

December 2010

SHEPHERD OF THE VALLEY NEWSLETTER

Volume 1, Issue 1

Shepherd's Office Hours;
Mon-Thurs 9:00—2:00

Pastor Randy's Office
Hours;
Tues-Fri 9:00 -12:00
(by appt after 12:00)

Office phone;
503.645.4994
Sovlutheran.com

Worship Services
8:30 a & 11:00 a
Sunday School for all ages
9:45 a

Inside this issue:

<i>Pastor's Page</i>	2
<i>President's Report</i>	3
<i>Presidents Report</i>	4
<i>Social Concerns</i>	5
<i>Health Team</i>	6
<i>Announcements/Events</i>	7
<i>Prayer Ministry</i>	8
<i>Kids of the Kingdom Caroling</i>	9
<i>Stewardship</i>	10
<i>Birthdays Anniversaries</i>	11
<i>Announcements/Events</i>	12
<i>Advent Schedule</i>	13
<i>Calendar</i>	14

SHEPHERD OF THE VALLEY INVITES YOU TO

CHRISTMAS MUSIC FEST

&

CHOIR CONCERT

DECEMBER 12TH

6:00 PM

Special Seasonal Music
SOV Choir, SOV Youth Choir
Transport Trio and Company
Mike Burkesmith and Melody Wright

A special appearance by

BEAR NOEL!

Bring your favorite Christmas treat to share!





PASTOR'S PAGE

*"...she was much perplexed... the angel said, "Do not be afraid ..."
Luke 1:29-30*

Those words are about Mary. It is no surprise that she would be perplexed. There is no way she could have imagined what lay before her. And the encouragement to "not be afraid" were words she certainly would have needed to hear. Can we even begin to imagine the whirl of wonder, doubt and possibility that surrounded her.

How often do we find ourselves perplexed and in need of comforting as well? Thinking of the recent spate of threatening weather. Many folks were either paralyzed, or driven to over reaction, when hearing about what might happen. (Ah, watching the weather on TV, while it is their job, doesn't it seem a bit over the top sometimes? But I watch it too.) This was just about what might happen, and think of the sometimes chaotic actions that were a result.

Sometimes the reality of the news of our lives may meet us with real concerns. There are plenty of events we cannot make sense of, or have control over, and that may tempt us to try to withdraw from this present reality. Or at least try to pretend that things are different than they are, as a means of escape.

This season, those promises to Mary, the coming again of the Christ child, are reminders to us. Reminders that being perplexed is not unnatural, but actually may be par for the course. And the admonition to not be overcome by our fears is centuries old, and yet just as fresh and real as ever.

May we hear the promise of God's presence with us as a community of faith, and as individuals, on our journey.

May a blessed, sometimes peaceful, and always adventuresome Christmas, be yours.

In the peace and power of the Christ,
Pastor Randy

COUNCIL PRESIDENT'S REPORT

Submitted by Peggy Jo Vermaas

Greetings and God's Peace to all. Frost and Snow!! Cold temperatures! December has arrived and Christmas soon upon us. Pastor asked last Sunday if anyone had their Christmas decorations up. I was a bit embarrassed and so didn't raise my hand but . . . YES MY CHRISTMAS DECORATIONS ARE UP!!!! The house is lighted inside and out. Our tree, wreaths, and wise men are all present and accounted for. None too early in my book. Before I retired from Parole and Probation, one of the running jokes in our office was that I played Christmas music year round. Easy listening music from my point of view. Keeping Christmas in your heart. There are many activities planned here at Shepherd. Never too much joy to choose from! The decorations came in from the storage shed on Sunday. The KOK Christmas wreaths have arrived and were dispersed on Monday. The church decorated on Tuesday. Soup and bread begins on Wednesday. Festival of the Trees is Friday. Then on to practicing and performing for the two Christmas programs, caroling at two Assisted Living Centers and back for potluck soup, three Christmas Eve services and a Christmas Day service. Blessings. Abundance. Good foundation building. And, 150 people in attendance Sunday before last!!!! Keep the prayers coming!!



On behalf of your Executive team and Council, we wish you and yours a very blessed Christmas.

Now, here are some highlights for this month:

1. The Congregational meeting: Thanks to all who participated in the Congregational meeting where our two proposed resolutions were approved. We will seek a mortgage refinance and our Property Management Committee and Executive team will work together to create and manage the priorities of the projects. How interesting that we should have had a furnace emergency the week before our meeting! Once again some angels were, and continue, protecting Shepherd because this event could have been a disaster. Instead, it solidified the need to replace our old furnaces. If you didn't hear about the problem, please talk directly with Arden or Jim. This was a very serious problem so get the information first hand so it is correct.

