



LOVED BY GOD; LOVING OTHERS

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

February
2023

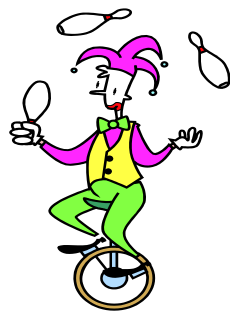
The Shepherd's Voice

Monthly Newsletter of Shepherd of the Valley Lutheran Church

February is my favorite month! I love the returning light and often some decent snow for skiing. It's my birthday and Lent! Woohoo! I'm not always excited about Valentine's Day; give me Ash Wednesday over sappiness any day. But it is a great chance for chocolate and to talk about relationships.

The Senior and Post high groups talked about healthy and unhealthy characteristics in relationships. They are so wise. Take a moment and read through the lists on page 5 and think about your relationships. Think about family and friends, but think also about your relationships with work, substances, shopping, social media, TV, and so on. Go through the list of healthy and unhealthy and see what you check off in each column. If a relationship is unhealthy, it doesn't mean you have to dismiss it as "toxic," but it does mean you need to do some work on your own boundaries and responses. It might mean you need to take some space from that relationship, but often relationships are like gardens and they take some tending and weeding. May this season give you the wisdom and strength to seek health instead of watering weeds.

Peace,
Pastor Tari



It's Time to Get Your Act Together for Fat Tuesday Follies

6 to 7:30 p.m., Tuesday, February 21 at SOV

Bring your friends to this fun (and free) pancake dinner and variety show. Pancakes are served until everyone is full; the variety show begins about 6:30 p.m.

If you'd like to perform your family-oriented act in the variety show, please talk to Pastor Tari or Becky Corson. It's a true variety show. Anything goes!

The night before Ash Wednesday is often referred to as Fat Tuesday, referring to the traditional last night to eat fatty foods before the religious obligations and fasting associated with Lent. Pancakes are traditional "fat" fare (as they are sugary and fatty and often smothered with butter and syrup).

Ash Wednesday and the Season of Lent begin on Wednesday, February 22.
More information about Lent on page 4.



Worship & Faith Formation at SOV

(It doesn't just happen on Sunday.)

Sunday Schedule at SOV

8:45 am	Men's Group typically gathers to read through scripture and check in about life.
9:30 am	Worship. In-person and on Zoom. The Zoom link is in the weekly church email.
10:30 am	Coffee fellowship.
10:45 am	Faith Formation for All Ages.
10:45 a.m.	Choir Rehearsal

Adult Study: *What is the Bible* videos by The Bible Project. Led by Linda Landvik.

High School: OWL (Our Whole Lives) led by Scott Hinton and Pastor Tari.

Middle School: Led by Glenn Mitchell & Janalynn Doten-Ferguson.
Mentoring on February 26.

2nd-5th Grade - Led by Steve Carls.

Preschool-1st Grade - Led by Meagan Hinton and Talea Kellar.

Weekday Small Groups in January

Small Group Devotions

Noon on Mondays, in-person at SOV. Currently studying *Accidental Saints* by Nadia Bolz-Weber.

Holden Evening Prayer Service

5:30 p.m. Wednesdays on Zoom. Zoom link available on the SOV website.

Discipleship Academy

5:30 p.m., Thursdays, February 23 and March 2. In-person at SOV includes dinner. Zoom available too.

Parents and Caregivers as Sexual Educators

6 p.m., Thursday, February 2. This is a ten-week small group experience for adults. During these weeks, we explore Hopes and Concerns for Kids' Sexual Health, How Do We Talk About Sex?, Gender Identity, Sexual Orientation, Relationships, Sexual Health, Decision Making, Consent & Boundaries, Social Media, and Pornography isn't Sex Ed. Please talk with Pastor Tari if you are interested. This small group is not restricted to church members so please reach out to friends you know would benefit.

Coffee Talk Fridays

9 am on Fridays, in-person at SOV. Morning coffee (or tea) and devotions.

