

MARCH 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

Inside this issue:

Pastor's Message	2
Presidents Report	3-5
Keep Your Mind For Later Use	6
Ladies Group	7
Evangelism	8
Thank you	9
Birthday's Prayer Shawl Ministry	10
Lenten Schedule	11
Men's Night & WPC	
Kids of the Kingdom	12
KOK Contd.	13
LeLeche & Red Cross	
Fellowship Committee	14
Parish Nurse	15
Calendar	16

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

YOUTH GROUP NEWS...

EASTER Set up

March 30th 4-6 pm

All HS & MS Youth



Easter Sunday Breakfast

6:00 AM

All HS & MS Youth

Youth Group Meeting

March 3, 2013

5:00 - 6:00p

All HS & MS Youth





PASTOR'S PAGE

"I am about to do a new thing; now it springs forth, do you not perceive it?" Isaiah 43:19

While yet in the midst of Lent we look forward to a new thing. It is a new thing, even though it comes about every year. We are about to celebrate the Resurrection of the Christ again. Easter is fast upon us. It is just about as early as it can be on the calendar this year. And there are reminders of the new life proclaimed at the core of Easter all around us. What is there to perceive?

The creek behind our house that runs to the Tualatin River is filled with the sound of tree frogs at night. They provide a lively chorus in the darkness. At the church there are dozens of crocus blooming, lovely white and lavender. Were they there yesterday? Indeed they do seem to have suddenly "sprung forth". And there are green shoots everywhere it seems, at home and at church. There are daffodils, some near ready to bloom, and tulips not far behind, and as prayer plant out back that suddenly is filled with blooms.

So many new things springing forth, how can we help but perceive them? Nature filled with promise. Nothing new there, but at the same time everything is new and burgeoning with hope. And a much needed hope it is. As the gray days may drag on for too long, or the news of suffering and sorrow drown out everything else. There is room for something that will provide a grin, and a stir of joy. And those signs of nature may do that very thing. And nature itself points to the same old, new celebration, when we will shout yet again, "He is risen! He is risen indeed!"

Lift us all Lord, with the hope of the Christ.

Pastor Randy

COUNCIL PRESIDENT'S REPORT...Submitted by Lee Bonacker

Hello Everyone,

One of the things I like to do before writing the monthly newsletter is to pull up the ones from a year ago and see what was happening then. A year ago, the Strategic Planning Task Force was just being formed. Now we are in the process of implementing those recommendations. One of the areas the Task Force addressed were capital improvements, or "the wish list" that you may remember. If you have some ideas of projects for the building or grounds, please send it to me or to Tammy to forward to me. A list is being formulated as a start on the capital improvements portion of the Plan.

"Reaching Up, Reaching Out, Reaching In". Those vision statements from the Strategic Plan were all aspects of the wonderful concert this month by the University of Oregon Gospel Singers. Many thanks to Jameson for bringing the opportunity to contribute to their work in China and to all the people who made this joyful event happen. Shepherd was able raise \$6,000.00 through tickets sales and auctions towards funding their trip. Could you have ever imagined that this event could do that much to help? Ephesians 3:20: "Now unto Him that is able to do exceedingly abundantly above all that we ask or think, according to the power that worketh in us..." What an amazing confirmation that God can work through Shepherd in such a delightful way and to such an unexpected degree.

The music at Shepherd continues to develop in new ways. Council approved an accompanist for Easter, so you will be seeing him during this season. His name is Taylor, and he will free Jameson to be able to direct the choir without playing piano as well. The choir will like being able to see Jameson more easily from the front.

While I'm thinking about it, here's an appeal to everyone to usher. There are plenty of opportunities to usher, and I'm just as intimidated by it as everyone else. But we do have an usher training document so you will know what to do and there is plenty of help. If you would like a copy, ask me or Tammy.

In the next month, you will be hearing from Harvey regarding Shepherd serving as a severe weather shelter, which is a program available through Washington County. He will be informing us about the program, the experience of other churches which have been doing this for years, and other program details. Harvey would like to know the depth of interest at Shepherd for this program, so let's take this opportunity for some education on the subject. Perhaps this program will be another way that God can work through Shepherd in new directions.

