

**MARCH 2010**

# SHEPHERD OF THE VALLEY NEWSLETTER

Volume I, Issue I

## SUNDAY SCHOOL NEWS...Submitted by Lisa Ramsey-Barnes

Shepherd's Office Hours;  
Mon-Thurs 9:00—2:00

Pastor Randy's Office  
Hours;  
Tues-Fri 8:00 -12:00  
(by appt after 12:00)

Office phone;  
503.645.4994  
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Kids of the Kingdom  
Christian preschool &  
daycare  
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**February** was a busy month for our elementary/pre-school Sunday School program.

The preschool children, with guidance from Kristi and Kevin, learned about Jesus' love and ways to express our love for others. They made picture frames for their parents as Valentine gifts and they also learned how to fish for Men and teach about God's good deeds.

The 5th and 6th graders completed their first service project which entailed collecting specific food items for Shepherd's storehouse. Together they collected over 30 special request items.

The younger elementary grade children learned several new songs from Larina which tied into the weekly Sunday School lesson.

The month is scheduled to close with a Bowling youth group activity for the elementary aged children.

### Coming up in March:

The elementary and preschool aged children will be learning about the 40 days Jesus spent wandering in the wilderness. Parents are encouraged to ask their Sunday Schoolers about the "purple feet", this month's opening prayer activity for Sunday School which will be coordinated by Theresa and Sokha.

The 5th and 6th grade class, with guidance from teacher Lisa and Sandeep, will be completing their 2nd service project which involves creating weather related decorations for an upcoming weather unit to be taught by KOK.





## PASTOR'S PAGE

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

Those words from the prophet are ones that we are more used to hearing during the season of Advent, but it seems they speak to this time equally well. We are fully in the season of Lent now, a word that I read comes from an Old English word for spring. It is a season, church wise any way, that focuses on repentance, renewing our baptisms. 'Renewing', a word that certainly seems to fit with spring and all the promise it holds.

I grew up in a home that was big on "spring cleaning". Things had been holed up for a long cold winter. We would put bales of straw around the bottom of the house to protect the pipes from cold winds and keep them from freezing. Everything was closed up tight for months, so when the promise of warmth came it was especially sweet to have some fresh air moving through the place. Many still do spring cleaning now, maybe with a little less vehemence, but it still happens.

We work outside too, cleaning up, gathering branches, removing dead flowers, taking note of what was dormant coming back to life, and planting some new things ourselves. All stuff that has to be done over and over again. This is a new spring and demands new preparation.

And so it is here in this place too. Physically, we take care of this space (at least that is part of our call to stewardship). The painting that is going on is but one example. When the sun streams through the windows it is easy to see the grime that has gathered. As Easter approaches we will do more cleaning up around here. and sometimes the effort may seem daunting, but it is still needed.

And of course not only with this physical space, but individually and communally as well, we "prepare the way". We inspect, confess, repent, all with the idea that we can start anew, and the continuing work of the Creator reminds us of that. The longer days, the budding flowers and trees, so many things that feed us as we do the spring cleaning of our heart of hearts yet another time.

So, read the scripture lessons for these days. Sing the songs. Pray diligently. Think deeply. Sit quietly (quite a challenge sometimes in this world). "Prepare the way" indeed!

In the peace and power of the cross,  
Pastor Randy

# COUNCIL PRESIDENT'S REPORT

Submitted by Peggy Jo Vermaas

## The Long Shot Continues...

If you have not taken the time to read previous Newsletter articles, I encourage you to do so. Often the information is cumulative so keep that in mind. SOV is working a long shot. Working in faith. . . . shaking off the negative . . . praying about, and seeking, your support.

Thanks to all who attended the Congregational meeting where the budget was passed as modified . . . . adding \$5,000 to provide for capital improvements. Please watch the bulletin for regular financial updates. In order to meet this budget we will need all helping with dollars, time and talent. Several fund raising events are in the works but will need many volunteers to make fund raising successful. Please contribute when and where you can.

Some Big Thank You's go out to our painting crew (Jeff Wagemann and Tammy, Marty McDonald and their family); to the folks who contributed the paint for this special project; to those who contributed our new garbage cans placed throughout the Sanctuary which are much more attractive; and, to our decorator, Helen Ohm, who continues to guide us. SOV is looking more beautiful all of the time and sending the message we value our church home - God's house. You are all an inspiration!!! Thank you for your loving devotion to your church home and church family.

