

## 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."*

October 2019

Volume 23, 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](mailto:lotvoffice@lordofthevalley.org) website: [lordofthevalley.org](http://lordofthevalley.org)

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

Rev. Brian Bergum – Pastor (970-531-4312)

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Church Council Members:

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Linda Behlen 720-289-1422

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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, October 14<sup>th</sup> at 6:45 pm.**

### Appreciating God's World (the travel series)

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 are at 2:30 pm on the third Friday of the month. Afterwards, there is time for questions.

Attendees / presenters may bring appetizers to share. **This month's presentation will be on October 18<sup>th</sup>. Jerry and Edna Anderson will share their experience in Bhutan.**

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.





This time of year brings so much beauty to our area. The crisp mornings and warm days matched with the blue sky and changing aspen combine to make this a special time in a special place. But all this indicates that we are in a season of transition. We know the leaves will drop, sooner than later. The blue skies will give way to snow clouds. This of course brings a beauty of its own!

Change continues. In the seasons around us, and in our own lives. We are always adjusting, changing. Even if we are standing still there is a significant energy that goes into maintaining our balance, constant movement, though perhaps not seen on the surface, of muscles keeping us upright and on our feet.

Our congregation experiences this too. We have summer members and friends who pack up and return to their other home. We see new faces almost every week here in our unique setting of tourism. So we are always welcoming people into our fellowship. Rather, we are always extending Jesus' welcome to all who gather on a given Sunday.

Welcome and hospitality are at the center of our life together. It is central to our worship life, in the liturgy and in the gathering before and after. I hope we can learn to be as inviting as we are welcoming. I do believe our people are good at helping people feel welcome. I know some are also good at extending an invitation.

Inviting a neighbor or friend to worship means that we believe there is something happening in the midst of worship that we find meaningful and worth our time and energy. It means we feel connected to the community that gathers each week. It means we are willing to be vulnerable and share something of ourselves, for worship is so often a matter of our heart.

What are those aspect of worship that are particularly important for you? What feeds your spiritual wellbeing? Is it the style in which we worship or the sense of welcome and being part of something larger? Is it the music that moves you? Perhaps the energy that surrounds us each Sunday? For some it may simply be the consistency, we are here every Sunday (and many Saturdays too), it is routine. It may well be that you have been drawn into significant friendships through this congregation.

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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 October**

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.

### **October 6<sup>th</sup> – 17<sup>th</sup> Sunday after Pentecost**

Habakkuk 1: 1-4; 2: 1-4  
2 Timothy 1: 1-14  
Luke 17: 5-10

### **October 13<sup>th</sup> – 18<sup>th</sup> Sunday after Pentecost**

2 Kings 5: 1-3, 7-15c  
2 Timothy 2: 8-15  
Luke 17: 11-19

### **October 20<sup>th</sup> – 19<sup>th</sup> Sunday after Pentecost**

Genesis 32: 22-31  
2 Timothy 3: 14 – 4:5  
Luke 18: 1-8

### **October 27<sup>th</sup> – Reformation Sunday**

Jeremiah 31: 31-34  
Romans 3: 19-28  
John 8: 31-36

## **Ministers of Worship in October**

### **October 6**

**Communion Prep** – Carolyn Stahl  
**Greeter** – Robin Donner  
**Ushers** – Jerry Stahl, Greg Orzech  
**Readers** – Robin Donner, Chris Tinkum  
**Communion Assistant** – Carolyn S., Chris T., Lori O.  
**Acolyte** – Gunnar Bjerken

### **October 20**

**CP** – Sue Brooks  
**G** – Dan and Alicia Scott Family  
**U** – Raymond Covington, Bob Means  
**R** – Dan Scott, Kathy Means  
**CA** – Alicia Scott, Kathy Means, Carmen Covington  
**A** – Auggie Roehrs

### **October 13**

**CP** – Julie Anderson  
**G** – Paul and Suzanne Gerhart  
**U** – Ron Servis, Paul Gerhart  
**R** – Pat Edwards, Don Anderson  
**CA** – Suzanne Gerhart, Pat Edwards, Judy Servis  
**A** – Joey Gagnon

### **October 27**

**CP** – Gary and Linda Behlen  
**G** – Roger and Susan Odneal  
**U** – Greg Orzech, Roger Odneal  
**R** – Susan Odneal, Gary Behlen  
**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.***

If you aren't sure how to floss, ask the dentist or dental assistant to show you at your next visit.

**Get regular checkups at the dentist.** Visit a dentist once or twice a year for a checkup and cleaning. Get checkups even if you have no natural teeth and have dentures.

**Cut down on sugary foods and drinks.** Choose low-sugar snacks like vegetables, fruits, and low-fat or fat-free cheese. Drink fewer sugary sodas and other drinks that can lead to tooth decay. Get ideas for eating healthy.

**Quit smoking.** People who use tobacco in any form (cigarettes, cigars, pipe, e-cigarettes, smokeless tobacco) are at higher risk for gum disease and oral (mouth) cancer.

