

Voices of the Valley

The Monthly Newsletter of Lord of the Valley Lutheran Church

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

July 2019

Volume 23, Number 7

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 Monday, July 8th at 6:45 pm.



Outdoor Worship Service

On Sunday, July 7th we will hold our Worship Service outdoors (weather permitting). Bring a lawn chair and invite a friend, neighbor or family member to join us as we gather to worship God in the great outdoors. We need some help setting up our worship space. If you can help please arrive at 8:30 am. We'll gather on the patio behind the sanctuary like we did last summer.

Saturday Evening Worship

Saturday Evening Worship for the summer months. These informal Communion Settings begin at 5:30 pm.



Recently we have enjoyed the presence of a Bald Eagle perched on the power pole outside our sanctuary entrance. It was fun to watch a good number of people arriving for worship pause to watch this bird of prey, seemingly unbothered by their presence.

Appreciating the beauty and wonder of creation is, for many of us, simply part of living where we do. Beauty surrounds us here, in the landscape and the wildlife. Even a start of summer snow storm carries a certain beauty.

For some people just sitting and observing the natural world is satisfying. For others the beauty calls us into the landscape where there can be a tangible interaction. Hiking, fishing, biking, boating, golfing, camping... excuses for us to spend time outdoors. You may add others too.

The First Article of the Apostle Creed is, "I believe in God the Father almighty, creator of heaven and earth." With our 'I believe' statement we recognize a connection with creation and our Creator. Further we are reminded early in scripture about this connection, where God raises up humanity from the humus, the dirt, and breathes life into us. Earth to earth and ashes to ashes. "Remember that you are dust and to dust you shall return," we hear on Ash Wednesday. We also read in Genesis of our blessed role as gardener, of tending the creation.

We shouldn't be surprised that many people find refreshment from being outside, in the forest, on the water, walking across a meadow or in any number of other places. I hope you recognize God is bringing you renewal and a sense of new life during these summer days. Perhaps you are inspired to stop along Hwy 34 and watch a nest of osprey. Or maybe catch a glimpse of a new born moose, or elk. Maybe a bear just ran across the road in front of you while driving over Berthoud Pass. Or you caught and released a greenback cutthroat. Have you shared a cup of coffee or tea with those hummers darting around your head on their way to your feeder?

Certainly we recognize here where we live and play that there are opportunities year round to enjoy the beauty and wonder of God's gift of creation. Take a moment or two and rest in this beauty and wonder and give thanks to God for these gifts that renew us in life and in faith!

Blessings in these summer 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 July

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.

July 7th – 4th Sunday after Pentecost

Isaiah 66: 10-14
Galatians 6: [1-6] 7-16
Luke 10: 1-11, 16-20

July 14th – 5th Sunday after Pentecost

Deuteronomy 30: 9-14
Colossians 1: 1-14
Luke 10: 25-37

July 21st – 6th Sunday after Pentecost

Genesis 18: 1-10a
Colossians 1: 15-28
Luke 10: 38-42

July 28th – 7th Sunday after Pentecost

Genesis 18: 20-32
Colossians 2: 6-15
Luke 11: 1-13

Ministers of Worship in July

July 7

Greeters – Kathy Stromberg
Ushers – Jerry Stahl, Roger Odneal
Readers – John Price, Chris Tinkum
Communion Assistant – Carolyn S., Chris T., Susan O.
Acolyte – Gunnar Bjerken

July 21

G- Rich and Ann Klingner
U – Raymond Covington, Bob Means
R – Rich Klingner, Kathy Means
CA – Ann Klingner, Kathy Means, Carmen Covington
A – Auggie Roehrs

July 14

G – Paul and Suzanne Gerhart
U – Steve Gall, Paul Gerhart
R – Pat Edwards, Marla Gall
CA – Suzanne Gerhart, Pat Edwards, Marla Gall
A – Joey Gagnon

July 28

G – Roger and Susan Odneal
U – Greg Orzech, Roger Odneal
R – Susan Odneal, Dan Scott
CA – Susan Odneal, Lori Orzech, Charlene Heins
A – Gunnar Bjerken

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.

