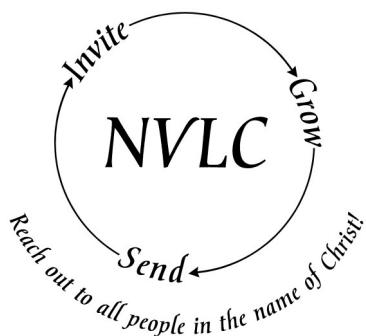


North Valley Lutheran Church
Member of First Faith Valley Lutheran Parish

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



Worship Schedule

11:00am Worship All Sundays in February at North Valley.

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

Church Email: office@nvlch.org

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

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

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

Bulletin announcements are due Mondays before 11:00am.

Pastoral Support: Pastor Tamra Harder 715-501-3681

Reminder: The church service is available to watch on Facebook. By friending the North Valley Lutheran Church page, you will have access. We apologize for it not being smooth running but hope things are better now. If you can't come in person, give it a try. We're always trying to improve it. In the event where it doesn't air, you can see the service on the Faith Lutheran Church Balsam Lake site.



A publication of North Valley Lutheran Church

North Valley Message **First Faith Valley Lutheran Parish**

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

First Faith Valley Lutheran Parish Corner

2025 Annual Report - February, 2026

"United in Christ to strengthen our Ministries to adapt, grow and serve"

Sisters and Brothers in Christ,

May grace and peace be yours in abundance in the knowledge of God and of Jesus our Lord.

2 Peter 1:2NRSV

We are entering our fifth year as the First Faith Valley Lutheran Parish. Our Worship/Spiritual Leaders this past year were Pastor Neal Weltzin leading Worship on the 1st, 3rd and the 5th Sundays, Pastor Peter Ruggles leading Worship the 2nd and 4th Sundays and Pastor Tamra Harder as our Visitation Pastor.

Pastor Peter Ruggles and Neal Weltzin will continue lead Worship and Pastor Tamra Harder will continue as our Visitation Pastor.

Confirmation - This year we only have one student and he is from North Valley. I get regular reports from Pastor Mary Ann at Luck about how Confirmation is going and what the kids are doing. She calls me and tells me what a great student we have and they enjoy having him. Of course we all knew that!!

Again being a part of those Wednesday nights and the other things we do as Congregations and a Parish makes my job as your Parish President and Administrator, while difficult at times all worthwhile.

Worship - We joined Luck Lutheran for the 2025 Lenten Season. Lent began March 5, 2025 with Ash Wednesday thru April 18, 2025. Pr. Tamra was to lead Worship for Ash Wednesday at North Valley 6:30pm Worship. Unfortunately we had to cancel due to weather. Pastor Peter did the imposition of Ashes the following Sunday. We then as a Parish will be joining Luck Lutheran at Luck on their Lenten Journey as we support our Confirmation students on their Faith Journey. "The Exodus Story" and "The Good Friday Story" by Pastor Paul Oman, it will be a multimedia Study/Worship experience. So, Wednesdays March 12, 19, 26, and April 2, 9, 5:15pm-6:15pm Soup Supper with Study/Worship 6:15-7:15pm+/-, Each Congregation signed up to serve one of the Suppers. Pr. Tamra led Maundy Thursday April 17, 2025 at First at 7pm. We will then join Luck Lutheran on Good Friday at 7pm for "The Good Friday Story" by Pastor Paul Oman.

2026 Lenten Season - The Parish Council has voted to join Luck Lutheran again for the 2026 Lenten Season. Lent begins February 18, 2026 with Ash Wednesday thru April 3, 2026 Good Friday. We as a Parish will join as we support our Confirmation students on their Faith Journey. Our Journey starts with Ash Wednesday February 18th at Luck with Study/Worship 6:15-7:15pm+/-, The following Wednesdays February 25, March 4, 11, 18 and 25, 5:30pm-6:15pm Soup Supper with Study/Worship 6:15-7:15pm+/-, We as in past years each of our churches will provide one of the Suppers. Maundy Thursday April 2nd and April 3rd Good Friday will be at Luck Lutheran to finish the Lenten series. We will be using Pastor Adam Hamilton's (UMC) Series - The Way – Walking in Jesus's Footsteps. The four churches will join in providing the Soup Suppers prior to Worship. What Pr. Mary Ann and Luck Lutheran offered us last year was great! And our Confirmation Youth are strongly urged to attend Lenten Worship in fact they signed up to help. This way we can see them interact with the Luck Students and they would then be part of the Service. We would be supporting them on their Faith Journey.

