

# SHEPHERD OF THE VALLEY NEWSLETTER

*“A CARING COMMUNITY TOUCHED BY CHRIST,  
TOUCHING OTHERS FOR CHRIST”*



## OUR SUNDAY SCHOOL CHILDREN NEED YOU

**By Linda Rasmussen**

Sunday School is looking for someone to step up and become coordinator for the 2008-09 program year. Please pray about this request and see if it might be the job for **you**. Linda Rasmussen is happy to have someone shadow her this program year to learn the ins and outs of Sunday School program planning and delivery. If this position speaks to you, please call Linda at 503.531.8699.

Sunday School is also looking for teachers and substitute teachers. We would also like volunteers to help with planning activities for our 3<sup>rd</sup> through 5<sup>th</sup> grade youth group. Please call Linda Rasmussen at 503.531.8699 or Wendy Roeder at 503.690.0627 if you have time to share God’s love with the children and youth of our parish.

**Inside this issue:**

Article on Masataka Yamawaki	2
Parish Nurse Corner Social Concerns	3
Social Concerns continued Softball	4
Thank You Rummage Sale	5/6
July Calendar	7
What Is Going on at SOV? Sunday Social Supper	8
Pastor’s Article	9
Back Page—July Birthday & Anniversary dates	10

## **Celebrating The Kid In All Of Us!**

**BY Shannon Heizenrader**

*See what love the Father has given us, that we should be called children of God; and that is what we are. 1 John 3:1a*

Join us the afternoon of October 6 to see God’s children of all ages come together in fellowship. After enjoying lunch, everyone will have the opportunity to participate in a variety of activities. So far Pastor Michelle will teach the art of making communion bread and Craig Haydamack will be outside with some sports activities.

We are looking for people to help with the following areas: arts and crafts, gardening, wood working/carpentry. If you have a special talent you would like to share, please let us know! Contact Shannon Heizenrader at [smhznrd@verizon.net](mailto:smhznrd@verizon.net) (put SOV in the subject line) or call 503-720-0170.

We will also be collecting items for the Hillsboro Family Shelter. They are in need of cleaning supplies, linens, personal hygiene items, bus tickets, day planners, infant supplies, medical supplies and birthday items (wrapping paper, new toys, board games, and teen gift items.) They also could use items for children including school supplies, coloring books, early reader books, socks, underwear and crayons. Look in the narthex for more information. When you are shopping this summer, consider picking-up something extra for someone in need in our community.

We hope to see you on October 6! Thanks to this year’s committee: Co-chairs..... Johana Haydamack and Shannon Heizenrader, Corrine Gilbertson, Andrea Gorven, Theresa Kotvis, Diane Lewis and Tammy McDonald.

## Masataka Yamawaki

By Bob McFall

August 26<sup>th</sup>, 2006 Masataka Yamawaki arrived at the Marty and Tammy McDonald and kids' home to spend a year with them as an Exchange Student.

Masataka is from Yokohama Japan where he lives with his parents and his 17 year old brother. Masataka's father is a medical doctor and his mother a stay-at-home mom. Masataka and his brother attend a private school when schooling in Japan.

Speaking of school; since arriving at the McDonald's he has been attending Aloha High School as a sophomore. He played JV Soccer for the Warriors and his highlight of that soccer season was 2 - 30 yard goal kicks in one game. After fall soccer he went on to play indoor soccer in Hillsboro. When that ended he started and continues to play for Aloha multicultural soccer team. When asked if he will be a professional soccer player when he grows up, he says, "I am not that good."

He does well academically also receiving a 3.85 GPA on his first report card. His second term he achieved a 4.0 and this last term his progress report indicates another 4.0. He managed to get through US History.

Masataka has attended worship at Shepherd of the Valley almost every Sunday with the McDonald family.

Tammy's mother **Aggie Wagemann** says about Masataka: "Masataka is a very special young man, enjoys being helpful whenever possible, He fits right in with the rest of family, whether selecting kinds of food, things to do, or places to go, he's ready, unless he has sports at the time. Will miss him, Aggie"

Masataka has enjoyed his time in the United States and says he is not ready to go home.

