

# SHEPHERD'S VOICE

## JANUARY 17 - 24

Shepherd of the Valley Lutheran Church

Corvallis, Oregon

Church office: 541-753-2816

Pastor: 217-898-9063



DATE	TIME	EVENT
Sunday, January 17 2 <sup>nd</sup> Sunday after Epiphany	9:00am 10:00am 10:30am 12:00pm – 4:00pm	Holy Communion Fellowship Cross + Gen Sunday School Private Group using the Kitchen & Fellowship Hal
Monday, January 18		MLK, Jr Day
Tuesday, January 19	10:00am	Fellowship Bible Study
Wednesday, January 20	10:00am	Women on Wednesdays
Thursday, January 21	9:30am 10:30am 5:30pm	Emmaus Growth Group Park Place Devotions Girl Scout Troop using our kitchen
Friday, January 22		
Saturday, January 23	1:00pm - 5:00pm	Outside group using kitchen & Fellowship Hall
Sunday, January 24 3 <sup>rd</sup> Sunday after Epiphany	9:00am 10:30am  3:00pm 6:30pm 7:00pm	Holy Communion Annual Voters Meeting with POTLUCK BRUNCH  Bethel Growth Group Damascus Growth Group Nazareth Growth Group

### BIBLE READINGS FOR THIS SUNDAY

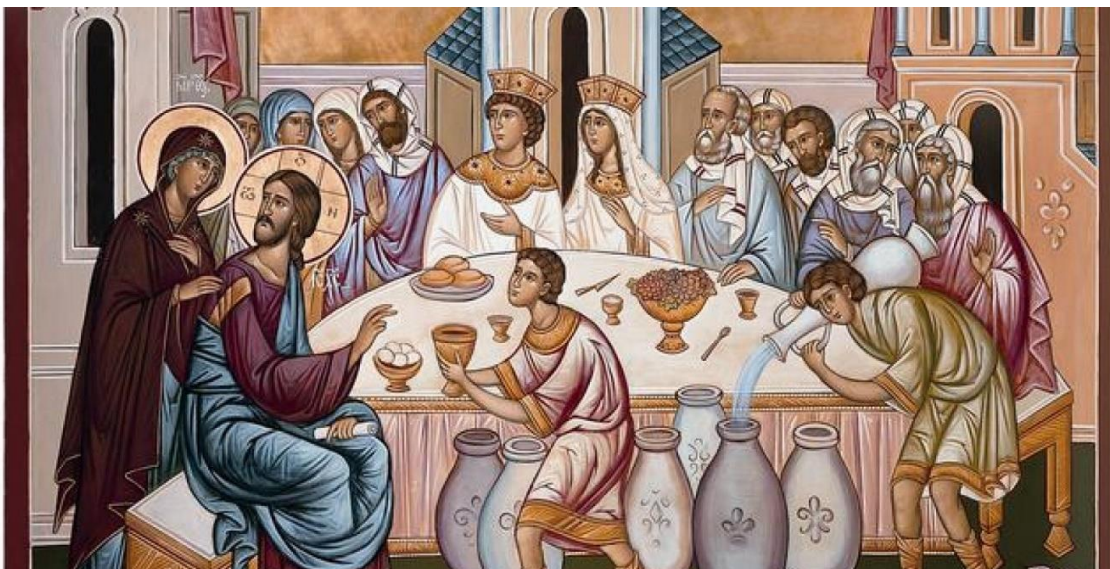
Isaiah 62:1-5; 1 Corinthians 12:1-11, John 2:1-11

## PASTOR'S POST:

January 13, 2016

Things are really shaping up at Shepherd of the Valley! Last Saturday we had a very productive Leadership Summit with almost all of our leadership and staff present for the entire morning. We are processing the results of our work and look forward to sharing the goals or actions items for 2016.

Our Gospel reading this Sunday, January 17, the Second Sunday after Epiphany, is the account of the **Wedding at Cana** in the Gospel of John (2:1-11). What can we learn about living the baptized life from this unique episode, reported only in John? One way to see it is to note how Jesus is invested in the life of these newlyweds. His attendance at what was probably a seven-day wedding celebration shows that Jesus cared enough to be there, and when things started to "go south" (they ran out of wine) Jesus made it possible for the celebration to go on, and saved the host from horrible shame and embarrassment by changing the water into wine.



