

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."

February 2020

Volume 24, Number 2

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 Kuhnel - Newsletter Editor / Office Administrator

Church Council Members:

John Price 970-409-9200

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Chris Tinkum 725-3440

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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, February 10th at 6:45 pm.

Appreciating God's World

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 February 21st. Rich and Ann Klingner will share their experience in Greece and Greek Isles.***

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.





Grace and Peace to you in our Lord Jesus Christ!

My thoughts are turning toward hiking. Well, that and Sky Ranch Camp. This is the time of year I tend to look ahead at my calendar for summer and consider when I might be able to go to Sky Ranch with young people from Lord of the Valley. But this year I am putting some dates on the calendar for going to Camp on foot! For several years I have played with the idea of hiking to Sky Ranch from home. Such a backpacking outing would involve hiking through Rocky Mountain National Park. It will take several days and much planning.

This will be more than just a five day backpacking event. I will invite members and friends of LOTV to support this hike with financial pledges, or sponsorships. The goal is to raise funds for scholarships for kids to attend Sky Ranch in the future. These children and youth may be members of LOTV or kids who may simply benefit from a week in Christian Community at Sky Ranch.

This hike will require support and hopefully company along the way. I do know I won't be going alone for Karen and I are planning to do this together. That means we will need someone to bring us home from Sky Ranch. If possible I would like to see a bunch of our young people at Sky Ranch the week we hike so they can welcome us on our arrival.

The Hike to Sky Ranch will take place in late July. We will hike from Grand Lake to Sky Ranch with four nights on trail. This will require preparation and planning. There will be smaller hikes in advance to build up strength for the journey. I welcome suggestions for these preparatory hikes. It is my hope to include you in this journey so that it becomes a way for us to support our young people in their faith journey. Watch for some of the ways you can join the Hike to Sky Ranch!

In the meantime, consider spending time yourselves at Sky Ranch this summer. There are programs for people of all ages, not just children and youth. There is a family camp mid-summer and there is a campground. The camper cabins are often available on the weekends and Sky Ranch is a great basecamp for hiking and other activities. I would be glad to talk with you about any of these opportunities.

See you at Camp!

Pastor Brian

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 February

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.

February 2nd – Fourth Sunday after Epiphany

Micah 6: 1-8
1 Corinthians 1: 18-31
Matthew 5: 1-12

February 9th – Fifth Sunday after Epiphany

Isaiah 58: 1-9a [9b-12]
1 Corinthians 2: 1-12 [13-16]
Matthew 5: 13-20

February 16th – Sixth Sunday after Epiphany

Deuteronomy 30: 15-20
1 Corinthians 3: 1-9
Matthew 5: 21-37

February 23rd – Transfiguration of Our Lord

Exodus 24: 12-18
2 Peter 1: 16-21
Matthew 17: 1-9

Ministers of Worship in February

February 2

Communion Prep – Jerry and Edna Anderson
Greeter – Pete and Shana Roehrs Family
Ushers – Jerry Stahl, Pete Roehrs
Readers –Gretta Roehrs, Rich Klingner
Communion Assistant –Yolanda J., Chris T., Ann K.
Acolyte –Ally Jurgensen

February 16

CP – Julie Anderson
G- John and Susan Price
U – Greg Orzech, Rich Klingner
R – Lori Orzech, Chris Tinkum
CA –John Price, Lori Orzech, Ann Klingner
A – Conner Burns

February 9

CP –Ron and Judy Servis
G –Steve and Marla Gall
U –Bob Means, Steve Gall
R – Kathy Means, Don Anderson
CA – Marla Gall, Chris Tinkum, Kathy Means
A – Auggie Roehrs

February 23

CP – Carolyn Stahl
G – Neil and Carolyn Rosenberg
U – Jerry Stahl, Steve Peters
R –Robin Donner, Dan Scott
CA – Alicia Scott, Robin Donner, Carolyn Stahl
A –Joey Gagnon

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. Spend time together as a family, like family game night, or family outings, and turn off your devices during those family times.
- 8. If you can, get a pet. Having a pet can be not just fun but can help children learn lessons about caring for someone and being responsible. If it's a dog that needs walking it can make them more active. And no matter what it is, it gives them another friend.
- 9. Cook and eat together. Cooking together teaches children about good food choices and gives them cooking skills they can take into adulthood. Eating family meals brings families together and can be a great opportunity to connect and hear about each other's lives and ideas. Turn off all phones during meals (including yours).
- 10. Speaking of devices... don't let them take over your children's lives. Read to your children and encourage reading as they grow. Limit the amount of "screen time," both by having time limits but also by having other things to do, like arts and crafts, building toys, and other things that encourage creativity and imagination (and are fun).
- 11. Take your children to the doctor regularly for checkups — and listen to your doctor's advice about healthy diet, safety, sleep, and physical activity. Follow that advice yourself, too, so you are setting a good example.
- 12. Help your children build positive relationships with siblings, friends, and others. Set a good example by inviting friends and neighbors to share a meal, and by joining community activities.
- 13. Help your children learn their strengths — and learn to believe in themselves. This involves not just supporting them but giving the independence they need to become competent and capable — and learn from their mistakes.
- 14. Don't forget to say, "I love you." Not just now, but for the rest of their lives.



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, February 2nd.