During this month, there have been several requests for using the building. These uses have been reviewed by Council, and more details will be forthcoming before proceeding. The interesting thing about such requests is that allowing groups, (such as the Red Cross) to use the building is another way to leverage what we can offer to the community. It's good stewardship to use the building as much as possible with responsible groups like the Oregon Evergreen Church.

Presidents Report continued...

Another opportunity for community interaction is the new school partnership with McKinley Elementary on 185th. Eight people have committed or expressed interest in this program. For more details, please talk to Pastor Randy.

Doesn't it seem like there is a fresh wind blowing through our church? There are new opportunities for service and new relationships with the community. Plus, through the Strategic Plan, we have directions to proceed for developing deeper connections with the Lord and with each other. So here is the first section of the Strategic Plan, the "Reaching Up" portion. Thanks so much for your involvement in these goals. I'm looking forward to working with all of you. – Lee Bonacker

Reaching Up for Inspiration and Strength

Reaching Up – Vision Statements

Promote individual spiritual growth

We believe that SOV should provide opportunities for individuals to grow closer to Christ through their devotional life by providing structured programs with a basis in scripture for everyone in the congregation.

Expand Christian education

It is important that we provide opportunities for spiritual growth for all ages; this includes adults, teens, children and families.

We would like to find ways to increase the number of children participating in Sunday School. This might be accomplished by, for example, holding Sunday School *during* the second service, which would allow adults to attend service while their children attend Sunday School, rather than having to come early or stay late. We should have a conversation with the congregation about changes that may make Sunday School more accessible.

We need to ensure that there are enough people involved in Sunday school. We have many experienced teachers who can provide mentoring to new leaders. We need to ensure that we can provide effective direction and resources (curricula) to our Sunday school leaders.

Sustain and grow the music program

We believe that our music program is one of our greatest strengths. We continue to support the position of music director; we encourage council to maintain this position with a talented and spirit-filled leader, and encourage the SOV membership to support the program through their stewardship commitment.

Reaching Up – Goals and Action Plans

Reaching Up - Goals

Goal: SOV creates and facilitates many opportunities for spiritual growth that address the needs of adults, teens, children and families.

ACTION PLAN:

Develop a means of determining (assessing) the needs of the four targeted groups:
adults, teens, children, and families

Identify which of the needs identified in step 1 can be addressed by ourselves, or by joining with other organizations.

Create or identify curriculum and/or programs that may already exist or can be modified to suit the needs of the four targeted groups, or continue to use existing curriculums, customizing as needed. For example:

Congregational skills

Cluster opportunities

Synod resources

Ecumenical resources

Implement or improve at least one program for each of the groups identified within one program year

Goal: SOV will double the number of participants in Christian Education, including both Learners and Teachers.

ACTION PLAN:

Determine the barriers that prevent or hamper participation

Develop strategies

Locate or develop curricula or lesson plans

Organize training

Resolve scheduling issues

Secure funding for program development

Implement changes

Communicate changes within the congregation

Goal: *Sustain and grow the music program*

ACTION PLAN:

Support council in identifying and hiring the new music director

Continue youth choir

APRIL NEWSLETTER ARTICLES ARE DUE MARCH 25TH

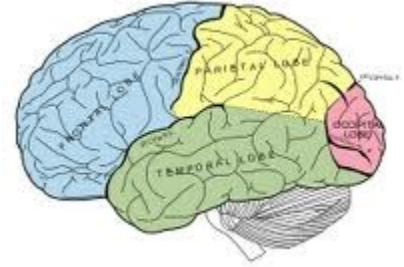
ADULT SUNDAY SCHOOL CLASS SERIES

March 17th @ 10:00 am

Part 7 Of 10

The Role of Spirituality in Brain Health: “Our Inner Nature is Being Renewed”

In their book, The Leading Causes of Life, Revs. Gary Gunder-son and Larry Pray assert that the five leading causes of life are agency, blessing, connection, hope, and purpose for our lives. Prayer as a contributor to life was well illustrated in a book by Larry Dossey, MD, speaking of a man dying from lung cancer:



The day before his death, I sat at his bedside with his wife and children. He knew he had little time left and he chose his words carefully, speaking in a hoarse whisper. Although not a religious person, he revealed to us that recently he had begun to pray frequently.

