



October/November 2011

**NEWS**  
for the

# Flock



**The Organ Arrives!**

**Big Things Happening  
This Fall. Be a part of it!**



Photo: Lori Bullock

# General Information

## Contact Us

Church Office: (952) 432-6351  
Children, Youth and Family Office:  
(952) 432-6385  
Fax: (952) 432-6917  
Website: [www.sotv.org](http://www.sotv.org)

## Pastors

Christopher Smith, Duane Paetznick,  
Randy Brandt, Mary Lund,  
Diane Sponheim, Chris Steubing,  
and Paul Harrington.

**Visitation Pastors:** Chuck Tindell  
and Leland Johnson

## Parish Nurses

Rose Mahlum, Cher Nelson, Becky  
Wilken, Lori Henke, Pat Drake  
(952) 985-7365

## 2011-2012 Church Council

Todd Sipe, President; Steve Mueller,  
Vice President; Arlen Wilson,  
Secretary; Troy Nelson, Treasurer;  
Kari Slotten, Dana McKenzie,  
Lynne Nelson, Cindy Archer-Burton,  
Rusty Fifield, and Julie Fries

## Weddings

Contact Jill Johnson (952) 985-7381

## Funerals

Contact Lori Bullock (952) 985-7324

## Newsletters

These newsletters and our weekly  
edition are available online at  
[www.sotv.org/news](http://www.sotv.org/news).

Newsletter submissions should be  
sent to [Trip.Sullivan@sotv.org](mailto:Trip.Sullivan@sotv.org) before  
noon on Tuesday for the weekly  
edition and before October 24 for  
the December/January edition.

## Baptisms

The Sacrament of Baptism is celebrated **every 2nd weekend** of the month during  
regular worship services and, as needed, every 3rd weekend of the month as a  
separate baptism service (September - May at 12:30 PM, June - August at 12 noon).

**Baptism class is required** for families preparing for their first baptism at SOTV and  
are held the 1st Thursday of every month, 7:00 - 8:00 PM. Childcare is not available;  
however parents can bring their babies to class.

Baptism forms must be completed prior to scheduling a baptism. Forms are available at  
the Welcome Center or online.

**To schedule a baptism**, please contact Merilu Narum at (952) 985-7326  
one month in advance.

## Shepherd of the Valley's Library

Did you know? There are **many books** and **DVDs** for adults, youth, and kids in the  
Library. It is located in the Shepherd Room, near the Food Shelf, along the wall  
shared by the Music Room.

The library is open for you to **browse and checkout materials** nearly all the time.  
A **self checkout sheet** is located near the glass windows by the door.

## Experience Church Virtually @ Home

Videos of entire Celebration Worship services (in the sanctuary) are available each  
Monday afternoon to watch online. You can also **listen and download audio** of each  
week's sermon in both The Table and Celebration Worship. These are available  
every Sunday afternoon.

In addition, worship services are broadcast on **Eagan's Channel 15** (E-TV) every  
Sunday at 6:00 and 9:00 AM and Wednesday at 1:30 PM.

For more information, or to watch and listen, visit [www.sotv.org](http://www.sotv.org) and click on  
"**Audio and Video Media.**"

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**Christopher Smith**  
Senior Pastor

## Big Things Happening This Fall

### The Pipe Organ Arrives!

As I write this, I anticipate the pipe organ's arrival very soon. The arrival of the pipe organ is an exciting milestone for SOTV. After years of investigation and investment, we will have a beautiful and remarkable instrument. Throughout the fall Holtkamp Organ Company staff will be on site constructing, tuning, and voicing the organ. The new pipe organ will be enjoyed for generations and will be an excellent tool both to praise God in worship and to reach out to our community.

You may already know that our organ is scheduled to be completed and dedicated in November. But this project is too big for just a single dedication event. Instead, October and November will be filled with many events for the whole community to enjoy. Mark your calendar for these organ events:

- **Oktoberfest Worship and Dinner**, October 1 at 5:00 PM
- **Pizza and Pipes Halloween Party**, October 29 at 6:00 PM (wear your costume!)
- **Organ Dedication at Worship**, Weekend of November 12-13, all worship services
- **Organ Recital and Dinner**, November 18 at 6:30 PM

**More information on these events is on pages 7-8.** The latest updates and photos of our organ project can be found at [sotvorgan.blogspot.com](http://sotvorgan.blogspot.com).

### Wonders: Giving to Change the World

Financially, SOTV is in great shape. Every year we make or exceed our budget. We work hard to trim expenses. We pay our bills on time, and the Lord always provides what we need. But giving isn't only about that – it's also a spiritual discipline through which Jesus calls us to realize the joy of faithful giving and the gift of financial freedom.

In November every household will receive a report celebrating our ministries called *Wonders*. In it you will find stories of grace, love, and transformation from folks at SOTV. You will learn how your gifts are used to help us all praise God, grow in Christ, and reach out to the world in love. Look for it this fall and consider how your giving will be part of the Wonders of God at work among us.

#### On the cover:

(From left) Jennifer Maxwell, Interim Director of Operations, Mark Ertl, Director of Music and Worship, and Kristen Holien, Administrative Assistant, were among the staff, members, and volunteers present in the early morning of September 12 when the first parts of the new sanctuary pipe organ arrived from Holtkamp Organ Company in Ohio. The two wooden pipes pictured were the first to be unloaded.

### 30<sup>th</sup> Anniversary Celebration

Save the Date! Sunday, on Sunday, November 13 at 5:00 PM we mark 30 years of ministry for SOTV! (More information can be found on page 6.) It's time to give thanks for where we have been and to look to the future. Under God's blessing, SOTV has grown and accomplished much. Come enjoy tasty foods, great fellowship, and loads of fun as we celebrate.

God Bless You with Peace and Joy,  
Pastor Chris Smith

## General Information

### Nursery & KidCare

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.

Contact: Jeanne Mikulski (952) 985-7357

### Celebrating Children Preschool

Celebrating Children Preschool strives to promote the healthy growth of the "whole" child. We have classes for 3, 4 & 5 year old children. Classes are held from September-May.


Contact Sandy Glessing at (952) 985-7370 or visit [www.sotv.org/preschool.shtml](http://www.sotv.org/preschool.shtml)

### Friday Mornings Out (FMO) Accepting Registrations

FMO provides parents with a peaceful time away from their children, engaging them in age appropriate activities such as music, crafts, and more. Tuition is \$423 per year, or 9 monthly payments of \$47.

Registrations are accepted at the Welcome Center, in the Children, Youth and Family (CYF) office and online.

For more information contact: Susan Mitsch at (952) 985-7354 or [Susan.Mitsch@sotv.org](mailto:Susan.Mitsch@sotv.org).

 = Register online or at the Welcome Center  
[www.sotv.org/events](http://www.sotv.org/events)

## First Communion: Now open to PK - Grade 5

This year we are expanding the opportunity for our youth to receive their First Communion at an earlier age. Previously, fifth grade was the earliest children could learn and partake in this holy sacrament. Over the past several years, many of our youth have demonstrated readiness at a much earlier age, seeking to join their parents, older siblings and the church community at the altar for Communion. Many of you have spoken and Shepherd of the Valley's pastors and staff have listened.

**Starting this fall, any child in Preschool up to and including Grade 5 are welcome to attend one of the following First Communion classes:**

#### Class Dates

Thursday, November 17, 2011  
Tuesday, January 31, 2012  
Tuesday, April 3, 2012

#### First Communion Dates

November 19-20, any service  
February 4-5, any service  
Maundy Thursday, April 5, service TBA

To sign up, visit the Welcome Center or [www.sotv.org/events](http://www.sotv.org/events). If you have questions, please contact Pastor Mary Lund at (952) 985-7303 or [Mary.Lund@sotv.org](mailto:Mary.Lund@sotv.org). All are welcome to God's table of grace—now more than ever!

## S.A.I.L. Ministries (Showing All Individuals Love)

All are welcome at Shepherd of the Valley, especially those with special needs. Our **S.A.I.L. Ministry (Showing All Individuals Love)** provides support, outreach and opportunities to include all people in worship, education, fellowship and prayer. Services available include:

- Assisted listening devices
- Large-print bulletins
- Wheelchairs and walkers
- Wheelchair seating
- Communion for seated individuals
- Gluten-free wafer option
- Online sermon audio and worship video
- "Buddy" assistants for special needs individuals
- Parish nurses (medical assistance, blood pressure checks)
- AED (defibrillator)
- Healthy snacks after worship

S.A.I.L. Forms and brochures are available online, at the Children, Youth and Family (CYF) office and Welcome Center.

