



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 2024

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

From the Pastor's Office

The season of Lent is upon us so why not talk about fasting? What is fasting? Should Christians do

it? What's the point of it? Is there a wrong way to do it? The answers to these questions and more are in this month's letter.

Lent is a time of preparation for Easter. Christians around the world observe it by spending greater amounts of time in worship and devotion to the Lord. One of the many ways of doing this is by fasting. Fasting is something that has been done by believers since long before Christ and continues to this day. A lot of groups fast from various foods during the week and then feast on the weekends. Other fast from sun up to sun down every day or everyday but Sunday. Protestants are much more relaxed on when or how to do it which is why we don't hear much about it in most of our circles. However, Jesus instructed us in a way that assumes that we would fast, "when you fast..."

"And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. 17 But when you fast, anoint your head and wash your face, 18 that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you." Matthew 6:16-18 (ESV)

In addition to fasting from food, lots of people these days fast from things like social media, the news, TV, videos, other entertainment, alcohol, certain foods (a lot of Catholics fast from meat on Fridays), I have known some people to give up sweets or other favorite foods for a period of time. Because the purpose of fasting is to devote greater amounts of time to prayer and meditation, it's better to limit entertainment during the fast anyway.

Reasons to fast:

Reason # 1) Discipline your body. As we have been learning about in Wednesday night class our bodies are not the enemy, our flesh is not an enemy but it is fallen and corrupted by sin. Because we are fallen we desire things that are sinful and ultimately bad for us. Fasting can be a way to let your body know that it is not the boss of you. When your stomach is demanding food and you're saying hey, I have control of you not the other way around you're learning to exercise control over your body.

Fasting can be helpful in overcoming habitual sin. The practice of fasting to help with self-discipline is so effective that non-believers even do it. I've heard of many business owners and business success book authors that do it to quit bad habits or start good ones.

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Church website: www.plymouthapostolic.org

Church email: secretary@plymouthapostolic.org

Prayer Chain: plcprayerchain2021@gmail.com

If you would like to receive this by email, please send a message to 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:

4,11,18,25 **9:15am** Sunday School & Adult Bible Study

10:30am Worship service

11:30am Coffee Fellowship

18 **10:30am** Worship service
with Communion

25 **11:30am** Abbreviated Communion

Tuesdays:

13 **6:00pm** Mission Committee meeting

6:30pm Board of Trustees meeting

Wednesdays:

7 **9:00am** Men's & Ladies Breakfast
@ Perkins HWY 55 & 494

6:00pm Evening Bible Study

14 **Ash Wednesday**

14,21,28 **6:00pm** Lent Service

Introducing the newest member of PLC's church staff: Hyoan (Mina) Park

Her official title is Music Leader. She will be playing the piano and encouraging volunteers to play their instruments with her during our worship services.

If you haven't met Mina yet, please introduce yourself.

Save The Date

Lent Services

Wednesday evenings at 6:00pm

Starting Feb 14th (Ash Wednesday) – March 20th, 2023

Maundy Thursday, March 28th @ 6:00pm

Good Friday, March 29th @ 6:00pm

Men's & Ladies morning Bible Study will resume on Wednesday, April 10th



PLC went to Feed My Starving Children (FMSC)



January 20th, 2024, we had a group serve at FMSC. Some were serving for the very first time.



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Reason # 1B) You can be aware of practicing being aware of the presence of God. It's easy to be distracted and not think about God's presence in your life when you're hungry and denying yourself food as a reminder to pray and trust God, it is quite powerful.

Fasting helps us to say no to the things of this world and yes, to our Lord Jesus. The time spent denying your flesh and feeding your soul can help you grow in maturity in The Lord.

Reason # 2) In-service to others. You can fast and pray for the poor, the hungry, missionaries or other causes. You can donate the money that you would've spent on food and entertainment to help the cause you were praying for. A person could also devote the time they would've spent eating (or the time spent doing the thing they are fasting from) to praying for or serving the cause for which they are fasting for. This is mentioned in Isaiah 58.

Reason # 3) To remove distractions. This is why many people these days fast from entertainment, news, or social media. Fasting from food at the same time can also help solidify your resolve to limit entertainment. You can replace a half hour of watching the news with a half hour of Bible study or replace a weekly movie with a weekly service project (we have plenty around the church if you're looking for ideas).

Reason # 4) To petition the Lord. One time I fasted and prayed that the Lord would give me a wife. That was quite a few years before I met Carmen. That time helped me trust in the Lord and have greater trust in His timing and His leading.

Ways to do it wrong:

#1) You're doing it wrong if you're doing it to be seen by others. Jesus talked about this in Matthew chapter 6 which is quoted above. Let your fasting be secret and your Father who sees in secret will reward you.

#2) Fasting doesn't take the place of serving our neighbor. It doesn't do anything for God. We serve God by serving our neighbor who's made in his image. We serve God by serving our Christian brothers and sisters who have been adopted as His children and are temples for the Holy Spirit. And we serve God by serving the Christian Church who is His bride. There is a harsh judgment for those who do seemingly very religious acts in place of those that the Lord has said are the real religious acts in Isaiah 58.

