

March 2021

VOL. #13 ISSUE #3

SHEPHERD'S STAFF

Shepherd of the Valley Lutheran Church



Lenten Services on Wednesday Evenings (via Zoom)

Join us for weekly evening services on Wednesdays during Lent. We gather safely on Zoom for all services. See page 2 for a list of weekly Lent themes and service dates in March (also see page 4).

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.

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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 April issue is Sunday, March 21st, 2021

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Pastor's Report

Pastor Kristen Steele

As we journey through Lent together but separate, in order to stay safe we will be focusing on the theme of being in community during our midweek Lenten services. Each week we will look at a different theme with corresponding passages from the Gospel of Mark. We will continue the pattern of having communion on the first and third Wednesdays of the month (March 3 & 17).

In community with . . .

March 3 (with communion) - **In community with all the saints**

Mark 9:2-8 *Jesus is in conversation with those who have gone before him.*

March 10 - **In community with our neighbour**

Mark 2:1-12 *A community comes together to bring a neighbour to Jesus.*

March 17 (with communion) - **In community with those on the margins**

Mark 5:1-20 *Jesus crosses barriers to attend to those on the margins.*

March 24 - **In community with Christ**

Mark 10:32-45 *Jesus reminds us that we are walking the way of the cross.*

We will continue to look for ways to be connected virtually while we wait with great anticipation for the day we can once again connect in person. If you are still unsure about connecting via zoom, please feel free to contact me and I can help you figure out the technology or talk you through how to connect by phone. This has been a long year and we continue to need to stay apart to stay safe, but that does not mean we need to be alone. As we journey through this Lent, may you be drawn closer to God and know the peace and comfort only God can provide.



Music Director's Report

Sylvia Duncan

Last month my article touched on the topic of hymn tunes; what exactly is a "hymn tune", and how and why these names came to be. I hope you enjoyed it. This month I would like to further our discussion by talking about the little numbers that you see underneath the hymn tune, in the bottom right corner of any hymn. These numbers refer to the metrical label of each hymn, and it is the reason you can substitute different words over the same tune, or different tunes over the same words. The numbers that are listed refer to the amount of syllables in each phrase (a phrase is like a musical sentence).



For example, let's look at the hymn **#712 Lord, Whose Love in Humble Service**. The hymn tune is *Beach Spring* and this tune is used two other times in our hymnal: #445 and #777. The numbers underneath the hymn name that refer to the syllables are 8787D.

Lord, whose love in hum-ble ser-vice (8 syllables)
bore the weight of hu-man need, (7 syllables)
who up-on the cross, for-sak-en, (8 syllables)
worked your mer-cy's per-fect deed: (7 syllables)

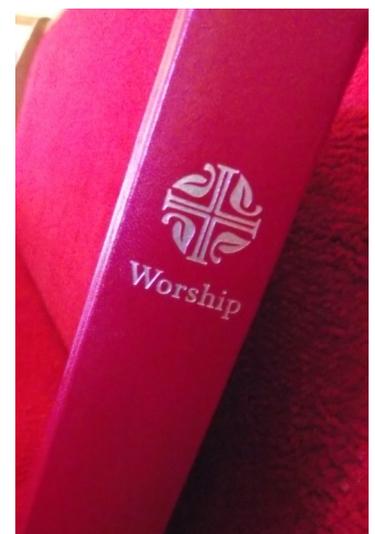
The letter D that comes after the numbers simply refers to that particular metrical combination being doubled.

This numbering system is handy as it also allows a new tune to be used for the same words. For example, we could sing that same hymn to Beethoven's *Ode to Joy*, or hymn #836, which also has the numbers 8787D.

Sometimes there are just letters instead of numbers listed at the bottom of the hymn page. For example, *Praise God, From whom all Blessings Flow* is listed as LM, meaning long meter, which is just 8888, and again one could choose several tunes for these words. CM is common meter, meaning 8686, and SM is short meter, meaning 6686.

So here is an assignment for you: both *How Great Thou Art* #856 and *Great is Thy Faithfulness* #733 have the same meter, so technically you can sing the words of one hymn to the tune of the other. Now, if that doesn't completely mess with your head!! What better time to try out these trivial assignments than during a pandemic. Have fun, and let me know how you do.