## New Member Classes

Would you like to become a member of our church or simply investigate it further? Join us for information about our mission and opportunities for involvement.

No registration necessary and childcare is available. Please see our weekly newsletters for upcoming classes. Questions? Please e-mail [Lori.Bullock@sotv.org](mailto:Lori.Bullock@sotv.org).

**Sundays, October 2, 9, and 16**  
11:00 AM - 12 noon  
Reception on October 23, 2011

**Tuesdays, January 3, 10, and 17**  
7:00 - 8:00 PM  
Reception on January 22, 2012

**Sundays, April 22, 29, and May 6**  
11:00 AM - 12 noon  
Reception on May 13, 2012

# Weddings

*Congratulations to these couples who recently married at Shepherd of the Valley.*

**June 25, 2011:** Chad and Gretchen (Lane) Lilja

**July 2, 2011:** Matt and Jessica (Levin) Nelson

**July 3, 2011:** Brandon and Heather (Howard) Paetznick

**July 8, 2011:** Johnathan and Katie (Leier) Falkowski

**July 9, 2011:** Paul and Karen (Herland) Mara

**July 9, 2011:** Brent and Molly (Sauerbry) Augustine

**July 16, 2011:** Paul and Kris (Ehresmann) Moyer

**July 30, 2011:** Matthew and Samantha (Rondeau) Gaarder

**August 6, 2011:** Kelly and Cassie (Malkow) Booth

**August 12, 2011:** Josh and Betsy (Booton) Mundahl

**August 20, 2011:** Mark and Alana (Knudson) Martinez

Contact Jill Johnson at (952) 985-7381 for information on scheduling weddings at SOTV.

# With Sympathy

*Our prayers are with these members who have recently experienced the loss of a loved one.*

*Barb Nelson on the loss of her cousin, Janet Bender*

*Kristen Phillips on the loss of her father, Donald Benson*

*Linda Ofstedahl on the loss of her mother, Marlys Picht*

*Lori Henke on the loss of her friend, Dean Melnyk*

*Pat Buss on the loss of her aunt, Marceil Buss*

*Joyce Gustafson on the loss of her friend, Karma Klein*

*Lois Benoit on the loss of her friend, Betty Kulver*

*Johann McCarthy on the loss of her niece, Peggy Lockwood*

*Jan Nicolai on the loss of her godmother, Norma Ellingson*

*Debra Wroge on the loss of his brother, David Knutson*

*Marlene Leidner, Deb Hilmoe, and Deanna Darling on the loss of their husband and father, Carl Leidner*

*Joyce Gustafson on the loss of her friend, Doris Vogt*

*Paul Leeder on the loss of his father, Paul Kent Leeder*

*Kelly Soltis on the loss of her father, Art Hogan*

*Joan Hintermeyer on the loss of her sister-in-law, Barbara Finn*

*Joyce Gustafson on the loss of her friend, Hilda Schlegelmilch*

*Brad Wolff on the loss of his father, Richard Wolff*

*Helen Sauer on the loss of her husband, Dick Sauer*

*Carl Dahlberg on the loss of his mother, Esther Dahlberg*

# Baptisms

*Best wishes and God's blessings to these families who recently celebrated the Sacrament of Baptism in May and June 2011.*

## July 2011

*Damian John Kessler, son of Katrina Kessler*

*Boden Nikolas Doyle, son of Katrina and Nicholas Doyle*

*Evan Leigh Messner, son of Susan and Paul Messner*

*Sophia Loren Ringeisen, daughter of Jessica and Wesley Ringeisen*

*Camryn Grace Hecht, daughter of Maggie and Matthew Hecht*

*Landon Andrew Swarbrick, son of Crystal and Andrew Swarbrick*

*Ella Lucile Schaeffer, daughter of Lindsey and Benjamin Schaeffer*

## August 2011

*Ava Carolyn Grate, Kendall Nicole Grate, and Madalyn Janel Grate, daughters of Kietra and Timothy Grate*

*Jace Matthew Juncker, son of Vanessa and Matthew Juncker*

*Haidyn Margaret Aase, daughter of Stacy and Christopher Aase*

*Kourtney Rae Boomer, daughter of Jodelle and Benjamin Boomer*

*Edward Markus Esby, son of Gina and Andrew Esby*

*Trygg Cloren Hauge, son of Makala Hauge*

*Nathaniel Michael Tilstra, and Theodore Conrad Tilstra, sons of Kristine and Michael Tilstra*

*Anika Yvonne Wilwert, daughter of Shayne and Tristan Wilwert*

*Ellie Mae Peterson, daughter of Julia and Scott Peterson*

See page 2 for information on scheduling a baptism at SOTV.

## Upcoming Events

### “Celebrating 30 Years” SOTV Anniversary Show

**Sunday, November 13**  
**5:00 - 7:00 PM**  
**THE ENTIRE CONGREGATION IS INVITED!**

Shepherd of the Valley will be celebrating its 30<sup>th</sup> Anniversary in November and we hope you can join us! We will reminisce about SOTV in the 80’s, 90’s, and 2000’s, with stories and pictures and commentary from those who were there. This show promises to be a hilarious trip down memory lane, with past pastors, charter members and staff members in attendance. The schedule for the night is as follows:

**Show: 5:00 - 6:15 PM**

- Pastor Paul, Master of Ceremonies and storyteller
- Video vignettes, skits, music groups, pastors’ music selection
- Reminiscing about life at SOTV
- Looking back at our church traditions...possibly a spoof or two!
- Charter members & former pastors are the special guests

**Fellowship & Appetizers: 6:15 - 7:00 PM**

- Social time in the narthex to enjoy Chef Leiton’s appetizers
- Gaze at posters from each of the last 30 years with photos, milestones, statistics to take you down memory lane

Bring the whole family as we celebrate our community together. Signup online or at the Welcome Center. A freewill offering will be taken.

**If you have photos to share**, please bring them to the Welcome Center. Include your name & address so they can be returned.

### Books That Matter: *One Thousand Gifts*



**Saturday, October 22,**  
**9:30 - 11:00 AM**  
**Facilitated by Pastor Diane Sponheim**

Ann Voskamp’s story is not happily ever after. Despite a life full of pain, she battles to believe that in God is joy, and that there are as many gifts amid the grittiness of life as in the moments of celebration.

In *One Thousand Gifts: A Dare to Live Fully Right Where You Are*, Ann strives to find the meaning of life and fully embrace the surprising truth from the final scenes of Jesus’ earthly life. This fresh, heart-wrenching book unveils the long forgotten wonder that through the imitation of Christ’s thankfulness, we too can experience a life of joy.


A limited number of books will be available for \$12. You can purchase at any major books store as well. Everyone is welcome to come, discuss and listen.

### Shepherd of the Valley’s Baked Lutefisk Dinner

**Friday, December 16**  
**Seatings at 1:00 PM and 6:00 PM**  
**Cost: \$15/plate**



UFFDA! The annual favorite is back with Chef Leiton Larson at the helm. Come enjoy tasty Norwegian treats including baked lutefisk, Scandinavian meatballs, lefse, lingonberries, herring, krumkake, rosettes, and more! Please sign up at the Welcome Center or online at [www.sotv.org/events](http://www.sotv.org/events).

 = Register online or at the Welcome Center.  
Get more info at [www.sotv.org/events](http://www.sotv.org/events)

# Pipe Organ Events

Our brand new pipe organ is too big to just have a single dedication event. Instead, we have many events over the next several months to celebrate and raise funds. Every dollar raised gets us closer to paying off the organ!

## Oktoberfest Worship and Dinner

Featuring live polka music! 🎵

**Saturday, October 1**

**Worship: 5:00 PM in Sanctuary**

**Dinner: 6:00 PM in Great Hall**

**Cost: \$20/person (includes a complimentary beverage ticket for beer, wine or soda)**

The whole community and congregation is invited to attend this fun Oktoberfest celebration at church. Our normal 5 PM Saturday worship will be anything but, as the hymns and liturgy are led by an all-star Polka band, led by Mark Ertl and made up entirely by Shepherd of the Valley musicians. After worship, the party continues with a special dinner prepared by Chef Leiton Larson. The dinner will feature German favorites such as *rindsrouladen* (Rolled Beef stuffed with Pickles and Bacon), potato dumplings, a "to die for" German Chocolate Cake and more!



