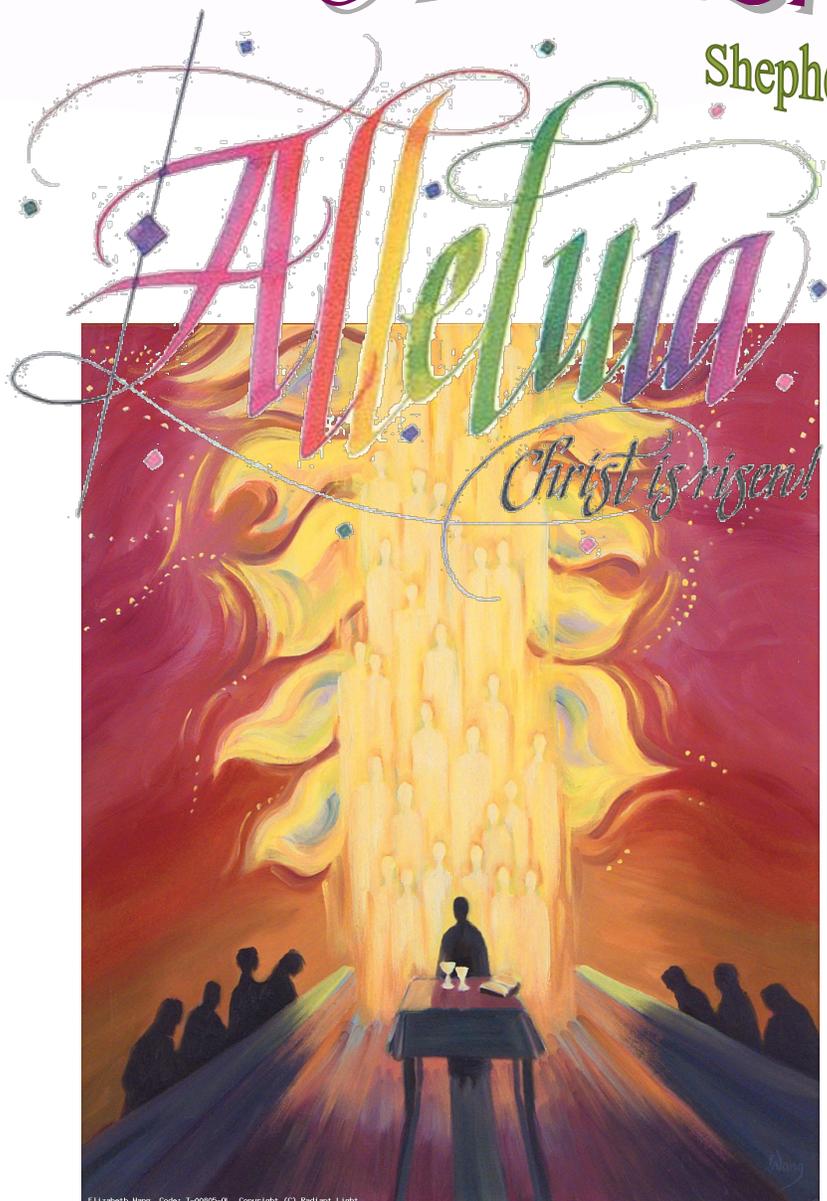


April 2021

VOL. #13 ISSUE #4

# SHEPHERD'S STAFF

Shepherd of the Valley Lutheran Church



Elizabeth Wang, Code: T-00805-OL, Copyright © Radiant Light

Illustration by Elizabeth Wang, T-00805-OL, 'We join the Angels at Mass, who echo our worship, as if waving bright banners of gladness, as we celebrate Christ's glorious Resurrection', copyright © Radiant Light 2006, www.radiantlight.org.uk

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*Shepherd of the Valley Mission Statement: Grounded in the word of God and centered in Christ, SVLC is an accepting and caring community sharing God's love, grace and forgiveness with all.*

Shepherd's Staff is published eleven times each year. It is the voice of the congregation; your articles, letters, and comments are welcome at any time. Submissions to the newsletter must be signed when received, although names may be withheld from the newsletter upon request. Submissions are subject to editing for space and clarity. Please submit articles by email or directly to the office.