We serve others not to earn something from God, but instead out of love for Him because He first loved us by giving His son to die in our place.

#3) It should not be taught in an exacting manner or done out of compulsion. If you're part of a group that calls for a time of fasting and prayer you are at liberty to decide your level of participation.

#4) You're doing it wrong if you're trying to gain leverage. We have no leverage with God outside of Christ outside of what he has himself given us already. It's not a way of twisting God's arm.

The ways to do it wrong all revolve around pleasing the flesh. Which is the opposite of the goal. The goal is to have mastery over the flesh, and bring it in a subjection to the Lord, not to glory it.

Tip #1) It's natural. Your body is made to go without food for periods of time and there's a lot out there on the health benefits of it. Of course caution should be taken for children and those on medications, but if you're a healthy adult then go for it. Start with shorter periods of time.

Tip #2) Water, salt, exercise. Your body will be getting rid of salt through the various ways that it disposes of water, so eat some salt along with your water to replenish. You can exercise (carefully) while fasting, and this will help to maintain muscle mass.

Tip #3) Remember our main priority in life is to love God and love our neighbor. If you're a person that gets hangry (angry when hungry), then try to schedule your first fasts when you don't have to be around people until you learn to control that.

Tip #4) Having a fast forced upon you due to famine or more often in our day it may be forced upon someone before a surgery is also a good time for reflection, prayer, meditation, on the word of God.

Lent can be a wonderful time for us all to pray that the Lord would help us to grow in humility toward one another and in love for our neighbor as we look forward to the coming of our Lord in eager expectation especially as we look forward to Easter. Below is a little prayer you can add to your devotional time if you like.

God's Peace be with you!
-Pastor Ryan Kandoll

A Lenten prayer for our congregation:

Our Lord God almighty, maker of all things seen and unseen. Thank you for this time of reflection in the Church year. Guide us as a congregation step by step to grow closer to you and grow in our knowledge of the truth. Your Word is truth, we cannot know it without you revealing it to us.

Quiet our anxieties, and protect us from our adversaries whether known or unknown to us, both seen and unseen.

Heal us from materialism and other harmful mindsets that we pick up from our culture. Teach us to do your will so that we will be strengthened by you in our love for you and our charity toward others.

You have made us the light of the world; teach us not to complain about or fear the darkness in the world, but rather let your light shine through us so that others may know you and come to repentance. For you are our strength, our shield and our redeemer and your kingdom will have no end.

Amen

Lenten Service Schedule:

The series for this Lenten season will focus on Saint John's passion narrative. Jesus' betrayal and arrest, Jesus facing Annas and Caiaphas, Jesus before Pilate, Jesus delivered, Jesus crucified, and Jesus' death and burial. We'll especially consider the divine majesty and glory of Jesus that's hidden under his suffering and death. We pray that God the Holy Spirit would, by this meditation, imprint the image of Christ crucified in our hearts and minds.

I was asked to include a schedule. I think it is well meaning and of course we want to show our love and support for someone who is a dear friend or relative. But let's also come to the other services in person to show our love and support for the word of God, our fellowship with the saints, and the other speakers who are coming to serve us during this time.

Feb 14th,	Ash Wednesday:	The Powerless "I Am," John 18:1-11 – Pr. Ryan Kandoll
Feb 21st,	Lenten Midweek 2:	Two Interrogations, John 18:12-27 – Pr. Ryan Kandoll
Feb 28th,	Lenten Midweek 3:	What Kind of King Is This? John 18:28-40 - Michael Mattinen
March 6th,	Lenten Midweek 4:	Whom Do We Follow? John 19:1-16a – Pr. Joel Baker
March 13th,	Lenten Midweek 5:	Wisdom Has a Friend on the Cross, John 19:16b-27 - Michael Mattinen
March 20th,	Lenten Midweek 6:	Jesus Finishes the Battle for Your Salvation, John 19:28-42 - Dan Salo



January 2024 Saul & Nicole



HAPPY NEW YEAR!

- ✓ We had a very blessed Christmas filled with family, friends, and rest. We were able to go to Minnesota to visit family, as well as spend a lot of time with our family here in Ensenada.



NEW YEAR, NEW MINISTRY: DTS!



DISCIPLESHIP TRAINING SCHOOL

- ✓ At the end of 2023, we left out positions in the kitchen and moved into a new season of walking with 21 students from 5 different countries! So far it has been a wonderful, but challenging time.
- ✓ Saul is helping lead our Surf and Skate track, and Nicole is helping with admin and finances of the school.





PRAYER REQUESTS



- ✓ Please be praying for our students! We know God has something special for each one of them here, and we want them to be transformed.
- ✓ Pray for Saul and I also for wisdom, patience, and energy to serve them the best way possible. Especially the energy part, as we are both introverts! Haha.

