



Voices of the Valley

The Monthly Newsletter of Lord of the Valley Lutheran Church

"That You May Know, Live, and Share the Love of Christ."

October 2017

Volume 21, Number 10

ALL ARE WELCOME

As a community of the people of God, the people of Lord of the Valley Lutheran Church are called to welcome all people, regardless of age, economic status, ethnic background, gender, physical or mental ability, race or sexual orientation. We affirm that in Christ *"there is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female."* - Galatians 3:28

Lord of the Valley Lutheran Church

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email: lotvoffice@lordofthevalley.org website: lordofthevalley.org

Church Office Hours – Monday – Thursday 9:00 AM – 3:30 PM

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pastorb@lordofthevalley.org

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The church council meets the second Monday of each month. All church council meetings throughout the year are open to anyone. If you have something that you would like to present in front of the church council, or an item of concern please contact one of the church council members listed above.

The next Church Council Meeting is on Monday, October 9th at 6:30 PM

Luther's Small Catechism Series

As the 500th anniversary of the beginning of the Lutheran Reformation in Europe approaches (October 31, 1517) you are invited to spend some time looking into our Lutheran faith roots. We are offering a series this fall to revisit Luther's Small Catechism and watch a couple of videos related to Luther and the Reformation. While we will be doing some looking back we will also do some looking around at our faith and how it is lived and expressed. One of the videos is recently produced by Rick Steves, a popular travel writer who has a television series on PBS. He also happens to be a member of one of our ELCA congregations. Our series meets on Wednesday evening's through October at 6:30pm.

Reformation Movie Night

On October 31st (yes, Halloween) Reformation Day at 6:00 pm we will have a showing of the movie ***Luther***. This movie was produced a number of years ago by Thrivent Financial for Lutherans and tells the story of Martin Luther and the beginnings of the Reformation. Bring your supper and your family and friends as we watch the film. The film is rated PG-13 and is about two hours long.



For a few months this year our Men's ministry watched and discussed a series on the Reformation in Europe. It was not simply about the Lutheran reformation experience, but was a wider view of the events and dynamics throughout Europe. It was also a reminder of how volatile and destructive a period it was. Disruption came and with it often war and death. It was not a nostalgic period that was swift to come and go but lasted more than a hundred years. As some conclude, it ushered Europe from the middle ages to the early modern age, changing everything and not just the Church. It was a period of time that was marked by divisiveness and accusation and threats and harsh realities.

It is also a reminder that harsh and difficult periods do come and do, eventually, pass. Or rather, transform into the future. Certainly the Reformation wasn't the first time in the history of our Christian faith that people struggled, fought, thought and proclaimed their convictions. Nor was it the last time that God accompanied people of faith through real challenges and great uncertainties.

As we move through our life of faith we do well to remember God's faithfulness in times past, eras of long ago and not so long ago. We hold on to the promise of Jesus, to be with us always. We hear the hope of new life in Christ that Paul proclaimed to first generation Christian communities; a hope that is no less significant centuries later.

The Spirit of God moves us into the future not by making us replicate the past; but by recognizing the promise of Jesus as God's love for the sake of the world. It is a promise that can work on us and our view of the world, a reformation of own. It is a promise that will encourage us when evidence to the contrary seems more obvious. It is a promise around which we can live, now and into the future, with hope and hopeful anticipation.

In a time that sometimes looks and sounds as volatile as the Reformation of 500 years ago, this promise of God's love for the sake of the world as encountered in Jesus Christ is at the center of our life together in worship. We lift bread and cup and proclaim Jesus is truly present. We are reminded again and again of the life of promise with which we are baptized. May this life of promise be at the center of our life when we go out in service to our neighbors that they may encounter Christ's love in and through us.

Peace to you in Christ Jesus our Lord.

Pastor Brian Bergum

Looking For a Way to Deepen Your Worship Experience?

For many people, looking at the Bible readings before Sunday helps put the message in context of their lives. As you read the lessons, ask yourself: Is there anything in the readings that relate to your life right now? Is there anything that surprises you in the readings? Disturbs you? Try doing this for a couple of weeks, see if following this on a weekly basis strengthens your personal faith life, and deepens your worship experience.

The Lessons for Worship in October

These are the Bible readings that we will hear during our worship services this month. They are provided that you might use them for personal devotion and meditation.

October 1st – 17th Sunday of Pentecost

Ezekiel 18: 1-4, 25-32
Philippians 2; 1-13
Matthew 21: 23-32

October 8th – 18th Sunday after Pentecost

Isaiah 5: 1-7
Philippians 3; 4b-14
Matthew 21: 33-46

October 15th– 19th Sunday after Pentecost

Isaiah 25: 1-9
Philippians 4: 1-9
Matthew 22: 1-14

October 22nd – 20th Sunday after Pentecost

Isaiah 45: 1-7
1 Thessalonians 1: 1-10
Matthew 22: 15-22

October 29th– Reformation Sunday

Jeremiah 31: 31-34
Romans 3: 19-28
John 8: 31-36

Ministers of Worship in October

October 1

Greeters – Greg and Lori Orzech

Ushers –Greg Orzech, Bill Tetlow

Readers –Roger Odneal, Bill Tetlow

Communion Assistant –Charlene H., Lori O., Susan O.

