

JULY 2011

# SHEPHERD OF THE VALLEY NEWSLETTER

Volume I, Issue I

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

Summer Worship Services  
8:30 a & 10:30 a

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

## SOV YOUTH GROUP RETREAT

JULY 31 - AUGUST 1

## 'GREAT WOLF LODGE'



Our Great Wolf Lodge adventure will begin in the massive, 84-degree indoor water park. We will splash the day away in over 56,000 square feet of water-packed excitement, including jaw-dropping slides for thrill seekers. Outside the water park, the fun continues. Grab a wand and battle a dragon in MagiQuest.

Questions can be directed to Caitlin or Stacey.



## PASTOR'S PAGE

*"Is the Lord among us or not?" Exodus 17:7*

Probably not a real well known verse, but it was the theme verse for our last night of Vacation Bible School. The story that it comes from might be a little more familiar. The people of Israel, after having been freed from slavery, were worried about whether God would still provide for them (and in particular provide for them on their schedule).

As it turned out God did provide for their sustenance, in this case the water that they needed. The verse above ended up being the name for the place where water was quite miraculously provided. The question might be considered a rhetorical one I suppose. The answer is an obvious one it would appear. For me it shines an almost humorous light on a cantankerous, doubtful people. (Particularly because Moses came up with the name and he was the one they were blaming for their an interesting name for a church. How does "Is the Lord Among Us or Not? Lutheran" sound? Maybe we should just stay with Shepherd of the Valley.

This writing is not expressing a concern over thoughts being voiced around here. Though the story does let us know that if we grouse about things we are in pretty good biblical company. Rather, the question is a good one to ask ourselves. Is the Lord among us or not? Can we tell? Do we believe it? Is there evidence? Do we take the time to pay attention so that we can answer the question? Lots of questions. Maybe it would be a good question to ask in the community around us. It might reveal a lot about whether we are doing the business of God in this place.

For me the answer to the question is an obvious yes, for so many reasons. The beauty of the creation that surrounds us, the efforts and concerns of this community of faith in prayer, worship, social service, stewardship of place and other treasures. The call is always that we might be a witness to the Lord's presence and not a hindrance, or a cause for asking the question in the first place.

Life is rich and the adventure of it certainly continues. May we continue to know the presence of the Lord, individually and collectively.

Peace and blessings.

Pastor Randy

# COUNCIL PRESIDENT'S REPORT

Submitted by Lee Ann Bonacker

"Here comes the sun!" and how glad we all are. There was finally a break in the weather, so the roof replacement is well under way. In the areas where the shingles are, on the tip-outs and the skylights, there is no dry rot. Let's hope that good news continues through the whole roof replacement, which will be done with a membrane roof to cover the larger expanse. Property Management will be meeting in the next couple of days to discuss the next steps involved in siding, windows and painting. The new, black shingles are already cleaning up the look of the building.

There has been a lot of cleanup in other ways, as well. On the east side the youth from VBS replanted daffodil bulbs, repainted the bench which Mark repaired with recycled wood from his deck, and also painted the railing on the east side of the church. Peggy got the asphalt ramp power-washed so the algae wouldn't make it dangerously slippery and was the capable guidance behind the youth efforts. Reynold was grinding up the three stumps that have needed it for so long. On the west side, the slope to the KOK entrance was getting another tilling to help the clay soil percolate better. Gunnar's Eagle Scout project for drainage on that side was to be evaluated by the scout master this week. Aggie was cleaning up the front planter, too. Thank you for all the work and what a good example of how all ages at SOV help together.



There are changes inside as well, with the beautiful new banner, alter cloth and podium cover. Congratulations to Betty, Clara and the altar guild. We are so blessed to have people with fabric art skills like Betty, Clara and Choice.

In fact, we are blessed by all the skills people bring. On that note, the Council has started the follow-up process for the retreat on missions held last April. If you have an issue on your heart that speaks to a community need, there's help to start meeting that need, so bring it up. For example, Rod organized the Habitat for Humanity work days. The next work day for Habitat is 7-9-11, so please call Rod ahead to register to help, because the volunteer process is a little more formal for a construction type activity. A church exists to give love, and SOV does that in so many ways. Those ways are growing, such as the food bank work days which fill up with volunteers very quickly.

