

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 2017

Volume 21, Number 11

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

PO Box 843 Granby, CO 80446 (970) 887-9252

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

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

Rev. Brian Bergum - Pastor (531-4312)

pastorb@lordofthevalley.org

Kris Kuhnel - Newsletter Editor / Office Administrator

Church Council Members:

John Price 970-406-1698

Susan Odneal 816-210-4792

Chris Tinkum 725-3440

Penny Dibble 887-3934

Jane Fisher 970-302-9067

Tom Mark 303-949-7214

Raymond Covington 970-846-9187

Bob Means 627-8978

Greg Orzech 720-810-4966

Alicia Scott 303-946-2180

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, November 13th at 6:30 PM

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. Our County Sheriff's Department also assists with this annual outreach and will hold a food collection at local grocery stores on November 10 and 11. 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 for a family of 4 to 6 people. If you would like to help put the baskets together, you can call Mountain Family Center at 557-3186 and ask for Katie to volunteer. Thank you for your care for our neighbors in need!



They change our lives, not always in big and dramatic fashion, though perhaps sometimes. More often it is bit by bit, hardly noticeable. The change comes from words of encouragement, words of care, messages that let us know we matter. They hold us accountable, not with fear hanging over our heads, but by reminding us of what they see we are capable of. They see our potential well before we can imagine it. They fuel our faith by their own faith. They give us examples to which to aspire, tangible, real and achievable.

These are the Saints in our lives. They are grandparents and parents; sisters and brothers; children and friends and neighbors and strangers. They may be connected to us for the long haul or perhaps only briefly. They may now be held only in memory or may still be living with us.

Through these Saints we experience our Lord Jesus Christ; his grace, mercy, forgiveness and peace. Through them God touches our lives, deeply. These are the Saints in our lives. Because of them, we become Saints in the lives of our neighbors, friends and loved ones.

What a blessing to know the gift of God's love is often wrapped in the lives of people so close to us. What a blessing to remember that God is with us in and through the lives of these Saints, and our memory of them and all that they mean to our life and faith.

All Saints Day is November 1st. We celebrate the saints in worship on November 5th. Come and hang a leaf on our tree of Saints.



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 5th – All Saints Sunday

Revelations 7: 9-17
1 John 3: 1-3
Matthew 5: 1-12

November 12th – 23rd Sunday after Pentecost

Amos 5: 18-24
1 Thessalonians 4: 13-18
Matthew 25: 1-13

November 19th– 24th Sunday after Pentecost

Zephaniah 1: 7, 12 -18
1 Thessalonians 5: 1-11
Matthew 25: 14-30

November 26th – Christ the King

Ezekiel 34: 11-16, 20 -24
Ephesians 1: 15 -23
Matthew 25: 31-46

Ministers of Worship in November

November 5

Greeters – Geoff and Yolanda Jurgensen
Ushers – Jerry Stahl, Geoff Jurgensen
Readers – Penny Dibble, Marla Gall
Communion Assistant – Penny D., Carolyn s. Marla G.
Acolyte – Marie Jurgensen

November 19

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

November 12

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

November 26

G – Jerry and Carolyn Stahl
U – Jerry Stahl, Steve Peters
R –Pat Edwards, Carolyn Stahl
CA – Charlene Heins, Pat Edwards, Carolyn Stahl
A –Luke Peters

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.



Apartment Renewal

The upstairs apartment at Lord of the Valley will be getting some upgrades in preparation for next summer when we host a supply pastor during the Sabbatical for Pastor Brian. Greg Orzech is coordinating the project and plans to get underway on November 7th. We will be refurbishing one of the bathrooms, replacing flooring and painting throughout. Please talk with Greg if you are able to help.

A Message from Kenn and Muriel Johnson

It is with heavy hearts that we say goodbye to Pastor Brian and our wonderful friends at Lord of the Valley Lutheran Church. We have had a home in Grand Lake for 35 years, 19 of them full time. We have seen many changes and now it is time for a change for us to move back to Denver full time. It has been a blessing to be a part of such a friendly, caring and supportive community and we cherish the memories of this amazing church. You will always be very dear to us.

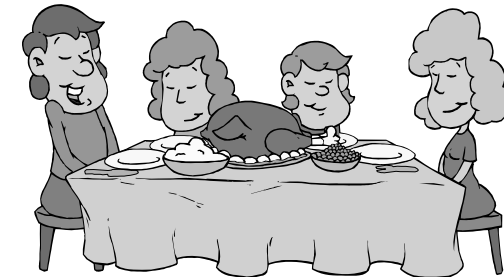
Muriel and Kenn Johnson

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 5th.



