



**WEEKLY**

# News for the Flock

## Welcome!

Whether you are married, single, aging or young, there are many great opportunities to Gather, Grow, & Give in Christ at Shepherd of the Valley (SOTV) Lutheran Church.



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As always, there is more information online at [www.sotv.org](http://www.sotv.org).

**Shepherd of the Valley**  
Lutheran Church, ELCA  
12650 Johnny Cake Ridge Road  
Apple Valley, MN 55124  
[www.sotv.org](http://www.sotv.org)

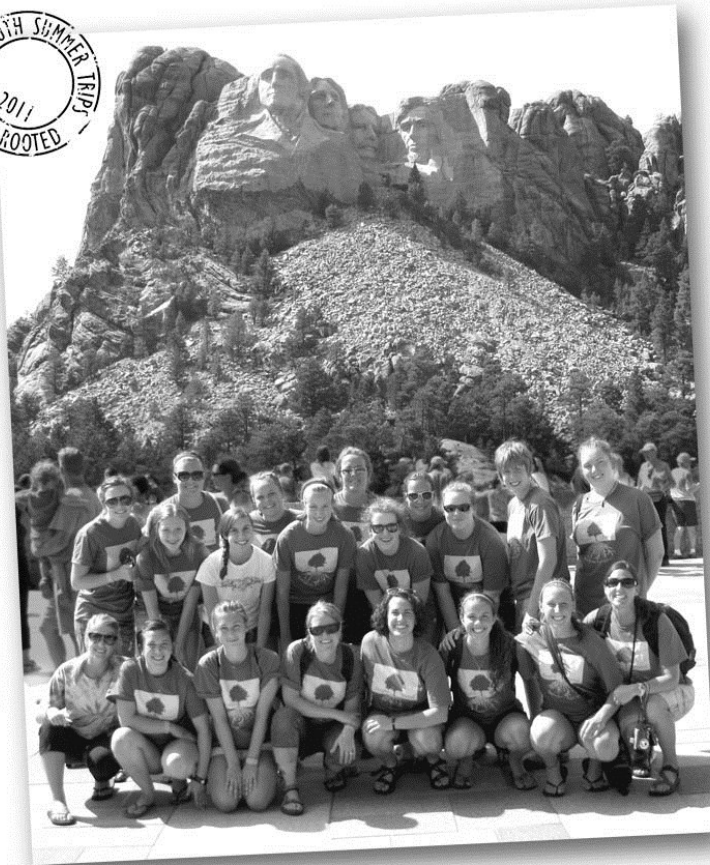
Children, Youth & Family Office  
(952) 432-6385

Church Office: (952) 432-6351

**Celebration Worship**  
Saturdays 5 PM  
Sundays 8:30 & 10:30 AM

**"The Table" Worship**  
Sundays 10:30 AM

**"Cabin Worship"**  
Mondays 7:00 PM



**August 27-28, 2011**

## Summer Postcards: SunCatcher

A group of 16 high school girls and four women from Shepherd of the Valley (SOTV) traveled to the Black Hills of South Dakota on the final Youth Summer Trip of 2011.

This trip was a combination of a camp week and a service mission. The group stayed at Atlantic Mountain Ranch, a very rustic campground with no running water, located near the Crazy Horse Memorial. Some girls were nervous about "roughing it" but quickly became pros at using pit toilets and brushing their teeth under the stars.

The focus of the trip was serving at the nearby SunCatcher Therapeutic Riding Academy, a non-profit providing equine therapy for children, teens, and adults with special needs. Everyone from SOTV was paired up with someone receiving therapy over the course of the week.

Many special bonds were made within the SOTV group, and also with people at SunCatcher. There was even time for the SOTV ladies to do some horse riding and activities like geocaching.

## General News and Announcements:

### THIS WEEKEND :

- All students are invited to the "Blessing of Backpacks" at each worship service
- **Blood Pressure Checks** in the Admin Office
- **Golf & Gears for the Good** Spotlight table in the narthex
- **Opportunity to share your SOTV stories on video** (see p.3)
- **The Ordination of Nate Toso**, Sunday at 1:00 PM in the Sanctuary
- **Video Bible Study "Living the Questions"** concludes this Sunday, August 28, at 9:30 AM in the Chapel between services. The Sunday Adult Forum at 9:45 AM begins October 2.
- **The final "Cabin Worship,"** 7:00 PM on Monday, August 29.

