



*From the Pastor*

## **"Mirror Mirror . . ."**



The average house has lots of windows and a few mirrors, right? Now, imagine a home filled with lots of mirrors, but no windows; no natural light; the occupants largely unaware of their neighbors. Instead, the homeowners spend their time looking at themselves. I don't know about you, but I'd have some serious questions about their state of mind!

Many (dare I suggest most?) churches have very few windows [of mission] into the world around them. And of the windows they do have, many don't open easily or work the way they used to work, or are obscured with dust and grime. Instead, these churches spend enormous amounts of energy, time and money looking at themselves. They may talk about windows of missions, but they get caught up in the rut of doing things the way they always have and gazing into the mirror of yesteryear and longing for the 'good old days.' Interestingly, the more energy the members invest looking in the mirrors, the less capable, confident and courageous they feel living out the extraordinary mission of God!

The life and mission of Jesus Christ was truly a window. Jesus was always focused on others and not Himself. He was sent as the promised Messiah and Savior of the world. He was the one to whom John the Baptist pointed and proclaimed "Look! Behold the Lamb of God!" John was undoubtedly looking out the window at the mission of God in the sending of His only Son into the world to rescue and redeem it from the clutches of sin and death. Likewise we also need to look and point the world to the Savior and Lord, Jesus Christ.

Mirrors have their purpose, of course. Who doesn't use a mirror every day to check out one's appearance and make sure they look presentable to the world? Interestingly, God's Law is seen as a mirror in that it reflects back to us our sinful condition and hopefully drives us to repentance and forgiveness. Whenever we look into the mirror of God's Law we reflect back an image that is totally unpresentable to God. Sadly, it might blend into the world quite well and lead us to think we're not all that bad. But it is never acceptable to God. So it serves the purpose of confronting us with our sin, and revealing our need for the Savior. It also moves us then to go to the windows and share the Good News of our Savior with others!

So, what about Shepherd of the Valley? Are we full of windows? Or, are we surrounded by mirrors? As we have been working on our Vision as a church it might be helpful to examine if that vision is looking out the windows to the mission field all around us. Or are we gazing into mirrors that reflect our vision back in on our selves? It's not easy to replace mirrors with windows. No one seems to drift naturally in this direction. Actually, our natural tendency is sinfully turned back in ourselves. Too often we might think, "Mirror, mirror on the wall, what's in it for me and us all."

God help us all to replace the mirrors in our lives and in our church with windows of love and service for others! May we say, "Mirror, mirror on the wall, God's the fairest One of all!" His will be done! May the Lord transform our lethargy into urgency, and the insulation from (the world) into an invitation! May He empower us to break the old mirrors and replace them with windows!

Pastor Dennis Krueger

### **THANK YOU AGAIN!**

Once again Ruth Ann, Tristan and I would like to say "Thank-You" to the congregation for all of their love and support, especially this past Christmas. We were overwhelmed by the outpouring of cards, gifts, warm wishes and the extremely generous Christmas gift from the congregation! We are blessed to be a part of the family of Shepherd of the Valley Lutheran Church.



### **Military Bible Memory Sticks . . . are 'ba-aack'!**

Our Lenten and Easter mission project this year is to once again fund the giving of an entire company's worth (100) of Bible Memory Sticks to our military men and women through the *Faith Comes By Hearing* organization. The campaign begins on March 5<sup>th</sup>, Ash Wednesday, and will conclude on Memorial Day, May 26<sup>th</sup>. That's a little over 100 days, so we only need to raise an average of one Bible Memory stick per day to surpass our goal. We exceeded our goal last time by about 25 memory sticks. Can we even better our performance this time? More information will be coming as we approach the beginning of the campaign, but start planning now. Consider this: If you donated roughly a \$1.00/day throughout the campaign, you could give the gift of the Military Bible Stick to four of our men and women serving in the armed forces. Pray and consider how you might be involved in this most worthy project!



