

SEPTEMBER 2013

SHEPHERD OF THE VALLEY LUTHERAN CHURCH NEWSLETTER

Volume I, Issue I

Shepherd's Office Hours;
Mon-Thurs. 8:00 - 1:00 p

Pastor Randy's Office
Hours;

Tues-Fri 9:00 -12:00
(by appt after 12:00)

Office phone;

503.645.4994

Sovlutheran.com

Fall Worship Services

Begin September 8th

8:30 a & 11:00 a

Sunday School; all ages

9:45 a

Nursery available at both
worship services

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YOUTH GROUP NEWS...

September Meeting

Come join us to go over the activities for the fall
and to plan new activities and fundraisers for the
year.

Middle School Youth September 15th @ 5:00 pm

October 6th @ 5:00 pm

High School Youth September 15th @ 6:00 pm

October 6th @ 6:00 pm



CALLING ALL
YOUTH

Come join the fun...

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



PASTOR'S PAGE

"So if anyone is in Christ, there is a new creation; everything old has passed away; see, everything has become new." II Corinthians 5:17

Rally Sunday is fast upon us. There is new and old combined with it's arrival. The stories that will be told during the coming Sunday school year are not necessarily new ones, many have been told again and again. But there are some new ears to hear them, and some teachers as well.

It is time to give thanks then for all this old and new. Give thanks for the teachers who have given so much time in the past. (You have never been thanked enough.) Give thanks for the folks who have stepped up to teach and lead now, for some it is really a new job. Our prayers go with you. Give thanks for the possibilities of the time that lies before us, for the young lives, for the challenges, for the excitement, for the old and the new in it all.

In truth that can be said about all of our hopes for education here at SOV, for the adult class as well as for the kids. Adults will be studying prayer. That is a subject as old as any other in the scripture, but one that we continue to look at, to examine how it is that we pray. Again both the old and the new, continuing to learn, because such learning never comes to an end.

Yes, Rally Sunday is this September 8th, but the chance to pray for the time that follows goes well beyond that. So, let us pray for the old and new, and all the efforts and adventures in between.

In Christ,
Pastor Randy

COUNCIL PRESIDENT'S REPORT...Submitted by Terry Wagemann

Greetings,

Looking back over the past month, I can't help but feel that we are in a good place as a congregation.

We have new visitors. We have people wanting to join us in membership. We have had 2 births. We have new leaders emerging on some of the committees. We have committees discussing how to increase collaboration on all-church events. And we are weathering the slow summer months. We are blessed.



In Council this past month we spent time looking forward. How to continue using our Strategic Plan.

Thinking of our 40 meeting and hearing the dreams of the congregation. Getting ready for Rally Day, Transport 5 concert, and Giving Thanks dinner. And more. There is a lot of fun stuff coming up.

We also talked about ways to make it easier and less intimidating for members to get involved. Some pointed out that we should split up some of the jobs or events. One example is ushering. Some like ushering, but would rather not assist during Communion. Some like to assist during Communion, but would rather not do the ushering part. Maybe we should try making Communion and ushering two separate activities. Sounds good to me. Let's try it.

Regarding the idea of adding a historian position or committee, I realize this may sound like a daunting task, but it should not be. The first part of my idea is to get a few interested people together and then gradually assemble info. There is no pressing time line for this. It could be a few minutes here and there, working together or alone. The second part is to be aware of the church calendar and find people to take pictures or video at desired events. Together with a simple, written summary of the event, we would start building an archive of events. Let me know if you are interested. I have many ideas for this activity. And lastly, the best. What a great family feeling we have at SOV. So many caring people giving rides where needed, carrying out our Reaching Out activities, improving ways to Reach Up and Reach In, Looking out for one another, and being there in thought and prayer. Thanks for caring and sharing!

Blessings,

Terry Wagemann

Kids of the Kingdom Christian Preschool and Kindergarten

CHRISTIAN PRESCHOOL AND KINDERGARTEN



It's time to raise our hands and sing to the Lord as Fall classes begin at Kids of the Kingdom Christian Preschool and Kindergarten, a ministry of SOV. We've been very busy this past August getting the facility ready. Many hands have helped install new ceiling tiles, clean carpets, rearrange rooms and furniture and spread bark dust and refill the sand box in the playground area. It takes many volunteers to keep this ministry up and running and we are thankful for all those who help. The outside building and grounds are very welcoming to our school families.

