

North Valley Message

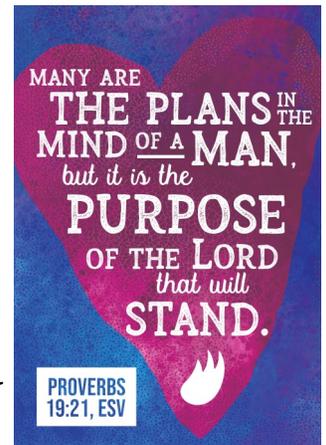
1988 220th Avenue | Centuria, WI 54824 | 715-825-3559 | office@nvlch.org | www.nvlch.org

Pastor's Corner

Did you know that the book of Proverbs has tons of Wise Sayings like:

- 3 Don't wear yourself out trying to get rich; restrain yourself! Riches disappear in the blink of an eye; wealth sprouts wings and flies off into the wild blue yonder.
- 9 Don't bother talking sense to fools; they'll only poke fun at your words.
- 12 Give yourselves to disciplined instruction; open your ears to tested knowledge

Such wisdom is throughout the book of Proverbs...check it out. It can give you wisdom in your every day life; Show you how to act and survive in life.



It is the last place that we would look for leadership, direction, and support in life. Proverbs is in the middle of the Bible and reflect what 'wise men' had gathered as knowledge. Many of these Wisdom statements came from Egypt in the 10th Century BC. King Solomen, the wise son of David gathered these sayings to assure he made right choices and selections. He became one of the most wealthiest men in the world with 300 wives and over 200 concubines...now that wasn't wise!!!

What does this do for us today. By reading through this book, we can become a wiser person and maybe build our relationship with God. There are only 30 Chapters in this book so one a day...would make you a wiser person in a month. It's worth a try.

God bless and good luck in this new endeavor.

TECHNOLOGY 101 FOR PASTORS

Do you know how much we are taught at seminary about technology? Nothing! Think how times have changed in the last 30 years...we got our first cell phone...and our kids did too so we knew where they were. Amazon was created and we started buying online. Microsoft Office with Word, Excel, Power Point all become a part of Office positions...not Pastors! Fifteen years ago we started sharing our lives on Facebook and producing selfie programs and videos on Youtube. Bluetooth began about the same time....and it has all come together in the church. People have it at home and expect at the church.

So now a Pastor has to create a bulletin, a power point to follow it, make sure the sound system is all connected and be sure to start and stop the streaming on facebook. We are not trained nor do we have a desire to learn how to do all of this. That is not why we went into ministry.

And some churches like Faith in Balsam lake also video their service live for television. It cost thousands to create all these projection and audio systems. And it takes a great deal of skill to put it all together and make it work. And the Pastors are not able to keep up and it is driving people away! When it is not done right, people get upset as they have expectations that this should be perfectly...by a lonely Pastor just trying to survive. Pastor Matthew Saarem spoke to it; the Pastor is not to be responsible for all of that. But the congregation is just as lost. It is not their fault either. Times change and we need to find people skilled in this area to create the harmony in all the technology. That is why the most important position in the future, almost as important as the musician is the technology person. Especially as you look at a potential three churches, plan to have a technology person to assure that the Pastor does not have to wear two hats in multiple locations. Start the process now. Find a technology person and plan for the future. Amen....your loving Pastor D!

Missionaries in Japan

The missionaries we are now sponsoring are Patrick and Jacqueline Bencke in Japan. The cost is \$20 per Sunday. See sign-up sheet. Please be sure to label your donation as a “missionary gift” which may be left in the offering plate. Thank you for your consideration of sponsoring our missionary in Japan.

PLEASE SIGN UP TO SPONSOR OUR MISSIONARIES.

October

10-3- Paul & Suzanne Grill
 10-10- Paul & Suzanne Grill
 10-17- Paul & Suzanne Grill
 10-24- Paul & Suzanne Grill

November

11-7—Paul & Suzanne Grill
 11-14—Paul & Suzanne Grill
 11-21—Paul & Suzanne Grill
 11-28—Paul & Suzanne Grill

Mission and Social Action



‘Burnout’ by Sisters Emily Nagoski, PhD, and Amelia Nagoski, DMA Bookclub Study in Apple River Conference

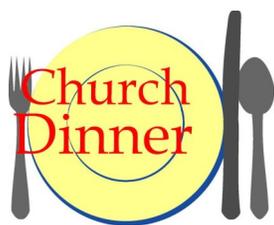
“ **Many women in America have experienced it.** What’s expected of women and what it’s really like to be a woman in today’s world are two very different things - and women exhaust themselves trying to close the gap between them. How can you “love your body” when every magazine cover has 10 diet tips for becoming “your best self”? How do you “lean in” at work when you’re already operating at 110 percent and aren’t recognized for it? How can you live happily and healthily in a sexist world that is constantly telling you you’re too fat, too needy, too noisy, and too selfish?”