## QUILTING FOR LUTHERAN WORLD RELIEF

Hello everyone from the Quilters!

We are ready to get started working on our quilts for Lutheran World Relief and on the NICU baby quilts. Some of you asked what we are in need of – if you have any baby fabric that you would like to send our way we would appreciate it so much. Also, we can use any color of embroidery threads you are willing to part with for tying the quilts. We have several quilts ready to tie so you're all welcome to come help us with this. We have a terrific group of ladies that work with the quilts each month. They have been working with the group for many years and love to teach others how to tie quilts.

Come see us in the fellowship hall on the 4th Saturday of each month (except in Nov. & Dec.) or if you have any questions call Linda Olson at 276-0373. We start at 9:00 am and stop at noon.

Take care and God bless all of you.  
Linda Olson, Coordinator

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## at Shepherd of the Valley - Calendar for 2014

Feb. 8 8 am	Support the Book & Bake Sale
Mar 14 6 pm	LWML Meeting & Game Night
May 10	Mother's Day Tea
June	LWML Picnic
Aug 1 - 3	Women's Retreat in Big Bear
September	LWML District Retreat
Oct 17	Fall-tober
Nov 8	Holiday Boutique



### Food Myths and Facts

**Myth: Sea salt is a low-sodium alternative.**

Fact: Tests consistently show little difference in taste intensity or sodium content between varieties of sea salt and regular salt. Unfortunately, advertisements of products with sea salt have convinced the American public otherwise: In a recent survey, 61% of consumers believed sea salt was a low-sodium alternative. By weight, sea salt contains the same amount of sodium as other salts and so they have the same nutritional value.

**Myth: Heating food in a microwave destroys most of the nutrients.**

Fact: The opposite is true. Foods keep more of their vitamins and nutrients because microwaves can cook food faster and without adding fat as a cooking aid.

**Myth: "Gluten-free" products are healthier alternatives, even for people who don't have celiac disease.**

Fact: Unless you have celiac disease, there is no health benefit to choosing gluten-free foods. Gluten-free products still contain the same number of carbohydrates as their gluten-containing counterparts. For example, a slice of gluten-free bread contains 15 grams of total carbohydrates – the same amount as a regular slice of bread. If you want to eat healthier, cut back on all regular or gluten-free breads, cakes, cookies, crackers, pancakes, and pastas (which contain starchy and refined carbohydrates). According to Dr. Agatston, MD, "... the reality is that just 1 percent of the population—those suffering from celiac disease—need to be completely gluten-free."

**Myth: Honey or even brown sugar is a healthier alternative to sugar.**

Fact: Chemically, honey is almost exactly like sugar, and some honey blends have more calories than regular sugar. Brown sugar is simply sugar with a little molasses added for color (without adding any nutrients). Therefore, honey, brown sugar, and sugar are essentially the same and should be a limited part of your diet. The American Heart Association recommends no more than 9.5 teaspoons per day, but most Americans consume 22 tsp./day.

Source: MayoClinic.com, Tufts Health & Nutrition Letter, CNN Health



Our TLC (The Lord Cares) for Cancer Patients Ministry held its last meeting in January after 9 years of ministering to cancer patients at various hospitals and clinics.

Over the years our Ministry had many faithful volunteers who included fellow church members Evelin Hartmetz, Connie Lowe, Polly Stacy as well as members of Immanuel Lutheran church Diane Brandt, Sharon Kassel, Joy Fosgett, Deb Erickson, co-workers Gail Flenna, Dianne Fritsche, Delia McPhedran, Eva Lee Ulrich & daughters Sara & Savannah, friends Christine Grimm, Stephanie & Greg Levingston, Anita Rojas, Deanna Baldwin, Grace Sylvester, Barbara Haines, Juanell Snedeker, Debbie Heyward, Trina Cross and sister Doris Diaz.

