



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."

June 2018

Volume 22, Number 6

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 (720-244-8674)

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Kris Kuhnel - Newsletter Editor / Office Administrator

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Bob Means 627-8978

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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, June 11th at 6:30 pm.

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 for dinner, welcoming the campers at the beginning and end of the day, 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.





Grace and Peace!

We have just turned the corner – well, several corners. The ski season closed a short time ago. The school year has ended, Memorial Day switched our thinking to summer (even if the calendar says we aren’t there yet). Trail Ridge Tourists will be arriving. And the church year just turned the corner, moving into the season after Pentecost. Be safe in your travels, treasure the outdoors and the beauty of Grand County, enjoy your recreational activities, carry out your ministries (including Day Camp and Nicaragua as you have opportunity). “Go in peace, serve the Lord.”

In our worship, this is Lectionary Year B. What that means is that the Gospel of Mark is the primary Gospel for this year. When the lectionary (the list of readings to be used in worship each week) was put together, the committee decided on a three-year cycle of readings with the Gospels of Matthew, Mark, and Luke given the designations A, B, C. John is used extensively, but does not have its own year. (We really need to talk about some of that stuff.)

But Mark was a challenge – the shortest Gospel, no Christmas story, no appearances of Jesus on or after Easter. What is a committee to do? Punt! Bring in readings from the other Gospels for the major festivals of the church and at other times. Sounds good, but limits our acquaintance with Mark. In keeping with my expressed interest in teaching Bible to adults, I’m working on dates to do a bit of teaching on Mark. When those are announced, I hope you will take note and participate.

On another personal note, I have copies of my book [A Place at the Table](#) available for sale (I will make one copy available as a “library copy” to be shared and passed around as you choose). This is the result of my personal study of the Bible, reflection on science and sociology, and understanding of the church and its mission as related to the issues surrounding human sexuality. It has been praised by theologians, pastors, and laity as being readable, thoughtful, and theologically sound. My interest is strictly to make you aware of this resource if you are struggling with this issue, want greater personal clarity, or are dealing with family members or friends who would like to gain increased understanding.

Sky Ranch Day Camp is coming soon (June 25-29!) This is a great opportunity to bring your children, grandchildren, neighbors, etc. to experience learning and fun at LOTV. Volunteer positions are being filled (Thanks!), but more are needed. Sign-up sheets are at the back of the sanctuary. Greatest needs are for morning and afternoon day-care each day (each shift one to one & one-half hour), morning sign-in and afternoon sign-out each day (each shift little more than a half-hour), youth volunteers, and hosts for 2 or 3 evening meals (3 Sky Ranch staff members). We. Can. Do. This. Thanks again.

Pastor Ken Thurow

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 June

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.

June 3rd – 2nd Sunday after Pentecost

Deuteronomy 5: 12-15
2 Corinthians 4: 5-12
Mark 2: 23-3: 6

June 10th– 3rd Sunday after Pentecost

Genesis 3: 8-15
2 Corinthians 4: 13–5:1
Mark 3: 20-35

June 17th– 4th Sunday after Pentecost

Ezekiel 17: 22-24
2 Corinthians 5: 6-10 [11-13] 14-17
Mark 4: 26-34

June 24th – 5th Sunday after Pentecost

Job 38: 1-11
2 Corinthians 6: 1-13
Mark 4: 35-41

Ministers of Worship in June

June 3

Greeters – Jerry and Edna Anderson

Ushers – John Price, Bill Tetlow

Readers – Edna Anderson, Bill Tetlow

Communion Assistant – Jerry A., Susan P., Kris K.

Acolyte – Lily Smith

June 17

G– Raymond and Carmen Covington

U – Steve Peters, Raymond Covington

R – Chris Tinkum, Pat Edwards

CA – Chris Tinkum, Pat Edwards, Carmen Covington

A – Luke Peters

June 10

G – Greg and Lori Orzech

U – Greg Orzech, Bob Means

R – Kathy Means, Penny Dibble

CA – Penny Dibble, Charlene Heins, Kathy Means

A – Ally Jurgensen

June 24

G – Jerry and Edna Anderson

U – Steve Gall, Paul Gerhart

R – Marla Gall, Jerry Anderson

CA – Suzanne Gerhart, Marla Gall, Jerry Anderson

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.