Okay, it’s out! When will women feel like enough? Women are still struggling to do all, be all, complete it all. We can’t do it and we need to learn what to do to balance our lives. This pandemic has taught us this more than anything. More women left their jobs to stay home and take care of the children. Women are the care givers, not only with the children but with the most vulnerable, the elderly, all at the same time. So pulled by both sides and striving to keep up working, even from home, is totally exhausting.

More burnout and withdrawal from work is happening...and yet the unemployment numbers are saying they need to return. How can they do all of these tasks that need to be done and return to work?

By the way, a study was done and 1/3 of all men between 18-65 are not working...or are not fulfilling those daily jobs. (Early retirement, cash employment, living at home or maybe not so legal work).

One third of ELCA Pastors are women and in the Apple River Conference it is over two-thirds women. We need to take care of our Pastors, these fearless leaders, and help them to balance their lives and remain healthy into the future. Become aware of the various differences and create a healthy role for women into the future. Observe, support and learn more about Burnout...it can happen so quickly!



Sunday, October 17, 2021 – North Valley Meatball Dinner

Please join us for our North Valley Meatball Dinner on Sunday, October 17, 2021, from 11:00 AM – 1:00 PM. Menu consists of: Meatballs, Cheesy Hashbrown Potatoes, Green Beans, Dinner Roll, and a piece of Pie. Meal will be served via drive through. Freewill offering designated for North Valley Children’s Ministry. Hope to see you there.

We will not be asking for donations of food prepared by North Valley members, except for pies. If you would like to make a financial donation for the grocery items needed for the meal, you may leave it in the designated basket in the church entrance. Thank you.

North Valley Vision Statements and Goals

Quantifiable, Relevant, Measurable, Achievable

Acceptance and Community:

- North Valley will seek to love and serve others unconditionally; reaching out to those entering the church and to the community at large.
- Develop a welcoming committee to greet church attendees. (Our logo is welcoming and our church is open)
- Actively participate in two community events per year (ie. Milltown Fishermen's, maybe a Christmas event)
- Publicize and invite the community to a church sponsored event twice a year.
- Open forum on relevant resolutions of the synod on racism and diversity with an understanding to be open.
- Coffee Hour, nothing political, not about the news but personal sharing. Limit the time, Prepare the group, Announce ahead of time

Faith:

- North Valley will proclaim the good news of Jesus Christ through traditional and contemporary services as well as providing options for learning/worshiping beyond the Sunday service.
- Community publicized Pop-up services, Wednesday alternative worship, Kiddo bags for education, Contemporary music bring to service. Worship Committee to continue planning.

Willingness/Teamwork:

- As part of the body of Christ, North Valley will remain open and flexible to new ideas and approaches; encouraging all to participate in programs, training and services.
- Make a goal to contact and incorporate one new person in any event before we start planning. Recruit kids to bring their parents along.

Generosity:

- As a country church in rural Wisconsin, North Valley will support the community and global missions with financial means and donations of time, talent and supplies.
- Look for a project to draw the community into a relationship, something they need and we can help with.

TRANSITION TEAM

We had completed collecting most of the information for the Mission Site Profile when we began discussions with First Lutheran, Cushing and Faith Lutheran, Balsam Lake for a new approach or finding a Pastor together. Now the team is part of the representation that is involved with the other churches.

Discussions have just begun after all three churches had congregational vote to investigate and evaluate what the organization of putting the three churches together might look like. Pastor Erin Nelson from the Synod led the group into how the discussions might look like and it was decided to work on 7 areas at meetings set for twice a month. The first and third Thursday were set as good dates beginning **Oct 7th and Oct 21st; Nov 4, 18 ; Dec 2, 16**. **The meetings will all start at 6:30 and will be for one and a half hours only.**

Our Financial Report

Income for August—
\$8,144.80

Expenses for August -
\$14,215.94 (this includes
\$5,226.49 prepaid for
propane for the winter).

—Al Arndt, Treasurer

LUTHERAN WORLD RELIEF

Thank you everyone for your donations to Lutheran World Relief for Kits. And another **BIG** thank you to those who helped packed LWR kits. So far, we packed 8 baby care kits, 20 personal care kits, 113 school kits, more than 30 quilts. We continue to collect the needed items. Items for kits can be left in basket in church entry. Any and all donations are appreciated. **THANK YOU.**

LOCAL FOOD SHELVES

Any food items are always appreciated.