**Our Nominating Committee** will begin seeking members to serve in a variety of positions. Pray about your willingness to serve.

Here's some highlights:

**BUILDING FUND LOAN REPAYED:** Thanks to the generosity of one of our members, we completed the \$8500 deck/building repair loan and repaid the short term loan from the Building Fund. It is a five year no interest loan. What a blessing!!!

**RUMMAGE SALE PLANNING MEETING:** Help Wanted. Please plan to attend the Rummage Sale planning meeting to set a date for the sale and get a committee organized for this event. A first meeting is scheduled for next Friday, March 5th at noon at SOV. A light lunch will be provided. Please let Tammy know if you are able to attend or are interested in being on the committee to help in any and all ways.

**EASEMENT:** Our attorney, Jack Orchard, has received a response from our neighbor and will work towards developing an agreement. Good news. Slow but steady.

**FUN(d) RAISING:** A group of eight folks met on 2/11 to create some Fun(d) raising ideas which were then brought to Council for review and support. Here are some ideas: Selling Scrip (year round), Chili Cook-off/Bingo night (April date), Rummage Sale (Summer date), Dinner and auction (Fall), more to come. . . . Our goal is to support fellowship within the church, to reach out into the community and provide opportunities for others to experience SOV,



## COUNCIL PRESIDENT REPORT CONTINUED...

and to increase our revenues for several purposes (general budget, mission work, capital improvements, etc.). **IMMEDIATE NEEDS:** We need folks to anchor these events and get committee's up and running as quickly as possible. Please contact Tammy if you are interested in serving in some capacity. We will also be recruiting from our Time and Talent sheets.

**ON-GOING SOV PLAN REVISITED AND AFFIRMED:** In Spring of 2003 the SOV Council went through a discernment process and developed six goals as an plan for growth. These goals were the following: (1) Everyone knows your name (2) Average attendance of 200 by 2005 (3) 60% of household volunteering in SOV (4) Financial Security - balanced budget and \$20,000 in reserve by 2005 (5) Outreach Ministry of 20% - giving away what we have received (6) Build a new church by 2007. While we will continue to work to maintain and improve in all areas, the Council approved focusing on four goals. They are goals 1,2, 4 and 6. In summary, our goals are to increase and improve our connecting with one another; grow our congregation in numbers, programs and spirit; improve our financial stability; and maintain and Improve our existing facility while planning for expansion. Additionally, at the 2009 Council retreat some additional focus items were identified. They included supporting KOK, increasing our advertising, and encouraging Youth participation - all in a variety of ways. Council has asked committee's to bring our goals and focus items into their committee planning. Our Council vision is to keep working on and reviewing these goals until we achieve all.

**CHEERFUL GIVING:** The Synod website has a good article on giving . . . 'each of you must give as you have made up your mind, for God loves a cheerful giver' (2Corinthians 9:7). It talks about Tithing (covering essential expenses), offerings (special gifts from the heart for special causes or projects), Alms (giving to those in need) and Time and Talent (giving of ourselves). At SOV we continue to encourage giving on these several levels and offer opportunities to do so. Our spirits are enriched by doing so. God's love in action.

**HEADS UP FOR NEXT MONTH:** What is Scrip???? When is the Rummage Sale???? Are we retiring our deficit??? What's happening with the plan for the roof??? Audit??

Thanks to all who show their Christian love through their words and actions. We continue as a caring community, touched by Christ, touching others for Christ . . . . Building on Christ, Our Foundation.

Blessings to all, Peggy



## SOCIAL CONCERNS... BY LARINA HOFFBECK

*Acts 3:6 - "I have no silver or gold, but what I have I give to you."*

### Take the Challenge!

This Spring, Social Concerns invites you to take our hunger challenge and learn more about yourself, your local community, and the problem of hunger in our world. Can your family live one week eating only what is provided in an emergency food box? Can your family live for one month eating only food that can be purchased using SNAP (formerly food stamps) funds? If you'd like to try one of these challenges, please see the Social Concerns bulletin board in the Rainbow Room for instructions.

