

DECEMBER 2012

SHEPHERD OF THE VALLEY LUTHERAN CHURCH 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

Winter Worship Services
8:30 a & 11:00 a

Nursery available at both
worship services

Sunday School for all
ages 9:45 a

Inside this issue:

Pastor's Message	2
Presidents Report	3
Christmas Events Red cross	4
Adult Sunday School	5
Kids of the Kingdom	6
KOK continued ADA door update	7
Birthday's Anniversaries	8
Advent Schedule WPC	9
Evangelism Ladies Dinner	10
Fellowship	11
Fellowship continued	12
Calendar	13

"A caring community
touched by Christ,
touching others for Christ"

YOUTH GROUP NEWS...

MS YOUTH GROUP:

Sunday

December 2nd

5:00 - 6:00 p (meeting)

Saturday

December 15 th

5:00 - 8:00 p

Babysitting Fundraiser night



HS YOUTH GROUP:

Meeting, Sunday, December 2nd

6:00 - 7:00 p

Babysitting Fundraiser Night

Saturday, December 15th

5:00 - 8:00 p



PASTOR'S PAGE

"In the wilderness prepare the way of the Lord, make straight in the desert a highway for our God." Isaiah 40:3

The words of the Old Testament prophet, also sometimes put into the mouth of John the Baptist, or at least seen as a task that he was charged with. Preparing the way for people's reception of Jesus. And the wilderness is not only the one we may picture as a part of the middle East, or just as a certain type of geographical area. These words may speak to the wilderness of our lives. A seemingly obvious statement, but sometimes a reminder is needed.

That is what the season of Advent is to be about. The word advent itself means appearing, so the season of Advent is about preparing for the appearing of the Christ child. All of us may do that, but we certainly all do that preparing in different ways, with different attitudes. Some folks may get really excited about the time, some only do a little preparation, and even that may be done grudgingly.

For me it seems to vary year to year. And sometimes the very idea and time of Christmas seems to sneak up on me. Not sure how that can be but this seems to be one of those years that flies by while at the same time moving in slow motion. Waiting, waiting, for the mood to strike. But I cannot do that really. Preparations need to be made whether I am truly feeling ready to make them or not.

But there is another, and more important truth here. Christmas will appear ready or not. The gift of the Christ will be made known to me whether I am of the mind and heart to receive it or not. In the end this gift, the appearing of the Christ child comes, ready or not. The gift does not depend on my readiness, my goodness, worthiness, thanks be to God.

The call is to "prepare the way of the Lord". May we take the time to enrich our lives by doing so. But ready or not, here he comes.

In Christ,
Pastor Randy

COUNCIL PRESIDENT'S REPORT...Submitted by Lee Bonacker

How was your Thanksgiving? I hope it was wonderful and that your Christmas season will be also. Next year's budget will be finished for Council to review, change and/or approve at this December's council meeting. Thanks to Elaine for all her hard work getting those figures together, plus the excellent job she does as Treasurer as well. In January, there will be a Town Hall Meeting to vote on the budget. Tammy will let everyone know the date, once it's firmed up. It is a pleasure this year to be able to present a balanced budget that will not start with a deficit, since God has blessed Shepherd with an unusually positive cash flow this summer and the trend continues into these autumn months.

The Thanksgiving baskets were all put together and delivered through the excellent help of Dan and Rachel. Thank you both so much for all that organization. So, fellow Shepherd members, do you know that the entire Social Concerns Committee is now composed solely of Dan and Rachel? In the Strategic Plan, you may remember that there is a section which addresses "Reaching Out." The Social Concerns Committee is the committee that reaches out. So if you have a good idea or would like to add your skills and enthusiasm to this committee, please do.

Speaking of the Strategic Plan, the next step is to start implementing the goals. We will be discussing how to do so in Exec and Council in the next several months, looking forward to a new year of focus and achievement.

