

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

September

October
2023

The Shepherd's Voice

Monthly Newsletter of the Valley Lutheran Church

*For everything there is a season, and a time for every matter under heaven.
Ecclesiastes 3*

After I let the chickens out and told them not to poop on the porch, I picked the last of the raspberries for my granola and had a moment of grief. It's similar to the grief I felt eating the last egg produced by my chickens before they entered their ninth year. This is the passing of the season and I needed to take a moment to feel sad about it and thankful for the bounty that's now come to an end. There weren't tears, but I let my heart hurt for a minute about the passing of a season. It was hard to imagine the raspberries would end when there were so many to pick that we couldn't keep up, but endings come. I could immediately run to the store to buy an outlandishly priced quart of raspberries from a far off land and pretend endings don't come or I can sit with the passing and recognize the season will come again but now is not the time.

Giving space for our grief and allowing ourselves to mourn the passing of seasons instead of denying endings keeps us healthy and grounded. Mourning takes practice. If we recognize all the losses along the way, learn to let go of control, and appreciate what has been, we have some rhythms and tools in place when big losses wash over us.

Juneau experienced some significant losses and no amount of practice prepares people for such unexpected devastation. However, when we live in the rhythms of acknowledging and mourning endings then we have language to talk about it and some awareness that the "punch in the gut" feeling is normal. Endings hurt and there is no magic escape from that pain. Grief is normal; pretending it doesn't exist is not normal.

We recently did a grief coaching training that emphasized giving space for people to mourn. Grief was described as what we felt internally and mourning was how it was expressed externally. We don't give many safe spaces for people to mourn. There is too often the assumption that people should buck up and move on. The gift of sackcloth and ashes, or paid mourners who wept loudly, or wearing black mandated that space for mourning be made and respected whether someone felt like they needed it or not. I wouldn't mind a black arm band every now and then to tell the people around me that I've had a loss so I might be a little more raw and need a little more space.

I grieve for all who experienced loss of home and possessions in the flood. I also grieve for the loss of predictable patterns. What will the river or the glacier do next? Will this happen every year? How do we plan for a future where homes outside the flood zone were flooded and yards swept away? If you find yourself being reactive, angry and controlling in the face of this uncertainty, then there is a good chance grief is coming out sideways. When we don't give space and tools for mourning, then grief often comes out as anger and control.

So be gentle with yourself and others. Give space for tears and stories of loss. One ritual I've found helpful, besides prayer and worship, is to watch a movie that will let me weep. *Life is Beautiful* is one of my favorite tear jerkers. It lets my tears freely flow without having to explain to anyone why I am sad. Or I go for long walks and allow myself to dwell on the loss until the tears come.

This morning I simply took a little longer to pick the raspberries and a little longer to relish the fresh burst of sweet. I thanked them for this season and told them that I looked forward to what next year will bring.

Peace,
Pastor Tari



Faith Formation at SOV

There is a lot happening. We hope you'll join us as part of your faith journey.

One of the gifts offered at SOV is the opportunity to participate in a "small group." They provide many ways to be involved and grow in faith. Some are book studies; some are just "show up and chat." Thank you to everyone who helped plan our upcoming months together.

Rally Day is September 3. During Faith Formation time, we will talk about the plan for the upcoming months and share some summer highlights. The first official day of classes is September 10.

Following is the Sunday morning schedule beginning September 3:

Sunday Schedule at SOV

- 8:30 am Men's Group gathers to check in about life. Sometimes there is breakfast.
- 9:30 am Worship. Some parents asked for a time during the sermon where little ones could hang out in the nursery so they can focus on the message and not worry about disturbing others. Little ones don't have to leave during the sermon, but it will be an option. There will be a sign-up coming soon for those willing to assist in the nursery.
- 10:30 am Coffee fellowship. Treats to share (sweets and more healthy options) are always welcome.
- 10:45 am Faith Formation for All Ages. A snack will be provided to youth in their classrooms.

Pre-readers meet in the nursery with Talea Kellar and Michelle Weaver.

Readers meet in the Gospel Room with Meagan Hinton and Lisa Wallace. They will do the "What's in the Bible" curriculum with fun and engaging videos from the makers of Veggie Tales.

Middle Schoolers meet in the loft with Glenn Mitchell and Mariel Odum. Letters are going out with dates and plans so please look out for them.

High Schoolers are with Pastor Tari and Scott Hinton working on faithful finances - how to navigate the world of debt, savings, earnings, investing, and giving.