From the Parish Nurse—Racism is a Public Health Crisis in Wisconsin



[Home](#) / [Influenza Vaccine Options 2020-2021 Season](#)

Influenza Vaccine Options 2020-2021 Season

Annual vaccination is recommended for everyone age 6 months and older as the best way to prevent [influenza \(flu\)](#) and related complications. Flu vaccines are updated annually to protect against the influenza viruses research indicates are most likely to circulate during the upcoming season. Even in cases when vaccination does not prevent infection completely, it can reduce the severity of the disease and prevent the most serious complications of flu, including hospitalization and death.

There are several types of flu vaccines offered at many convenient locations, including physician offices, public health departments, pharmacies, and community health centers. **COVID-19:** The 2020-2021 influenza season may coincide with circulation of a new coronavirus that causes [COVID-19](#). Flu vaccines will not prevent COVID-19, but flu vaccination may help reduce hospitalization, and death; reduce occurrence of symptoms that may be complicated by a potential strain on the US healthcare system.

For more information on vaccines and manufacturers, visit www.cdc.gov/flu

Quilt Raffle – Dec 2021

The North Valley Church Women (W/ELCA) will again be raffling off a beautiful quilt (Up North 74" X 96") made by Gwen Morrissette on December 19. In addition to the quilt, other prizes are an 18" doll with wardrobe created by Sue Saarem, and a \$50 gift certificate for Daefflers Quality Meats.

The raffle is an important money maker for W/ELCA especially again in this year where public gatherings to sell the tickets is limited. So, your help is especially important. The tickets continue to be \$1 each or 6 tickets for \$5.00. Please consider selling them to friends and relatives. Return your stubs and money by December 19 to the envelope in the W/ELCA mailbox at church. If you need more tickets, they are available from Jan Kruse or at church. Tickets will be available early October.

Remember that W/ELCA helps the church in many ways. They have been financially assisting any youth going to church youth destinations and activities. W/ELCA also provides kitchen supplies, serves for funerals, and other church events, coordinates and provides funds for many things the church does, and makes donations to nonprofit local community organizations.

With your help, we can continue with this work. Thank you.



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The topics consist of Mission & Vision, Worship, Youth Education, Adult Education, Social Ministry and Justice, Staff, and Parish Formation Structure. Under each of these subjects there are videos and questions that need to be discussed to evaluate what fits for each and all of the congregations.

Plan to attend one or all of the meetings, open to all as it is the planning for a future. North Valley moves on.

ELCA World Hunger

More than 820 million people - that's about 11 percent of people in our world today - are hungry.

As members of the ELCA, we are called to respond. We are a church that rolls up our sleeves and gets to work.

Working with and through our [congregations](#), in the United States, Puerto Rico and the U.S. Virgin Islands Lutheran churches overseas and other partners, **ELCA World Hunger** is uniquely positioned to reach communities in need. From health clinics to microloans, water wells to animal husbandry, community meals to advocacy, your gifts to ELCA World Hunger make it possible for the ELCA to respond, supporting sustainable solutions that get at the root causes of hunger and poverty. [Learn More](#).

Hunger facts

821 million people around the world - that's more than 1 in 10 - can't access the food they need to live active, healthy lives. [1]

According to the most recent estimates, 736 million people live in extreme poverty on less than \$1.90 per day. That's 10% of the world's population. [2]

At some point in 2017 (the most recent year available), more than 40 million people in the United States were unsure where their next meal might come from. [3]

- 39.7 million Americans were living in poverty in 2017. For a family of four, this means their annual household income was below \$25,094.



Sunday School material is coming out this month to all the kiddos...let's not let them forget who Jesus is, and and the wonderful stories of the Bible.!

Let's Celebrate . . .

Baptismal Anniversaries

10/?? Amelia Broome
 10/?? Tom Mabry
 10/01 Marvin Sloper
 10/03 Courtney Valleskey
 10/03 Angie McIntyre
 10/07 Elaine Cox
 10/08 Olivia Hill
 10/09 Lois Baldwin
 10/11 Belle McIntyre
 10/13 Henry Gehl
 10/15 Caleb Hacker
 10/24 Zack Wagner
 10/27 Kaylynn Buss
 10/27 Craig Carlson
 10/27 Alecia Ouellette
 10/29 Donna Berg
 10/31 Karyn Kruse

Birthdays

10/02 Verle Hacker
10/02 Jamie Carlson
10/03 Nixon Jaskolka
10/06 Nadia Cox
10/07 Cash Hicketier
10/07 Brittany Sandberg
10/09 Olivia Hill
10/09 Mary Nelson
10/10 Emma Johnson
10/10 Evan Johnson
10/10 Jess kruse
10/12 Colton Krueger
10/12 Amy Eibs
10/12 Paul Grill
10/13 Myrna Anderson
10/14 Tehya Studie
10/15 Ted Ditlefsen
10/15 Mitch Hopkins
10/16 Suzanne Grill
10/16 Jared Tunheim
10/18 Renea Heller
10/18 Daimyan Smith
10/20 Genevieve Hill
10/21 River Olson