The deadline for the May issue is Sunday, April 18<sup>th</sup>, 2021

20097-72 Avenue  
Langley, BC † V2Y 4J8  
Phone: 604-530-1311  
Fax: 604-539-8711  
email: [svlc@shaw.ca](mailto:svlc@shaw.ca)  
website: [www.svlc.ca](http://www.svlc.ca)

# Pastor's Report

Pastor Kristen Steele

Dear friends,

I'm sure that many of you have been following the news this week and hearing, possibly with some excitement or maybe with some trepidation, the news that Dr. Henry - our provincial health officer - has provided on two variances for religious gatherings. One variance was released on Tuesday and allows for outdoor religious gatherings (worship services) and a second was issued on Thursday that allows for 4 days of religious gatherings between March 28 and May 13. Those news releases came on the heels of many news stories about significant increases in case numbers here in BC and variants of concern that have become more and more prevalent both locally and across Canada.

As you are aware, our church council has been very cautious in order to keep everyone safe. While we are aware that churches are now permitted to have outdoor gatherings and up to 4 days of indoor gatherings, we will continue to remain solely online for the foreseeable future. We know that we all long to gather in person in our church building but at the same time our higher priority is to ensure everyone is as safe as possible. Through the stories of Holy Week we are reminded of Christ's self-giving love and of the commandment to love our neighbour as our self. We believe that we can do this in these times through staying home and staying safe.

It has been so very exciting to hear about people receiving their vaccine or their vaccine appointment and we know that there is a light at the end of the tunnel. We will hold off on gathering now so that we can all gather safely in the future.

One of the points in both of the recent variances from the provincial health officer says this:

5. A person organizing a worship service must caution the following people about attending an in-person worship service because of their higher risk of suffering from serious complications of COVID-19:
  - a. a person 70 years of age or older, even if they have been immunized against COVID-19;
  - b. a person with an underlying medical condition or a compromised immune system.

This, to me, indicates that gathering in person at this time continues to put people at great risk. This is not a risk the church council or I want to take.

I hope you will continue to be the church by reaching out to others and participating as you are able in the various church events we are having via zoom.

We will continue to be the church. Please know that I continue to be available for pastoral care. I know that these are not easy times. You are all in my prayers and I look forward to the day we can open the doors of our building once again!

Peace,  
Pastor Kristen

# Music Director's Report

Sylvia Duncan

As a musician, I have always known that music can draw out of us some powerful emotions, and as we perform, we are trying to evoke those feelings in our listeners. We put expression into the music with the hopes that the sounds will produce some reaction in the people hearing the music. But there have also been many times when I have had powerful reactions to pieces that I have heard. One such time, a few years ago, I was listening to a choir that my son Stephen was singing in. They were singing a choral version of Barber's *Adagio for Strings* and as the music climaxed, I burst into tears. I was astounded at my reaction because I hadn't been feeling sad at all prior to that. The next time I heard the song by a choir, I thought; "well, that reaction won't happen because I'll be ready for it." Imagine my surprise when I started crying yet again.

*Kontakion*, by Rupert Lang is another piece that brings out such emotions. Rupert Lang is a Vancouver musician and composer and he was commissioned by Diane Loomer to write a piece for Chor Leoni's Remembrance Day services many years ago. It has since become a favourite of many, used often at funeral services or memorials. We decided to use it for my mother's memorial celebration video, and it has definitely left an impact on me.

The *Kontakion* is a Byzantine poem form used in Orthodox church services in the 6<sup>th</sup> century. Here is a link to the Christ Church Cathedral Choir in Vancouver singing this piece:



<https://youtu.be/Ki72ubCeEGY>

Elgar's *Enigma Variations* is another emotional piece for me. Apparently I am not the only one to have a reaction to this piece. There is a whole website devoted to finding a reason why people break down in uncontrollable tears after listening to this piece. Here is a link for you to listen to one version of this piece:

<https://youtu.be/sUgoBb8m1eE>

I would be interested in hearing from you which pieces speak to your soul. Have you had an intense reaction to a piece of music? We are so fortunate that God has given us this ability to react to the beauty we hear around us. Happy listening.

In peace,  
Sylvia

## *Easter Services Online with SVLC*

**Maundy Thursday** April 1<sup>st</sup>

Zoom 7:30 pm

**Good Friday** April 2<sup>nd</sup>

Video Worship Service

**Easter Sunday** April 4<sup>th</sup>

Video Worship Service



Link and instructions on how to join Maundy Thursday Zoom service will be sent by email, as well as links to videos.