The Oregon Evergreen Church signed their lease for a second year on the 18th of November. Their use has reduced to Sunday afternoons from 1:30 – 4:30. We are happy that they continue to worship at Shepherd and we will enjoy seeing them at some activities this Advent season.

Funding continues for the ADA front doors. We are about 75% there, so if you would like to contribute please contact Jeff or Connie. Some Shepherd youth have raised \$75 towards a raised bed garden, and would appreciate some help for that as well. They are planning to start the garden this spring, and will need help tilling and amending the soil, etc. We'll keep you posted.



Please check your bulletins and this newsletter for the excellent events this Christmas season. Thanks to Fellowship for providing such pleasant ways to enjoy each other while we appreciate the gift of the Christ child.

CHRISTMAS EVENTS



Christmas Caroling and soup/chili potluck

Sunday, December 9th (meet at SOV @ 4:45 p)
 We will then carpool to Avamere and Rock Creek Retirement Communities for caroling and back to SOV for soup/chili potluck. All are invited.

SOV Annual Christmas Concert

Sunday, December 16th @ 6:00 pm

Come listen to the SOV Choir and hear some of the best music around as they bring new renditions to your favorite old songs, and other fun musical numbers. If you or someone you know is interested in performing a piece of music, dance or art, please let Jameson know.



other holiday

Shepherd of the Valley is proudly sponsoring an American Red Cross blood drive Monday, December 17th 1:30 - 7:00 pm

We encourage all eligible persons to help our local community by giving the gift of life. The blood donation process 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 appointment to donate blood please call 800-787-9691 or 503-284-4040. Walk - in's Welcome



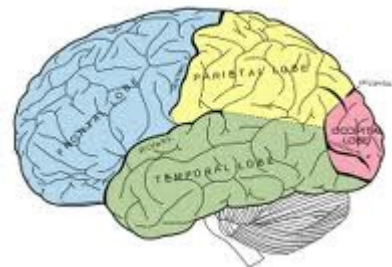
JANUARY NEWSLETTER ARTICLES ARE DECEMBER 21ST

ADULT SUNDAY SCHOOL CLASS SERIES

December 9th @ 10:00 am

The Role of Healthy Food in Promoting Brain Health – Think What You Eat

In an interesting article that appeared in *The New York Times* a few years ago, Nicholas Bakalar described a study at the University of Toronto which found that dogs fed a diet high in antioxidants and living in an enriched environment stayed smarter longer than the other group. (“It Can Be Done: Scientists Teach Old Dogs New Tricks.” *New York Times*, January 25, 2005, sec. F, Science, 1.) It appears that what we eat does seem to make our brains feel and perform better, and foods that are high in antioxidants are the most promising.



The top 25 foods that are high on the ORAC (antioxidant) scale are: prunes, raisins, blueberries, blackberries, garlic, kale, cranberries, strawberries, raw spinach, raspberries, Brussels sprouts, plums, alfalfa sprouts, steamed spinach, broccoli, beets, avocados, oranges, red grapes, red peppers, cherries, kiwifruit, baked beans, pink grapefruit, and kidney beans. Red wine and black teas are good, too.

The Mediterranean diet (high in vegetables and olive oil) has been associated with longevity, as well, and the Mayo Clinic has a good description of this diet on their website: <http://www.mayoclinic.com/health/mediterranean-diet/CL00011>. People who eat this way, however, also generally have very healthy social lives and get more exercise than we do in North America, which are also protective factors for health.

Drinking enough water is important for the health of your brain, as is avoiding the types of beverages that are hard on your body, such as sugary drinks, too many caffeinated drinks, and too much alcohol. Plain old water is the best, and the Mayo Clinic also has a good link to help you calculate how much you probably need: <http://www.mayoclinic.com/health/water/NU00283>

MEN'S NIGHT, THURSDAY, DECEMBER 6TH

6:30 PM @ GOLDEN VALLEY BREWERY

ALL MEN INVITED FOR FOOD AND FELLOWSHIP



Kids of the Kingdom

Christmas Program: December 13 at 6:30 p.m. is our annual Christmas program. It will be held in SOV's sanctuary. All are invited to share in the joy of Christmas through the sound of little voices.