Ski Together Days

Ski Together Thursdays at 10:00 am. Skiers from LOTV and their friends gather at the lower doors of Snoasis. We take a couple runs together and then often break into smaller groups based on skill level or terrain interest before rendezvousing for lunch at an agreed upon time and location.
It is great fellowship and fun!

Saturday Evening Worship

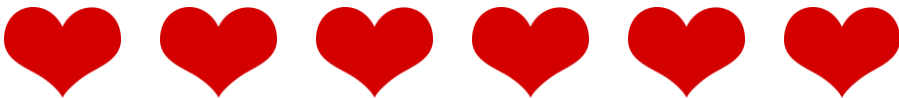
Saturday Evening Worship and continues for the months of February and March. Services begin at 5:30 pm. Please remember we offer this alternative setting during the high recreational season in Grand County. We utilize Holden Evening Prayer with Holy Communion as our main liturgy on these winter Saturdays.
Join us for these less formal worship opportunities.

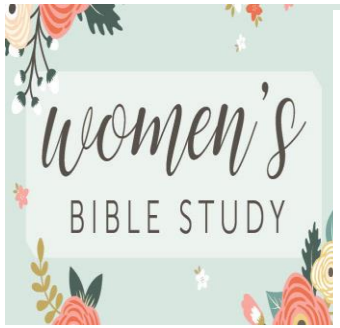
Confirmation

Our Confirmation Class will meet on February 2nd and 16th at 11:30 am.

**Second Sunday Special Offering
February 9th**

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. Thank you!!





The Women's Bible Study sessions continue in February on Tuesday, February 4th and 18th 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 a group of men 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. They are viewing and discussing a seven part series "How Lutherans Interpret the Bible".

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 February 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 February and March 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

This Valentine's Day, 14 Ways Parents Can Show Love for Their Children

Valentine's Day — a day we associate with love. Usually we think of the day in terms of romantic love, with cards and flowers for our partner, but it can also be a day to show love for our children and to think about how we can better make our children feel loved all year round. When children feel loved, it not only builds happiness, but confidence and resilience, both of which can make a lifelong difference. That's why the American Academy of Pediatrics suggests these 14 tips for this February 14th.

1. Be positive and encouraging when you talk with your children. Skip the sarcasm and put-downs, even if you are joking. Think about the "Golden Rule." Treat your children the way you'd like to be treated.
2. Say things like "please," "thank you," and "I'm sorry." Be kind and polite. Not only does it show respect and kindness to your children, it sets a good example about how to talk to people generally.
3. Respond promptly to your children's physical and emotional needs, even if it's not the best time for you. Put aside what you are doing, turn off the TV or computer, and listen or help. It sends the message that your children matter more than anything. Ask them about their day — and pay attention to the answer.
4. When your children are angry or just in a bad mood, instead of getting angry or in a bad mood yourself, try giving them a quick hug or other sign of affection they respond to — and talking to them about it when they're feeling better instead of in that moment.
5. Use nonviolent forms of discipline. All hitting does, besides making children upset and afraid, is teach them that it's okay to hit, which isn't a great lesson to learn. Discipline works best when it's started early and done consistently. From an early age, set rules about behavior, and stick to them — and remember to reward children for following the rules instead of just punishing them for breaking them.
6. Spend alone time with your children on a regular basis, doing something they enjoy. If you have more than one child, make sure that each one gets some one-on-one time with you.

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Cranmer Chapel Dinner Hosted by LOTV February 28

It truly takes a village...to feed each other, to serve each other and to have fun together. Join LOTV as we host, serve and feed "all who are hungry" on Friday Night February 28th at Cranmer Chapel in Winter Park. This community dinner is hosted by a different organization two Fridays/month during the winter season (when hospitality and resort workers are in our valley). We will be seeking multiple cooks to prepare side dishes for 40, bakers to prepare desserts and two shifts of 6 people per shift to help serve the meal. Watch for signup sheets at the back of the sanctuary in February.

Thank you!

Karen and I want to thank you all for your generous gifts of appreciation we received for Christmas! We are once again overwhelmed by your care and generosity. In addition to the monetary gifts that were shared we thank you for the cards and notes and other expressions given to us this Christmas. It is such a privilege to be part of this community of faith! Thank you so much!!

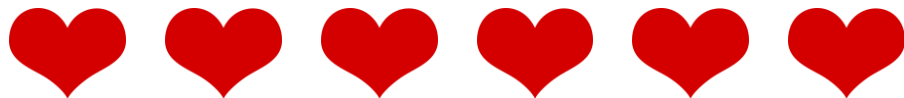
Pastor and Karen Bergum

To the Congregational Counsel and the Members of Lord of the Valley thank you so very much for the Christmas Gift!

Sharon Waggoner

We thank you for the generous gift received this Christmas Season! We are thankful for the love and support from our Lord of the Valley family.

Chad, Kris, Ben and Abby Kuhnel



Angie's English School

A heart-felt thank you to all who have sponsored Nicaraguan students learning to speak English in Angie's English School. The students in Somoto are working very hard and greatly appreciate your generous gifts. Thank You! As of right now there are only 5 students who still need sponsors. If you feel moved to help with this program and become a sponsor or receive more information please contact Julie Anderson, (719)342-5245.

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 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.

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 option to *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.

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.