If you've experienced these challenges for real, we'd love for you to share your story, techniques for stretching food, recipes and wisdom. If you take our challenge sometime this month, we'd love for you to share your experience, questions, and suggestions for how Shepherd's Storehouse could better serve our community. We've set up a special email address ([SOVHungerChallenge@gmail.com](mailto:SOVHungerChallenge@gmail.com)). We'd love to compile a recipe and tip booklet to give out with our food boxes and we'd love to share what you learned with the congregation. All submissions will be kept anonymous.



## EASTER BREAKFAST... Submitted by Brenda Plinke

Easter breakfast will be served between worship services on Easter Sunday April 4th.

A sign up sheet is available in the narthex to bring 9x13 egg dishes or breakfast casseroles as well as fruit or a fruit salad.

If you are available to help with set up, serving or clean up please note that on the sign up sheet or contact Brenda P.



# AROUND THE PARISH...by Ann Smith

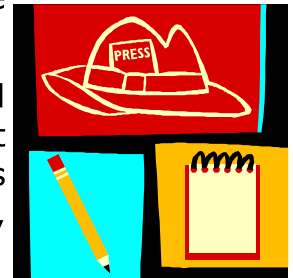
**Fellowship Gathering:** Beginning March 26th and hopefully the 4th Thursday of each month here after a fellowship gathering will take place at SOV. A light lunch will be provided. All ages, all genders are invited. If you are available at 11:00 am come join us for lunch and socializing, if you need transportation contact Peggy.

**Newspaper drop box:** Jeff Wagemann has voluntarily been manning the newspaper drop box. We recently found out its not limited to Newspapers only. It can be treated like a paper recycling bin, you can add all your paper recycling to this bin. Maybe we can fill it faster and earn more money?

**New To You:** January brought in \$55.00. Money earned will go to Shepherd's Storehouse until June. This is a big job, as all articles of clothing must be clean, ironed and on a hangar, with working zippers and all buttons in tact. The clothing is inspected before New to You accepts it. Many Thanks to Beth Kight for all her ironing. Please continue to bring in your like new items that are in season. Next trip will be March 6th.

**Rebecca Circle:** Ladies, its time to get ready for Easter. What needs to be done to our church home? Dusting plants, washing windows...you name it we can do it. We will begin cleaning this Wednesday, March 3rd.

**The Geese:** Looking out the kitchen windows at SOV was a real mind boggling experience. All those geese out there. I tried to count them, nope cant do it, too many. I wonder do they say "hey friends meet you over at the park at SOV, we will all walk around a bit, stretch our legs, and visit before we go about our business?"



**Changes:** The paint fairies have been very busy lately. Some bring gallons and gallons of paint while others continue to brush and roll after hours. What an amazing improvement and exciting change taking place. Thank you hardly seems enough for all the efforts involved. Notice the stainless steel trash cans? They sure do look nice and what a clean and updated difference they make. **Thank you** to our anonymous donors for your gifts to SOV.

**Shepherd's Storehouse:** Has an official sign and boy does it look nice, Good job Larina.

**Youth Choir:** did a fabulous job leading worship in February. Thank you for sharing your beautiful voices with us.

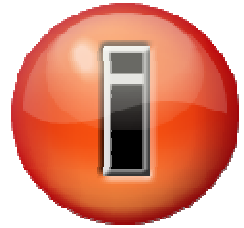
**Pastor's Job Description:** We all have an idea of just what it is a pastor does, and let me tell you everyone has a different view of a pastor's job. Most common response; visiting the sick (in home or hospital), leading worship on Sundays and Wednesdays, performing wedding ceremonies/counseling. What about those unlisted things like always there ready to listen or share a thought or maybe a laugh. The comfort of knowing God's house is manned by a caring or thoughtful person always ready to hear us out. In his letter of call- these are listed for special attention; \*minister, teach, reach out, our post confirmation youth and young adults 18-25 \*maintain a caring and



## Around the parish continued...

sharing community with emphasis on a strong inter-personal climate, including ministering in crisis and making counseling available \*continually recruit, train and support members to lead us in our numerous missions \*support and lead evangelism efforts to reach others in our community \*teach and support an effective stewardship effort.

**Rummage Sale:** In preparation of the 2010 Summer Rummage sale a limited number of boxes are available for your use. Please see Peggy or Tammy if you are in need of one to transport your rummage sale goods to SOV.