Greens Fundraiser: Thanks to all who supported this fundraiser with a purchase of greens to decorate their homes for the Christmas season. About \$700 was raised to support the financial assistance fund at KOK and SOV Youth Group activities. **HAPPY HOLIDAYS TO ALL!**

Scholastic Book Program: The preschool participates in the Scholastic Book Program. Please check it out online at www.scholastic.com. Orders can be placed directly on-line using our preschool code of **GYR6L** and payment can be made with a credit card. Books will be delivered to the preschool and you will be notified when they arrive. The preschool receives free books when families order, a win-win situation. They would be great gifts for the Christmas holiday—items for ages from infants to 8th grade are offered. **December's order deadline is December 5.**

Kindergarten News

In November, we learned about the fruits of the Spirit and talked about what it means to be thankful. We began talking about Advent and what it means to get ready for the Christmas season and the birth of Baby Jesus. We made scarecrows and turkeys and talked about harvest and all the fruits and vegetables that God has provided for us. We made books about what God has given us and what we are thankful for. We prepared pumpkin chocolate chip muffins and made fruit salad to share with our families at our Thanksgiving Family Feast. We made turkey hats and shared what we have been learning at school on that special day. We learned about forest animals and how God provides them with food and shelter. We made lots of books and practiced our reading and writing. We cut, glued and drew as we worked on our alphabet books. We collected data, and worked with numbers and patterning in math. We continued watching the weather and the change of seasons. We played outside and enjoyed the world God has created for us because we know the cold, rainy winter days will be here soon.

December brings us Advent and the birth of Baby Jesus. We will fill our days preparing for the birth of our Savior by listening to stories and responding to them with words and pictures. We will make decorations with many of the names of Jesus. We will also be as busy as the elves in Santa's workshop making gifts for our families. We will continue learning about patterns, shapes, and deconstructing numbers to 10. We will keep practicing writing our numbers and counting to 100. We will celebrate our 50th day of school on Monday, December 3rd with special activities and a treat from our friend Zero the Hero. We will be practicing reading word family words, cvc words, and writing and reading our popcorn words. We will learn new songs and poems and practice for our Christmas program on Thursday, December 13th. We will have a special Christmas party on December 20th to wish Jesus a happy birthday.
Submitted by Mrs. Rasmussen



Preschool News

In November, our preschool class was busy preparing for Thanksgiving. We have been learning how to give thanks to God and the fruits of the spirit from the Bible. We studied different places to live, and we even made our own houses out of toothpicks! We also learned all about different types of food and we baked some pumpkin muffins for our parents. Next month, we are getting ready for Christmas! We will be decorating the room, our class Christmas tree and learning about advent. We will also be acting out the entire nativity, including shepherds and wise men! The highlight of the month will be our Christmas program December 13th.

Submitted by Mrs. Johnson

ADA DOOR UPDATE

SOV Front doors

Most of you are aware that we currently have door latching issues. The front doors (which happen to be the originals) have become warped or will bow with changes in our climate. Thank you to Arden and Staff whom have made numerous adjustments over the months to correct the latching problems as they arise.



To replace our front doors with a set of decorative doors, the breakdown is as follows:

1 - oversized exterior double door unit, (Suburban Door Company) comprised of 3/4 etched glass and 1/4 door: \$2,255.66.

Installation of double doors and hardware. Includes: 1) ADA access = motorized door opener for handicap accessibility, 2) move card key entry card access* to new door, 3) new door closer's, 4) new hinges. 5) new exit door devices. \$6,200.00.

Electrical: \$500.00

* Card key electric latch may require additional hardware or different operating system. \$500.00.

