

JULY 2013

# SHEPHERD OF THE VALLEY LUTHERAN CHURCH NEWSLETTER

Volume I, Issue I

Shepherd's Office Hours;  
Mon-Fri. 8:00 - 12:00 p

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

Nursery available at both  
worship services

Sunday School for all  
ages 9:45 a

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

## YOUTH GROUP NEWS...



### Youth Group Fireworks Stand

June 28—July 4

Proceeds from your support will aide SOV's youth  
in attending the ELCA Youth Convention in 2015.





## PASTOR'S PAGE

*"I do not cease to give thanks for you as I remember you in my prayers."*      *Ephesians 1:16*

Sometimes we may not appreciate one another much, or at least not enough. Maybe some of us are better at that appreciation than others. I know that it may be impossible to fully appreciate how much some folks may mean in our lives until we are threatened with their loss, or that loss actually occurs.

It seems I would have learned that lesson by now, having lost a great many people through the years, but it is a lesson that seemingly needs to be learned again and again. It came home again for me the other night upon receiving a phone call about the (suddenly) serious condition of a dear friend. It left me in stunned silence for a while, and then unable to speak without a catch in my throat. Continuing to be reminded that life does not go on for ever.

Sometimes I do cease to give thanks for you, when times are too busy, or another disappointment comes up, or just the vagaries of life get in the way. But then when the reality of ending rears its head I realize there is so much to miss, and so much to give thanks for, and so much to take in.

May we all be able to take that in, as we search for rest this summer. May we slow down, and in so doing actually offer up our prayers whether we know it or not. May those prayers often be prayers of thanks for the goodness of the Creator that surrounds us. Thanks for the people, the nature, the richness that is ever present. Remember.

In the peace and power of the cross,  
Pastor Randy

## **COUNCIL PRESIDENT'S REPORT...**Submitted by

Greetings All

It's only been a few weeks since you elected me, and I'm already off to the races! But before I go further, I want to thank Lee, Ann, Jim, and Elaine for their dedication and passion during their time on Executive Council. Each one is gifted and caring, allowing us to carry on from a strong position. Thank you guys!



Moving forward, I am excited to be working with Bill, Elaine, Cyndi, Christine, and Pastor. These folks are really talented and they have great ideas. I'm looking forward to a great year working together with Exec and all of the great Council members! There is still some help needed on Parish Ed. and Stewardship committees.

We had our first Executive Council and Church Council meetings in June. I started both meetings by stating that even though I've been at SOV for a long time, I am open to new ideas and I am looking forward to hearing from you. So, please feel free to share your ideas with me. I'm curious to hear what brought you here, what you like about Shepherd, and what your hopes are for Shepherd.

During the year, I'm looking forward to using the Strategic Plan to guide us through our goals and activities. Starting off will be the Capital Projects priority setting effort lead by Elaine. I'm curious to see where the list takes us and how we get there.

We recently had a building use request from a man wanting to rent the loft area to teach piano lessons to children. From his references and direct contact, we've learned that this man is not only an accomplished musician, but he has spent most of his life teaching children to play music and to create music. We now have yet another source for children to learn music. What a great 'reaching out' opportunity and sharing of our building.

Blessings,

Terry Wagemann

## Parish Nurse...Submitted by Karen Sugiyama

### Summer Health and Safety Tips

Summer is a great time to enjoy outdoor activities. Taking simple, commonsense precautions will ensure a fun-filled and safe summer. Here are a few reminders:

#### Fun in the Sun

It only takes a few minutes to protect yourself from too much sun exposure to reduce your risk of sunburn and skin cancer.

- Apply sunscreen and lip balm with SPF of 30 or higher. Discard if the expiration date has passed.
- Limit midday sun exposure from 10:00 AM to 4:00 PM when the sun is its strongest.
- Wear loose fitting, light colored clothing and a hat with a brim, and always wear sunglasses with a high UV rating (100 is the best).

