



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."

November 2018

Volume 22, 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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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 Sunday, November 12th at 6:30 pm.

Appreciating God's World

*Many members of our congregation have had the opportunity to travel to many parts of the United States and the world. We are continuing a program where members of the congregation share their travel experiences with other LOTV members and the community. The 30-40 minute presentations will be at 2:30 pm on the third Friday of the month. Afterwards, there will be time for questions. Attendees / presenters may bring appetizers to share. **Our next presentation will be on November 16th. Pastor Brian Bergum will share his experience traveling in the United States Pacific Northwest while on Sabbatical.** Please contact Jerry and Edna Anderson with any questions, 970-887-9773.*





Thank you for the gifts that filled our green wagon on the second Sunday of October. Our members and friends shared 94 pounds of food and personal hygiene items to be shared with our neighbors through Mountain Family Center's Food Pantry. Our children were quick to bring the wagon, filled with these special offerings, to the altar before heading off to Sunday School on October 14.

In this month of November we have two opportunities to share Christ's love and our concern for our neighbors. We will gather our Second Sunday offering of non-perishable foods and personal hygiene items for the food pantry. AND we will invite gifts to assist with the Thanksgiving Baskets that Mountain Family Center coordinates.

We have received financial gifts in these past few years of up to \$1600 to provide all the items needed for a traditional Thanksgiving dinner for a family of 4-8 people. It would be wonderful to see a similar offering again this year. This translates to at least 40 households in need being able to celebrate a Thanksgiving dinner.

This year I encourage us to share our gifts early so that our partners at Mountain Family Center can plan for and purchase the meal items in time for their distribution. You can place your financial gift in the offer plate the first couple Sundays of November or mail them to the church. Or you can place your gift in an envelope marked for Thanksgiving Meals and put it into our green wagon on the second Sunday.

Recently Helen Sedlar, Executive Director for Mountain Family Center, visited our Women's Ministry Bible Study group and shared their wide ranging work that impacts many households in Grand County. She noted our partnership, especially at Thanksgiving and Christmas. Earlier this year our Women's Ministry began supporting Mountain Family Center by encouraging volunteers from LOTV to serve one day each week.

I am so pleased with the growing connection we have with Mountain Family Center and the opportunity this provides for our people to serve our wider community. This is one more way we touch people's lives with Christ's love.

Let us give thanks to the Lord, for God is good. God's mercy endures forever!
Blessings to you in these days!

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 November

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.

November 4th – All Saints Sunday

Isaiah 25: 6-9
Revelations 21: 1-6a
John 11: 32-44

November 11th–25th Sunday after Pentecost

1 Kings 17: 8-16
Hebrews 9: 24-28
Mark 12: 38-44

November 18th – 26th Sunday after Pentecost

Daniel 12: 1-3
Hebrews 10: 11-14 [15-18] 19-25
Mark 13: 1-8

November 25th – Christ the King

Daniel 7: 9-10, 13-14
Revelations 1: 4b-8
John 18: 33-37

Ministers of Worship in November

November 4

Greeters – Geoff and Yolanda Jurgensen Family
Ushers –Jerry Stahl, Geoff Jurgensen
Readers –Ben Kuhnel, Edna Anderson
Communion Assistant –Kris K., Carolyn S., Jerry A.
Acolyte –Ally Jurgensen

November 18

G- John and Susan Price
U – Greg Orzech, Raymond Covington
R –Carmen Covington, Lori Orzech
CA –John Price, Susan Price, Carmen Covington
A – Josie Nance

November 11

G –Steve and Marla Gall
U –Steve Gall, Bob Means
R – Kathy Means, Chris Tinkum
CA – Chris Tinkum, Kathy Means, Marla Gall
A – Gunner Bjerken

November 25

G – Roger and Susan Odneal
U – Jerry Stahl, Steve Peters
R –Roger Odneal, Carolyn Stahl
CA – Charlene Heins, Susan Odneal, Carolyn Stahl
A –Ally Jurgensen

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.