In peace,
Sylvia



Lent Services in March

Lent II Service (Communion)

Wednesday, 3 March
7:00 pm - Zoom
(Choir Practice to follow)

Lent III Service

Wednesday, 10 March
7:00 pm - Zoom
(Choir Practice to follow)



LENT

Lent IV Service (Communion)

Wednesday, 17 March
7:00 pm - Zoom
(Choir Practice to follow)

Lent V Service

Wednesday, 24 March
7:00 pm - Zoom
(Choir Practice to follow)

Links and instructions on how to join the Zoom services will be sent by email.

BIBLE BOX

Monthly Verse, for March:

(as chosen by Peter Mathiasen)

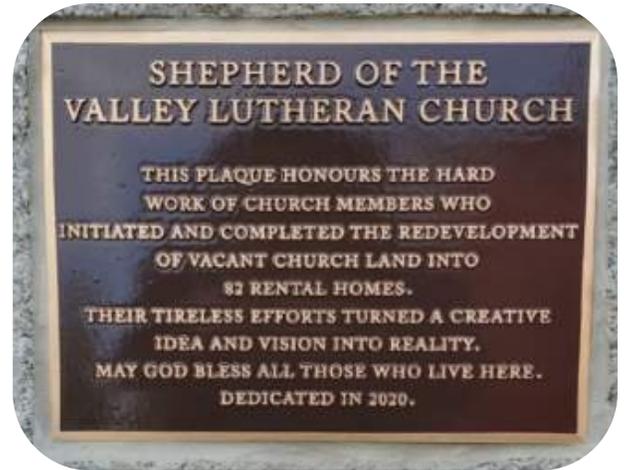
For Lenten Meditation

*He himself bore our sins in his
body on the tree.*

1 Peter 2:24 NRSV

Get the Eternity for Today App!
Daily devotions that come right to your iPhone, smartphone, iPad and tablet!
Eternity for Today is produced by the Evangelical Lutheran Church in Canada.
Available on the App Store

Emmaus Place Items of Interest



This plaque was designed and composed by the Emmaus Place Property Operations Committee. It was installed in February 2021 on the large rock that was on the west property before development began, and the rock was moved to its current location as part of the landscaping of Emmaus Place.

BOOKLET ABOUT THE CREATION OF EMMAUS PLACE

Steve Trummler would like to put a book together documenting the work the congregation has done over the past many years to bring Emmaus Place to reality. If you'd like to work on this project with him, please give him a call or send him an email.



emmaus place



Keeping Us Together Initiative

Our first monthly sharing zoom gathering will be Monday, March 15th at 7:00 pm. Scott MacKenzie will be presenting a short video about his trip to South Africa with Michael Nel, Peter Preuss, and others. Join in on zoom to hear about his trip.

Do you have a trip, skill, or interest you'd like to share with the congregation? Contact Pastor Kristen to set up a time!



zoom

On-going Zoom Activities for the Congregation

Sunday School in Lent

The Sunday School children and youth are meeting on Sunday evenings throughout Lent to learn more about what Lent means and to hear the story of Holy Week. Pamela Nel, Eleanor, and Pastor Kristen assembled "Ashes to Alleluia" bags for each family. They were filled with activities for the children to do during Lent. Pastor Kristen is meeting with the Sunday School each Sunday evening as they sing, pray, and hear stories together.



Ladies Night "Out"

Sunday, March 14th at 7:30 pm



Join us for an opportunity for fellowship and connection. We will gather on zoom on Sunday March 14 at 7:30 pm. Keep an eye out for a zoom link sent out by email.

Bible Study for Women

After Easter there will be an opportunity for a Bible Study. Keep an eye on your email and on the April newsletter for more information.



Phone Tree for 2021

The new phone tree will be up and running very soon. Thank you to those who have volunteered to be callers!



Men's Bible's & Breakfast

Michael Nel continues to host on zoom a monthly Bibles & Breakfast gathering for men of the congregation and others who are interested. Please be in contact with him directly to join in.