Total: \$9,455.60.

Property Management team co-chairs,
Connie and Jeff

**\$8229.00 has been collected to date, if you wish to make a contribution to the ADA Door fund project please be sure to mark your donations "ADA doors" Thank you for your contribution.



Holiday Season Open Studio featuring SOV's artisans Erin and Betty will be December 8th and 9th. Erin will have her studio open 10 a - 5 p each day. For more information pick up a pamphlet featuring all the local artists or contact Erin or Betty.

DECEMBER BIRTHDAYS

- | | |
|---------------|--------------|
| 04 Rich M. | 18 Kevin H. |
| 04 Aimable N. | 20 Lisa R.B. |
| 08 Lorna H. | 22 Terry W. |
| 08 Tommy W. | 23 Linda R. |
| 09 Sabrina H. | 24 Ron F. |
| 09 Hayden P. | 24 Elaine K. |
| 10 Jessley B. | 25 Desire H. |
| 12 Prosper H. | 29 Sheila V. |
| 14 Nidhi K. | 31 Harvey A. |
| 14 Aaron S. | 31 Trevor M. |
| 17 Michael M. | |



God's Blessing
 For a
 Joyful New Year
 In
 Life!

DECEMBER ANNIVERSARIES

*Matt & Theresa Kotvis
 December 30th*



'THANK YOU' from Social Concerns

On November 17th, a contingent of SOV volunteers gathered on that wet November morning, and helped shop for, package, and deliver Thanksgiving Baskets. By the end of the day, we had delivered food for a traditional Thanksgiving meal to 22 families in need. We would like to thank all of the volunteers who helped make this year's Thanksgiving Basket drive a success. We couldn't have done it without all your help.

*Thank
You*

Dan & Rachel

Advent Schedule

Wednesday Soup Supper @ 5:30 p
December 5, 12 & 19

Wednesday Jesse Tree @ 6:30 p
December 5, 12, & 19

Christmas Eve Services
4:00, 6:00 & 11:00 pm

Christmas Day Service
10:30 a



Confidential ~ Professional ~ Pastoral

Westside Pastoral Counseling

"Where hope, healing and faith come together"

(503) 477-2627

Westside Pastoral Counseling provides confidential and affordable care to individuals, couples and parents seeking help and guidance. Rev. Bob McIntyre, D.Min., has served in full-time pastoral ministry for 26 years. As a pastoral counselor he offers seasoned and experienced support to the ministry of local pastors and congregations and the people they serve.

EVANGELISM...Submitted by Peggy Vermaas

Next meeting: Thursday, December 13, 2012 at 10:30 at SOV

This is certainly a busy time of year and our committee is working on many different issues and concerns. **The Severe Weather Shelter Program and the School Partnership Network** are two outreach programs that we are continuing to get information about. The Severe Weather Shelter Program has several churches in our community that provide overnight shelter for homeless folks on nights where the cold temperatures are hazardous. Certainly there is great need in our community for more kinds of shelter programs. We are hoping that Shepherd can begin to participate in this program . . . at least in some fashion . . . this winter. We will need many volunteers to make any involvement at SOV happen. Please be in prayer about this and let us know if this speaks to you as a volunteer opportunity. With regard to the School Partnership Network, Pastor is waiting on a return call with information about our next steps. **Reaching out.**

Transportation is a continuing need . . . particularly with the winter weather upon us. We need to hear from folks who are interested in assisting with transportation for our members. Please be in contact with any member of the Evangelism/Outreach team or Pastor. "Caring Cards" are sent regularly. Send requests via email to our SOV secretary. **Reaching in.**

Please extend an invitation your friends and family to share in the many holiday events held at SOV. Our best advertising is your personal invitation. **Share.**

Feel free to join us at our next meeting where we will continue to work on the issues listed above and . . . the SOV strategic plan, the fund raising raffle, our vision for communicating our message to our community and improving our technology as part of that goal. **Tis the season to remember Love is an action word.**



Ladies Christmas Dinner

Tuesday, December 4th

6:00 p @ Crossroads Restaurant/Embassy Suites Hotel

RSVP to Charleen, Clara, or Tammy

All ladies welcome, extend an invitation this Christmas Season.