#### The Great Outdoors

Gardening, camping, hiking and many other outdoor activities are great ways to enjoy exercise and nature. However, it does have its pit-falls. Poisonous plants, such as Poison Ivy, Oak or Sumac, as well as ticks and other parasites, can put a damper on your outdoor adventures. Learn to identify them so you can avoid them. You can decrease your risk by using protective clothing, such as a long pants, long-sleeved shirt and vinyl gloves, as well as barrier lotions/creams.

##### About Poison Ivy, Oak and Sumac

- The skin rash caused by these plants is not contagious and is usually treated effectively at home. Wash the area with water immediately after contact.
- Relieve itching and other rash symptoms by using wet compresses or taking cool baths. Over-the-counter oral antihistamines, hydrocortisone creams or anti-itch lotions/creams may help relieve symptoms.
- See your health care provider if the rash persists, covers most of the body, or gets worse with swelling and/or widespread, large, fluid-like blisters.

##### About Ticks

- Although most ticks do not carry diseases (like Lyme Disease) or cause serious health problems, it is important to remove the tick quickly to prevent infection and avoid possible exposure to disease.
- Do not handle the tick with your bare hands. To remove the tick:
  1. Use a fine-tipped pair of tweezers (or hands covered with gloves or tissue paper).
  2. Grab the tick's mouth (the part attached) as close to the skin as possible, and pull straight out until its mouth lets go of the skin. (Do not pull the tick from its body or use a twisting motion.)
  3. Put the tick in a jar filled with rubbing alcohol in case later identification is needed.
  4. Thoroughly wash the site of the bite with soap and water.
  5. Notify your health care provider if a rash or signs of illness develop (i.e. fever, nausea, etc).

## Biking Around Town

Bicycling is a fun activity and a practical, environmentally-friendly form of transportation. Whether out for a Sunday ride or commuting to work, ride smart at all times, and observe the basic rules of the road.

- Always wear a helmet, especially when riding in traffic. (See *Helmets* below.)
- Wear reflective clothing, use a headlight and add a rear reflector when riding in low light or at night.
- Children should ride on sidewalks and paths until they are at least 10 years old and are able to show good riding skills and judgment.
- Ride with traffic on the right side of the road; obey all traffic signs and signals; and use directional hand signals when turning.

### About Helmets

To protect the brain and skull from injury, wear a helmet during recreational activities that involve wheels, concrete or asphalt. Wearing a bike helmet reduces the risk of brain injury by 88% and reduces the risk of injury to the face by 65%. A properly-fitting helmet sits directly on the head above the eyebrows and buckles tightly around the chin. Look for a CPSC-approved helmet for biking or a Snell B95-approved helmet for all activities, including skateboarding, roller/in-line skating, riding scooters and biking.

## On the Water

Taking a dip in a pool, sliding at a water park, cruising on a boat or riding on a jet ski are fun, hot-weather activities, but many summer injuries occur in and around water. It's a good idea to always wear a life jacket.

### When Around Water or Swimming:

- Obey all posted rules and regulations, and always swim with other people. Never swim alone.
- Learn basic swimming skills—even the “doggy-paddle” can save your life.
- Don't dive in shallow water or water where you cannot see the bottom or that may have debris.
- Watch for the onset of bad weather. When swimming in a river, lake or the ocean, stay alert to the currents and any sudden changes.

### When At a Water Park:

- Know how to swim.
- Read all the signs before going on a ride, and carefully follow the ride directions.
- Be aware of other riders, especially small children, and don't run, slide or bump into other riders.

### When Boating and Jet Skiing:

- Always wear a life jacket regardless of your swimming ability. It's your best protection. (Laws require readily accessible life jackets for all passengers.)
- Obey your state and local boating rules and regulations, including not drinking alcohol. Carry all safety equipment that is required by law, and take a boating safety course.
- Stay alert to others in the water—boaters, jet skiers, wind surfers, swimmers and people fishing.
- Know the weather forecast. Do not go out on the water during bad weather, and stay alert to changes.
- Inform your family/friends of your destination and when you expect to be home. Carry a cell phone.