THRIVENT CHOICE DOLLARS: This meeting also served as one of our Town Hall meetings and so there was some good discussion. One issue was the Thrivent Choice Program. If you are a Thrivent member and have not looked into the Choice program, I would encourage you to do so. I wrote about this program in my October Newsletter article and Betty, our treasurer, has done so as well. SOV is set up to receive Thrivent Choice dollars. KOK, Memorial/Endowment Fund, and the Building Fund can also receive Choice dollars but through SOV as the source. Review the articles and talk with us as needed.

COMMUNICATION was another issue. When we are ready to actively work on our building project list, EXPECT AN ADDITIONAL LAYER OF COMMUNICATION. But, that said, you will be as informed around these projects as you choose to be. We will be pitching. You must agree to catch.

PRESIDENTS REPORT CONTINUED...

ENERGY ASSISTANCE INCENTIVES. Once our mortgage request is approved (keep in prayer about this), we will then begin the next steps. One of those steps will be to investigate any current energy assistance incentives that may be available. If you have ideas, talk or send an email to Jeff, Connie, myself and Lee. Don't wait. The more time we have to explore ideas, the better. The eligibility of incentive funds may become a factor in prioritizing projects. So this is important.

2. EASEMENT: Still waiting, patiently, for a scheduled meeting.

3. COMMUNICATIONS: I hope all are making an effort to read our Website, Newsletter, and Sunday Bulletins. Announcements will continue for highlights or new information. Adequate? Give us some feedback.

4. BUDGET FOR 2011: In January we will be having another Congregational Meeting to present the proposed 2011 budget. Originally we had hoped to present the budget at the same time we presented our mortgage refinance issues . . . because changes in our monthly mortgage payment is a factor in our proposed budget. However, the Council decided it was more important to allow for a more focused discussion on each. We are chasing lower interest rates and so submitting the mortgage request took priority. We are looking at basically the same expense budget from 2010 but some changes on the income side. We have lost two significant sources of monthly revenue: \$1200 per month cost share from the KOK DAYCARE (KOK is now a preschool and the building use is only about 14 hours per week) and Corporate match money. Big issues. Council will be setting the date for the January meeting soon. Watch for and save the date.

5. SOME FELLOWSHIP: Shepherd assisted Mike and Melody (has a nice ring to it!!) in celebrating their marriage by assisting with a reception. Over 100 guests attended with flowers, music, food and wedding cake. Thanks to all who helped and we felt blessed as a church family to offer our assistance.

6. RENTING SPACE :Council approved a request for renting space for Pastoral Counseling to occur on site. We are preparing the rental agreement and expect things to begin by the first of the year . . . maybe sooner. More information will be forthcoming. Also, Shepherd is actively seeking APPROPRIATE non-profit businesses who are interested in renting space from us. The goal is to add service to our community while also adding income to our budget. Any assistance you can offer will be appreciated.

Enjoy the blessings of the season. We are a family in Christ . . touching others for Christ . .

Peggy

JANUARY NEWSLETTER DEADLINE DECEMBER 27, 2010

SOCIAL CONCERNS... BY LARINA HOFFBECK

LIVING A GENEROUS LIFE IN ACTION!

THANK YOU!

A huge thank you to everyone who helped make our annual Thanksgiving Basket giveaway a big success! Fifty families were served this year, receiving turkey, ham or chicken, fresh fruit and veggies, bread, rolls, oil, flour, rice, pie and other Thanksgiving foods as well as God's love! We had fourteen volunteers Friday night to set up and about thirty on Saturday morning to pick up food, assemble baskets, deliver, hand out baskets, and clean up afterwards. Thanks also to all those who donated food and/or cash!



Operation Christmas Child

We sent 36 shoe boxes filled with Christmas gifts to children around the world. Thanks to Tom and Lisa, 22 of them were labeled with bar codes that will enable them to be tracked. We look forward to seeing where they end up! If you'd like more information on Operation Christmas Child, please see their website at: www.samaritanspurse.org

Looking for Christmas gift ideas?