- Deodorant soaps
- Skin care products that contain alcohol, fragrance, retinoids, or alpha-hydroxy acid (AHA)

Avoiding these products will help your skin retain its natural oils.

6. **Wear gloves.** Our hands are often the first place we notice dry skin. You can reduce dry, raw skin by wearing gloves. Be sure to put gloves on before you:
 - Go outdoors in winter
 - Perform tasks that require you to get your hands wet
 - Get chemicals, greases, and other substances on your hands
7. **Choose non-irritating clothes and laundry detergent.** When our skin is dry and raw even clothes and laundry detergent can be irritating. To avoid this:
 - Wear cotton or silk under your clothing made of wool or another material that feels rough
 - Use laundry detergent labeled “hypoallergenic”
8. **Stay warm without cozying up to a fireplace or other heat source.** Sitting in front of an open flame or other heat source can dry your skin.
9. **Add moisture to the air.** Plug in a humidifier. If you can check your home heating system, find out if you have a humidifier on the system — and whether it’s working.

When to See a Dermatologist

Your skin should start to feel better quickly. If these changes do not bring relief, you may want to see a dermatologist. Very dry skin can require a prescription ointment or cream. Dry skin also can be a sign of a skin condition that needs treatment. A dermatologist can examine your skin and explain what can help reduce your discomfort.

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, November 4th.



Mission Nicaragua Fair Trade Coffee Sales

*New **INVENTORY**, available to be purchased on Sunday, November 11 & Sunday, November 25 in the Fellowship Room following worship. Thank you for your support.*



Thanksgiving Baskets

Again this year we are welcoming gifts to support households in the wider community with all the items needed for a Thanksgiving meal. We will partner with Mountain Family Center who is coordinating the meal basket distribution. If you would like to support a household for all or part of a food basket, please share a financial gift and indicate “Thanksgiving Meals”. The average cost is around \$35.00 for a family of 4 to 6 people. If you would like to help put the baskets together, please contact Mountain Family Center 557-3186. Thank you for your care for our neighbors in need!

Second Sunday Special Offering

With the help of our children we invite members and friends to bring nonperishable food items to church on the Second Sunday each month to support the food pantry at Mountain Family Center. We will have our green wagon in the back of the sanctuary and our children will be invited to bring these items forward when the ushers present our financial offering during worship.

Confirmation Class

Confirmation Class for our 6th and 7th graders will meet on Sunday, November 11th and 25th from 11:30 am to 1:00 pm. This year we will be studying key Biblical stories and connecting them with our Lutheran theology and faith practices.

ALANON

Beginning on Wednesday, November 7th, ALANON will be meeting at LOTV in the back room on Wednesdays at noon. This meeting is in addition to their meetings on Monday and Thursday nights at 7:00 pm. Please be mindful of their need for confidentiality.

Women's Bible Study

The Women's Bible Study sessions continue in November on Tuesday, November 6th and 20th 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 970-406-8108, 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. Everyone is invited to participate.

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 Sundays available in November and December 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 November issue of the Living Lutheran Magazine. Feel free to take what you might find useful.



Lord of the Valley's
Health and Wellness Ministry



Simple Changes Can Soothe Dry Skin

Following the same skin care routine year round may not work so well when the humidity drops. Without a change in your skin care, dry air can make fine lines and wrinkles more noticeable. Dry skin can itch, flake, crack, and even bleed.

To help heal dry skin and prevent its return, dermatologists recommend the following.