He enjoys American food preferably anything beef.

He says he likes American school better.

He learned how to knee board over the summer at the McDonald lake house and has taken a liking to boating and water sports. He has really enjoyed all our American traditions.

**Tammy** says "Masataka has been a joy to our family. He has adapted well and fits right in with the McDonald routine. He is always eager to be a part of every experience and always ready to try something new".

I know the McDonald's and the family of Shepherd of the Valley will miss him when he leaves on June 24, 2007.

We have been truly blessed to have such a fine young man in our presence the few months.

May the Lord watch over Masataka until we meet again.

Thanks to Tammy McDonald for much of the information provided for this article.

---

## PARISH NURSE CORNER

SUBMITTED BY Corrine Gilbertson, Parish Nurse

### EXERCISE FOR A HEALTHIER HEART

Do you know of an activity that can control your blood pressure, cut your cholesterol, manage your stress, curb your weight, and decrease your risk of heart disease all at the same time?

The answer is....exercise! It's free. You don't need a prescription. And it can change your life and your health for the better.

The American Heart Association (AHA) recommends that physical activity be engaged in for a total of 30 minutes or longer per day. The benefits are significant:

- Increase your fitness level and capacity for exercise
- Prevent cardiovascular disease and reduce the likelihood of cardiovascular mortality
- Control blood lipid abnormalities, diabetes, and obesity
- Reduce blood pressure

The first step is a visit to the doctor, particularly if you are elderly, have heart problems or a family history of early-onset heart disease, or have any other serious health problems.

#### Finding a program for you

Begin simply, aiming to do something for half an hour every day:

- Brisk walking
- Dancing
- Table tennis
- Golf, even just walking the course
- Home maintenance, housecleaning, gardening, or yard work
- Moderate-effort swimming, speed cycling, canoeing, or rowing



**\*Be sure to drink 6-8 glasses of water**

On busy days, you can get creative and divide your 30 minutes into three 10 minute chunks.

Take a brief walk in the morning and then again in the evening, or bike to the store instead of driving. Stand while talking on the phone. Choose a parking space at the far end of the lot. Plan family outings and trips that call for exercise or sightsee on foot. You can even exercise at work by taking the stairs instead of the elevator.

The most important thing to do is to get started. Consult your physician and come up with an exercise plan that is right for you.

## SOCIAL CONCERNS REPORT

SUBMITTED BY MERT WARNEKING, CHAIRPERSON

#### OUTREACH FOR APRIL 2007

We spent 73 hrs. and 880 miles on our projects.  
 Furniture & clothing received with estimated value of \$590.  
 Spent \$49 on refugees.  
 8 food baskets given. Received \$190 in donated food & spent \$44 on perishables  
 Gave 50 Health Kits to LWR at cost of \$454. Thankful for congregation's help with the money, otherwise we could not have sent this many kits.  
 If you put a \$ value on the above, it would come to 14% spent on Outreach compared to the \$\$'s spent on Outreach + April offerings.

#### OUTREACH FOR MAY 2007

We spent 83 hrs. and 1003 miles on our projects.  
 Furniture & clothing received with estimated value of \$300.  
 Spent \$11 on refugees.  
 14 food baskets given. Received \$150 in donated food & spent \$157 on perishables  
 We received \$30 for refugees and \$200 for backpacks from Thrivent  
 If you put a dollar value on the above, it would come to 14% spent on Outreach compared to the \$\$'s spent on Outreach + May offerings.

## SOCIAL CONCERNS REPORT (CONT.)

Submitted by Mert Warneking

I agreed to write about one of our refugees each month. This month will be about Habiabo Hassan and her family. Habiabo and her five children arrived in September of 2000 being the first family we sponsored from Somalia. When they arrived Habiabo did not know whether her husband was alive or dead. Before they got out of Somalia into Egypt they were living in a bombed-out building. They made their way to Egypt and then to the United States. At the time they arrived, her oldest son, Abdikarim was 10, her daughter, Amino was 8, her son Iman was 7, her daughter Farhjo was 6 and her daughter Asho was 2. Her son Mohamed Mohed arrived in December of 2000 and her husband arrived in 2003.

