



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."

September 2017

Volume 21, Number 9

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 website: lordofthevalley.org

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

Rev. Brian Bergum – Pastor (531-4312)

pastorb@lordofthevalley.org

Kris Kuhnel - Newsletter Editor / Office Administrator

Church Council Members:

John Price 970-406-1698

Susan Odneal 816-210-4792

Chris Tinkum 725-3440

Penny Dibble 887-3934

Jane Fisher 970-302-9067

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 Monday, September 11th at 6:30 PM



Our Children's Sunday School during worship will begin again on Sunday, September 17th. Cathy Childress and Sharon Waggoner will be taking the lead once again as teachers. We are looking for additional volunteers to do one Sunday in a month. If you are interested in helping with our Sunday School please contact Cathy Childress, 970-531-2107.

Confirmation Class Resumes

Confirmation instruction for our 7 and 8th graders (and one Sophomore!) begins on Sunday, September 10 at 4:30 pm. This year we will focus on our Lutheran theology and life. We will use Luther's Small Catechism as a tool for our conversations with a particular emphasis on how it touches on our relationships. We have ten young people moving into their second year of Confirmation.



Coastal Texas has taken a huge hit by the flood waters from Hurricane Harvey. As this newsletter is being prepared to be mailed the storm continues and the expectation of further flooding rains is overwhelming to those of us who live a long way from the Gulf Coast, much less what is happening to the people who are in the midst of the crisis. We have and will keep our neighbors to the south in our prayers.

There are many opportunities to respond. One way is through Lutheran Disaster Response (LDR). A financial gift to LDR designated for Hurricane Harvey will be directed to the effort on the ground in Texas. Lutherans come together in time of crisis and use the social services organizations across the country to manage disaster response. It means we already have people in place in Texas beginning the work of response and recovery. If you are fortunate to be able to respond with a financial gift and wish to do so through LDR, you may make your gift through Lord of the Valley; simply put LDR/Texas in the memo line on your check.

Other matters:

As the 500th anniversary of the beginning of the Lutheran Reformation in Europe approaches (October 31, 1517) you are invited to spend some time looking into our Lutheran faith roots. We will hold a series this Fall to revisit Luther's Small Catechism and watch a couple of videos related to Luther and the Reformation. While we will be doing some looking back we will also do some looking around at our faith and how it is lived and expressed. One of the videos is recently produced by Rick Steves, a popular travel writer who has a television series on PBS. He also happens to be a member of one of our ELCA congregations.

Our series will be on Wednesday evening's beginning September 27th at 6:30pm. Watch for more information through the bulletin and evoices.

In addition to this series, I am looking at the possibility of a book-report series to be offered. Last spring several of our people purchased books related to the Reformation and the life of Martin Luther. One of these members suggested that we invite those readers to share their thoughts on the book(s) they purchased. I think it is a great idea and may even spark interest in sharing the books with others. Again, watch for more details.

Another announcement I am happy to share is that our new website is up and running! You will find it at our same address: www.lordofthevalley.org. There are still some tweaks that need to be made and some additions to build in. Kris Kuhnel, Susan Odneal and myself will be scheduling a training session with our web-designer so that we can manage the new site and make necessary updates and revisions along the way.

September is that back to school time. This year we have opportunities to do so in the life of our congregation. Looking forward to seeing you this fall, in worship and class!

Peace to you!

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 September

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.

September 3rd – 13th Sunday of Pentecost

Jeremiah 15: 15-21
Romans 12: 9-21
Matthew 16: 21-28

September 10th – 14th Sunday after Pentecost

Ezekiel 33: 7-11
Romans 13: 8-14
Matthew 18: 15-20

September 17th – 15th Sunday after Pentecost

Genesis 50: 15-21
Romans 14: 1-12
Matthew 18: 21-35

September 24th – 16th Sunday after Pentecost

Jonah 3: 10-4:11
Romans Philippians 1: 21-30
Matthew 20: 1-16

Ministers of Worship in September

September 3

Greeters – Roger and Susan Odneal
Ushers – John Price, Bill Tetlow
Readers – Roger Odneal, Bill Tetlow
Communion Assistant – Susan O., Susan P., Roger O.
Acolyte – Lily Smith

September 17

G – Raymond and Carmen Covington
U – Raymond Covington, Steve Gall
R – Chris Tinkum, Pat Edwards
CA – Chris Tinkum, Marla Gall, Pat Edwards
A – Jonah McKnight

September 10

G – Greg and Lori Orzech
U – Geoff Jurgensen, Bob Means
R – Penny Dibble, Kathy Means
CA – Penny Dibble, Charlene Heins, Kathy Means
A – Ally Jurgensen

September 24

G – Kris, Ben and Abby Kuhnel
U – Paul Gerhart, Steve Peters
R – Penny Dibble, Ben Kuhnel
CA – Penny Dibble, Kris Kuhnel, Suzanne Gerhart
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.

