



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."

May 2018

Volume 22, Number 5

Vacation Bible School Day Camp

We will host Day Camp at Lord of the Valley June 25th – 29th. ***Beyond Belief*** is the theme for Day Camp this summer. We have three staff members coming from Sky Ranch Lutheran Camp to lead our Day Camp for children who have completed kindergarten through 5th grade (9:00 am – 4:00 pm, Monday – Thursday; 9:00 am – noon on Friday). Registration materials are available at the back of the sanctuary.

The registration fee for Day Camp is \$10.00 per child.

Volunteer Opportunities for Day Camp

We need a few volunteers to help us provide a great week of outdoor fun and learning centered in our Lord Jesus Christ. ***Volunteer opportunities include:*** hosting the Sky Ranch staff in your home for the week, hosting the Sky Ranch staff for dinner, welcoming the campers at the beginning and end of the day, providing snack items in the morning and afternoon, providing childcare before and after camp. Please see the sign up sheet at the back of the sanctuary or call the church office 887-9252. Let's get this week on your calendar whether you have kids or grandkids to participate or just want to be around the energy of our day campers for a day or several days.



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 website: lordofthevalley.org

Church Office Hours – Monday – Thursday 9:00 AM – 3:30 PM

Rev. Ken Thurow – Sabbatical Pastor (303-494-0402)

pastorken@lordofthevalley.org

Kris Kuhnel - Newsletter Editor / Office Administrator

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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 Sunday, May 13th at 11:00 am.



Greetings in the name of our Lord Jesus Christ!

We about to embark on a Sabbatical! And this “We” is larger than my household, it is our household, Lord of the Valley. I will be away from my regular routine in ministry for three months beginning on May 7th. I will share here what I am planning to be about during this sabbatical and invite you in some ways, to join me. But first let me say a deep and heartfelt “Thank you!” Thank you for supporting this time away for both myself and Karen. Thank you for being present and involved in the ongoing life of Lord of the Valley in my absence. And thank you for extending a welcome to our Sabbatical Pastor, Ken Thurow and his wife, Marlys.

So let me tell you what I will be doing and where I will be traveling and how I hope to include you in this time of rest and renewal.

We will begin by celebrating a blessing on the sabbatical in worship on May 6th, recognizing the time away for me (and Karen), and the time you all will have together with Pastor Ken and Marlys. The first part of my time away will include some rest and recreation, yes that means some fly fishing and hiking. But it also means daily reading and writing. I will read from several authors on a variety of subjects, including a focus on prayer and devotions. I will post my reading list below and invite you to consider joining me in some of my reading goals. I also will be carrying my camera with me everywhere, or nearly! I want to bring together photography and my reading and writing and produce a photographic devotional that I can share on our website and perhaps in a book form.

Since Karen will still be teaching through the end of the semester in Kremmling, I will have a month of time to fill here and there. I have a cabin reserved for a personal retreat to help me step away from my work routine and give me time to read, pray, write, take photos and recreate. During this first month of the sabbatical I will also travel with Karen on the weekends where we will visit a few places in Colorado that we have long wanted to see but haven’t yet taken the time. We will also stop in to a couple places that we have enjoyed visiting in the past.

After the school year ends for Karen, we will do some extensive travel, visiting family in the Midwest and then in the Northwest. We look forward to spending time with our children along the way. We are also happy that some friends and family will enjoy housesitting for us while we travel. Among the places we will visit is Holden Village north of Chelan, Washington. Holden is a Lutheran Retreat community in a very remote part of Washington. There will be daily worship opportunities, classes are offered by the many visiting faculty from a variety of fields of study. Hiking is also right out the door. You can learn more about Holden Village from their website, www.holdenvillage.org.

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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 May

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.