An advertisement for the 'Eternity for Today' app. It features a dark red background with a white and gold logo at the top left that says 'ETERNITY for TODAY'. To the right of the logo, the text reads 'Get the Eternity for Today App!'. Below this, it says 'Daily devotions that come right to your iPhone, smartphone, iPad and tablet!'. There is an image of the app on a smartphone and a tablet. At the bottom, it says 'Eternity for Today is produced by the Evangelical Lutheran Church in Canada.' and 'Available on the App Store' with the Apple logo. A 'DOWNLOAD TODAY!' button is also present.

## BIBLE BOX

### Monthly Verse, for April:

(as chosen by Peter Mathiasen)

#### *God's Provision*

*He satisfies the thirsty, and the hungry he fills with good things.*

*Psalms 107:9 NRSV*

# Keeping our Congregation Connected

## Flowers on our Easter Cross

Thank you to everyone who dropped by on a sunny Friday to place flowers on the cross, and pick up palms. It was so nice to see you all!



*Ladies Night "Out"*

**Friday, April 16<sup>th</sup> at 7:30 pm**

Join us again this month for another opportunity for fellowship and connection.

We will gather on zoom on Friday, April 16 at 7:30 pm. Keep an eye out for a zoom link sent out by email.



# Words of Thanks from our Emmaus Place Neighbours

A colourful card made by one of the children who lives in the family townhouses. The SVLC quilting group offered quilts to the 12 families of Emmaus Place.

Bed Time

I'll be a bunny and I'll hop in bed,  
And on my pillow I'll lay my head  
I'll close my eyes and shut them tight  
And stay in bed and sleep all night.



A Letter of thanks from a tenant in the seniors' building:

To Pastor Steele,

Thank you for your letter of welcome to Emmaus Place. I now live in a northern facing, one-bedroom unit and so enjoy my clean, spacious home with a view of the mountains. We have met, lastly at the "Hope 4 Homes" conference, and I would appreciate your thanking the decision-making board for building affordable homes for seniors and families. Mr. Trummel sat on the LSCAT seniors' committee at Langley Seniors' Centre, and is how I heard of the development in the early stages.

The 'fob' security features and fire safety details make me feel safe, and I was given a convenient disability spot for my car, near the front door. First Residential staff person Neale was wonderful in helping choose a unit, gather paperwork, and working with my daughter on details (I'm not so high-tech, so they emailed!).

My WIFI is now connected and I will be able to watch the welcome video you referenced.

P.S. I so enjoy seeing dogs and children playing from my deck.

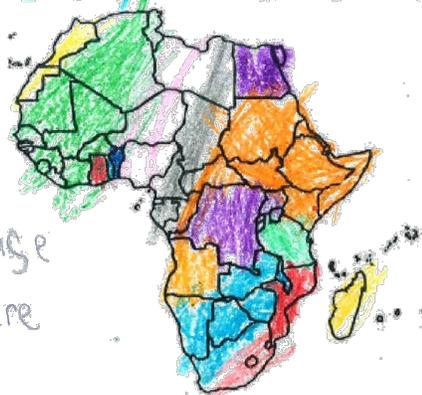
J.  
23 Mar/2021

Thank you for the quilt.

I chose it because

# reminds me of where I come from: Malawi

Africa



# More Words of Thanks from our Emmaus Place Neighbours

Letter written by Bernice - the very first tenant to move into Emmaus Place.

*The church secretary phoned me to ask if I would like to write a short piece for the Shepherd's Staff newsletter. Most people who know me know I'm long-winded . . . so I'll try to make it what I hope to be short enough. The story is to be about my opinion of the apartment building. First, I'd like to start at the beginning and recognize the people who really were able to start the progress.*

*During 1984 the congregation purchased five acres of land on 73<sup>rd</sup> Avenue. Two and a half acres was for the church building and parking area. The last two and a half acres were to be used for an apartment building for seniors. Many congregational meetings took place and the lot was left empty. Grass seed was planted, the grass was cut, church picnics were had and games were played on the grass lot, and it stayed empty. More congregational meetings were held to ask "should we sell or rent?" and the vote was always "no".*

*Then when Pastor Kristen Steele became the sole pastor, the process of what to do with the empty lot began - along with the church council and chairperson Harvey Mitchler and the agreement of the congregation. It took many years and donations before the buildings could be built to take shape. We are now in 2021 and families and seniors are moving in. Soon we will become a very unique little community of young and old living together. God bless us all.*