## Pizza & Pipes Halloween Party 🎵

**Saturday, October 29**

**6:00 – 7:00 PM**

**Dinner: 6:00 pm in Great Hall**

**Costume parade and concert: 6:30 pm in Sanctuary**

**Cost: \$3/person**

**A Halloween party for kids and families...at church!**

In anticipation of our brand new pipe organ (to be dedicated in November) we're having a special concert for kids and their families. Your favorite scary Halloween tunes will be performed in all their spine-shivering, goosebump-creating glory on the organ by Mark Ertl, our Director of Music and Worship. A meal of pizza and salad will be served in the Great Hall before the costume parade and music begins. Bring the whole family for a fun and spooky night!

## More organ events on the next page.

Proceeds of these events support the pipe organ. Thank you to everyone who has already contributed!

Shepherd of the Valley Lutheran Church

# PIPE ORGAN CAMPAIGN



Above: An artist's rendering of a pipe organ in the SOTV sanctuary.

Name \_\_\_\_\_

Email \_\_\_\_\_

Knowing that all I/we possess is a gift from God, and trusting Him to provide all that we need, I/we make the following pledge for the pipe organ fund at Shepherd of the Valley

- I would like to give a gift of:  
\$ \_\_\_\_\_ Given weekly/monthly (circle one) for up to three years.
- I would like to give a one time gift of:  
\$ \_\_\_\_\_
- I would like to indicate my interest in making a future gift:  
 will     trust     life insurance     other \_\_\_\_\_
- See reverse side for suggested pledge ideas, yet we will accept all contributions of any amount.

# Worship & Music

In early September, the organ traveled from Ohio...

## Organ Dedication Weekend All worship services, November 12-13

Saturday: 5:00 PM, Sunday: 8:30, 9:45 and 11:00 AM  
Cost: Free

The official first weekend of the new pipe organ in worship.

## Organ Recital & Dinner Friday, November 18

Appetizers: 6:30 PM  
Dinner: 7:00 PM  
Recital: 8:00 PM  
Cost: \$25/person

Our new pipe organ will get to shine in all its glory in a special dedication recital featuring a variety of organ compositions and hymn singing. The whole community is invited to celebrate the completion of this special instrument—the most significant organ of its kind between Minneapolis and Northfield. A dessert in the Atrium will follow the performance.

For the latest news and photos on the pipe organ, please visit [sotvorgan.blogspot.com](http://sotvorgan.blogspot.com).



...to Apple Valley!



Please detach this form and return to church:

Sponsorship Level		3-year Total	Donation by Simply Giving		
			Annually	Monthly	Weekly
Bach	Principal (gold pipes)	\$50,000.00	\$16,666.67	\$1,388.89	\$320.51
	Bourdon (wood pipes)				
	Tuba (silver pipes)				
	Zimbelstern				
	Console				
	Reformation Trumpet*				
Antiphonal Organ*					
Rank	5 ranks	\$50,000.00	\$16,666.67	\$1,388.89	\$320.51
	4 ranks	\$40,000.00	\$13,333.33	\$1,111.11	\$256.41
	3 ranks	\$30,000.00	\$10,000.00	\$833.33	\$192.31
	2 ranks	\$20,000.00	\$6,666.67	\$555.56	\$128.21
	1 rank	\$10,000.00	\$3,333.33	\$277.78	\$64.10
Key	5 keys	\$5,000.00	\$1,666.67	\$138.89	\$32.05
	4 keys	\$4,000.00	\$1,333.33	\$111.11	\$25.64
	3 keys	\$3,000.00	\$1,000.00	\$83.33	\$19.23
	2 keys	\$2,000.00	\$666.67	\$55.56	\$12.82
	1 key	\$1,000.00	\$333.33	\$27.78	\$6.41
Pipe	5 pipes	\$500.00	\$166.67	\$13.89	\$3.21
	4 pipes	\$400.00	\$133.33	\$11.11	\$2.56
	3 pipes	\$300.00	\$100.00	\$8.33	\$1.92
	2 pipes	\$200.00	\$66.67	\$5.56	\$1.28
	1 pipe	\$100.00	\$33.33	\$2.78	\$0.64

\* These are optional features which could be added after the main organ is fully funded.

## Give of Your Time and Talents!

Worship services and all the amazing ministries at Shepherd of the Valley don't happen by accident. They are only possible with the help of many volunteers who bring their gifts and talents to the church seven days a week. Below are some of the many opportunities coming up. If you would like to serve, or share your talents in an area that you don't see listed, please contact Lori Bullock at [Lori.Bullock@sotv.org](mailto:Lori.Bullock@sotv.org) or (952) 985-7324.

### (Everybody) ServeTogether

Congregational-Wide Outreach Event

**Saturday, October 15, 2011**

**9:00 - 11:00 AM**

Families and individuals of all ages are invited to participate in our fall service event. Join together with others to volunteer in meaningful ways, strengthening our community with our service. Very young hands can tie blankets or make gift cards, working alongside adults of all ages. Together we can and do make a difference!

There will be many onsite projects (like making fleece blankets for runaway youth or assembling sandwiches for the homeless) as well as offsite projects like collecting food for the Food Shelf and visiting nursing home residents.

Gather your family and friends to serve together where we are most needed. Signup online at [www.sotv.org/events](http://www.sotv.org/events). Contact [Lori.Bullock@sotv.org](mailto:Lori.Bullock@sotv.org) with questions.

### Worship Volunteers Needed!

Volunteers are needed in every aspect of worship in both the Sanctuary and Great Hall: ushers, greeters, communion assistants, lectors, musicians and members of the Altar Service and Visual Arts Teams who decorate and create the stunning visuals for holidays and special events.

There are also "behind the scenes" jobs too! We are always looking for offering counters, and audio-visual technicians to operate the soundboard and record services on video.

Contact Mark Ertl, Director of Music and Worship at [mark.ertl@sotv.org](mailto:mark.ertl@sotv.org) for additional information about any of these opportunities.

### Community Meals at Mt. Calvary Lutheran Church

**Last Thursday of the month, every other month**

Contact: Linda Holt (651) 454-5257

SOTV groups provide a meal to low-income families each month by shopping, cooking, and serving at Mt. Calvary church in Eagan. Volunteers needed for the following 2011 dates:

Thursday, October 27 and Thursday, December 22, 2011

**Check out the Social Concerns** on pages 20 & 21 for even more ways to give and help others.



### HUG BAGS = Helping Us Give Blessings And Gifts.

Thanks to all who have contributed items for Hug Bags. Our pastors and parish nurses have distributed over 170 bags to women and teens in our congregation, to uplift them in times of sorrow and in times of joy.

Below is a list of the items we are currently accepting. **Store purchased** items are preferred (4-8 oz). Hotel size and seasonal items will be donated to a local charity. Thank you for your generosity!

- body wash/shower gel and lotion (matching sets 4-8 oz)
- shower scrubbies/puffs
- fuzzy, stretchy socks/slipper socks
- nice soaps
- individual beverage packets (tea, coffee, cocoa, cider)
- coffee mugs
- inspirational items (magnets, flip inspirational calendars, crocheted crosses, small angels, bookmarks, notepads, pens, etc)
- teen (ages 13-18) focused items (gum, lip gloss, fun nail polish, cute notepads, fun bookmarks)

If you have questions, please call Terri Henneman (651) 414-0268.

## Adult Ministries

### Sunday Adult Forum

**Resumes in October**  
**Weekly at 9:45 AM in the Chapel**

Our Adult Forum features professors and teachers from the area, as well as people from our congregation, for presentations on topics connected to our faith.

**Nancy Koester**, an author with a Ph.D. in historical theology from Luther Seminary will be our professor in residence for the month of October. Her topics are as scheduled below:

#### October 2

**Harriet Beecher Stowe**, author of *Uncle Tom's Cabin*, was a Christian author, engaged in the social reform of the anti-slavery movement.

#### October 9

##### **The Civil War and Religion**

Learn how Christian faith played a significant role on both sides of the war.