Adults are with Linda Landvik and will continue working through The Bible Project.



Weekday Small Groups

Monday Book Club meets Mondays at Noon, beginning September 11 with the book *The Undertaking* by Thomas Lynch.

SOV Choir will rehearse at 7 p.m. Mondays beginning September 11. Our choir will rehearse with a larger community choir that meets at SOV; Misuri Smyth will direct. All are welcome to sing!

Holden Evening Prayer at 5:30 p.m., Wednesdays, September 13, 20, 27, October 4, 11, 25 on Zoom. The Zoom link can be found on the SOV website. www.sovlutheran.org

Discipleship Academy meets 4-5:30 p.m., Thursdays, September 14 and 21; and October 26. The group will delve into the Hebrew Scriptures (Old Testament). Rabbinical student Ally Karpel will join us on September 21 to talk with us some about Midrash and the role of Torah in Judaism.

Parents and Caregivers as Sexual Educators will meet 6 p.m., Thursdays, August 31 and September 28. Feel free to join this small group as we discuss how to raise our children and grandchildren to be healthy and faithful sexual beings.

Friday Morning Devotions—9 a.m. Fridays at SOV. Have coffee or tea and dig into a daily devotion.

Overnight Adventure—We have the Ravens Rest cabin at Eaglecrest rented on October 6-7 for a possible middle or high school overnight. Stay tuned for details.

Young Adult Our Whole Lives Sexuality Class—The first meeting is 6:30 p.m., Sunday, October 8 tentatively in the side room at Forbidden Peak. All those between 18-35 are welcome. Meagan Hinton and Lily Larson will facilitate.



Newsy Bits & Pieces for September and October

Glory Hole Meatloaf

We cook our monthly meal on Wednesday, September 20 and Wednesday, October 18. Watch the weekly emails for the sign-up sheet for needed contributions of time and food.

Food Pantry

We've got a wonderful crew of pantry volunteers. Let us know in the church office if you'd like to volunteer too. The pantry can 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). The pantry is open for in-person visits from 9-10 a.m. on Saturdays; and on the last Saturday of the month we serve a free hot breakfast. Deliveries to folks who are homebound are available on Saturdays too. Call the direct pantry line at (907) 500-3588 for more information.

Sunday Morning Coffee Fellowship

We have coffee fellowship every Sunday after worship! It's a lovely transition between worship and faith formation where we enjoy a hot beverage and enjoy each other's company. There's almost always a buffet of snacks to enjoy too; both sweet treats and more healthy options. Thank you to our Fellowship Committee for making the coffee and setting out the treats on Sundays. They mostly do the clean-up too (which anyone can volunteer to do on any given Sunday). We're all welcome to bring a treat to share as well.

Southeast Cluster Gathering

This fall our cluster will meet in Sitka September 15-16. Thank you to Pastor Tari and Annette Ranger for representing SOV. There are six congregations in Southeast Alaska who gather at least once a year. Please keep our brothers and sisters in your prayers: Petersburg Lutheran; Resurrection Lutheran; First Lutheran in Ketchikan; Sitka Lutheran; Island of Faith in Wrangell; and Shepherd of the Valley.

Planned Giving Session with Beth Adams from ELCA Investment Fund

Following worship on September 17, Beth Adams will join us to discuss how to maximize tax benefits while giving to the church or projects at church. We are now able to receive stock through the ELCA Foundation to save on capital gains. She will answer questions about annuities and ways to plan giving.

Mark Your Calendars! Let's Play BUNCO!

The Fellowship Committee is hosting Bunco Night, 7 p.m., Friday, September 22 at SOV. Bring three friends (or come alone and make three friends) and join us for this fast-paced, fun, and easy-to-learn dice game. The "entrance fee" is to bring an item that can be used as a prize (yep, prizes are awarded throughout the evening). Snacks and beverages provided. You may also bring your favorite snack to share.



