

**MARCH  
2008**



# SHEPHERD OF THE VALLEY NEWSLETTER

**Sunday School News**  
By Linda Rasmussen

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February was a month filled with love. The Sunday School children enjoyed listening to the story, Stone Soup, and learned how fellowship through the Holy Spirit can bring people together to help each other in their community. We completed a project where we added ingredients to Stone Soup and to Love Our Neighbor Soup. We also sampled homemade vegetable beef and barley soup. The children brought in 25 packages of soup and collected \$250.00 for Care to Share. THANK YOU to everyone who contributed. The Sunday before Valentine's Day the children got creative and made Valentines for those in the parish in need of a little extra love. There was gluing, stamping, cutting, and drawing all done with love by the little ones that Jesus cares so much about. We frosted cookies for the fellowship table and then enjoyed some as we listened to a story about St. Valentine and how he shared God's love with his neighbors and his jailer's little daughter. He thought of her even as he was waiting for his own execution. It was a great illustration of how Jesus wants us to love and care for our neighbors. The rest of the month we began learning what it means to be followers of Jesus. We learned about the apostle Paul and his conversion. We also learned about Lydia and remembered our own baptism. We learned about Paul and Silas in prison and how they remained and helped the jailer instead of escaping when they had the chance. Average attendance for February was 25 children. We collected \$27.86 for the Global Barnyard and 59 food items (plus 25 packages of soup) for the Shepherd's Storehouse.

In March, we continue studying what it means to be a follower of Jesus. We will explore what it means to show faith through actions offering forgiveness, welcome, compassion, and freedom. March is cereal month for the Shepherd's Storehouse. We are still dedicating our weekly offering the ELCA's global barnyard. Sunday School is also continuing to collect SOCKS for Care to Share. We will be collecting these throughout Lent. Watch for our Palm Sunday Egg Hunt where we will be celebrating our new life in Jesus through his death and resurrection. Remember, NO CLASS on Easter. Thank you for sharing your children with us, they are both a joy and a blessing and it is our pleasure to share God's love with them!

## SUNDAY SCHOOL CALENDAR

Mar 2	Following Jesus' Way
Mar 9	Following Jesus' Way
Mar 16	Palm Sunday Egg Hunt
Mar 23	Easter <b>Christ Is Risen!</b> NO CLASS



<b>MAR 30</b>	<b>PENTECOST, WIND &amp; FIRE</b>
Apr 6	Pentecost, Wind & Fire
Apr 13	Pentecost, Wind & Fire
Apr 20	Earth Day Activity
Apr 27	Pentecost, Wind & Fire
May 4	Pentecost, Wind & Fire
May 11	Mother's Day Ruth & Naomi Revisited
May 18	End of Year Celebration!

### MARCH IS CEREAL MONTH FOR THE SHEPHERD'S STOREHOUSE!

Remember!! Shepherd's Storehouse is in need of cereal to help feed our hungry neighbors. Dry, cooked, instant, General Mills, Post, Quaker, generic, any and all cereals are welcome. Share YOUR favorites.



### WE NEED SOCKS!

Now through Easter Sunday School is collecting socks for Care to Share. Please bring a new pair of socks, any size or gender, for our sock drawer located downstairs in the KOK kitchen Sunday mornings.

### UPCOMING EVENTS

**PALM SUNDAY EGG HUNT.** Mark your calendars because March 16<sup>th</sup> is SOV's Easter Egg Hunt for children preschool through 6<sup>th</sup> grade. Bring your basket and be prepared to have some fun finding eggs, rain or shine. We will have extras in case you forget. There will be a snack, small craft activity and sharing of the Easter story. We will start PROMPTLY at 9:45 am. We hope to see you and share the GOOD NEWS of Jesus with you! Questions? Call Linda Rasmussen @ 503.531.8699.



**EARTH DAY ACTIVITY.** Sunday April 20<sup>th</sup> is our earth day celebration! Join us at 9:45 as we learn about creation, Noah and the animals and how we can be good stewards of God's awesome creation. We will be feasting on animal crackers, playing ark bingo, perhaps going on a sights and sounds nature walk, and planting some wheat grass to care for at home. Let's thank God for creating the wonderful natural world for us to care for and enjoy.

## SUNDAY SCHOOL NEWS (CONT.)



**MOTHER'S & OTHERS TEA.** Please join us Saturday afternoon, May 10<sup>th</sup> as we honor all mothers and others who have shared their love and the love of Christ with children. There will be a light tea and some readings, songs and crafting. Watch for invitations coming in May. Time to be announced. Anyone wishing to help plan this event please call Linda Rasmussen @ 503.531.8699.

