

Voices of the Valley

The Monthly Newsletter of Lord of the Valley Lutheran Church

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

January 2018

Volume 22, Number 1

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 (531-4312)

pastorb@lordofthevalley.org

Kris Kuhnel - Newsletter Editor / Office Administrator

Church Council Members:

John Price 970-406-1698

Susan Odneal 816-210-4792

Chris Tinkum 725-3440

Penny Dibble 887-3934

Jane Fisher 970-302-9067

Tom Mark 303-949-7214

Raymond Covington 970-846-9187

Bob Means 627-8978

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, January 8th at 6:30 PM



Ski Together Days

Ski Together Thursdays begin on January 4th 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 returns on January 6th and continues for the months of January, 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.



Christmas is upon us fully! For my household it has always been a mix of work and family time. You could call it an occupational hazard, I suppose. Though there isn't really a downside. Our children have grown up knowing that their dad would be very busy. So we have woven our family traditions into the schedule of which ever congregation traditions are happening.

We have enjoyed a Christmas Eve meal between one of the services since the kids were tiny. In Albion, Nebraska, it meant walking across the parking lot to the parsonage after the first service. In congregations since, where our home was too far for me to get there and back, Karen and the kids would bring supper to the church, as we have done here in Granby.

All of our households have traditions and rituals. Sometimes they grow naturally around our schedules and involvements. They help us see what is important to us and our households. Traditions and rituals are part of our family identity for they help us recognize around what things, events and people our lives revolve.

This year will be the first in 28 years that we won't have at least one of our children home for Christmas Eve and Christmas Day. As parents you know such a time will likely come. The children grow up into their own lives and take their own direction. This is a blessing, for the child and the parent. My mother used to say, "We didn't raise you to keep you home!" Of course she eventually went on to add, "You could have stayed a little closer to home." We spread out a fair distance from each other; from home in Wisconsin to Florida to Georgia and Colorado.

This year we will make some changes in our plans. There will still be a meal after the first service on Christmas Eve (Pastor has to eat!). Then, on Christmas Day we will feast with others who, like us, have children elsewhere or who simply would like to share a meal with others. We will be with family, our family in Christ. That is a good place to be. If you are going to be alone, please join us at noon at Lord of the Valley. Simply call the church office and leave a note.

May you experience Christ's blessing this Christmas and be able to keep worship in your tradition, whether here in Grand County, or wherever you find yourself. Gather around that which promises life and love, our Lord Jesus Christ!

Merry Christmas and Blessings in the New Year to come!

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 January

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.

January 7th – Baptism of Our Lord

Genesis 1: 1-5
Acts 19: 1-7
Mark 1: 4-11

January 14th– Second Sunday after Epiphany

1 Samuel 3: 1-10 [11-20]
1 Corinthians 6: 12-20
John: 43-51

January 21st– Third Sunday after Epiphany

Jonah 3: 1-5, 10
1 Corinthians 7: 29-31
Mark 1: 14-20

January 28th – Fourth Sunday after Epiphany

Deuteronomy 18: 15-20
1 Corinthians 8: 1-13
Mark 1: 21-28

Ministers of Worship in January

January 7

Greeters – John and Susan Price
Ushers – Jerry Stahl, Roger Odneal
Readers – Roger Odneal, Chris Tinkum
Communion Assistant – Carolyn S., Chris T., Susan O.
Acolyte – Grace Schneider

January 21

G – Rich and Ann Klingner
U – Bob Means, Raymond Covington
R – Chris Tinkum, Ann Klingner
CA – Carmen Covington, Kathy Means, Chris Tinkum
A – Lily Smith

January 14

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

January 28

G – Roger and Susan Odneal
U – Rich Klingner, Steve Peters
R – Ann Klingner, Roger Odneal
CA – Susan Odneal, Rich Klingner, Char Heins
A – Luke Peters

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.

Special Tips on National Winter Sports TBI Awareness Month

Here are simple tips for preventing head injuries when participating in winter sports:

- Wear approved, properly fitted and well-maintained safety equipment like helmets
- Stipulate safety rules like no direct hits to the head or other dangerous play
- Encourage safe playing techniques and encourage individuals to strictly follow rules of play during winter sports activities

It is also important to take immediate action in case of suspected concussion. Here are the steps that should be taken when a concussion is suspected during winter sports activities:

- The first step is to remove the individual from play.
- Make sure that he/she is evaluated by an experienced medical care professional in the evaluation of concussions.
- Inform the family/friends of the individual regarding the possibility of a concussion and give them informative materials about concussions.
- Keep the individual out of play until he/she has been thoroughly evaluated by an experienced medical care professional and given permission to return to play.

