



WEEKLY NEWS for the

Flock

January 28 & 29, 2012

Welcome! Whether you're a visitor or a member, we are joyful you are with us today to Gather, Grow and Give in Christ!

Get a Jolt of Bob Stromberg's Comedy on Valentine's Day

St. Paul native and comedian Bob Stromberg will provide entertainment at our annual Valentine's event, performing his very unique and perfect blend of story, stand-up and physical comedy.

Various pastors and staff members at SOTV highly recommend Bob, including Pastor Duane who calls him "hilarious" and Pastor Randy who gives him "two thumbs up!"

Bob is the co-author and one of the original stars of the megahit theatrical comedy, *Triple Espresso (A Highly Caffeinated Comedy)*, which has been seen by almost two million people around the world. Bob is sure to provide a little comic relief for our busy lives.

Delicious desserts will also be served, adding an extra dose of sweetness to this Valentine's date night.

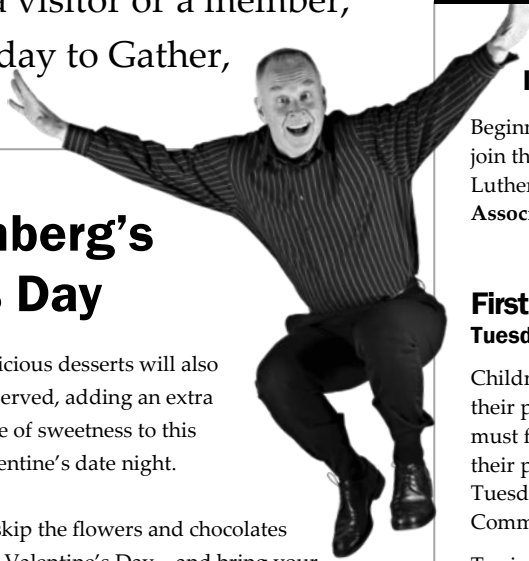
So skip the flowers and chocolates this Valentine's Day – and bring your sweetheart to an evening of love and laughter!

IF YOU GO:

Love and Laughter Valentine's Event Featuring Comedian Bob Stromberg

Saturday, February 11 // 7:00 - 9:00 PM // Cost: \$25 per couple // KidCare: \$4 per child

Register at the Welcome Center or online at www.sotv.org/events.



Interim Pastor Announcement

Beginning February 23, 2012, Peter Hanson will join the pastoral staff of Shepherd of the Valley Lutheran Church (SOTV) as an Interim Associate Pastor. Welcome Pastor Peter!

First Communion Class Tuesday, January 31 at 7:00 PM

Children in PK - Grade 5 interested in joining their parents at the altar for Holy Communion must first attend a First Communion class with their parents. A class is also scheduled for Tuesday, April 3 for children to take their Communion on Maundy Thursday.

To sign up, visit the Welcome Center or www.sotv.org/events. If you have questions, please contact Pastor Mary Lund at (952) 985-7303 or Mary.Lund@sotv.org.

Scholarship Applications

Shepherd of the Valley scholarship applications will be available starting January 23, 2012 at the Welcome Center or online at sotv.org/youth. Application deadline: March 15, 2012.

Scholarships are open to anyone currently enrolled or planning to enroll in any post-secondary education/training program. The Scholarship Committee will be awarding up to six scholarships with a minimum award of \$500 each. Questions? Linda Nelson: (952) 431-9749.

Narthex Spotlight Tables

This week:

- Souper Bowl of Caring (see p.3)
- Job Connection Group (see p.3)
- Minnesota Teen Challenge
- Valentine's Event with comedian Bob Stromberg (see above)
- Blood Pressure Screenings
- Church Council Listening Post

Next week, February 4-5:

- Birthday Bags (see p.3)
- Souper Bowl of Caring (see p.3)
- Letters from Dad (see p.2)
- Tour of Tables (see p.2)

A Valentine Gift for Both of You

On a Lutheran Marriage Encounter weekend, you'll spend two nights in a comfortable hotel and enjoy five delicious meals from Friday at 7:00 PM to Sunday at 5:00 PM. The weekend consists of engaging presentations and time for just the two of you to discuss questions in the privacy of your hotel room. There is no counseling or required sharing.