Greece Pilgrimage Update

Plane tickets are reserved and housing is finalized! The crew heading to Greece is: Linda, Steve & Camdyn Landvik; Tari, Kirt, Hannah, Sophia & Elijah Harvey; Mark, Savona, Rosemary, Sam, Liam Kiessling; Becky, Denny & Corbin Corson; Wynette & Bella Hanna; Missy, Chip & Adelle McMillan; Adam, Janalynn, Aaron & Meilani Doten-Ferguson; Shaelyn & Kayleigh Newport; Braden Jenkins; Cindy Spanyers; Tyler Weldon; Xandor Beck; Katherine Andrews; Whitney Hall; Kristina Abbott; Theresa Ross; Lisa Wallace; and Willie Anderson

Pop-Up Clothes Closet! We are trying a new fundraiser! Unlike our usual rummage sales, this time we are only accepting donations of clothing and nothing else. Here's how it works: from 1-6 p.m., Sunday, October 29, you may drop off gently-used and clean clothing items. The cost to drop off clothing is \$5 for small plastic shopping bag (Fred Meyer bag), \$10 per kitchen sized trash bag, or \$20 for black large bag. This fee will help cover dump fees for clothes that don't sell. From 5-7 p.m., Friday, November 3 and from 8 a.m. to Noon, Saturday, November 4, we will host a Pop-Up Clothes Closet where people may purchase clothes for a donation. We'll also have our famous pulled pork sandwiches available for \$5. The fundraiser will help the crew going to Greece with some travel expenses.



Disaster Relief

It's been an overwhelming time with so many people recovering from natural disasters, both in our community and farther away. Keep the people affected close at heart and in your prayers.

Local Disaster Response is through United Way and Red Cross. Feel free to fill out the online form to volunteer or donate at unitedwayseak.org/form/juneauflood.

Maui Disaster Relief from Alaska Synod News

After wildfires ripped through the Hawaiian island of Maui, residents are helping each other and relying on help from across the United States. Alaska Synod pastor Ron Rucker, who is serving an interim call at Kihei Lutheran Church on Maui, said the support has been "amazing," but more is needed.

Rucker's congregation is located in Kihei, where there was some fire damage but not as extensive as that which decimated Lahaina, about 24 miles to the northwest. Rucker said tourism is discouraged right now, as all available resources are shuttled to residents displaced from their homes. He said that of the more than 1,000 people in need of shelter, not even half have been given temporary housing; many are still sleeping on gym floors. According to news reports as of August 14, about 100 people have died due to the fires, and officials are searching for more victims.

The people of Kihei Lutheran Church are doing what they can, Rucker reports. Rucker said the church continues to help by purchasing hygiene kits, children's flip flops, school supplies, socks and underwear (for adults too) to take to the local distribution center. He said that when the congregation receives funds earmarked for the disaster, they purchase those supplies. Rucker also encouraged anyone who wants to donate via Amazon, to simply have items shipped directly to Kihei Lutheran Church.

Another way to help, Rucker added, is with gifts to Lutheran Disaster Response, who will be coming in soon. This ministry is there for the long-haul – usually the last to leave a disaster – and provides, among other resources, counseling services for those impacted by the disaster.

To donate funds through Kihei Lutheran Church (<https://kiheilutheran.org/>), click on the give button, then enter the dollar amount and add a message earmarking it for wildfire relief (a message box is provided).

To give through Lutheran Disaster Response, go directly to their US wildfire page.

Master Facility Plan Update

The driveway move is nearly completed. The new physical address for the church is 8198 Keegan Street (we will still use our PO Box for mailing address). There will be a temporary banner at the current entrance directing people, a sign at the corner and a sign at the new entrance. A committee is organizing to work on a refurbished new sign out front.

The columbarium committee will meet soon to discuss estimates to complete landscaping around the columbarium

The playground phasing has adjusted to economic realities and priorities. The surfacing will be wood chips instead of pour in place surfacing. The difference will be around \$170,000 but will need to be renewed every year.

We received a \$2500 matching grant from the Douglas Dornan Foundation.

We also received a 100% matching grant to purchase the main play structure for 5-12 year olds (see photo on page 5 of newsletter). We need to raise \$57,596 before the end of October and that will allow us to purchase a play structure that is normally \$115,000.

The engineering bid to produce a stamped plan for drainage is \$10,000.

Site work will be mainly volunteer labor.

Requests in process:

Rasmuson Tier 1	\$25,000
Crossett Foundation	\$20,000

Requests pending:

TEAM	\$5000
(Together Emphasizing Alaska Ministry)	
SEALASKA	\$5000
Mendenhall Flying Lions	\$1000
Community Fundraiser	\$5000

The fundraising committee will meet soon. Our current play structure needs to be deconstructed and our goal is to have the site work planned and new equipment ordered before November 1.