*I know I was asked to maybe write about my feelings. I had to first tell people how it all started and to give thanks to those who worked so hard for this to become a reality. Watching the building go up, my friends would laugh and ask what apartment I was going to live in. I bragged. Oh! How I bragged. God answered my prayer. I moved into a beautiful, well-built, one-bedroom apartment on the fifth floor with many windows and a view of the mountains.*

*I need to thank many people for their well-wishes, and my family who helped in different ways. I've known the owner of St. Bernard Moving for 20 years. Special thanks to my grandson Carter who went beyond in the work he did cleaning, vacuuming, carrying boxes, and unpacking. He would take no money for all he did. Thanks for Susan and her husband Frank; without those three helping me unpack I would never have made it. I am so grateful that God has answered my prayers and I am truly blessed to have a home so beautiful.*

*Blessings, Bernice*

## Gracious Glow Soup

Prep time: 20 min Cook time: 30-40 min Total time: About an hour **Yield:** 6 **Author:** Meghan Telpner  
Stove top soup with lots of vegetable goodness and spices. Tastes great and makes your house smell wonderful!



### Ingredients

2 Tbsp coconut oil/ghee/other light oil  
3 Tbsp curry powder  
1 onion, chopped  
2-3 gloves garlic, chopped  
1 Tbsp (or more) freshly grated ginger  
2 carrots, sliced  
1 large sweet potato, washed, peeled, diced  
1 cauliflower, chopped  
6 cups water  
2 tsp sea salt  
Flat-leaf parsley or cilantro, to garnish

### Instructions

1. Place the oil in a large pot over medium heat. Add the curry powder and heat until the spices become aromatic (but not burning).
2. Add the onion, garlic and ginger. Stir for 2 to 3 minutes. (If it's sticking, add a little water.)
3. Add the carrots, sweet potato, and cauliflower mix thoroughly to coat with the oil/spice mix. Heat through for about 5 minutes then add the water and sea salt.
4. Cover the pot, bring to a boil, and then turn down the heat and simmer, covered, for 20 minutes.
5. Once the vegetables are fork-tender, remove the pot from the heat and either puree in a high-speed vented blender or with an immersion blender to serve it smooth, or skip the blending and leave it chunky. Garnish with parsley or cilantro.

### COOK'S NOTES

We love the spicy flavour of this and have found that a little extra ginger suits our tastes. The level of spice heat in the original recipe (as printed here) is likely only slightly above medium. Submitted by Patti and Allan.

# More Soup Recipes Shared During Lent

## Crockpot Potato Soup

Prep time: 10 MINS Cook time: 4 hour and 30 MINS Total time: 4 hours and 40 mins  
Yield: 8 Author: Catalina Castravet



### Ingredients

10 slices cooked bacon, diced  
3 cups chicken broth  
2 pounds Yukon gold potatoes, peeled and diced  
1 medium yellow onion, diced  
6 garlic cloves, minced  
1 tablespoon dried parsley  
4 tablespoons unsalted butter  
1/3 cup all-purpose flour  
1 (12-oz) can evaporated milk or half-and-half or heavy cream  
2 cups shredded sharp cheddar cheese  
1/2 cup sour cream  
Salt and pepper to taste  
optional toppings: chives, extra shredded cheddar cheese and bacon

### Instructions

1. Add diced potatoes, diced onion, minced garlic, bacon, parsley and chicken broth to the slow cooker. Season with salt and pepper. Stir and cook for 6-8 hours on low or on high for 3-4 hours, until the potatoes are fork tender.
2. Once the soup has cooked, add butter to a medium saucepan over medium heat and melt. Whisk in the flour until completely combined and gradually add in the evaporated milk or heavy cream, depends which one you are using. Whisk the flour mixture until smooth. With the heat on the

lowest stove setting, let the mixture cook until it starts to simmer and is getting thicker, stir occasionally.

3. Immediately add the milk-flour mixture to the slow cooker and stir to combine.
4. Using a potato masher, mash about 3/4 of the potatoes.
5. Stir in the shredded cheddar cheese and sour cream. Stir well, until fully combined and creamy. Taste for seasoning, add salt and pepper to taste.
6. Continue cooking the soup on low for 30 minutes or on high for 15 minutes.