**A request:** I am working on the History of SOV. I have some information gathered from here and there. If you know of or have any information about donations or memorials given to SOV please let Ann know.

### 2010 Lent and Easter Dates to Remember

**Lent Wednesdays** - March 3, 10, 17, 24

Soup and Bread Suppers - 5:45pm

Service - 6:30pm

**Palm Sunday** - March 28

**Healing Service** - March 31 at 6:30pm

**Maundy Thursday** - April 1 at 6:30pm

**Good Friday** - April 2

Stations of the Cross from noon to 6:00pm

Service - 6:30pm

**Easter** - April 4

8:30am and 11:00am Services

#### **Easter Flower Donation and Remembrances:**

If you would like to donate towards flowers for the altar on Easter Sunday, find the sign-up sheet in the narthex. Please place your donation in the offering plate or drop off in the church office by Sunday, March 28.

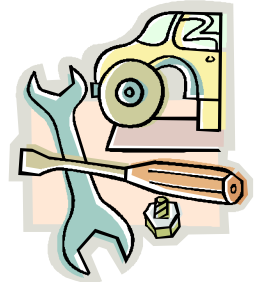


Thank you from your SOV Altar Guild

## PROPERTY MANAGEMENT...Submitted by Jeff Wagemann

Property Management Committee member and Volunteer accomplishments during 2009 to present:

- 1) Removal of overgrown trees next to building.
- 2) Replacement of fire escape/deck.
- 3) Addition of short retaining wall adjoining the existing taller one near the playground.
- 4) Interior painting and touch up of the building.
- 5) Plumbing upgrade is complete. We are no longer spending money to patch galvanized plumbing!
- 6) Relocated Shepherd store house to the inside of SOV.
- 7) Created more handicap parking stalls to accommodate our current needs.
- 8) Window film added to upper sanctuary windows.
- 9) Kick plates added to doors.
- 10) One KOK restroom remodeled.
- 11) Improved sanctuary lighting.



Thank you to All who have contributed time, talent and money with these projects. It is evident that team work can accomplish many tasks.

Thank You to All – past, present and those that continue to devote time to tasks, jobs and duties inside and outside of the building. The daily use of the building generates the need for routine care and cleaning of the facility.

Thank You for the loaned use of such items as scaffolding and a scissor lift to accomplish tasks that are difficult to accomplish with ladders. These items are **Greatly** appreciated!

Submitted on behalf of your Property Management Team, chaired by Connie and Jeff

**. APRIL NEWSLETTER DEADLINE MARCH 23, 2010**



## ALTAR FLOWERS UPDATE...

Beginning 2/21 the Altar Guild will no longer be purchasing flowers for the Altar. In the spring/summer months when the churchyard is in full bloom, the Altar Guild (Verna) will make arrangements for the Altar. So, please **DO NOT** use the churchyard flowers for your personal use. Otherwise, Altar flowers will only be available when someone chooses to dedicate flowers. In January, the Altar Guild invited members of the congregation to dedicate Altar Flowers in memorial or thanksgiving for their loved ones or important events in their lives. We'll do all the leg work, all you need to do is:

- Check the date sheet for available Sundays (Available in Narthex) Dates are first-come, first-served, so please include an alternate date if possible. Please submit requests no less than 2 weeks before your desired Sunday
- Fill out an envelope and enclose a check or cash for the flowers. Be sure to include an email (preferred) or phone number where you can be reached to confirm your request. If paying by check, please note "ALTAR FLOWERS" in the memo line
- Place the envelope in the offering plate during Sunday service or give it to a member of the Altar Guild

Within a week, a member of the Altar Guild will contact you to confirm your request and discuss any special instructions.

The February newsletter commented that Burkhardt's closed their doors on 1/31. Apparently there was some confusion between the Altar Guild and Burkhardt's. They are no longer operating on Aloclek Drive-- Marti will be doing business out of her home and can be reached at 503-645-6492.

The Altar Guild Committee



## CONFIRMATION SOUPER BOWL RESULTS...Submitted by Debbie Johnson

Even though your football team may have not won the big game--your SOV team members really turned out in a big way for our Souper Bowl event.

Final tally: **\$348** in donations--1/2 goes to Care to Share; 1/2 goes to ELCA Lutheran Disaster response: Haiti  
**296** cans of food!