FELLOWSHIP COMMITTEE

Sunday School Christmas Program! December 16 at 11 AM service

Our Sunday School teachers are preparing our children for our annual Sunday School Christmas program. Even if you attend early church you will want to come back to experience the Christmas story through the wonderful children of SOV. As we journey through Advent there is no better way to prepare for Christmas than to have the nativity story played out through the music and joy of our children. A special fellowship time will follow our Christmas program. Your Fellowship team would love to have volunteers to help provide a variety of food for this special service. Please contact the Fellowship team if you would like to participate in providing food. Diane, Sharon, Peggy, Tammy, or Tabitha.

SOV Christmas Music Program—Sunday, December 16, 6PM

Christmas is coming and the SOV Choir is preparing for our annual Christmas music evening. Mark your calendars, invite your family and friends to come and enjoy some of the music of Christmas.

We will have the opportunity for everyone to sing all kinds of Christmas carols, hear some old songs done in new ways and have some surprises as well. Sharing time together in music is a wonderful way to prepare for Christmas Day and give us time as a church family to experience the special excitement of the Christmas season.

We invite you to share some of your favorite Christmas treats or cookies and spend some time visiting in front of our Christmas tree. Hot spiced cider and other beverages will be provided.

An open invitation to share a poem, story or music of the season is welcomed. Please contact Jameson Tabor and let him know what you would like to share.

Share the Spirit of Christmas through the music, fun, food and fellowship of your family of Christ at Shepherd of the Valley! Christmas time is a great opportunity to: “reach up”, “reach out” and “reach in” through Christ as we prepare for the celebration of Christ’s birth. Let’s share time together as well as make an effort to invite others to our church home to share the Spirit of Christmas through this musical evening.

Sunday, December 16 at 6 PM!

Holiday New Years Brunch! Sunday, December 30, after 10:30 AM service!

We will have our annual New Year’s Brunch following the 10:30 AM service. Invite family and friends to join us for this festive and special time together. You are invited to share a breakfast hot dish, breads or fruit. Sign up’s will be available but are not required. (Check the table in the fellowship area.) This is a great time to have fun, laughter, good food and time with each other and with our friends from the OEC church. Let’s celebrate being friends and family in Christ as we close 2012 and prepare for a new year in 2013! Juice, coffee and tea will be available. If you want to share your left over holiday paper plates, cups or napkins feel free to bring them to our Holiday New Year’s brunch.

FELLOWSHIP COMMITTEE CONTINUED

Catching up on Fellowship events...

The "Giving Thanks" Dinner was attended by about 100 people including some of the members of the OEC church. It was a great to have them with us and get better acquainted. Caitlin and Stacey made a presentation of our youth group's trip to New Orleans. We had a special celebration and installation of Karen Sugiyama as our new Parish Nurse. Many hands helped with set up, cooking, serving and clean up! The donations to the Fellowship "piggy" helped pay for the dinner. Over \$200 was collected and we were able to cover our expenses through the advanced donations as well as the donations at the dinner. The stewardship of our time, talents and financial gifts were a great opportunity to start our annual Stewardship time as we gave thanks for all that God has made possible in the life of our church as well as us individually.

SOV Luncheons.....

The SOV October luncheon was attended by 14 people and they all enjoyed the spaghetti lunch provided. The stories told and time together shared provided an entertaining lunch! The next lunch was held on November 29 at Noon. November returned to our soup lunch but included a special birthday cake to surprise Larry G. who celebrated his 82 birthday that day! A great celebration! Next luncheon will be December 27th at 12:00 pm.

