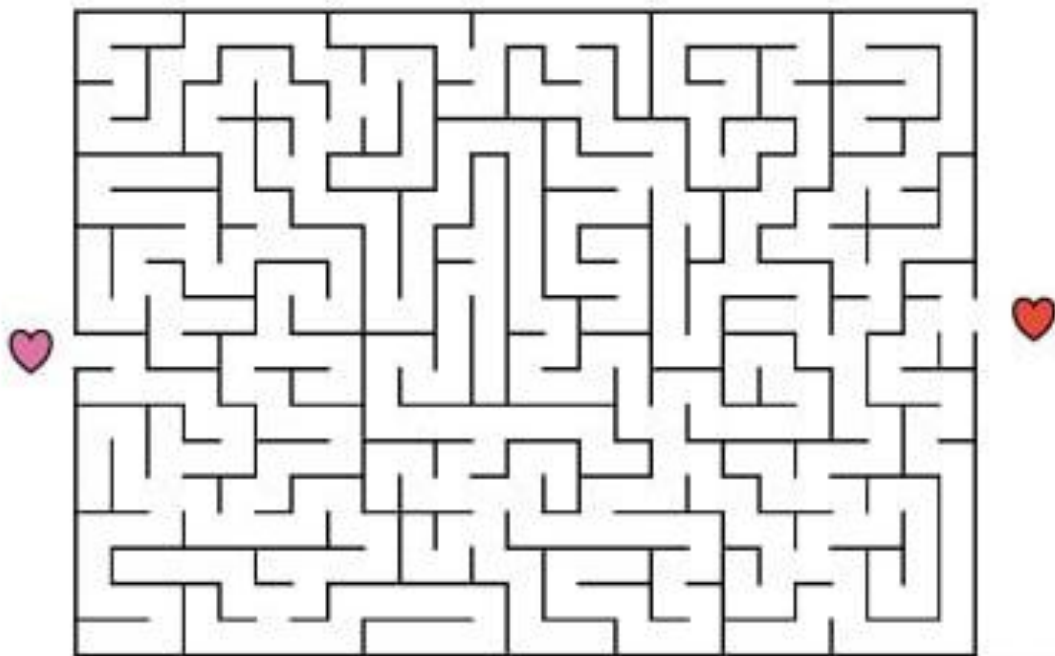
WORD BOX

Heart	Cupid	Love
Hugs	Fourteen	Roses
February	Pink	Romance
Chocolates	White	True



## Sweet Hearts Maze

Can you find a path from the pink heart to the red heart?



# VALENTINE'S DAY WORD SEARCH

P T B R Y Y B E R B R C H O C O L A T E  
U S H B F R I E N D S H I P T O E S S U  
S S E S P L M K Y A E Y L E B C X O P C  
B I E N D A O S N T S L A H U G S H A R  
E R A Z O C E W E H A A E A S R G A O O  
M A G R A U Y H E A R T B T C R A S H S  
I S F T M P F O P R O E A W U W D A C E  
N I V T O I T D Y K S C H A F N P A I S  
E A C A R D S T E F U L W I F C H I B E  
N S M C T A S T R E D P A N I M A U N R  
X E W U O B A U S E E E K A N A R N E K  
L O V E U M N R U A A E A I G L R M D A  
A B X T E A N K S G I T I R G A O P M Y  
T I E O P T L E W C R U S H R I W C T Y  
X T Z H A Y S Y A X O X E E N A D C R T

Heart  
Love  
Dear  
Candy

Pink  
Cupid  
XOXO  
Arrow

Hugs  
Roses  
Amor  
Crush

Chocolate  
Be Mine  
Friendship  
Treats

Red  
Sweets  
Cards  
Flowers

PaperTrailDesign.com