

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."

September 2019

Volume 23, Number 9

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

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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, September 9th at 6:45 pm.



Our Children's Sunday school during worship will begin again on Sunday, September 15th. 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, Shana Roehrs and Julie Anderson will be taking the lead as teachers. If you are interested in helping with our Sunday School program please contact the church office 970-887-9252.



God's Work Our Hands is a day of service celebrated across our Evangelical Lutheran Church in America. It is held annually on the second Sunday of September, though congregations are free to schedule this on whatever day(s) work for their community. Many will remember that we celebrated this event a few years ago by painting Penny Dibble's home in just a few hours. Another year we shared greetings, blessing and gratitude with our area first responders with cards signed by our members and friends.

This year I encourage you to join me in cleaning the north and east boundary of our property. This would be along the City Market/McDonalds property line and the Highway frontage. We'll team up after our worship on September 8th and bag the trash that is found along these lines. We'll have trash bags available and cold drinks for when we are done. Bring work clothes and gloves appropriate for this work. With a good number of people this shouldn't take long.

This is a great cross-generational event that can include children and youth as well as young and older adults. If someone would like to line up some cold drinks following our work please let me know.

September is traditionally a month in which educational ministries resume after a summer recess. Rather than a Rally Day we will have a Rally Month!

September 15 is our first day of Sunday School. Then following fellowship on September 15 Confirmation classes resume. Classes will meet from 11:30AM to 1pm. This year will focus on Jesus' life and ministry and our faith and life.

On Friday, September 20 a new series of Appreciating God's World begins. As in the past these travel presentations begin at 2:30 pm.

On Sunday the 22nd a three session class, Lutheranism 101, basic intro to our faith, will begin. This class will meet from 11:15 to noon on Sundays, September 22, October 6 and 20.

We will formally welcome new members during worship on Reformation Sunday, October 27. If you or someone you know is interested in joining Lord of the Valley as a Member or Parish Partner, please visit with me.

September is the beginning of many activities in the life of or congregation. Watch the calendar because there are even more ways to be engaged in your Christian faith through Lord of the Valley.

I look forward to seeing you often in September!

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 September

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.

September 1st – 12th Sunday after Pentecost

Proverbs 25: 6-7
Hebrews 13: 1-8, 15-16
Luke 14: 1, 7-14

September 8th – 13th Sunday after Pentecost

Deuteronomy 30: 15-20
Philemon 1-21
Luke 14: 25-33

September 15th – 14th Sunday after Pentecost

Exodus 32: 7-14
1 Timothy 1: 12-17
Luke 15: 1-10

September 22nd – 15th Sunday after Pentecost

Amos 8: 4-7
1 Timothy 2: 1-7
Luke 16: 1-13

September 29th – 16th Sunday after Pentecost

Amos 6: 1a, 4-7
1 Timothy 6: 6-19
Luke 16: 19-31

Ministers of Worship in September

September 1

Communion Prep – Julie Anderson
Greeter – Rich and Ann Klingner
Ushers – John Price, Bill Tetlow
Readers – Edna Anderson, Bill Tetlow
Communion Assistant – Jerry A., Rich K., Ann K.
Acolyte – Auggie Roehrs

September 15

CP – Ron and Judy Servis
G – Raymond and Carmen Covington
U – Steve Peters, Raymond Covington
R – Carmen Covington, Ron Servis
CA – Chris Tinkum, Judy Servis, Carmen Covington
A – Gunnar Bjerken

September 29

CP – Sally Vogel
G – Geoff and Yolanda Jurgensen Family
U – Geoff Jurgensen, Bill Tetlow
R – Bob Vogel, Bill Tetlow
CA – Bob Vogel, Yolanda Jurgensen, Char Heins
A – Ally Jurgensen

September 8

CP – Sue Brooks
G – Greg and Lori Orzech
U – Greg Orzech, Bob Means
R – Sue Brooks, Kathy Means
CA – Sue Brooks, Charlene Heins, Kathy Means
A – Joey Gagnon

September 22

CP – Gary and Linda Behlen
G – Pete and Shana Roehrs Family
U – Steve Gall, Gary Behlen
R – Auggie Roehrs, Linda Behlen
CA – Kris Kuhnel, Marla Gall, Linda Behlen
A – Auggie Roehrs

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.