**Drink alcohol only in moderation.** Drinking a lot of alcohol can increase your risk for oral cancer. If you choose to drink, have only a moderate amount. This means no more than 1 drink a day for women or 2 drinks a day for men.

**Take care of your children's teeth.** If you have kids, help them learn good habits for a healthy mouth. Start cleaning your child's teeth as soon as they come in.



## Lions 9Health Fair

Saturday, October 5<sup>th</sup>

7:30 am – 11:00 am

Fraser Elementary School, 125 Eastom, Fraser

- Over 20 free and low-cost screenings including blood chemistry!
- Flu Shots
- 7 free screenings for children including vision testing!

To pre-register, check out test/screenings and costs visit:

**9HealthFair.org or call 1-800-332-3078**

*9HealthFair sponsored by Fraser River Valley Lions Club*

Reflecting upon what makes our worship life significant for you will be a key to what you may share when you invite a neighbor, a friend or even a new acquaintance to come to worship; or better still, to join you in worship.

We confess that we believe Jesus Christ is with us each time we gather. We hear the story of God's love for the sake of the world, and trust that this story includes us! We are gathered in promise and sent in service to our neighbors. Worship is at the heart of who we are together as Lord of the Valley. I thank God for your presence and your participation; and for the way you make Christ's love real in our welcoming and including those who gather. I look forward to meeting those friends and neighbors who take us up on our invitations to join us in worship and service; in a life of faith in our God who has created such a beautiful world.

In Christ,

Pastor Brian Bergum

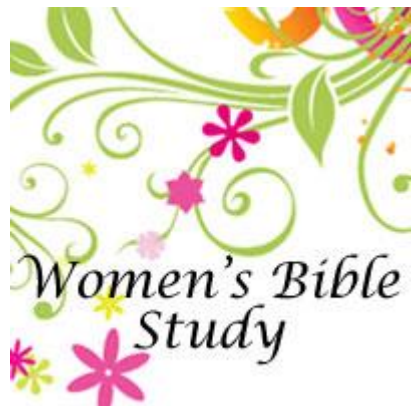
## Lord of the Valley Annual Meeting

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 / October 13

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. In September we shared 94lbs. of food and personal hygiene items! Thank you!!





*The Women's Bible Study sessions continue in October on Tuesday, October 1<sup>st</sup> and 15<sup>th</sup> 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 Devotion / 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 October 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 October and November 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**

### **National Dental Hygiene Month**

### **Taking Care of Your Teeth and Gums**

#### **The Basics**

Healthy habits, including brushing and flossing, can prevent tooth decay (cavities) and gum disease. Tooth decay and gum disease can lead to pain and tooth loss.

You can prevent most problems with teeth and gums by taking these steps:

- Brush your teeth 2 times a day with fluoride ("FLOOR-ide") toothpaste.
- Floss between your teeth every day.
- Visit a dentist regularly for a checkup and cleaning.
- Cut down on sugary foods and drinks.
- Don't smoke or chew tobacco.
- If you drink alcohol, drink only in moderation.

#### **What causes tooth decay and gum disease?**

Plaque ("plak") is a sticky substance that forms on your teeth. When plaque stays on your teeth too long, it can lead to tooth decay and gum disease. Brushing and flossing help get plaque off your teeth so your mouth can stay healthy.

Taking care of your teeth and gums is especially important if you: have diabetes, have cancer, are an older adult, are pregnant.

#### **Brush your teeth.**

Brush your teeth 2 times every day. Use a toothbrush with soft bristles and toothpaste with fluoride. Fluoride is a mineral that helps protect teeth from decay.

- Brush in circles and use short, back-and-forth strokes.
- Take time to brush gently along the gum line.
- Brush your teeth for about 2 minutes each time.
- Don't forget to brush your tongue.
- Get a new toothbrush every 3 to 4 months. Replace your toothbrush sooner if it's wearing out.

#### **Floss every day.**

Floss every day to remove plaque and any food between teeth that your toothbrush missed. Rinse your mouth with water after you floss.

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## **Sunday School**

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, 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.

## **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](http://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

## **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.

## **New Member Welcome**

We will welcome new members on Sunday, October 27<sup>th</sup> during worship with a reception to follow. If you are thinking about joining Lord of the Valley as a Member or a Parish Partner, or have any questions, please visit with Pastor Brian in the coming weeks. We are also looking for volunteers to plan the reception.

## **Thanksgiving Basket with Mountain Family Center**

It is time for us to begin our annual gathering of gifts to provide Thanksgiving meals to our neighbors in need. We do this each year in partnership with Mountain Family Center. This year it would be helpful to have someone or a few people who might lead our effort at growing our generosity. We have in the past simply gathered financial gifts but this year we can do that and more, by collecting food items that work for the Thanksgiving menu. If this sounds like an outreach ministry you would find meaningful to be part of, please contact the church office.



## **Christmas Program Volunteer(s)**

We are looking for a couple people to coordinate our cross-generational Christmas program. The presentation will be during worship on the 17<sup>th</sup> of December. We have several new costumes for adult participants that were created by Kathy Stromberg this past winter. Please let Pastor Brian know if helping with this project interests you.



## **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, October 6<sup>th</sup>.