## Ladies Dinner

July 2nd, 6:00 p @ Stanford's Restaurant  
2770 NW 188th Avenue  
Hillsboro, OR 97124  
Please RSVP to Lynn or Tammy

## Ladies Dinner Group



## Notes from the Treasurer: Submitted by Elaine Kingston

The Sky Isn't Falling But We Need to Keep Looking Up! I wanted to take a few minutes of your time to tell you where we are financially as we hit the halfway mark of 2013. I cannot imagine starting a year in a better position than we did this year. With the help of the Church Council and the Congregation, we started with a balanced budget and \$12,000 carryover to give us a little cushion. Our expenses at this point are pretty much on track.....but our income is falling behind, which leaves us with only a \$2000 cushion left heading into the summer. I am still able to pay all of our bills but if summer vacations exacerbate our already low income, we may have to adjust our budget to put it in better alignment with the income we're experiencing. We expected to have \$76,208 in income by the end of May and we had \$71,458...a decrease of \$4,750 or 6% below budget. The Church Council knows that there can be family situations forcing you to relook and change the amount of giving you are able to do. I would ask that you contact Christine Edgar, our Financial Secretary, if you need to change your giving expectations. Please keep Shepherd of the Valley in your prayers, asking God to keep us on the right financial path to meeting our commitments and moving forward with our Strategic Plan.....Reaching Up, Reaching Out and Reaching In!

## Remember Your Offerings





## Baby Shower for Amy Kingston



Saturday, July 20, 10 AM to Noon:

Baby Nathan is due August 3!

Saturday, July 20 from 10 to Noon we will be hosting a baby shower at SOV for Amy Kingston, daughter of Elaine and Paul Kingston.

Amy is having a baby boy. This is Amy's first child and Elaine and Paul's first grandchild. They are very excited to be "Grandparents in waiting".

Amy was an elementary school teacher when she decided to move to Oregon 7 years ago. She didn't know anyone when she moved here but loved Oregon's climate, "green" landscape and opportunities. She teaches in the Birth to Three Year Old program at the Nike Child Development Center and has ten very lucky three year olds this year. She has been blessed with an amazing community of friends in this area and is very excited to become a Mom and to have so many wonderful people helping her raise Nathan after he's born. Her choice to be an "Oregonian" helped Elaine and Paul decide to retire in our area.

Amy has a primary color scheme for Nathan's nursery with a theme of cars and trucks. She is registered at Target. She has a passion for children's books and would love those attending to share a personal favorite. It would be fun to share one from your own collection with a note that includes why this was special for you.

RSVP's can be given to Tammy. Email: [secretarysov@gmail.com](mailto:secretarysov@gmail.com) or ph.503 645 4994 or Diane Lewis. Email: [delewis911@aol.com](mailto:delewis911@aol.com) or ph. 503 648 5939.

Everyone is invited to come and get to know Amy and "shower" her with our love and friendship. Your presence is the best present. We look forward to welcoming Amy to the circle of friends at SOV as she expects the arrival of her baby Nathan the first part of August.

**AUGUST NEWSLETTER ARTICLES ARE DUE JULY 23RD**

## Fellowship news and updates!

Fun and fellowship go together. Sometimes we add food to the “mix” too. Our fellowship time on Sunday’s is well attended. Even with late church getting out at 11:30 AM we still have members staying to visit with each other until after 12:30 PM. Visitors have commented how well we do fellowship on Sunday’s and have returned because they feel so welcome. With this feedback we hope that more members will help participate in providing finger food or baked goods and help with setting up and clean up after late service.

Did you know that every Saturday, Rudy W comes in and prepares the coffee? We ask that each of us consider how we can help keep us keep fellowship a part of each Sunday. Sharing in this opportunity gives a sense of “ownership” and pride that our congregation is committed to this opportunity to reach out to visitors. It is also a time we have time to connect and catch up with each other. Sharing time in the kitchen as we work together add’s the opportunity to get to know each other better too. When we ask for your participation please consider how you can help or why wait to be asked? Let anyone on Fellowship or Tammy know that you would be glad to participate. If each of us helped a couple Sunday's a year we know that this will make a positive difference in the life of SOV as well as in your own. Why not grab a dish towel and experience the fellowship that comes with sharing the tasks?