Icon of the Wedding at Cana by Fr. Jerome Sanderson, Syracuse, NY, 2007

To us that may seem a trivial thing. When we run out of something we need to quickly drive down to the nearest convenience store. That simply wasn't possible for these folks. For them, running out of wine would have brought shame and disgrace. And there was no quick fix, no "Seven-Eleven" open 24/7 was nearby. Changing the water into wine wasn't just a miracle - it was salvific! It literally "saved the day" for the couple and their families.

Writing in a sermon from 1525 Martin Luther said, "It is indeed a high honor to be paid to married life for Christ Himself to attend this marriage, together with His mother and His disciples." This says to me that Christ has a "stake" in marriage. Jesus wants this particular marriage to begin on the "right foot" with unrestrained joy and celebration unmarred by an all too human error. It should surprise no one that a living vital Christian faith is one of the greatest assets toward a healthy marriage.

This Sunday we are also celebrating **Sanctity of Life Sunday** along with many other congregations of the Lutheran Church Missouri Synod. Karen Tameling, Executive Director of Options Pregnancy Resource Center, serving Albanay and Corvallis, will be our guest speaker for Cross+Gen Sunday School starting at 10:30, following the service of Holy Communion. Options helps women facing unplanned pregnancies. For almost thirty years the staff and volunteers at **Options Pregnancy Resource Centers** have been committed to providing evidence

based medical information and compassionate patient advocacy to those who are experiencing unplanned pregnancies. Everything we do is focused on empowering you to make a well-informed decision. She'll have a video to show about their work and a free book for each household. Karen will share about the Sanctity of Life along with scriptural support of it. Please join me in welcoming Karen to Shepherd of the Valley on Sanctity of Life Sunday.

Please remember that our regular **quarterly voters meeting** is scheduled for the following Sunday, January 24, after fellowship and a brief presentation by Corvallis resident Joyce Meyer regarding a community mission project called "Feed My Starving Children." A potluck brunch will follow the voters meeting.

God's Blessings!

*Pastor Joe Hughes*

**GIVING:**

Weekly Contribution Goal	\$3077.00
General Fund	\$3201.00
Building Fund	\$50.00
Fellowship Fund	\$192.00
MITE Box	\$27.72
Attendance	67

**UNDERSTANDING ISLAM:** Matt Davies, adjunct professor of religion at Chemeketa Community College, will be teaching a free class open to the community entitled "Understanding Islam." This three-night course which will continue on **January 17th, and 24th** from **6:30-8pm** at Trinity Lutheran Church, 320 SE Fir Villa Rd., Dallas OR. Bring any questions you have about Islam! Matt graduated from Santiam Christian High School and holds a BA in Religious Studies from Linfield and a MA in American Religious History from Yale. If you are interested in attending and would like to carpool, we can meet at church at 5:30 p.m. PLEASE CALL LISA AHEAD OF TIME WITH CARPOOL REQUESTS – 503-910-4090.

**TUESDAY FELLOWSHIP Bible Study** has resumed its regular schedule. Texts for our class on January 19: Nehemiah 8:1-3, 5-6, 8-10; 1 Corinthians 12:12-31a; Luke 4:16-30.

**THE DEACONESS TEAM** would like to remind you that we want to help you! If you have a need or concern, if you are headed to the hospital for surgery or need a ride to church, if you are ill and need food, or your driveway is snowy and needs shoveling, let us know. We want to help you, so please let the office know about upcoming surgeries, health concerns, hospital visits, etc. so that Pastor and others can minister to you. The office number is 541-753-2816. You can always call a deaconess, an elder or Pastor Joe. Those numbers are found in the directory. If you have an emergency and call when the office is closed, please call Pastor Joe at 217-898-9063.



