

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."

August 2018

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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

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Kris Kuhnel - Newsletter Editor / Office Administrator

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Tom Mark 303-949-7214

Raymond Covington 970-846-9187

Bob Means 627-8978

Greg Orzech 720-810-4966

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.

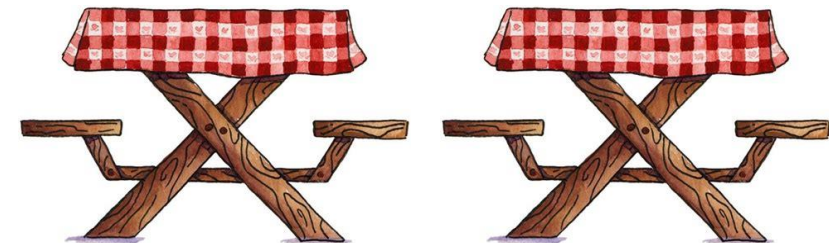
The next Church Council Meeting is on Sunday, August 13th at 6:30 pm.

Lord of the Valley Annual Meeting

Our Annual Congregational Meeting will be held on Sunday, August 12th following our morning worship. We will approve a budget, elect council members, hear reports from our ministry and conduct any other business brought before the congregation. The Congregational Picnic will follow the meeting.

Congregational Picnic

Join us for our Congregational Picnic following the Annual Meeting on Sunday, August 12th. Bring a cold dish or salad, the church will provide the hamburgers and hot dogs. Hope to see you there!





FAMILY

“One earth, one holy band, one family as our God has planned....”

I’m thinking about family – about faith and family. “Family” can seem simple, but it’s complicated. What does it mean? How is it defined?

Marlys and I have just spent time at a Winter Park condo with family. They arrived July 28 - 30 and departed July 31 – Aug. 1, five “blood relatives,” one semi-adopted, one joined through friendship with a granddaughter. We started talking about our other “family members,” and see that as a fairly fluid term defined not by blood alone but by all of the above plus marriage (“inlaws” and “step-family members”), simple choice, sense of identity and who knows what else. Our “family” includes varieties of religious persuasion, diverse political views, more than one country of origin and a range of sexual orientation and gender identity.

In the movie “You’ve Got Mail,” Meg Ryan doubts that the young girl she meets can be Tom Hanks’ aunt, and a younger boy his brother. But Hanks affirms the relationships: “She is my grandfather’s daughter, and he is my father’s son. We are ... *an American family.*” Not “traditional,” not reflecting the image that first comes to mind – but that could be said of many families for many reasons. Where love and faithfulness exist, the diversity does not make the relationships any less authentic.

Our conversations led me to think of LOTV, and of our liturgy, with its affirmation that within the reign of God we are “*one family as our God has planned.*” We realize, of course, that we are singing not only of LOTV but of the vast worldwide Christian community. We realize as well that the reign of God embraces even more – the whole *human* family, divided and sorted out in as many ways as the human mind can devise, yet all are God’s creatures, all dearly beloved. To recognize that reality is a gift and a rich blessing.

At LOTV I have observed and experienced a good bit of what is expressed by the word *family*. Most of the qualities that are true of our family are true of this one as well, and of the families within this *family*, probably including yours. But this congregation is held together in the way described by Dietrich Bonhoeffer in his small classic, Life Together. We are held together by the fact that we are individually held by Christ, rooted in and nourished by him. That is a unity that can absorb a great many elements of diversity – gender and age and political views and more. At LOTV there is community, mutual concern, love, acceptance, and respect. And a view outward toward the Valley and the world. Marlys and I have come to love this place, as do you – yes, for its natural beauty – but especially because of the qualities of this *family*. You have welcomed and accepted us, and in three short months we have moved from being *strangers* to *members of the household*.

Members of the household, as are each of you. The author of Ephesians declares, “So then you are no longer strangers and aliens, but you are citizens with the saints and also **members of the household of God.**” In other words, “family.” Thanks be to God!

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 August

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.

August 5th – 11th Sunday after Pentecost

Exodus 16: 2-4, 9-15
Ephesians 4: 1-16
John 6: 24-35

August 12th– 12th Sunday after Pentecost

1 Kings 19: 4-8
Ephesians 4: 25-5:2
John 6: 35, 41-51

August 19th – 13th Sunday after Pentecost

Proverbs 9: 1-6
Ephesians 5: 15-20
John 6: 51-58

August 26th – 14th Sunday after Pentecost

Joshua 24: 1-2a, 14-18
Ephesians 6: 10-20
John 6: 56-69

Ministers of Worship in August

August 5

Greeters – Geoff and Yolanda Jurgensen

Ushers – Jerry Stahl, Geoff Jurgensen

Readers –Edna Anderson, Rich Klingner

Communion Assistant –Carolyn S., Jerry A., Ann K.