Consider giving gifts this year from Lutheran World Relief's fair trade handcraft project (<http://www.serrv.org/default.aspx?source=F104>) or Lutheran World Relief's Gifts program (<http://lwrgifts.org/>). From chickens and goats, to quilts and water, to beautiful handmade crafts and fair trade chocolate and coffee, these are all gifts that can be given to someone you love while sharing God's love with people around the world at the same time.

We wish everyone a very Blessed and Merry Christmas!

-the Social Concerns Committee

Parish Nurse & Health Team Ministries

Bits and Pieces



Partners in Care: Medicine and Ministry Together by Frederick Reklau and R. Scott Perry explores the need for and benefits of wholistic

health care. The authors elevate the work of chaplains, pastors, parish nurses, lay caregivers and hospice workers to equal status with vital caregiving services performed by physicians, psychologists, psychiatrists and other members of the medical professions.

Eating Right When Money's Tight: A guide for Seniors and People with Disabilities is published by the Oregon Department of Human Services encouraging elders and people with disabilities to take advantage of



Supplemental Nutrition Assistance Program

dedicated to putting healthy food within reach. For more information visit:

www.snap.oregon.gov/

Since this is a federal program, the requirements should be the same for all states.

7 Ways Sharing Can Make You Happy, by Jill Suttie

As people learn to make do with less, they are discovering the many benefits of sharing. New psychological research suggests that sharing contributes to personal well-being. Ways sharing is good for your health:

1. Sharing involves reciprocal giving which contributes to greater physical health and personal happiness.
2. Sharing can cause the release of oxytocin, a hormone that increases feelings of well-being.
3. Sharing builds trust, which is highly correlated with happiness.
4. Sharing increases positive social interaction with others, which can prolong your life.
5. Sharing invokes gratitude is highly correlated with happiness.
6. Sharing can decrease the disparity between "the haves" and "the have nots," which increases well being.
7. Sharing involves cooperation, and cooperation is essential to human flourishing.

So, if you want to have better connections with others and contribute toward a better society, start sharing. You might find yourself benefiting from a big dose of happiness in the process.

Surviving the Holidays

Contrary to the hype you see in the media, the theme for dealing with the holidays is **QUIET**

AND SIMPLICITY.

Allow time and quiet for God to speak with you. **Pray and listen.**

Give yourself permission to drop the things that will distract your attention from this focus such as:

- Parties that take too much effort and resources.
- Decorations where you live or work.
- Cards that are difficult to send or written messages that will be phony or depressing.
- Gifts that are not meaningful or are beyond your budget.
- Putting on a happy face for the sake of others.
- Too much food and drink.

Some things that may help you survive this time:

- Think about putting yourself in service to others to get outside of yourself.
- Have private time that nourishes your soul and revitalizes your energy and self-worth.
- Let others know where you are in reality and accept their support and comfort.

"The holiest of all holidays are those kept by ourselves in silence and apart, the secret anniversaries of the heart."

Henry Wadsworth Longfellow

PRAWL SHAWL MINISTRY...

Open to men, women and youth~



Will meet December 20th, 7:00 pm
at SOV

No experience required...



LADIES CHRISTMAS DINNER

December 14th 6:30 pm

Crossroads Restaurant

Embassy Suites Hotel

9000 SW Washington Square Road, Tigard

Please RSVP to Charleen or Clara



YOUTH GROUP

Is meeting Sunday December 5th

6:00 pm @ SOV

Questions can be directed to Stacey R. roedersi5@gmail.com or Caitlin G. saalfeca@gmail.com



O WONDROUS BABE...Submitted by Lee Bonacker

O Wondrous Babe,
I see you sleep
And your infant fingers curl.
Who would know
That upon your tiny delicacy
Lies the hope of all the world?

O Wondrous Babe,
In your frail form
Rests God's gift of Himself to
us.
Who would know
That upon your generosity
Lies the defeat of death, itself?



O Wondrous Babe,
Your light, your love
Birthed both the universe and us.
Who would know
That through your sacrifice
A change could come in all our hearts?

O Wondrous Babe,
Forgive us now
In the whirl of daily life,
Who would know
That we, who depend upon your love
Could forget to praise You every day?

LIVING A GENEROUS LIFE THROUGH PRAYER...

By Sandra Carasco

There are many ways to love one another; intercessory prayer – praying on behalf of other people – is one of the most powerful. By praying with and for others, we assure them they are not alone and we share our confidence that a loving God is present and will act, even if not in the manner or timing we seek.