3. Relax with deep breathing or meditation.

Deep breathing and meditation are 2 ways to relax your muscles and clear your mind. Find out how easy it is to use deep breathing to relax. Try meditating for a few minutes today.

4. Relax your muscles.

Stress causes tension in your muscles. Try stretching or taking a hot shower to help you relax. Stretching will help.

5. Get active.

Regular physical activity can help prevent and manage stress. It can also help relax your muscles and improve your mood. Aim for 2 hours and 30 minutes a week of physical activity. Try going for a bike ride or taking a walk. Be sure to exercise for at least 10 minutes at a time. Do strengthening activities – like crunches or lifting weights – at least 2 days a week.

6. Eat healthy.

Give your body plenty of energy by eating healthy – including vegetables, fruits, and lean sources of protein.

7. Drink alcohol only in moderation.

Avoid using alcohol or other drugs to manage stress. If you choose to drink, drink only in moderation. This means no more than 1 drink a day for women and no more than 2 drinks a day for men.

8. Talk to friends and family.

Tell your friends and family if you are feeling stressed. They may be able to help.

9. Get help if you need it.

Stress is a normal part of life. But if your stress doesn't go away or keeps getting worse, you may need help. Over time, stress can lead to serious problems like depression or anxiety. If you are feeling down or hopeless, talk to a doctor about depression. If you are feeling anxious, find out how to get help for anxiety. If you have lived through an unsafe event, find out about treatment for PTSD (post-traumatic stress disorder). A mental health professional (like a psychologist or social worker) can help treat these conditions with talk therapy (called psychotherapy) or medicine. Learn more about talk therapy. Lots of people need help dealing with stress – it's nothing to be ashamed of!



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, September 8th.

Lord of the Valley Annual Meeting

Thank you to the Congregation for approval of the 2019-20 Fiscal Year Budget for Lord of the Valley. As part of the presentation during the Annual Meeting, Susan Odneal (Treasurer) posed a 5% challenge in giving to the congregation in an effort to meet the upcoming year's expenses. Your prayerful consideration of this will be greatly appreciated.

Second Sunday Special Offering / September 8th

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 during worship. Since last September we have shared over 871lbs. of food and personal hygiene items!

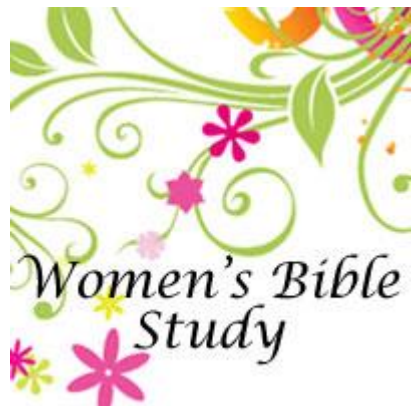
New Member Welcome and Lutheranism 101

LOTV will formally welcome new members on Sunday, October 27 (Reformation Sunday). If you or someone you know is interested in becoming a Member or a Parish Partner, please talk with Pastor Brian in the coming weeks. For those who are new to our Lutheran faith or want a refresher on Lutheranism, a three session class will be offered beginning September 22 and meeting every other Sunday (October 6 and 20). We will meet after our fellowship time for about 45minutes.

Vocal Ensemble

Would you be interested in singing in a vocal ensemble once a month or so for worship? We utilize digital accompaniment for members to learn their parts at home. We 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.





The Women's Bible Study sessions continue in September on Tuesday, September 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 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 September 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 September and October 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 Manage Stress

The Basics

Not all stress is bad. But chronic (ongoing) stress can lead to health problems. Preventing and managing chronic stress can lower your risk for serious conditions like heart disease, obesity, high blood pressure, and depression.

You can prevent or reduce stress by: planning ahead, deciding which tasks need to be done first, and preparing for stressful events.

