



SEPTEMBER NEWSLETTER



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DO NOT BE ANXIOUS by Pastor Max Whitehead

These words are so much easier said than done. Do not be anxious? Yeah, right. Summer is over and Fall is here meaning there is so much to be anxious about. For those of you whose livelihood depends on the rain that we didn't get enough of, that could cause anxiety. Those of you that have children or grandchildren going back to school; might be causing anxiety. Do you have any relationships? Platonic, romantic, family? People in general often cause us anxiety.

So what is Paul doing telling us not to be anxious about anything? Well it isn't just Paul that says this. Peter says this in his first letter, too: "[cast] all your anxiety on Him, because He cares for you" (1 Peter 5:7). It is even noted in all of the Gospels that Jesus himself tells us not to be anxious.

Two examples:

Matthew 6:25 - *"For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is not life more than food, and the body more than clothing?"*

John 14:1 - *"Do not let your heart be troubled; believe in God, believe also in Me."*

Pay attention that Jesus uses the term "anxious" - merimnaó in Greek which means not to be over-anxious to the point of distraction. Neither Jesus, nor Paul, nor Peter are telling you to be uncaring about life, your vocation, your family and friends; rather they are all writing to remind you where your anxieties and

worries can be sent! Lay them all on Jesus. When you do feel anxious or worried about your future, pray. When you are running around going to this, that, and the other thing, pray. When you are fed up with people, pray.

In doing so, know this: That Christ hears your prayers.

He hears them and do you

know how He responds? He continues to give you breath. In your moments of stress and anxiety, pray first, then breathe knowing each breath is a precious gift from God. Each breath is another moment of life that you have been granted to live.

Know that God cares for the birds of the air, the fish of the sea and everything in between. How much more do you think He loves you, a child that He has called His own!

Pray. Breathe. Hear Christ's promise that is for you: You are a child of God. Called by the waters of baptism, forgiven in His body and blood.

This is most certainly true.



ALAMOSA



Some photos from the mission trip to Alamosa, CO. The kids gave their testimony at church and said it was a “humbling experience and life changing” for them.

They are already fundraising for their 2023 mission trip!

HELPERS SCHEDULE

SEP 4

Reader Brett Mellem
 Communion Helper/Acolyte Ryder Christensen
 Live Stream.....Janet Munkvold
 Organist.....Annet Kropuenske

SEP 11

Reader Kayla Larsen
 Acolyte..... Reagan and Nora Rudd
 Live Stream.....Janet Munkvold
 Organist/PianistAnnet Kropuenske

SEP 18

Reader Mitch Larsen
 Acolyte.....Carston & Lincoln Mellem
 Communion Helper Riley Gall
 Live Stream.....Janet Munkvold
 Organist.....Annet Kropuenske

SEP 25

Reader Karen Larsen
 Acolyte..... Kaleb Huber & Emily Ludens
 Live Stream.....Janet Munkvold
 Music..... Praise Band



September Ushers

- ✂ Bud and Tammy Zimmerman
- ✂ Justin and Tonya Rudd
- ✂ Brandon and Kelli Zimmerman

Church Cleaners (September 4 & 11)

- ✂ Elaine Lee,
- ✂ Brenda Lee, and
- ✂ Kaye Lee

Church Cleaners (September 18 & 25)

- ✂ Kaye Lee,
- ✂ Faydra Christensen,
- ✂ Tena Johansen

SEPTEMBER

The food pantry is in need of the following items:

Help Us, Help Others



- | | | |
|--------------------|-------------------|----------------------|
| ✂ facial tissue | ✂ cereal bars | ✂ spices |
| ✂ toilet paper | ✂ granola bars | ✂ peanut butter |
| ✂ shampoo | ✂ cooking oil | ✂ jelly |
| ✂ toothpaste | ✂ mayo | ✂ pastas |
| ✂ toothbrushes | ✂ salad dressings | ✂ rice (not instant) |
| ✂ lotion | ✂ ketchup | ✂ Ramen noodles |
| ✂ body wash | ✂ sauces: | |
| ✂ canned pasta | • soy | |
| ✂ toaster pastries | • worchestershire | |
| | • etc | |

We have a refrigerator and large freezer so meats, cheese and other items may be donated as well. Thank you in advance for any assistance you can give. It is most needed and very much appreciated.

