

# Loved by God; Loving Others. Fed by God; Feeding Others.

November  
2022

## The Shepherd's Voice

Monthly Newsletter of Shepherd of the Valley Lutheran Church

*Therefore, since we are surrounded by so great a cloud of witnesses,  
let us also lay aside every weight and the sin that clings so closely,  
and let us run with perseverance the race that is set before us.  
Hebrews 12:1*

One of my highlights in October was Elfrida's 89th birthday party. It was what I would call a celebration of life. There was so much love, and dancing, and cupcakes that it had to be a foretaste of the feast to come. Thank you for all the work and joy people put into the event. I think we should have far more celebrations while people are here so when they no longer are we won't feel the pressure to call our sadness a celebration.

Everyone approaches rituals around death with different needs and expectations. That's okay and there are times a "celebration of life" is the appropriate name for what happens when someone dies. But funerals and memorials are okay too; please don't rush the people you love out of sadness or deny them a chance to grieve. It's okay to acknowledge that there are times and places for tears and regrets because if we keep stuffing them down, they come back to bite us. The gift of a memorial or funeral service is that it gives the community a chance to be awkwardly sad together where it is safe and there is understanding and grace.

I'm so thankful for the columbarium, especially as we approach All Saints' Day. It is a physical reminder that those who have gone before and those who come after are embraced into the mystery of communion where all the saints are gathered around the table. The veil between life and death is broken by the body and blood of Christ poured out for all. I also say "hi" to everyone in the morning when I go to work. I think of them all and give a word of thanks for their lives.

We don't worship those who have gone before and we don't deny the reality of death, but we proclaim a hope that peoples' lives make a difference and we all are part of the bigger story of a God who loves and reconciles creation. There's no magic shortcut through grief, but there are stories, rituals and communities who help carry the burden together.

Peace,  
Pastor Tari

### Highlighted November Events

November 6 All Saints' Day Celebration During Worship  
November 23 Thanksgiving Eve *Soup & Songs*  
November 27 First Sunday of Advent



## Faith Formation at SOV



We hope you'll join us as part of your faith journey.

There are opportunities to grow for all ages and comfort levels. Please join one of the weekday small groups or one of the many opportunities on Sunday morning. Following is the Sunday morning schedule:

### Sunday Schedule at SOV

8:30 am	Choir Rehearsal
8:45 am	Men's Group typically gathers to read through the scripture for the day and check in about life. Sometimes there is breakfast.
9:30 am	Worship.
10:30 am	Coffee fellowship.
10:45 am	Faith Formation for All Ages.

**Adult Study:** On November 6, 13, and 20, adults will watch and discuss the video series "How Lutherans Interpret the Bible." We've watched this video series in the past, but it's good review.

<b>High School:</b>	November 6	10:45 am	Panel from the community
	<i>November 10</i>	<i>5:30-8:30 pm</i>	<i>Help with Middle School Overnight</i>
	November 13	10:45 am	Normal Class (OWL)
	November 20	10:45 am	Normal Class (OWL)
	November 27	10:45 am	Intergenerational Advent Fun
	Mark calendars for an overnighter at the Shrine on December 28-29.		

<b>Middle School:</b>	November 6	10:45 am	Adiaphora
	<i>November 10-11</i>	<i>5:30 pm</i>	<i>Overnighter at Eagle Beach Cabin</i>
	<i>Chaperoned by Pastor Tari and Adam Doten-Ferguson. The high school youth will be there to help with dinner and games from 5:30-8:00 pm. Youth will meet at Eagle Beach. Pick-up youth by 11 a.m. Friday. More details coming.</i>		
	November 13	10:45 am	A Lutheran Welcome to the Bible
	November 20	10:45 am	Ten Commandments
	November 27	10:45 am	Mentoring & Advent Fun
		5 pm	Games/Dinner for Family Promise (w/PT)

**1st-5th Grade:** *Holy Moly* with Steve Carls and Linda Landvik.

**Pre-1st Grade:** *Holy Moly* with Natalie Morgen and Simon Smith. Thank you to Natalie for your work with this class. We will miss you and your family when you move!