Soup Suppers for Lent . . .

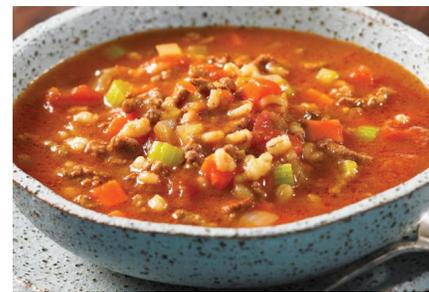
Best of Bridge Hamburger Soup *(Submitted by Pastor Kristen)*

Ingredients

- Vegetable oil
- 1 ½ lbs lean ground beef (750 g)
- 1 medium onion, finely chopped
- 4 carrots, chopped
- 3 celery stalks, chopped
- 1 bay leaf
- ½ cup pearl or pot barley (125 ml)
- 1 tbsp sugar (15 ml)
- 1 tbsp cornstarch (15 ml)
- Salt and black pepper to taste
- 1 can (28 oz/796 ml) whole tomatoes, with juice
- 3 ½ cups (875 ml) ready-to-use or homemade beef broth
- 2 cups water (500 ml)
- 1 ½ cups tomato sauce (375 ml)
- 2 tbsp soy sauce (30 ml)

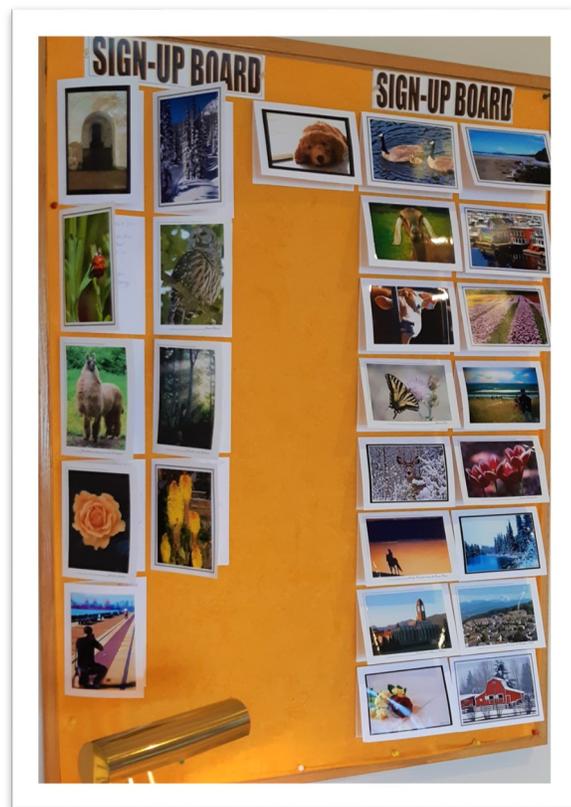
Instructions

In a large skillet, heat a drizzle of oil over medium-high heat. Add beef and cook, breaking it up with a spoon, until starts to brown. Add onion and cook, stirring, until beef is browned and onion is softened. Scrape into a 4-quart or 6-quart slow cooker. Stir in carrots, celery, bay leaf, barley, sugar, cornstarch, salt & pepper, tomatoes, broth, water, tomato sauce, and soy sauce. Cover and cook on low for 6 to 8 hours. Discard bay leaf.



Thank you to everyone, especially Judy, who has sent us greeting cards over the past year. We treasure each one and appreciate your kindness in keeping us in your thoughts. The “card table” plus the recent “card board” displays brighten the narthex for us whenever we walk through it or stand in it (at a distance) to have discussions and chats with each other.

~ Pastor Kristen, Sylvia, & Eleanor



... Favourite Recipe Sharing

Crockpot French Onion Soup

(Submitted by Darlene Gamble)

Ingredients and Instructions

10 large cooking onions - peel, cut in half, and slice thinly. Caramelize onions in a little oil. You might have to do that in batches. Sprinkle 2 tbsp sugar over onions while cooking, then add salt and pepper to taste with 1 tsp of dried thyme. When onions are cooked, stir in 2 tbsp of flour per batch before putting in Crockpot. Deglaze frying pan with red wine. You should do 4 batches of onions. Total red wine: 1 cup.