“What do you pray for?” I asked.

“I don’t pray for anything,” he responded. “How would I know what to ask for?” This was surprising. Surely this dying man could think of some request.

“If prayer is not for asking, what is it *for*?” I pushed him.

“It isn’t *for* anything,” he said thoughtfully. “It reminds me that I am not alone.” (Healing Words: The Power of Prayer and the Practice of Medicine. San Francisco: HarperCollins, 1993, xv).

There is a great deal of data that show that those who have a strong faith and are active in their faith communities are healthier and more long-lived. The studies done and collected by Dr. Herbert Benson at Harvard and Dr. Harold Koenig at Duke certainly point strongly in that direction. The relaxation that comes through sharing our burdens with God and with others in our faith community who will help carry us in prayer can have a positive impact on our stress levels and our blood pressure, which in turn reduces our risk for stroke and related dementia.

But the main thing that we need to remember is that there is nowhere we can go from the presence of God. As the apostle Paul reminded the church in Rome: “neither life, nor death, nor angels, nor principalities, nor things present, nor things to come, nor anything else in all creation can separate us from God’s love.” (Romans 8:39) And that includes memory loss and dementia. We are always being held in the loving arms of God.

Ladies Dinner Group...Submitted by Lynn

The next gathering will be at Round Table Pizza on Tuesday, March 5 at 12 noon. The restaurant is located at 2473 NW. 185th Ave., Hillsboro at Tanasbourne.



In **April** we will be going back to dinner time and will meet April 2 at 6:00 pm.

At McMenamin's, 2927 SW. Cedar Hills Blvd., Beaverton.

In **May** we will be going to McGraths on May 7th @ 6:00 pm. The address is 3211 SW. Cedar Hills Blvd., Beaverton.

Please think about ordering scrip cards for the dinners in support of the scrip program

The spring Concert of the Beaverton Symphony Orchestra which will feature concertmaster Rachel Susman is March 15 at 7:30. The concert is held at Village Baptist Church, 330 SW. Murray Ave., Beaverton. Admission is \$10 for adults and \$5 for seniors. Anyone who wants to meet Vesper and me there let us know.

Is anyone interested in going to the Oregon Gardens in Silverton Oregon on **June 8th**? Admission cost is \$9-\$11(Depending on age). We would plan on leaving the church at about 9am and returning at 3 PM. Their website is www.oregongarden.org. Check it out and let us know if you're interested

Also If anyone is interested in going to the **movies on Tuesdays**, Vesper and I go to the first showing at Regal Evergreen Pkwy Stadium at 2625 NW. 188 St in Hillsboro almost every week. The cost is \$5.00. Just let us know you're coming so we can be looking for you!

Thank you for those who returned the questionnaire. It gave us lots of ideas and direction to go with the ladies activities. Feedback is welcome anytime

Lynn Gates
[503.941.9467](tel:503.941.9467)
lm.gates@hotmail.com

EVANGELISM COMMITTEE...Submitted by Peggy V

Our next meeting is **Thursday, March 14th at SOV at 10:30 am.**

U of O Concert: This month the highlight for our committee was the University of Oregon Gospel Singer's Choir Concert. See our Music Minister's article for specific's . . . but the Evangelism/Outreach Committee saw first hand the wonderful outreach that occurred. There were many new faces in the crowd and it was a truly uplifting event. Thanks to Jameson for bringing SOV this opportunity!

TECHNOLOGY: Our new flat screen located in the narthex had been up and running for a couple of months now. The E/O committee continues our focus on improving our information technology . . . so please give us your feedback. Does the screen provide the information you need? Also, are you reading our monthly newsletter?? Are you reading the information in the Sunday bulletins? Are you reading Pastor's weekly message? where important weekly updates are included????