**END OF YEAR CELEBRATION.** Sunday, May 18<sup>th</sup> is going to be a blowout (remember Mt. St. Helen's?!). Join us as we close out the year in praise of God from whom all good things come.

## KID'S CONNECTION SUBMITTED BY ANN SMITH

**Parents:** This is for you mothers and fathers. What are your kids doing? I would like to start or pick up where Diane left off letting everyone know how great these kids are doing. Every child in this church has something to share. They don't have to win the race but if they compete we want to know about it.

1. *Katrina Tabor* AKA "The Great Girl Scout Cookie Salesman." How many box's did she sell? I heard 30 What a gal!

2. *Jameson Tabor* will be in the play "Into the Woods " at Westview High/ March 6,7,8 and March 13,14,15 at 7:30 PM Cost of ticket is \$10.00 Make sure when you order your ticket to let them know you were referred by Jameson Tabor.

3. Now what is this I heard about *Chelsea Plinke*? She is in the 5th grade Spelling Bee competition. As if that wasn't enough she is also a chess player. All of this is among the Lutheran schools from several states. Now we know don't play chess with her if you don't want to lose!

4. *Solveig Rasmussen* is keeping busy her first year at Five Oaks Middle School. She is in the school Leadership program and made honor roll first trimester. She was one of two students in her home room, invited by the principal, to be part of the Beaverton School District Middle School focus group on how the district uses time. She was quite surprised and excited to be part of this lively discussion and glad to offer her input on the questions they asked. When not keeping up with her school activities, Solveig is involved with a Polynesian dance group, taking an extra math class (can you say algebra?), and looking forward to spring recreational soccer.

5. *Gunnar Rasmussen* is enjoying school now that he is healthy again; making the honor roll even after missing over five weeks of school. He is exploring computer assisted drawing and finished up a mock website for his grandparents. They are encouraging him to help them modify the one they are currently using. He is in his second year of Japanese and is planning a trip to Japan in June with the Oregon Intercultural Association. He keeps busy with Boy Scout Troop 208 where he is one of the Assistant Senior Patrol Leaders. He earned his Life Scout and is now working toward his Eagle. He enjoys camping with his patrol.



\* You will never guess what I got in the mail. The first in many years, a Valentine from the SOV Sunday school children. It brought back many memories, let me tell you. I remember counting them for days. So the others must have felt the same. Thanks Kids, Ann Smith

## **Moving Forward and Working Together!** Submitted by Diane Lewis

Many thanks to all that have committed their time and energy to keep us moving forward and maintain the excitement of all that is happening at Shepherd or the Valley! This is what I see happening at SOV right now!

***The Building Committee*** is moving forward with all the components of getting our property ready to sell, taking care of the legal issues and tackling “city hall” for all that is required for SOV to be able to build when the property sells.

***The Call Committee*** is moving forward with completing the congregational profile, sending it to the Synod office, preparing for the review of pastoral applicants and be ready to interview.

***The Capital Campaign Team*** is moving forward with excitement in organizing our task groups and preparing for our “kick off” in April.

***Our committees*** are moving forward with their commitments to keeping all our “normal” committee functions running well for the on going ministry of SOV.

***The Council and Executive board*** are working together to get our church current with getting an audit done, select a nominating committee for officers and committee members for the next election in June, completing new staffing descriptions, redefining each committees functions, doing some advance planning and looking at where we can strengthen our ministries.

We have many important decisions to make as we move forward in the many directions for the life and ministry of Shepherd of the Valley. There is a great sense of anticipation, desire, and excitement as we work together to move forward yet there are areas of our ministry that needs help.

We need to also be aware of areas of our ministry that need more assistance and volunteers. The Storehouse needs help in delivering food during the week. Parish Education program needs new volunteers to establish new leadership and teachers for VBS and Sunday School for the next school year! Property Management needs more volunteers and Stewardship needs to have a new list of people willing to count offerings and ushers are needed as well as developing a youth team. With out volunteer help our programs will suffer. Each person has gifts to share to help make all our visions and missions become reality. There is a place for everyone to make a difference! Participation is the key for our success as we work to complete so many wonderful opportunities for our church.

Pray for all that is happening in the life and ministry of SOV and pray about what you can do to help be part of the success as we move forward together in Christ.



## SOCIAL CONCERNS NEWS...SUBMITTED BY MERT WARNEKING

Social Concerns is looking for someone to deliver three food baskets one evening a month to our contact at Lutheran Community Service. The date and time are flexible and can be arranged by the volunteer and the person receiving the deliveries. All deliveries would be to the same house (near St. Andrew's on Butner Rd.) Please contact Larina Hoffbeck at (503) 617-9297 or Hoffbeck@verizon.net if you would like to help.

