

Shepherd of the Valley Lutheran
Church

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Church Leadership

Gregory Strand, Pastor
Peter Klammer, Elder
Bill Krueger, Elder
Jay McDougal, Elder
Richard Hlavinka, Elder
Glen Schmidt, Council President
Dave Orth, Council Vice-Pres.
Mert Phillips, Treasurer
Bill Randall, Property Chair
Jennifer Klammer, Secretary
Ministry Team Advocates:
Rob Durbin, Community Building
Ray Hart, Missional Service
Jeff Hintzman, Biblical Equipping
Dee Jackson, Deaconess
Dianna Hart, Deaconess
Tracy McDougal, Deaconess
Donna Durbin, Deaconess
Peggy Krueger, Health Minister

Office Hours

Pastor Greg Strand
Monday 12-2 pm
Thursday 10 am to Noon

Tanya Bray
Monday and Wednesday 9 am – 2 pm
Thursday 10 am to 2 pm

Joy in Jesus

*connections & communications
among Christ's people of SVLC*



Being a Disciple

A Message from Pastor Greg

A number of philosophers will suggest to us various iterations of the adage: “it’s at least as much the journey as the destination.” In our lives of faith, it’s often the case that we struggle with both. Are we only concerned about “arriving” (whatever that means) so that we don’t have to “do” any more? Or maybe we’re only concerned about the things that happen to us along the way, so that we lose sight of the fact that we are actually supposed to get somewhere? That’s the reason that we’re seeking to pull our focus together in “Discipleship and Missional Living.”

Being a disciple is about following closely, learning something, and putting it into practice—all of which begins to mean that we are recognizable as students of our master, who is Jesus. In our baptism, through forgiveness of sins, we are called to be His disciples. To confess Jesus as Lord is to confess His claim on your life as His “follower”, “learner”, “practice-er”. We would like to help you to grow in your following by talking about some “components” of Discipleship . . .

Stewardship:

“STEWARDS” are concerned about how we care for and use the “master’s things”. What are you doing with God’s things?

Relationship:

Relationships are constantly shifting and changing as our lives change and grow, and how we live/act affects others around us. What is the Master calling you to do with or in your relationships?

Fellowship: “Church matters” . . . but only because the Lord draws us together and creates it—so that the connection in Christ IS our life. His investment in us becomes fellowship with one another. Is the Master the “first and only” of your life, or just “another” thing?

Partnership: “. . . apart from me you can do nothing . . .” Jesus tells us. But He also makes us members of His own body (of Christ). Notice how difficult it can be for someone who is missing even a part of one finger . . . How does the Master’s people rely on you . . . and you on them?

All of these components of discipleship are significant for EACH of Jesus’ beloved people—which means YOU! But He does not “disciple” us for no reason, but rather prepares us to DO something . . . to make other disciples. This “missional living” is about looking for what the Master is doing, because He’s inviting us to join Him. Have you looked for Jesus at work in the lives around you? May you joyfully discover that He’s also at work in and with you! Come and journey together, that we may accomplish His ends as His body united

Newsletter Contacts

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Sandy Melhorn
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Please submit articles in MSWord format.



Health

*Ministry: Caring for the
Spirit, Mind, and Body*



CHAINS OF LOVE

On April 15, we dedicated 16 prayer shawls for God's blessings. The prayer shawls are given to anyone who needs a physical reminder of the greatness of God's love and mercy. Recipients do not need to be a member of our church. Please let a deaconess or Peggy Krueger know if you would like a prayer shawl delivered to someone. If you do distribute a prayer shawl, please record the name in the book with the prayer shawls. If you would like to be a part of this ministry, contact Peggy Krueger.

CPR/FIRST-AID CLASS

We had 14 people at our recent CPR/First-Aid class. One important thing we learned was that our AED unit can verbally direct you through CPR. After turning on the unit; push the **blue button** and the unit will lead you step by step through CPR administration.