OUR NEW HOME PAGE: As we reported last month, Aaron Z. devoted lots of his time and high tech skills to improving our website. Have you looked at our new updated version?? And how is it working for you?? We are working with our committee's to keep the information current. Have you considered sending the SOV link to a friend?? Invite. Include. Reach out!

OUTREACH MINISTRIES: Our CD ministry is up and running. Let Pastor and Ginny A. know if you, or someone you know, would appreciate receiving a CD (and CD player if needed) of one of our services. Calls, Cards, and home visits are occurring. Just email Pastor or our secretary if you know of someone who would appreciate receiving a contact from SOV. We are moving to the next level of information gathering on **the Severe Weather Shelter Program** - which is to find out how many SOV folks are willing to put 'boots on the ground' and participate in the direct service end of this program. E/O will create a survey and it will be offered to the congregation soon. Think about how you might like to participate. **The School Support Program** has begun. We are partnering with McKinley grade school and providing adults who volunteer in a variety of ways Some work on projects to help the teachers and staff and others work directly with the children . . . i.e. doing some tutoring. If this is an interest, let us know. The school is one of the lower income schools with a highly transient population. So, community volunteers are greatly appreciated. Help if you can. Contact Pastor Randy.



MARKETING: Creating a marketing plan for SOV has been somewhat on the back burner over these winter months. As part of that plan, one of our next goals is to update our SOV pamphlet. More to come on that. Also, we will be advertising our Easter Services in various venues but, of course, nothing compares with a personal invitation. **INVITE YOUR FAMILY AND FRIENDS TO OUR HOLY WEEK AND EASTER SERVICES!**

COME AND JOIN US: Do you have more ideas for outreach??? More connecting?? Attend one of our meetings. All are welcome.

In Christ, always.

ENORMOUS THANKS

As the festivities of last Saturday's *"Reaching Out" Benefit Concert and Auction* came to a close, and the space was retransformed into the familiar sanctuary arrangement by many dedicated volunteers, I couldn't help but to ponder the power of a community. I smiled as I leaned against the doorframe, glancing at our overflowing parking lot, and watching the joy on so many new faces as they left the building. Many were singing to the music they'd just sung and heard. Most folks got to talking, catching up with old friends and family, while others stood silently, simply happy to have shared a rejuvenating and thrilling experience with a common stranger. My eyes fell upon Amy, a friend of mine from several years back that I have sung with in choirs since high school and college, the friend who first invited me to audition for the University of Oregon Gospel Singers five years ago. She ran to me with a huge hug.

"This was AMAZING! Definitely one of my favorite Gospel Singers gigs we have ever done! Thank you for organizing this." I assured her that the event had taken a team of at least 20 people several months to plan, and an entire church's vision to put together. Many people donated their time and efforts, even their money to make this happen--and it was only possible because of a congregation with open hearts and open minds, willing to give up their sacred space for the benefit of others. We asked nothing in return, except to hear their beautiful music. We nearly filled both concerts and including proceeds from the auctions, we were able to raise a total of \$6000! All funds went directly to the UO Gospel Singers group to fund their upcoming trip to China in March. This was double the amount we had initially set out for! "We had no idea how much work you had all put in, and it was a huge surprise to see how much we were cared for. I've never been here before, and it already feels like home."

Overall, you could tell the day had been a success, because most of the smiling faces were new to me. How exciting! Amy added, "If I lived in town, I would love to come back and worship here." That motion was seconded by Andiel Brown, their director, who told me, "WOW! This was so much more than we'd expected. And the food! AHH! Thank you SO much."

We definitely "Reached Out." Shepherd of the Valley was in conversation around town, in posters, on six websites, on Facebook, in emails, and even on the news! Thanks to all of you for spreading the good news about what we have at Shepherd. A place of home, a place of worship, and a place of community.

Now let's keep up the good work!

Jameson

Prayer Shawl Ministry will be meeting March 19th at 6:00 p and March 27th at 12:00 p at SOV.

If you don't know how to knit or crochet and would like to learn please come, we have people who are anxious to teach you.