Acolyte –Ruby Yoder

October 8

G – John and Susan Price

U – Jerry Stahl, John Price

R – Carolyn Stahl, Chris Tinkum

CA – Carolyn Stahl, Chris Tinkum, Susan Price

A – Grace Schneider

October 15

G– Paul and Suzanne Gerhart

U – Edna Anderson, Paul Gerhart

R –Pat Edwards, Edna Anderson

CA –Suzanne Gerhart, Pat Edwards, Jerry Anderson

A –Henry Bergen

October 22

G – John and Jody Mintken family

U – Bob Means, Raymond Covington

R –Chris Tinkum, Mary Kate Mintken

CA – Carmen Covington, Kathy M., Chris T.

A –Lily Smith

October 29

G– Greg and Lori Orzech

U – Rick Riemenschneider, Greg Orzech

R –Ben Kuhnel, Lori Orzech

CA –Lori Orzech, Kris Kuhnel, Charlene Heins

A –Jakob Riemenschneider

If you are unable to help be a worship minister on the particular day, please try and find a replacement to take your place or to switch days with you. Thank you for sharing in the ministry of Lord of the Valley.

Make sure you know whom to call with any questions you may have after you get home.

2. Take action within your community:

Ask your librarian how to find clearly written and relevant health information. Take classes offered by librarians on Internet and social media tools. Attend health education programs at your public or hospital library, community centers, or faith-based organizations. Request these programs if they aren't offered. Request that local schools teach kids about health education and deliver clear health messages to kids, like proper hand washing techniques.

3. Check these websites for more information:

<http://www.healthliteracymonth.org/>

http://www.health.gov/communication/HLActionPlan/pdf/Health_Literacy_Action_Plan.pdf

<http://nnlm.gov/outreach/consumer/hlthlit.html>

<http://www.cdc.gov/healthliteracy/>



Saturday, October 7th

7:30 – 11:00 am

Fraser Valley Elementary School

Low cost blood work and many free screenings.

For more information and to register, visit

www.9healthfair.org (choose Fraser Valley Elementary Fair).

Monthly Blood Pressure Checks

Don't forget that we offer free blood pressure checks following our worship service once a month. The next free blood pressure check will be on Sunday, October 1st.



September 20, 2017

President's Column

A few items.

First we have a new sound mixing board, which resulted in a household wanting to provide new speakers. The sound board was paid for out of a capital account that we have for purchasing tangible assets. Funds for the capital account come from directed memorial donations and by direct donations. The speakers were a direct donation, thank you.

A shout out to the women's group for a very successful Grand Lake pie sale in August. Our volunteers provided a bunch of tasty baked goods and raised some \$1,300.00 directed for youth education. Thank you all.

The property committee, led by Greg Orzech, will tackle a renovation of our upstairs living space in preparation for potential live in supply pastor next year. The plan includes paint, install a washer/dryer, new carpet, take the blue bathroom to the studs and renovate, baseboard trim, new bi fold doors, and flooring in the bathroom and kitchen. We plan to start in late October, talk to Greg or any council member if you would like to donate funds, or help out.

We will be doing some grading of our parking lot. We just need to coordinate a rain event with availability of equipment and operators.

The LOTV website is live, take a look at: www.lordofthevalley.org. This is a start, we plan to add a protected members section that would include a member directory, copies of council meeting notes, recipes, and?? In the interest of privacy, the member's directory would require an affirmative response from a member to list their information.

Lastly, the church council meets on the second Monday of the month at 6:30 PM. Questions comments, concerns are welcome at the meeting or talk to Pastor or any council member.

Yours in Christ,
Tom Mark
303 949 7214
NN182BM@AOL.COM

Appreciating God's World, a Travel Series

We continue on Friday, October 20th, at LOTV with our series called "Appreciating God's World, Traveling among Nations, People and Cultures." We have a number of members and friends who have been blessed to travel through many places around the world. We are inviting several of you to present a 30-40 minute travelogue of your experience and share with the rest of us. The series is held in the afternoon (2:30PM) on the third Friday each month, through the winter.

This month Bob and Sally Vogel will share their experience in Germany. They will have photos and stories that they will share. This series will be open to the public. We ask our members who attend to please bring a snack or appetizer to share as we host this time of learning. If you are interested in presenting a session on some travel that you have enjoyed, please see the sign-up sheet in the back of the sanctuary. If you have any question, please visit with Pastor Brian or with Jerry or Edna Anderson.



Calling our Youth!

The Synod Youth Gathering is taking on a new life! "Wait, What?!" will be held in January for Middle School AND Senior High Youth. Wait, What?! Yes, that's right. A new venture with both groups coming together with energy for an activity packed weekend. "Wait, What?!" is the theme for this Martin Luther King Jr. weekend (Saturday 13th thru Monday 15th) in Colorado Springs. While there will be some all group activities, there will also be separate programming for the two different age groups. Our theme will relate to justice and equality and our faith in Jesus Christ. Let's load up a few vehicles (and get you out of school that Monday) and join many others from across our Rocky Mountain Synod for this new and exciting Gathering. Learn more at <https://www.rmselfca.org/faith-formation/2018-rms-gathering>. Let Pastor Brian know of your interest.