Conclusion

National Winter Sports TBI Awareness Month is a reminder of the dangers of winter sports and the possibility of TBIs and other injuries. For such reason, it is very important to keep safety in mind and take the necessary precautions to minimize the risk of TBIs and concussions. It is also very important to be aware of the symptoms of a concussion and closely supervise someone who is suspected of a concussion or TBI.



Monthly Blood Pressure Checks

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



Confirmation Class

Our Confirmation Class will meet on January 7th and 21st. They continue to focus on our Lutheran theology and life using Luther's Small Catechism as a tool for conversations.

Christmas Poinsettias

The following people graciously donated a poinsettia plant to help adorn our worship space for our Christmas Services. Poinsettias may be taken home anytime following our last worship service on Christmas Eve.

*Jerry and Edna Anderson in honor of Alan Anderson, brother of Jerry
Jerry and Edna Anderson in honor of our nieces & nephews and spouses
Pastor Brian and Karen Bergum in honor of Lord of the Valley for their care and support this past year
Raymond and Carmen Covington in honor of mother, children and grandchildren
Judy A. Cross in memory of Julia Cleawinger
Judy A. Cross in memory of Mr. and Mrs. James Abernathy
Charlene Dale in honor of Marc, Abby, Gabe and Aidan Loberg
Penny Dibble in memory of father and mother Lysle & Nina Dibble, brother Arthur Dibble, husband Doug McGinn
George and Pat Edwards in honor of our family
George and Pat Edwards in honor of this Christmas Season
Dennis and Jane Fisher in honor of our children and grandchildren
Joe and Monica Fugua in memory of Monica's parents Alvin and Linda Fuqua
Paul and Suzanne Gerhart in honor of our children and grandchildren
Ralph and Marianne Hayes in memory of our parents, Vern & Louise Hayes and Bud & Shirley Brothers
Ferre Marquez in memory of Chris Mullinex
Jim and Mary Mulholland in loving memory of our parents, Mal & Lois Mulholland and Lawrence & Virginia Rettinger
Dean and Audrey Mullinex in memory of Chris Mullinex
Roger and Susan Odneal in memory of Roger and Linda Odneal
Lori and Greg Orzech in memory of Lorraine & Zigmund Orzech and Elinor Dunaway
The Parri's in memory of Sam Parri and Art Upton
John and Barb Rankin in honor of Martha Borgic
John and Barb Rankin in memory of our parents, Darrell Borgic and Phyllis & Darrell Rankin
Ron, Embry, Colin and Kricket Serwis in memory of Mary Reynouard
Ron, Embry, Colin and Kricket Serwis in memory of Helen Serwis
Ron, Embry, Colin and Kricket Serwis in memory of Valentine A. Serwis
Ron, Embry, Colin and Kricket Serwis in memory of William G. Serwis
Jerry and Carolyn Stahl in memory of our parents, Layton & Norene Stahl and Don & Virginia Wires
The Feltow Clan in memory of John Fraser Konjevod*



Appreciating God's World, a Travel Series

We continue on Friday, January 19th at LOTV with our series called "Appreciating God's World, Traveling among Nations, People and Cultures." We have a number of members and friends who have been blessed to travel through many places around the world. We are inviting several of you to present a 30-40 minute travelogue of your experience and share with the rest of us. The series is held in the afternoon (2:30 pm) on the third Friday each month, through the winter.

This month Royal and Charlene Heins will share their experience in Tasmania.

They will have photos and stories that they will share. This series is open to the public. We ask our members who attend to please bring a snack or appetizer to share as we host this time of learning. If you are interested in presenting a session on some travel that you have enjoyed, please see the signup sheet in the back of the sanctuary. If you have any questions, please visit with Pastor Brian or with Jerry or Edna Anderson.

Join us! 1/19 Cranmer Chapel Dinner Hosted by LOTV

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 Jan. 19 at Cranmer Chapel in Winter Park. This community dinner is hosted by a different organization on two Fridays/month during the winter season (when hospitality and resort workers are in our valley).

To feed: Seeking multiple cooks to prepare side dishes for 40. Need a vegetable and starch (recipes to come once main course is determined by the Friday Dinner team) and rolls.

To serve: Seeking 2 shifts of 6 people per shift. Shift 1: 4pm-6pm to set up and serve. Shift 2: 6pm-8pm to serve and clean up.

To have fun: Coronation of the LOTV "Dessert Royalty"...prepare a dessert "for a crowd" (serving 24-36). We'll serve it up and let our guests determine our winner for this year. Brownies, sheet cakes, cupcakes, anything that will make our hungry (young) crowd roar their approval! Don't be shy...it'll be a fun competition.

Sign up sheet in the back of the sanctuary or call the LOTV office to join in. Any questions? Contact Susan Odneal (cell:816-210-4792 or susan.odneal@yahoo.com).



