



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."

December 2017

Volume 21, Number 12

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, December 11th at 6:30 PM

Advent and Christmas Season Worship Schedule

Sunday Worship

December 3rd, 10th, 17th and 24th

9:30 am

Christmas Eve Worship

Sunday, December 24th

5:00 pm – 7:00 pm – 9:00 pm

Christmas Day Worship

Monday, December 25th

10:00 am





Greetings in the name of our Lord Jesus Christ!

We have turned the calendar on the church year once again and entered the time of Advent. It is the season of getting ready, the time to anticipate. But it can be difficult to feel excited about preparations for what is coming when one feels so far behind in our regular, normal tasks. Part of this disconnect is from the world around us, which placed Christmas decoration and shopping opportunities before us many weeks ago. Now Black Friday begins on November 1st and lasts all month!

While the world races off to entice our contributions to the economic boost of the end of the year shopping buy extending that period; we might be left feeling guilty, or less than enthusiastic about Advent.

What is Advent anyway? Is it the Church's version of piling on more expectations in a life filled with the pressure of performing a multitude of tasks inserted into an already busy life? Well it can honestly feel like that, can't it?

Advent is not intended to add to or complicate our stress. Rather it is a reminder that God is engaged in this time of chaos, inviting us to breathe. When we do take a moment to catch our breath, we might take an extra moment to notice that breath. From this small pause we can add an expression of prayer, beginning with a word of thanks. God has blessed us with life and has embellished our life through faith in Jesus Christ. Then our thoughts will move to Jesus, and his promise of life and hope and mercy and peace. Before long we will find ourselves in an Advent moment, thinking about God's love for the sake of the world, and for your sake and mine.

Such a pause may be refreshing. It won't take away the pressures that come upon us, nor those we actually bring upon ourselves. But such a moment may help us reset our perspective, help us remember we are not alone, and move us to acknowledge that the world and this particular season does not actually revolve around me and mine; us and ours.

We might even discover we have enough time in that daily breath, that moment of pause, to consider other people and their needs, hopes and joys. Yes, this too is Advent, God taking our eyes and focusing them on others in our lives and neighborhood and world

Continues on Next Page...

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 December

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.

December 3rd – First Sunday of Advent

Isaiah 64: 1-9
1 Corinthians 1: 3-9
Mark 13: 24-37

December 10th– Second Sunday of Advent

Isaiah 40: 1-11
2 Peter 3: 8-15a
Mark 1: 1-8

December 17th– Third Sunday of Advent

Isaiah 61: 1-4, 8-11
1 Thessalonians 5: 16-24
John 1: 6-8, 19-28

December 24th – Fourth Sunday of Advent

2 Samuel 7: 1-11, 16
Romans 16: 25-27
Luke 1: 26-38

December 31st – First Sunday of Christmas

Isaiah 61: 10 – 62: 3
Galatians 4: 4-7
Luke 2: 22-40

Ministers of Worship in December

December 3

Greeters – Roger and Susan Odneal
Ushers – Raymond Covington, Bill Tetlow
Readers – Roger Odneal, Bill Tetlow
Communion Assistant – Susan O., Carmen C., Roger O.
Acolyte – Lily Smith

December 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

December 31

G– Please See Signup Sheet at back of sanctuary
U –
R –
CA –
A –

December 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

December 24 and 25

G – 9:30 am Worship, Christmas Eve and
U – Christmas Day
R – Please see signup sheet at back of sanctuary
CA –
A –

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.

- Serve angel food cake with light whipped topping and fruits.
- Test low-fat versions of recipes a few days before to be sure they taste good.

Attending Dinner Parties:

- Expect to overeat somewhat, and cut back on eating the day before or day after.
- Take it easy with appetizers when a full course meal will be served.
- Grilled or broiled fish are your best bets for entrees.
- Take second helpings of salads or vegetables if you are still hungry.
- Listen to your stomach and stop eating when full.
- If you can, skip dessert or share with your date.

The most practical tip is to not attempt to lose weight during the holidays. This is an unrealistic goal that will set you up for failure and add to the stress of the holiday season. Since most people gain weight during the holidays, you will do well to maintain your weight.

Many holiday and family traditions revolve around foods that make the season special. Limiting high-fat foods, maintaining a healthy diet and getting regular exercise year round will fend off significant permanent weight gain from holiday festivities.

www.wellnessproposals.com



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, December 3rd.



Confirmation Class

Our Confirmation Class will meet on December 3rd and 17th. They continue to focus on our Lutheran theology and life using Luther's Small Catechism as a tool for conversations.

whose needs may be greater than our own. For Advent is a season about God's promise to come to the world with hope, mercy, peace, and new life. And as God so often does, God invites us to be the bearers of these gifts. Maybe, in all the busyness and stress that this time of year can bring, maybe, you will be bringing such gifts to those around you.

A Blessed Advent to you!

Pastor Brian Bergum



Merry Christmas!

Together with Karen and our family we wish you a wonderful Christmas and look forward with hope toward the New Year to come. May you recognize God's love and presence in your Christmas celebrations this Year!