Habiabo has been working at the Kids Academy Daycare for some time. Her son Mohamed drives a cab. Last week Abdikarim graduated from Aloha High School with a 3.5 average. I went to his graduation at the Chiles Center. I was very surprised that two of our “adopted” refugees also graduated from the same class.

Habiabo passed her citizenship test and should be sworn in one of these days. The whole family is doing well.

At our June meeting we discussed all the things we will be doing this coming year, plus we made a budget. One of the things that we thought folks would be interested in was that last year we gave 83 food baskets to those in need, 52 Thanksgiving baskets, 52 Christmas baskets, 101 presents to children with the baskets, 50 health kits and 109 backpacks. Our budget for this next year is \$10,300. Hopefully we will receive \$2,000 from Thrivent.

Since we will be making the backpacks in August, we will start purchasing supplies on sale in July for which we will need monetary donations. Thrivent is giving us \$400, but we will still need at least \$700 to do the same number of backpacks we did last year. If you would like to make a contribution, please mark your donation for “Social Concerns—Backpacks.”

## SOV SOFTBALL SEASON IS IN FULL SWING

Submitted by Craig Haydamack

The SOV Softball team is back in action, hoping to bring home another trophy this year. Our schedule is listed below, and we are always looking for new players and fans to join us on Sunday afternoons. Please contact Coach Craig for more information (693-6026, [haydamack4@comcast.net](mailto:haydamack4@comcast.net))



	<b>OPPONENT</b>	<b>TIME</b>
6/24/2007	St. Matthew	TF - 5:00
7/1/2007	St. Andrew	TF - 1:00
7/8/2007	No Game	No Game
7/15/2007	No Game	No Game
7/22/2007	Rain-Out Games	TBA
7/29/2007	Rain-Out Games	TBA
8/5/2007	Rain-Out Games	TBA
8/12/2007	League Tournament	Meldrum Bar Park, Gladstone, OR

**All games will be played @ the Trinity Field in Hillsboro**

## A Special Thank You from the Tabors

As most know we have our house on the market thanks to a lot of help from many of our friends at SOV. We want to acknowledge and give thanks to the many families that have graciously and generously offered their time, and serious elbow grease in preparing our house for sale. A special thank you to Dave Rasmussen for coordinating a work party that brought many to help prepare the house for painting. Reynold Roeder, Cal Sugiyama, Kevin Cope, James Graham, Richard Miner, Tom Barnes, Michael and Shane Johnson, Mark Vignolo, Joe Hoffbeck, Ken, Brenda and Hayden Plinke were all there multiple times to help tape and prepare rooms for painting.

Tom and Jonathan Barnes took on the huge project of redoing the cabinets in the kitchen and bathrooms. There were numerous trips to the paint store, websites and a leap of faith to believe that the cabinets could be rolled and turn out like new. Unbelievable results, just like new! Halleluiah! Job well done!

We have been truly blessed with good friends and acts of generous givings from the people of SOV. Thank you for your words of encouragements, prayers and works. You have been great examples of Christ's love and compassion as we journey through these difficult times. Thank you for being there when we needed you most!

Jim, Kathy, Jameson, Jacob and Katrina Tabor

## Dear Friends of SOV... from Joyce & David Allison

I'm so sorry for the delay in getting a thank you out to everyone who made the going away party for David & me such a pleasant/special evening. It was such fun, but very difficult, as I LOVE SOV & all it's people very much.

Receiving that beautiful quilt, made by Clara, was such a surprise & will be cherished forever. I got moved over to Madras the 13th & the next day I sat down amongst all the boxes & read every message, along with shedding a few tears. Thank you to each & every one of you for all the wonderful blessings you wrote. I still haven't come across my thank you cards I had addressed so the movers did a good job of 'hiding' them, obviously.