The spring weekends in Minnesota are February 10-12 in Brooklyn Center, March 23-25 in Duluth and May 4-6 in Walker. Please register several weeks in advance. For more information, contact SOTV members Rita DeBruyn and Jim Hedin at (651) 687-9651. To sign up, visit www.godlovesmarriage.org.

Christmas Gift Giving Wrap-Up

Thanks to your generosity, gifts were provided to 50 Armful of Love families (approximately 200 people), 53 Wingspan residents and 47 Southeast Asian Ministries individuals. In addition, hundreds of gifts were donated to Southside Family Nurturing Center and Dakota Woodlands!

Many other ministries will benefit from your generous monetary donations of almost \$8,000. A complete listing of can be found at www.sotv.org/socialconcerns. A big thank you to the excellent volunteers who help make this ministry so successful.

Study & Enrichment

Sunday Adult Forum // 9:45 AM in the Chapel
January 29:

"Great Minds of the Early Church: Anselm"
Led by Walter Sundberg, Professor at Luther Seminary

February 5:

"A Former Congressman Talks About Faith and Politics"
Led by Arlen Erdahl, former U.S. Representative for Minnesota

The Gospel of Mark 

Thursdays, 7:00 – 8:30 PM // January 26 - March 15

Led by Pastor Duane Paetznick // Cost: \$12

The Gospel of Mark reveals, sometimes in surprising and scandalous ways, how Jesus is God's good news to us. This study takes eight big questions based on the text and challenges participants to explore them thoughtfully together.


Friday Morning Bible Study:

A Study of Galatians and James 

Fridays, 9:30 - 11:30 AM // February 3 - March 16

Led by Pastor Mary Lund // Cost: Free

You are invited to join us as we share prayer concerns, enjoy fellowship, and together study the Word. This winter, we'll study Galatians, a book Luther loved and James, a book that he loathed.

Making Sense of the Cross 

Tuesdays, 7:00 – 8:30 PM // February 21 - April 10 // no class March 27 // Led by Pastors Mary Lund and Duane Paetznick
Cost: \$15, includes book // KidCare: \$24/child

Pastor Mary Lund and Pastor Duane Paetznick are teaming up to teach this class and using David Lose's *Making Sense of the Cross*, a book which discusses major questions of the Cross in a conversational style.

Women of the Bible 

Mondays, 6:30 - 8:00 PM // February 27 – March 19

Led by Sanna Ellingson // Cost: Free // KidCare: \$12/child

This study will focus on mothers, heroines, protectors, prophetesses, and women who had encounters with Jesus. No previous Bible study experience is necessary. Bring your Bible and your questions!

Manifold Greatness 

The Creation and Afterlife of the King James Bible

Saturday, February 4 // 9:00 AM - Noon //
Meet at SOTV at 9:00 and carpool to The Wilson Library, University of Minnesota, Minneapolis

Join Pastors Duane Paetznick and Mary Lund for an outing to view the 1611 King James Bible, a traveling exhibit to celebrate its 400th anniversary. This exhibit tells the story of one of the most widely read books in the English language. What made this translation of the Bible so influential? We will meet at SOTV for coffee, juice and donuts before driving to the exhibit. Please indicate if you are willing to drive when registering.



 = Register at Welcome Center or www.sotv.org/events

Fellowship

**Women's One Day
Winter Retreat** 

Saturday, March 3 // 9:00 AM – 12:30 PM
Lebanon Hills Park, Eagan // Cost: \$10

A delicious, healthy breakfast and fellowship with a variety of indoor and outdoor activities including cross country skiing, snowshoeing, hiking, and more. There are additional costs for outdoor activities, including rental fees.

Men's February Breakfast 

Saturday, February 4 // 8:00 - 10:00 AM
\$5 suggested donation

Charlie Ruud, former St. Paul Saints player and current associate pastor reflects upon the experience of playing professional baseball while attending seminary. Please sign up so we can plan for food.

Men's "Theology on Tap"

3rd Tuesday of each month // Next date: February 21

Discussion 7:00 PM // Fellowship: 8:00 PM

Old Chicago Restaurant, Apple Valley

Pastor Chris Smith will lead the topic "This Ain't Your Father's God!"