### COOK'S NOTES

If the soup is too thick, add more chicken broth. Serve warm, garnished with bacon, cheese and sour cream. The soup can be refrigerated for up to 3 days.

Submitted by Darlene Gamble from a recipe website.

[www.theslowroasteditalian.com/2017/10/slow-cooker-potato-soup-recipe.html](http://www.theslowroasteditalian.com/2017/10/slow-cooker-potato-soup-recipe.html)  
Recipe developed by Catalina Castravet for The Slow Roasted Italian. © 2017 The Slow Roasted Italian – All rights reserved.

## Fresh Tomato Soup



### Ingredients

3 tbsp. olive oil  
2 medium onions, chopped  
2 carrots, peeled & chopped  
4 cloves minced garlic  
4 pounds fresh tomatoes, coarsely chopped  
1 1/2 teaspoons sugar  
1 tbsp. tomato paste  
1/4 cup packed chopped fresh basil leaves, plus more for garnish  
3 cups chicken stock  
1 tbsp. kosher salt  
2 tsp freshly cracked black pepper  
3/4 cup whipping cream

### Instructions

1. Heat the olive oil in a large, heavy-bottomed pot over medium-low heat. Add the onions

and carrots and sauté for about 10 minutes, until very tender. Add the garlic and cook for 1 more minute.

2. Add the tomatoes, sugar, tomato paste, basil, chicken stock, salt, and pepper and stir well.
3. Bring the soup to a boil, lower the heat, and simmer, uncovered, for 30 to 40 minutes, until the tomatoes are very tender.
4. Add the cream to the soup and process it through a food mill into a bowl, discarding only the dry pulp that's left.
5. Reheat the soup over low heat just until hot and serve with fresh basil leaves.

Prep Time:  
10 Minutes  
Cook time: 60 Min

Submitted by Marlis & Jamie Enders. Notes from Marlis: Here's my favorite tomato soup recipe from Well Seasoned ([wellseasoned.ca/blogs/recipes/fresh-tomato-soup](http://wellseasoned.ca/blogs/recipes/fresh-tomato-soup)). We make it from our own homegrown tomatoes and basil, and it freezes well so we have some over the winter too. One addition is to add croutons at the end – it just adds a nice touch. One more thing, we also like to add a touch of heat – a bit of jalapeno or similar. Not necessary, but it adds a nice kick.

## Carrot Bisque (from Barbara MacKay)

5 strips bacon, chopped  
1 pound carrots, diced  
6 large green onions, sliced  
1 cup diced mushrooms  
1 cup diced celery  
1/4 tsp. dried thyme or 1 tsp. fresh  
1 small bay leaf  
5 cups chicken broth  
1 cup light cream  
salt and pepper



1. Sauté the bacon over medium heat until crisp.
2. Drain off most of the fat and add the carrots, green onions, mushrooms and celery. Cook and stir, uncovered, for 5 minutes.
3. Add thyme, bay leaf, and broth. Bring to a boil, then reduce heat and simmer for about an hour.
4. Remove bay leaf, allow to cool slightly. Carefully process in food process or blender until smooth.
5. Return to saucepan, add the cream and reheat but do not boil. Season to taste. Easy and delicious. Enjoy!



*Parish News and Reminders for April*



**Palm Sunday**  
**March 28<sup>th</sup>**  
 Video Service  
 provided by  
 BC Synod

**Maundy Thursday**  
**April 1<sup>st</sup>**  
 Zoom Service  
 7:30 pm

**Good Friday**  
**April 2<sup>nd</sup>**  
 Video Service

**Easter Sunday**  
**April 4<sup>th</sup>**  
 Video Service

**Worship and Music Division Meeting**  
**Wednesday, April 7<sup>th</sup>**  
**12:30 pm**  
 Zoom

**Communion Services (Zoom)**  
**Wednesdays at 7 pm**  
**April 7<sup>th</sup> & 21<sup>st</sup>**

**Choir Practices from Home**  
**(by Zoom)**  
**Wednesday evenings**  
**at 7:30 pm**

**Council Meeting**  
**Tuesday, April 13<sup>th</sup>**  
**7:30 pm**  
 Zoom

**Ladies Night "Out"**  
**Friday, April 16<sup>th</sup>**  
**7:30 pm (Zoom)**

**Deadline for Submissions to the May 2021 Newsletter**  
**Sunday, April 18<sup>th</sup>**