We have increased the number of classes we offer this year and have hired an additional teacher to our staff. Classes are filling but we still need students in our Preschool 3's and Kindergarten classes. Tours will be given to those who are interested. They just need to call or email the preschool for a time and date.

We ask for continued prayers in support of our efforts spreading the word of God and the love of Jesus to children of our community while providing a quality educational experience.

KOK Teachers: Linda Rasmussen, Heather Johnson, Hannah Benedict and Wendy Roeder

OCTOBER NEWSLETTER ARTICLES ARE DUE SEPTEMBER 24TH

No Ladies Dinner in September

Due to the Labor Day Weekend, School starting and schedule conflicts.

Join us in October

October 1st

Newport Bay/ Tanasbourne

Ladies Dinner Group



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.

No choir practice on September 4th, will resume on September 11th.



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 | |



Fellowship Upcoming Events

SOV congregational events to add to your calendar:

October 27 & 28- Transport 5 concert at SOV starting at 6 PM.

November 3- SOV Giving Thanks Dinner 5 to 7 PM.



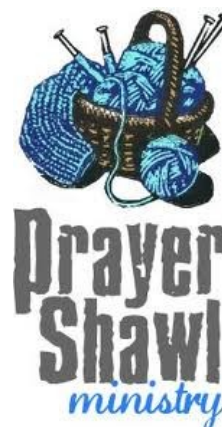
PRAYER SHAWL MINISTRY

Meets the third Monday of each month and the last Thursday of each Month.

September 16th and 26th

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.



Join us

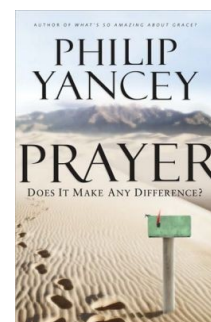
Thursday, September 12th

7:00 p



Adult Sunday School class begins September 15th.

This class will be studying the book "Prayer" by Philip Yancey an eleven week series.. If you plan to attend the adult class a copy of the book will be helpful. You can order the book on line or find it in local book stores. For those of you who already have it please read Chapters 1 & 2 prior to September 15th.



Parish Health Nurse

Heart Attack

More than 1 million people in the United States have heart attacks each year. Many of them don't act quickly enough to make it to the hospital on time for help. When a heart attack happens, delay in treatment can be deadly. Learn the warning symptoms of a heart attack, and know the single most important thing you can do to save a life: call 9-1-1 immediately for emergency medical care.

Quick Action Can Save Your Life: Call 9-1-1

Any time you think you might be having heart attack symptoms or a heart attack don't ignore it or feel embarrassed to call for help. Call 9-1-1 for emergency medical care, even if you are not sure whether you're having a heart attack. Here's why:

- Acting fast can save your life
- An ambulance is the best and safest way to get to the hospital. Emergency medical services (EMS) personnel can check how you are doing and start life-saving medicines and other treatments right away. People who arrive by ambulance often receive faster treatment at the hospital.
- The 9-1-1 operator or EMS technician can give your advice. You might be told to crush or chew an aspirin if you're not allergic, unless there is a medical reason for your not to take one. Aspirin taken during a heart attack can limit the damage to your heart and save your life.
- **Every minute matter. Never delay calling 9-1-1 to take aspirin or do anything else you think might help.**

What to write down and keep in a handy place

- Medicines you are taking and medicines you can't take because you are allergic (Vial of Life is great for this)
- Important phone numbers, including those of your health care provider and the person who should be contacted if you go to the hospital.

Know the symptoms of a Heart Attack

- **Chest pain or discomfort;** most heart attacks involve discomfort in the center or left side of the chest. This discomfort usually lasts for more than a few minutes or goes away and comes back. It can feel like pressure, squeezing, fullness, or pain. It can also feel like heartburn or indigestion.
- **Upper body discomfort;** you may feel pain or discomfort in one or both arms, the back, shoulders, neck, jaw or upper part of the stomach (above the belly button).
- **Shortness of breath; this** may be your only symptom, or it may occur before or along with chest pain or discomfort. It can occur when you are resting or doing a little bit of physical activity.

