

## 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."*

March 2020

Volume 24, Number 3

### 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

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Suzanne Gerhart 970-887-3956

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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, March 9<sup>th</sup> at 6:45 pm.**



## Wednesday Soup Suppers during Lent

March 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup>  
April 1<sup>st</sup>

6:00 pm

*Join us as we gather for prayer and supper during this season of Lent.*

## Saturday Evening Worship

Saturday Evening Worship and continues for the month of 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.



A few important items coming up in March!

You are invited to gather on Wednesday evenings for prayer and supper during this season of Lent. We will surround our weekly Soup Supper with pieces from Holden Evening Prayer. This year we will reflect on Matthew's Gospel and the themes that Matthew brings to his telling of the story of our Lord Jesus. Our time together begins at 6pm and ends a little after 7pm. We enjoy a variety of soups, salads and bread, along with conversation. Please see the sign-up sheet in the back of the Sanctuary to see how you might contribute to our time together. Our first supper is March 4<sup>th</sup>.

Did you get your copy of the daily devotion for Lent that are available in the back of the sanctuary? These small devotional books offer a photograph, a short passage from the Gospel According to Matthew, and some brief reflections. We have enough for one copy per household. These devotionals take us from Ash Wednesday to Easter. Join others in adding this extra into your daily routine.

On Sunday, March 15<sup>th</sup>, following worship grab a cup of coffee and a treat and gather with the Congregation Council in the sanctuary and hear about our strategic plan. Learn about our strengths as a congregation and which ones we will build upon and grow. Our Strategic Planning process began a little over a year ago and now our Council invites you to see a slide presentation about the direction our mission in Christ is taking us.

Lent is a season that invites us to walk with increased intentionality in our faith. I look forward to seeing you in the month ahead.

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 March

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.

#### March 1<sup>st</sup> – First Sunday in Lent

Genesis 2: 15-17; 3: 1-7  
Romans 5: 12-19  
Matthew 4: 1-11

#### March 8<sup>th</sup> – Second Sunday in Lent

Genesis 12: 1-4a  
Romans 4: 1-5, 13-17  
John 3: 1-17

#### March 15<sup>th</sup> – Third Sunday in Lent

Exodus 17: 1-7  
Romans 5: 1-11  
John 4: 5-42

#### March 22<sup>nd</sup> – Fourth Sunday in Lent

1 Samuel 16: 1-13  
Ephesians 5: 8-14  
John 9: 1-41

#### March 29<sup>th</sup> – Fifth Sunday in Lent

Ezekiel 37: 1-14  
Romans 8: 6-11  
John 11: 1-45

### Ministers of Worship in March

#### March 1

Communion Prep – Carolyn Stahl  
Greeter – Greg and Lori Orzech  
Ushers – Greg Orzech, Bob Means  
Readers – Lori Orzech, Kathy Means  
Communion Assistant – Carolyn S., Kathy M., Lori O.  
Acolyte – Emry Burns

#### March 8

CP – Julie Anderson  
G – Dan and Alicia Scott Family  
U – John Price, Rich Klingner  
R – Robin Donner, Don Anderson  
CA – Ann Klingner, Robin Donner, Alicia Scott  
A – Mackenzie Moyer

#### March 15

CP – Ron and Judy Servis  
G – Phil and Joan Kluge  
U – Paul Gerhart, Steve Peters  
R – Chris Tinkum, Ron Servis  
CA – Chris Tinkum, Suzanne Gerhart, Judy Servis  
A – Gunnar Bjerken

#### March 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

#### March 29

CP – Jerry and Edna Anderson  
G – Geoff and Yolanda Jurgensen Family  
U – Geoff Jurgensen, John Price  
R – Edna Anderson, Jerry Anderson  
CA – Jerry A., Yolanda J., Janet Hall  
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.***

Round out your meal by ordering healthy side dishes, such as a side salad, baked potato or fruit. Boost the nutritional value of your baked potato by topping it with vegetables, salsa or chili.

### **3. Add to Your Meal**

Think eating healthfully is all about what you can't eat? Focus on what healthy items you can add to your plate instead of only what foods to avoid. Look for whole-grain breads, pastas and sides; opt for foods with healthy fats such as olive oil, avocados, nuts and seeds; be sure to order lots of fruits and veggies; and go for lean meat, turkey, chicken or fish.

### **4. Don't Go Overly Hungry**

You sit down starving, and before you know it you've scarfed down several pieces of buttered bread before your main meal arrives. If you're ravenous before you leave for the restaurant, nosh on a small snack such as a piece of fruit. Or, at the restaurant, order a cup of broth-based soup or small salad to stave off hunger.

### **5. Watch for the Wordings**

The way a dish is described on a menu can give you clues to how it's prepared. Look for words including "grilled," "broiled" or "steamed," meaning the food is cooked with less fat, and avoid dishes with descriptions such as "fried," "breaded," "smothered," "alfredo," "rich" and "creamy."

### **6. Ask, Ask, Ask**

Don't be afraid to ask your server to help you healthy-up your meal. For example, you could ask for a salad in place of the usual fries or chips with a meal. You can also ask for items to be prepared with less oil or cheese, ask the server to take away the bread basket and serve salad with dressing on the side, and request an appetizer portion of a main meal. You can even often order "off-menu" — for example, ask what vegetarian dish the chef can prepare for you or if it's possible to make grilled chicken and steamed vegetables. Many restaurants are happy to comply.

If you enjoy dining out, don't think you have to stop if you want to stay healthy. With some preparation and savvy substitutions, you can order meals that are as nutritious as the ones you prepare at home.

## **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 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 while doing your grocery shopping.