SEPTEMBER 2022 CHURCH CALENDAR

For complete information and additional details, please visit www.svlcvib.org/events/

Sept 4

9:15AM Sunday School
10:30AM Worship Service (Communion)
1:00 - 6:00PM Stevens' Corn Maze hosted by VCIS
7:30PM Council Mtg

Sept 7

7:30AM Bible Study
3:45 - 5:00PM JR VCIS
5:30PM Confirmation Meal (Group @ 6:00PM)
7:00PM VCIS

Sept 11

9:15AM **RALLY SUNDAY** & 1st day of Sunday School
10:30AM Worship Service (traditional)

Sept 14

7:30AM Bible Study
3:45 - 5:00PM JR VCIS
5:30PM Confirmation Meal (Group @ 6:00PM)
7:00PM VCIS

*The Next Council Meeting is
September 4th at 7:30PM*

SEPTEMBER SCRIPTURE READINGS

Sept 4 - Jeremiah 18:1-11, Psalm 1, Philemon 1:1-21, Luke 14:25-33

Sept 11 - Jeremiah 4:11-12, 22-28, Psalm 51:1-10, 1 Timothy 1:12-17, Luke 15:1-10

Sept 18 - Jeremiah 8:18-9:1, Psalm 113, 1 Timothy 2:1-7, Luke 16:1-13

Sept 25 - Jeremiah 32:1-3a, 6-15, Psalm 146, 1 Timothy 6:6-19, Luke 16:19-31

Sep 18

9:15AM Sunday School
10:30AM Worship Service (Communion)

Sep 20

October reader schedule is due.

Sep 21

7:30AM Bible Study
3:45 - 5:00PM JR VCIS
5:30PM Confirmation Meal (Group @ 6:00PM)
7:00PM VCIS

Sep 24

Newsletter Deadline

Sep 25

9:15AM Sunday School
10:30AM Worship Service (Contemporary)



Sunday, Oct 2

10:30AM Worship Service (Communion)
7:30pm Council Meeting

Wednesday, Oct 5

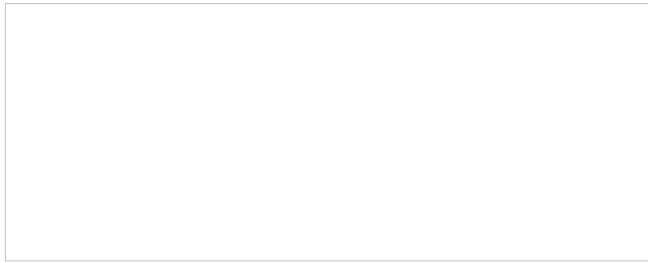
7:30AM Bible Study
3:45PM - 5:00PM JR VCIS
5:30PM Confirmation Meal | 6PM Group
7:00PM VCIS

Sunday, Oct 9


9:15AM Sunday School
10:30AM Worship Service (traditional)

Wednesday, Oct 12

7:30AM Bible Study
3:45PM - 5:00PM JR VCIS
5:30PM Confirmation Meal | 6PM Group
7:00PM VCIS



Spring Valley Lutheran Church
 44707 289th St
 Spring Valley, PO Box 98
 Viborg, SD 57070




September 11, 2022!

Sunday School will be at 9:15AM with music and crafts. There will be a meal served afterwards. We hope that everyone will be there!



AUTUMN



SCHEDULE

**Returning to Parish Hall
 September 14, 2022**

3:45PM – 5:00PM Jr VCIS (Grades 1 – 6)
 5:30PM Meal | 6:00PM Confirmation Group
 7:00PM VCIS (moving back to Wednesdays)