



## 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."*

February 2018

Volume 22, 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](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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Tom Mark 303-949-7214

Raymond Covington 970-846-9187

Bob Means 627-8978

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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 12<sup>th</sup> at 6:30 PM**

### *Mission Nicaragua Italian Extravaganza*

On Saturday, February 10<sup>th</sup> at 6:30 pm Mission Nicaragua is hosting an Italian Extravaganza Dinner fundraiser. Dinner will include appetizer through dessert, music and fellowship. Babysitting is provided, please make a donation to the babysitter for the service. \$35.00 per person. Seating is limited. See the signup sheet at the back of the sanctuary or call the church office for reservations 887-9252. Please indicate on the signup sheet if you have allergies or food intolerances so we may accommodate you.

### *Saturday Evening Worship*

Saturday Evening Worship begins 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.





Wednesdays in Lent are just around the corner as Ash Wednesday is February 14<sup>th</sup>. We will use Holden Evening Prayer for this service with the addition of the imposition of Ashes and Holy Communion. Ash Wednesday worship will begin at 6:30 pm.

In the five weeks between Ash Wednesday and Holy Week we will once again host our Wednesday Evening Supper Service beginning at 6:00 pm. We adapt the Holden Evening Prayer worship service and incorporate our soup supper in the liturgy. The focus for our devotional time on these midweek gatherings will be the Ten Commandments.

Elizabeth Eaton, Bishop of the Evangelical Lutheran Church in America, has produced a series of short videos (2-3 minutes each) that invite us into reflection on each of the commandments. This series was prepared as part of the observance of the 500<sup>th</sup> anniversary of the beginning of the Reformation in Germany. It is also a tool to connect us anew with Luther's Small Catechism. I think you will enjoy Bishop Eaton's reflections.

Our time together on Wednesday evenings is intended to be about an hour. Each week we enjoy a variety of soups and breads. There will be a signup sheet available at the back of the sanctuary to volunteer to bring soup or bread. This year we invite you to share your recipes for the soups you bring and we will post them on our website for others to prepare and enjoy.

I look forward to our time together on Wednesdays again this Lenten Season.

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 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 4<sup>th</sup> – Fifth Sunday after Epiphany**

Isaiah 40: 21-31  
1 Corinthians 9: 16-23  
Mark 1: 29-39

### **February 11<sup>th</sup>– Transfiguration of Our Lord**

2 Kings 2: 1-12  
2 Corinthians 4: 3-6  
Mark 9: 2-9

### **February 18<sup>th</sup>– First Sunday in Lent**

Genesis 9: 8-17  
1 Peters 3: 18-22  
Mark 1: 9-15

### **February 25<sup>th</sup> – Second Sunday in Lent**

Genesis 17: 1-7, 15-16  
Romans 4: 13-25  
Mark 8:31-38

## *Ministers of Worship in February*

### **February 4**

**Greeters** – Geoff and Yolanda Jurgensen family  
**Ushers** –Jerry Stahl, Geoff Jurgensen  
**Readers** –Penny Dibble, Edna Anderson  
**Communion Assistant** –Penny D., Carolyn S., Jerry A.  
**Acolyte** –Marie Jurgensen

### **February 18**

**G-** John and Susan Price  
**U** – Greg Orzech, Raymond Covington  
**R** –Carmen Covington, Lori Orzech  
**CA** –Carmen Covington, John Price, Susan Price  
**A** – Ruby Yoder

### **February 11**

**G** – Steve and Marla Gall  
**U** – Bob Means, Steve Gall  
**R** – Kathy Means, Chris Tinkum  
**CA** – Marla Gall, Chris Tinkum, Kathy Means  
**A** – Henry Bergen

### **February 25**

**G** – Rich and Ann Klingner  
**U** – Jerry Stahl, Steve Peters  
**R** –Pat Edwards, Carolyn Stahl  
**CA** – Char Heins, Pat Edwards, Carolyn Stahl  
**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.*