### Faith Formation During Advent

During the Season of Advent, which begins November 27, we will take a break from classroom-style faith formation for Intergenerational Advent Brunch and Activities following worship. Pastor Tari will lead the devotion, but we will need volunteers to provide the main brunch dish and others to help with the crafts. We're thinking pancakes, egg casserole, French toast and fruit. If you are interested in helping organize, please talk with Pastor Tari or Glenn Mitchell.

**SOV Christmas Play**—The play is open to all ages and will be virtual again this year. Participants get the script and costumes at church and film their part at home. We will pass out parts on November 27.

**Weekday Small Groups**—Please see page 3 for details about the weekday small groups.



### Sunday Worship

Join us at 9:30 a.m. We worship in-person and on Zoom. The Zoom invite for worship is published in the weekly church email. Masks are encouraged but not required.



## More Opportunities for Faith Formation



### Weekday Small Groups

#### Small Group Devotions—Mondays in November

Noon in-person at SOV. Eileen will continue to lead the study on *Being Mortal* and when that wraps up will move to *No Cure for Being Human* by Kate Bowler. “With dry wit and unflinching honesty, she grapples with her cancer diagnosis, her ambition, and her faith and searches for some kind of peace with her limitations in a culture that says that anything is possible.” Books are provided thanks to Thrivent Financial.

#### Tuesday Small Group Devotions

Tuesday devotions will take a break until after the New Year.

#### Me & White Supremacy Study

*Me and White Supremacy* will be completed early November. Thank you to everyone who participated, and to Kelly and Glenn for your leadership. If you borrowed a book, please return them if possible so others may use them.

#### Discipleship Academy—two Thursdays in November

We will begin the six-week series on “How to Think Theologically” 5:30-7:30 p.m., Thursdays, November 10 and 17 at SOV in-person and on Zoom. Dinner will be provided in person. The assigned readings and Zoom link are available on our website.

#### Small Group Devotions—Fridays in November

9 am in-person at SOV. Morning coffee (or tea) and devotions. Feel free to bring your favorite devotion book.

### Our Whole Lives

(OWL)

#### Parents & Caregivers Small Group Discussion

630 pm, Tuesday, November 15

6 pm, Tuesday, November 22

Parents and Caregivers as Sexual Educators Small Group. Please talk to Pastor Tari if interested.

Parents are children’s primary teachers, but what is society teaching our children about sexuality? Our Whole Lives is an antidote to sexualized media messages, peer pressure, misinformation and prejudice. It provides accurate, age-appropriate information, puts sexuality in the context of values and personal responsibility, supports healthy decision making, and strengthens social skills. These skills and values help prepare youth to make healthy choices for life.



### All Saints’ Day

All Hallows Eve is the evening before All Saints’ Day. It is the beginning of festivities to celebrate the lives of those who have died and their continued presence in our lives. All Saints’ Day is traditionally a day to light candles in memory of lights who have gone before and also continue to shine in the community and in our lives. **We will celebrate it on Sunday, November 6.**

### SOV Choir

Everyone who likes to sing is invited to join choir. Rehearsals happen 830 a.m. Sunday mornings. The choir sings some Sunday mornings during worship and Christmas Eve.

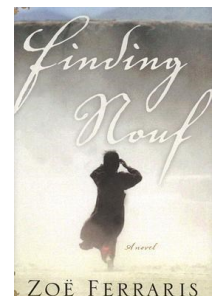


### Holden Evening Prayer

Join us on Zoom for the lovely 30-minute Holden Evening Prayer Service, 5:30 p.m., Wednesdays, November 9, 16, and 30. Zoom link can be found on the SOV website.

### SOV Book Club

6 pm, Friday, November 18 at Forbidden Peak. The book is *Finding Nouf*. Zoë Ferraris’s electrifying debut of taut psychological suspense offers an unprecedented window into Saudi Arabia and the lives of men and women there.





## Many Hands & Many Hearts!

### Serving with Love at SOV

We've got a healthy list of ways to get involved. Check out these ways to contribute your generous gifts of reflection, time, money, food, or prayers. Prayers are appreciated for any and all of our ministries.

**Glory Hall Meatloaf**—Thank you to the fabulous folks who cook and serve and donate food to the Glory Hall. We will cook and serve our traditional meatloaf meal on Wednesday, November 16. Keep an eye out for the sign-up sheet for needed contributions of time and food.