THANK YOU from the bottom of my heart for the party & your friendship. Hope you will stop in to see me any time you're going through Madras (& I mean that!).

Most Sincerely,  
Joyce Allison & David

## THANK YOU from Bob McFall

I have recently become aware that a number of members of Shepherd of the Valley contributed money toward a gift for me as my term as President of SOV came to a close on June 3<sup>rd</sup>.

I appreciate the picture very much and have hung it in my home.

I want to thank you all and apologize for not thanking you earlier however I was unaware you, the members of the congregation, had contributed toward the gift.

Thank you all for the gift of the picture and also for all the love and support you gave me over two years as your council president.

## Thank you Bob!

Submitted by Diane Lewis

When Bob McFall was asked to run for Council President he purposely realigned his travel schedule for managing his insurance company and made a two year commitment in leadership for Shepherd of the Valley. He knew his first and biggest responsibility as President was to help create the sabbatical opportunity for Pastor Kurt. Gathering information and doing research regarding the Lily grant and how it could assist our congregation and assist Pastor Kurt in giving him the best opportunity for his sabbatical was a top priority. This and the creation of the building committee that Bob was also working on would keep his time of being president a full time job. Little did any of us know that that was going to only be the tip of the commitment that would be needed from Bob as our council President.

The organization of all that went into guiding our congregation for the sabbatical including having Pastor Spencer come to our church as our summer interim was a job that would only become more consuming with the sad turn of events in Pastor Spencer's health. It became clear by May 2006, that Pastor Spencer's diagnosis would keep him from coming to serve us as our interim. The spiral of events with Pastor Kurt's diagnosis and treatment, and Pastor Spencer's death would lead us all into uncharted territory in leading, guiding and running the church. There is no way to really identify all that Bob gave of himself to try to communicate with our congregation when at times there just wasn't any thing to share. The fear factor was with us and became more intense as we had to deal with the sudden death of our beloved Pastor Kurt.

Bob tried to attend all committee meetings, work with our interim pastors (there were 3 interim pastors in 10 months), keep the Executive Council working as a team as well as keep the council and building committee running smoothly in a very unsettled emotional environment. He made a firm commitment to serve the Lord as well as he could and to keep the life of our congregation on an even keel even when it meant more time away from his business.

I think that God called Bob to be our church council president because He knew that Bob would stay strong and committed to the life of our congregation. No one really can know the walk God called Bob to walk but we can appreciate and say "Thank you, Bob" for accepting God's call to leadership and service for the family of Christ at Shepherd of the Valley.

You opened yourself to leadership and we appreciate your commitment of service to SOV!

## AUGUST RUMMAGE SALE

Submitted by Peggy Vermaas



Mark your calendars for Friday and Saturday, August 10th and 11th for the SOV rummage sale. The sale will take place in the church parking lot or if we have rain, inside of the church. We will need lots of workers to set things up all day on Thursday and for the sale days on Friday and Saturday. Charlotte has agreed to make calls asking for SOV folks to help so please be receptive to helping if you can. We are taking rummage now so you can either bring it to the church on Sundays; arrange to drop it off yourself at Verna Wick's home; bring it to the church the Sunday before the sale; or bring it to the church on Thursday, Aug. 9th. Last year we made \$3,000. It would be great if we could meet or beat that total. We still need lots of stuff if we are going to make that goal so please begin to clean out your closets and set things aside for the sale. Here are some of the things we sold last year: clothing of all kinds, kitchen items, Christmas decorations, bedding (sheets, bedspreads, quilts), camping equipment, golf clubs, old records, movies, books, kids toys, kids clothing, kids books, yard equipment, tools, jewelry, bicycles, pictures and frames, picnic table, chairs, washer and dryers, artificial flower arrangements, exercise equipment.