**Lord of the Valley's  
Health and Wellness Ministry**



## *10 heart-healthy tips for Valentine's Day and beyond*

1. Stay active: The key to heart health is to keep moving and avoid being sedentary. Ideally, aim to get your heart rate up with at least 30 minutes of aerobic exercise at least five days a week. However, any movement will be good for your heart so keep moving and stay active.
2. Limit your consumption of red meat, sugar and unhealthy fats. There are plenty of foods you can eat instead to enjoy a heart-healthy diet. Add fruits and vegetables to your diet to increase your fiber consumption.
3. Reduce your salt intake. Can't imagine your favorite foods without that added salt? Over time, however, you can re-train your taste buds to become accustomed to a lower-sodium diet, and you will start to notice subtle flavors in your foods again.
4. Stop smoking. Smoking not only damages your lungs, it also negatively affects your heart health. Once you stop smoking, your odds of developing heart disease drops rapidly. Breaking that smoking habit is essential for your overall health.
5. Keep your weight under control. Ask your doctor if you are overweight. Obesity increases the risk of heart attacks, heart failure and diabetes. A healthy diet with portion control and regular exercise is the best way to maintain a healthy weight.
6. Know your cholesterol levels: High cholesterol is a risk factor for heart disease. If you have not had your cholesterol levels checked in the past year or two, get them checked now to find out if you're at risk for heart disease.
7. Know your blood pressure: High blood pressure, or hypertension, is a major risk factor for heart attacks, strokes and heart failure. Many people with high blood pressure are unaware that they have this condition. There are effective treatments for hypertension in addition to lifestyle modifications of exercise and salt reduction.
8. Know your blood sugar levels: Over time, elevated blood sugar levels can lead to diabetes, a strong risk factor for heart disease. Ask your doctor if you are at risk. If you are pre-diabetic or have "early" diabetes, lifestyle changes can be effective.
9. Reduce stress: Stress is a strong risk factor for heart disease, especially for women. Try meditation, yoga, or simply being silent and still for 10 minutes a day. Be mindful of stress in your life and take extra care of your heart.
10. See your doctor regularly. Regular medical follow-up is one of the best ways to prevent cardiovascular disease. Studies show that individuals who stop their cardiovascular medications are at higher risk for heart attacks, strokes, heart failure and reduced survival. The American Heart Association has set up "Healthy for Good" online support and information resource to help you to eat well, stay active and be healthy. Commit to nurturing your heart this Valentine's Day.

## *Appreciating God's World, a Travel Series*

We continue on Friday, February 16<sup>th</sup> 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 Rich and Ann Klingner will share their experience of cycling in Northern Italy.*** 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.



## *Ski Together Days*

Ski Together Days on 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!

*Karen and I are overwhelmed with the care and generosity of Lord of the Valley's members and friends. We were blessed with your wonderful Christmas gift along with other cards and greetings. We are blessed to be part of this community of faith. It remains a joy and privilege to serve as your pastor. Thank you so much!*

*Pastor Brian and Karen*

## *Women's Bible Study*

The Women's Bible Study sessions continue in February on Tuesday, February 6<sup>th</sup> and 20<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 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 on the life and work of C.S. Lewis.

## *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 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.

## *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.



## *Mission Nicaragua 2018*

Our Mission Nicaragua 2018 Team Meeting will be held on January 18<sup>th</sup> following worship at 11:00 am. They will begin planning of the Enchilada Fundraiser. 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](http://www.lordofthevalley.org) or in the fellowship room. For more information and questions please contact Carmen and Raymond Covington 970—531-2857.

## *Water Filters*

Clean water is one of our focuses making a difference between death and life for children of rural Nicaraguan families. Our goal is to purchase 100 filters, each filter cost is \$50.00. At this point we have raised \$4790.00 thanks to you and folks at Faith Lutheran in Hastings, Nebraska. To contribute, make check out to Lord of the Valley with "water filter" in the memo line. Thank you!



## *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, February 11<sup>th</sup> and 25<sup>th</sup> in the fellowship room following worship. Thank you for your support!

## *Women's Ministry Is Sewing Diapers for Layettes!*

The Mission Team Members will put the diapers in layettes! Help is needed to cut, fold, and then sew the fold in place. Stay tuned for dates, location, and contact person for fun and fellowship.

*Supplies needed for Mission Nicaragua 2018:  
toothbrushes and small tubes of toothpaste.*



## *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 saving 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 City Market Community Rewards found under the Explore tab. On the next page click Enroll Now and sign in to your account or create an account. Once you sign in to your account you will have the opportunity 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! ***A reminder, your enrollment in the Community Rewards will expire after one year. It is easy to re-enroll by signing into your account.***

## *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, February 4<sup>th</sup>.



## *Confirmation Class*

Our Confirmation Class will meet on February 4<sup>th</sup> and 18<sup>th</sup>. They continue to focus on our Lutheran theology and life using Luther's Small Catechism as a tool for conversations.

*We thank you for the generous gifts 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*



## *It's time to think about Camp!*

Sky Ranch offers a variety of Christ-centered outdoor ministry experiences for people of all ages. Their caring and dedicated staff share God's unending grace in spontaneous and powerful ways – acting as compassionate role models for the campers in their care.

Campers in grades 1-3 can enjoy a half week experience and get a taste of life at Sky Ranch. Children in grades 3-12 will find programs designed for their particular age groups offering a growing sense of adventure. There is even Family Camp, a week set aside for the whole family.

For Senior High youth there are several options including a week that has both onsite and offsite adventures like a taste of backpacking and rafting the Poudre River. There is also a two week leadership camp called "Youth Go!" in mid-June; two weeks for the price of one. Or you can spend a week as a high school helper.

We have a few brochures available in the church office or you can learn more at the camp website [www.skyranchcolorado.org](http://www.skyranchcolorado.org). If you have any questions please visit with Pastor Brian. There may even be some financial assistance for those that have a need.

Head to Sky Ranch this summer and have ***An Encounter with Christ on the Mountaintops!***