SOV Choir

Everyone who likes to sing is invited to join the choir.

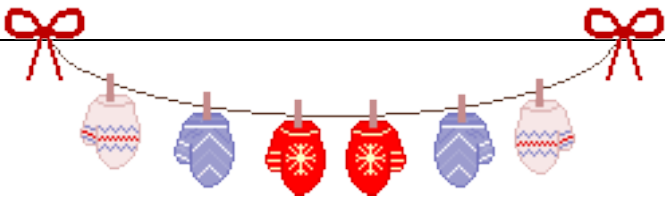
They rehearse at 10:45 a.m. Sunday mornings.

The choir sings some Sunday mornings and at occasional special events.



Music is a fair and glorious gift of God. I am strongly persuaded that after theology, there is no art which can be placed on the level with music.

Martin Luther (1483-1546)



Many Hands! Many Hearts!

Gathering with Love at SOV

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

Glory Hole Meatloaf

We cook our monthly meal on Wednesday, February 15. Watch for the online sign-up sheet for needed contributions of time and food.

Food Pantry

We've got a wonderful crew of pantry volunteers. If you'd like to volunteer for the pantry too, let us know in the church office. 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).



The Souper Bowl of Caring Challenge

On Sunday, February 12 (which is the day of that other Super Bowl), the SOV youth challenge us to bring one non-perishable food item (or \$1) to church for every bottled or canned beverage in our homes.

All donations will go toward the SOV community food pantry; look for the designated Souper Bowl table at church. This challenge is part of *The Souper Bowl of Caring*, a nation-wide effort of youth to end hunger in their communities. You can find more information about the Souper Bowl on the website www.souperbowl.org.

Greece Meeting

Thank you to everyone who filled out the Greece Interest Form. There is a mandatory meeting to talk about what comes next for all interested in going on the pilgrimage. It takes place at 10 a.m., Saturday, February 4 on Zoom and in person.

Mom's Group

Hey moms, mark your calendars for 5:30 p.m., Tuesday, February 28. We will have a light dinner and do something amazing. Stay tuned for details.

SOV Book Club

Join us at Forbidden Peak at 6 p.m., Friday, March 3 to discuss life and the latest book. *Running* by Natalia Sylvester. About the book:

When fifteen-year-old Cuban American Mariana Ruiz's father runs for president, Mari starts to see him with new eyes. A novel about waking up and standing up, and what happens when you stop seeing your dad as your hero—while the whole country is watching.

In this thoughtful, authentic, humorous, and gorgeously written novel about privacy, waking up, and speaking up, Senator Anthony Ruiz is running for president. Throughout his successful political career he has always had his daughter's vote, but a presidential campaign brings a whole new level of scrutiny to sheltered fifteen-year-old Mariana and the rest of her Cuban American family, from a 60 Minutes-style tour of their house to tabloids doctoring photos and inventing scandals. As tensions rise within the Ruiz family, Mari begins to learn about the details of her father's political positions, and she realizes that her father is not the man she thought he was.

But how do you find your voice when everyone's watching? When it means disagreeing with your father—publicly? What do you do when your dad stops being your hero? Will Mari get a chance to confront her father? If she does, will she have the courage to seize it?

And let us consider how to provoke one another to love and good deeds...

Hebrews 10:24

The Season of Lent begins February 22

Lent is a time of preparation for Easter. It is 40 days (not including Sundays) of fasting, prayer, and confession. This is also a time of preparation for baptism. Purple is the color for Lent as a sign of penance, as we enter into the darkness of our sin; and it is a sign of royalty, recognizing Christ's lordship even over death.

We begin this season with **Ash Wednesday** on February 22. There will be worship at 5:30 p.m. (both in person and on Zoom). Please make a point to join us for this powerful, 30-minute worship.

We will hold **Holden Evening Prayer** on Zoom at 5:30 p.m., Wednesdays through Lent.