4. Walk like a vibrant, healthy person. Come on. You can probably do it. Analyze your gait. Do you walk slowly because you have just become lazy or, perhaps, have a fear of falling? (Tip: Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.)
5. Stand up straight! You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Look at yourself in the mirror. Are you holding your stomach in, have your shoulders back, chin up? Check out how much better your neck looks! Fix your stance and practice it every day, all day until it is natural. You will look great and feel better. (Tip: Your waistline will look trimmer if you follow this advice.)
6. How's your smile? Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being. (Tip: Go to the dentist regularly and look into teeth whitening. Nothing says old more than yellowing teeth!)
7. Lonely? Stop brooding and complaining about having no friends or family. Do something about it now. Right this minute. Pick up the phone, landline, or cell and make a call to do one or more of the following: Volunteer your time, Take a class, Invite someone to meet for lunch, brunch, dinner, or coffee. (Tip: Volunteer at the local public school to stay in touch with younger people and to keep current on trends, take a computer class or a tutorial session at your cell phone store to keep up with technology, choose a new person every week for your dining out.)
8. Start walking not only for your health but to see the neighbors. Have a dog? You'll be amazed how the dog can be a conversation starter. (Tip: If you don't have time for a dog, go to your local animal shelter and volunteer. You will be thrilled by the puppy love!)
9. Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while.
10. Find your inner artist. Who says taking music lessons is for young school children? You may have an artist lurking inside you just waiting to be tapped. Have you always wanted to play the piano, violin, or tuba? Have you ever wondered if you could paint a portrait or scenic in oil? What about working in wood? (Tip: Sign up now for fall art or music classes and discover your inner artist!)

For more tips and ideas, see [Healthy Aging® Magazine](#).

Women's Bible Study

The Women's Bible Study sessions continue in September on Tuesday, September 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.

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 recently began watching another video series by the *Great Courses* entitled *How Jesus Became God*.

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

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, September 3rd.



Calling our Youth!

The Synod Youth Gathering is taking on a new life! "Wait, What?!" will be held in January for Middle School AND Senior High Youth. Wait, What?! Yes, that's right. A new venture with both groups coming together with energy for an activity packed weekend. "Wait, What?!" is the theme for this Martin Luther King Jr. weekend (Saturday 13th thru Monday 15th) in Colorado Springs. While there will be some all group activities, there will also be separate programming for the two different age groups. Our theme will relate to justice and equality and our faith in Jesus Christ. Let's load up a few vehicles (and get you out of school that Monday) and join many others from across our Rocky Mountain Synod for this new and exciting Gathering. Learn more at <https://www.rmselfca.org/faith-formation/2018-rms-gathering>. Let Pastor Brian know of your interest by September 10 so we can get a discount for early registration!



Fly Fishing Clinic

On Saturday, September 23rd a Fly Fishing clinic will be hosted by Lord of the Valley and members of Trout Unlimited. The clinic will include instruction on fly casting and general information about fly fishing. Kirk Klancke with the local TU chapter will be lining up some friends to help with instruction. The clinic will begin at 10:00 am and last a few hours. Plan on bringing a lunch, water and your interest. We need to know how many to plan for so please visit, again, with Pastor Brian by mid-September if you are planning to take part.

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 of our members and provides donation consistency of 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.



Lord of the Valley's
Health and Wellness Ministry



10 Tips for September Is Healthy Aging® Month

Think it's too late to "reinvent" yourself? Think again. According to Carolyn Worthington, editor-in-chief of Healthy Aging® Magazine and executive director of Healthy Aging®, "it's never too late to find a new career, a new sport, passion, or hobby." Worthington is the creator of September is Healthy Aging® Month, an annual health observance designed to focus national attention on the positive aspects of growing older. Now in its second decade, Worthington says September is Healthy Aging® Month provides inspiration and practical ideas for adults, ages 50-plus, to improve their physical, mental, social, and financial well-being. "Use September as the motivation to take stock of where you've been, what you really would like to do if money was no object," says Worthington. "And try it! Who says you have to do something related to what you studied in school? Who says, you can't become an entrepreneur, start your own home business later in life, test your physical prowess, or do something wildly different from anything you've done before? Only that person you see in the mirror!" To get you started on reinventing yourself, here are some ideas from the editors of Healthy Aging® Magazine (www.healthyaging.net). Maybe they will help you think outside the box:

10 tips for Reinventing Yourself during September Is Healthy Aging® Month

1. Do not act your age or at least what you think your current age should act like. What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. Some people may say this is denial, but we say it's positive thinking and goes a long way toward feeling better about yourself. (Tip: Don't keep looking in the mirror, just FEEL IT!)
2. Be positive in your conversations and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive. (Tip: Stop watching the police reports on the local news.)
3. Have negative friends who complain all of the time and constantly talk about how awful everything is? Drop them. As cruel as that may sound, distance yourself from people who do not have a positive outlook on life. They will only depress you and stop you from moving forward. Surround yourself with energetic, happy, positive people of all ages and you will be happier too. (Tip: Smile often. It's contagious and wards off naysayers.)

(Continues on next page...)

Mission Nicaragua

On September 8th the first ***Executive Team Meeting*** will be held at Lord of the Valley at 6:00 pm. The purpose of the Executive Team is to provide guidance and support to the the Mission Nicaragua Team members. Executive Team members include:

Carmen Covington, Mission Team Leader

Raymond Covington, Mission Team Leader

Brian Bergum, Pastor LOTV

Susan Odneal, Church Council, LOTV Treasurer

Jane Fisher, Mission Trip Participant and LOTV Church Council Member

Edna Anderson, Mission Trip Participant (Secretary)

Jerry Anderson, Mission Trip Participant (Chairman)

Ron Haase, Mission Trip Participant, Member of Faith Lutheran Church in Nebraska

It Is Back to School Time!

With low prices, it is a great time to purchase school supplies for 2018 Mission Nicaragua.

Supplies needed are: pens, pencils, loose leaf paper, rulers, crayons, markers, glue sticks and scissors. New and used Spanish books are also greatly needed. Please place donations in the designated box in the fellowship room. Also accepting eyeglasses/sunglasses, caps/hats, large or extra-large t-shirts to make diapers. Thanks so much for your support of Mission Nicaragua!

Children's Ministry Leader Thoughts

It was great to see the number of children that attended the Children's Ministry Program during our recent Mission Trip to Nicaragua. One afternoon, our meeting room was full with some 70 plus participants in attendance! What a joy to be able to share Jesus' love with that many children!

One activity that the greatest number of children seemed to enjoy was the singing! Our song leader, Pastor Jose, did a wonderful job with his God given talents in singing and his ability in playing the guitar. The children, as a whole, responded very well to the many varied songs that were sung during our sessions. Even many of the older ones were joining in the singing, which was great to witness!

Laverne Kelderman, Cedar Falls, IA

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, September 10th and 24th in the fellowship room following worship. Thank you for your support!

Alzheimer's Presentation

Join us for a Presentation on Alzheimer's Disease at Lord of the Valley on Thursday, September 21st at 5:30 pm. Katie Fahrenbruch from the Alzheimer's Association will share information on the latest research on brain health and communication strategies with a person who has Alzheimer's. This event is open to the community and is sponsored by Lord of the Valley's Women's Bible Study Group.

Appreciating God's World, a Travel Series

Beginning on Friday, September 15, LOTV will offer a 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 travelogue of your experience and share with the rest of us. The series will be held in the afternoon (2:30PM) on the third Friday each month, beginning in September and continuing through the winter.

Jerry and Edna Anderson will kick off the series sharing their experience in Nepal. They will have photos and stories that they will share. This series will be 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 sign-up sheet in the back of the sanctuary. If you have any question, please visit with Pastor Brian or with Jerry or Edna Anderson.



3 MPH: From Vail, Around the World and Back. One foot in front of the other

Amazing adventurer, breast cancer awareness advocate, Colorado's own Polly Letofsky is a natural storyteller, inspiring audiences with her stories. Don't miss this free lecture "3 MPH: From Vail, Around the World and Back", Thurs, Sept 14th hosted by the Fraser River Valley Lions Club. At Church of the Eternal Hills. 6pm wine/cheese reception, 7pm presentation. Free. RSVP to fraservalleylions.org. More info at fraservalleylions.org or Susan Odneal.