This Ministry would not have been possible, though, without the talented gifted hands of Elaine Schilling and Stephanie Coz whose dedication and commitment provided year after year of beautiful handmade crafts and tote bags. Marge Clark also willingly handled bags and bags of recycled items and was readily available to copy Bible Verses and even put together a beautiful Hospice Booklet.

We are very thankful to Thrivent Financial for Lutherans Care in Communities for \$7,600 in funding through the West Riverside County Chapter which provided numerous inspirational items that reminded the patients that they were not alone in their battle against cancer.

In addition our Ministry received many donated items from Shirley Rollins and Norma Joslin (lap blankets), Moreno Valley Senior Center Crochet Club (caps, slippers & scarves), Becomers Bible Group of Riverside (caps & slippers), Victor Valley Order of Eastern Star (pillows).

Unfortunately, as this Ministry ends cancer continues so please remember to pray for all those who are affected by this awful disease as well as ask our Lord for a cure.

#### What Cancer Cannot Do:

Cancer is so limited...



It cannot cripple Love  
It cannot shatter Hope  
It cannot corrode Faith  
It cannot destroy Peace  
It cannot kill Friendship  
It cannot suppress Memories  
It cannot silence Courage  
It cannot invade the Soul  
It cannot steal Eternal Life  
It cannot conquer the Spirit

Lastly I would like to tell you that if you have ever had the Lord lay something on your heart (Acts 1:8) or felt He was nudging you into ministry, know that I was nudged by God nine years ago and it turned out to be one of the greatest blessings in my life.

Remember that Jesus came to serve, not to be served (Matthew 20:28). A life of service is a life of fulfillment. We give God our Heavenly Father all the Praise and Glory!

Humbly in His Service,  
Janet Gasco, Founder, TLC for Cancer Patients Ministry



#### UPCOMING YOUTH EVENTS:

February 8th, Lovefest

February 23rd, Snow Day (Jr. and Sr. High Groups)

March 8th, Trip to the Creation Museum in Santee (Jr. and Sr. High Groups)



Hello again! I hope you have all had a chance to read my January article, and are primed and ready to get some further information on the Jehovah's Witnesses. In this article, I will give a brief history of the JW's and list some of their beliefs. Next month I will offer some strategies for interacting with Jehovah's Witnesses that show up at your door. Information in this article was gathered from the book *Kingdom of the Cults*, and the Stand to Reason and Please Convince Me web sites.

The Jehovah's Witnesses were founded by a man from Pittsburgh, PA named Charles Taze Russell in 1869. Shortly after this Russell founded *The Herald of the Morning*, which has since become *The Watchtower, Announcing Jehovah's Kingdom* magazine. The publication currently boasts a circulation of 17.8 million copies monthly, and is available in 106 languages. *Awake* is the other Watchtower monthly magazine, and it has a publication run of 15.8 million copies a month. In 1917, a split occurred in the church, with the larger group following Russell's successor, J.F. Rutherford. The smaller faction became what is known today as the *Dawn Bible Students Association*.

The Jehovah's witnesses have published their own translation of the Bible, which is known as the New World Translation. The first complete version of this translation was published in 1961, and it has been carefully edited from the original text to support Watchtower doctrine. Since the time of Judge Rutherford, all Watchtower publications, including the New World Translation of the Bible, are written anonymously. The JW's claim this is to focus the attention on God's word, and to preserve the humility of the writers. Critics of this practice are quick to point out that keeping the translators anonymous makes it impossible to evaluate the qualifications of those doing the translating. When you engage Jehovah's Witnesses, you need to be aware that the Bible they are presenting you with is different than the one you own and study out of. You may hear passages that have been altered slightly from what you are familiar with. I will give a strategy to deal with this in my next column.