#### October 16

##### **Liberalism and Fundamentalism**

The great divorce in American Protestantism, which started around 1900, still affects American Christianity today.

#### November topics TBD

Please check our website and weekly newsletters for updates.



= Register online or  
at the Welcome Center  
[www.sotv.org/events](http://www.sotv.org/events)

## Bible Studies for All

### 2010-11 Adult Bible Study Goal Met, New One Set!

Every year, we aspire to reach an hourly goal for community Bible study (hours of study, multiplied by number of participants) This year, we exceeded our goal of 16,500 hours one month early with 16,546 hours! By the end of July 2011, we reached a total of **17,042 hours!**

Congratulations to all who participated during the past year at Shepherd of the Valley. Our new goal for the 2011-2012 program year is 17,500 hours. Please consider attending the studies on these pages to help us reach this ambitious goal, but more importantly to grow in your understanding of God's Word.

### Book Discussion:

#### "Heaven is For Real"

**Tuesday, October 11**

**7:00 – 8:30 PM**

**Led by Pastor Mary Lund and Pastor Duane Paetznick**

**Cost: Free.** Please purchase your own book.

The book, *Heaven is For Real* has become a recent bestseller. It is the true story of three year old Colton Burpo's astounding trip to heaven and back as told by his father, a Nebraska pastor. Colton's stories of heaven emerge after he has emergency surgery. Join us as we talk about the book, share impressions about it, and do some Bible study together.

### Karen Armstrong's

#### "The Bible: A Biography"

**Tuesdays, 7:00 – 8:30 PM**

**November 1 – 29**

**Led by Pastor Duane Paetznick**

**Cost: Free.** Please purchase your own book.

Karen Armstrong, former nun, literature professor, and bestselling author recounts the history of the Bible, examining some 2,000 years of biblical interpretation and condensing them into eight short chapters.

### Friday Morning Bible Study:

#### Interpreting the Book of Revelation

**Fridays, 9:30 - 11:30 AM**

**September 23 - November 18 (except October 14 & 21)**

**Led by Pastor Mary Lund**

**Cost: Free**

Come join us as we study this intriguing and often controversial book of the Bible. Together we will discover the message of God's love and hope that is revealed in its pages. Don't worry if you missed the September classes, there's still plenty to explore in October and November.

## Women's Bible Study: "Conversation Peace: The Power of Transformed Speech" by Mary Kassian

Wednesdays, October 26–December 14  
5:45 - 6:45 PM

Cost: \$12 (for the workbook); KidCare available.

More studies and events  
for Women on page 12.

Mary masterfully presents seven biblical principles to help women revolutionize their speech habits and positively avoid sharing gossip, throwing negative barbs, or snapping sarcastic replies throughout everyday life. Discover how you can improve your relationships by allowing God's Word to transform your heart.

This weekly study includes a short video session followed by small group discussion. Enjoy an hour of bible study while your kids are attending GodZone or Confirmation.

## Men's Bible Studies

More events for Men  
on page 12.

All men's bible study groups gather to grow in God's word and to share in the fellowship of Christian friends. They are peer-led and are open to men of all ages and places on their journey of faith. You are welcome to drop in at any of the following times as we seek to discover our identity as men who are loved, forgiven, and free in Jesus Christ. Contact Pastor Chris Steubing with questions.

**Tuesday Morning Bible Study Group:** 6:00 - 7:00 AM  
Studying 1 Corinthians, offering good fellowship, stimulating discussion, and putting faith to work with service opportunities

**Wednesday Evening Bible Study Group:** 6:00 - 7:15 PM

**Friday Morning Bible Study Group:** 6:30 - 8:00 AM  
Reading and discussing Brian McClaren's "Everything Must Change."

## Men's Theology on Tap: Fall 2011 Series

**The Third Tuesday of Each Month**  
7:00 - 9:00 PM

**Old Chicago Restaurant, Apple Valley**

Gather with Pastor Chris Steubing at a local pub on the third Tuesday of each month from September through December to enjoy a cold beverage and a conversation about questions of faith, God, and spirituality in real life.

**September 20** - *A New Kind of Christian*

**October 18** - *Jesus on the Radio: Finding God in Unexpected Places*

**November 15** - *Open Mic Night: There Are No Stupid Questions!*

**December 20** - *A Virgin Birth, Really?*



## Financial Peace University

Next class: January 2012

Created by Dave Ramsey, a personal money management expert, this 13-week video-based small group teaches families how to beat debt, get control of your money, build wealth, and learn new behaviors around money that are based on commitment, stewardship, and accountability.

## "From Me to We" Workshop Create Your Financial Future—Together!

**NEW CLASS DATE**  
**Tuesday, November 15**

**6:30 - 8:30 PM**

**Led by Chris Sipe**

**Cost: Free**

Are you engaged or newly married? Find common ground with money management and work together to reach your goals. During this free workshop you'll learn how to take steps to:

- Identify your values and attitudes about money.
- Set goals and use a budget to reach them.
- Manage your money together.



**= Register online or  
at the Welcome Center**  
[www.sotv.org/events](http://www.sotv.org/events)

## Women's Ministries

# For Women

### Shepherd Quilters

**Meets every Monday at SOTV  
9:00 AM - 4:00 PM**

All skill levels are welcome to help quilt, cut, iron, and stitch. Quilts are donated to Target House and other organizations. For more information contact Lorraine Robeson at (952) 423-3681 or [larobeson@frontiernet.net](mailto:larobeson@frontiernet.net).

### Sarah Circle Bible Study Group

**Meets every 2nd Saturday of the month  
8:30 - 9:30 AM**

They will be finishing up the book "Reading the Bible Again for the First Time."

Contact: Judy Anderson (651) 207-8407.

### Shalom Bible Study Circle

**Meets every 3rd Thursday of the month  
1:30 PM**

October 20: "Mothers and Brothers"  
Theme verse: Mark 3:35

November 17: "Power and Authority"  
Theme verse: Mark 4:40

### Women's Holiday Brunch: Blessings from the Heart, Sharing Your Gifts

**Saturday, November 19  
9:00 - 11:00 AM  
Cost: \$12/person. KidCare: \$4/child.**



SOTV Women's Holiday Breakfast will feature Mary Beth Carlson, a gifted pianist and speaker. Through her music and storytelling, Mary Beth will present a program about passing on our legacy of faith and sharing our faith stories of hope, as expressed in her song "Blessings from the Heart". The chorus from the song: "Receive this blessing from my heart to yours, May your faith, hope and love be strong, As I Give this torch, lift it high, let it shine, And pass your blessings along."

Join us for a beautiful start to the holiday season. Mary Beth Carlson's music is available in CD's. Her website is [www.marybethcarlson.com](http://www.marybethcarlson.com).

### Upcoming Women's Dates:


**Women's January Breakfast**  
Saturday, January 28, 2012  
9:00 - 11:00 am


**Women's One Day Winter Retreat**  
Lebanon Hills in Eagan  
Saturday, March 3, 2012


**Spring Tour of Tables**  
Saturday, April 14, 2012

### Women in New Konnections (WINK)

Join the WINK women each Sunday, 10:45 - 11:00 AM at the round table near the Welcome Center. This is a point of contact for women who attend church alone and would like to connect with others. All are welcome to join us! Upcoming events include:

**Hastings Daytrip **  
Friday, October 14, 9:30 AM  
Antiquing around Hastings and lunch at The Depot.

**Women's Holiday Brunch at SOTV **  
Saturday, November 19, 9:00 AM  
See page 12 for details

**Historic Murphy's Landing **  
Saturday, December 3, 9:30 AM  
Horse-drawn trolley rides, food vendors, cooking, weaving, spinning, woodworking, and demos.  
Tickets: \$6.50 & \$7.00

 = Register online or  
at the Welcome Center  
[www.sotv.org/events](http://www.sotv.org/events)

## Men's Ministries

### For Men

#### Coffee for Men

**9:00 AM each Wednesday in the atrium area of the narthex.**

Men who would like to get together to visit over a cup of coffee or tea are encouraged to join an informal Coffee for Men. There's no particular agenda other than connecting with other guys.