CPR Barrier Responder Keychain



Some of you showed an interest in a portable CPR mouth barrier at the CPR class. If you would like to order a keychain, please let Peggy Krueger know. The cost is \$3.50 if 10 or more is ordered or \$4.99 if less than 10. These are the most portable and convenient CPR mouth barriers you'll find anywhere! They're perfect where space is limited and they're single-use and disposable. The durable one-way valve protects you from contaminants as you provide rescue breathing for someone who needs your help. These are latex-free.

ON-LINE CPR CERTIFICATION: ProCPR.org

Laurie Hamilton, CPR instructor, told me about an on-line CPR/First-Aid certification course for those who prefer to learn from home. The cost of the course is \$29.95. Once you sign up for the course, you will have the option of doing a hands-on skill evaluation in what is called a blended course. You will need to call the Professional Development Department at Good Sam to make arrangements and verify the fee (\$25-40.00) for the hands-on skill testing. The contact person would be Laurie Hamilton. Go to the site to read all about how it works. You do not pay any money until you have passed the class and are ready to be certified.

Recipe of the Month

Submitted by Jan Becker

This is the last recipe from my kitchen, so may I wish you good dishes in the future. I'm glad some of you have enjoyed our favorite recipes. Jan

BREAKFAST CASSEROLE

1 pkg. (12 oz.) sausage links
6 English muffins, cut into 1" cubes
1/4 c. butter, melted
1 c. (4 oz) shredded cheddar cheese
1 c. (4 oz.) shredded mozzarella cheese
1/2 c. chopped onion
1/2 c. chopped red pepper
12 eggs, beaten
2 c. milk
1/2 t. salt
1/2 t. pepper
1/4 c. bacon bits.

Cook sausage according to package directions. Cool slightly; cut into 1/4" slices. Place English muffin cubes in a greased 13"x9" baking dish; drizzle with butter. Layer with sausage, cheeses, onion and red pepper. In a large bowl, combine the eggs, milk, salt and pepper. Pour over cheeses. Sprinkle with bacon bits. Cover and refrigerate overnight.

Remove from the refrigerator 30 minutes before baking. Uncover and bake at 350° for 45-50 minutes or until knife inserted in center comes out clean. Let stand 5 minutes.
12 servings.

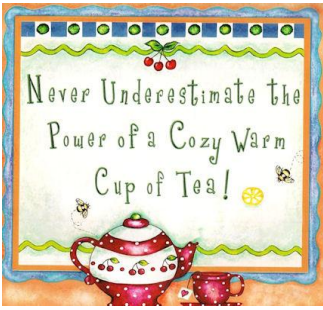
Upcoming Events

May 5 – 12 Noon, Spring Tea

May 20 – 10:30 am, Last Day of Sunday School

May 28- Memorial Day (Office closed)

June 1-3- Dwelling 114 (Times to be announced.



Please

HELP NEEDED

I need help setting up and cleaning up for the tea on May 5. Set-up will be Friday afternoon, May 4. I will let you know the exact time. It is fun to set up as we put on the tablecloths and assist Julia by putting her pretty teacups, etc. out. It takes about 2 hours to do this. Taking down occurs right after the tea and takes about 1 hour. There is no heavy lifting. We just strip the tables and put the plastic cloths back on. If you can help with any of this, I sure would appreciate it. Peggy



JAN BECKER HONORED WITH A TEA PARTY

Fifteen women of the church enjoyed a "Queen's Tea" at Mrs. B's Tea House with honored guest Jan Becker. Jan is moving back to Maryland on May 2. She has been involved in many events and projects at our church for the past 16 years. Her sense of humor, dependability and willingness to serve will be missed by everyone. "We will Always Love You," Jan.



FINANCIAL Report For First Quarter of 2012

Submitted by Mert Phillips, Treasurer

	Actual	Budget	Under Budget
Contributions	\$37,225	\$39,849	(\$2,624)
Expenses	\$39,339	\$39,777	\$ 378
Net	(\$2,174)	\$ 72	(\$2,246)

Short of where we need to be!

