



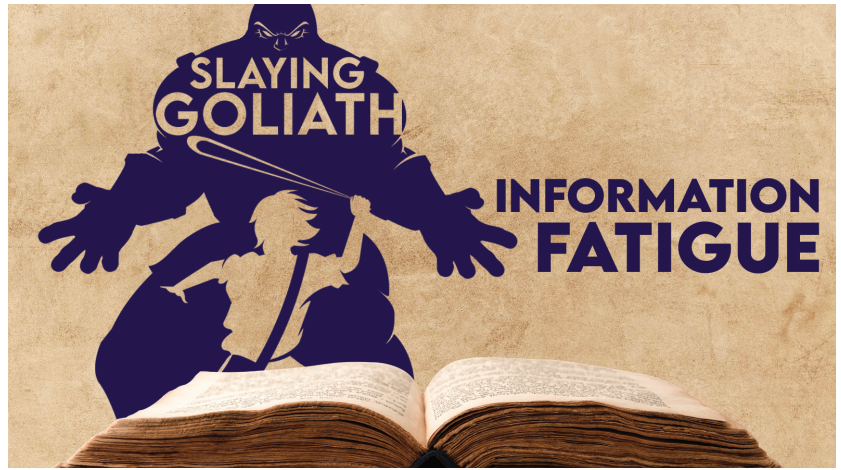
PRINCE OF PEACE

Love God. Love People.

March 21 – 22, 2026

Information Fatigue

Matthew 11:28-29 | Philipians



MUSIC THIS WEEKEND

CONTEMPORARY

SATURDAY, 5:30 pm | Sunday, 10:30 am

Praise
Ancient Gates
Living Hope
Graves Into Gardens

CLASSIC | SUNDAY, 9:00 am

Joyful, Joyful
Great Is Thy Faithfulness
Piano: Musical Offering
It Is Well

MESSAGE: Paul Dean

COMMUNION: Saturday, 5:30 pm

BAPTISMS:

Sunday, 9:00 am – James Clark and Samuel Henkle
Sunday, 10:30 am – Ariella Rose Twardoski-Freerksen

Upcoming Celebration of Life Services:

Ron Bergerson – March 28

Sandra Bergsten – April 24



Welcome to Prince of Peace!

We are open and affirming, here to love God and all people. Scan the QR code to join our mailing list and find ways to get involved.

JOIN US FOR WORSHIP

Classic: Sun 9:00 am | Contemporary: Sat 5:30 pm, Sun 10:30 am

Resources, livestreams, playlists and podcast links: popmn.org

HOLY WEEK SCHEDULE

Palm Weekend Worship | March 28-29 | regular worship times

Maunder Thursday Seder Meal | April 2 | 6:00 pm

This contemporary Jewish meal uses traditional food and rituals to help us remember the Exodus story. popmn.org/register

Good Friday Worship | April 3 | 7:00 pm

Reflections on the Seven Last Words of Jesus.

Easter Saturday Worship | April 4 | Contemporary | 5:30 pm

Easter Sunday Worship | April 5

Sunrise | 6:30 am | Chapel | Communion

Classic | 8:00 & 9:30 am | Sanctuary | *also livestreamed*

Contemporary | 11:00 am | Sanctuary | *also livestreamed*

JOIN US FOR COMMUNITY

Family Ministry Flower Fundraiser | Orders due March 22

Order flowers in the community room, and pick them up on May 9.

Easter Plants | \$15 per plant | Order by March 25

Order online or stop by the Connect Desk or Welcome Desk to pick up an order envelope to use for cash or checks.

EGGstravaganza | Sunday, March 28 | 10:00 am

Easter egg hunt, activities, pancakes! Free and open to the public: popmn.org/register. We're looking for small, nut-free candy to stuff in the plastic eggs. To help, contact dridgway@popmn.org

JOIN US IN GENEROSITY

Thank you for your gifts for mission and ministry!



ROOF REPLACEMENT

We have an exciting challenge ahead: raising \$550K cash by Tuesday, June 30! Combined with the funds already raised, this amount allows us to move forward with the roof repair, which will: fix leaks, replace inefficient HVAC units, comply with insurance requirements, improve energy consumption by 25%, and prepare for our upcoming solar plans.

If you have pledged a gift to the Capital Campaign in years two or three, we ask you to consider moving that gift forward into this year. Accelerating pledged gifts will help us complete this project without outside financing. If you have not yet made a pledge, we invite you to consider making a special one-time gift of cash or stock toward this roof initiative.

Thank you! We can get there together! popmn.org/preserve-open-plant

WHAT IS YOUR GOLIATH?

DUNGEON or BATTLEFIELD

What is the battlefield or dungeon? What fearsome or mundane realities have kept you away? What guardians block the way or seal the doors?

SKILL or CHALLENGE

What potential allies or enemies appear? What can you find here that might help or hurt your progress, depending on your approach? Are there puzzles to solve?

SETBACK

Success is hardly ever a straight line. What pitfall might you have to navigate on your way to gaining what you seek?

CLIMACTIC CONFLICT

What climactic challenge – or Goliath – stands as the final guardian between you and what you ultimately seek?

REWARD

What lies on the other side of this battle? What is your reason for risking the danger of the fight? What will you gain? What surprise might be in store after your victory here is won?

The Goliath of

INFORMATION FATIGUE

We are busy people. It's no surprise that last week's topic was "time scarcity." Our days are full of tasks, responsibilities, distractions, pings and notifications on our phones, plus 24-hour information/entertainment channels reporting on a world that seems increasingly dramatic, unkind, and frenetic.

The news, which is rarely good, eats away at us, often creating a simmering sense of doom or hopelessness. Social media feeds this circus, leading to mental, emotional, even physical fatigue that can lead us depressed or irritable.

Our culture is split, and we all suffer from an information overload that drives us back into the endless information loop. We begin to live in a bubble of information that shields us from true connection and understanding.

It's in this world that we hear the scripture for today:

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke on you and learn from me, because I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy to bear, and my load is not hard to carry." – Matthew 11:28-30

Does this sound like good news? Why, or why not? What is Jesus' yoke?

What would it look like to find rest in this world? Was last weekend's snowstorm a respite from information fatigue, or just more time to dive in deeper?

Do you feel like you're addicted to information that you have no power over? (For example, watching news about a single event for hours and hours, or even days, in a row.)

What should, or can, we do about natural disasters in faraway lands, or wars in other countries? Are these things new, or do they feel new because we are experiencing them differently in this media age?

Do you feel increasingly helpless as you consume more information? Is it dangerous to ingest too much news? Is it also dangerous to ignore it? How do you decide how much information is healthy and wise? Do these questions have a right answer?

How should we navigate these questions in an increasingly connected, information-rich, media-saturated world? How are Christians called to show up when everything feels like it's on fire? Where do we give our hearts without shattering our souls? What is the best way to love our neighbors, both locally and globally, in 2026? And where do we find respite from all of it?

In your most stressful moments, remember that Jesus often went off alone to pray, carving out moments of solitude and reflection. We can also do things like that: Worship. Serve. Read scripture, poetry, or information that heals or uplifts. Turn off the news. Turn off social media. Go outside and center yourself in the natural world. Rest your body and brain so we can together resume the work of showing up to love God and love people.