### Events and dates to remember!

#### **Ladies Dinner! July 2 at 6 PM**

All SOV women and friends are invited to gather at Stanford's Restaurant on 185th on July 2 @ 6PM. This is a great opportunity to share time with each other. Please RSVP to Lynn Gates: [lmgates48@gmail.com](mailto:lmgates48@gmail.com). August location will be announced in the bulletin and in the August newsletter.

#### **Baby Shower for Tabitha and Gary Mc Vey**

It's Softball time! They are having a girl!

Saturday, August 10, 5 to 7 PM

We will be having an all congregational potluck and baby shower at SOV as we celebrate the anticipated birth of Tabitha and Gary's baby girl. If you remember we celebrated their marriage with a baseball theme. With their new baby daughter arriving to grow up with the love of baseball that these two parents share we will help introduce them to the new world of softball with a hot pink and lime green softball "uniform" (nursery)!

If you can help set up, serve or cleanup we appreciate all volunteers. Please contact Diane Lewis or any member of the Fellowship team to offer your participation.



Suggested ideas for food: A to L - Main Dishes, M to Z salads or side dishes. Dessert and beverages will be provided. More information will be in the August newsletter.

### **Transport 5 Concerts! Saturday, October 26 and Sunday, October 27!**

Yes, they are returning for 2 nights of fantastic music! Times and theme will be announced in the September newsletter. Put this on your calendar now and invite friends and family to a wonderful evening of music and fellowship! These musicians give from their hearts as they share God's love through His gift of music. As we plan ahead we ask you to consider being a greeter, helping set up and take down or help with our refreshments during intermission. This is a wonderful opportunity to reach out to our network of friends and extend this opportunity to our community.

### **Annual "Giving Thanks" dinner. Sunday, November 3. 5 to 7 PM!**

Add this to your calendar now. This is an all ages, all congregational event. This is a special Stewardship as well as fellowship opportunity as we prepare for the holidays, celebrating God's gifts in our personal life as well as in the life of SOV. As usual the "piggy" will accept donations to help buy the ham. It will be a good time to share one of your favorite holiday recipes with your church family. If you have ideas to help us add to the fun of this event we hope you will share them with the Fellowship team, Stewardship team or any one on council.

Thank you for supporting our events. All ideas for Fellowship are welcome.

Your SOV Fellowship team: Diane Lewis, Peggy Vermaas, Megan Vermaas, Adrian Garcia, Sharon Graalum, Rachel Snow, Divine Irambona, Amber Kotvis, Vesper Seehafer and Lynn Gates.

## **Prayer Shawl Ministry**

### **PRAYER SHAWL**

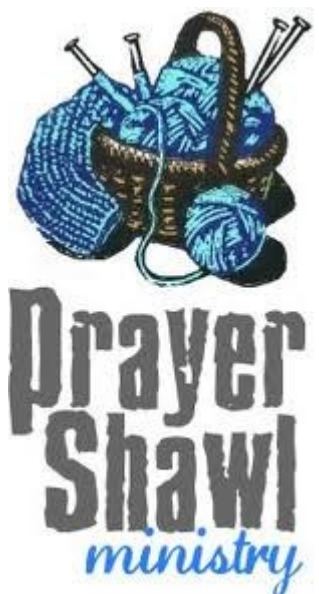
Please let us know if you would like to join us in our efforts. You can help by knitting or crocheting, (we can teach if you don't know how), making little baby hats on looms, (again we will teach you). These little hats we will be taking to local hospital neonatal intensive care units.

We will be meeting on July 15th at 7pm at SOV, and after the luncheon on July 25th, at 1pm at SOV.

Stay tuned for a special "Knit in the Park" day coming this summer.

**Prayer Shawl Ministry is also collecting Michael or Joann's coupons to purchase yarn, these coupons can be given to Brenda or Caryl.**

Ideas, questions? Contact Brenda 503-545-6574 or Caryl 503-372-6248.