Men's Chili Cook-Off and Movie Night 

Tuesday, February 7 // 6:00 - 9:30 PM // Freewill donation

Movie: *Courageous* from the creators of *Fireproof*. When registering, indicate if you are bringing chili to share. Prizes will be awarded for the best chili.

Letters from Dad

Friday, February 17, 6:00 – 10:00 PM

Saturday, February 18, 7:00 – 1:00 PM

Join Men's Ministry for an exciting event in February. Men of all ages can learn how to leave a legacy of faith, hope and love through the lost art of letter writing. Contact Brian Olson at brian42@rocketmail.com.

Annual Couples Retreat:

"Fireproof Your Marriage" 

Friday, March 9 // 6:30 – 9:00 PM at SOTV

Saturday, March 10 // 8:00 AM – 5:00 PM

at Mount Olivet Retreat Center in Farmington, MN
Cost: \$70/couple // KidCare (Friday only): \$5/child

Take your love to the next level and connect with other couples at our annual retreat. We will watch the movie *Fireproof* on Friday and study its themes in depth together on Saturday. Continental breakfast, lunch, and snacks are provided in the cost.

Witnesses: An Immersed in the Word event 

Save the Date! Sunday, March 11, 6:00 - 8:00 PM

An acclaimed one-man play featuring the Rev. Jonathan P. Swenson portraying eight characters and offering a fresh look at Jesus. Tickets: \$10 for adults (\$12 after Mar. 1), \$5 for ages 18 & under (\$7 after Mar. 1).

Tour of Tables

Save the Date! Saturday, April 14, 2012

We are currently looking for hostesses to set tables for this wonderful fellowship event. Let your creativity shine or choose your favorite holiday or other creative, whimsical theme. Please contact Lori Hertzberg at tabasco98@msn.com or (651) 994-1712 if you have questions.

O.K.'s (Older Kids)

Bonnie Melzarek's 

Harp Music
Monday, February 13
12 noon luncheon
Cost: \$7 Please sign up!

**WINK (Women in
New Konnections)**

For women who attend church alone to connect with others. Join us each Sunday at 10:45 near the Welcome Center. **Next event:** Women's Retreat on March 3 (see more at left)

Care & Support*

GriefShare

Tuesdays, 6:30 – 8:00 PM // Jan. 24 - Mar. 20
Video session and support group discussion time.
Optional workbook is \$15.

DivorceCare

Tuesdays, 6:30 – 8:30 PM // Feb. 7 - May 15
Cost: \$15, includes new workbook
Video session and support group discussion time.
Scholarships are available.

NAMI Parent Resource Groups

Every second and fourth Thursday of the month // 6:00 - 8:00 PM at SOTV

NAMI, the National Alliance on Mental Illness, presents an opportunity for parents and caregivers of children with challenging behaviors to get together to share similar experiences, discover resources and learn coping skills. Pizza and childcare is available. Contact NAMI Minnesota at (651) 645-2948.

Depression Support Weekly Meetings

Prince of Peace, 13901 Fairview Drive, Burnsville
Christian Life Center

For family members and loved ones of those with depression: Tuesday evenings, 6:30 PM, Room 160
Contact: Randy Goeke, (952) 240-2754

For individuals with depression:

Tuesday evenings, 6:30 PM, Room 160
or Wednesday mornings, 10:00 AM, Room 110
Contact: Richard Erickson, (651) 788-0275

Depression Support Monthly Speakers

Monday, February 6 // 7:00 – 8:30 PM at SOTV
“The Whole-Person Approach to Treating Depression/Anxiety” Kim Bushman, PhD, LP

ADHD, Autism, & Other Disabilities on the Spectrum

Monday, February 27 // 6:45 - 9:00 PM at SOTV
“Introduction to Biomedical/Functional Medicine Treatments”// Speaker: Stephanie Belseth, MAN, CPNP, founder of Newbridge Clinic //
No cost for this presentation. Pre-registration and payment is required for KidCare only — \$5/child.

Suicide Survivor Support Group

2nd Tuesdays & 4th Thursdays // 7:00 – 8:30 PM
Mary Mother of the Church, 3333 Cliff Road, Burnsville, Park in West parking lot, enter main door, look for sign.