### UPCOMING WEEKS:

**Holy Communion at all services September 3-4.**

**Fall schedule kick-off/Mission & Ministry Fair, September 10-11.**

Celebration Worship in the Sanctuary: Sat. 5:00 PM, Sun. 8:30, 9:45 & 11:00 AM. "The Table" Worship in the Great Hall: Sun. 9:45 & 11:00 AM.

## ELCA Study Group recommendations available

The SOTV Church Council recently approved the recommendations of the committee it tasked to study the 2009 ELCA social statement on sexuality.

Copies of this document are available at either entrance of the building and at [www.sotv.org/elcastudy](http://www.sotv.org/elcastudy).

Your feedback is important. Please address any questions or comments to Pastor Chris Smith at (952) 985-7305 or [Chris.Smith@sotv.org](mailto:Chris.Smith@sotv.org).

## Baptisms

Baptism class is required for families preparing for their first baptism at SOTV.

Contact Merilu Narum at (952) 985-7326 to schedule your baptism with the church one to two months in advance. Baptism forms must be completed prior to scheduling and are available at the Welcome Center or online.

## Preschool Registrations

Celebrating Children Preschool will begin their 18th year this September. **There are still a few openings** in the 3 & 4 year old morning classes and the 4 & 5 year old afternoon class.

Please call Sandy Gleasing for more information: (952) 985-7370.

## Nursery & KidCare

Jeanne Mikulski (952) 985-7357

During worship hours, nursery is available at no charge for children ages six weeks through three years.

For programs other than worship, Shepherd of the Valley's KidCare provides childcare for children ages six weeks - 12 years. Pre-registration and pre-payment are required. Register online at [www.sotv.org](http://www.sotv.org).

## Parish Nurses

Parish Nurses are available for care and consultation on any number of health issues. Rose Mahlum, RN is the lead nurse on staff at SOTV.

Rose can be reached at (952) 985-7365 or [Rose.Mahlum@sotv.org](mailto:Rose.Mahlum@sotv.org). Her office consultation hours are Tuesdays and Fridays from 9:00 - 11:00 AM.

## Got News for the Flock?

Submissions are due for the weekly newsletter every Tuesday at Noon.

Contact Trip Sullivan at (952) 985-7311, or [Trip.Sullivan@sotv.org](mailto:Trip.Sullivan@sotv.org).

Online versions of our newsletters and a sign up form to receive our newsletters via e-mail are available at [www.sotv.org/news](http://www.sotv.org/news).

## Gather

### O.K.'s (Older Kids)

#### Fall Retreat at Camp Wapo September 20-23

A fun, relaxing and spiritual weekend with studies led by our favorite pastors, camp fires, great food and more! Cost is \$165 and includes three nights lodging, seven meals, and several "little somethings." Pick up registration info at the Welcome Center.

### Couples' Event: Feed My Starving Children

**Saturday, September 17**  
**4:30 - 6:30 PM**  
**75 spots available at Eagan site**

Optional dinner after the event at Al Baker's in Eagan

### Women's Fall Breakfast "Our Constant in the Chaos"

**Saturday, September 24**  
**Cost: \$10/person**  
**KidCare: \$4/child**  
**8:30 - 9:00: Coffee & Fellowship**  
**9:00 - 11:00: Breakfast & Speaker**

Speaker Lisa Jamieson will help us explore practical tools for experiencing the kind of rest God desires for us even when life's seasons are challenging.

## Give

### Golf (and Gears) for the Good

#### Social Ministries Fundraiser Saturday, September 24

Golf, Mini Golf, Bike Rides, Dinner and Prize Raffle—something for everyone! Full details online at [www.sotv.org/golf](http://www.sotv.org/golf)

#### How you can help:

- Sign-up online or at the Welcome Center!
- **Donate gift certificates, event tickets or new items that can be part of our raffle or golf prizes.**
- Sponsor a hole for \$125

Questions? Contact Lisa Hegerman at [Lisa.Hegerman@sotv.org](mailto:Lisa.Hegerman@sotv.org) or (952) 985-7329.

## Mission & Ministry Fair: Safari

### Rally Weekend, September 10-11, 2011 Between services in the Atrium

Join Shepherd of the Valley for our "Safari" and discover all the great things going on around the church! We will highlight all our 2011-12 ministries, classes, groups and volunteer opportunities in ONE place and at ONE time in a fun, carnival-like atmosphere. The fun and festivities will include:

- Ministry "Outposts" (around the narthex)
- Fizzy Swamp Juice (green lemonade)
- Dirt with Worms (pudding, Oreos and gummies)
- Trail Mix and Popcorn
- A Safari Hunt (in the backyard for kids)
- The Jen Dwyer Band (during worship services)
- Face Painting
- And More!

