

Feeling with the Psalms

Are you in touch with your feelings? That might sound like a modern-day question, but Lent is a good time to remember it's much more than that. Feelings are a God-given part of who we are, and whether you are feeling happy, sad, angry, or frightened, you are in good company.

After all, From Genesis to Revelation, the Bible shows us people living through a full panoply of emotions. David dances with joy before the Lord, deals with well-deserved guilt and shame regarding Bathsheba, and is overwhelmed with grief over Absalom. Elijah goes from victory over the prophets of Baal to fearing for his own life and despairing at being the last prophet of the Lord left (he wasn't). Especially this time of year, we remember Jesus experiencing feelings from anger as he cleared the temple to the love and great sadness of Maundy Thursday. Even God Almighty expresses anger, regret, delight, and above all, faithful love. To hear the scriptures is to hear of people and their God relating to each other with feeling.

More than that, the Bible invites us to join in that life of feeling. From ancient Israel through every age of Christ's church, the people of God have prayed especially with the book of Psalms. Martin Luther—who like most Christian monastics throughout history, was used to praying through entire Psalter every week—wrote that the book of Psalms “though small, deserves to be recommended above all others.” And no wonder, because in the psalms we see all feelings brought to God in prayer, from exuberant joy to the depths of sadness, from unshakeable confidence to great fear, from cries for justice to even desire for vengeance. The psalms are for us when we need God in all circumstances, and they remind us that we are never the only one who feels they way we feel.

You can spend a lifetime getting in touch with the psalms, but here's a start. Read a psalm or part of a psalm through slowly enough that the words sink in; perhaps pause for a deep breath halfway through each verse. Then reflect in silence on what you read: how does it express what you're feeling; how does it express what the people of Israel felt; how does it express what the church feels; how does it express what Christ felt; who might be feeling that way in the world and in the church right now? After a time of reflection, letting your mind go where it will but gently returning it to the psalm when necessary, pray what's on your heart. If the psalm really captures what you're going through, that might be the focus of your prayer; if not, you might consider who in the world the psalm reminds you *does* need your prayer. In either case, Christ prays with you and is present for the one in need. Practice this regularly, when you can, for a while, such as during Lent. Notice what it's like for you, when it's more or less difficult, and what feelings it connects with. And as always, know that you are invited to share what you learn with me and with others!

† IN OUR PRAYERS †

Intercessions: Nevagay Abel, Don Abel, Alka David, Elizabeth David, Stu Hoffman, Lisa Jones, Doris Kampfe, Kevin Persaud, Carline Talmadge, Alice Kundo, Karl Anderson, Annette Aken, Doris Dohlen, John Miller, Hugh DeGroff, Jan Carter, Alice Schaefer, Robert Aken, Richard Farris, Sally Schrader, Jane Hartman, Mildred Anderson (mother of Cheryl Erdmann), Lyle Solko, Carol Tripplett (friend of the Smalley and Wacker families), Bill Wolf (father of John Wolf), Lois and Mike Virtue (friends of Scott & Sue Francis), Krissy Haren (Adolph Wacker's daughter), Karen Nitz (mother of Kevin Nitz), Iona Reidlinger (niece of Linda Severson), Jake Wacker (brother of Adolph Wacker), Barb (friend of Laurie Pellant), Loretta Thompson (sister of Linda Severson), Scott K. (husband of Karl Anderson's niece), Rick DeGroff (Linda & Hugh DeGroff's son), Tyler Webb (son of Jordan Stock), and the Stubbs family (missionaries in Tanzania).

Thanksgiving: Nancy Brandt, Kelsey Hernandez

(Please review this list and let either Pastor Scott or the church office know when a name can be removed).



The Easter bunny has hidden eggs outside Moline Hall. There will be areas set up for the under

4 year old group, the 5-7 year olds, and the 8-11 year olds. Adults can grab coffee and a treat while the kids hunt for eggs.

The Fellowship Committee will be accepting items to fill the eggs; candy, tattoos, rings, small toys, etc. There's a sign up board in the Narthex.

Congratulations

Officers for the 2018 congregational council are:
 President: Carol Bailey
 Vice-President: Sherry Scheider
 Secretary: Janette Erickson
 Treasurer: Phil Smalley



March 11, 2018

Keeping Shepherd of the Valley up-to-date

Please be sure to let the office of Shepherd of the Valley know when you have a change in address, phone number or e-mail.

Become a Member

Please speak with Pastor Scott after worship if you would like to be received into our community of faith at Easter, April 1, 2018.

Please let the church office or Pastor Scott know if there are items you would like to see in the newsletter.

Senior News

The Seniors will meet Tuesday March 27th at EZ Meals at 5533 N. 2nd Street in Loves Park at 11:30am. Cathy will show us and explain how her business works to provide freshly made meals for pick-up. Afterwards we will go to lunch at a destination to be announced. Please sign up and also include if you need a ride or want to carpool



The 3 year olds enjoyed sharing their valentines with their friends. The 4 year olds took their valentines with their classmates name on them and matched them to the valentine bags of each of their classmates. They did an awesome job of matching.