#### Monthly Breakfasts

**First Saturdays, 8:00 - 10:00 AM**  
**\$5 suggested donation**

##### **Saturday, November 5 – “Hope in an Age of Anxiety and Fear”**

**Dr. Darrell Jodock**, Professor of Religion at Gustavus Adolphus College, will be our speaker. His topic is: "Hope in an Age of Anxiety and Fear." He will discuss how two different views of the end of the world respond differently to the anxiety that seems to pervade current American society. Dr. Jodock is a graduate of St. Olaf College, Luther Seminary, and has a PhD from Yale. He has also taught at Muhlenberg College and Luther Seminary.

##### **Saturday, December 3– “The Year of Little Victories”**


**Todd Fultz's** year of little victories began on June 5th, 2008, when he hit another car at a combined speed of 120 miles per hour. Fultz sustained major injuries, resulting in a long and difficult recovery. During a challenging time he was able to connect with family and friends in ways he never would have been able to had the accident never occurred. He learned gratefulness, saw love, and felt true compassion like no other time in his life. His inspiring story and positive spirit will lift all those who hear his message.

## Senior Ministries


### Seniors (55+)

#### Older Kids (OK's)

*All seniors are welcome to the following events:*

**The O.K.'s German Dinner**   
Saturday, October 15, 6:00 PM  
Cost: \$15

Delicious German food prepared by the Millards and great fellowship with other “older kids.” **Seating is limited; please register before October 9.**

**Christmas at Mayowood**   
Tuesday, November 15  
Cost: \$40  
Bus departs from SOTV at 8:30 AM

A private tour of the beautifully Christmas decorated Mayowood Mansion in Rochester and lunch at the Covered Bridge Restaurant in Zumbrota. **You must sign up and pay before October 15.**


**Holiday Luncheon**  
Saturday, December 10  
Cost: \$10

Noon lasagna luncheon at SOTV with music by the Gloryland Band.

#### The Golden Stitchers

This group meets year-round every 1st & 3rd Thursday of the month, from 9:00 AM - 2:30 PM at SOTV. All skill levels welcome to quilt, cut, iron, and stitch.

Contact: Shirley Blix at  
(952) 432-2083.

 = Register online or at the Welcome Center.  
Get more info at [www.sotv.org/events](http://www.sotv.org/events)

## Couples and Marriage Ministries

# For Couples

### Lutheran Marriage Encounter: Marriage Rocks!

Whether your marriage is rocky or rock solid, you will be glad you attended a Lutheran Marriage Encounter Weekend. Engaging presentations by both lay and clergy leaders give you tools and information while exercises and conversations with your spouse in the privacy of your hotel room deepen your understanding, communication and compassion.

#### Upcoming fall weekends are:

- October 14-16, 2011  
Country Inn and Suites, Duluth
- November 18-20, 2011  
Crowne Plaza, Brooklyn Center

The weekends begin Friday at 8:00 PM (Please arrive between 6:30 - 7:30 PM to check in) and end at 5:00 PM on Sunday.

Please register several weeks in advance. For more information, contact Dick & Judy Dehnel at (952) 432-3105, Pete & Phyllis McMahon at (763) 561-1575 or visit: [www.GodLovesMarriage.org](http://www.GodLovesMarriage.org).

Lutheran Marriage Encounter brochures are available in the narthex or from the pastors.

You may also contact Rita DeBruyn and Jim Hedin, members of Shepherd of the Valley, at (651) 687-9651.

 = Register online or at the Welcome Center  
[www.sotv.org/events](http://www.sotv.org/events)

### Cooking Up Satisfaction in Your Relationship: A Couples' Cooking Event with Chef Leiton

**Friday, October 28**  
**6:00 - 8:30 PM**  
**Cost: \$20/couple**  
**Limited to 30 couples**

Recipe for a *Better Date Night*:

- 1 church kitchen
- 1 Le Cordon Bleu trained chef
- Countless numbers of married, engaged or dating couples

Mix all ingredients to create an exciting evening of fun and fellowship! We will prepare and share a four-course meal together. Our own Chef Leiton Larson will lead us in the interactive, hands-on meal preparation—which promises to be tons more fun than cooking at home! You'll connect with other couples while also deeply satisfying your own relationship.

Plus... a special guest appearance by our very own Brad Pitt look-alike, Pastor Duane Paetznick and his lovely wife Angelina...er, Phyllis! They will provide marital insight seasoned with their own stories. A contest for the best apron or chef's hat will round out our evening, so make sure to bring your own!

### Creating Families Where Spirit Thrives: Walking Together in Faith

**Mondays, 6:30 - 8:00 PM**  
**October 3, 10, 17 and 24**  
**Limited to 18 participants**  
**Cost: Class is free, KidCare is \$12/child**

Children are gifts of God, but being a parent is not an easy task. How do you "live" your Christian life as a parent? How do you share your values and guide your children? Is there a way to discover your child's unique gifts even on the tough days?

Join Pastor Chris Steubing and Dr. Mary Sheedy Kurcinka, author of *Raising Your Spirited Child* and *Sleepless in America* to explore ways to integrate your faith with your family life. Together we'll be exploring:

- Our gift from God – focusing on strengths
- Who has come to be with us? Understanding your child's temperament and your own
- Setting limits - confidently and lovingly
- Protecting rest and family time

☎ Children, Youth and Family (CYF) office: (952) 432-6385

## Children's Ministries

### GodZone Goes to Worship

On Reformation Sunday, October 30, Grades 1-5 will go to worship in the Sanctuary to celebrate what it means to be a Lutheran. Grades 1-3 will participate in "Good News for Kids" (a children's time) and sing a special song. They will return to their faith construction sites to engage in special crafts and activities. Grades 4-5 will participate in the entire worship as part of their "Holy Ground" worship series.

NOTE: Children in Wednesday sessions are invited to participate in this special worship service along with the activities that follow.

### Special Opportunities for Giving and Serving:

- **(Everybody) ServeTogether** - October 15, from 9:00 -11:00 AM  
Join children and families of all ages in doing a variety of on and offsite service activities. (See page 9 for more information.)
- **PK-K Little Builders** are using their little candle containers to "Keep the Candles Burnin' in the Sanctuary" again this year!
- **Crew 1-2 and Onsite 3** are engaged in DIY (Do It Yourself) onsite and offsite projects. They are carrying small paint cans to make and maintain local and Tanzanian building services.
- **Zone 45** is "Keeping the Meter Running...for Good" with monetary offerings that will enrich the lives of children in our community and around the world.

### A Little Different Kind of GodZone Christmas Program Saturday, December 17 and Sunday December 18

The GodZone Christmas programs for all sessions will be incorporated into one of the four worship services in the sanctuary.

<u>GodZone Session Time</u>	<u>Christmas Program Time</u>
Wednesdays at 5:45 PM	Saturday, December 17 at 5:00 PM
Sundays at 8:30 AM	Sunday, December 18 at 8:30 AM
Sundays at 9:45 AM	Sunday, December 18 at 9:45 AM
Sundays at 11:00 AM	Sunday, December 18 at 11:00 AM
Wednesdays at 4:30 PM	Sunday, December 18 at 11:00 AM

The programs will be presented during the first part of the service and then Zone 45 will remain in worship, Grades 1-3 will proceed to the "Gift Factory" - a special service project and PK-K will go with their crews leaders to their GodZone rooms for special activities.

Rehearsals will take place during the regular GodZone sessions on Sunday, December 4 and 11 and Wednesday, 6 and 13. There will be separate rehearsals for special roles (TBA).

**For more information on all GodZone events and programs**, please contact Jeanne Mikulski in the Children, Youth & Family (CYF) office at (952) 985-7357 or [Jeanne.Mikulski@sotv.org](mailto:Jeanne.Mikulski@sotv.org). Registrations can be completed online at [www.sotv.org/events](http://www.sotv.org/events) and at the Welcome Center or CYF office.



### GodZone Fall Breaks

#### During MEA:

Wednesday, October 19  
and Sunday, October 23.

#### During Thanksgiving:

Wednesday, November 23  
and Sunday, November 27.

### What is GodZone?

GodZone is our fun, creative and engaging Christian education program for age 3 through Grade 5! It utilizes a highly relational large and small group model to provide opportunities for children to worship, pray, serve, share, give and grow in faith and community.

GodZone is designed to be a construction zone for building strong hearts and minds in Christ. Children are invited to grow in their knowledge and desire to embrace a Christ-like character through Faith Building Blocks (PK-Grade 3) and Road Signs (Grade 4-5). A 2011-12 program schedule is available on the GodZone web page at [www.sotv.org](http://www.sotv.org).