If you are interested in being part of the prayer team, we will be sending around a sign-up sheet throughout the month of December. Please indicate your intent, your contact information and whether you would be available for a meeting in either the day or night. Also, we will continue to send out prayer requests through email. However if you would prefer to be on a phone prayer chain, please indicate that as well.



If you have any questions, please see Sandra Carasco or Mert.

Kids of the Kingdom



Thanks to all who supported the KOK Christmas Greens fundraiser. Ordered items are available for pick up November 29 from 11:30 am to 12:30 pm and from 5 pm to 6:30 pm. at the Church. There are a handful of items unsold. If you are interested in purchasing them please contact Wendy at 503-407-9876.

We raised over \$500 for tuition assistance to families in need attending our preschool. Happy Holidays to all!

COFFEE GROUP MEETS TUESDAY'S

7:15 AM

STARBUCKS @ TANASBOURNE



CHRISTMAS CAROLING...AND CHILI/SOUP POTLUCK

Sunday, December 19th

Meet at SOV at 6:00 pm to carpool to Rock Creek Retirement Center and The Springs Retirement Center for caroling.

Followed by a potluck chili/soup supper at the church.



LIVING A GENEROUS... Submitted by Diane Lewis

Facing the truth as we follow Jesus is a continual journey in many areas of our lives. Learning how to find the balance that fits our own lives as we try to be good stewards of what God has entrusted to us is part our church focus of "living a generous life".

The truth is that each of us faces challenges in our lives that require making different choices in finding solutions. We are also given the truth that by following Jesus we are given love, strength, promise, hope and joy that through God all things are possible. In looking back through boxes of saved papers from my parents I found an article that my Dad wrote about giving back to God. Our pastor reminded my Dad that no matter what we give, we can never out give God and that all gifts given from the heart are precious in his sight. It was a special gift to find this article my Dad had written as I was preparing for this months newsletter. I hope we can all be reminded how much joy there is in giving back to God at any time of the church year, especially during the preparation and celebration of Christmas.

We will be sharing the information from our pledges as we proceed and work towards the end of this calendar year. Any member that is still considering making a written pledge to our church is welcome to offer your pledge during worship offering or mail it into the church office. Pledging any of your gifts of money, time and talents is a real and joyful opportunity to make a difference in your life as you also make a difference for your church home.

As we work towards the end of 2010 and towards 2011 is a good time to consider stock gifting as an opportunity to maximize your gift. We have closed the Morgan Stanley account in favor of using the ELCA Foundation opportunity for stock gifting. It is by far the best opportunity to gift stock with a much lower overhead cost and it is easy!

Prayerfully consider how you can give a gift to the ministry and missions of Shepherd of the Valley as we prepare for the birthday of Christ and glorify what God has given us.

Gifting Stock made simple through the ELCA Foundation

Gifting stock is one opportunity we can take advantage of to help in giving to our church. Giving the stock through the ELCA has several advantages. It is easy to accomplish, the fees are lower, in some cases it can be done over the phone and some brokerages don't charge a transfer fee. If the stock has appreciated in value then you can gift stock to the church and not have any capital gains from the appreciation as well as take the entire gift as a tax deduction. The ELCA Foundation has made it simple for the one gifting. Some financial brokerage businesses won't charge you to transfer the stock. The only fee will come from a small charge from the ELCA Foundation and the balance is sent directly to the church.

Here are the easy steps in gifting a stock to Shepherd of the Valley:

1. Contact your stock broker and give the name and amount of the stock you want transferred. Ask if that firm has a transfer fee for non profit transfers.
2. Give the broker the information for gifting to the ELCA Foundation
(Wells Fargo Advisors, DTC Clearing #0141, FBO Evangelical Lutheran Church of America, Account # 5103-9400)
3. Inform Shawn Greene (ELCA 1-800-638 8322 ex.2976) as to the exact date and the shares that are being transferred out of your account. Let her know that the funds are to be sent to Shepherd of the Valley Lutheran Church, Beaverton, OR. This can also be done by email to: shawn.greene@elca.org
4. Once the stock is transferred it will be immediately sold. The small fees are taken out of the sale price and the remaining funds are sent to the church with a letter from the ELCA stating who is from.
5. The person gifting will receive a letter of confirmation from the ELCA with the full tax deductible amount of the sale.
6. Contact SOV's financial secretary about how you want the money designated.

SUNDAY SCHOOL NEWS

Children's Sunday School Christmas Program

Sunday December 12th 11:00 am



NEXT SCRIP ORDER...