Confirmation Class

Our Confirmation Class will meet on October 8th and 22nd. They continue to focus on our Lutheran theology and life using Luther's Small Catechism as a tool for conversations.



Lord of the Valley's
Health and Wellness Ministry



October is Health Literacy Month

"Health Literacy" is the ability to read, understand and act upon health information. A significant gap exists between the way health care issues are communicated and the ability of most people to understand them.

All people, and not just those with limited reading skills or people for whom English is a second language, are affected by limited health literacy. According to the National Action Plan to Improve Health Literacy, nearly 9 out of 10 adults have difficulty using routine health information.

When people struggle with understanding how to prevent and manage health conditions, they are more likely to skip necessary medical tests, have a harder time with their diabetes or high blood pressure and visit the emergency room more often. They also tend to make mistakes with their medications, and fail to understand nutrition labels.

The good news is that health care facilities are trying to improve. One of the resources used is the *National Action Plan to Improve Health Literacy*. This Plan as well as others have given health care providers several tools to better deliver their messages to patients. They include simplifying written materials, using video or other ways to teach patients, and tips to help doctors speak more clearly with patients.

There are also several things that you can do to improve your understanding of health related information:

1. **Improve Communication With Your Doctors and Other Health Professionals:**

Before you leave for your appointment make a list of your symptoms and when they started. Bring a list of your current medications, write down your questions, and bring paper to take notes.

Ask your doctor, nurse or pharmacist to use familiar language and write down their information.

Ask questions if something is not clear. Let the health care person know if what they are telling you is confusing in any way. Ask for written materials written in plain language.

(Continues on next page...)

Supplies Needed for Mission Nicaragua

With low prices, it is a great time to purchase school supplies for 2018 Mission Nicaragua. Supplies needed are: pens, pencils, loose leaf paper, rulers, crayons, markers, glue sticks and scissors. New and used Spanish books are also greatly needed. Please place donations in the designated box in the fellowship room. Also accepting eyeglasses/sunglasses, caps/hats, large or extra-large t-shirts to make diapers. Thanks so much for your support of Mission Nicaragua!



Mission Nicaragua Fair Trade Coffee Sales

Our Mission Nicaragua Team will have Lutheran World Relief Fair Trade Coffee and Chocolates available for purchase on Sunday, October 8th and 22nd in the fellowship room following worship. Thank you for your support!

Church of the Eternal Hills Annual Soup Supper

Homemade soups and chili, breads and desserts. Tuesday, October 10th from 5:00 – 7:00 pm at Church of the Eternal Hills in Tabernash. All monies raised go to the Eternal Hills Christian Preschool. Cost: Free will donation (equivalent of what you'd spend for dinner at a restaurant). For more information: 887-3603.

Enjoy the Convenience of Electronic Giving

We want to remind you that we offer electronic giving as a way to automate your regular weekly offering. Electronic giving offers convenience of our members and provides donation consistency of our congregation. Direct Debit Giving is used to automatically transfer funds from your checking or savings account to the church's bank account. As you contemplate future contributions, please consider electronic giving. Authorization forms are available at the back of the sanctuary. Please call the church office for more information, 887-9252.



Women's Bible Study

The Women's Bible Study sessions continue in October on Tuesday, October 3rd and 17th at 11:00 am. All women of LOTV are invited for a time of sharing, study and support while enjoying a light lunch. For more information please call Pat Edwards at 887-2238, Carolyn Stahl 887-9352 or Mary Mulholland 303-898-6743.

Men's Ministry

On Wednesday mornings at 7:00 am we have a group of men who gather at Lord of the Valley for breakfast, conversation, prayer and study. This group welcomes men to join them whether for a week or two, a season or year round. They take turns providing breakfast for each other. Sometimes the conversations linger, but they understand if some need to leave earlier. They seek to offer an encouraging, supportive time together. The group recently began watching another video series by the *Great Courses* entitled *How Jesus Became God*.

Sunday Morning Fellowship

We would like to thank those who have generously hosted Sunday morning fellowship in the past few months. It is an important part of our ministry as it is a time to share in conversation and welcome guests. We have a few Sunday's available in October and November for those interested in hosting Sunday morning fellowship. Please see the signup sheet at the back of the sanctuary as well as a list of responsibilities.

Home Devotions / Living Lutheran Magazine

Located on the table at the back of the sanctuary are home devotionals you are invited to take and use at home. They are free, and they are a simple way to spend a few minutes each day focusing on your relationship with God. Also, at the table you will find information relating to our ministry at LOTV and the October issue of the *Living Lutheran Magazine*. Feel free to take what you might find useful.

Hayden Smith is at basic training in the US Navy. If you are interested in sending him greetings you may do so by being in contact with his mother Christine at 970-509-0521 or cwsmith322@msn.com.