Acolyte –Ruby Yoder

August 19

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

August 12

G –Steve and Marla Gall

U –Steve Gall,

R – Chris Tinkum, Ben Kuhnel

CA – Marla Gall, Chris Tinkum, Kris Kuhnel

A – Henry Bergen

August 26

G – Roger and Susan Odneal

U – Jerry Stahl, Steve Peters

R –Roger Odneal, Carolyn Stahl

CA – Charlene Heins, Susan Odneal, 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.

Immune system: Psoriasis is an autoimmune condition. Autoimmune conditions are the result of the body attacking itself. In the case of psoriasis, white blood cells known as T cells mistakenly attack the skin cells.

In a typical body, white blood cells are deployed to attack and destroy invading bacteria and fight infections. This mistaken attack causes the skin cell production process to go into overdrive. The sped-up skin cell production causes new skin cells to develop too quickly. They are pushed to the skin's surface, where they pile up.

This results in the plaques that are most commonly associated with psoriasis. The attacks on the skin cells also cause red, inflamed areas of skin to develop.

Genetics : Some people inherit genes that make them more likely to develop psoriasis. If you have an immediate family member with the skin condition, your risk for developing psoriasis is higher. However, the percentage of people who have psoriasis and a genetic predisposition is small. Approximately 2 to 3 percent of people with the gene develop the condition, according to the National Psoriasis Foundation. Diagnosing psoriasis

Treatment options for psoriasis

Psoriasis has no cure. Treatments aim to reduce inflammation and scales, slow the growth of skin cells, and remove plaques. Psoriasis treatments fall into three categories:

Topical treatments: Creams and ointments applied directly to the skin can be helpful for reducing mild to moderate psoriasis. Topical psoriasis treatments include: topical corticosteroids, topical retinoids, anthralin, vitamin D analogues, salicylic acid, moisturizer.

Systemic medications: People with moderate to severe psoriasis, and those who haven't responded well to other treatment types, may need to use oral or injected medications. Many of these medications have severe side effects. Doctors usually prescribe them for short periods of time. These medications include: methotrexate, cyclosporine (Sandimmune), biologics, retinoids.

Light therapy: This psoriasis treatment uses ultraviolet (UV) or natural light. Sunlight kills the overactive white blood cells that are attacking healthy skin cells and causing the rapid cell growth. Both UVA and UVB light may be helpful in reducing symptoms of mild to moderate psoriasis.

Most people with moderate to severe psoriasis will benefit from a combination of treatments. This type of therapy uses more than one of the treatment types to reduce symptoms. Some people may use the same treatment their entire lives. Others may need to change treatments occasionally if their skin stops responding to what they're using.

Medication for psoriasis

If you have moderate to severe psoriasis — or if psoriasis stops responding to other treatments — your doctor may consider an oral or injected medication.

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, August 5th.



The Women's Bible Study sessions continue in August on Tuesday, August 7th and 21st at 5:30 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 970-406-8108, Carolyn Stahl 887-9352 or Mary Mulholland 303-898-6743.

Lord of the Valley Pie and Bake Sale

Lord of the Valley will hold its annual pie and bake sale on Saturday, August 4th in Grand Lake. It will begin at 9:00 am and end when everything is sold, usually around noon. Please drop off your baked goods to LOTV on Saturday, August 4th by 7:00 am.

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. Everyone is invited to participate.

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 August and September 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.

Mission Nicaragua 2018

What we were able to accomplish?

- 1.** Purchased 100 water filters and delivered to the Emergency Response Services for Latin America (ERLSA) in Esteli. The water filters are pending delivery that is when the team feels it is safe to go to the rural communities.
- 2.** Most medications were purchased in Nicaragua by Dr. Luddy Bello and Oportunidad de Misiones Transformadoras (OMMT). The medications that are expiring in the next 12 months were donated to organizations that could use them before the expiration date. Children's vitamins were given to a church to distribute to children. The remaining medications were given to Dr Aguilar who is also a pastor. As a physician he treats prisoners.
- 3.** Paid our commitment of \$1200 to the Enmanuel Lutheran Church in Cacaui for the pastor's salary. Pastor Concepcion has moved back to Chinandega. Beginning August 1st Pastor Montoya will be the full time pastor.
- 4.** Supported Pastor Jose Zavala Reyes to continue his education in agriculture enabling him to support his family. Most pastors work two or more jobs in addition to pastoral responsibilities to have enough money to support their families.

What happened that the trip was canceled?