## JULY BIRTHDAYS

01 Theresa K	19 Elodis L
02 Madyson Z	20 Bjorn Z
03 Lorraine K	22 Neha S
05 Neil A	22 Danielle L
10 Jacob T	23 Bill H
11 Sam R	25 Marge A
13 Jean R	27 Michael W
15 Rod S	29 Lisa M
17 Rachael S	30 Linnea H



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

## JULY ANNIVERSARIES

*Terry & Mio Wagemann*  
*July 1*

*Mark & Susan Vignolo*  
*July 8*

*Ron & Pat Nelson*  
*July 10*

*Dave & Linda Rasmussen*  
*July 15*

*Lloyd & Darleen Huber-Dilbeck*  
*July 18*

*Mark & Deirdre Anderson*  
*July 19*



## PROPERTY MANAGEMENT

On Behalf of Property management:~

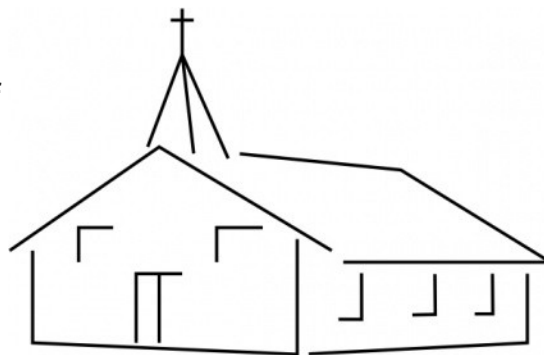
Thank you's go out to the following folks: Dick K. for routine weed control on the property, Peggy and Staff for chipping up the mugo pine for ground cover that was taken down by Lyle and Jeff, Marty M. for field mowing, Gary G. for painting the interior of the new GEM supply area, for routine trash removal from the building on Sunday mornings (Eric L.?) and after special events. Thank you to those unknown that silently work in the building, on the property, in the rose gardens, pruning shrubs and more.

thank one of our members whom provides a landscape contractor service for grooming and trimming and has planted flowers in our court yard around the lamb.

The team work shows appreciation and care of our building and grounds.

Great team work and Thanks to All!

Regards,  
Jeff Wagemann



Two months left to reach our goal and to serve our community. Love INC's Packed with Love back pack project for 2013/2014 school year.

### **SOV has been asked to collect 800 Rulers**

Your donations are greatly appreciated, Thank you for your support. Rulers can be placed in the backpack located in the Narthex.



**AUGUST NEWSLETTER ARTICLES ARE DUE JULY 23RD**

## SOCIAL CONCERNS INVITATION



On **Wednesday, July 10**, there is a volunteer opportunity at Willamette West Habitat for Humanity. No special skills are needed but you must be at least 16 years old to participate. We would love to have your help! If you are interested in helping, please contact Sue Muza ([smuza83@gmail.com](mailto:smuza83@gmail.com)) or sign-up on the Social Concerns board in the back of the church.

### MEN'S NIGHT, THURSDAY, JUNE 11th

6:30 PM @ GOLDEN VALLEY BREWERY

ALL MEN INVITED FOR FOOD AND FELLOWSHIP



JULY 7TH  
SCRIP ORDER SUNDAY

Thank you for your continued support, your contributions brought in a \$200+ profit for June.

*Shepherd of the Valley* is proudly sponsoring an American Red Cross blood drive Monday, July 15 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*



## ADA Door Update

### Final Update on the New Doors

Aren't they wonderful? On more than one occasion, I have seen a transport van pull up bringing one of our members with a mobility challenge to church and those doors swing open wide and provide plenty of room to "come on in"! We paid all of the bills related to the doors in May but due to a design change from the original plans, removing the center post cost a bit more than we planned. We had \$10,329 in donations and the final tally was \$11,982 or \$1653 more than the original donations. The Executive Committee decided to take that additional money from the Capital Repair Reserves, which are there to cover any building repairs that pop up. If anyone would like to contribute to pay back some of that \$1653 overage for the doors, please put your donation in the offering plate and label it "ADA Doors".