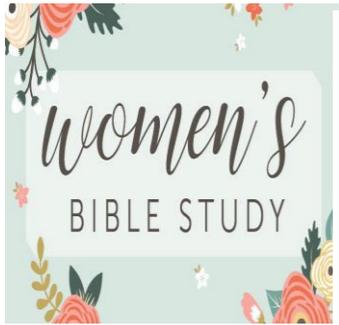


The Rocky Mountain Synod will meet in Assembly on Friday and Saturday, May 1-2. This year's Assembly will be experimental in that we will meet in five different locations across our large territory. We will be connected by internet video feed. Each site will hold worship and host special guests. The Assembly will last just 24 hours, and will be followed by an excursion or learning workshop that is open to people in addition to the voting members each congregation sends. The designated location for the mountainside of our conference is in Price, Utah.

Our Council is seeking two people to attend the Assembly along with Pastor Brian. The theme is Church Becoming and will have a focus on digital technology in helping make church happen in our time. The keynote speaker, Pastor Jason Chestnut, will be at our site in Price. Pastor Chestnut serves a developing congregation in Baltimore which meets both online and face to face. He will also lead our post-assembly workshop on Saturday afternoon. If you are interested in serving as voting a voting member please talk with Pastor Brian soon so that we can complete the registration process.

### **Second Sunday Special Offering March 8<sup>th</sup>**

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 March on Tuesday, March 3<sup>rd</sup> and 17<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 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.

## **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 March 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 March and April 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.

**Our Confirmation Class will meet on March 1<sup>st</sup> and 15<sup>th</sup> at 11:30 am.**

## **Health and Wellness**

### ***Six Tips for Healthy Dining Out***

*Restaurant food is meant to look, smell and taste great, and that means nutrition can sometimes fall by the wayside when menus feature main dishes drenched in butter or rich sauces, salads with creamy dressings, and few whole grains, fruits and vegetables. Try these strategies for enjoying a meal out while sticking to a healthy eating plan.*

#### **1. Sleuth It Out**

These days, you can find healthful foods almost everywhere. The trick is to know what you're getting into before you get to the restaurant and are tempted by enticing menu descriptions. Many restaurants have their menus online — some with nutrition information readily available. You'll be able to choose the destination with the healthiest options, and go into the eatery ready to order the best meal and ask for substitutions where necessary.

#### ***Before you head out, make a plan:***

- Eat a light dinner if you ate a big lunch that day. Or, if you know ahead of time that you're going to a restaurant, plan to have lighter meals during the day.
- Make a commitment to eat slowly. It takes about 20 minutes for your brain to get the message from your stomach that you are no longer hungry. Fast eaters often are over eaters, while slow eaters tend to eat less and are still satisfied.
- Make physical activity part of dining out. All you need is a comfortable pair of shoes. Pick a restaurant that's a 10- or 15-minute walk. You'll get your meal, 30 minutes of physical activity and avoid the parking hassles. Or, get moving as a group before or after eating. A brisk walk before a meal gives you time to chat. A stroll afterward helps your digestion.

#### **2. Don't Split Your Plate**

You've probably read advice to ask for half portions or share your meal with a friend. But given the huge portion sizes doled out at some restaurants, half may still be too much. Practice visualizing what your plate would look like at home and trying to replicate that in your restaurant meal.

And, be deliberate when ordering. Balance your meal by including healthier selections from all the different food groups such as lean protein foods, low-fat dairy, fruits, vegetables and whole grains. Look for freshly made entrée salads that give you "balance in a bowl." For example, entrée salads with baked or grilled chicken, beans or seafood provide protein along with fiber and other nutrients. Ask for dressing on the side so you can control the portion size.

For sandwich toppings, go with veggie options including lettuce, tomato, avocado and onion; if using condiments, choose ketchup, mustard, relish or salsa.

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## 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 March 20<sup>th</sup>. Linda and Gary Behlen will share their experience in New Zealand.***



## 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!

## 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.

## Let's Go to Sky Ranch Camp!

It is time to plan for summer and Sky Ranch Lutheran Camp could be in your plans! There are many options available for children and youth to attend a week or part of a week at Sky Ranch. Pastor Brian is planning to Hike to Camp in July, during the week of July 19-24<sup>th</sup>. This week has programming for kids from 1<sup>st</sup> grade through senior high school. Perhaps you could be at Camp when Pastor and Karen come off the trail. If this week doesn't work, don't worry, there are several other options, including a Family Camp. Remember too that we have some funds available to help make Sky Ranch affordable. Please talk with Pastor Brian if you have questions.

Of course we have Sky Ranch coming to Lord of the Valley in late June to lead our Day Camp. This will be held June 22 – 26<sup>th</sup>. We need a small team of creative people to oversee planning for this week. And of course we will need a number of volunteers to help welcome the children who attend. Please consider helping make a memorable faith filled week for the children who participate.

Look for more information on the bulletin board in the Fellowship Room!



## Easter Lilies

We will once again be adorning our worship space on Easter Sunday with the sight and aroma of Easter Lilies. Easter Lilies can be given in honor or in memory of family, friends and important people and events in our lives. The cost for each Easter Lily is \$15.00. Our proceeds from the purchase of these lilies will support our youth ministry activities including assisting with camp. Easter Lilies may be taken home for you to enjoy or for you to give to another person as you share the message of Easter with them following the Easter service on April 12<sup>th</sup>. Please fill out the form below and return it to the church office by Sunday, April 5<sup>th</sup>.

Name(s): \_\_\_\_\_ Number of Plants: \_\_\_\_\_

In Honor / Memory (circle one) of:

\_\_\_\_\_