Missions can also grow by allowing others a site to perform their services, as well as expanding what SOV does. The La Leche League will increase their activity at SOV by starting their first night-time meetings in Portland here as well.

And finally, a last note of thanks to everyone working with youth here at SOV, to all the staff of KOK and the Parish Ed team that helped with VBS this month. The fundraising at Chevy's last month has helped the youth well on their way to Great Wolf Lodge. If they are going to work, let them have fun, too!

If you missed the opportunity to get an SOV t-shirt, Diane is putting together an order for another twenty five, so please contact her.

Lee Bonacker

## PARISH NURSE... Submitted by Corrine Gilbertson

### Six resources for healthy aging

#### 1. Action Briefs on Environmental and Policy Change to Support Healthy Aging:

The CDC Healthy Aging Research Network (CDC-HAN) has four new action briefs addressing various aspects of environmental and policy change to achieve optimal living: Promising Strategies; Frameworks to Guide Change; Getting Around; and Home Environments. The action briefs build on an on-line conference series that was held Sept. 2010 through January 2011; recorded presentations, online discussion and online resources related to that series are also available at the CDC-HAN website.

[www.prc-han.org](http://www.prc-han.org) :

#### 2. Home Care Commission Home Care Worker Training

The Home Care Commission's list of trainings and new list of course descriptions - on topics including medical conditions, care giving issues, and safety - are now available on-line at

<http://www.oregon.gov/DHS/spd/adv/hcc/docs/training/newsletter/2011/2011-06.pdf>

#### 3. USDA's "My Plate" Replacing Food Pyramid

A colorful four-part plate, with a side dish of dairy, has replaced the 19-year-old food pyramid as the icon of the new U.S. Dietary Guideline. The United States Department of Agriculture just released its new simpler graphic to help people of all ages eat healthy, with recommendations based on the new dietary guidelines released early this year. [http://](http://www.choosemyplate.gov/)

[www.choosemyplate.gov/](http://www.choosemyplate.gov/)

#### 4. Emergency Preparedness Resources for Older Adults and People with Disabilities

- Information from FEMA for older adults <http://www.ready.gov/america/getakit/seniors.html>

- Information from FEMA for people with disabilities <http://www.ready.gov/america/getakit/disabled.html>

- Emergency planning for care providers of people with dementia from the Alzheimer's Association [http://www.aoa.gov/aoaroot/Preparedness/Resources\\_Network/pdf/Toolkit\\_2\\_Disaster\\_Preparedness.pdf](http://www.aoa.gov/aoaroot/Preparedness/Resources_Network/pdf/Toolkit_2_Disaster_Preparedness.pdf)

#### 5. USDA Food Desert Locator

The U.S. Department of Agriculture (USDA)'s online tool locates food deserts - areas with limited access to grocery stores or other sources of healthy food. The interactive map allows users to view census tract-level statistics on population groups with limited access to affordable nutritious foods.

<http://www.ers.usda.gov/data/fooddesert/>

#### 6. Caring Connections

Caring Connections, a program of the National Hospice and Palliative Care Organization, provides free on-line resources and information to help people make decisions about end-of-life care and services before a crisis. <http://www.caringinfo.org>

## Habitat for Humanity...submitted by Rod Stoltenburg

Thrivent Builds Habitat for Humanity reminder:

Our first Habitat for Humanity volunteer build date was Saturday, Jun 18. and a wonderful time we had.

SOV's next build date is July 9th. It is a full day event, from 8:15am until about 4:00pm. If you have not signed up but would like to please let Rod know. 12 volunteers or more are needed.

Contact Rod Stoltenburg with any questions.



### Next Scrip Order Date...



July 10th

Thank you for your continued support in this fundraising event.

Please remember to recycle your used gift cards by placing them in the basket located in the Narthex. Have you checked out the bulletin board to see the fundraising dollars increase?

## THANK YOU VOLUNTEERS:

**Verna** who continues to keep our flower pots filled with beautiful blooming plants.

**Aggie** for weeding the courtyard.

**Patricia** who continuously cleans, picks up, waters, oils the wood work, vacuums, dusts, organizes, and whatever task is left undone...(a lot of them)

**Enith** for weekly bathroom cleaning and garbage removal.

**Property management members** who supply landscaping services, perform bug and weed spraying, power washing, mowing and miscellaneous ground and building maintenance.