May 6th – Sixth Sunday of Easter

Acts 10: 44-48
1 John 5: 1-6
John 15: 9-17

May 13th– Seventh Sunday of Easter

Acts 1: 15-17, 21-26
1 John 5: 9-13
John 17: 6-19

May 20th– Day of Pentecost

Acts 2: 1-21
Romans 8: 22-27
John 15: 26-27; 16: 4b-15

May 27th – The Holy Trinity

Isaiah 6: 1-8
Romans 8: 12-17
John 3: 1-17

Ministers of Worship in May

May 6

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

May 20

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

May 13

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

May 27

G – Roger and Susan Odneal
U – Jerry Stahl, Steve Peters
R –Roger Odneal, Carolyn Stahl
CA – Charlene H., Susan O., Carolyn S.
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.*

- **Enroll in personal brain training.** Unlike digital brain games, one-on-one brain training uses customized exercises and incorporates immediate feedback, intensity, and loading, among other features, to target brain skills. Cognitive skills training targets the underlying skills – including attention, auditory processing, memory, logic and reasoning, processing speed, and visual processing – needed to perform tasks (like reading). When these skills are strong, it can help make learning easier in any subject.
- **Get Social.** There's mounting evidence that social interaction is good for maintaining the brain into our later years. According to the Alzheimer's Association, research shows that regular engagement in social activities helps maintain brain vitality. Social activities include emotional support, work, volunteering, travel, and participation in clubs. We have many ways to get social in Northern Colorado, including a long list of festivals and events. Get involved in a philanthropic venture to help others in our community.

A 2001 study analyzing the impact of professionally conducted cultural programs on adults over 65 found that opportunities to participate and attend ongoing cultural activities (singing, painting, and poetry reading, for example) had healthy and encouraging benefits, including:

- better overall health
- fewer visits to their physician
- rate of need for medication decreased
- fewer falls
- vision problems diminished
- a significant decrease on the Geriatric Depression Scale

The general consensus? Maintain your friends, relationships, and activities and you'll maintain your brain health.

- **Learn Something New.** Forget the "old dog, new trick" adage. Studies show that even in our senior years, learning a new language, skill or hobby can help keep our brains active. Your best bet may be a combination of the above. Thanks to our understanding of neuroplasticity, you may have more control over your brain's health than you think!

Northern Colorado is packed with many things to do that can keep your brain healthy. Take the time to explore our parks, trails, and activities around town!

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, May 6th.



Following our stay in the Holden community we will travel to Alaska and embark on a short cruise in the northern part of the inside passage. This cruise will be with Lindblad Expeditions, a partner with National Geographic. It is a small ship cruise with just 60 or so guests. Included on the ship's staff is a naturalist who is a National Geographic certified photography instructor. A Wellness coach and marine biologist also serve on this staff. A daily opportunity for sharing our photographs and receiving some coaching is part of this trip. This portion of the sabbatical is made possible from an anonymous gift from a household of Lord of the Valley that designated their gift for this purpose.

We will return from the Alaskan voyage and make our way home to Grand County. The last portion of the Sabbatical will include additional excursions in Colorado and allow me some time to edit my photographs and writing.

During the sabbatical I will share with you some images and thoughts of our experience. I will post photos on our website and forward some to the office so that Kris Kuhnel can place them on our Fellowship Room television. This sharing will be periodic as there will be significant time when I will not have access to the Internet.

I am set to return to the office on August 6. The plan is to take a few weeks to re-enter the work routine while establishing some new pieces in that routine. I look forward to sharing my experience of sabbatical through a few different channels including our website, our weekly eVoices, some class offerings and a series of coffee shop visits. Not only will I want to share what I learned and enjoyed while away, but I will want to hear what you experienced during the sabbatical.

I look forward to sharing some of the photographic work and devotional thoughts on an ongoing basis, incorporating it into teaching opportunities and perhaps in worship as well. Pastor Ken Thurow will serve as our Sabbatical pastor on a half time basis. He and Marlys are retired and live in the Boulder area. They are very active and are looking forward to spending time up here in Grand County. They will live in our newly renovated apartment at LOTV spending 4-5 days each week up here in Granby. You will find more info from the Thurows elsewhere in this newsletter including his contact information. During the sabbatical I will not be available to serve your pastoral needs. Pastor Ken will serve you well. Please take time to become acquaint with Pastor Ken and Marlys and don't hesitate to contact him in time of need.