### Men's Fall Kickoff Event!

#### Dr. Tony Campolo "Get Off the Bench"

**Saturday, September 24**  
**9:00 AM - 12:00 noon**  
**Prince of Peace Lutheran Church,**  
**Burnsville, MN**

All men, age 20 and above, are invited to a presentation by Dr. Tony Campolo to engage men in ministry beyond the church walls. A continental breakfast will be served preceding Dr. Campolo's presentation. Freewill offering.

### Red Cross Blood Mobile

**Friday, August 26, 2011**  
**Grace Lutheran Church**  
**7800 West Co. Rd 42, Apple Valley**

The need for blood donations is still great, so if you missed our most recent blood drive, please consider donating. Contact Nancy Tabaka to make an appointment at (952) 432-1746.

### Supporting our neighborhood school

School is starting in a couple weeks and we are looking for people interested in supporting Falcon Ridge Middle School. We are seeking volunteers interested in supporting teachers in the classroom, doing administrative tasks and more. For more details, please contact Lisa Hegerman at (952) 985-7329.



**Bring a Toucan!**  
**Or, "two cans"**  
**of food for the**  
**Food Shelf!**

### Men's "Theology on Tap"

**The 3rd Tuesday of each month,**  
**starting September 20**  
**7:00 - 9:00 PM**  
**Tap Location: TBD**

Gather with Pastor Chris Steubing to enjoy fellowship and conversations about questions of faith, God, and spirituality in real life.

Questions? Contact Pastor Chris Steubing at (952) 985-7306 or [Chris.Steubing@sotv.org](mailto:Chris.Steubing@sotv.org).

### Our Daily Bread Food Shelf



#### Summer Food Drive

Keep bringing in your yellow bags for the Summer Food Drive!

Your donations are essential and much appreciated during this time of increased need. We have taken on 60% of the Rosemount food shelf's business as it undergoes construction.

- Yellow bags and lists are located by both entrances and outside the Great Hall.
- **Most needed items this week are:** soups of all kinds, refried beans, microwave popcorn, and packaged cookies.
- Please check the white boards for up-to-date needs each week.
- Thank you to everyone who has given donations so far!

## Bible Basics

Tuesdays, 6:30 - 8:00 PM  
Six week beginners' study  
Starts September 13  
Led by Mark Gilligan  
Cost: \$10. KidCare: \$18/child

## Having a Mary Heart in a Martha World

**Women's Bible Study**  
Monday evenings, 7:00 - 8:30 PM  
September 12 - November 28  
Cost: Free. Participants should buy a copy of the book on their own.  
KidCare: \$36/child

## Faithful Abundant True

**Women's Bible Study**  
by Beth Moore, Kay Arthur and Priscilla Shirer  
Tuesday mornings, 9:30 - 11:30 AM  
September 20 - December 13  
Cost: \$20. KidCare: \$52/child

## Raffle Items Needed

We're looking for items as a part of our upcoming raffle and silent auction for **Golf & Gears for the Good on Saturday, September 24.**

Items can be anything from a gift certificate to event tickets to private lessons to an overnight stay at your cabin. You probably have something you could donate to this worthwhile cause.

Contact Lisa Hegerman or Pastor Duane if you have something you'd like to donate.

## Share Your SOTV Stories This Weekend

In anticipation of Shepherd of the Valley's 30th anniversary celebration in November, we are putting together a video collage of SOTV memories of people in our church community.

This weekend in fact, Pastor Duane and his video crew will be on hand before and after all the worship services. We'd love to include your stories and memories. If you're interested in sharing what SOTV has meant to you over the past 30 years, we want to hear it!

Check in at the Welcome Center to find out where the videotaping is happening.

## The Divine Drama: The Biblical Narrative

Mondays, 6:30 - 8:00 PM  
14 week intermediate-level study  
Starts September 12  
Led by Mark and Carrie Gamm  
Cost: \$20 for the books  
KidCare: \$42/child

## Crossways: The Ultimate Journey Through the Bible

Two year in-depth study, meets September to April each year.  
Cost: \$40/year

**Year 1: Old Testament**  
Sundays, 7:30 - 9:30 AM  
Starts September 11  
Led by Tim Schaefer

**Year 2: New Testament**  
Monday mornings, 9:30 - 11:30 AM or Monday nights, 7:00 - 9:00 PM  
Starts September 12  
Led by Char Kilgore

## Care & Support

### Depression Support Coalition

Offering information, education, support, and spiritual hope to those affected by depression, as well as their families.