Also on March 27th all youth and adults who would like to knit baby hats for local hospitals please come to this session, if you have a blue knitting ring please bring it.

MARCH BIRTHDAYS

1 Doug H.	16 Don R.
9 Mark A.	20 Chelsea P.
10 Jameson T.	24 Japhety N.
11 Nicole S,	24 Kristi R.
12 Matthew V.	28 Darin H.
14 Deirdre A.	30 Hope R.
16 Michael J.	



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

MARCH ANNIVERSARIES

Ron and Judy Farnsworth
A. Mark and Doïna Branes
Bob and Connie McFall
Arden and Erin Tarum
Randy and Choice Schutt

March 4th
March 12th
March 16th
March 17th
March 30th



LENTEN SCHEDULE

Easter / Lenten service schedule

Wednesdays of Lent: March 6, 13, 20
Soup Supper 5:45 pm
"Facing the Cross" Devotion 6:30 pm

Palm Sunday March 24, 2013 services at 8:30 & 11:00 a

Holy Week; Maundy Thursday Service 7:00 p
Good Friday Service 12:00 a & 7:00 p

Easter Sunday March 31, 2013 services at 8:30 & 11:00 a

Easter Breakfast 9:45 a (SOV Youth Fundraiser)



MEN'S NIGHT, THURSDAY, March 7TH

6:30 PM @ GOLDEN VALLEY BREWERY

**ALL MEN INVITED FOR FOOD AND
FELLOWSHIP**



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.

Kids of the Kingdom

Thanks to all who participated in our school/church-wide food drive. Later this month, the 4's class will take the food to the Oregon Food Bank and take a tour of the facility. At the end of the month, we will celebrate Easter with classroom Easter Egg hunts. Our school will be closed for Spring Break from March 25-29.

The Preschool will offer two one-week summer camp sessions this year. The first week, June 3-6, will take us to The Garden of Eden, learning about gardens of flowers, fruit and vegetables and snakes. We will learn that we cannot hide from God and he will always love us even when we do something bad! The second week, June 10-13, we will head to Outer Space and learn about the fourth day of creation. We will make rockets, pretend to be astronauts and learn about the planets. Join us for a fantastic week of activities, songs and snacks as we go to "infinity and beyond". Camp is from Monday through Thursday, 9am-12pm. Contact the office for more information. The website will be updated by mid-March.

Kindergarten News

In February we celebrated Valentine's Day and friendship. We had a party and made our own snack—strawberry muffins and strawberry milk. We learned about the Good Samaritan and how Jesus said to be like him. We learned what it means to love our neighbors and to be a good friend. We read three stories of Jesus Loves Me, compared them and graphed our favorite ones. We collected canned food to help share God's bounty with our hungry neighbors. We read the story, Stone Soup and made friendship soup that we tasted and voted on whether we liked it or not. We also graphed our favorite version of the Stone Soup stories. We practiced stretching words out and recognizing their individual sounds. We practiced new popcorn sight words and new word family words. We have almost completed Book C in the Explode the Code phonics series. We are counting and regrouping objects and practicing decomposing numbers, finding new ways to make fact families. We learned the names of common 3-D shapes and found everyday examples of them. We worked on telling time to the hour and half hour in our calendar math books as well as reading numbers using dominos for place value. We celebrated school days 80 and 90 with Zero the Hero. It was a great month for learning new things!

Looking ahead to March, we will be celebrating all things Dr. Seuss the first week. We will enjoy listening to many of his books and celebrate Wacky Wednesday by wearing funny socks and wacky clothing. We will enjoy green eggs and ham for snack. We will be learning about weather and spring along with wearing green in remembrance of St. Patrick. We will share some stories that Jesus told and learn about Palm Sunday and Easter. We will welcome spring with an egg hunt and talk about the wonderful new life we have in Jesus. We will do more responsive writing and practice the parts of a sentence. We will be working on sequencing and giving our work a beginning, middle and end. We will be adding story problems to our calendar math books and use different math strategies to solve them. We will keep adding to our sight words and practice reading cvc and cvcc words. We will be reading in our emergent readers, so be sure to keep practicing them at home. We will be celebrating the 100th Day of School and be counting 100 things, grouped by tens of course. Your children are a