**Family Promise Hosting**—It is our turn to host for Family Promise from November 27-December 4. We will need evening hosts; a couple of overnight hosts; and evening dinners. Please stay tuned for details and the sign-up sheet.

**Food Pantry**—We've got a wonderful crew of food pantry volunteers. If you'd like to volunteer for the pantry too, let us know in the church office. Also, the pantry can always use donations of canned or dry goods (or fresh foods too). Leave your donations on the table in the food pantry room (or in the pantry refrigerator or freezer).

**Planning Ahead for a Service Trip**—We're figuring out a service trip this summer to either Whitehorse or Hoonah. Please mark your calendars tentatively for May 31-June 6.

## Time for Thanksgiving



**AWARE Baskets**—Watch for Tom Turkey on the bulletin board at church. He has feathers to pluck that will help us put together Thanksgiving meals for five AWARE Shelter families. Have donations to church before 6 p.m., Monday, November 21. That is when we will box the meals and deliver them to the shelter.

**Thanksgiving Eve Gathering**—We are excited to participate in the Second Thanksgiving Eve *Songs and Soup* at Shepherd of the Valley with friends from Aldersgate and St. Brendan's. We'll gather at 5:30 pm, Wednesday, November 23 at SOV for soups and breads, sing some songs, and then finish up with pie. We may have special music instead of a hymn sing, so if you are willing to offer special music, please talk with Pastor Tari.



## Happy New Year

### Advent Begins November 27

November 27 is the beginning of Advent and the beginning of the new year in the church. We will move from Luke's Gospel into the Gospel of Matthew.

From Mark Allan Powell's *Introducing the New Testament*:

*In terms of historical background, most scholars think that the author of Matthew's Gospel was a Jewish Christian who used both the Gospel of Mark and the now-lost Q document as sources for his work. The book appears to have been intended for a community of mostly Jewish Christians in an urban setting some time after the destruction of the Jerusalem temple (70 CE).*

*The Gospel of Matthew emphasizes the presence of God, which is mediated first through Jesus and then through the church, which now manifests the presence of God in the world. Jesus comes as the Son of God and as the authoritative teacher who is able to instruct disciples concerning behavior that will accord with God's will. Jesus is able to interpret Scripture authoritatively, and he continues to do so through the church, which binds and looses laws on his authority. Discipleship in Matthew is portrayed somewhat ambiguously: followers of Jesus worship in spite of doubt and understand God's word in spite of their "little faith." Matthew's Gospel also exhibits a pronounced hostility toward the religious leaders of Israel, who in this book seem to function as literary personifications of evil.*

**Advent Devotions**—The *Devotion Songs of the Season* written by SOV friends and members will be available electronically and in print. Thank you to all who are willing to write.

**Advent Faith Formation**—See page 2 for details about Faith Formation plans during the Season of Advent.

# Council Retreat and Strategic Planning



Thank you to the crew who gathered in September to work on a strategic plan, to Timi Tullis for leading us, and to council for their October mini-retreat to talk it out.

Here are the notes from the retreat. Tentative values update (will be finalized at annual meeting):

## Current Values

- \* We are centered on Christ.
- \* The community around Christ can be messy.
- \* We are all broken and gather for healing, mercy, and a second chance. We welcome everyone.
- \* We gather to praise God and to learn together God's will for our lives as revealed in Holy Scriptures.
- \* We are sent into the world to use the gifts God has given us.

## Recommended Values

- \* We are centered on Christ.
- \* The community around Christ can be messy.
- \* We are beloved children of God who fall short of the glory of God and gather in communion for healing, mercy, and renewal.
- \* We gather to praise God and to explore together God's will for our lives as revealed in Holy Scriptures and inspired by the Holy Spirit.
- \* We are sent into the world to use the gifts God has given us.