Instead of regular food baskets at Easter, like we did at Thanksgiving, we have decided we would raise money for food for people at Vernonia. We have a list of foods that they need. Apparently we can also donate money. We understand that other things are also needed at Vernonia. That information will be published at a later date.

Social Concerns schedule for March:

March 2nd      Announcements and info in bulletin

March 6th      Social Concerns Meeting at 6:45p at Shepherd

March 9th      Announcements and info in bulletin

March 9th to 14th   Request to church office to send e-mail

March 16th—Palm Sunday   Make announcement and have kids hold baskets at doors.

There is a refugee woman with a 5 yr. old child coming soon and they need a place to live. Two people do not get enough money to rent an apartment. Does anyone know of someone who has a room to rent that would let them use their kitchen? It needs to be on a bus route.

We will be doing backpacks this summer and Thanksgiving baskets. We will be applying for money from Thrivent to help with these projects.

In June we will have our annual meeting when we have a list of committee members for the coming year. In the Social Concerns Committee, we do all kinds of things. In addition to the backpacks this summer, the Thanksgiving baskets and food for Vernonia which are all mentioned above, we give food baskets on a weekly basis to those in need. We also help the refugees or anyone else in need with clothing and furniture. If you would like to attend one of our meetings to see if you are interested in joining us, our next meeting will be **March 6th at 6:45p** at the church.

## LADIES DINNER AT NEWPORT BAY..FEB. 19TH..SUBMITTED BY Ann Smith

There were 22 ladies who enjoyed dinner at Newport Bay. We also had a little celebration for Kathy Tabor. Corrine Gilbertson made an announcement about Helen Jean Tegner's large donation and picking the three hymns. Good work Helen Jean! We also had a piece of Kathy's birthday cake and sang "Happy Birthday". Another great evening was shared.

## WOMEN'S RETREAT...SUBMITTED BY Brenda Plinke



Women...a weekend at the beach is always relaxing, but add a time for fellowship and spiritual renewal and you can't go wrong. Prince of Peace Lutheran Church is hosting a retreat, and they have graciously invited the women of SOV to join them at the Cannon Beach Christian Conference Center, April 25-27. The "Spirit of Laughter" is the theme for the sectionals lead by Carolyn Schoenborn, a seasoned presenter in faith retreats. The \$125 registration fee includes two nights lodging, three meals, and snacks. Detailed scheduling will be available the first week of March. For more details or to sign up, contact Brenda Plinke [bprn@verizon.net](mailto:bprn@verizon.net) or the church office .

## FIVE FINGER PRAYER...SUBMITTED BY GINNY ADAMO



1. Your thumb is nearest you. So begin your prayers by praying for those closest to you. They are the easiest to remember. To pray for our loved ones is, as C. S. Lewis once said, a "sweet duty."

2. The next finger is the pointing finger. Pray for those who teach, instruct and heal. This includes teachers, doctors, and ministers. They need support and wisdom in pointing others in the right direction. Keep them in your prayers.

3. The next finger is the tallest finger. It reminds us of our leaders. Pray for the president, leaders in business and industry, and administrators. These people shape our nation and guide public opinion. They need God's guidance.

4. The fourth finger is our ring finger. Surprising to many is the fact that this is our weakest finger, as any piano teacher will testify. It should remind us to pray for those who are weak, in trouble or in pain. They need your prayers day and night. You cannot pray too much for them.

5. And lastly comes our little finger - the smallest finger of all which is where we should place ourselves in relation to God and others. As the Bible says, "The least shall be the greatest among you." Your pinkie should remind you to pray for yourself. By the time you have prayed for the other four groups, your own needs will be put into proper perspective and you will be able to pray for yourself more effectively.

## LENT/EASTER SCHEDULE...SUBMITTED BY ANN SAALFELD

**Wednesday Night Lent Soup Suppers & Service...**March 5th & 12th....6:00 p Supper 6:30 p Service  
Please sign up to bring soup or bread

**Maundy Thursday....**March 20th...7:00 p Communion Service

**Good Friday....**March 21st....Noon to 6:00 p—Stations of the Cross...7:00 p Church Service

**Easter Sunday....**March 23rd...8:30 a and 11:00 a Church Services 9:30 a 10:45 a Easter Breakfast

## **STROKE IDENTIFICATION** ...submitted by Corrine Gilbertson, Parish Nurse

During a BBQ a friend stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics) and just tripped over a brick because of her new shoes. They got her cleaned up and got her a new plate of food - while she appeared a bit shaken up, Ingrid went about enjoying herself the rest of the evening. Ingrid's husband called later telling everyone that his wife had been taken to the hospital - (at 6:00pm, Ingrid passed away.) She had suffered a stroke at the BBQ - had they known how to identify the signs of a stroke perhaps Ingrid would be with us today.