- decreased interest in once enjoyable activities

In addition, people with PTSD may experience depression and panic attacks. Panic attacks can cause: agitation, excitability, dizziness, lightheadedness, fainting, a racing or pounding heart, headaches.

How Is PTSD Diagnosed?

There is no specific test to diagnose PTSD. The condition can be difficult to diagnose because people with the disorder may be reluctant to recall or discuss the trauma or their symptoms. A mental health specialist is best qualified to diagnose PTSD. These specialists include psychiatrists, psychologists, and psychiatric nurse practitioners.

Diagnosis of PTSD requires experiencing all of the following for one month or longer:

- at least one re-experience symptom
- at least one avoidance symptom
- at least two arousal and reactivity symptoms
- at least two cognition and mood symptoms

Your symptoms must be serious enough to interfere with daily activities. These activities include going to work or school, or being around friends and family members.

How Is PTSD Treated?

If you are diagnosed with PTSD, your doctor will likely prescribe a combination of therapies, including:

- Cognitive behavioral therapy, or “talk therapy,” to encourage you to remember the traumatic event and to express your feelings about it. This can help desensitize you to the trauma and reduce your symptoms.
- Support groups, where you can discuss your feelings with other people who have PTSD. This will help you realize that your symptoms are not unusual and that you’re not alone.
- Medications, such as antidepressants, anti-anxiety drugs, and sleep aids, to decrease the frequency of intrusive and frightening thoughts and to help you get some rest. The U.S. Food and Drug Administration has approved two antidepressants for the specific treatment of PTSD: sertraline (Zoloft) and paroxetine (Paxil).

Many people who suffer from PTSD turn to illicit drugs and alcohol to cope with their symptoms. While these methods may temporarily alleviate your symptoms of PTSD, they don’t treat the underlying cause of stress. They can even make some symptoms worse.

Coping

Learning about PTSD will help you understand your feelings and how to effectively deal with them. Living a healthy lifestyle and taking care of yourself will also help with your PTSD. Make sure to eat a well-balanced diet, get enough rest and exercise, and avoid anything that can make stress or anxiety worse.

There are support groups for PTSD all over the country and most likely in your area. You can find one with a quick Internet search.

What Is the Outlook for People with PTSD?

If you have PTSD, early treatment can help alleviate your symptoms. It can also give you effective strategies for coping with intrusive thoughts, memories, and flashbacks. Through therapy, support groups, and medication, you can get on the road to recovery. Always keep in mind that you’re not alone.



Church Work Day / June 9

Saturday, June 9th 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.

Letters from Home for our Mission Team

We are looking for a few people to write a letter of Blessings and Encouragement to one of our Mission Team Members to be given to them while they are in Nicaragua. The letters are located on the table at the back of the sanctuary. If interested please take one and write your name next to the team member you selected. Return the letters to the church office by Sunday, June 17th. Thank you!

Outdoor Worship Service

On Sunday, July 8th, we will hold our Worship Service outdoors (weather permitting). Bring a lawn chair and invite a friend, neighbor or family member to join us as we gather to worship God in the great outdoors. We need some help setting up our canopies. If you can help please arrive early.



A big thank you to Cathy Childress and Sharon Waggoner who shared their time as our Sunday School Leaders this past school year! These two volunteers enjoyed sharing the love of God with our preschool and elementary children whenever our children and guests were present. Sunday School will resume in the fall.

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, June 3rd.



Women's Bible Study

The Women's Bible Study sessions continue in June on Tuesday, June 5th and 19th 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.

Saturday Evening Worship

Beginning on Saturday, June 2nd we will resume our Saturday Evening Worship for the summer months. These informal Communion Settings begin at 5:30 pm. If you would like to help with our Saturday Evening Worship please call the Church Office 887-9252.

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



Lord of the Valley's
Health and Wellness Ministry



What Is Post-Traumatic Stress Disorder?