### Support Group Meetings

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

**For individuals with depression:**  
6:30 PM Tuesday evenings or 10:00 AM Wednesday mornings  
Contact: Richard Erickson (651) 788-0275

**Location:** Prince of Peace Lutheran Church  
13901 Fairview Drive, Burnsville  
Christian Life Center, Room 110

### Monthly Educational Speakers

**"Depression: An Illness, Not a Character Defect"**  
John Hottinger

**Monday, September 12 7:00 - 8:30 PM**  
Location: St. John the Baptist Catholic Church  
4625 West 125th Street  
Savage, MN 55378  
Contact: Jim Rylander (952) 890-9465

## I and II Samuel

Thursdays, 7:00 - 8:30 PM  
Eight week study with Pastor Duane Paetznick  
Starts September 22  
Cost: \$10. KidCare: \$24/child

## Friday Morning Bible Study

Interpreting the Book of Revelation

Fridays, 9:30 - 11:30 AM  
7 week study with Pastor Mary Lund  
Starts September 23  
Cost: Free

## Guided by the Spirit: A Study on Prayer

Tuesdays, 9:30 - 11:30 AM  
4 week study led by Sanna Ellingson  
Starts September 20  
Cost: Free. KidCare: \$16/child

## DivorceCare

Thursdays, 6:30 - 8:30 PM  
Starting September 8  
Cost: \$15, includes new workbook  
KidCare: \$60/child

Video series featuring experts on divorce and recovery, with a new topic each week. Each session includes support group time to share real life experiences. Scholarships are available.

## GriefShare Support Group

Thursdays, 6:30 - 8:00 PM  
Starting September 15  
Cost: \$15, includes new workbook.  
KidCare: \$27/child

Video series featuring Christian experts on grief and recovery topics. Each session includes support group time to discuss the video and share their grief. Facilitated by Pastor Diane Sponheim and Pat Drake, Parish Nurse. Contact Pat Drake at (612) 384-3403. Scholarships are available.

## More Support Groups

See the rightmost sidebar for more support groups. For more information about any of these groups please contact Julie Opheim at (952) 432-6351 or e-mail [Julie.Opheim@sotv.org](mailto:Julie.Opheim@sotv.org).

## Knitters & Crocheters

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

## Down Syndrome Parent Support Group

Every 3rd Monday, 6:30 - 8:30 PM.  
Contact Suzy Runkel at (952) 891-5082 or [suzynelson@hotmail.com](mailto:suzynelson@hotmail.com).

## 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. Meets every 2nd Tuesday 7 - 9 PM.  
Contact: Cher Nelson, Parish Nurse, (612) 209-1404, [cher.nelson@sotv.org](mailto:cher.nelson@sotv.org)

## Compassionate Friends South of the River

Meets every 3rd Tuesday at 7:00 PM. For all parents who are grieving the loss of a child of any age from any cause. Contact: Susan Ferber, (651) 683-9236, [susan@ferbers.us](mailto: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

Wednesday at 9:00 AM in the Atrium

## Men's Bible Studies

Tuesday Mornings: 6:00 - 7:00 AM  
Wednesday Evenings: 6:00 - 7:15 PM (resuming September 7)  
Friday Mornings: 6:30 - 8:00 AM  
Contact: Pastor Chris Steubing (952) 985-7306

## Job Connections Group

Unemployed, underemployed, or in job transition?

**"Outsourcing Yourself"**  
Tuesday, August 30, 6:30 - 8:15 PM  
Prince of Peace, Burnsville, MN  
More info: (952) 898-9388  
[www.princeofpeaceonline.org/jcg](http://www.princeofpeaceonline.org/jcg)



# Children, Youth and Family (CYF)

News & Events | August 27-28, 2011

CYF Office: (952) 432-6385

## Preschool Openings Available

Celebrating Children Preschool will begin their 18th year this September. **There are still a few openings** in the 3 & 4 year old morning classes and the 4 & 5 year old afternoon class. Please call Sandy Gleissing for information: (952) 985-7370.

## "Friday Mornings Out" (FMO)

### Accepting Registrations

FMO provides parents with a peaceful respite from their young children once a week. Children are engaged in age appropriate activities such as music, crafts, story time, gym time, and more.