Let the Blessings Overflow

Good news and celebrations in September and October

September

Birthdays

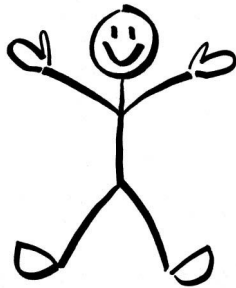
2 Beverly Loveid
4 Sharon Mitchell
8 Amanda Duvall
8 Deb Tempel
9 Scott Hinton
10 Norman Carls
13 Braden Jenkins
13 Joy Will
14 Philip Fenumiai
15 Corinne Orsborne
16 Sue Nielsen
19 Kirt Stage-Harvey
20 Sam Kiessling
21 Mariel Odum
24 June Morgen
24 Robert Varness

September

Baptismal

Birthdays

12 Karen Stumpf
27 Maddox Rasmussen
29 Kristin Wright



October

Baptismal

Birthdays

2 Mabel Hinton
2 Trevor Kellar
2 Kyle Reilly
2 Megan Sheufelt
11 Lewis Gates
13 Denny Corson
15 Corbin Corson
19 Tyler Sorem-Birk
23 Phillip Fenumiai
27 Bekah Peterson
29 Valorie Kissel
30 Joy Will

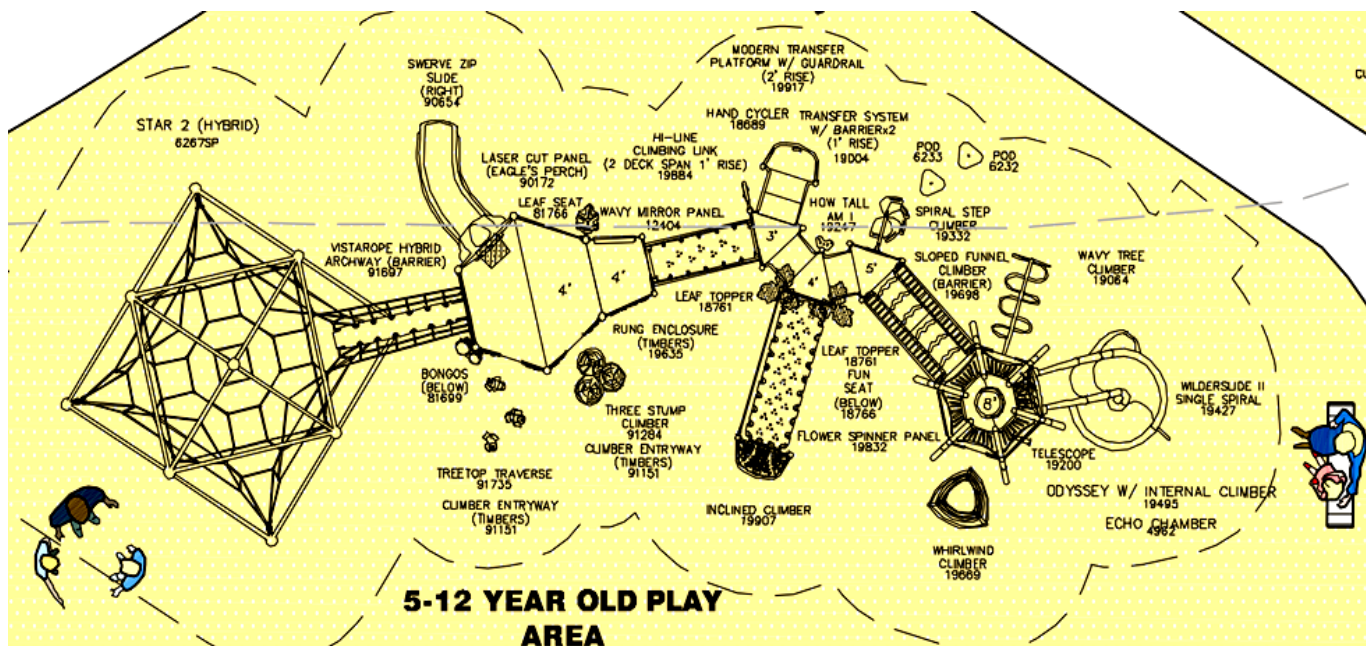
October

Birthdays

5 Lewis Gates
5 Steve Landvik
5 Marie Stevens
7 Bess Ranger
8 Mindy Birk
8 Whitney Hall
8 Elfrida Nord
9 Braith Dihle
9 Wendy Larsen
10 Beverly Varness
10 Linda Thompson
12 Ronald Duvall
15 Cherie Oliver
15 Virgil Fredenberg
16 Jeffrey Jenkins
19 Nancy Hixson
24 Alan Duvall
24 Bob Williams
28 Erik Abbott
28 Trish Dihle
28 Kiley Stevens
30 Eileen Hosey

Playground Design

Below is the tentative design for the new play structure. More information about the playground and other master facility plan updates are on page 4 of the newsletter.