Post-traumatic stress disorder (PTSD) is a debilitating anxiety disorder that occurs after experiencing or witnessing a traumatic event. The event may involve a real or perceived threat of injury or death. This can include a natural disaster, combat, an assault, physical or sexual abuse, or other trauma.

People with PTSD have a heightened sense of danger. Their natural fight-or-flight response is damaged, causing them to feel stressed or fearful, even in safe situations. Once called "shell shock" or "battle fatigue," PTSD has received public attention recently because of the high number of war veterans with the disorder. But PTSD can happen to anyone at any age. It occurs as a response to chemical changes in the brain after exposure to threatening events. PTSD is not the result of a character flaw or weakness.

What Are the Symptoms of PTSD?

Symptoms of PTSD can disrupt your normal activities and your ability to function. Symptoms can be triggered by words, sounds, or situations that remind you of trauma. According to the National Institute of Mental Health, symptoms fall into the following groups:

Re-Experience

- flashbacks, in which it feels as if the event is occurring over and over
- vivid, intrusive memories of the event
- frequent nightmares about the event
- mental or physical discomfort when reminded of the event

Avoidance

- emotional apathy
- lack of interest in daily activities
- memory loss of the actual event
- inability to express feelings
- avoidance of people or situations that are reminders of the event

Arousal and Reactivity

- difficulty concentrating
- startling easily and having exaggerated response to startling events
- constant feeling of being on guard
- irritability
- bouts of anger
- difficulty falling or staying asleep
- Cognition and Mood
- negative thoughts about yourself
- distorted feelings of guilt, worry, or blame
- trouble remembering the event

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Mission Nicaragua 2018

On June 21st, Lord of the Valley will lead a 33 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.

We are in the process of setting up a blog on which you will be able to follow the day by day travels of our Mission Nicaragua Team while in Nicaragua. Access is through our website: www.lordofthevalley.org. It will be available shortly before they leave on June 21st. Stay tuned for more information!

Mission Nicaragua Team Members 2018

Carmen Covington, *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*, 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. Yassiel, *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, translator*, Sam Mejia, *translator*, Elmer Rivas, *translator/children's ministry*, Pastor Jose Zavala, *children's ministry*, Pastor Montoya

Thank you for your overwhelming support of Mission Nicaragua in the way of prayer, donations, and sewing. With your help mothers will have new items for their babies, homes in rural Nicaragua will have clean water to drink, health care will be provided to people who do not have access to optical, dental, and medical care, and children's education will be provided. Thank you, Thank you!!



Mission Nicaragua Fair Trade Coffee Sales

Fair Trade Coffee and Chocolate available for purchase on June 10th and 24th in the Fellowship Room following church services. Your purchase supports our Mission Team to purchase supplies for the upcoming trip.

Greetings!

We are a few weeks into this Sabbatical now and I thought I would share an update. Week one found me taking care of a few things at home, including putting a fresh coat of varnish on my canoe and taking it out for a morning paddle with Karen. It's been a couple seasons since it has been on the water.

The next couple weeks were spent at Sky Ranch, in a small cabin overlooking the stream that flows through the Camp. I had looked forward to staying in this cabin for some time and enjoy the views from the deck, listen to the creek, and sip some coffee. It was a great place to dive into some reading and begin my sabbatical time journaling. Moki was able to join me and has learned to wait patiently while I photograph the flowers and birds and landscape around me.

While on my retreat I read the Psalms and a book by Walter Brueggemann titled. "Praying the Psalms." I also read a book by Ron Klug called, "How to Keep a Spiritual Journal." It is a book I have had for a long time and have read, at least started reading, some time ago. Maybe it was the place, and the timing, or simply the place I am in life now, but I enjoyed this book and found it very encouraging for writing regularly.

Another short book that I read was "Contemplative Photography," by Howard Zehr. In this book Zehr discusses photography as a process of receiving images as a gift as opposed to "taking" or "shooting" a photograph; developing an attitude of respect and humility for the subject and the outcome. It was more about seeing than about technique.

I am grateful for this time set apart for shifting my focus. I trust all is well with LOTV.

Pastor Brian Bergum