SEPTEMBER BIRTHDAYS

3 Julia K.	11 Darleen H.D
4 Rudy W.	11 Ben M.
5 Linda G.	16 Randy S.
6 Emery G.	17 Lee B.
7 Les P.	17 Amy S,
8 Deb M.K	18 George K..
9 Christine E.	18 Aaron S.
9 Taylor M.	
9 Erin T.	
11 Katrina T.	



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

SEPTEMBER ANNIVERSARIES

Michael Maynard & Daisy Steele
Ben & Denise Miles
Rich & Sue Muza
Kevin & Ming Lee Huggins
Dan & Amy Silvey
Neil & Dolores Austin

September 1st
September 3rd
September 5th
September 8th
September 12th
September 13th





SEPTEMBER 1ST AND 15TH
SCRIP ORDER SUNDAY

Thank you for your continued support,

MEN'S NIGHT, THURSDAY,

SEPTEMBER 5TH

6:30 PM @ GOLDEN VALLEY BREWERY

ALL MEN INVITED FOR FOOD AND FELLOWSHIP



Shepherd of the Valley is proudly sponsoring an American Red Cross blood drive Monday, September 16th 10:00– 4:00 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***



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 One Worship Service 10:30 a Birthday Sunday Blood Pressure Scrip Orders 1:30 p OEC	2 	3 No Ladies Dinner	4 9:00 - 2:00 p KOK 7:15 a Coffee group/Bethany 10:00 a Bible Study 7:00 p SOV Choir	5 9:00 - 2:00 p KOK 6:30 p Men's Night @ Golden Valley Brewery KOK Orientation 6:00 - 8:00 p	6 9:00 a KOK 1:00p Palmetoer Piano Studio	7 6:00 - 7:00 p SOV Band 7:00 - 8:00 p SOV Choir 
8 *Fall worship begins 8:30 & 11:00 a Rally Day New Member Sunday 1:30 OEC	9 9:00 - 2:00 p KOK	10 9:00 - 2:00 p KOK	11 7:15 a Coffee group/Bethany 9:00 - 2:00 p KOK 10:00 a Bible Study 6:30 p Little Lambs 7:00 SOV Choir	12 9:00 - 2:00 p KOK 2:00 - 3:30 p Alzheimer's Association 7:00 p Healing Service	13 9:00 a KOK 1:00p Palmetoer Piano Studio Wedding w/Bob McIntyre	14 6:00 p SOV Band 7:00 p SOV Choir 
15 Worship 8:30 & 11:00 a 9:45 a Sunday School Scrip Orders 1:30 p OEC	16 9:00 - 2:00 p KOK Red Cross Blood Drive 10:00 - 3:30 p 7:00 p Prayer Shawl	17 9:00 - 2:00 p KOK	18 7:15 a Coffee group/Bethany 9:00 - 2:00 p KOK 10:00 a Bible Study 6:30 p Little Lambs 7:00 p SOV Choir	19 9:00 - 2:00 p KOK 10:00 a LLL 7:00 p Council Mtg	20 9:00 a KOK 1:00p Palmetoer Piano Studio	21 6:00 p SOV Band 7:00 p SOV Choir
22 Worship 8:30 & 11:00 a 9:45 a Sunday School 1:30 p OEC	23 9:00 - 2:00 p KOK	24 9:00 - 2:00 p KOK 12:00 p Sunset Cluster	25 7:15 a Coffee group/Bethany 9:00 - 2:00 p KOK 10:00 a Bible Study 6:30 p Little Lambs 7:00 p SOV Choir	26 9:00 - 2:00 p KOK 12:00 p All Church Luncheon	27 9:00 a KOK 1:00p Palmetoer Piano Studio	28 6:00 p SOV Band 7:00 p SOV Choir
29 Worship 8:30 & 11:00 a 9:45 a Sunday School 1:30 p OEC	30 9:00 - 2:00 p KOK					

Every season has its special beauty and autumn is no exception. Watching the trees turn from a uniform green to all varieties of gold, yellow and red is a spectacular experience. One can almost be blinded by the fiery brilliance. How can it be that all this beauty is sign of death and decay? With all this beauty there is a certain sadness in knowing that the changing colors foreshadow the arrival of a long cold winter.

