

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."

August 2019

Volume 23, Number 8

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 (970-531-4312)

pastorb@lordofthevalley.org

Kris Kuhnle - Newsletter Editor / Office Administrator

Church Council Members:

John Price 970-409-9200

Susan Odneal 816-210-4792

Chris Tinkum 725-3440

Pat Edwards 970-406-8108

Jane Fisher 970-302-9067

Tom Mark 303-949-7214

Raymond Covington 970-846-9187

Suzanne Gerhart 970-887-3956

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.

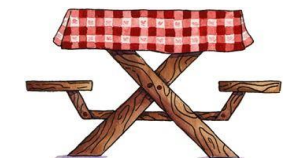
The next Church Council Meeting is on Monday, August 12th at 6:45 pm.

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 an update on our long range planning process and conduct any other business brought before the congregation. The Congregational Picnic will follow the meeting.

Congregational Picnic

Join us for our Congregational Picnic following the Annual Meeting on Sunday, August 11th. Bring a cold dish or salad, Mike and Cathy Childress will provide the main dish. Hope to see you there!





Storytelling is central to who we are as a community of Christ's people. We tell the story of God's love. We hear it in the stories of scripture. We hear it in the stories of our own faith and life. Sometimes stories lift us with inspiration. Some stories frighten us. Others remind us of failure and then redemption, forgiveness. Recently I traveled to see my family. We gathered in the heat and humidity of a mid-July weekend near Madison, Wisconsin, where we grew up. It was the first time all my siblings and our spouses have been together since our mother died nearly 13 years ago. So what do families do when they get together after long separation? Well we told stories. All of them familiar. I know some families in similar situations come together and take up their fights of old. I am pleased this is not my family, and hope it is not yours.

Stories like these carry identity. They tell us who we are and why we are. This is true of course of our greater family stories, those we read in scripture, especially as they share Jesus' own story. It is among the reasons scripture is at the center of our worship life; our congregation's life. We hear the stories of scripture lying next to our own life's stories and often see and hear the connections, the parallels. God's story in scripture touches on our personal stories of life and faith, and also family and more.

Among the stories of Jesus Christ we hear most is that of his suffering, his death and his rising. It includes the telling of a particular meal, what we call Holy Communion, or Eucharist. It is a meal into which we are invited to participate. This is the central story that becomes an entry point. For we eat and drink as did those in our faith family in the generations before us, all the way back to an upper room with a table at which our Lord Jesus was host. He included everybody, even the one who would betray him and the one who would deny him. Jesus' hospitality was generous beyond our own tendencies. It was grace extended to all, which is why we seek to invite and include all who gather in our place and time of worship. It was and is the grace we and so many others seek now in our time. A taste of forgiveness and hope and peace.

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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 August

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.

August 4th – 8th Sunday after Pentecost

Ecclesiastes 1:2, 12-14; 2: 18-23
Colossians 3: 1-11
Luke 12: 13-21

August 11th – 9th Sunday after Pentecost

Genesis 15: 1-6
Hebrews 11: 1-3, 8-16
Luke 12: 32-40

August 18th – 10th Sunday after Pentecost

Jeremiah 23: 23-29
Hebrews 11: 29-12:2
Luke 12: 49-56

August 25th – 11th Sunday after Pentecost

Isaiah 58: 9b-145
Hebrews 12: 18-29
Luke 13: 10-17

Ministers of Worship in August

August 4

Greeter – Kris Kuhnel

Ushers – Jerry Stahl, Geoff Jurgensen

Readers – Jerry Anderson, Edna Anderson

Communion Assistant – Kris K., Holly M., Jerry A.

Acolyte – Gunnar Bjerken

August 18

G – John and Susan Price

U – Greg Orzech, Raymond Covington

R – Carmen Covington, Lori Orzech

CA – John Price, Lori Orzech, Carmen Covington

A – Joey Gagnon

August 11

G – Steve and Marla Gall

U – Bob Means, Steve Gall

R – Kathy Means, Chris Tinkum

CA – Marla Gall, Chris Tinkum, Kathy Means

A – Auggie Roehrs

August 25

G – Jerry and Carolyn Stahl

U – Jerry Stahl, Steve Peters

R – Ann Klingner, Dan Scott

CA – Charlene Heins, Rich Klingner, 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.

- HPV vaccine lowers your risk of cervical cancer.
- Flu vaccine lowers your risk of flu-related heart attacks or other flu-related complications from existing health conditions like diabetes and chronic lung disease.

Vaccines lower your chance of spreading disease.

- Some people in your family or community may not be able to get certain vaccines due to their age or health condition. They rely on you to help prevent the spread of disease.
- Infants, older adults, and people with weakened immune systems (like those undergoing cancer treatment) are especially vulnerable to infectious disease. For example, newborn babies are too young to be vaccinated against whooping cough. Unfortunately, whooping cough can be very dangerous or even deadly for them. Pregnant women should get the Tdap vaccine during every pregnancy to help protect their babies from whooping cough. Anyone who is around babies should be up to date with their whooping cough vaccine.

You Can't Afford to Get Sick

You have a busy life and too much responsibility to risk getting sick. Vaccines can help you stay healthy so you don't miss work. If you can avoid getting sick, you will have more time for your family, friends and hobbies.

Getting recommended vaccines can give you some peace of mind. You will have the best possible protection available against a number of serious diseases.



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, August 11th.

Saturday Evening Worship

Saturday Evening Worship continues through the month of August. These informal Communion Settings begin at 5:30 pm.