Sandy and Craig
 invite you to share in our
 joy as we exchange
 marriage vows
 Saturday, June 23, 2012
 at 2 o'clock in the
 afternoon.

Shepherd of the Valley Lutheran
 Church

Reception to follow

Kindly RSVP acceptance or regrets

by June 1, 2012



MOVING THROUGH THE AFTERGLOW OF EASTER

Submitted by Katy Trautman

Although we often see Resurrection Sunday as the culmination of the Lenten journey, a beautiful ending to a long walk through contemplating Christ's sacrifice, we face the reality that Easter is truly a beginning, *the* beginning, of our role in sharing the Good News of salvation through Jesus.

How is it that we would be strengthened for this purpose? During Lent, many of us studied the inward disciplines of meditation and prayer during the adult education hour. One of the "strengthening exercises" given to us by God is the ability to engage in Sacred Reading of the Holy Scriptures. This discipline is referred to as Lectio Divina. The following outline guides us through this process:

LECTIO DIVINA (Nourishing the Soul through Divine/Sacred Reading)

- 1) **Find** a simple and comfortable place
- 2) **Take** a few deep breaths
- 3) **Begin** to relax – to slow yourself down
- 4) **Inhale** the Holy Spirit ~ **Exhale** "cast(ing) all your cares upon Him, for He cares for you"
- 5) **Choose** a scripture verse or a Psalm
- 6) **Read** this scripture 4 or 5 times aloud, more quietly with each reading until you are silent
- 7) **Ask** yourself: *What touches my heart today as I read this?*
- 8) **Reflect** in silence as you answer this question
- 9) **Respond** by asking: *What is God inviting me to do? How will God's love be poured out on others?*
- 10) **Read** your selection again ~ and be in **Silence** as you continue to think (renewing your mind)
- 11) **Rest** to experience God's presence ~ sit **quietly** in praise and gratitude (You may want to recite Psalm 16:11: David writes ~ "You have made known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.")
- 12) **Return slowly** to your planned activities (with meditative singing if possible)

Note that author J. M. Talbot, in *Come to the Quiet: The Principles of Christian Meditation*, shares that Bible study is a prerequisite to Sacred Reading as

proper understanding of texts is required. That means that Lectio Divina is not Bible study, but rather a very personal "sinking" into the Word, increasing a more open stance to receive calling from God and a gaining of spiritual maturity in the process. You are encouraged to include Lectio Divina in your own blessed journey.

Thrivent News

Submitted by Katy Trautman, Thrivent Congregational Advocate

Thrivent Associate and Benefit members may want to do themselves a favor by visiting www.thrivent.com and clicking on Membership Benefits to review the latest in free and minimal fee benefits. For example, free benefits include three important publications. The first is a beautiful book entitled *A Time to Mourn, A Time to Dance: Help for the Losses in Life* which is available in print, Braille and audio formats and allows the recipient to find comforting, effective ways to adapt to losses such as death, divorce, unemployment and illness. This book also makes a wonderful gift.

The second is an invaluable handbook entitled *Step by Step: Your Guide to Making Practical Decisions When a Loved One Dies*. Included are simple guidelines for tasks that must be taken care of starting the moment a loved one dies – from arranging a funeral or memorial service through settlement of the estate. The third is *Your Will Planning Guide*, an online planner that offers tips to help collect information needed to have your will created or updated.

Thrivent members can also avail themselves of Discounted Legal Services at a low rate of \$6 per month (with ability to stop service at any time). This benefit includes many services at no-extra-charge, such as creating your Advance Medical Directive, your Health Care Agent Form, and a Durable Power of Attorney, along with starting a simple corporation or partnership or even getting attorney guidance for representing yourself in small claims court. This is just a sample of the many legal services available.

Your Thrivent membership goes beyond the security and comfort of the financial instruments you have purchased or the fellowship and satisfaction you find in Thrivent volunteering. Check out Membership Benefits at www.thrivent.com today to see what you might be missing