Baby Elijah



Dear Corrine and Shepherd of the Valley -  
 Thank you so much for the prayer blanket. We can't tell you how much it means to know Eli is being lifted up to God through so many prayers.

Eli was in remission for a few months, but a few new eye tumors appeared in May. Thankfully they weren't near his center vision. He has lost most vision in his left eye, but he appears to have good vision in his right. We continue to make monthly trips to NY. He's a trooper and our little blessing! Ryan + Aimee Dorrheim + Family

## SOV RUMMAGE SALE.....AUGUST 12 & 13

SOV needs your clean, gently used items for the Rummage Sale.

Also bake sale items packed in small portions or individual servings is needed.

Any questions can be direct to Erin T.





## Thrivent Economic and Investment Outlook Update

### Economic and Investment Outlook Update

Economic and Investment Outlook Update is a free educational event that can help you make more informed investment decisions.

During the event, you'll gain a better understanding of the factors that affect financial markets and trends. You'll also receive an overview of how the changing economy can impact investment markets, how emotions can affect your decisions, and when to get professional financial guidance. The free one-hour event will be presented by Thrivent Financial for Lutherans representatives Dan Chouanard, CIMA, and Jason Drews, FC, on Tuesday, July 26, from 6:00 pm to 7:00 pm at the Hillsboro Library, 2850 NE Brookwood Pkwy, Hillsboro, or Wednesday, July 27, from 6:00 pm to 7:00 pm at the Thrivent Financial Lake Oswego Office, 4000 Kruse Way Place, Lake Oswego. For more information, contact Susan Rothe at 503-635-2003 ext. 245 or email [susan.rothe@thrivent.com](mailto:susan.rothe@thrivent.com).

The Economic and Investment Outlook workshop is intended only to educate you about financial decisions. It is broad in scope and does not consider your individual personal financial situation, which is unique. The information and advice may not be appropriate in all cases. No products will be offered for sale.

*Securities and investment advisory services are offered through Thrivent Investment Management Inc., 625 Fourth Ave. S., Minneapolis, MN 55415, 800-847-4836, a FINRA and SIPC member and a wholly owned subsidiary of Thrivent Financial for Lutherans. Thrivent Financial representatives are registered representatives of Thrivent Investment Management Inc. They are also licensed insurance agents of Thrivent Financial.*

## PRAYER SHAWL MINISTRY...

*Open to men, women and youth~*

Will meet; July 18th 7:00 pm

@ New Seasons Market/Orenco Station



**LADIES DINNER**

**TUESDAY JULY 5TH**

**6:00 PM**

**MAZATLAN RESTAURANT**

**1435 Northwest 185th Avenue, Beaverton, OR 97006-**

## From your Worship Committee

**PLEASE REMEMBER:** SOV does NOT have the budget to hire any janitorial services.

**If you use any part of the building, please return it to the condition in which you found it.**

Did you rearrange chairs? Please put them back where you found them.

Did you use the kitchen? Please clean up after yourself. You get the idea!! Thank you!

## Living a Generous Life Through Prayer

Greetings from the Prayer Team!

**Prayer Requests:** We want to let you know of the many ways you can receive prayer.

- If you would like to ask for prayers from the congregation, please continue to notify Tammy, especially if you have an urgent need. Please let her know if you would like the request to be confidential, limited to the Prayer Team only, or if it can go out to the congregation.
- You can also fill out a prayer request cards and place it in the prayer box located in the narthex.
- Prayer requests can be left with the ushers for those who would like their request included in the service during the Prayers of the Church.
- If you indicate a need on the prayer request card, Pastor Randy or a member of the prayer team would be glad to meet with you and pray together with you.

Prayer partners are available after services to meet one-on-one and pray together with anyone who has a need. If you are interested in serving as a prayer partner, please let me know.

The next Prayer Team meeting is on Tuesday, July 12th, at 6:30 p.m. We'd love to see you there!

