



## 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."*

April 2018

Volume 22, Number 4

### 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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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 Sunday, April 9 at 6:30 pm.**



### Holy Week | Easter Schedule

*Maundy Thursday – March 29<sup>th</sup>*  
Church of the Eternal Hills - 7:00 pm

*Good Friday – March 30<sup>th</sup>*  
Lord of the Valley – 7:00 pm

*Easter Sunday – Sunday, April 1<sup>st</sup>*  
Sunrise Worship – 7:00 am  
Easter Breakfast  
Easter Celebration Worship – 10:00 am  
Easter Egg Hunt

### Easter Breakfast and Easter Egg Hunt

In between our two worship services on Easter Sunday, we will have an Easter Breakfast. Breakfast will be served from just after 8:00 am – 9:45 am to ensure there is enough time for everyone to be served and attend worship. Following the 10:00 am worship service we will have an Easter Egg Hunt for all the children. Meet in the fellowship room following the service and the children will be separated by age groups and the gathering of eggs will begin.



Grace and Peace to you!

This is such a positive greeting that St Paul used in his correspondence. Grace and Peace... what a gift to wish for another person. What a wonderful place in which to build a relationship. These are of course among the gifts that come to us through Jesus' death and resurrection.

These are also marks of the Christian community that confesses Jesus to be crucified, and yet Risen. It is our vision for our life in Christ Jesus. As we move forward into our future, we do so with the promise of God's Grace and Peace. Not that this is a magical formula that will protect us or ensure our prosperity, or great success in whatever we undertake. No, this blessing does not guarantee such things. Just the assurance that God goes with us into a future that is not clearly defined.

Again, what a blessing to have God's promise to be with us, always. Grace and Peace. Jesus, who has died but is now risen from the dead, brings with himself this grace and peace. What could and perhaps should bring us fear and trembling, a man risen from the dead, instead brings hope for our future. And confidence.

Jesus has always accompanied his people and church into the future; through deep and significant change. Through losses and gains. Through fear (because there is indeed much to cause us to fear) and yet with Jesus' promise, "I am with you always."

This week, Holy Week, as we prepare to remember all that Jesus endured for our sake, for the sake of the world, let us move forward with deep gratitude, rooted in the Grace and Peace given to us, planted in us, by Jesus Christ, the Risen One. Let us see how this will impact our vision of the future, what we trust God intends, not just for our own household, but for all people for whom Jesus died, and rose again. Such a vision may pull you forward into a life you never imagined, full of Grace and Peace.

A Blessed celebration of Christ's Resurrection where ever you may be this Easter!

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 April

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.

### April 1<sup>st</sup> – Resurrection of Our Lord / Easter Day

Acts 10: 34-43  
1 Corinthians 15: 1-11  
Mark 16: 1-8

### April 8<sup>th</sup>– Second Sunday of Easter

Acts 4: 32-35  
1 John 1: 1-2:2  
John 20: 19-31

### April 15<sup>th</sup>– Third Sunday of Easter

Acts 3: 12-19  
1 John 3: 1-7  
Luke 24: 36b-48

### April 22<sup>nd</sup> – Fourth Sunday of Easter

Acts 4: 5-12  
1 John 3: 16-24  
John 10: 11-18

### April 29<sup>th</sup>– Fifth Sunday of Easter

Acts 8: 26-40  
1 John 4: 7-21  
John 15: 1-8

## Ministers of Worship in April

### April 1

**Greeters** – *Easter Sunday*  
**Ushers** – *Please see signup sheet at the back*  
**Readers** – *of the sanctuary.*  
**Communion Assistant** –  
**Acolyte** –

### April 15

**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

### April 29

**G**- Roger and Susan Odneal  
**U** – Bob Means, Steve Peters  
**R** –Ben Kuhnel, Roger Odneal  
**CA** –Susan O., Kathy M., Charlene H.  
**A** – Luke Peters

### April 8

**G** –John and Susan Price  
**U** – Jerry Stahl, Roger Odneal  
**R** – Roger Odneal, Chris Tinkum  
**CA** – Carolyn Stahl, Chris Tinkum, Susan Odneal  
**A** – Grace Schneider

### April 22

**G** – Raymond and Carmen Covington  
**U** – Greg Orzech, Raymond Covington  
**R** –Chris Tinkum, Lori Orzech  
**CA** – Carmen C., Lori Orzech, Chris T.  
**A** –Lily Smith

*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.*

- Take care of yourself. Eat right, get enough sleep, drink plenty of water and engage in regular physical activity. Take regular vacations. No matter how hectic life gets, make time for yourself – even if it's just simple things like reading a good book, listening to your favorite music or enjoying a leisurely Sunday brunch at your favorite restaurant.
- Ask for professional support. Accepting help from supportive friends and family can improve your ability to manage stress.

*Courtesy of Wellness Proposals*

## 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, April 8<sup>th</sup>.



## 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!***



*I want to give all of you a big heartfelt thank you for your tremendous support during my RA illness this winter. You guys are my heroes! Thank for being a living reminder of God's unconditional love!*

*Kathy Osborne*

## Day Camp with Sky Ranch

The week of June 25<sup>th</sup> we will be hosting Day Camp for our preschool and elementary age children and their friends. With Pastor Brian away on sabbatical, we will need additional leaders to help plan and coordinate this annual outreach ministry. We will need help with planning crafts, hosting the camp staff (our upstairs apartment won't be available this year!), and organizing volunteers. Please talk with Pastor Brian or Kris as soon as possible.