I hope you have time to reflect on your own stories and do so in connection to what God has shared with us in Jesus' life and his family's ancient traditions and stories. You may find delight in seeing similar characters and plot lines, conflicts and resolutions and healing. You may see yourself through the lens of grace, mercy and peace. You may see the opportunity to live new chapters of God's blessing going forward.

I hope you will continue to share your stories with me.

Peace to you

Pastor Brian Bergum

Second Sunday Special Offering / August 11th

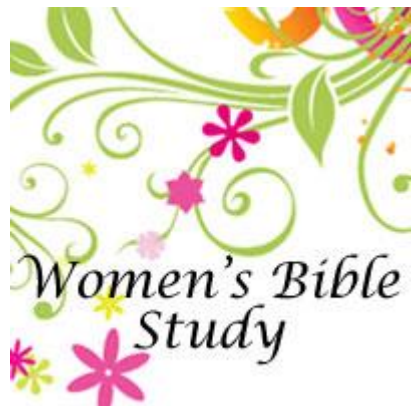
With the help of our children we invite members and friends to bring nonperishable food items to church on the Second Sunday each month to support the food pantry at Mountain Family Center. We will have our green wagon in the back of the sanctuary and our children will be invited to bring these items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

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. Thank you to everyone who has volunteered to provide baked goods and/or work the day of the sale. Julie Anderson will be at the church on Friday, August 2nd from 5:00 pm – 6:00 pm so you may drop off your baked goods.

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.



The Women's Bible Study sessions continue in August on Tuesday, August 6th and 20th 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.

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 August 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 August and September for those interested in hosting Sunday morning fellowship. Please see the sign-up sheet at the back of the sanctuary as well as a list of responsibilities.

Health and Wellness

Vaccine Information for Adults

Why Vaccines are Important for You

In the U.S., vaccines have greatly reduced or eliminated many infectious diseases that once routinely killed or harmed infants, children, and adults. However, the viruses and bacteria that cause these diseases still exist and you can still get these diseases if you aren't vaccinated.

You May Be at Risk for Serious Disease

Every year thousands of adults in the U.S. become seriously ill and are hospitalized because of diseases that vaccines can help prevent. Many adults even die from these diseases. By getting vaccinated, you can help protect yourself from much of this unnecessary suffering.

Even if you received the vaccines you needed as a child, the protection from some vaccines can wear off. You may also be at risk for other diseases due to your job, lifestyle, travel, or health conditions. To find out what vaccines you may need based on different risk factors go to the CDC website - Recommended Vaccines for Adults

You Can Protect Yourself and Your Loved Ones from Disease

Vaccines Are Very Safe

- Vaccines are tested and monitored. Vaccines go through years of testing before the Food and Drug Administration (FDA) licenses them for use. Both the CDC and FDA continue to track the safety of all licensed vaccines.
- Vaccine side effects are usually mild and go away in a few days. The most common side effects include soreness, redness, or swelling where the shot was given. Severe side effects are very rare.
- Vaccines are one of the safest ways to protect your health. Talk with your doctor about the vaccines you should safely receive based on your health or other conditions.

Vaccines can lower your chance of getting certain diseases. Vaccines work with your body's natural defenses to help you safely develop immunity to disease. This lowers your chances of getting certain diseases and suffering from their complications. For instance:

- Hepatitis B vaccine lowers your risk of liver cancer.

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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! If you haven't already done so you can read a daily blog and view photos from their Mission Trip.

Here is the link: <https://missionnicaraguablog.wordpress.com>.

Mission Nicaragua Fair Trade Coffee Sales

Fair Trade Coffee and Chocolate are available for purchase on August 11th and 25th in the Fellowship Room following the church service.



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.

Strategic Planning Group Update ... Your Thoughts are Requested

Last month the Strategic Planning Group (SPG) decided to modify the planning process to encourage broader congressional and constituent participation. The SPG has identified what we believe are the major "*Strengths*" of LOTV but we would like to receive the thoughts of anyone who would be willing to take the time to complete the **12 Keys to an Effective Church – Rating Guide** before sharing our assessment. The **Rating Guide** is pretty self-explanatory and copies are available at the back of the church (along with summaries of the ***SPG Examination of LOTV Missions and Programs***, and ***Community Trend Information*** gathered.) Copies of the **12 Keys Relational and Functional** summaries that were previously published in the *Voices of the Valley* newsletter are also available at the back of the sanctuary for perusal.

We held a Power Point presentation on the **12 Keys** on May 19, with very good participation, and would do another presentation if of interest. It was suggested at the May 19, gathering that Power Point presentations be developed summarizing ***LOTV Missions and Programs*** and ***Community Trend Information***; these are now available too. If you would like to participate in any of these 3 Power Point presentations just let any member of the SPG or Church Council know. If there is sufficient interest we can offer these sessions after church, like we did on May 19, or schedule a different time if preferable.

Members of the SPG are: Bill Tetlow, Pastor Brian Bergum, Dan Scott, Edna Anderson, Gary Behlen, Greg Orzech, John Price, Pat Edwards and Roger Odneal.

We encourage all who elect to participate in the **12 Keys – Rating Guide** opportunity to give their name so we may return your responses to you, but anonymous answers will be honored and included in the final summary. **Rating Guides** for congregational and constituent use will be made available for completion early in August and our aim is to have all **Rating Guides** turned in by September 1. This should allow us to have a final summary of LOTV *Strengths* available by September 15.