## LITTLE LAMBS CHOIR






Little Lambs choir has begun rehearsing. They meet Wednesday's at 6:30 pm for 30 minutes. All children of all ages are welcome! For more information or questions contact Stacie.

Just a reminder; to recycle your paper products in our brown recycle drop box located in the church parking lot. The more we fill it the more revenue we receive.

- |               |              |                |
|---------------|--------------|----------------|
| • Newspapers  | junk mail    | dry food boxes |
| • Magazines   | envelopes    |                |
| • Phone books | catalogs     |                |
| • Cardboard   | cereal boxes |                |



# July 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 	<b>2</b> <b>6:30 p Ladies Dinner @ Stanford's</b>  <b>6:30 p Band Rehearsal</b> <b>7:00 p Choir Rehearsal</b>	<b>3</b> <b>7:15 a Coffee Group @ Starbucks</b> <b>10:00 a Bible Study</b> <b>No Little Lambs Choir practice</b>	<b>4</b>	<b>5</b> <b>Palmeter Piano Studio/Lessons</b>  	<b>6</b>
<b>7</b> <b>8:30 &amp; 10:30 Worship</b> <b>Scrip Sunday</b> <b>Birthday Sunday</b> <b>Blood Pressures</b>  <b>1:30 p OEC</b>	<b>8</b> 	<b>9</b> <b>6:30 p Band Rehearsal</b> <b>7:00 p Choir Rehearsal</b>	<b>10</b> <b>7:15 a Coffee Group @ Starbucks</b> <b>No Bible Study</b>  <b>6:30 p Little Lambs Choir Practice</b>	<b>11</b> <b>2:00-3:30 p Alzheimer's Association</b>	<b>12</b> <b>Palmeter Piano Studio/Lessons</b>	<b>13</b> 
<b>14</b> <b>8:30 &amp; 10:30 Worship</b>  <b>1:30 p OEC</b>	<b>15</b> <b>1:30-7:00p Red Cross Blood Drive</b>  <b>7:00 p Prayer Shawl Ministry</b>	<b>16</b> <b>6:30 p Band Rehearsal</b> <b>7:00 p Choir Rehearsal</b>	<b>17</b> <b>7:15 a Coffee Group @ Starbucks</b> <b>10:00 a Bible Study</b> <b>6:30 p Little Lambs Choir Practice</b>	<b>18</b> <b>10:00 a LLL</b>  <b>7:00 p Council Meeting</b>	<b>19</b> <b>Palmeter Piano Studio/Lessons</b>  	<b>20</b> <b>Baby Shower for Amy Kingston "It's a Boy"</b> <b>10:00 -12:00 p</b>
<b>21</b> <b>8:30 &amp; 10:30 Worship</b>  <b>1:30 p OEC</b>	<b>22</b> 	<b>23</b> <b>6:30 p Band Rehearsal</b> <b>7:00 p Choir Rehearsal</b>	<b>24</b> <b>7:15 a Coffee Group @ Starbucks</b> <b>10:00 a Bible Study</b> <b>6:30 p Little Lambs Choir Practice</b>	<b>25</b> <b>12:00 p All Church Luncheon</b> <b>1:00 p Prayer Shawl Ministry</b>	<b>26</b> <b>Palmeter Piano Studio/Lessons</b>	<b>27</b> 
<b>28</b> <b>8:30 &amp; 10:30 Worship</b>  <b>1:30 p OEC</b>	<b>29</b>	<b>30</b> <b>6:30 p Band Rehearsal</b> <b>7:00 p Choir Rehearsal</b>	<b>31</b> <b>7:15 a Coffee Group @ Starbucks</b> <b>10:00 a Bible Study</b> <b>6:30 p Little Lambs Choir Practice</b>	<i>To be a witness for God is to be a living sign of God's presence in the world. What we live is more important than what we say, because the right way of living always leads to the right way of speaking. When we forgive our neighbors from our hearts, our hearts will speak forgiving words. When we are grateful, we will speak grateful words, and when we are hopeful and joyful, we will speak hopeful and joyful words.</i>		