Blessings,

Sandra Carasco

**AUGUST NEWSLETTER ARTICLES ARE DUE JULY 26, 2011**



## Kids of the Kingdom Preschool and Kindergarten

### NOW ENROLLING FOR FALL 2011

After completing our first year as a Preschool, Kids of the Kingdom is gearing up for its second year of operation by expanding class programs. Classes will be offered for 3 and 4 year olds from 9-11:30 am, PreK-Kindergarten from 9-11:30 am or 9 am-1 pm and a class for 2 year olds from 10-11:30 am. Check the church website ([www.sovlutheran.com](http://www.sovlutheran.com)) for days and fees.

Tours are available, just call ([503-645-0236](tel:503-645-0236)) or email ([kokpreschool@gmail.com](mailto:kokpreschool@gmail.com)) to make arrangements.

This ministry is an outreach to congregational children as well as children in the surrounding community. Spread the word so our building will fill with the delight of children exploring the wonderful world that God created.

Blessings to all,

Linda Rasmussen and Wendy Roeder

Co-Directors

*Kids of the Kingdom* 

### SOV SOFTBALL SCHEDULE



July 3 - July 4th weekend - no games

July 10 - 1:00pm - Memory Field

July 17 - 2:30pm - Memory Field

July 24 - 1:00pm - Clark College

August 6-7 - Tournament weekend

## **SOCIAL CONCERNS**...Submitted by Larina Hoffbeck

### **Packed With Love - Saturday, August 20**

Please join Social Concerns in supporting the annual "Packed with Love" event to distribute backpacks and school supplies to students in need in the Beaverton School District. We're collecting school supplies for this event until August 14th. SOV has signed up to provide 400 blue and/or black ink ball point pens and 400 red ink ball point pens so we'd especially appreciate donations of those, but any standard school supply item would be gratefully accepted in the collection box under Social Concerns' bulletin board.



We'd also like to invite you to join us in volunteering at the event on Saturday, August 20 from 11am-1pm at Merlo Station High School (1841 SW Merlo Dr, Beaverton). If you'd like to volunteer please register with LoveINC at [503-336-5946](tel:5033365946) (M-W 9am to noon) or [www.loveincbeaverton.org](http://www.loveincbeaverton.org).

LoveINC's goal is to serve 800 middle and high school students in the Beaverton School District. Each student receives a backpack filled with grade-appropriate supplies for \$5. Student registration begins July 25th.



**Confidential ~ Professional ~ Pastoral**

**Westside Pastoral Counseling**

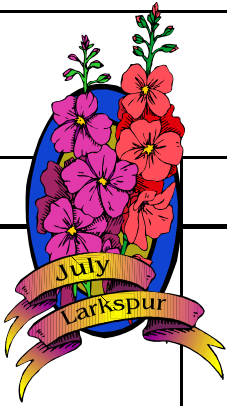
*"Where hope, healing and faith come together"*



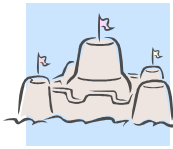


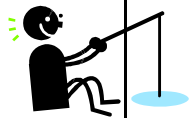

**(503) 477-2627**

**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.**

**AUGUST NEWSLETTER ARTICLES ARE DUE JULY 26, 2011**

# July 2011



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 	2
3 One Service 10:30 a Worship w/ Kevin Cope	4 Independence Day 	5 6:00 p Ladies Dinner @ On the Border/ Hillsboro	6 7:15 a Coffee Group	7 6:30 p Men's Night @ Old Chicago Pizza	8 	9 SOV/Thrivent Habitat for Humanity build day
10 8:30 & 10:30 a Worship Birthday Sunday Blood Pressure	11	12	13 7:15 a Coffee Group	14	15	16 
17 8:30 & 10:30 a Worship w/ Pastor Bob McIntyre	18 7:00 p Prayer Shawl 7:00 p Rummage Sale Mtg	19	20 7:15 a Coffee Group 10:00 a Bible Study Resumes	21 10:00 a LLL 6:15 p Executive meeting 7:00 p Council Mtg	22 	23
24 8:30 & 10:30 a Worship	25 	26	27 7:15 a Coffee Group 10:00 a Bible Study	28 12:00 p All Church Luncheon	29 	30
31 8:30 & 10:30 a Worship  SOV Youth Group Retreat	Rest is not idleness, and to lie sometimes on the grass on a summer day listening to the murmur of water, or watching the clouds float across the sky, is hardly a waste of time. ~John Lubbock					