KOK Continued...

blessing and are growing and learning every day. Thank you for sharing them with me. *Submitted by Mrs. Rasmussen*

Preschool News

February was a very exciting month for our preschool classes. We talked all about friendship, and how to make friends. We used an amazing spinner to create Circles of Friendship with a partner from class. We also reinforced the colors of the rainbow by making a Friendship train that helped us count to six. When Valentine's Day rolled around, our class was busy making and sending valentines in our class Post Office. We also made special delivery bags with doilies and exchanged home-made valentines with all of our friends in class. We even had a party and decorated heart brownies together. We also learned about Jesus and how he blessed all the little children, and told stories like "The Good Samaritan." We also talked about his friends Zacchaeus, Mary, and Martha. We talked about how our bodies are growing bigger, and all the things we can do now that we are 3 and 4 years old. We finished off the month by learning about our community and starting a food drive to help the needy where we live.

In March, we will be celebrating the famous author Dr. Seuss and reading many of his stories in class. We will even get to sample some Green Eggs and Ham! We will also be learning in depth about weather with the story of Noah's Ark, and Jesus calming the storm, and we will be making paper kites to decorate our classroom. We will focus on all of the different kinds of animals that are in God's creation, and even pretend to be some ourselves! Before Spring Break at the end of the month, we will learn about Jesus' sacrifice on the cross at Easter, and participate in all kinds of fun Easter activities, including an egg hunt! *Submitted by Mrs. Johnson*



La Leche League (LLL) of Beaverton/Hillsboro would like express their "Thanks" very much for the continued use of space at SOV (they meet twice a month). LLL has grown to three active groups and thriving.

Shepherd of the Valley is proudly sponsoring an American Red Cross blood drive Monday, March 18th 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***

Fellowship Committee...Submitted by Diane

It is amazing how sometimes food for our Sunday Fellowship time just "appears" in the kitchen or sometimes in the office. We even had an unexpected big donation of decaf coffee that just appeared. Thank you's go out to each of you that help contribute to our Sunday Fellowship time. Yes, for those that come to early service, we do have Fellowship time after late service too.

We also want to thank each of the members that volunteer to set up for each Sunday, put the food out and fill the coffee, hot water pots and juice containers. We have youth that have volunteered to help for the 11 AM service who also help clear the tables.

March 17, is St. Patrick's Day AND will be celebrated as SOV's "Irish Sunday". By being part of the "wearing of the green" we are asking you to consider donating the following items to build up our supplies which will help budget keep the fellowship budget in the "green". (Sounds much better than "black").

Frozen Juice or Lemonade
Large cans of soup
Regular Coffee
Flavored liquid creamers

Powered lemonade
Hot chocolate and hot cider (in individual packets)
Regular coffee

Thinking ahead:

We are looking for ideas as for planning a church picnic as well as ideas for Summer fellowship. All ideas and volunteers are appreciated. Please share with Tammy, Diane, Peggy and Sharon.

We will be having an all SOV wedding shower party and pot luck dinner the end of June for Jameson Tabor and Jenna Knudsen. Look for the date in the next newsletter.

Fellowship is a time for connecting with each other, meeting new members and visitors as well as enjoying the food and beverages. The Fellowship team is looking for more volunteers to help enrich our activities and share the effort of creating the opportunities for getting us all together as we reach out to each other and the community around us. Please consider how you can be part of our Fellowship team....it is an intergenerational team effort!

A Big Thank You from the Auction Team!

The silent and oral auction was a big success thanks to all our SOV members that donated to this part of the fundraising event for the U of O Gospel Singers Concert. We are amazed with the support of our congregation as we pulled the idea of an auction together. The donations provided us with enough to have silent auction items at each concert as well as 8 big packages for the oral auction at the 6 PM concert. It really is amazing how God worked through the planning and the performance of this event. Planning for this kind of event that included an auction usually starts at least 4 months in advance. Our congregation came together with less than 10 weeks and raised over \$2500 from the silent and oral auction! As we "reached up" to "reach out" we believe that this also gave us the chance to "reach in" to help support this wonderful group of Gospel Singers reach their goal as they travel to China to share God's word through Gospel music.