Starting with Charles Russell, and continuing throughout their history, the Witnesses have made hundreds of false predictions about future events. Here is just a small sampling of incorrect prophesies by the JW's starting with the year they were predicted. 1886, the Millennial Reign Has Already Begun. 1897, the Millennial Reign Began in 1874. 1916, the Millennial Reign Began in 1873. 1917, Armageddon Has Begun. 1922, Jesus Will Return in 1925. 1925, Jesus May Return in 1925. 1968, Jesus Will Return in 1975. As you can see, there are some major credibility problems for our Watchtower friends where predictions are concerned.

Here are a few other quick facts about the JW's. They do not celebrate birthdays or Christmas, as they believe these are pagan practices. JW's are annihilationist's, and believe there is not hell, no eternal soul and evil people will not be punished. Jesus is not Jehovah God; he is the only directly created being that Jehovah made all things through. Christ's resurrection was spiritual, not physical. Jesus' true followers worship Jehovah God, and the Trinity does not exist. The second coming of Jesus was a spiritual awakening that occurred in 1914.

Well, that should keep your head spinning until next month (I know I could use an Advil right about now!). Until then, may God continue to richly bless you!

Your Servant, Drew Covert

#### **ASH WEDNESDAY and LENT**

Are you ready for the Lenten Mid-Week soup suppers? Well, you'll have to wait a little longer this year! Lent and Easter come a little later this year. Ash Wednesday falls on March 5<sup>th</sup>, about a month or so away. For the Mid-Week Lenten series this year we're considering a study-series on The Lord's Prayer. So often, because it is so familiar, we pray this prayer that Jesus taught without truly realizing what we are petitioning of the Lord. Plan to join us on the Wednesdays in the Lenten Season 3/5 - 4/9, and the special Holy Week services as we journey through the rich and beautiful Lord's Prayer.

#### **EPIPHANY MINI-SERMON SERIES ON 1 CORINTHIANS 1 - 4**

We are blessed this year with a little longer Epiphany Season because Lent and Easter fall a little later. While we can't cover the entire Book of First Corinthians, we are going to examine the first four chapters (a chapter a week) through the closing weeks of Epiphany in the month of February. Traditionally we expect during Epiphany to see Jesus revealed as the Christ through word and deed. These texts from First Corinthians, however, remind us that, surrounded by an imperfect world and as members of an imperfect visible church, we are nevertheless the lights which the living Lord Jesus wishes to use to reflect His glory in the world. One of the brightest lights is that of the unity and fellowship in the Lord. The chief reason Paul wrote this letter was to encourage unity in a congregation (Corinth) that had become divided over things which were not important. As we consider these words in the month of February, may we also be encouraged to seek out peace, unity and fellowship among us, through our Lord, Jesus Christ.



## WHAT'S IN YOUR CLOSET?

Do you have shoes, warm clothes or old sleeping bags or blankets in your closets or attic that you don't use or probably won't need? Central City Lutheran Mission in San Bernardino needs old useable shoes and warm clothes especially for men but they also accept and distribute women's and children's items (washed please). You may give them to Pastor Ron or Ruby or bring them to the office. In the cold months CCLM takes in 70 homeless men each night who frequently need shoes and blankets and something soft to sleep on.



## Power Point Schedule for February

	8 am	10:45 am
2/2	Joshua Stange	Amanda Johansen
2/9	Bud Kenefick	Jim Wilson
2/16	Luke Hamann	Abby Covert
2/23	Gerry Klepps	Bob Maurer

If you need to change your schedule, or have any questions, contact Drew Covert at 951-525-8111 or [lcmsdrew@roadrunner.com](mailto:lcmsdrew@roadrunner.com). Thank you all for your service to our Church and our Lord!

## Joseph Project - Community (Citywide) Food Bank

Shepherd is working with other churches in Moreno Valley with this community food bank that provides food for the needy every Thursday from a distribution center at the Koinonia Evangelistic Center, 21866 Brill Rd., Moreno Valley (951-867-3050). Volunteers are needed to help out with distribution, sorting, clean up, etc. at the center. Contributions to the Joseph Project will be gratefully accepted through Shepherd. Please pray for this ministry and volunteer your time and talents! Contact Larry Alexander for more information.