7. Sun teas are wonderful. Use flowers and leaves (or tea bags) in a clear half or one gallon glass jar filled with water. Hibiscus or red clover flowers, peppermint, chamomile, or lemon grass are all good choices, or use your local herbs and flowers that you learn are safe, flavorful, and even medicinal. Leave in the sun for two hours or up to a whole day.

8. Nutritional supplements can support you with a greater amount of physical energy, enhancing your summer activities. The B-complex vitamins are calming to the nervous system and helpful for cellular energy production, while vitamin C and the other antioxidants protect your body from stress, chemical pollutants, and the biochemical by products of exercise.

9. Use the summer months to **deepen the spiritual awakening** begun in the spring. Plan a vacation that provides you time to read, relax, contemplate and breathe.

10. Above all, give yourself the time to **truly experience Nature.** This can happen if you relax and let in your surroundings. When traveling, take activities for the family and your first aid kit for bites, bee stings, and injuries. Check for ticks after your hikes. Watch for overexposure, take time in the shade, and drink water.



Monthly Blood Pressure Checks

Don't forget we offer free blood pressure checks following our worship service once a month. The next free blood pressure check will be on Sunday, July 7th.

Appreciating God's World

Jerry and I would like to thank everyone who attended, shared their experiences in the United States and internationally, and brought light snacks during the travel series at LOTV. Through these presentations many expanded their understanding of the people, cultures, geography, and beauty of God's World. We are planning to continue this series in September, 2019, on the same day and at the same time, third Fridays at 2:30 PM. If you have a desire to share your travel experiences with the people and cultures of the world, including the United States, please contact us at 970-887-9773. Sign-up sheets will be available in August.

"The more I traveled, the more I realized that fear makes strangers of people who should be friends." - Shirley MacLaine, actress

Thank You for Day Camp Support!

Thank you to all who helped make our Day Camp a great week for the children and families involved. We had a wonderful week filled with energy and fun. The kids enjoyed games, crafts, and Bible stories that supported the theme **Shine**. We had over 15 kids registered and 2 middle and high school helpers. Bob and Kathy Means provided snacks each day for our campers and helpers. Alicia Scott helped greet campers and parents in the morning and afternoon. Greg and Lori Orzech, Robin Donner, Roger and Susan Odneal each hosted our Sky Ranch staff for dinner. And thank you to the parents and grandparents of our campers who shared their kids with us for all or part of the week!



Lord of the Valley Annual Meeting

Our Annual Congregational Meeting will be held on Sunday, August 11th following our morning worship. We will approve a budget, elect council members, hear reports from our ministry and conduct any other business brought before the congregation. The Congregational Picnic will follow the meeting.



Broome Hut

LOTV has reserved the Broome Hut for two nights in late July.

The Hut can accommodate up to 16 people per night. Currently the evening of July 28 is full but there is space for 4 people on Monday, July 29. The cost is \$35 per person for Sunday night and \$17.50 per person on Monday night. If you wish, you can make a day trip either on Sunday afternoon or on Monday. The participant list/sign-up sheet is at the back of the sanctuary. We will do some meal coordination this year which will lighten the load and have us work together.

Women's Bible Study

The Women's Bible Study sessions continue in July on Tuesday, July 2nd and 16th at 5:30 pm. 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.

Second Sunday Special Offering / July 14th

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. Since last September we have shared over 700 lbs. of food and personal hygiene items!

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 July issue of the *Living Lutheran* Magazine. Feel free to take what you might find useful.

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 July and August 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.