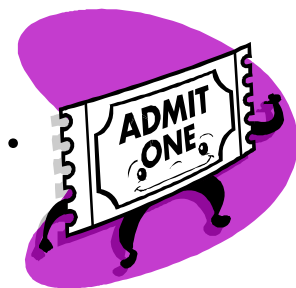
We surpassed our goal and our collections last year--on behalf of the Confirmation class--we thank you!

Winners of the 2 gift baskets: Christine Edgar-Super Bowl basket;  
Mark Branes--Lasagna dinner

We are having our 3rd Confirmation retreat on March 5th and 6th at SOV and some of us will be attending the OLYO weekend conference at Newport, OR on March 13th and 14th.

We are looking forward to sharing our "Confirmation soup" at Lenten supper on Wed. March 10th--we hope to see you all there.

### GET YOUR TICKETS...



### JACOB TABOR IN... "GUYS AND DOLLS"

~MARCH 4, 5, 6 & 11, 12, 13

~7:30 PM WESTVIEW HIGH SCHOOL

~TICKETS \$10.00

• **APRIL NEWSLETTER DEADLINE MARCH 23, 2010**

# From the Parish Nurse-----Corrine Gilbertson

**CONGRATULATIONS** -----to our most recent graduates of the 4-hour session in Heart-saving AED (CPR) Class here at SOV! They are Tammy McDonald, Ginny Adamo, Julie Zetterberg, Debbie Zahrowski, Peggy Vermaas, Caryl Husk, Ada and Arthur Burris !!! Karen Davis, Certified Instructor, presented the class ! I received so many positive comments re- this class and about Karen! Thank you Karen so much! Also a Big thank you to Arden Tarum for providing and solving our problems with the video equipment! Karen Davis is a member of St. Matthews in Beaverton. For those who were unable to take the class that day Karen has classes coming up in the future at St. Matthews for our availability also! A big thank you to all who participated!!



## 10 Ways to Change Your Life (Not Just Your Light Bulbs)

by Colin Beavan

### 1 EAT YOUR VEGETABLES

All you have to do is stop eating beef. Worldwide, beef production contributes more to climate change than the entire transportation sector.

### 2 DRINK FROM THE TAP

You can save money and your environment by giving up bottled water.

### 3 OBSERVE AN ECO-SABBATH

For one day or afternoon or even one hour a week, don't buy anything, don't use any machines, don't switch on anything electric, don't cook, don't answer your phone, and, in general, don't use any resources.

### 4 TITHE A FIXED PERCENTAGE OF YOUR INCOME

Tithe a fixed percentage of your income to non-profits of your choice.

### 5 BUILD A COMMUNITY

Have dinners with friends. Play charades. Sing together. Enjoying each other costs the planet much less than enjoying its resources.

### 6 GET THERE UNDER YOUR OWN STEAM

Get around by bike or by foot a certain number of days a month.

### 7 COMMIT TO NOT WASTING

Wasting resources costs the planet and your wallet. Let your clothes hang-dry instead of using the dryer. Take half the trips but stay twice as long. Repair instead of rebuy.

### 8 TAKE YOUR PRINCIPLES TO WORK

We must act as though we care about the world at work as much as we do at home.

### 9 DONATE DAY'S TV TIME TO ECO-SERVICE

Take one day off from TV—the average American watches four and a half hours of TV a day—and try voluntary eco-service instead.

### 10 BELIEVE WITH ALL YOUR HEART THAT HOW YOU LIVE MAKES A DIFFERENCE

We are all interconnected. Every step toward living a conscious life provides support to everyone else who is trying to do the same thing—whether you're aware of it or not.



### Getting Help for Neck Pain

The American Academy of Orthopedic Surgeons lists the following signals that your neck pain should be evaluated by a doctor:

- ❖ When its severely painful.
- ❖ When it doesn't let up over time.
- ❖ When it shoots down the arms and legs , addition to the neck.
- ❖ When its accompanied by headache, weakness, a tingling sensation or numbness.