DECEMBER 5TH

DONT FORGET ALL YOUR GIFT GIVING NEEDS OR
MAYBE A FEW EXTRA TO HAVE ON HAND AS HOSTESS
GIFTS OR LAST MINUTE IDEAS?



ALTAR GUILD NEEDS VOLUNTEERS...

WANTED: ALTAR GUILD MEMBERS

Want a FUN way to volunteer at church?

We've got the job for you...join the Altar Guild!

Our philosophy: "Many hands make light work" and we need a few more HANDS!

Our tasks include, weekly altar set-up/clean-up (at your convenience) plus Quarterly meetings, Christmas Eve and Easter set-up and that's it!

Please see Betty Stoltenburg, Ann Saalfeld or Tammy if interested.

Shepherd of the Valley is proudly sponsoring a American Red Cross blood drive
Monday, December 27th , 9- 2 pm.

We encourage all eligible persons to help our local
community by giving the gift of life. The blood donation pro-
cess takes about an hour of your time and could save up to 3

lives. First time donors are welcome! For more information and/or to schedule your ap-
pointment to donate blood please call 800-787-9691 or 503-284-4040.



**American
Red Cross**

Advent/Christmas Schedule

Advent Wednesdays: Advent soup supper and vesper service

Dates: December 1, 8, 15, and 22

6:00pm dinner

6:30pm Vespers

Please sign-up in the narthex to bring soup or bread to share

Donations for Christmas Poinsettias:

Find the sign-up sheet in the narthex starting November 28

Friday, December 24 - Christmas Eve

3 services at:

4:00pm

6:00pm

11:00pm

Saturday, December 25 - Christmas Day Service

10:30am

Sunday, December 26:

one service at 10:30am



JANUARY NEWSLETTER DEADLINE IS DECEMBER 27TH

December 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1 9:00 - 11:30 a KOK 10:00 a Bible Study 11:15 a Rebecca Circle w/lunch 6:00 p Soup Supper 6:30 p Vesper Service 7:00 p Adult Choir</p>	<p>2 6:30 p Men's Night @ Old Chicago Pizza</p>	<p>3 9:00 - 11:30 a KOK</p>	<p>4 </p>
<p>5 8:30 & 11:00 a Worship Birthday Sunday Blood Pressure ck Scrip Orders due</p> 	<p>6 9:00 - 11:30 a KOK</p>	<p>7 7:15 a Coffee Group 1:00 p Food Baskets 6:30 p Youth Choir Practice</p>	<p>8 9:00 - 11:30 a KOK 10:00 a Bible Study 6:00 p Soup Supper 6:30 p Vesper Service 7:00 p Adult Choir</p>	<p>9</p>	<p>10 9:00 - 11:30 a KOK</p>	<p>11 2:00 - 4:00 p Christmas Program practice</p>
<p>12 8:30 a Worship 11:00 a Children's Christmas program 6:00 p Christmas concert & carol fest</p>	<p>13 9:00 - 11:30 a KOK</p> 	<p>14 7:15 a Coffee Group 1:00 p Food Baskets 6:30 p Executive Council 6:30 p Ladies Christmas Dinner</p>	<p>15 9:00 - 11:30 a KOK 10:00 a Bible Study 6:00 p Soup Supper 6:30 p Vesper Service 7:00 p Adult Choir</p>	<p>16 10:00 LLL 7:00 p Council Meeting</p>	<p>17 9:00 - 11:30 a KOK</p>	<p>18</p>
<p>19 8:30 & 11:00 a Worship Christmas Caroling and soup/chili supper</p>	<p>20 KOK Winter Holiday Begins 7:00 p Prayer Shawl Ministry</p>	<p>21 7:15 a Coffee Group 1:00 p Food Baskets</p>	<p>22 9:00 - 11:30 a KOK 10:00 a Bible Study 6:00 p Soup Supper 6:30 p Vesper Service 7:00 p Adult Choir</p>	<p>23</p>	<p>24 Christmas Eve Worship Services 4:00 p 6:00 p 11:00 p</p> 	<p>25 Christmas Day Service 10:30 a</p> 
<p>26 One Worship Service 10:30 a</p> 	<p>27</p>	<p>28 7:15 a Coffee Group 1:00 p Food Baskets</p>	<p>29 No Bible Study No Vesper Service</p>	<p>30 12:00 p All Church Luncheon</p>	<p>31</p> 	