Both 3 & 4 year olds enjoyed wearing their pj's to school for pajama day.

Open registration for the public has begun for the 2018-19 school year. See Patti Wiese for information.



The church staff is looking for a person or persons to take responsibility of lowering the flag on the corner to 1/2 staff when necessary and then raising it again. If you would be interested in serving in this ministry contact the church office.

FINANCIAL REPORTS

Financial results as of January 31, 2018 and Year to date totals

	C & B Actual	C & B Budget	C & B YTD Actual	C & B YTD Budget
Income	\$22,483.59	\$21,575.00	\$22,483.59	\$21,575.00
Expense	\$14,763.74	\$15,413.13	\$14,763.74	\$15,413.13
Inc/exp	\$7,719.85	\$6,161.87	\$7,719.85	\$6,161.87
plus offsets	\$537.45	\$550.66	\$537.45	\$550.66
Net income	\$8,257.30	\$6,712.53	\$8,257.30	\$6,712.53

1/31/18 12/31/17

C&B balance	\$15,635.07	\$7,377.77
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	Building Actual	Building Budget	BLD YTD Actual	BLD YTD Budget
Income	\$2,779.00	\$2,714.92	\$2,779.00	\$2,714.92
Expense	\$2,220.00	\$2,220.00	\$2,220.00	\$2,220.00
Net inc/exp	\$559.00	\$494.92	\$559.00	\$494.92

1/31/18 12/31/17

Building fund balance	\$15,814.45	\$15,255.45
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Please note: Financials run one month behind in the bulletin
Balance on our mortgage -
\$280,802.96

Note: January was better than normal due to two members giving their entire pledge for the year in the month of January, so this skews the the income from the typical giving pattern.

Thank you everyone for a great 2017. In case you were not at the annual meeting, I would like to bring to your attention the fact we have a huge shortfall in our 2018 budget.

This year I have challenged everyone to increase your giving by 3%. I hope that everyone will be up to my challenge.

Blessing to all,
Phil

Monday, March 5th at 9:30am the Crafty Ladies will be working on fringing and tying fleece blankets. Our goal is to complete 50 this year! Can you help?



Would you be interested in being an Eucharistic minister?

Eucharistic Ministers share communion with some of our homebound members. A team is made up of two people who are scheduled approximately every other month to visit and share Holy Communion.

If you are interested in this ministry please contact Pastor Scott or the church office.

CRE (CONGREGATIONAL RESOURCING EVENT)

The 2018 Congregational Resourcing Event (CRE) will be held at Kishwaukee Community College in Malta IL on Saturday, March 10th. This is a great way to explore new ways to grow our congregation, manage our church and serve our Lord. New seminars are being added all the time. Check the synod's website (www.nisynod.org/cre) for a complete and up-to date list. Everyone is welcome at this educational and enlightening day. Please see Pastor Scott for more information. If you are interested in attending and would like to carpool, please sign up on the sheet on the kiosk.

HIGH SCHOOL YOUTH

2ND SUNDAY

FOOD MUSIC GAMES

PRAISE WORSHIP KATIE'S CUP

502 7TH STREET, ROCKFORD

**7:00 PM - 8:30 PM
JUST SHOW UP
TO LEARN MORE CALL AMY
815-962-4279**

A Katie's Cup Conversation:

The New Economics of Zero Poverty, Zero Unemployment and Zero Net Carbon Emissions

with Brad Roos & Denver Bitner on the elimination of poverty in our community.

**Tuesday, March 20
11 am - 12:30 pm**

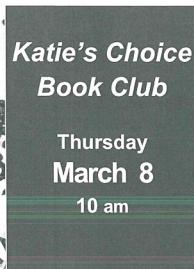
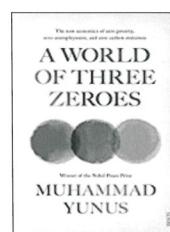
Resources for the conversation will be: *A World of Three Zeros* by Nobel Prize Winner Muhammad Yunus: Banker to the Poor, and Article and Call to Action published in Sojourners Magazine "Here's what unites us: A common call to address Racism and Poverty" <https://sojor.net/articles/heres-what-unites-us-common-call-address-racism-and-poverty>

Brad Roos is a life long advocate and activist for the reduction of poverty and the building of healthy communities through local development agencies, including Zion Development Corporation.

Denver Bitner has served as a Pastor and CEO of a statewide Social Service System serving 100,000 citizens under the poverty line.

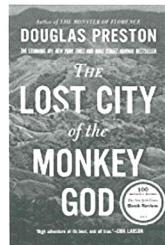


Lunches available for purchase prior to, during, and after the Conversation.
815.986.0628
Katicscupcoffee@gmail.com



The Lost City of the Monkey God

By Douglas Preston



The Lost City of the Monkey God is the true, eyewitness account of one of the great discoveries of the twenty-first century - a story of ancient curses, modern technology, a vanished culture, and a stunning medical mystery.