It only takes a minute to read this-

### **Recognizing a Stroke**

----- A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed and getting to the patient within 3 hours which is tough.

### **RECOGNIZING A STROKE**

Thank God for the sense to remember the "3" steps. Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

1. \*Ask the individual to SMILE.
2. \*Ask him or her to RAISE BOTH ARMS.
3. \*Ask the person to SPEAK A SIMPLE SENTENCE (Coherently) (i.e. . . It is sunny out today)

If he or she has trouble with any of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher.

New Sign of a Stroke---Stick out your tongue. Note: Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.



## MARCH 2008 CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div style="text-align: center;"> <h1 style="margin: 0;">EASTER SUNDAY</h1> <h2 style="margin: 0;">MARCH 23RD</h2> </div>						1
<b>2</b> 8:30 & 11:00 a Worship  9:45a—S.School & Confirmation  10:00a—Adult Class	<b>3</b>  6:30p—Men's Group—Old Chicago Pizza	<b>4</b> 9:00a—KOK Chapel	<b>5</b>  6:00p—Soup Supper  6:30p—Church Service  7:00p—Choir	<b>6</b> 11:15a- Re- becca Circle brown bag lunch—studying the Beatitudes  6:45p—Social Concerns	<b>7</b>	<b>8</b> Living the Vision—Salem
<b>9</b> 8:30 & 11:00 Worship  9:45a—S.School & Confirmation  10:00a—Adult Class	<b>10</b>  6:30p—Exec. Com- mittee	<b>11</b> 9:00a— KOK Chapel  6:30p—Jr. Choir	<b>12</b>  6:00p—Soup Supper  6:30p—Service  7:00p—Choir Practice	<b>13</b>  7:00p Church Council	<b>14</b>	<b>15</b>   
<b>16</b> 8:30 & 11:00 a Worship  9:45a—Easter Egg Hunt & Confirm.  10:00a—Adult Class  <b>PALM SUNDAY</b>	<b>17</b>  <b>ST. PATRICK'S DAY</b>  	<b>18</b> 9:00a—KOK Chapel  6:30p—Jr. Choir  6:30p—SOV Women's Dinner	<b>19</b>  7:00p—Choir Practice	<b>20</b>  <b>MAUNDY THURS.</b>  <b>7:00P— Communion Srv.</b>	<b>21 GOOD FRIDAY</b> Noon to 6:00p— Stations of the Cross  7:00p Church Service	<b>22</b>
<b>23</b> 8:30 & 11:00 a Worship  9:30—10:45 a Easter Breakfast  <b>EASTER SUNDAY</b>	<b>24/31</b>	<b>25</b> 9:00a— KOK Chapel  6:30p—Jr. Choir	<b>26</b>  7:00p—Choir Practice	<b>27</b>	<b>28</b>	<b>29/Sunday 30</b> 8:30 & 11:00a Services 9:45 Sunday School 10:00 Confirm



## MESSAGE FROM PASTOR MICHELLE

March 2008

Dear Friends in Christ,

It's been another busy month of ups and downs here at Shepherd of the Valley. Since I last wrote, Daisy Steele's mother, Helen Steele, passed away; her memorial service was held on Saturday, February 23rd. Also, Jacob Tabor entered the hospital and had surgery for a ruptured bowel; as we all know, his odyssey through the hospital is not yet over. A week after Jacob went to the hospital, SOV lost its dear friend, Stan LeBon. We began Lent with a pancake supper served by the youth, a memorial service for Stan, and an Ash Wednesday service. As I'm sure you're aware, many others at SOV are in need of prayers for healing and strength. I urge you to pray for everyone on the prayer list and let us know in the church office if you know of anyone who needs to be included; there are so many right now that it's sometimes hard to keep track. Also, I encourage you to continue living out your mission statement by keeping in touch with one another.

Many exciting things are in the works here at Shepherd of the Valley! Your church council recently held a leadership retreat, where we clarified the roles of church committees and identified areas that need more clarification. In addition, your Call Committee presented the congregational profile to the congregation for review and additional feedback. At this time, the Call Committee is putting the finishing touches on the profile. It will then be submitted to the bishop's office. The bishop and his assistant will review the document, match it with the profiles of available pastoral candidates, and sometime in the near future, the Call Committee will receive names of candidates whom they can interview. Besides all this, the capital campaign has gotten underway! Pastor John Cross of Kairos spent the last weekend in February meeting with team leaders, preaching, teaching, and getting acquainted with the congregation. As if this weren't enough activity, the audit committee is getting organized, other church records are being updated, the upstairs office space is progressing, and the grounds are getting spruced up. In short, everyone is pitching in!