Birthdays (cont)

10/21 Boe Carlson
 10/22 Dane Olson
 10/22 Jan Kruse
 10/23 Jonathon Buss
 10/24 Bryan Cox
 10/24 Eddie Reh
 10/24 Kody Tober
 10/27 Lindsay Mabry
 10/31 Bette Tooley

Wedding Anniversaries

10/01/1977 Dan & Tricia Olson
 10/05/2019 Dane & Samantha Olson
 10/08/1988 Kim & Tracy Tunheim
 10/14/2000 Craig & Jamie Carlson
 10/16/2010 Michael & Sarah Hill
 10/17/1981 Tom & Sandy Mabry
 10/20/1962 Chuck & Jan Kruse
 10/20/2019 Rick & Dorie Pederson
 10/24/1969 Jim & Gwen Morrisette

Prayer Chain



Donna Berg	715-825-2312
Myrna Anderson	715-825-2585
Carol Bengtson	715-646-2003
Jim & Gwen Morrisette	715-825-2318
Anita Johnson	715-554-3785

If you have any prayer requests, please contact anyone on the list, giving them as little or as much information as you wish. All info will be treated with respect and kept confidential.

We want to open a chain email, of course all information is very private. If you would be interested in praying for people, contact Donna Berg fairviewacres33@lakeland.ws.

We have been praying for ...

Leif Bever, Cameron Collins, Sephonia Cowans, Randall Krueger, Amelia McKinney, Maria Morales, Teresa Studie, Dana Tellijohn, Rick Pederson, Jim Dishon (Suzanne Grill's son), Josiah Draves (Katie Hallgren's partner), Sharon Johnson (Anita Johnson's mother), Matt Kludt (Kristie Wagner's nephew), Rhonda Krueger & Rebecca Kalstad (Randall & Glenda Krueger's daughter & granddaughter), Carolyn Nelson (Tristan Divine's mother), Michael Trumble (Krueger's grandson)

Continued Healing: Scott Divine, Bev Hopkins, Anita Johnson, Carleen Matosky, Marilyn Nehrning

Military: Tyler Brooks (Marine Corps)

Send words of encouragement:

Sgt. Tyler Brooks
 1846 Darby Dr E5
 Florence AL 35630

Nursing Home/Assisted Living/Homebound:

Home — Teddy Ditlefsen
 Comforts of Home — Lois Baldwin

October 2021

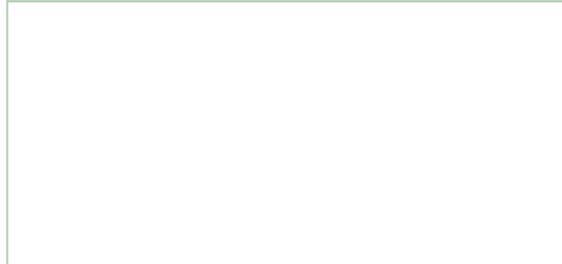
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 9:30am Outdoor Worship with Communion 5-minute Chair Massage after worship	4	5	6	7	8	9
10 9:30am Worship Blood Pressure Checks after Worship	11	12	13	14	15	16
17 9:30am Worship with Communion 11-1 Meatball Dinner NOVEMBER NEWSLETTER DEADLINE	18	19	20	21	22	23
24 9:30am Worship <hr/> 31-	25	28	27	28	29	30

North Valley Lutheran Church

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Centuria WI 54824

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office@nvlch.org
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Staff & Church Council

Interim Pastor	Dorothy Sandahl 651.442.6770
Admin. Asst.	Laurene Edge
Accompanist	Sue Saarem
Parish Nurse	Suzanne Grill
Custodian	Kristie Kuenkel
Co-Presidents	Kristie Wagner Don Prose
Vice President	Dan Livingston
Secretary	Tricia Olson
Treasurer	Al Amdt
Other Council Members	Charlie Christensen Bev Hopkins Jeff Kruse Tom Tellijohn
W/ELCA Reps.	Myma Anderson Donna Berg Suzanne Grill Jan Kruse
Youth Rep.	

Worship Schedule

9:30am Worship

Video Messages can be found on our Facebook page

Offerings can be mailed to the office or given online at nvlch.org.
You can also set up giving through your banks automatic bill pay.

Staff

Pastor D. Sandahl
Cell Phone: 651.442.6770
Email: pastor@nvlch.org

Church Email: office@nvlch.org

Admin. Asst.: Laurene Edge
9:00am-4:00pm Tuesdays

Please notify the church office if you have a new address or phone number.

Newsletter articles are due the 3rd Sunday of each month.

Bulletin announcements are due Thursdays before 9:00am.