If you would like to participate as a committee member or have other questions, give me a call at 503-646-6882 or e-mail me. Blessings to all, Peggy Vermaas Peggy's e-mail is: [varmaasp@comcast.net](mailto:varmaasp@comcast.net)





# SOV CALENDAR FOR JULY



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 8:30a &amp; 10:30a Worship Service</p>	<p>2  7p Scouts</p>	<p>3</p>	<p>4 INDEPENDENCE DAY CHURCH OFFICE CLOSED</p> 	<p>5 Rebekah Circle to continue the first Thurs. in September</p>	<p>6</p>	<p>7</p>
<p>8 8:30a &amp; 10:30a Worship  6:00p—Sunday Social Supper @ Lewis home</p>	<p>9  6:45p—Social Concerns Meet 7p Scouts</p>	<p>10 9a KOK Chapel 7p—Parish Ed Meeting</p>	<p>11  6:15p KOK Staff Mtg.</p>	<p>12</p>	<p>13</p>	<p>14</p>
<p>15 8:30a &amp; 10:30a Worship</p>	<p>16 7p Exec. Council Meets  7p Scouts</p>	<p>17 9a KOK Chapel 6:30p SOV Women's dinner</p>	<p>18  7p Bible Study @ home of Ken &amp; Charlotte Harris</p>	<p>19  7p—Church Council Meeting</p>	<p>20</p>	<p>21</p>
<p>22 8:30a &amp; 10:30a Worship  6:00p—Choir potluck @ the home of Eric &amp; Diane Lewis</p>	<p>23 NEWSLETTER DAY  7p Scouts</p>	<p>24  9a KOK Chapel</p>	<p>25 7P Bible Study @ home  of Ken &amp; Charlotte Harris</p>	<p>26</p> <ul style="list-style-type: none"> <li>• Sunday, Aug. 5th—Sunday Social Supper</li> <li>• Friday, Aug. 10th—SOV Garage Sale</li> <li>• Saturday, Aug. 11th—SOV Garage Sale</li> <li>• Sunday, Aug. 26th—Sunday Social Supper</li> <li>• Sunday, Sept. 2nd—One Service</li> <li>• Sunday, Sept. 9th—Rally Day</li> <li>• Sunday, Sept. 30th @ 6p—Concert—Kevin Cope, Tammy Dees &amp; Dan Nichols</li> <li>• Saturday, Oct. 6th—Children's Sabbath</li> </ul>	<p>27</p>	<p>28</p>
<p>29 10:30a—Worship Srv. 6:00p—Sunday Social Supper</p>	<p>30  7p Scouts</p>	<p>31 9a KOK Chapel</p>	<p>WEDNESDAY EVENINGS—7:00 PM. STARTING JULY 18TH AND CONCLUDING AUGUST 22ND. BIBLE STUDY AT THE HOME OF KEN AND CHARLOTTE HARRIS. WE WILL BE STUDYING THE PROPHETS: WILD MEN OF THE BIBLE.</p>			

## What is going on at Shepherd of the Valley?

*Written by Diane Lewis, Council President*

We have people serving in new positions of leadership; we have new people coming into leadership roles; we are exploring the addition of new outreach opportunities and new programs within our congregation; we have new opportunities for leadership and involvement; we are getting ready to form a pastoral call committee; we are exploring the development of a Capital Campaign Committee; we are working towards making the dream of a new sanctuary become a reality and keeping the building committee very busy; we have new people visiting during Sunday worship and checking out the different ministry opportunities of Shepherd of the Valley; we are looking to add a children's choir this Fall; we are working to strengthen the ministries that are in place. We are a busy congregation!

How do we accomplish what we want to do in the future and maintain what we have already have in place? I hope that we can first start by daily prayer for our congregation, for our membership, for our pastor and for all our ministries.

It is my goal in leadership this year to nurture leadership in all age levels and encourage each person to explore where they can serve God through the opportunities at Shepherd of the Valley. Let's appreciate and nurture each other as we work to expand our ministries, go forward in our building project, and develop all areas and ages of leadership. Get involved and meet new people within our congregation and enhance your knowledge of other members and build new relationships.