### GodZone Class Groups:

Preschool to Kindergarten  
(PK-K) = "Little Builders"

Grades 1 & 2 = "Crew 1-2"

Grade 3 = "Onsite 3"

Grades 4 & 5 = "Zone 45"

## Youth Ministries

### **MIDDLE SCHOOL FRIDAY NIGHTS**

*These monthly activities during the school year are a perfect time to hang out with friends from confirmation, meet new people, or invite kids you know from school. You can register for these events one at a time or all at once. Registration forms will be available at church and at [www.sotv.org](http://www.sotv.org) after school starts.*

### **Run Ragged 'Til Midnight**

**Friday, October 14**  
**7:00 PM - 12 midnight**  
**Cost: \$30**

It's our biggest, craziest middle school event of the year! Come to church and find fun every where you turn: bounce around on giant inflatables, play carnival games, get a makeover at the hair and nail salon, Dance, Dance, Revolution until you drop, rap with Agape, and so much more. Limited to 150 participants.

### **Middle School ServeTogether**

**Friday, November 11**  
**5:30 - 8:30 PM**

Serve with your small group, a parent, and your friends! Sign up to go to Feed My Starving Children or to go Christmas shopping for children in need through the Lutheran Social Service Holiday Store. Enjoy hot chocolate and cookies afterward. A \$10 donation is suggested for those going to Feed My Starving Children.

*For those planning to serve with their confirmation small group, please have your small group leader register all participants online. For those signing up as individuals or with a parent, please register online or use the paper Middle School Events Registration form.*

### **MIDDLE SCHOOL (Grades 6-8) & CONFIRMATION (Grades 6-9)**

**2011-2012 Confirmation for Grades 6-9** is now underway, but you can still join! Contact Barb Schulz at [Barb.Schulz@sotv.org](mailto:Barb.Schulz@sotv.org) or (952) 985-7351 if you're interested.

There is **NO CONFIRMATION** on Wednesday, October 19, (Fall Break) or Wednesday, November 23 (Thanksgiving).

### **6<sup>th</sup> Grade Worship and ServeTogether Celebration**

**Sunday, October 9, 10:30 AM – 2:30 PM**

We LOVE welcoming 6<sup>th</sup> graders and their parents into Confirmation, and October 9 is a special community celebration of this new stage in their faith journey. Students receive a special gift and blessing at the 11:00 AM service and have the opportunity to worship and serve together. Parents play a special role in both the gift-giving and the afternoon service learning activities. Everyone bring a bag lunch!

### **8<sup>th</sup> Grade Parent Night: "Sex and Relationships"**

**Wednesday, November 16, 7:00 PM in the Sanctuary**

### **9<sup>th</sup> Grade Confirmation**

The entire class meets at 7:00 PM on Wednesdays (beginning September 28) throughout the school year, but you have a few options to choose from, which were described in a letter that was sent home in June. (Didn't receive the letter? Contact Barb at [barb.schulz@sotv.org](mailto:barb.schulz@sotv.org) or 952-985-7351) Register online at [www.sotv.org](http://www.sotv.org) or by filling out the form found in the Children, Youth & Family Office or Welcome Center.

### **9<sup>th</sup> Grade Relationship Retreats**

**Camp Friendship, Annandale, MN**  
**Remaining dates: November 19-20, February 25-26**  
**Saturday 11:00 AM – Sunday 2:00 PM**

Cost is included in your confirmation registration fee. Meet at SOTV. Each 9<sup>th</sup> grade Confirmation student must attend one of these three retreat options. There are a limited number of spaces available each weekend, so RSVP early for a retreat online or by emailing or calling Barb Schulz with your choice of retreat dates. The cost of the retreat is included in confirmation registration fees. More information is available at the Children, Youth & Family Office or Welcome Center.

### **General Youth Announcement: Wednesday Night Pizza**



SOTV youth will be selling pizza, snacks, and drinks on Wednesday nights (beginning September 28) during the school year from 4:00 -7:00 PM to raise money for youth summer service trips. Please stop by the Narthex for a bite to eat and to socialize.

☎ Children, Youth and Family (CYF) office: (952) 432-6385

### **Preparations for the Rite of Confirmation (10th graders)**

Service of Holy Communion and Dinner. Sunday, October 2 (5 PM Worship, 6 PM Dinner). A special gathering for confirmands and their parents. Watch for your invitation in the mail and RSVP by September 28.

Rite of Confirmation. Saturday, October 29, and Saturday, November 5; noon and 2:15 PM. Continental breakfast, rehearsal, and pictures at 9:30 AM on the day you are assigned.

### **ALL YOUTH (Grades 6-12)**

#### **2012 Summer Trip Sign-Up Night**

**Sunday, October 9**  
**Grades 9-12: 6:00 PM**  
**Grades 6-8: 7:00 PM**

As you head back to school, treat yourself to dreams of summer!

The summer trip booklet with details of next year's trips will be available after school begins in the fall, so you can begin planning for the adventure of your choice. A parent signature and \$200 (nonrefundable) deposit are required in order to hold your spot.

If you cannot be present that evening, call the CYF office after sign-up night to see if there are any spots left or to put your name on the waiting list. Sorry, we will not accept any early registrations.

This sign up does NOT include Summer Camps (Wapo, Ox Lake, Journey of the Cross, or Luther Dell). Watch for 2012 summer camp materials in February.

#### **Journey to Haiti: July 12-20, 2012**

Shepherd of the Valley will be sending a group of senior high youth, who have completed 10th-12th grade by summer 2012, to Pignon, Haiti, through the organization Haiti Outreach.

Information packets address many frequently asked questions and are available in the Children, Youth and Family (CYF) Office or at the Welcome Center.

Space is limited; applications are due Sunday, October 9.

#### **Fundraising and Scholarships Available**

Do not let a lack of funds prevent you from going on a summer trip! There are a variety of ways to earn money toward your registration fees; learn more about how you can raise money—or sign up for fundraising hours—the evening of October 9.

Parents are essential in making fundraising work (and also earn money toward their sons' or daughters' trips).

### **HIGH SCHOOL (Grades 9-12)**

#### **PBS (Panera Before School)**

**Mondays when school is in session,  
6:30 AM at Apple Valley Panera**

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 CR 42), and we guarantee you will make it to school on time, perky as can be!

#### **The NEW(!) URL (Unwind, Recharge, and Learn)**

**Wednesdays, 8:15 – 9:00 PM  
throughout the school year**

Mark the halfway point of your week with a "God pause:" meet in the Shepherd's Room for 30 minutes of rest, reflective worship, scripture reading, and prayer, followed by a tasty treat.

#### **Sunday Night Dive In**

**Sundays, 5:00 – 7:00 PM  
in the Shepherd Room**

**Session I:** October 16, 23, 30,  
and November 6

**Session II:** November 20 and 27,  
December 4 and 11

You are invited for a time to relax, have fun, eat pizza, and grow in faith! We will "dive in" to important topics using the Bible, YouTube and other videos, music, random exciting activities, your most burning questions and brilliant ideas. Come once or every time we meet!

## Care & Support

### Job Connection Group

**Tuesdays, 6:30 - 8:30 PM**  
**Prince of Peace Christian Life Center**

SOTV and Prince of Peace share leadership for a job connection support group for anyone who is in transition, seeking a new job, or a new career.

The group provides job search information with speakers on specific topics like resume writing, interviewing, networking, and marketing as well as handouts of written information on job search subjects.

**Hotline number:** (952) 898-9388.

**SOTV contacts:**

Julie Opheim at (952) 985-7331  
Ben Kilgore at (952) 898-4441

For more information and to see titles of upcoming classes, please visit:  
[www.princeofpeaceonline.org/jcg](http://www.princeofpeaceonline.org/jcg)

### 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 at (651) 683-9236 or [Susan@Ferbbers.us](mailto:Susan@Ferbbers.us).

### Challenged by Cancer (CBC)



**Every 2nd Tuesday, 7:00 - 9:00 PM**

An opportunity for women living with cancer to gather and support one another. Support groups have helped thousands of people cope with cancer, and no matter where you are in your journey, we encourage you to come.

Contact Cher Nelson, Parish Nurse at (612) 209-1404 or [Cher.Nelson@sotv.org](mailto:Cher.Nelson@sotv.org).