Tuition is \$423 per year or nine monthly payments of \$47. Registrations are accepted at the Welcome Center, or in the Children, Youth and Family (CYF) office. For more info call (952) 985-7354 or e-mail [Susan.Mitsch@sotv.org](mailto:Susan.Mitsch@sotv.org).  
\* Children must be age 2 before September 1, 2011.

## MOPS (Mothers of Preschoolers) Accepting Registrations

**Thursdays, 9:30 - 11:30 AM in the Great Hall. Meetings are bi-monthly beginning September 15th, 2011, and run through May.**  
**Cost: \$50/semester, plus an annual MOPS International fee of \$23.95. Scholarships are available.**

As a Christ-centered international ministry for mothers of children ages birth through kindergarten (and moms-to-be), MOPS is a fantastic way to connect with other women in Shepherd of the Valley Church and the surrounding community. Our children's program, MOPPETS, is designed to provide a safe and nurturing environment for each child and to introduce them to the love of God.

For more information, please e-mail [sotvmops@yahoo.com](mailto:sotvmops@yahoo.com) or call (952) 985-7383 and leave a message. Registration forms can be found online at [www.sotv.org/mops](http://www.sotv.org/mops).

## GodZone (PK - Grade 5)



### Registration for 2011-2012 is open. Classes start soon!

Children, 3 years old (September 1, 2011) - Grade 5 are invited to join **GodZone: Faith Under Construction** as they build their own character and faith through age appropriate large and small group activities.

The first sessions of GodZone 2011 will be on **Sunday, September 25** at 8:30, 9:45 and 11:00 AM and **Wednesday, September 28** at 4:30 and 5:45 PM.

### Volunteers Needed!

Hundreds of volunteers are needed to be small and large group leaders and resource prep people. Please consider sharing your time and gifts in this way!

In addition, we are looking for **families to volunteer** about once every five months by cleaning out and replenishing the **Bible Bags**. Interested families should contact Mim Campbell at (952) 985-7350 or [Mim.Campbell@sotv.org](mailto:Mim.Campbell@sotv.org).

### Welcome to GodZone

**Saturday, September 24**

**4:00-6:00 PM**

**Please pre-register**

Preschool children just beginning GodZone are invited to come with their parents to experience what GodZone is all about! They will be introduced to other little faith "builders" as they participate in a typical large and small group experience and receive special tools for involvement, including a copy of the Children's Bible that is used in GodZone.

Families will be asked to stay for worship at 5:00 PM to participate in Good News for Kids (a children's time) and a blessing of Bibles. A snack will be served.

**For all these events and programs**, you may register online, at the Welcome Center or at the Children, Youth and Family (CYF) office. Questions? Call the CYF office at (952) 432-6385.

## Confirmation (Grades 6-9)

### Registration for 2011-2012 is now open. Classes start soon!

Confirmation meets during the school year on Wednesday nights.

Kick-Off Night for 6th-8th grades is on **Wednesday, September 21** and 9th grade Kick-Off Night is on **Wednesday, September 28**. Parents are asked to attend this first Confirmation session along with their children.

Youth in **6th or 7th grade** can choose from one of the following times: 3:15, 4:30, 5:45, or 7:00 PM. Classes for **8th grade** meet at 3:15, 5:45 or 7:00 PM (no 4:30 class). The entire **9th grade** class meets at 7:00 PM.

You may register online, at the Welcome Center or at the Children, Youth and Family (CYF) office. Questions? Call (952) 432-6385.

## High School (Grades 9-12)

### Ambassadors for Change

High school students, are you looking for a unique leadership opportunity? We are looking for creative teens interested in making a difference at SOTV and the wider world. We meet a minimum of once a month with additional time commitment based on different projects. Contact Katie Heilman at (952) 985-7360 or e-mail [Katie.Heilman@sotv.org](mailto:Katie.Heilman@sotv.org) for more information.

### PBS (Panera Before School) — begins September 12! Mondays when school is in session, 6:30 AM

Kick off your week with a special treat: Panera breakfast, time to check in with faith friends, scripture and prayer. Katie Heilman or other youth staff will meet you in the early mornings at the Apple Valley Panera (off Cedar and County 42), and we guarantee you will make it to school on time, perky as can be!

### Confirmation Guides and Leaders Needed

Adults and youth (10th grade and older) are needed to facilitate small groups and serve in other leadership roles. Contact Barb Schulz at (952) 985-7351 or e-mail [Barb.Schulz@sotv.org](mailto:Barb.Schulz@sotv.org) to learn more.