One of the legacy's that would be wonderful to pass down to our children is how we all can be servants of God no matter our age or stage in life. We all have "gifts of the Spirit" that we can share to help build a strong sense of belonging to this wonderful community in Christ at SOV. I encourage each of us to remember that it is through service that we build a stronger self. It is through the Power of the Holy Spirit, through prayer and through service that we can accomplish all our dreams and goals as a family of Christ at Shepherd of the Valley.

***"Catch the Spirit" of service and let it lead you in new and rewarding adventures in Christ's service.***

### "Sunday Social Supper"

Submitted by Diane Lewis

Sunday, July 8, 6 PM "Sunday Social Supper" A family potluck Sponsored by the Executive Committee at the home of Eric and Diane Lewis. Our first summer meal time to share will be July 8, 6PM at the home of Eric and Diane Lewis. This is an opportunity for members in all age groups to gather together to share a meal, relax, get to know each other better and ask any questions regarding all that is going on at SOV. The Executive committee will sponsor the first of four summer gatherings. Bring a favorite summer dish to share and tableware and beverages will be provided. Lewis home address is: 853 SE 31<sup>st</sup> Court, Hillsboro. Phone: 503 648 5939.



We are looking for volunteers to host July 29th, August 5th and August 26th. If you are interested in having one of these "Sunday Social Suppers" at your home please contact Nancy Shetterly, Diane Lewis or Peggy Vermaas.



## PASTOR'S ARTICLE

Dear Friends in Christ,

As I write this, most local kids are rejoicing in their first full day of summer vacation, and many people are anticipating vacations during the “lazy, hazy, crazy days of summer.” The rhythm of summer with its nicer weather and somewhat slower pace often gives us a chance to catch our breath and be rejuvenated for the tasks we face. It’s my prayer that all of us can take some time this summer to bask in the warm sunshine and drink in the fragrance of flowers and freshly mown grass....

Before you take off of vacation, however, you should know that the work of the church will continue throughout the summer. Here at Shepherd of the Valley, many kids and adults are getting ready for Vacation Bible School later this week, the new Church Council is preparing to select six members of the congregation to serve on the Call Committee, and your Building Committee is moving forward with plans for partitioning the church property in order to sell a piece of it. Who knows? By the time you get this newsletter, the Call Committee may well have begun its initial task of assembling a congregational profile for Shepherd of the Valley, and the congregation may be a step closer to realizing your dream of building a new facility. It is an exciting time to be part of the life of Shepherd of the Valley!

While there are many exciting things on the horizon for the people of SOV, there are other important matters to which we must attend. Namely, we must attend to our emotional and spiritual health, as well as to the question of congregational identity. To address the matter of emotional and spiritual health, your leadership will be organizing some salad suppers which will provide opportunities for fellowship, sharing, and communication about all the things that are happening at Shepherd. There is also some interest in reviving the “Caring and Sharing” groups and in starting a new prayer group to pray for the congregation during this time of great transition. In addition, because our first session with pastoral counselor Dr. James Boyer was meaningful for the dozen people who attended, we plan to invite him back to facilitate another session on the dynamics of grieving and healing in congregational life. In worship and in everything else that happens this summer, you will likely hear references to the question of congregational identity: What does it mean that you call yourselves “Lutheran?” What is your congregation’s mission within the wider community? Where and to what ministries is God calling you? These are fundamental questions that will help lay the groundwork for a successful call process and for good stewardship of your facilities and your gifts.

As your pastor during this interim time, I urge you to take advantage of these opportunities to come together during the next couple of months. Even when you are away on summer vacation, you can still help the ministry of Shepherd by continuing to pray for everyone here and by mailing your regular financial contributions to the church.

May your summer be a time of rest and a time for making new memories with your loved ones! May you return refreshed and renewed for the exciting tasks that will face us in the fall: the beginning of a new Sunday School year, the gathering of congregational input for the purpose of calling a new pastor for SOV, and who knows what other great plans God has in store for you?!

Yours in Christ,

*Pastor Michelle Manicke*