### GriefShare Support Group

**Thursdays, September 15 – November 10**  
**6:30 - 8:00 PM**  
**Cost: \$15 (for the workbook)**

GriefShare is a video series that features some of the nation's foremost 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.

### Growing Through Loss



**Tuesdays, 6:30 - 9:00 PM**  
**September 27 - October 18**

Shepherd of the Valley is pleased to host the Fall Series of Growing Through Loss. Growing Through Loss is supported by 11 churches "south of the river" and offers support to adults who have experienced a loss through death, broken relationship, job loss, health concerns, etc. Following the speaker, trained facilitators will lead discussion and offer help and support through conversation among the participants. Donation per session is \$3.00.

**October 4:** "Changed Family Dynamics and Relationships – A Mother/Daughter Perspective" - Theresa and Jessica Zimanske

**October 11:** "Hope in the Midst of Despair" - Rev. Marian Eisenmann

**October 18:** "Coping with Grief During the Holidays" - Rev. Kris Linner

If you have questions, please contact Julie Opheim, (952) 432-6351 or Barb Korman, (651) 452-8261.

### DivorceCare

**Thursdays, September 8 – December 15**  
**6:30 – 8:30 PM**  
**Cost: \$15, includes new workbook**

DivorceCare is a video series featuring some of the nation's experts on divorce and recovery topics. Each week a different topic is featured in the video which is followed by an opportunity to share your real life experience in a support group setting. The workbook also serves as a support tool for participants to apply the knowledge learned in each session. Scholarships are available.

### Down Syndrome Parent Support Group

**Meetings are every 3<sup>rd</sup> Monday, 6:30 - 8:30 PM**

For additional information, contact Suzy Runkel at (952) 891-5082 or [suzynelson@hotmail.com](mailto:suzynelson@hotmail.com).

## The Depression Support Coalition



**Depression is real. Hope is real too.** Major depression is a medical illness that now affects 15 million adults each year. Depression affects our thoughts, feelings, mood, behavior, and physical health. Although devastating at times, depression is highly treatable. The mission of the Depression Support Coalition is to inform, educate, support, and cultivate a community of spiritual hope for those affected by depression — as well as their families.

### Monthly Educational Speakers

The Depression Support Coalition has developed a program of monthly informational talks by leading healthcare professionals and clergy educated and experienced about depression and related diseases.

#### “How Do We Love the Difficult Person ”

Gloria Englund, B.S., MA

Thursday, October 6, 7:00 – 8:30 PM

Location: Prince of Peace Lutheran Church  
13901 Fairview Drive, Burnsville, MN 55337  
Richard Erickson – (952)788-0275

#### “Depression and Spirituality ”

Rev. Jerry R. Storm

Monday, November 7, 7:00 – 8:30 PM

Location: Shepherd of the Valley  
12650 Johnny Cake Ridge Road  
Julie Opheim – (952) 432-6351

### Weekly Support Group Meetings

#### Prince of Peace

13901 Fairview Drive, Burnsville  
Christian Life Center, Room 110

- **For family members and loved ones of those with depression:**

6:30 PM every Tuesday evening

Contact: Randy Goeke  
(952) 240-2754

- **For individuals who suffer from depression:**

6:30 PM every Tuesday evening  
or 10:00 AM every Wednesday morning

Contact: Richard Erickson  
(651) 788-0275

## Faith Partners Promoting Chemical Health

Faith Partners promotes substance abuse education, prevention, and recovery in our community. This group helps develop events and provides information to support chemical health for individuals and families.

Please visit the resource cart located in the church library for FREE information on substance abuse. Whether contemplating how to address chemical health issues with yourself, child, teen, spouse or loved one, Faith Partners has information for you. For more information, please contact Karen (952) 201-6193 or Scott (952) 431-2566.

## ADHD, Autism, & Other Disabilities on the Spectrum

These meetings are open to everyone in the community!

**Cost per session varies.** See payment information below each presentation title. It will vary based on the speaker. KidCare is always \$5 per child. Pre-registration and payment is required for KidCare only.

#### Monday, October 17, 2011

Homeopathy: A Natural Approach to Healing for Children and Adults with Behavioral Challenges and Focusing Issues

Cost: \$10/individual or \$15/family

Debra Sax Annes, RSHom, CCH,  
Minnesota Center for Homeopathy

#### Monday, November 14, 2011

Unlock the Einstein Inside:  
Applying Brain Research to  
Unlock Learning Potential

No cost for this presentation.

Rich Frieder, Learning RX

#### Monday, December 5, 2011

Success Strategies for Living  
with ADHD in Young Adults

No cost for this presentation.

Robin Nordmeyer, Strategic Life Coach  
specializing in ADHD

**Full schedule and more detailed descriptions are available online:**  
[www.sotv.org/ADHD](http://www.sotv.org/ADHD)

For more information, please contact:

- Brenda Brookman (952) 322-2176 [bpbrookman@aol.com](mailto:bpbrookman@aol.com)
- Connie Simonson (952) 431-5667 [conniesimonson@charter.net](mailto:conniesimonson@charter.net)
- SOTV staff liaison: Julie Opheim, Adult Ministries Director (952) 985-7331

## Social Concerns & Justice



### Introducing the Holy Land Shepherds

The Holy Land Shepherds is a mission group formed by SOTV members who traveled to the Holy Land last March and were moved to support the efforts of Lutheran and Christian organizations at work in Israel and Palestine. We saw firsthand the dedication of these Christians to Christ's message of service, their spirit of hope and the significant economic and political needs in their communities. We seek to assist these peacemakers through:

1. Expanding understanding of Christian issues in the Holy Land
2. Broadening the knowledge of our roots in the Holy Land
3. Establishing a relationship with Christmas Lutheran Church in Bethlehem and their community outreach efforts in the areas of education, health, youth, families, elders and leadership

As part of goal number one we will suggest readings that explore issues in the Holy Land. The first is *The Lemon Tree: An Arab, A Jew and the Heart of the Middle East* by Sandy Tolan. It tells the intertwined story of a Palestinian refugee and a Jewish settler from Bulgaria after WWII.

We welcome your participation in supporting the mission of these Holy Land Christians. For more information call Char Kilgore at (952) 898-4441.



#### LSS Spotlight:

#### Help Keep Homeless Youth Safe and Fed

Every night in Minnesota 2,300 youth are homeless. Safe House is a thirty-day emergency shelter for homeless youth ages 16-20 located in St. Paul and run by Lutheran Social Service of Minnesota. Safe House provides a friendly, safe environment where youth living on the streets can begin the road to healthy, productive lives.

Looking for a fun way to get involved as an individual or family? Volunteers are needed to prepare dinner offsite for eight hungry adults and dropped off at 7:30 PM Monday-Friday and 6:00 PM on Saturdays and Sundays.

Please contact Annie Harm at [annie.harm@lssmn.org](mailto:annie.harm@lssmn.org) or (651) 470-8801 for more information or to sign up.

### Successful School Supply Drive

Approximately 700 students will go to school armed with new school supplies thanks to the generous donors and volunteers at SOTV. Thank you to all who donated supplies, and to volunteers who tracked donations, shopped, and organized the packing efforts—which included filling 300 backpacks and boxing supplies for 11 schools and organizations—and delivered supplies.

Almost 75% of the needed supplies were donated this year! 300 backpacks were filled in record time of 45 minutes! All other supplies were packed and moved out of church later that day, for delivery within 1-2 days!

Lori Perryman (right) of LSS Housing First—one of the benefiting organizations had this to say: "I wish you had been able to see all the activity in the past two weeks with staff delivering backpacks to families."

Thank you to everyone who gave and served so generously.



## Our Daily Bread Food Shelf

**Our food shelf has expanded!** As the number of families visiting our food shelf increases, we were in desperate need of more storage. There have been weeks where our little food shelf has had close to 40 families. That requires a lot of pantry space. Additional storage been set aside in the Music Room but is only accessible from the food shelf. We are most grateful to the Music Department for their partnership in helping our food shelf grow.

**Trick, Treat, or Food?** Looking for a volunteer opportunity your whole family can do? Trying to limit the amount of candy and sweets in your home? Have a tween who is getting to old for Halloween trick-or-treating? Consider trick-or-treating for food shelf donations. This is a fun and easy way to support our food shelf. Instead of going door-to-door for candy, collect one item from each household. You can find additional instructions, common questions and answers as well as a list of the most needed items at [www.sotv.org](http://www.sotv.org).