- 1.** Civil unrest in the country of Nicaragua is due to the citizens not happy with proposed changes in social security; which lead the people to demonstrate and verbally state their unhappiness and demand the resignation of the president and vice president.
- 2.** The president wanted to increase social security deduction from paychecks and on business owners and lower the benefit amount to the people receiving the benefit.
- 3.** The revolution began on April 19th with the courage of the college youth and educators and spread too many people throughout Nicaragua.
- 4.** It became apparent going to Nicaragua was not safe, therefore the trip was canceled.

How you can follow what is going on in Nicaragua?

Enter in your search bar on your computer or phone: "TodayNicaragua" or "Nicaragua News"

What are the next steps?

- 1.** Tentatively planning a mission trip; June 20th to June 30th 2019.

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



Everything You Need to Know About Psoriasis

What is psoriasis?

Psoriasis is a chronic autoimmune condition that causes the rapid buildup of skin cells. This buildup of cells causes scaling on the skin's surface. Inflammation and redness around the scales is fairly common. Typical psoriatic scales are whitish-silver and develop in thick, red patches. Sometimes, these patches will crack and bleed. Psoriasis is the result of a sped-up skin production process. Typically, skin cells grow deep in the skin and slowly rise to the surface. Eventually, they fall off. The typical life cycle of a skin cell is one month. In people with psoriasis, this production process may occur in just a few days. Because of this, skin cells don't have time to fall off. This rapid overproduction leads to the buildup of skin cells. Scales typically develop on joints, such as elbows and knees. They may develop anywhere on the body, including the: hands, feet, neck, scalp and face.

Less common types of psoriasis affect the nails, the mouth, and the area around genitals. According to the American Academy of Dermatology (AAD), around 7.5 million Americans have psoriasis. It's commonly associated with several other conditions, including: type 2 diabetes, inflammatory bowel disease, heart disease and psoriatic arthritis.

What are the symptoms?

Psoriasis symptoms differ from person to person and depend on the type of psoriasis. Areas of psoriasis can be as small as a few flakes on the scalp or elbow, or cover the majority of the body.

The most common symptoms of plaque psoriasis include: red, raised, inflamed patches of skin, whitish-silver scales or plaques on the red patches, dry skin that may crack and bleed, soreness around patches, itching and burning sensations around patches, thick, pitted nails, painful, swollen joints.

Not every person will experience all of these symptoms. Some people will experience entirely different symptoms if they have a less common type of psoriasis.

Most people with psoriasis go through "cycles" of symptoms. The condition may cause severe symptoms for a few days or weeks, and then the symptoms may clear up and be almost unnoticeable. Then, in a few weeks or if made worse by a common psoriasis trigger, the condition may flare up again. Sometimes, symptoms of psoriasis disappear completely. When you have no active signs of the condition, you may be in "remission." That doesn't mean psoriasis won't come back, but for now you're symptom-free.

What causes psoriasis?

Doctors are unclear as to what causes psoriasis. However, thanks to decades of research, they have a general idea of two key factors: genetics and the immune system.

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Our Children's Sunday School during worship will begin again on Sunday, September 9th. Cathy Childress and Sharon Waggoner will be taking the lead once again as teachers. Cathy and Sharon will teach three Sundays in a month. We are looking for additional volunteers to do one Sunday a month. Sunday School lessons and materials are provided for each Sunday. If you are interested in helping with our Sunday School program please contact the church office 887-9252.

Saturday Evening Worship

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.

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

- 2.** Suitcases are packed with all the supplies; quilts, diapers, medical supplies, medication, eye glasses, sun glasses, dental supplies, school supplies, Spanish books, and Children's Ministry curriculum and supplies. We are looking for opportunities to use some or all of the supplies.
- 3.** Purchase medications and supplies that outdated for 2019 mission trip.
- 4.** Support a clean water campaign.

What can you do to support the leadership of the mission team and the mission?

- 1.** Prayers for God's will be done regarding our service to his people in Nicaragua.
- 2.** Host and organize a table at one of the Grand County Holiday Gift Fair sales, selling chocolate and coffee.
- 3.** Organize the Italian Extravaganza Dinner or Chicken Enchiladas fund raisers.

What is next?

- 1.** The Mission Team Leadership Committee will meet in September to determine next steps.
- 2.** If you know of opportunities to serve in Grand County, other locations in the continental USA or International please discuss your thoughts and ideas with the leadership team.

Leadership Team Members:

Jerry and Edna Anderson, Jane Fisher, Susan Odneal, Ron Haase, Raymond and Carmen Covington



Mission Nicaragua Fair Trade Coffee Sales

Fair Trade Coffee and Chocolate available for purchase on August 12th and 26th in the Fellowship Room following church services. Your purchase supports our Mission Team to purchase supplies for the upcoming trip.

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 savings 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.