Lord of the Valley's
Health and Wellness Ministry



National Winter Sports TBI Awareness Month

National Winter Sports TBI Awareness Month is a public health and awareness campaign for highlighting the dangers of traumatic brain injury and the importance for taking precautionary measures when engaging in winter sports like skating, tobogganing and skiing. TBI stands for Traumatic Brain Injury which is a common result of injuries that involve the head. Every year, there are approximately 1.7 million head injuries in the United States according to the American Physical Therapy Association. More importantly, about 52,000 people die every year due to TBI. It is commonly caused by falling or crashing into another person or objects while skiing or skating. Many of these accidents lead to head injuries like concussions and traumatic brain injury.

The awareness campaign exists because TBI is usually misdiagnosed which often causes complications or the death of the patient. Thus, it is important to spread knowledge of the symptoms among medical professionals and the public. These symptoms may be experienced immediately after the accident or days/weeks thereafter.

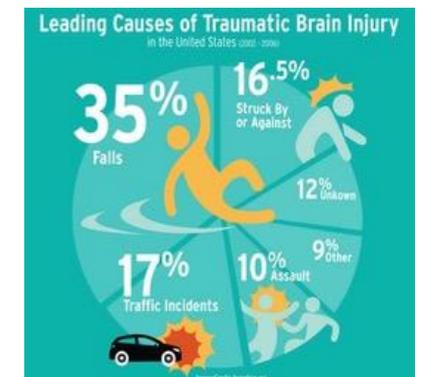
Purpose of National Winter Sports TBI Awareness Month

The Johnny O Foundation hopes that the National Winter Sports TBI Awareness Month will raise awareness of the health risks (specifically concussions and traumatic brain injuries) ordinary individuals and athletes face when they participate in winter sports. It also highlights sports safety and preventive measures for avoiding concussions and TBIs. The main goal of the public awareness campaign is to reduce TBIs in the country.

It is the mission of the Johnny O Foundation to educate the American public regarding the seriousness of traumatic brain injuries, [dementia and Alzheimer's disease](#) among the American population through strategic research initiatives and improved public awareness for accomplishing their objectives. The Winter Sports TBI Awareness Month is only one among the numerous initiatives of the Johnny O Foundation.

There are effective measures that can be taken to prevent concussions during winter sports activities. Concussions should be taken seriously because they can result to long-term and permanent health issues. There is a need for initiatives and changes in rules in both amateur and professional sports in order to improve safety and reduce risk of head injuries including TBIs.

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Mission Nicaragua 2018

Our Mission Nicaragua 2018 Team Meeting will be held on January 14th following worship at 11:00 am. The team welcomes anyone interested in learning more about Mission Nicaragua and supporting the team. Applications to be a part of the 2018 Mission Nicaragua Team are available on our website www.lordofthevalley.org or in the fellowship room. For more information and questions please contact Carmen and Raymond Covington 970—531-2857.

Italian Extravaganza

Save the Date – Saturday, February 10th ant 6:30 pm.

Mission Nicaragua Team is hosting the fundraiser dinner for Mission Nicaragua. Dinner will include appetizer through dessert, music and fellowship. Babysitting is provided, please make a donation to the baby sitter for the service. See the signup sheet at the back of the sanctuary. Please indicate on the signup sheet if you have allergies or food intolerances so we accommodate you.

Water Filters

Clean water is one of our focuses making a difference between life and death for children of rural Nicaraguan families. Each year, Mission Nicaragua partners with ERS LA (Emergency Response Services for Latin America), a nonprofit organization. ERS LA handles donations and volunteers; they coordinate the manufacture of the filters; and they work with rural communities to prepare and verify lists of potential recipients. Mission Nicaragua helps ERS LA and local firefighters to distribute filters. Our goal is to purchase 100 filters, each filter cost is \$50.00. At this point we have reached a little over half of our goal thanks to you, folks at Faith Lutheran in Hastings, Nebraska, and St. Matthew in Omaha, Nebraska.



Mission Nicaragua Fair Trade Coffee Sales

Our Mission Nicaragua Team will have Lutheran World Relief Fair Trade Coffee and Chocolates available for purchase on Sunday, January 14th and 28th in the fellowship room following worship. Thank you for your support!

Thank you for your support of our Mission Nicaragua Fair Trade Coffee and Chocolate Sales. Especially those who worked a shift at the Holiday Gift Fairs in the Grand County Communities!

Women's Bible Study

The Women's Bible Study sessions continue in January on Tuesday, January 2nd and 16th 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 887-2238, 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. The group is watching a video series by the *Great Courses* entitled *How Jesus Became God*.

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 Sunday's available in January and February 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.

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