Pastor Brian's reading list:

"Falling Upward" by Richard Rohr

"Eyes of the Heart: Photography as a Christian Contemplative Practice" by Christine Valters Paintner

"Making Sense of the Christian Faith" by David Lose

"Daring Greatly" By Brene' Brown (and/or Braving the Wilderness: the quest for true belonging...)

"Meditation for Fidgety Skeptics" by Dan Harris

"The Art of Possibility" by Rosamund Zander and Benjamin Zander

"Love Wins" by Rob Bell

"Praying the Psalms" by Walter Brueggemann

"Spiritual Direction" by Henri Nouwen

A Greeting from Pastor Ken Thurow

Hello, LOTV! I am Pastor Ken Thurow (well, Kenneth David, but call me Ken). Last name sounds a lot like "thorough." I'm a farm boy from South Dakota - Ramona High School (where Marlys & I were classmates), General Beadle State Teacher's College (now Dakota State University), Wartburg Seminary '63. Assigned to the South Dakota District of the ALC I served parishes at Kadoka, Wessington Springs, and Aberdeen (Zion), then was called to Atonement in Boulder where I served 10 1/2 years. Since then I have served 10 "interims," one in Logan, UT and the others along the Front Range of Colorado, including two in Colorado Springs. Marlys & I (married in 1956) have 3 adult children and 6 grandchildren. We enjoy traveling, mostly Germany and Norway, but including Japan, Turkey, Italy, and a bit of France. Marlys has a Masters in Special Education, taught at elementary & high school levels, and loves to knit and quilt. I served on the National Church Council of the ALC through the 1970s, have written a book, [A Place at the Table: Scripture, Sexuality, and Life in the Church](#), and enjoy teaching Bible to adults. Special interest are sports, reading, and trying to chase down a smattering of genealogy. I look forward to the coming months at LOTV. Contact information: cell phone 303-494-0402, email pastorken@lordofthevalley.org.

Women's Bible Study

The Women's Bible Study sessions continue in May on Tuesday, May 1st and 15th at 6:00 pm. All women of LOTV are invited for a time of sharing, study and support while enjoying a light supper. 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.

Perennial Plant Exchange

As Spring arrives a suggestion was offered that we hold a perennial plant exchange on Sunday, May 27th. The invitation is for people to bring from their garden/ flower beds perennials that can be shared with others. Bring yours and take another home. The plants should be in a plastic bag, with a note stating what kind of plant it is, when it blossoms and what kind of sunshine it requires. We'll set up the exchange on the sidewalk in front of the church (or on a table in the back of the sanctuary that morning if the weather is not cooperating). If you have any questions you can visit with Kathy Stromberg.



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



Maintain Your Brain

Although it's generally believed that Polish neuroscientist Jerzy Konorski coined the term "plasticity" in 1948 to describe the brain's ability to experience permanent functional transformations, it wasn't until the 1990s that the scientific community began accepting the implications of "neuroplasticity."

The idea of the brain being able to change and adapt has always seemed like good news for an aging population looking for ways to keep their brains in tip-top shape. It is also great news to the rest of us who want to maintain a healthy brain. Perhaps it's the hope that it creates for a cure for Alzheimer's or age-related cognitive decline. Or maybe it's because the concept of neuroplasticity give humans a sense of control; that what we do or don't do affects our future health. Regardless of the reason for our invested interest in neuroplasticity, there are some ways to harness its attributes. These tips are great for people of any age and contribute to our overall wellness, so look to your daily life to implement the following:

- **Exercise regularly.** There's mounting evidence that physical fitness is one of the best gifts you can give your brain. Even light to moderate aerobic exercise improves oxygen consumption. Plus, aerobic exercise has been found to reduce cell loss in the elderly. If you're obese, even losing a few pounds can improve your thinking skills.
- **Feed your brain.** Proper nutrition isn't just for your waistline. Unhealthy foods can create "brain fog," while healthy foods – like salmon, sardines, nuts, avocados, and blueberries – can help keep your brain sharp. Like many body organs, the brain operates best when blood glucose is stable. Lack of concentration and other mental lapses can readily occur when blood glucose levels dip or surge. Ways to keep glucose stable include:
 - Eating complex carbohydrates instead of simple sugars
 - Balancing carbohydrates by eating them with small amounts of protein, beneficial fats, and fiber
 - Snacking throughout the day instead of consuming giant meals
 - Eating breakfast
- **Get quality sleep.** While lack of sleep is an obvious detriment to attention and memory skills, poor sleep quality – caused by issues like sleep apnea – can cause more long-lasting cognitive problems. The brain accomplishes a long list of tasks while you sleep, including clearing out toxic molecules that build up during waking hours, transporting short-term memories to long-term, and even making creative connections. And while caffeine can provide a cognitive boost, no amount can rival the work your brain does while you sleep.