Some stress is hard to avoid. You can find ways to manage stress by: noticing when you feel stressed, taking time to relax, getting active and eating healthy, and talking to friends and family.

What are the signs of stress? When people are under stress, they may feel: worried, angry, irritable, depressed, and unable to focus.

Stress also affects your body. Physical signs of stress include: headaches, back pain, problems sleeping, upset stomach, weight gain or loss, tense muscles, frequent or more serious colds.

Stress is different for everyone. What causes stress? Change is often a cause of stress. Even positive changes, like having a baby or getting a job promotion, can be stressful.

Stress can be short-term or long-term. Common causes of short-term stress: needing to do a lot in a short amount of time, experiencing many small problems in the same day, like a traffic jam or running late, getting lost, having an argument. **Common causes of long-term stress:** problems at work or at home, money problems, caring for someone with a serious illness, chronic (ongoing) illness, death of a loved one

What are the benefits of managing stress? Over time, chronic stress can lead to health problems. Managing stress can help you: sleep better, control your weight, get sick less often, feel better faster when you do get sick, have less neck and back pain, be in a better mood and get along better with family and friends.

Take Action!

You can't always avoid stress, but you can take steps to deal with your stress in a positive way. Follow these 9 tips for preventing and managing stress.

Being prepared and feeling in control of your situation might help lower your stress.

1. Plan your time.

Think ahead about how you are going to use your time. Write a to-do list and figure out what's most important – then do that thing first. Be realistic about how long each task will take.

2. Prepare yourself.

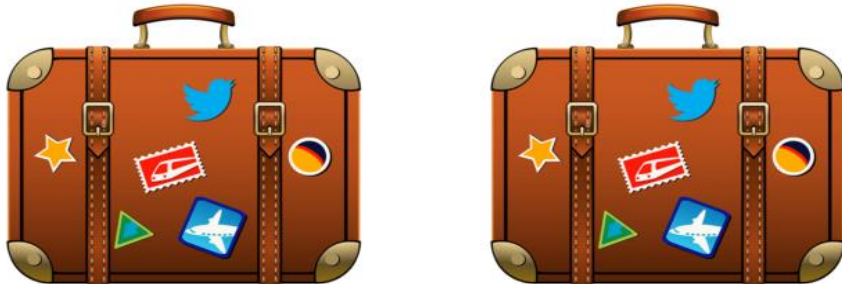
Prepare ahead of time for stressful events like a job interview or a hard conversation with a loved one. Stay positive. Picture what the room will look like and what you will say. Have a back-up plan.

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Appreciating God's World (the travel series)

Beginning on Friday, September 20, 2019, LOTV will once again offer a travel series called "Appreciating God's World". The first presentation will be by Ed and Judy Miksch on Scandinavia, and Lutheran churches there and in the Czech Republic. These presentations last at least 30 to 40 minutes beginning at 2:30 PM and are followed by questions about these nations, people, and cultures. Attendees and presenters may bring appetizers to share. LOTV members and the general community are invited to attend.

We already have three presenters confirmed plus others interested in sharing on the third Friday of each month through May, except December. If you have been blessed to travel internationally or within the United States and would like to share your experiences, please sign-up on the sheet at the back of the sanctuary or visit with or call Jerry or Edna Anderson at 970-887-9773 with any questions about the series. We would be glad to help you organize your presentation. Bob and Kathy Means will also host these events.



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.

Strategic Planning Update

The Strategic Planning Group is awaiting LOTV Congregation completion of the **12 Keys Rating Guide** for those who will share their opinions. Copies of the **Rating Guide** are available at the back of the sanctuary and, thanks to the efforts of Alicia Scott, are now available electronically. The link to the electronic version of the questionnaire is: <https://forms.gle/TELnD8EuDtjaEES27>. The **Rating Guide** may be completed anonymously. If you elect to not give your name you are encouraged to retain a copy of your responses so you may examine them in relation to others, and use them as we embark on the action planning process. All responses should be submitted by September 8, 2019. This should allow us to publish compiled results by September 15, 2019.

Thank you in advance for your willingness to participate in this phase of our strategic planning effort!

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.