* See the rightmost sidebar for more support groups.

Giving Opportunities



Our Daily Bread Food Shelf

Thank you to everyone who gave donations to our Christmas Gift Giving ministry, \$1,605 of which was allocated to the food shelf. Donors to the food shelf do more than help people meet their basic needs, you are nurturing their spirit. Thank you!

Most needed items: refried beans, mandarin oranges, cookies, taco shells, cereal.

Please no green beans or corn at this time.

Give the Gift of Sight

Lions Clubs International collects old, unwanted eyeglasses for redistribution in developing countries. If you have old eyewear sitting around or stuffed in a drawer, please consider bringing them to our collection box found in the Narthex. Questions? Please contact Sam Heiting at (952) 985-7310.

SOTV Red Cross Blood Drive

Tuesday, February 7, 12:30 - 6:30 PM

You are eligible to donate if you are in good health, 16 yrs. or older and have not donated since 12/13/11. Double red appointments will be available. Online registration is available at www.redcrossblood.org, or at the Welcome Center. If you are interested in volunteering to make appointments, greet, serve snacks, or help with set up/clean up, please sign up at the Welcome Center or call Lisa Loher at (651) 683-9127. Thank you!

January Shoe Collection

Over a million people in Ethiopia and other countries are affected by diseases from contaminated soil. All that is needed is a good pair of shoes. In January, we will be collecting the following types of new or gently used shoes in the narthex: running, athletic, sandals, work boots, cleats, and flip flops.

Souper Bowl of Caring February 1-12, 2012



Bring non-perishable food donations to Confirmation or Worship the first two weeks of February for the “Souper Bowl” of Caring! Donations go to SOTV’s Food Shelf. Tables will be set up in the Narthex for donations. Place your donation under the banner of the team you want to win the Super Bowl!

February Collection: Birthday Bags

Help children in need by providing birthday party supplies which parents may not be able to afford. Donations needed include: paper plates, napkins, invitations, cups, party favors (these 5 items in packs of 8 when possible), balloons, and candles.

 = Register at the Welcome Center or online at www.sotv.org/events

Ongoing...

Knitters & Crocheters

Want to make Prayer Shawls?
Contact: Jill.Johnson@sotv.org
or (952) 985-7381.

Shepherd Quilters

Mondays, 9:00 am - 4:00 pm

Faith Partners: Promoting Chemical Health

If you or someone you know is affected by chemical abuse, please contact Karen (952) 201-6193 or Scott (952) 431-2566.

CBC (Challenged by Cancer)

For women living with cancer to gather and support each other.
2nd Tuesdays, 7:00 - 9:00 PM.
Contact: Cher Nelson, Parish Nurse, (612) 209-1404, cher.nelson@sotv.org

Compassionate Friends South of the River

3rd Tuesdays at 7:00 PM.
For parents grieving the loss of a child of any age from any cause.
Contact: Susan Ferber, (651) 683-9236, susan@ferbers.us.

Sarah Circle Bible Study

2nd Saturdays, 8:30 - 9:30 AM
Contact: Judy Anderson
(651) 207-8407

Shalom Circle Bible Study

3rd Thursdays, 1:30 - 3:30 PM

Wednesday Coffee for Men

Wednesdays at 9:00 AM in Atrium

Men's Bible and Faith Study Groups

Tuesday Mornings: 6:00 - 7:00 AM

Wednesday Evenings: 6:00 - 7:15 PM
Romans study beginning January 18

Friday Mornings: 6:30 - 8:00 AM

Contact: Denny Ofstedahl
denny.ofstedahl@gmail.com

Job Connections Group

“Showcasing Your Experience”
Tuesday, January 31, 6:30 - 8:15 PM

Prince of Peace, Burnsville, MN

More info: (952) 898-9388
www.princeofpeaceonline.org/jcg



Children, Youth and Family (CYF)

News & Events | January 28 & 29, 2012 CYF office: (952) 432-6385

GodZone (PK - Grade 5)

First Communion Class: Jan 31

Tuesday, January 31 at 7:00 pm

We have expanded the opportunity for youth to receive First Communion. All preschool through Grade 5 children who have expressed a readiness to go beyond a blessing during communion are invited to attend a special class with their parents. Children may then attend any one of the worship services on the following weekend to receive their First Communion.