**January Birthdays:** Karen Inman: 1/9, Joyce Robak: 1/15, Carol Taft: 1/15, Richard Hlavinka: 1/16, Virginia Kutsch: 1/17, Karl Schmidt 1/20, Declan Orth: 1/26, Pauline Holthofer: 1/29, John Stephens: 1/31, Katy Trautman: 1/31.

**January Anniversaries:** None on record.

**LEADERSHIP SUMMIT** was this past Saturday. The Leadership from each of the teams (Council, Deaconess, MTL) met and discussed what is most important to moving the mission of the church forward without reinventing the wheel. Expect some really good changes for the coming year along with the celebration of the 50<sup>th</sup> Anniversary.

**Please Notify the Church Office When...**

...You or a family member is going to be hospitalized. **Please let the hospital know you are a member of Shepherd of the Valley.**

...You or a member of your family is hospitalized.

...You have a change of address.

...Your phone number has changed.

...Your email address has changed.

...Members or you family are students attending school away from home or are living at a different address.

## Would you like to make our communion bread?

For the past several months our good friend Dave Grappo has been hard at work developing a recipe for communion bread that we can use at Shepherd of the Valley. The recipe follows. If you would like to donate the communion bread on a particular Sunday, please email the church office so we can share that information with the altar guild

### Unleavened Communion Flatbread Recipe

*by David Grappo*

#### Ingredients

- 1 cup whole-wheat flour
- 1/2 tsp. salt
- 1/4 tsp. ground black pepper
- .75 -.80 cup water

#### Equipment

- 1 sheet parchment paper about 1' by 1'
- 1 cookie sheet/tray
- 2 silicone or plastic spatulas
- 3 cup or so mixing bowl

#### Directions:

- Preheat oven to 450 degrees (about 20 minutes for electric ovens)

- In the meantime:  
Mix dry ingredients in bowl with a spatula. Then add the water and mix until all dry ingredients are wet. If more water is needed, add no more than a teaspoon at a time. Aim for a soft mud-like texture like any other bread dough.
- Set parchment paper on the cookie tray.
- Set flour mix onto center of parchment paper.
- Use a spatula to spread the mix into a circle 9-11 inches or so in diameter and about .25 inch thick. Score sections if desired. The extra spatula helps to scrape the first one clean.
- When the oven is ready, bake bread for 20 minutes or so depending upon your preferred level of firmness/crispiness. Parchment paper can be removed immediately or after cooling. Cool on a rack 5 minutes.

### **Estimating servings**

The bread circle has an area of about 80 square inches. The number of servings will depend upon how big you make each serving. If you break off roughly 1 square inch servings, expect up to 75 or so servings. Larger size servings produce fewer servings per bread circle and vice versa. The recipe can be proportionately increased or decreased to accommodate the number of servings needed. Create extra bread circles if needed.

### **Comments on ingredients, cooking time/temp and other things**

No sugar or other sweetener is used in this recipe. Most congregations have diabetics who require this omission. No fats (butter, other dairy or oils) are used in this recipe. The whole-wheat flavor turns out not to need those helpers.

The recipe contains salt. Without salt, most people would consider the bread too plain or flat in taste. So, a small amount is in the recipe. However, for those who must avoid salt, it too can be omitted or reduced. It is added only as a flavor booster.

I include half as much ground black pepper in any recipe that uses any quantity of salt. It acts as a surprisingly synergistic flavor booster to salt. With a salt/pepper ratio of 2-to-1, few people notice that pepper is included. But it too can be omitted/reduced.

A cooking temperature of 450° promotes fast cooking. You can use a lower temperature, but expect a longer cook time. Experiment if you are so inclined. Parchment paper can't be used at higher temperatures than 450. Parchment paper avoids cookie tray cleaning. It costs about 10 cents per sheet, so is worth the price.

Bread making is not rocket science. So small variations from the specified recipe quantities will not affect the quality of your bread. "Close enough for government work" applies here.

You can add spices, herbs, and/or sweeteners to suit your taste. Use this recipe as a foundation for your own creativity in adjusting the bread's flavor. Also use this unleavened flatbread as a pleasant alternative to accompany your home meals.