In 2012, Douglas Preston joined a team of scientists on their quest to find the White City. But when the expedition finally reached the ruins, battling torrential rains and venomous snakes in the world's densest jungle, tragedy struck: Preston and others contracted a mysterious - and incurable - disease.

"A swift and often hair-raising account...Preston pushes *The Lost City of the Monkey God* well beyond the standard adventure narrative."

—Chicago Tribune

"Breezy, colloquial & sometimes very funny...a very entertaining book."

—The Wall Street Journal

"A well-documented & engaging read...The author's narrative is rife with jungle derring-do and the myriad dangers of the chase."

—USA Today

Katie's Cup coffeebar

Corner of 7th Street and 4th Avenue

No reservations necessary.

All are invited as we engage in conversations about books of interest to you!
Books available for purchase at Katie's Cup or bring your own copy.

Next: *The Handmaid's Tale* by Margaret Atwood • Thursday, April 12, 10 am



CUP Presents: Second Thursday Concerts

Music on Thursdays . . . on Seventh!



Emily Hurd is a prolific songwriter, best known for her clear voice, bold lyrics, and clever rhymes. Her style, combining soul, country, folk, and blues, makes her the quintessential indie national act. Emily has produced 15 full-length albums and her songs have appeared on NCIS, 90210, The Good Wife, Melrose Place, and Life Unexpected. Originally from Rockford, Hurd has toured her native Midwest and both coasts of the U.S. for years. Today, Emily is combining her

culinary training and music background in an historic Rockford building she has named "The Norwegian," which she is renovating into a brunch pub and live music venue.

Emily Hurd

Thursday, March 8

Doors open at 6 pm. Concert begins at 7 pm. Free Admission.

CDs and merchandise offered for sale. Katie's Cup full drink and food menu available.
502 7th Street 815.986.0628 Katicscupcoffee@gmail.com www.katicscup.com Find us on Facebook!

Faith Forum

Join us in Shepherd Hall (down the hall from the office), 11:00-11:45 A.M. most Sundays for Faith Forum (a.k.a. Adult Forum). Each month we'll follow this pattern:

- * 1st Sunday of the month: Together in Faith (informal coffee and conversation in Moline Hall)
- *
- * 2nd Sunday of the month: Living Lutheran (discussing last month's *Living Lutheran Magazine*)
- *
- * 3rd Sunday of the month: Connecting the Faith (how our faith matters in the world)
- *
- * 4th Sunday of the month: Deepening the Faith (topics to deepen our roots in the faith)

LENTEN SCHEDULE

March 7, 14, & 21 - Simple Supper at 6:00 p.m. Evening prayer @ 7:00 p.m.

March 25 - Palm Sunday Holy Communion @ 9:30 a.m. Easter egg hunt @ 11:30 a.m.

Thursday, March 29 - Maundy Thursday Holy Communion @ 7:00 p.m.

Friday, March 30 - Good Friday worship @ 7:00 p.m.

Saturday, March 31 - Resurrection of Our Lord: Easter Vigil @ 8:00 p.m.

Sunday, April 1 - Resurrection of Our Lord: Easter Day Holy Communion @ 8:15 and 10:45 a.m.
Easter breakfast at 9:30 a.m.



Palm Bunches and Easter flowers

Order your palm bunches and Easter flowers today. Palm bunches are \$9.00 a bunch and Daffodils or Tulips are \$10.50. There's a sign up in the narthex.

Sympathy

We extend our sympathy to the family of Jan Carter who passed away February 27. Her funeral will be at Shepherd of the Valley on March 10 at 10:00 a.m. with a lunch following the service

Living Vine (Women's Bible Study)

Join the women of Shepherd of the Valley at 9:30 a.m. on March 19th for a new women's bible study. We will be using the bible study from the Gather magazine.



Shepherd of the Valley Lutheran Church (ELCA)
2715 S. Mulford Road, Rockford, IL 61109
Phone: 815-399-5503 E-mail: svlcsecretary@att.net
On The Web: www.shep61.org.
Office Hours, Monday - Thursday, 8:00 a.m. - 2:00 p.m.

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RETURN SERVICES REQUESTED

Officers of the Congregation

President - Carol Bailey
Vice-President - Sherry Scheider
Secretary - Janette Erickson
Treasurer - Phil Smalley

Congregation Council

Carol Bailey
Liz Beale
Janette Erickson
Rhoda Fox
Vicki Nitz
Sherry Scheider
Zane Smalley
Bob Tukker
Peggy Wenstrom
Don Wiese
John Wolf

Staff

The Rev. Scott Benolkin, Pastor
Judi Fields, Secretary
Linda Longardner, Organist
Phil Smalley, Treasurer
Susie Smalley, Music Coordinator
Patte Lund, Christian Education
Anita Ralston, Custodian

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