Fat Tuesday Follies—Pancake Feast and Variety Show

6 p.m., Tuesday, February 21. Fat Tuesday is traditionally a time to get the fat out of our homes before the fasting of Lent. To celebrate, we are hosting a pancake feast and variety show. We need at least eight family-oriented acts to make it a rowdy evening so start working on your skits (or musical numbers or poetry readings or whatever your imagination leads you to do).

Lenten Disciplines

We are all encouraged to choose a Lenten discipline. It is a time of fasting from destructive habits and embracing creative ones:

Possible fasts:

Single use plastic - straws, bags, packaging.

Screens - make a goal that is attainable i.e. one hour on weekdays and two on weekends.

Gossip or criticism - say something that builds up every time a nasty thought enters.

Alcohol - Alcohol still kills more people than drug overdoses in Alaska. Lent is a great time to check in with your body and make sure you are not hooked.

Convenience Foods/Meats - Fast from meat or processed food once or twice a week.

Forwarding Social Media without fact checking.

Possible new habits:

Worship regularly

Give generously

Journal

Prepare and eat meals with others

Read scripture and poetry

Walk 20 minutes a day



Devotions for Lent

SOV folks with names toward the end of the alphabet have been invited to write devotions for the congregation reflecting on metanoia - it means "to turn around, think differently, or repent." Our devotions for these forty days will be stories, thoughts, and hopes for what you will "do differently" during these days. It may be giving something up, taking something on, trying a new pep talk in difficult situations. These will go out daily on the app and website.

Special Offerings for Lent will be Elder Care Packages

Feel free to bring the following items to church on the designated Sundays.

February 26	Adult Coloring Book
March 5	Colored Pencils
March 12	Large print puzzle book
March 19	Meal kit for one or two or basket of tea/coffee
March 26	Easy to care for plant or puzzle
April 2	Lap Blanket

Information about single-serving-make-ahead meals can be found at this website:

<https://medium.com/ayuda-care/single-serving-make-ahead-meals-for-seniors-8ab96a7ba6fc>

The Season of Lent is a great time to reflect on relationships. The senior and post-high groups talked about healthy and unhealthy characteristics in relationships. Read through these lists and think about your own relationships. Be sure to read Pastor Tari's comments on the front page of the newsletter.

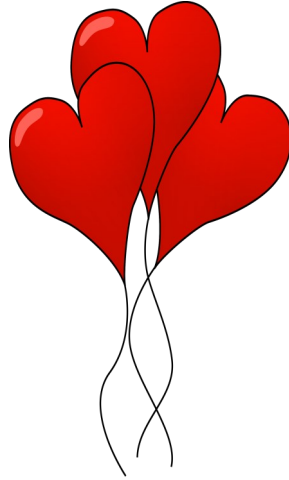
Healthy Characteristics in Relationships	Unhealthy Characteristics in Relationships
Open Communication	No communication
Honesty	Non-constructive fighting
Respect	-Power
Empathy	-Belittle
Fun/Joy/Sense of Humor	-Distance
Peace	-Drama
Contentment	-Attention
Compromise	Lying, Jealousy, Cheating
Boundaries	Defensiveness
Attraction	Using, Manipulating
Equality	Judging
Conflict & Resolution	Controlling
Acceptance	Smothering
Growth/Challenge	Isolating
Understanding	Lack of fighting
Assuming best intentions	Enmeshment/Co-Dependency
Supportive	Power Dynamics
Effort & Care	Walking on eggshells/thinking for other people
Interdependence	Ignoring
Trust	Obsession
Balance	Idealization/Romanticization
Self-love/esteem	Don't Express Needs
Reciprocity	Disappointed
Vulnerability	Emotional Burnout
Availability	Abuse
Standing Up/Defending/Ally	Comparing/Measuring/Competition for worth
Safety	Drama
Time	Pressure
Responsibility	Hypocrisy
Space	Secrets/Mistrust
Individual/Uniqueness honored	Sheltering
Grace	Power Imbalance