"...many others at SOV are in need of prayers for healing and strength. I urge you to pray for everyone on the prayer list and let us know in the church office if you know of anyone who needs to be included;..."

As we move into March, things will continue to be busy with Lenten services, Holy Week, and Easter. Please keep Nancy, Kevin, Pat and me in your prayers, as we will be putting in extra hours in the next few weeks. Please hold your leadership in prayer, too, including the Executive Committee, committee chairs, your Call Committee and the Capital Campaign leaders.

It is a busy time, but also an exciting time, as God leads SOV into the bright future God is preparing for you. As you move forward in this time of transition, I pray that you will all stay grounded in God's love and guidance and that you will stay connected with each other.

In Christ,  
*Pastor Michelle Manicke*

# YOUTH GATHERING OPPORTUNITY FOR OUR SOV YOUTH!...submitted by Diane Lewis

Daniel Carlson is available to help organize this event for our youth! 😊 He will need some help!

**April 12-13**  
**Middle School Gathering**  
**Theme: "Not Just A Survivor"**  
**"...I came that they may have life, and have it abundantly."- John 10:10**  
**First, 725 33rd St., Astoria**  
**Please contact Lisa Gray at [zoaryouth@canbv.com](mailto:zoaryouth@canbv.com) or at 503-266-4061.**  
**[Download PDF Postcard](#)**  
**Register by April 1st. Cost \$25.**

We have the funds, a lead adult and now we need to get this going to motivate our youth! Let's try to work together to create the interest and get some of our kids down for this great opportunity to generate the interest for them to help create a youth program. Anyone who has been to a youth gathering such as this will tell you that it was a wonderful experience: a time for making new friends, deepening existing relationships, and growing in faith.

In the Call Committee's research, SOV's youth were lifted up as a priority. Please consider giving one weekend of your time to nurture these wonderful young people. You will not regret it!

Thank you Daniel for being willing to help make this happen! If you are interested in going to the gathering, please contact Daniel Carlson, Diane Lewis, or Pastor Michelle.

## A Note from Your Friendly Church Mouse:

Dear SOV friends,

In order to improve security in our building, the door to Kids of the Kingdom daycare/SOV Sunday School and nursery space will be kept locked. For safety reasons and to protect church property, children should not be downstairs or in the upstairs loft area without adult supervision. Also, please remind the kids to slow down a little when in the church; I'm sure they would feel terrible if they caused one of our older members to fall.

Thanks for your help!

Your Church Mouse



NOTE: Lent is a very busy season in any church, and this year there are many extra things going on at Shepherd of the Valley. It is wonderful and exciting to be in the middle of the call process and to be kicking off a capital campaign, but these activities will likely require support from SOV's secretary, Nancy Shetterly. In addition, we have recently had two memorial services and numerous pastoral care situations here at SOV; of course, these take priority over routine matters, and they require attention from the secretary, as well as the pastor. Nancy works 20 hours per week, so additional duties such as these tend to make her schedule very tight. Please be patient with our secretary and respect her work space and her need for quiet time. Thank you!

## **HANDY LITTLE CHART....**SUBMITTED BY GINNY ADAMO

***God has a positive answer:***

<b><u>YOU SAY:</u></b>	<b><u>GOD SAYS:</u></b>	<b><u>BIBLE VERSES</u></b>
"It's impossible"	All things are possible	(Luke 18:27)
"I'm too tired"	I will give you rest	(Matthew 11:28-30)
"Nobody really loves me"	I love you	(John 3:16 & John 3:34)
"I can't go on"	My grace is sufficient	(2 Corinthians 12:9 & Psalm 91:15)
"I can't figure things out"	I will direct your steps	(Proverbs 3:5-6)
"I can't do it"	You can do all things	(Philippians 4:13)
"I'm not able"	I am able	(2 Corinthians 9:8)
"It's not worth it"	It will be worth it	(Romans 8:28)
"I can't forgive myself"	I forgive you	(1 John 1:9 & Romans 8:1)
"I can't manage"	I will supply all your needs	(Philippians 4:19)
"I'm afraid"	I have not given you a spirit of fear	(2 Timothy 1:7)
"I'm always worried and frustrated"	Cast all your cares on ME	(1 Peter 5:7)
"I'm not smart enough"	I give you wisdom	(1 Corinthians 1:30)
"I feel all alone"	I will never leave you or forsake you	(Hebrews 13:5)