**Afternoon Volunteers Needed.** The food shelf is looking for additional volunteers on Tuesday and Thursday afternoons. The shifts are from 2:30 - 6:00 PM. Activities include filling orders, helping families take groceries to their car, sorting and shelving food. Some lifting is involved; bags of groceries can weight up to 30 pounds. You can volunteer regularly (e.g. 2nd Tuesday of the month) or as needed when regular volunteers take a break or on extra busy weeks. Please contact Robin Sorenson at (952) 997-6877 for more details.

**Help Give a Thanksgiving.** Once again, the food shelf will be providing Thanksgiving meals with all the trimmings to our families the month of November. We are able to get turkeys and then complete the meal from your generous donations. Your support is appreciated all year, but particularly during the holidays. It is a wonderful feeling to know we are helping our neighbors maintain some normalcy and tradition during these difficult times.

Blessings to you!  
Our Daily Bread Food Shelf

## Caring for Creation: Creating a "Sustainable Civilization"

by Bill Ireland

Reducing our use of energy in as many ways as possible is our greatest need. In an average home 5 to 8% of electricity consumed is from devices that use power even when turned off; something we can all help reduce.

Second is having an adequate food supply. World production of food is substantially lower this year due to drought, floods and other weather related causes. About 925 million people went hungry last year, the second highest on record per the U.N. Hopefully, many more people will join Community Gardens programs next year. They are a great source of less expensive and healthier food.

## Supporting Our Neighborhood School

School is in full swing 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 or e-mail [Lisa.Hegerman@sotv.org](mailto:Lisa.Hegerman@sotv.org).

## Winter Outerwear Collection (November & December)

All gently used winter coats, snow pants, boots, mittens/gloves, hats and scarves will be collected and distributed to children and families in need in Dakota County, St. Paul/Minneapolis, and as far away as Pine Ridge Reservation, SD.

Last year were able to meet 82% of our requests for winter outerwear from 18 different schools and organizations. Please donate gently used clothing that is clean and in good repair to the collection box in the narthex.

**The Mitten Tree** at SOTV collects new hats, gloves/mittens, scarves during the month of December.

Donations can be placed on the Christmas tree in the Narthex. Donations in 2010 were distributed to six locations including Apple Valley, Rosemount, Savage, Minneapolis and Pine Ridge, SD.

Questions about the winter outerwear and mitten collections? **Contact Lisa Loher at (651) 683-9127.**

## Tungamalenga Partnership

### SOTV's Tanzanian Scholarship Program: Blessed to be a blessing for Happy, Hope, and Gift



**Happy Jeremia** is one of 150 Tanzanian students who attend school thanks to scholarship funds provided by Shepherd of the Valley Lutheran Church members in partnership with Tungamalenga Parish. In her country, fewer than 15% of students have the means and opportunity to advance beyond

the seventh year of primary school. She is a second year student at Idodi Secondary School and counts every day she spends in class as a priceless gift.



**Tumaini ("Hope") Mbwillo** is finishing her fourth year at Ipalamwa Secondary School. In order to advance to the next level, she will have to pass her national exams this October. Students spend an entire week taking their national exams;

scores determine not only whether the student will advance to the fifth year, but also which schools and degree programs they can enter.



This is **Gift Mbonea**, who found a home at Huruma ("Mercy") Center after he was orphaned as a young boy. Now 16, he is too old to be living at the orphanage. His scholarship fees provide tuition, room and board at his secondary school.

Without an education, the future holds little hope for these students—they would become subsistence farmers, with a daily struggle to provide water, food and the necessities of life.

**Happy, Hope, Gift** and dozens like them have had their lives changed by your generous scholarship support.

For just a dollar a day, SOTV members provide secondary scholarships to 130 students—many to students who have been orphaned by AIDS, malaria, or tuberculosis. In addition, we support 20 university students pursuing degrees in theology, community development, medicine, nursing, and technology.

Secondary scholarships provide tuition, room and board at a cost of \$360 per year; university scholarships vary in cost from \$2,000 to \$3,500.

Donations to the scholarship fund can be made at any time, in any amount. Please make checks payable to SOTV with "TZ Scholarship" in the memo. Questions? Contact [Kirsten.Levorson@sotv.org](mailto:Kirsten.Levorson@sotv.org).

#### A letter from one of our sponsored students:

My dear friends,

I greet you in the name of God. My health, it is well. And my studies, I am still proceeding on the studies. I thank for you through God for proceeding paying for the cost of school for me. In my family, the total number of children is ten. I am the last child. At this time I have 20 years.

I started the secondary school education in February 2004 at Idodi Secondary School after being selected from the students who passed the primary examination which I did in 2003. I passed the form two national examination and then the form four national examination.

From those results I was selected to join form five at Njombe Secondary School for the combination of PCM—Physics, Chemistry and Mathematics. I transferred to Mwembetoga Secondary School in order to study the combination of History, Geography and Economics. At the end of March I will start form six and at the end of February I will sit for the national examination for completing form six. Then I will wait for results to see if I am eligible to join university, if God wishes.

I want to go to university, but don't worry, I will pass the exam. My ambition is to complete the university level and to be the economist.

I all my days, I pray for you my parents to live for many years. Welcome to our country to see what is going on here. Asante sana, thank you very much, for the opportunity you have given me.

May God bless you, my parents.

—MT



## Chef Leiton's Bean with Bone-in Ham Soup

(Feeds Ten People)

- One pound of “bone-in” ham steak, cubed or shredded
- One small bag of baby carrots, each carrot can be quartered
- Five 14 oz. cans beans of your choosing—I use Northern White Beans
- Two 14 oz. cans tomatoes of your choosing—I use diced, no spices.
- Two to three sweet onions—vidalia or comparable, medium dice
- Two stalks of celery, ¼” pieces
- Two red bell peppers or sweet peppers, medium dice
- Beef bouillon—no MSG Type—½ tablespoon
- ½ stick “No Salt” cream butter
- Pepper to taste

1. Combine all ingredients into stock pot except beans and tomatoes and sauté till carrots are soft—stirring occasionally.
2. When carrots are soft, add 1 quart of water and bring contents to a simmer, gentle boil: stirring occasionally.
3. Drain all the liquid from your bean cans into the stock pot.
4. Place 3 cans of beans into soup.
5. Puree 2 cans of beans—this thickens the stock—then place it in the soup.
6. Add tomatoes.
7. Add water to your desired consistency—The longer you can let this simmer, the better, the flavors will combine quite nicely!

### Hospitality

Hospitality is kindness to visitors; friendly, welcoming and generous treatment offered to guests or strangers. It's a nice word, isn't it?

How would you like to share your hospitality gifts on Sunday? We need volunteers to staff our coffee, doughnut and fruit serving areas at three different times throughout the morning:

#### **First shift, 7:45 - 9:30 AM**

Set up the area, brew coffee and tea, wash cups.

#### **Second shift, 9:30 - 10:45 AM**

Maintain coffee and food supply, wash cups.

#### **Third shift, 10:45 AM - 12:30 PM**

Wash cups, maintain food supplies and clean up after 11:00 AM services.

The commitment is only once every two months for the hour and 15 minute shift.

### Kitchen Ministry Opportunities

Chef Leiton is looking for the few, the proud, the willing to help out in the kitchen! Kitchen Ministry at Shepherd of the Valley relies on energetic volunteers to help with prepping, serving, and cleaning up after a variety of events. Those involved in this ministry in the past have enjoyed the experience, the good food, and the fellowship. How about you?

Training is provided for both Hospitality and the Kitchen. The tasks are not difficult. Have questions? Contact Leiton Larson at (952) 985-7312 or [Leiton.Larson@sotv.org](mailto:Leiton.Larson@sotv.org).



**Shepherd of the Valley Lutheran Church**  
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Thank you to everyone for your  
hard work and dedication.



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*16<sup>th</sup> Annual*  
***Christmas***  
***Boutique***

**LOTS OF CRAFT ITEMS!**

**Bake Sale!**

Benefits the church library

**Boutique Café!**

Benefits the church kitchen

**Silent Auction!**

Benefits youth mission trips,  
scholarships and camperships

*Saturday, November 12<sup>th</sup>*

*9:00 AM - 3:00 PM*