## Two Action Items

1. Expand feeding ministries - headed by Julie & Eileen.
  - \* Breakfast at SOV on last Saturday beginning January (Julie).
  - \* Advertise—on Facebook and by sending flyers home.
  - \* Once a month community dinner at Aldersgate or Chinook.
  - \* Tari will touch base with pastor there.
  - \* Once a month dinner at Trillium Senior Housing.
  - \* Eileen will talk with them and Tari will talk with Trevor.
2. Develop Master Facility Plan
  - \* Meet at **5:30 pm, Tuesday, November 15** with goal to finish plan by March 1
  - \* Team is being gathered to develop a comprehensive plan for the building and grounds. So far the team includes Theresa Ross, Chuck Orsborn, and Elfrida Nord

## Food Pantry Discussion and Updates

- \* In-person pantry and deliveries will happen Saturday mornings. In-person drop-in is still 9-10 a.m. Volunteers will make deliveries between 9-11 a.m. (whatever works best for the volunteer). No weekday evening deliveries during the winter months.
- \* Food pick ups from SE Alaska Food Bank will happen on Fridays (volunteers Pete, Ed, and Corinne). Elfrida will put groceries away and bag non-perishables for Saturday delivery.
- \* Eileen has the food pantry direct phone.

## Tabled Until Spring

The topic “explore and consider the future of worship and gathering in the years to come.”



## Church Finances Update

Thank you to all who donated part of your PFD for the winter fund! The only outstanding debt we have is the work on the columbarium. It is such a great gift and once we got all the lids figured out, a lovely way to remember those who have gone before. The columbarium fund still owes general fund \$4250. If you are interested in purchasing a niche or making a donation, please do so before March 1. We would like to have this debt settled before finalizing the master facility plan.





## Let the Blessings Overflow!

### Good News and Celebrations in November

#### Birthdays

3 DiAndrea Andrews  
 4 Keely Reilly  
 4 Matt Fishel  
 7 Katherine Andrews  
 7 Lindsay Birk  
 7 Adella Dihle  
 7 Gen Nestler  
 8 Nick Andrews  
 8 Finn Larsen  
 9 Keith Andrews  
 9 Chuck Orsborn  
 11 Heather Robertson  
 12 Christy Wallace  
 20 Philis Beran  
 20 Ryan Marx  
 20 Erik Thompson  
 21 Marsha Buck  
 21 Richard (Ike) Stage  
 22 Dan Corson  
 22 Lori Fredenberg  
 23 Paula Hubert  
 25 Tyler Sorum-Birk  
 26 Macey Fredenberg  
 30 Kayleigh Newport

#### Baptismal Birthdays

1 Virgil Fredenberg  
 3 Cherie Oliver  
 5 Steve Landvik  
 20 Ryan Marx  
 22 Bob Williams  
 27 Ben Nestler  
 28 Marsha Buck  
 30 Willie Anderson

#### Newsletter Sponsors

If you are interested in sponsoring a month of the newsletter in honor or celebration of something or someone, let us know. The suggested donation is \$100. Call or email the church to let us know which month you would like to sponsor and any wording you want included.

#### Life Coaches at SOV

Life Coaching is a horrible name for something wonderful. There are times in life when we feel stuck or worry about making the wrong choice. The answer is not someone telling you what you should do, but someone asking better questions so you can name what you need to do. That's what coaching is all about. It is sitting with someone who isn't judging you or trying to live your life for you, but they ask questions to help you see what is possible and hold you accountable.

We have the gift of many Level 1 life coaches who have finished the initial training. Please help us continue our training by letting us walk with you. Coaching may be in person or over the phone.

Working with a coach is a formal agreement. None of our coaches are charging fees for their time, but there may come a time that they do.

Here is the process:

1. Go to [sovlutheran.org](http://sovlutheran.org) and fill out an interest form or call the church. Pastor Tari will connect you with one of the coaches
2. Talk together to work through a coach agreement so you know where you are starting and when you are finished. This may be the time you realize it isn't a good match and no feelings will be hurt.
3. Arrange regular sessions and honor that commitment.

The following have completed the initial training to be coaches: Kristina Abbott, Willie Anderson, Becky Corson, Kristin Price, Glenn Mitchell, Sharon Mitchell, Teresa Kissel, and Joy Will. Please call the church office or contact any of them directly.

#### Moment for Prayer

*For each new morning with its light, For rest and shelter of the night, For health and food, For love and friends, For everything Thy goodness sends. Amen.* -Ralph Waldo Emerson

We also pray for Pastor Tari Stage-Harvey; Alaska Synod Bishop Shelley Wickstrom; and ELCA Presiding Bishop Elizabeth Eaton.