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Mission Nicaragua 2018

On June 21st, Lord of the Valley will lead a 36 member Medical Team to Somoto, Nicaragua.

While there we will: support the Lutheran Church in Caculi, deliver water filters, deliver layettes and medical supplies to the hospital in Somoto and the maternity house in Somoto; deliver school supplies and Spanish children's books to the schools in the communities; build relationships and provide for medical needs of families in rural communities (dental, optical, and general medical clinics as well as children's ministry); work closely with local doctors and nurses. Thank you for your donations of supplies and financial gifts. Without you this ministry would not be possible. We appreciate your prayers for safe travel, a successful medical clinic, and sharing God's love with all people of all ages. We also pray for a peaceful resolution to the current political unrest in Managua, Nicaragua.

Mission Nicaragua Team Members 2018

Carmen Covington, *retired nurse*, Raymond Covington, *retired carpenter*, Jackson Chessman, *college student*, Jane Fisher, *retired teacher*, Ron Haase, *retired mechanical engineer*, Bryan Haase, *auto mechanic*, Rich (Red) Kittler, *carpenter*, Rich Klingner, *retired civil engineer professor*, Sharon Waggoner, *certified medical assistant*, Kim Ivy, *certified medical assistant*, Carolina Martinez, *bank teller*, Sydney Markle, *store assistant manager*, Lainey Fry, *nurse practitioner*, Debbie Sebra, *nurse*, Mary Jo Hargadine, *nurse*, Jerry Anderson, *retired electrical engineer*, Pam Wohlschlegel, *retired electrical engineer*, Dina Michel, *executive director ne. veterinary medical assn.*, Charlene Wandzilak, *executive director pa veterinary medical assn.*, Lorena Martinez, *college graduate*, Jason Gunderson, *installs carpet & flooring*, Dr. Rina Lopez, *dentist*, Dr. Yassiela, *dentist*, Dr. Luddy Bello, *optometrist*, Dr. Delsey Gradiz, *medical*, Karla Sevilla, *translator*, Alex Sevilla, *translator*, Jackson Reyes, *translator*, Laura Lagos, *optical/translator*, Cristina Vilchez, *nurse*, Alba Sanchez, *nurse*, Byron Colindres, *translator*, Kenneth Obando, *translator*, Elmer Rivas, *translator/children's ministry*, Pastor Jose Zavala, *children's ministry*, Pastor Montoya

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 May 13th and 27th in the Fellowship Room following church services. Your purchase supports our Mission Team to purchase supplies for the upcoming trip.



Church Work Day

Saturday, June 2nd is our annual Spring Cleanup Day. This is our once a year deep cleaning and light maintenance day for our church facilities and grounds. There are always many tasks indoors and out. Bring your stepstool/ladder, pail and sponge or dish rags. We will begin at 8:00 and end at noon.

Appreciating God's World, a Travel Series

On Friday, May 18th at LOTV we conclude 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 Joe and Julie Cunningham will share their experience of Southeast Asia.*** 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 Jerry or Edna Anderson.

Congratulations MPHS Graduates!

Congratulations to our youth Jordan Harms, Jack Kauber and Kyger Mintken on their graduation from Middle Park High School on Saturday, June 2nd.



Confirmation Sunday

Congratulations to our youth who were Confirmed on Sunday, April 29th. Our Confirmands include: Henry Bergen, Ellie Gagnon, Marie Jurgensen, Madison Moyer, Luke Peters, Grace Schneider, Abby Smith, Lily Smith and Ruby Yoder.

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