### Dealing with Dry Skin

The American Osteopathic College of Dermatology offers these suggestions to help prevent dry skin:

- ❖ Bathe no more than once daily, sticking to short (less than 15 min) baths or showers with lukewarm water.
- ❖ Use a mild soap or gentle cleanser that won't dry the skin. Avoid deodorant soaps.
- ❖ Don't scrub the skin while bathing or drying.
- ❖ Apply a rich moisturizer as soon as you get out of the bath or shower.
- ❖ Use sunscreen daily.
- ❖ Use laundry detergent without fragrance and avoid fabric softeners.
- ❖ Run a humidifier during winter months.

**Stewardship 2010, Acting Together...Sharing Enough!****The journey continues.....** Submitted by Diane Lewis

"Acting together and sharing enough"! The opportunities continue!

April 11 a visit with an ELCA Mission Interpreter!

We are excited to have a special opportunity to learn where our benevolence to the ELCA Oregon Synod is directed and how it helps make a difference.

Nancy Kingston is an active member of Calvary Lutheran in Hillsboro. She has been trained to volunteer to talk to congregations about where our giving to the Oregon Synod is directed. She is called a "Mission Interpreter".

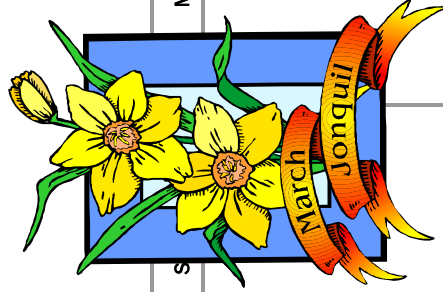
On Sunday, April 11, she will share information with our congregation during the adult education time at 10 AM. Nancy will give a very brief synopsis of what she will be sharing with us at the end of 8:30 service and the beginning of 11 AM service. There will be time for questions and discussion. We will have this time with her recorded so that those that are teaching or unable to attend will have the opportunity to listen to her presentation.

The Stewardship committee is excited to have more education for our congregation. We want to enable us as a congregation to learn more about the opportunities that have to help when SOV gives our church offering (or benevolence) to the bigger church.

Our congregation has voted to increase our benevolence and showing that we are acting in faith as we seek God's guidance to grow the ministry of our congregation as we commit ourselves to Stewardship as a church as well as us as individuals.

Please continue to keep SOV's ministry in your prayers as we strive to reach out and act together in faith as we "Build on Christ" as a "Caring community".

Together in Christ,  
Your Stewardship committee



# March 2010

S	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		2 7:15 a Coffee Group 6:30 p Youth Choir practice	3 10:00 a Bible Study 11:15 a Rebecca Circle 5:45 p Soup supper 6:30 p Evening worship 7:00 p Adult Choir	4 6:30 p Men's Night @ Old Chicago pizza	5 Confirmation Retreat 6:00 p — 12:00 Rummage Sale Planning luncheon	6 Confirmation Retreat 12:00 10:00 a New to You
7 Worship with Communion 8:30 & 11:00 Birthday Sunday Blood Pressure check	8	9 7:15 a Coffee Group 6:30 p Youth Choir practice 6:30 p Ladies Dinner	10 10:00 a Bible Study 5:45 p Soup supper 6:30 p Evening worship 7:00 p Adult Choir	11	12	13 OLYO Retreat
14 Worship with Communion 8:30 & 11:00 OLYO Retreat	15 6:45 p Social Concerns Meeting	16 7:15 a Coffee Group 5:45 p KOK board mtg 6:30 p Youth Choir practice 6:30 p Executive Council	17 10:00 a Bible Study 5:45 p Soup supper 6:30 p Evening worship 7:00 p Adult Choir	18 10:00 a LLL 7:00 p Council Meeting	19	20
21 Worship with Communion 8:30 & 11:00 Spring Break Week	22	23 7:15 a Coffee Group 6:30 p Youth Choir practice	24 10:00 a Bible Study 5:45 p Soup supper 6:30 p Evening worship 7:00 p Adult Choir	25	26	27
28 Palm Sunday Worship with Communion 8:30 & 11:00 Holy Week	29	30 7:15 a Coffee Group 6:30 p Youth Choir practice	31 10:00 a Bible Study 5:45 p Soup supper 6:30 p Evening worship 7:00 p Adult Choir	<div> <div>April 1 Maundy Thursday, worship service @ 6:30 p</div> <div>April 2 Good Friday, Stations of the Cross 12—6 pm</div> <div>Worship service @ 6:30 p</div> </div>		