DECEMBER 2022						
SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



## Food Pantry Hours

9-10 am on Saturdays (in person)

Deliveries available Saturday morning to homebound folks in the Valley and Lemon Creek. Call the food pantry direct line for information or fill out the form on the home page of our website: [www.sovlutheran.org](http://www.sovlutheran.org)

**Food Pantry Direct Line: 907-500-3588**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>Fall Back on November 6</b> Don't forget to set your clock back one hour before you go to bed November 5.	1	2	3	4 9 am Devotions	5 9-10 am Open Pantry & Deliveries
<b>6</b> Celebrate All Saints' 830 am Choir 845 am Men's Group 930 am Worship 1030 am Coffee 1045 am Faith Formation (see page 2)	<b>7</b> Noon Devotions	<b>8</b> Election Day	<b>9</b> 530 pm Holden Evening Prayer	<b>10</b> 530 pm Discipleship Academy <b>Middle School Overnight</b>	<b>11</b> Veteran's Day 9 am Devotions	<b>12</b> 9-10 am Open Pantry & Deliveries
<b>13</b> 830 am Choir 845 am Men's Group 930 am Worship 1030 am Coffee 1045 am Faith Formation (see page 2)	<b>14</b> Noon Devotions	<b>15</b> 530 pm Facility Plan Meeting 630 pm OWL Parents & Caregivers Small Group	<b>16</b> SOV at the Glory Hall 530 pm Holden Evening Prayer 7 pm Council	<b>17</b> 530 pm Discipleship Academy	<b>18</b> 9 am Devotions 6 pm Book Club at Forbidden Peak	<b>19</b> 9-10 am Open Pantry & Deliveries
<b>20</b> 830 am Choir 845 am Men's Group 930 am Worship 1030 am Coffee 1045 am Faith Formation (see page 2)	<b>21</b> Noon Devotions 6 pm AWARE Donations Due to SOV	<b>22</b> 6 pm OWL Parents & Caregivers Small Group	<b>23</b> 530 pm Thanksgiving Eve Soup & Songs	<b>24</b> Thanksgiving Day	<b>25</b> 9 am Devotions	<b>26</b> 9-10 am Open Pantry & Deliveries
<b>27</b> <b>First Sunday Advent</b> 830 am Choir 845 am Men's Group 930 am Worship 1030 am Coffee 1045 am Advent Faith Formation (page 2) 5 pm Middle School Makes FPJ Dinner	<b>28</b> Noon Devotions <b>SOV Hosts for FPJ from Nov. 27 to Dec. 4</b>	<b>29</b>	<b>30</b> 530 pm Holden Evening Prayer	 <b>Looking Ahead</b> <b>Christmas Eve Worship</b> <b>Saturday, December 24</b> 5:30 pm Bonfire in the parking lot. 7:00 pm Traditional candlelight worship. Luminaries may be purchased to line the walkway.		

## Shepherd of the Valley Lutheran Church

4212 Mendenhall Loop Road

Mailing Address: PO Box 34859, Juneau, AK 99803

Email: [sovjuneau@gmail.com](mailto:sovjuneau@gmail.com) Office: (907) 789-4093

Food Pantry Direct: (907) 500-3588

Web: [www.sovlutheran.org](http://www.sovlutheran.org) Like us on Facebook

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**Return Service Requested**



Your church family is here for prayers, visits, and encouragement. Please call if you would like a visit from Pastor Tari, or anytime you can use a kind word.

Pastor Tari enjoys opportunities to go for walks while visiting with folks. Feel free to call her and plan a time to go for a walk.

We would also love to hear from you with comments about or submissions to *The Shepherd's Voice*. If your address has changed, or if you no longer wish to be on our mailing list, we want to know that too.

**Rev. Tari Stage-Harvey, Pastor**

**Please see inside the newsletter for the many ways we are connecting.**

**Sunday Worship:** 9:30 a.m. (via Zoom and in-person)

**Faith Formation for All Ages:** See page 2 & 3 of newsletter for details.

**In-Person Food Pantry:** 9-10 am Saturdays

Deliveries available Saturday mornings to homebound folks. Call the pantry direct line for information.

**Food Pantry Direct Line (call with questions):** 907-500-3588

*The Shepherd's Voice:* Editor, Becky Corson and Production/Distribution, Lewis Gates