2023 OCTOBER						
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				

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SEPTEMBER



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

Food Pantry Direct Line: 907-500-3588

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Blessings to Our Newsletter Sponsors —Thank you to Dennis and Ginny Iverson (Becky Corson’s parents) for sponsoring in celebration of Denny and Corbin’s baptismal birthdays, and Dan and Becky’s anniversary, all happening in October. 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 special wording you want included.					1	2 9-10 am Pantry
3 830 am Men’s Group 930 am Worship 1030 am Coffee 1045 am Rally Day 1130 am Greece Mtg	4	5 530 pm Mom’s Group	6	7	8 9 am Devotions	9 9-10 am Pantry
10 830 am Men’s Group 930 am Worship 1030 am Coffee 1045 am FF Classes	11 Noon Monday Book Club 7 pm Choir Practice	12	13 530 pm Holden on Zoom	14 4 pm Discipleship Academy	15 9 am Devotions	16 9-10 am Pantry - - - - SE Cluster Gathering in Sitka - - - -
17 830 am Men’s Group 930 am Worship 1030 am Coffee 1045 am FF Classes & Planned Giving 6 pm SOV Book Club at Forbidden Pk	18 Noon Monday Book Club 7 pm Choir Practice	19	20 SOV at the Glory Hall 530 pm Holden on Zoom 7 pm Council Mtg	21 11-1 pm Juneau Faith Community Luncheon at SOV 4 pm Discipleship Academy with Rabbinical Student	22 9 am Devotions 7 pm Bunco Night	23 9-10 am Pantry
24 830 am Men’s Group 930 am Worship 1030 am Coffee 1045 am FF Classes	25 Noon Monday Book Club 7 pm Choir Practice	26	27 530 pm Holden on Zoom	28 6 pm Caregivers and Sexual Educators	29 9 am Devotions Noon SEAKFB Annual Meeting at SOV	30 9-10 am Pantry

2023 NOVEMBER						
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		

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OCTOBER



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9-10 am on Saturdays (in person)

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1 830 am Men’s Group 930 am Worship 1030 am Coffee 1045 am FF Classes 1130 am Greece Mtg	2 Noon Monday Book Club 7 pm Choir Practice	3	4 530 pm Holden on Zoom	5	6 9 am Devotions	7 9-10 am Pantry <i>- Youth Cabin Overnighter - -</i>
8 830 am Men’s Group 930 am Worship 1030 am Coffee 1045 am FF Classes 630 pm Young Adult OWL—Forbidden Pk	9 Noon Monday Book Club 7 pm Choir Practice	10	11 530 pm Holden on Zoom	12	13 9 am Devotions	14 9-10 am Pantry
15 830 am Men’s Group 930 am Worship 1030 am Coffee 1045 am FF Classes	16 Noon Monday Book Club 7 pm Choir Practice	17	18 SOV at the Glory Hall No Holden	19	20 9 am Devotions	21 9-10 am Pantry
22 830 am Men’s Group 930 am Worship 1030 am Coffee 1045 am FF Classes	23 Noon Monday Book Club 7 pm Choir Practice	24	25 530 pm Holden on Zoom	26 4 pm Discipleship Academy	27 9 am Devotions Raise \$57,000 for playground by this date for matching grant.	28 9-10 am Pantry
29 830 am Men’s Group 930 am Worship 1030 am Coffee 1045 am FF Classes 1-6 pm Clothing Drop Off for Sale	30 Noon Monday Book Club 7 pm Choir Practice	31	A Moment for Prayer Prayers for visitors to our pantry, and other food pantries in Juneau, that these folks find not just food, but friendly faces and genuine caring. We also pray for Pastor Tari Stage-Harvey; Alaska Synod Bishop Shelley Wickstrom; and ELCA Presiding Bishop Elizabeth Eaton.			

Shepherd of the Valley Lutheran Church

New Physical Address: 8198 Keegan Street

Mailing Address: PO Box 34859, Juneau, AK 99803

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

Food Pantry Direct: (907) 500-3588

Web: www.sovlutheran.org Like us on Facebook

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Return Service Requested



**SAVE THIS NEWSLETTER!
IT'S THE SEPTEMBER
AND OCTOBER ISSUE!**



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 inside 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