Let the Blessings Overflow

Good news and celebrations in February

Birthdays

- 5 Julie Jenkins
- 5 Calvin Landvik
- 7 Michelle Weaver
- 8 Kiah Dihle
- 8 Liam Kiessling
- 9 Rylan Pegues
- 10 Sally Thompson
- 10 Greg Weldon
- 12 Rick Fritsch
- 13 Nancy Davis
- 13 Tari Stage-Harvey
- 15 Craig Smith
- 15 Patrick Tassell
- 17 Camdyn Landvik
- 17 Carolyn Rasmussen
- 19 Janalynn Doten-Ferguson
- 19 Meilani Doten-Ferguson
- 20 Willie Anderson
- 22 Rachel Sielbach
- 23 Travis Ross
- 27 Helen Mehrkens
- 28 Sharon Fishel
- 29 Aaron Doten-Ferguson



A Moment for Prayer



O God, you have called your servants to ventures of which we cannot see the ending, by paths as yet untrodden, through perils unknown. Give us faith to go out with good courage, not knowing where we go, but only that your hand is leading us and your love supporting us; through Jesus Christ our Lord. Amen. *From Lutheran Book of Worship published by Augsburg Publishing House, 1978*

Also, keep in your prayers Pastor Tari Stage-Harvey; Alaska Synod Bishop Shelley Wickstrom; and ELCA Presiding Bishop Elizabeth Eaton.

Be a Newsletter Sponsor

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.

Baptismal Birthdays

- 1 Judy Marshall
- 13 Keith Andrews
- 15 Mindy Birk
- 16 Roger Skoe
- 19 Melissa Fritsch
- 22 Erik Thompson
- 24 Logan Balstad

SOV Church Council

Thank you to Jim Wilson and Gail Fenumiai for their service on council. Scott Hinton will join council and Gail Fenumiai will re-join council this year. Council members will be installed during worship on February 5. The council retreat is 1-6 p.m., Sunday, February 26 at the Shrine.

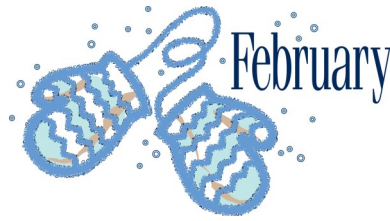
Let all that you do be done in love.

Corinthians 16:14

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			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	

www.primable-calendar.com



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

			1 530 pm Holden	2 6 pm Parents & Caregivers	3 9 am Devotions	4 9-10 am Pantry 10 am Greece Meeting
5 845 am Men's Group 930 am Worship w/Council Installation 1030 am Coffee 1045 am Faith Form. 1045 am Choir	6 Noon Devotions	7	8 530 pm Holden	9	10 9 am Devotions	11 9-10 am Pantry
12 Souper Bowl of Caring 845 am Men's Group 930 am Worship 1030 am Coffee 1045 am Faith Form. 1045 am Choir	13 Noon Devotions	14	15 SOV at Glory Hall 530 pm Holden	16	17 9 am Devotions	18 9-10 am Pantry
19 845 am Men's Group 930 am Worship 1030 am Coffee 1045 am Faith Form. 1045 am Choir	20 Noon Devotions	21 6 pm Fat Tuesday Follies	22 Ash Wednesday 530 pm Worship	23 530 pm Discipleship Academy	24 9 am Devotions	25 9-10 am Pantry
26 845 am Men's Group 930 am Worship 1030 am Coffee 1045 am Faith Form. 1045 am Choir 1-6 pm Council Retreat	27 Noon Devotions	28 530 pm Mom's Group	March 1 530 pm Holden	March 2 530 pm Discipleship Academy	March 3 9 am Devotions 6 pm Book Club at Forbidden Peak	March 4 9-10 am Pantry

Shepherd of the Valley Lutheran Church

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JUNEAU, ALASKA

PERMIT NO. 11

Return Service Requested



LOVED BY GOD; LOVING OTHERS

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