Your SOV Auction team thanks you!
Diane, Brenda and Sue

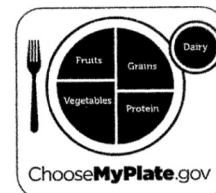
Parish Health Nurse News...Submitted by Karen

10 tips

**Nutrition
Education Series**

build a healthy meal

10 tips for healthy meals



A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains. Think about how you can adjust the portions on your plate to get more of what you need without too many calories. And don't forget dairy—make it the beverage with your meal or add fat-free or low-fat dairy products to your plate.

1 make half your plate veggies and fruits
Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

2 add lean protein
Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.



3 include whole grains
Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

4 don't forget the dairy
Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don't drink milk? Try soy milk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.



5 avoid extra fat
Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6 take your time
Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

7 use a smaller plate
Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

8 take control of your food
Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

9 try new foods
Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.



10 satisfy your sweet tooth in a healthy way
Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

March 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Dear Lord, as I begin my journey toward spiritual growth, help me to look deep within myself and let go of the old and embrace the new life that comes from you.</p>					<p>1 9:00 - 11:30 a KOK</p>	<p>2 7:00 p SOV Choir Rehearsal</p>
<p>3 8:30 & 11:00 a worship Birthday Sunday Blood Pressures Scrip Orders 1:30 p OEC</p>	<p>4 9:00 - 2:00 p KOK</p>	<p>5 9:00 - 2:00 p KOK 12:00 p Ladies Luncheon @ Round Table</p>	<p>6 9:00 - 2:00 p KOK 10:00 a Bible Study 5:45 p Soup 6:30 p Lent Devotion 7:00 p SOV Choir</p>	<p>7 6:30 p Men's Night 7:00 p LLL</p>	<p>8 9:00 - 11:30 a KOK</p>	<p>9 2:00 - 5:00P Eagle Scout Ceremony 7:00 p SOV Choir Rehearsal</p> 
<p>10 8:30 & 11:00 a worship 1:30 p OEC</p> <p>Daylight Saving Begins Spring Forward</p>	<p>11 9:00 - 2:00 p KOK</p>	<p>12 9:00 - 2:00 p KOK</p>	<p>13 9:00 - 2:00 p KOK 10:00 a Bible Study 5:45 p Soup 6:30 p Lent Devotion 7:00 p SOV Choir</p>	<p>14</p> 	<p>15 9:00 - 11:30 a KOK</p>	<p>16 7:00 p SOV Choir Rehearsal</p>
<p>17 8:30 & 11:00 a worship Scrip Order 10:00 a Keep Your Mind for Later Use 1:30 p OEC</p> <p>St. Patrick's Day</p>	<p>18 9:00 - 2:00 p KOK 1:30 p Red Cross Blood Drive</p> 	<p>19 9:00 - 2:00 p KOK</p>	<p>20 9:00 - 2:00 p KOK 10:00 a Bible Study 5:45 p Soup 6:30 p Lent Devotion 7:00 p SOV Choir Spring Begins</p>	<p>21 10:00 a LLL 7:00 p Council Mtg</p> 	<p>22 9:00 - 11:30 a KOK</p>	<p>23 7:00 p SOV Choir Rehearsal</p>
<p>24 Palm Sunday 8:30 & 11:00 a worship 1:30 p OEC</p>	<p>25</p> 	<p>26 9:00 - 2:00 p KOK</p>	<p>27 10:00 a Bible Study 7:00 p SOV Choir</p>	<p>28 12:00 p All Church Lunch Maundy Thursday Service 7:00 p</p> 	<p>29 Good Friday Service 12:00 p & 7:00 p</p> 	<p>30 7:00 p SOV Choir Rehearsal</p>
<p>31 8:30 & 11:00 a worship 9:45 a Easter Breakfast 1:30 p OEC</p> <p>Easter</p> 					 	