Vacation Bible School 2012

Mark Your Calendars!

Registration Opens Sunday, April 1

June 4-7: Preschool (4 yrs. before Sept.1, 2012)

June 11-14: Preschool-Grade 3

July 9-12: Kindergarten - Grade 3, Grade 4-5

All sessions will be from 9:30 AM - 12 Noon.

Mini-Camps for Fun and Service

July 30 - August 1: PK-K
"I'm a Helper Just Ask Me"

August 6-9: Grades 1-3
"I'm At Your Service"

August 20-23: Grades 1-5
"Tanzanian Kuzunguka Zunguku!"
(Translation: "Taking Care of Business")

All sessions will be from 9:30 AM - 12 Noon.

Family Snow Tubing (All Ages!)

Friday, February 10, 7:00 - 10:30 PM
Green Acres (Lake Elmo)

Cost varies (\$5-\$15) based on age and height; see the registration form, available at the Welcome Center and Children's, Youth and Family office, for full details.

All Youth (Grades 1-12)

God & Country Program For Boy and Girl Scouts

- Grades 1-3: God and Me
- Grades 4-5: God and Family
- Grades 6-8: God and Church
- Grades 9-12: God and Life

Please visit www.sotv.org/scouts for information.

Summer Camps (Grades 2-12)

There are amazing summer opportunities for growing in faith and experiencing the joy of Christian community for Grades 2-12.

Camp Wapo

Grades 2-3: Friday, June 15- Sunday, June 17

Grades 4-5: Sunday, June 17- Friday, June 22

Luther Dell, Ox Lake & Journey of the Cross:

Grades 6-12: Sunday, June 17- Friday, June 22

Packets are in the Children's, Youth & Family (CYF) office or at the Welcome Center. Registrations are due March 15. Questions? Contact Barb Schulz at (952) 985-7351.

Summer Trips (Grades 6-12)

Youth in Grades 6-12 can still sign up for a Summer 2012 Service Trip! Space is limited, so register today! Adult leader volunteers are also still needed. Contact Brandon Newton at (952) 985-7361.

High School (Grades 9-12)

High School Ski Retreat

Friday-Sunday, February 17-19 at Welch Village

Cost varies based on rental needs and whether you have a season pass. \$75 deposit holds your spot. Space is limited! Girls: a few open spots, Boys: full.

All Metro Praise

Sunday, January 29, 5:00 - 7:30 PM

Join youth from across the twin cities at Augsburg College for a unique worship experience—bring your gifts, your voice, and your praise! Meet at SOTV and bring money for a fast food dinner on the way. RSVP online at www.sotv.org/events so that we can arrange transportation.

SOTV Merchandise

Get your "Deeply Rooted" long or short-sleeved t-shirt, SOTV hooded sweatshirt, mug, or water bottle today! Order forms with pictures of items available at a table in the Narthex this Wednesday, at the Welcome Center, and Children, Youth, and Family office, or online at www.sotv.org/events. Orders due February 1. All proceeds support the Summer 2012 Trip to Haiti.

ONGOING CHILDREN'S AND YOUTH MINISTRIES...

GodZone (PK - Grade 5)

Sundays and Wednesdays
Call for available times

GodZone is our fun and engaging Christian Education program for Preschool through Grade 5. Children can join any time throughout the year. To register, visit the Welcome Center or our website www.sotv.org/children/godzone.shtml. Call the Children, Youth and Family (CYF) office if you have any questions: (952) 432-6385

Confirmation (Grades 6-9)

Wednesday nights
Call for available times

Confirmation for 2010-2011 is underway, although kids can join any time throughout the year. Call Barb Schulz in the Children, Youth and Family (CYF) office if you have any questions or to register for a small group. (952) 985-7351

High School (Grades 9-12)

URL (Unwind, Recharge and Learn)

Wednesdays 8:00 - 9:15 PM
Shepherd Room

Informal youth gatherings to connect with friends and meet new people.

PBS (Panera Before School)

Mondays at 6:30 AM
Apple Valley Panera,
off Cedar & County 42

Jumpstart your week with faith friends, scripture, and prayer (not to mention a tasty breakfast!).