Hayden Smith is at basic training in the US Navy. He was recently appointed Recruit Weapons Petty Officer for his division. He also auditioned for the division that performs at graduation and is playing the trumpet. 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.



Dinner for Six

Sign-Up Has Started for the Winter "Dinner for Six" Groups. Dinner for Six is the chance you have to get together with other people from Lord of the Valley (usually in groups of six – hence the name) for dinner and conversation. The way that it works is that you agree to have dinner together three times. Each time you rotate hosts and the dinner moves from house to house.

If you would like to be part of a "Dinner for Six" group for the winter (January – March), please sign the sheet on the back of the church.

"Dinner for Six" is for all adults, of all ages, couple and singles are invited to join. This is a great chance to meet other people from Lord of the Valley. Sign up today and be part of a small group enjoying good food and good conversation with good people. Contact Susan Price (970-406-1698) for more information.



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 to 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.

Appreciating God's World, a Travel Series

We continue on Friday, November 17th, 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 George and Pat Edwards will share their experience in New Zealand.

They will have photos and stories that they will share. This series is 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 interested.

Confirmation Class

Our Confirmation Class will meet on November 5th and 12th. 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



10 Tips for Family Caregivers

Over 90 million Americans today are family caregivers for their loved ones; and a large number of them are finding themselves providing care 24-hours a day/7-days a week. Although caregiving can be a rewarding experience, it is not without its consequences such as stress, poor health, and caregiver burnout. Six out of 10 family caregivers juggle everyday life tasks such as preparing the children for school, managing household responsibilities, and work full- or part-time. In addition, they have the added responsibility of managing medications for their loved one. Whether it be for a senior with Alzheimer's or a child with special needs the required attention can be non-stop. Caregiving affects the whole family. Family time and mealtime are extremely important in the caregiving setting. Ensuring that the caregiver and family members get the proper nutrition is important for maintaining strength, energy, stamina, and a positive attitude. Making time for yourself and the family protects a family caregiver's own health, strengthens family relationships, prevents burnout and can enable a care recipient to stay at home up to three times longer. The chance to take a breather and re-energize is vital in order for you to be as good a caregiver tomorrow as you were today.

1. **Seek support from other caregivers.** You are not alone!
2. **Take care of your own health** so that you can be strong enough to take care of your loved one.
3. **Accept offers of help** and suggest specific things people can do to help you.
4. Learn how to **communicate effectively** with doctors.
5. Caregiving is hard work so **take respite breaks** often.
6. Watch out for **signs of depression** and don't delay getting professional help when you need it.
7. Be open to **new technologies** that can help you care for your loved one.
8. **Organize medical information** so it's up to date and easy to find.
9. Make sure **legal documents are in order.**
10. **Give yourself credit for doing the best you can in one of the toughest jobs there is!**

Mission Nicaragua 2018

The Mission Team is forming for the 2018 Mission Trip. If you are interested please contact Carmen Covington at 970-531-2857. We need 20-25 members on our team.

I will direct you to the forms that are needed to be completed.

Mission Nicaragua Volunteer Opportunities at Holiday Craft Fairs

Mission Nicaragua has a few opportunities to volunteer at local Holiday Craft Fairs this holiday season. Are you available to work a couple of hours at our booth selling fair trade coffee and chocolate? It is a great time to share with the community about our Mission Nicaragua. We will have booths at the following craft fairs: Holiday Art & Craft Fair at the Inn at SilverCreek **November 11th**, Local Artist and Craft Sale at the Fraser Valley Metropolitan Recreation Center in Fraser **November 18th**, Olde Fashioned Holiday Craft Bazaar in Grand Lake **November 24th and 25th**, Kremmling Craft Fair **December 2nd**, Tommel Fest at Devils Thumb Ranch **December 9th**. If interested in volunteering please see the signup sheets at the back of the sanctuary.

Thank you for you help!



Supplies Needed for Mission Nicaragua

School Supplies are being gathered 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, November 12th and 26th in the fellowship room following worship. Thank you for your support!

Women's Bible Study

The Women's Bible Study sessions continue in November on Tuesday, November 7th and 21st 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 are watching a 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 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.

Small Catechism Series Continues

As we observe the 500th Anniversary of the beginning of the Lutheran Reformation in Europe (October 31, 1517) we are spending some time looking into our Lutheran faith roots and revisiting Luther's Small Catechism. Our series continues on Wednesday evenings through November 15th at 6:30 pm.