1. **Prevent baths and showers from making dry skin worse.** When your skin is dry, be sure to:
 - Close the bathroom door
 - Limit your time in the shower or bath to 5 or 10 minutes
 - Use warm rather than hot water
 - Wash with a gentle, fragrance-free cleanser
 - Apply enough cleanser to remove dirt and oil, but avoid using so much that you see a thick lather
 - Blot your skin gently dry with a towel
 - Slather on the moisturizer immediately after drying your skin
2. **Apply moisturizer immediately after washing.** Ointments, creams, and lotions (moisturizers) work by trapping existing moisture in your skin. To trap this much-needed moisture, you need to apply a moisturizer within few minutes of:
 - Drying off after a shower or bath
 - Washing your face or hands
3. **Use an ointment or cream rather than a lotion.** Ointments and creams are more effective and less irritating than lotions. Look for a cream or ointment that contains an oil such as olive oil or jojoba oil. Shea butter also works well. Other ingredients that help to soothe dry skin include lactic acid, urea, hyaluronic acid, dimethicone, glycerin, lanolin, mineral oil, and petrolatum.
4. **Wear lip balm.** Choose a lip balm that feels good on your lips. Some healing lip balms can irritate your lips. If your lips sting or tingle after you apply the lip balm, switch to one that does not cause this reaction.
5. **Use only gentle, unscented skin care products.** Some skin care products are too harsh for dry, sensitive skin. When your skin is dry, stop using:

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Mission Nicaragua 2019

A Mission Team is forming, sponsored by LOTV, to serve the people in Somoto, Nicaragua June 2019. We will depart from Denver on June 20th, returning June 30th.

We are partnering with Praying Pelicans Missions. The principle reason for partnering with this organization is the assistance they give Mission teams with logistics. The organization utilizes Nicaraguans to obtain/purchase, such as transportation, translators, etc. Another advantage to us is they have boots on the ground to keep us informed as to unsafe environment in light of the reason we decided not to go Nicaragua in June 2018.

At this point in time 29 suit cases/bags are packed with the needed supplies from last year. Most suitcases have been audited as to their contents, validating the contents. We do not need donations at this time, the exception is water filters for clean drinking water. The cost of a filter is \$50.00. Our goal is \$5000 or 50 filters.

If you are interested in participating in Mission Nicaragua or supporting the mission please call Carmen Covington at 970-531-2857.

Mission Nicaragua Volunteer Opportunities

The holiday season is approaching, there are opportunities to volunteer at the Holiday Gift Fairs. We will have coffee and chocolate to sell. It is an opportunity to share with the community about Mission Nicaragua work and support the mission team with the sales. Actually it is twice gifting...gift to the Mission team with the sales and the purchase is a gift for a friend of family member.

- The Inn at SilverCreek, Holiday Arts & Craft is the 1st market, on November 10th*
- Fraser Valley Metropolitan Recreation Center in Fraser, on November 17th*
- Olde Fashion Holiday Craft Bazaar in the Community Building in the center of Grand Lake, on November 23rd & 24th*
- Kremmling Pre-school Craft Fair in the West Grand High School, on December 1st*
- Tommel Fest at Devils Thumb Ranch on Dec 8th*

*(More information will be shared regarding the December holiday craft/gift fairs)
Please look for the holiday craft/gift fairs signup sheets at the back of the church and choose a time to help out the fund raiser and have a wonderful time talking to community members sharing our story.*



Family Game Night at LOTV on the 2nd Saturday of every month, from 6:30-8:30pm, this month on November 10th. We welcome everyone from the community and suggest that each family brings a snack to share and a game or two to play. We'll need a few people to help with the set-up and clean-up (information will be provided). Please see the signup sheet at the back of the sanctuary. Please feel free to invite friends and family to join us for an evening of fun and fellowship!

Sunday School

Our Children's Sunday School meets during worship. The children are excused for class after the Children's Sermon. We use the Sunday School Curriculum "Whirl". The children explore their faith through interactive activities, games, colorful leaflets, creative art projects and music. The lessons relate to the Bible readings from the worship service. We invite your children to be part of Sunday School this year. Cathy Childress, Sharon Waggoner and Shana Roehrs are our teachers. If you are interested in helping with our Sunday School program please contact the church office 887-9252.

Welcome New Members

On Sunday, October 21st we welcomed several new members into the congregation. Joining LOTV are Pete, Shana, Auggie and Gretta Roehrs, Robin Donner, Gary and Linda Behlen, Karen Crabb and Jackie Moorhusen. If you haven't already had a chance, please introduce yourself and welcome them into our fellowship.