## Confirmation Sunday

On Sunday, April 29<sup>th</sup> we will confirm 9 of our youth who make up our current Senior High and Middle School Confirmation Class. The rite of Confirmation is also known as Affirmation of Baptism, when our young people affirm their Baptismal relationship with God. Our Confirmands include: Henry Bergen, Ellie Gagnon, Marie Jurgensen, Madison Moyer, Luke Peters, Grace Schneider, Abby Smith, Lily Smith and Ruby Yoder. Please uphold them in prayer as they move through final preparations for this milestone in their faith.

## Appreciating God's World, a Travel Series

We continue on Friday, April 20<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 Bob and Kathy Means will share their experience of a Luther Tour of Germany.*** 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 have any questions, please visit with Pastor Brian or with Jerry or Edna Anderson.

## Women's Bible Study

The Women's Bible Study sessions continue in April on Tuesday, April 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 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 discussing *Mere Christianity* by C.S. Lewis. A few copies are available.

## 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 April and May 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 April issue of the *Living Lutheran Magazine*. Feel free to take what you might find useful.

*Many thanks to our generous church community for your donations in making our upstairs apartment a beautiful place to stay for our visiting Pastor this summer. We have received enough financial and in-kind support to complete our project. What a blessing! We are so appreciative of your quick response.*



Lord of the Valley's  
Health and Wellness Ministry



## Stress Awareness Month

Americans are known for placing great emphasis on work and career. Working hard, however, should not be confused with overworking at the expense of relationships and physical health. Stress can significantly affect physical health. A survey by the American Psychological Association found three quarters of people have experienced physical symptoms as a result of stress, such as headache, fatigue, and an upset stomach in combination with feelings of irritability, anger, nervousness, and lack of motivation. The stress people are experiencing comes, in part, from the pressures of today's connected world through e-mail, cell phones and the Internet. Increased stress can lead to using unhealthy behaviors such as smoking, comfort eating, poor diet choices, inactivity and drinking alcohol to manage their stress. APA warns that reliance on such behavior can lead to long-term, serious health problems and offers these strategies for managing stress:

- Know yourself. Be aware of your stress level and know what stresses you out. People experience stress in different ways. You may have a hard time concentrating or making decisions, feel angry, irritable or out of control, or experience headaches, muscle tension or lack of energy.
- Recognize how you deal with stress. Do you engage in unhealthy behaviors? Do you lose patience with your children or spouse or coworkers when you feel overwhelmed by pressures?
- Turn off and tune in. Communication technology can creep into family time, dinner and vacations.
- Keep a "To-Do" list. Worried that you'll forget something important? Constantly thinking through all the things you need to get done? Clear your head and put those thoughts on paper by creating a list of work and personal tasks and marking those with the highest priority.
- Find healthy ways to manage stress. Work to replace unhealthy coping strategies with healthy behaviors, like exercise, meditation or talking with friends and family.

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## *Mission Nicaragua 2018*

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.

### *Mission Nicaragua Chicken Enchiladas Fundraiser*

Thank you to everyone who helped make chicken and cheese enchiladas on Saturday, March 10<sup>th</sup>! Thank you everyone who ordered the enchiladas... Bon appetite!!

### *Supplies for Mission Nicaragua*

We appreciate donations of gently used or new Spanish books, small tubes of tooth paste, travel size bar soap, gently used or new receiving blankets for layettes, gently used eyeglasses, new or gently used sunglasses. Place donations in Mission Nicaragua donation box in the Fellowship Room.



### *Mission Nicaragua Fair Trade Coffee Sales*

Fair Trade Coffee and Chocolate available for purchase on April 8<sup>th</sup> and 22<sup>nd</sup> in the Fellowship Room following church services. Your purchase supports our Mission Team to purchase supplies for the upcoming trip.

### *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 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.***

## *Easter Lilies*

*The following people graciously donated an Easter lily to adorn our worship space for our Easter Services. Easter lilies may be taken home anytime following our 10:00 am worship service today.*

Jerry and Edna Anderson in honor of our Savior Jesus Christ for his love  
Jerry and Edna Anderson in honor of our Grand County community  
Pastor Brian and Karen Bergum in appreciation for Lord of the Valley.  
Carmen and Raymond Covington in honor of mother, children and grandchildren  
Judy Cross in memory of James and Nora Abernathy  
Judy Cross in memory of Julia Cleavinger  
Penny Dibble in memory of father and mother, Lysle and Nina Dibble; brother, Arthur Dibble; husband, Doug McGinn  
George and Pat Edwards in memory of our parents  
George and Pat Edwards in honor of our family  
Dennis and Jane Fisher in honor of our parents, children and grandchildren  
Jurgensen family in honor of family and friends health  
Jim and Mary Mulholland in honor of our grandchildren, Noah, Amelia, Grace, Finley, Hannah  
Roger, Susan and Cassie Odneal in memory of Roger and Linda Odneal  
Lori and Greg Orzech in memory of Elinor Dunaway, Zig and Lorraine Orzech  
Dave, Ellen and Lauren Parri in honor of Carol Upton  
Dave, Ellen and Lauren Parri in honor of Lucille Parri  
John and Susan Price in honor of our eight grandkids  
Ron, Embry, Colin and Cricket Servis in memory of William G. Servis  
Ron, Embry, Colin and Cricket Servis in memory of Valentine A. Servis  
Ron, Embry, Colin and Cricket Servis in memory of Helen Servis  
Ron, Embry, Colin and Cricket Servis in memory of Marie Reynouard  
Jerry and Carolyn Stahl in memory of our parents  
Amber and Bill Tetlow in memory of John Fraser Konjevod