Being an LCEF investor means providing the dollars needed to fund loans for churches, schools and ministries within the LCMS. Your investment also provides money for housing loans for our pastors and teachers. Why not talk to your congregation representative, Larry Alexander, today for more information about the ministry of the Lutheran Church Extension Fund. You can also get more information by calling 1-800-843-5233..

## JOIN IN THE CHALLENGE



This is a plea that you help build the Prayer Army we need so badly. Join us in choosing a time (maybe even 10 or 15 minutes) of any day of the week that is best for you individually and lift your silent (or loud) voices to the Lord. Ask for His touch on Shepherd, our Pastor, the members of our congregation, our school, and our community. His promise is clear - if His people gather together in prayer, He will hear our prayers. Let's do it!



**DON'T FORGET YOUR FOOD DONATIONS FOR CAP EACH SUNDAY!**  
Thank You!

## NEEDED FOR CRAFT PROJECTS:



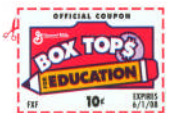
Old cds & cases, Greeting card fronts, Laundry soap scoops, Film containers,  
Powdered drink mix cans, Magazines, Plastic baby food containers Prescription bottles (small), Insulin bottles, Candy boxes, Advertising magnets Small bottles, containers, boxes Empty thread spools (wood or plastic) Tins (from band aids, Altoids, tea, etc.) Starbucks-type bottles with lids and carton Bring to the church or office.



**Thursdays at 9:30 AM**  
**In the Fellowship Hall**  
**Presented by Suzy Langhorne**  
**Certified Instructor**  
**FREE! Please join us.**

## SAVE BOX TOPS FOR OUR SCHOOL!

Specially marked box tops are worth \$.10 each when redeemed from Box Tops for Education. Encourage friends & family, near & far to help, too. Thanks for taking the time to help our school.






"The Lutheran Hour" and other Lutheran Hour Ministry broadcasts can be heard on KKLA Radio 99.5 FM and KPRO 1570 AM. Check out [lhm.org](http://lhm.org) or the radio station's website to find dates and times of broadcasts. You can also listen the programs directly from the LHM website [www.lhm.org](http://www.lhm.org).