Health and Wellness

10 tips for Staying Healthy in Summer

- 1. *Stay cool and hydrated.*** Drink water at least two to four cups upon rising, and similar amounts if you are going out for activities and exercise. Carry water with you in a hard plastic container (more stable polycarbonate rather than polyethylene that leaches plastic into the water). You may also use a traveling water filter. Most people need two to three quarts of liquid per day, and more in hot weather or with exercise.
- 2.** While enjoying the sun and outdoors, ***protect yourself from overexposure*** to sunlight by wearing a hat and using natural sunscreens without excessive chemicals. Carry Aloe Vera gel for overexposure and have an aloe plant growing in your home for any kind of burn. The cooling and healing gel inside the leaves will soothe any sunburn. It works great.
- 3. *Keep up or begin and exercise program.*** Aerobic activity is important for keeping the heart strong and healthy. Take some time to do outdoor refreshing activities – hiking, biking, swimming, or tennis. Reconnecting with these activities will help keep your body and mind aligned.
- 4. *Enjoy Nature's bounty*** – fresh seasonal fruits and vegetables at their organic best. Consuming foods that are cooling and light – fresh fruits, vegetable juices, raw vital salads, and lots of water- will nourish your body for summertime activities. Include some protein with one or two meals. There are a number of light, nourishing proteins that don't require cooking. Most of these complement fruits and vegetable nicely – nuts, seeds, sprouted beans, soy products, yogurt, kefir, and cottage cheese. Fish and poultry can also be eaten.
- 5. *Take some special summer time*** with your family, kids, and friends who share the enjoyment of outdoors. Plan a fun trip if you're able and motivated for a day or longer – hiking, camping, or a few days resting. Rekindling our Earth connection has benefits that last beyond this season, continuing to enrich the whole of your life.
- 6. *Relax and breathe.*** You've been working hard. This is the season to slow the pace a bit and absorb the light that stimulates your hormonal message center. Leave your cell phone at home or take a week off from TV.

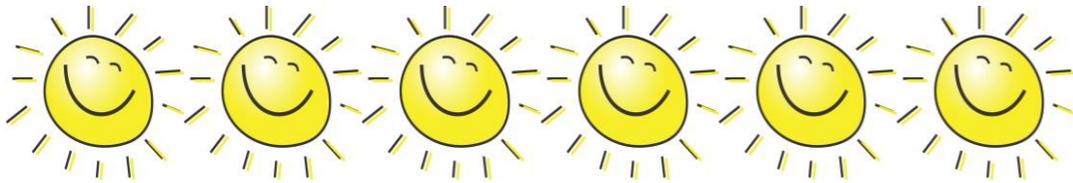
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Mission Nicaragua 2019

The Mission Nicaragua Team would like to say thank you for all of the generous donations, prayers and letters received from home. The letters of encouragement were great for the Mission members to read while working in Nicaragua and were greatly appreciated. The members of the Mission Team were excellent and worked together while providing medical clinics.

Mission Nicaragua Presentation

The Mission Nicaragua Presentation will be on Sunday, August 4th during worship. The Mission Team members will share stories of their recent trip to Nicaragua. We hope you will join us and learn more about Mission Nicaragua 2019!



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 for our members and provides donation consistency for 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.

City Market Community Rewards

Thank you to our families who have signed up for the City Market Rewards program. If you haven't signed up go to: www.citymarket.com. Once there, click on *Create an Account* or sign in to your account. Once you sign in to your account you will have the opportunity *View all Organizations* and select Lord of the Valley Lutheran Church. This is a quick and simple way to support Lord of the Valley Lutheran Church while doing your grocery shopping! A reminder, your enrollment in the Community Rewards will expire after one year. It is easy to reenroll by signing into your account.

Lord of the Valley Pie and Bake Sale

Lord of the Valley will hold its annual pie and bake sale on Saturday, August 3rd in Grand Lake. It will begin at 9:00 am and end when everything is sold, usually around noon. We are in need of volunteers who are willing to bake a pie or two or any other baked goods. We will also need a few people to work the day of the sale. Please see the signup sheet at the back of the sanctuary.



A New Vocal Ensemble

Would you be interested in singing in a vocal ensemble once a month or so for worship? We are looking to form an ensemble that will utilize digital accompaniment for members to learn their parts at home. We will then come together for one or two brief rehearsals before sharing our music offering during worship. If you would like to add your voice please visit with Pastor Brian or Rich Klingner in the coming weeks.



A Celebration of America

The annual "A Celebration of America" will be Wednesday, July 3rd, 6:30 PM at St. John's Episcopal Church. This is a service honoring our history and heroes. There will be patriotic, historical readings, stories and songs. This is a FREE, non-denominational, non-partisan, family friendly event. We will also honor our veterans.

Happy Fourth of July!