In Crockpot put 8 cups of beef broth. Turn to low, add cooked onions, cook 6 hours. To finish, put soup in an oven proof bowl. Top with toasted French bread and mozzarella cheese. Place under broiler until cheese is melted and golden. Enjoy.



Potato & Farmer Sausage Soup

(From Lorna Steinke)

Ingredients

- 5 cups potatoes, diced into 1" cubes
- 1 large onion, chopped
- 2 tsp salt
- 2 large carrots, sliced into rounds
- 1 link (1 lb.) farmer sausage, cut in rounds
- 3 tbsp butter
- 1 3/4 cup (1 can) evaporated milk (or use creamo)
- 1 cup water *
- 2 packages Cream of Asparagus Soup Mix (cream of broccoli can also be used)
- 2 tbsp parsley, chopped (or use dry parsley)
- Pepper to taste

Method

1. Cut potatoes and onions into a soup pot and cover with water. Add salt, cover and bring to a boil. Reduce heat and simmer until potatoes are cooked.
2. Cook carrots and sausage separately.

3. Add butter, milk, and water to potatoes. Add precooked carrots, sausage, and soup mix (dissolved in water so it is not lumpy). Add more water as necessary. Bring to a boil.
4. Stir in parsley and add pepper to taste.

This is a very chunky soup and is a meal in itself. *It does not say to drain the potatoes, so I do not use the 1 cup of water that it calls for - I think it would make it too thin. Use your own judgement.



African Yam and Peanut Soup with Ginger and Pineapple

(from Rebar Cookbook) (Submitted by Eleanor)

Ingredients

- 2 tablespoons olive oil
- 1 large yellow onion, diced
- 2 teaspoons salt
- 6 tablespoons fresh ginger, minced
- 4 large cloves garlic, minced, or 2 bulbs roasted garlic
- 1 tablespoon ground cumin
- 2 tablespoons ground coriander
- 1/2 teaspoon cayenne pepper
- 1 teaspoon paprika
- 8 cups chicken or vegetable stock
- 1 red bell pepper, diced
- 4 medium yams, peeled and roughly chopped
- 1 - 14 ounce can, water packed pineapple chunks
- 3 ripe tomatoes, chopped
- 5 tablespoons natural peanut butter
- 1 bunch cilantro, chopped
- juice of 2 limes
- hot sauce (optional)

Method

1. Place the olive oil in a large soup pot.
2. Add onion and salt and sauté over medium heat until the onions are translucent.
3. Add ginger, garlic, and spices and sauté until fragrant.
4. Add stock, bell pepper, and yams and bring to a boil.
5. Reduce heat and cover. Simmer on low until the yams are cooked.
6. Add pineapple with its juice, tomatoes, and peanut butter, simmer for another 30 minutes.
7. Remove from heat and purée with a hand-held blender (or blend in a Vitamix) until the soup is mostly smooth, leaving a few chunks for a bit of texture.
8. Season to taste with more salt.
9. To serve, pour into bowls and top with chopped cilantro and lime juice. The soup can handle some heat; sprinkle with hot sauce as desired. (Can also swirl a dollop of heavy cream or plain yogurt into soup.)



Parish News and Reminders for March



Worship and Music Division Meeting

Wednesday, March 3rd

11:30 am

Zoom



March Lent Services (Zoom)

Wednesdays at 7 pm

Choir Practice to follow

Communion on 3rd & 17th



Choir Practices by Zoom

Wednesday evenings following
Lenten Services

Practice on March 31st at 7:30 pm

Council Meeting

Tuesday, March 9th

7:30 pm

Zoom



Ladies Night "Out"

Sunday, March 14th

7:30 pm (Zoom)



Deadline for Submissions
to the April 2021 News-
letter Sunday, March 21st



Holy Week



Palm Sunday

March 28th



Maundy Thursday

April 1st

Zoom Service

7:30 pm



Good Friday

April 2nd



Easter Sunday

April 4th