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# February 2014

**Sunday Worship: 8 AM and 10:45 AM - Communion: 1st, 3rd, and 5th Sundays**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> 8:30 AM Cursillo Grouping @ Panera Bread  9:00 AM Diamond Girls (H)
<b>2</b> 9:30 AM Sunday School & Bible Class (Y-O-H)  6:00 PM Sr. High Youth (Y)	<b>3</b> 10:00 AM First Place TLC (H)  7:00 PM Pack 210 Committee (Y)  7:00 PM Women of Faith TLC (H)	<b>4</b> 5:30 PM School Board (O)  5:45 PM Chancel Choir (S)	<b>5</b> 6:30 PM Awana / Elementary (Y)  7:00 PM Praise Team (S)	<b>6</b> 8:00 AM BrailleMail(H)  9:30 AM Tai Chi (H)  10:00 AM School Chapel (S)  10:30 AM What Does This Mean Class (O)	<b>7</b> 9:00 AM Book Sale Set Up (H)	<b>8</b> <b>8:00 AM Book Sale &amp; Bake Sale (H)</b>  9:00 AM Knights of the Holy Spirit Bible Study  Youth LoveFest in Arcadia
<b>9</b> 9:30 AM Sunday School & Bible Class (Y-O-H)  6:00 PM Confirmation (O)  6:00 PM Messiahs Messengers (H)  6:00 PM Sr. High Youth (Y)  BP Screening after Services	<b>10</b> 9:00 AM Women's Koffee Klatch @ Brandon's  6:00 PM Diamond Girls (H)	<b>11</b> 5:45 PM Chancel Choir (S)  7:00 PM Girl Scouts (Y)  7:00 PM Lay Ministers (H)	<b>12</b> 10:00 AM Womens Faith Journey TLC (O)  6:30 PM Awana / Elementary (Y)  7:00 PM Praise Team (S)	<b>13</b> 8:00 AM BrailleMail(H)  9:30 AM Tai Chi (H)  10:00 AM School Chapel (S)  10:30 AM Crossways Bible Study (O)  12:30 PM Staff (O)  6:00 PM Vacation Bible School Planning Meeting (H)	<b>14</b> School & Office Closed  	<b>15</b> President's Weekend
<b>16</b> 9:30 AM Sunday School & Bible Class (Y-O-H)  6:00 PM Jr / Sr Hi Youth (Y)  6:00 PM Messiahs Messengers (H)  6:00 PM Sr. High Youth (Y)	<b>17</b> 10:00 AM First Place TLC (H)  7:00 PM MV Chorale Rehearsal (S)  7:00 PM Women of Faith TLC  School & Office Closed	<b>18</b> 5:45 PM Chancel Choir (S)  6:00 PM M & M Directors (O)	<b>19</b> 6:30 PM Awana / Elementary (Y)  7:00 PM Praise Team (S)	<b>20</b> 8:00 AM BrailleMail(H)  9:30 AM Tai Chi (H)  7:00 PM Men's Cursillo Weekend Starts	<b>21</b> 10:00 AM School Chapel (S)	<b>22</b> 7:30 AM Men's Breakfast at Brandon's  9:00 AM Quilting for LWR (H)
<b>23</b> 9:30 AM Sunday School & Bible Class (Y-O-H)  6:00 PM Confirmation (O)  6:00 PM Messiahs Messengers (H)  6:00 PM Sr. High Youth (Y)  BP Screening after Services	<b>24</b> Scholastic Book Fair all Week	<b>25</b> 5:45 PM Chancel Choir (S)  7:00 PM Girl Scouts (Y)	<b>26</b> 10:00 AM Womens Faith Journey TLC (O)  6:30 PM Awana / Elementary (Y)  7:00 PM Praise Team (S)	<b>27</b> 8:00 AM BrailleMail(H)  9:30 AM Tai Chi (H)  10:00 AM School Chapel (S)  10:30 AM Crossways Bible Study (O)  12:30 PM Staff (O)  7:00 PM Women's Cursillo Weekend Starts	<b>28</b> 	

CHURCH OFFICE HOURS: 8:00 am -- 3:30 pm, MONDAY - FRIDAY



## ***The Shepherd's Staff***

**WORSHIP SERVICE TIMES: Sunday: 8:00 & 10:45 AM**  
**5th Sunday of the month - One service only at 9:30 AM**

*"Preach the Gospel at all times. If necessary, use words." — Francis of Assisi*

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**RETURN SERVICE REQUESTED**

**DENNIS KRUEGER, SENIOR PASTOR  
RON KRAFT, EMERITUS PASTOR  
LINDA WILLIAMSON, SCHOOL DIRECTOR**

## **February 2014**



### ***Book Fair & Valentine Bake Sale***

SVLC is having our 2nd Annual Book Fair and Valentine Bake Sale to support the SVLC Social Ministry Assistance Fund with some matching funds from the West Riverside County Chapter of Thrivent Financial for Lutherans on Feb. 8 from 8-2!

Please donate your unused books, jigsaw puzzles, board games, DVD's & CD's.

Donations can be dropped off at the fellowship hall from noon to 6 p.m. on Thursday, Feb. 6, and from 9 a.m. to 6 p.m. on Feb. 7. Baked goods can be dropped off Feb. 7th until 6 p.m. or the day of the sale by 9 a.m.

***We need volunteers for various tasks. For more information or questions, please contact Terry Mack (924-8210), Marlene Alexander (242-6571) or the church office (924-4688) if you've not already signed up to help.***

Don't forget to invite your friends, neighbors, and relatives to come and check out our bargains!