In Christ Jesus our Lord, Pastor Brian

Dinner for Six

Sign-Up Has Started for the winter "Dinner for Six" Groups. Dinner for Six is the chance you have to get together with other people from Lord of the Valley (usually in groups of six – hence the name) for dinner and conversation. The way that it works is that you agree to have dinner together three times. Each time you rotate hosts and the dinner moves from house to house. If you would like to be part of a "Dinner for Six" group for the winter (January – March), please sign the sheet on the back of the church. "Dinner for Six" is for all adults, of all ages, couples and singles are invited to join. This is a great chance to meet other people from Lord of the Valley. Sign up today and be part of a small group enjoying good food and good conversation with good people. Contact Susan Price (970-406-1698) for more information.

Christmas Poinsettias

We will once again be adorning our worship space with poinsettia plants during our Christmas Services. You are invited to donate a poinsettia plant in honor or in memory of a special person or loved one in your life. Each plant costs \$15.00. A portion of the proceeds will be used to assist our children and youth ministry activities. Orders need to be received by Sunday, December 17th. Plants with no designation will be given "to the Glory of God." Plants may be taken home, or given to someone you know as a way of sharing the joy of Christmas following our Christmas Day worship service on Sunday, December 25th.



Name(s): _____

Phone: _____

Number of Plants: _____ (\$15.00 each)

I/We donate the poinsettia in (Circle One) HONOR / MEMORY of:

Join Our Holiday Tradition

Each year at Christmas, the Lord of the Valley Church family comes together to bestow gifts to Pastor Brian, Administrative Asst. Kris and the three musicians in celebration of the season. Won't you join us this year? There is no set amount to give toward these gifts. And there is never a gift too small to make a difference. Just place your check (with "Christmas gift" in the memo) or cash in an envelope (with the same message) in the offering plate for the next four Sundays (the last being Christmas Eve). If you are out of town, please join as well! Drop a check in the mail addressed to LOTV Christmas P.O. Box 843, Granby, Colorado 80446. This wonderful tradition is alive with the spirit of Christmas. Thanks to our generous faith community for making it so.



Blessings to you and yours,
Susan Odneal
Church Council Treasurer



Lord of the Valley's
Health and Wellness Ministry



Eating Healthy during the Holidays

The holiday season presents so many tasty temptations that even the most disciplined people have a hard time saying "no." For most of us, the holiday season begins in mid-November and ends in January giving us eight weeks to overindulge. What's more, weight gained during this season tends to stay with us. But, with knowledge about good nutrition, it is possible to eat healthy and still have fun.

Whether attending a company party, planning a dinner party or going out for a New Year's Eve celebration, here are tips to help you enjoy the holidays and avoid undesired weight gain.

Party tips:

- Never go to a party hungry. Eat a low-fat snack before you go.
- Limit alcohol calories, which are stored as fat.
- Choose diet sodas, club sodas or water so you don't waste calories on beverages.
- Exercise before eating. A brisk 30-minute walk can reduce your appetite as well as burn calories.
- Use small plates and take small portions.
- Choose mostly fruits and vegetables, then add some of your favorite foods as a treat.
- Use salad dressing sparingly. Avoid soups and breads.
- Enjoy your favorite dessert, but watch your portion and don't go back for seconds.
- When socializing, move away from the buffet table.

Cooking and Preparing Holiday Foods:

- Use nonstick cooking sprays.
- Choose lower fat meats like turkey breast, lean ham and filets.
- Prepare stuffing outside of the turkey.
- Use a gravy separator to de-fat gravy.
- Use skim milk and low-fat cheeses.
- Flavor with lots of herbs and spices.
- Use two egg whites rather than a whole egg in recipes.

Continues on Next Page...

Mission Nicaragua 2018

Our Mission Nicaragua 2018 Team Meeting will be held on December 17th following worship. The team welcomes anyone interested in learning more about Mission Nicaragua. We will begin planning for our Italian Extravaganza fund raiser. Applications to be a part of the 2018 Mission Nicaragua Team are available on our website www.lordofthevalley.org or in the fellowship room. For more information and questions please contact Carmen and Raymond Covington 970—531-2857.

Water Filters

Clean water is one of our focuses making a difference between life and death for children of rural Nicaraguan families. Each year, Mission Nicaragua partners with ERS LA (Emergency Response Services for Latin America), a nonprofit organization. ERS LA handles donations and volunteers; they coordinate the manufacture of the filters; and they work with rural communities to prepare and verify lists of potential recipients. Mission Nicaragua helps ERS LA and local firefighters to distribute filters. Our goal is to purchase 100 filters, each filter cost is \$50.00.

Thank you for all the support and help working the Mission Nicaragua Coffee and Chocolate booths at the local holiday craft fairs in November and December!



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, December 10th and 17th in the fellowship room following worship. Thank you for your support!

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 to 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.

Special Music by High Flutin'

The flute ensemble *High Flutin'* will play during our worship service at Lord of the Valley on Sunday, December 10th. The ensemble includes: Becky Shaw, Sara Lomax, Bambi Statz and Mary Jo Wright. Join us in worship and enjoy this special music in Advent.

Women's Bible Study

The Women's Bible Study sessions continue in December on Tuesday, December 5th and 19th 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 watching a 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 December and January for those interested in hosting Sunday morning fellowship. Please see the sign up 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 December issue of the *Living Lutheran Magazine*. Feel free to take what you might find useful.