Transport 5's October Concerts!

The Transport 5 concert was a wonderful musical event! We celebrated the 5th year that they have been entertaining us with their love of the Lord through the gifts of their music. It was attended by over 200 people including members of Kevin's church in Carlton. The donations from the concert go to help our mission and ministries of SOV. The money from the groups CD's help to fund the Transport 5 as they share their music ministry with other churches. Did you know that the group is also supported by our own Arden Tarum and Tom Barnes as the Transport 5 musical engineers? The volunteer hours and expertise of our Arden and Tom is a wonderful gift for this music ministry. We are always thankful for the opportunity to share God's love through this wonderful group of friends that have come together as the Transport 5 and have come to embrace SOV as their musical "home".

SOV Veteran's Day Celebration

On Veteran's Day evening the Fellowship team hosted a presentation by Pieter Rol, a Dutch immigrant who grew up during WWII. His presentation was attended by over 40 people and helped enrich us with hearing first-hand what life was like during WWII. We plan to continue to have a Veteran's Day program and honor our Veteran's. If you have ideas for next year please let the Fellowship team know. Thank you to those that provided the wonderful refreshments for our event.

SOV is once again collecting hats, gloves, blankets, scarves, socks etc. to distribute to a local shelter. Please bring your items to the church by Sunday December 9th. Any questions can be directed to Corrine.



December 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
						7:00 p Choir Rehearsal
2	3	4	5	6	7	8
8:30 & 11:00 a Worship MS/HS youth mtg Birthday/Blood pressure 1:30 p OEC	9:00 - 2:00 p KOK 	9:00 - 2:00 p KOK/Chapel	9:00 - 2:00 p KOK/Chapel 10:00 a Bible Study 5:30 p Advent Soup 6:30 p Jesse Tree 7 pm Choir	9:00 - 2:00 p KOK 6:30 p Men's Night 7:00 p LLL	900 - 11:30 a KOK	7:00 p Choir Rehearsal
9	10	11	12	13	14	15
8:30 & 11:00 a Worship Keep Your Mind For Later Use Christmas Caroling/soup 1:30 p OEC	9:00 - 2:00 p KOK 	9:00 - 2:00 p KOK/Chapel	9:00 - 2:00 p KOK/Chapel 10:00 a Bible Study 5:30 p Advent Soup 6:30 p Jesse Tree 7 pm Choir	9:00 - 2:00 p KOK 6:30 - 7:30 p KOK Christmas Program	900 - 11:30 a KOK 	2 - 4 p Dress Rehearsal Christmas Pageant. 5 - 8 p Youth Babysitting Fundraiser
16	17	18	19	20	21	22
8:30 & 11:00 a Worship SS Children Christmas program 11 a Christmas Concert 6 pm 1:30 p OEC	9:00 - 2:00 p KOK Red Cross 1:30—7:00	9:00 - 2:00 p KOK/Chapel 7:00p Council Mtg	9:00 - 2:00 p KOK/Chapel 10:00 a Bible Study 5:30 p Advent Soup 6:30 p Jesse Tree 7 pm Choir	9:00 - 2:00 p KOK 10:00 a LLL		7:00 p Choir Rehearsal
23	24	25	26	27	28	29
8:30 & 11:00 a Worship No SS 1:30 p OEC	Christmas Eve Services 4 pm, 6 pm & 11 pm 	Christmas Day Service 10:30 a 		12:00 p All Church Luncheon 		
30	31					
One Worship Service 10:30 a Brunch No SS 1:30 p OEC		<p>Jesus, the Light of the World, as we celebrate your birth may we begin to see the world in the light of the understanding you give us. As you chose the lowly, the outcasts, and the poor to receive the greatest news the world had ever known, so may we worship you in meekness of heart. May we also remember our brothers and sisters less fortunate than ourselves in this season of giving. Amen</p>				