We wish to again thank the Parish Choir for the music they have provided during this past year. It has really helped to bring our Parish together.

Staff & Church Council

Pastoral Support	Tamra Harder
Admin. Asst.	Laurene Edge
Accompanist	Carol Medchill
Parish Nurse	Suzanne Grill
Custodian	Kristi Kuenkel
President	Don Prose
Vice President	Myron Olson
Secretary	Bonita Leggitt
Treasurer	Tom Tellijohn
Other Council Members	Joe Gronquist Joey Nelson Marilyn Nehring
W/ELCA Reps.	Myrna Anderson Donna Berg Suzanne Grill Tricia Olson Joey Nelson
YOUTH Rep.	

Call Process and Timing: Again this year at an Apple River Conference event in Amery I was able to visit with NWSW Bishop Martin Ha-lom, about our Parish and how we are waiting for a candidate to call, I was not the only one to talk with him as well about this. I continue to talk to Pastor Randy Olson of the NW Synod and they still don't have a candidate. If you know of anyone who could help us, do not contact them directly but please let me or Pastor Randy know.

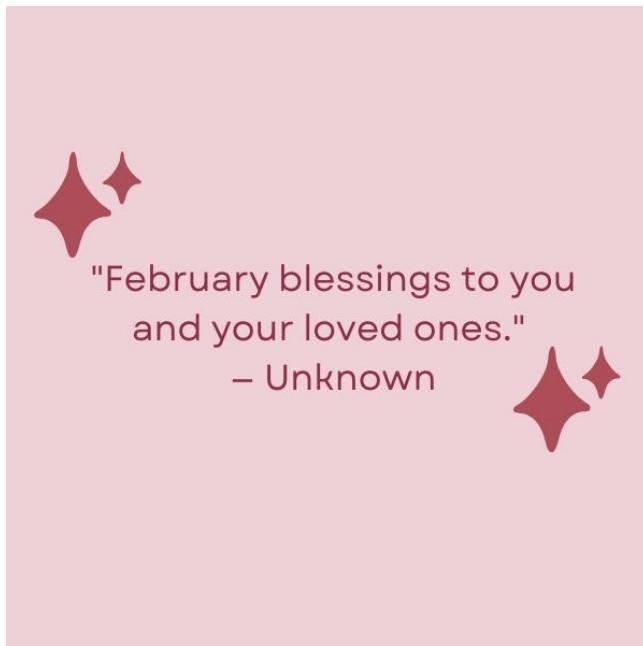
In other Parish business we are doing well financially. I have asked that the year-end financial and the 2026 proposed Parish Budget be included in your Annual Meeting Packets. At this point will we continue our \$1200.00 each commitment to the Parish account so that when we do get a Pastor we will have the ability to cover those expenses as well as paying Supply Pastors until that time. We reached the \$125,000.00 mark that the Parish Council set make adjustments to the Congregational contributions. This was done in early 2025 by the Parish Council.

We continue working on the Parish Budget and the Parish Worship Calendar for 2026 and reviewing the Parish Agreement for any changes.

2026 Annual Meeting Date - January 31, 2027 Following Parish Worship at North Valley

In remembering and contemplating our own humanity it is "God's Work-Our Hands" to bring and tell of the **HOPE** and **Light** of Jesus Christ showing while "**Words Matter-Actions Matter More**".

Yours in Our Eternal **Light** and **Hope**, Jesus Christ,
Steve Jensen, Pres. FFVLP



Please continue to keep Faith Lutheran Church and its entire congregation in your prayers, as their hearts are heavy with the damage caused by the fire on November 23rd. This will be a long road of assessing damage, making big decisions on the best direction to take to repair/rebuild, and emotional healing. If you are able, please volunteer to help where and when needed.

February 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 8:00 Faith 9:30 First 9:30 NV Annual Meeting 11:00 North Valley Pastor Neal Communion 9:30 Sunday School	2 Office hrs 9-4	3	4 9:30 Worship Committee Meeting 9:30 Quilting 1:00pm Choir Practice	5	6	7
8 8:00 Faith 9:30 First 11:00 North Valley Pastor Peter 9:30 Sunday School 9:30 Council Meeting Noon: Sweetheart Auction	9 Office hrs 9-4	10	11 9:30 Quilting 1:00pm Choir Practice	12	13	14
15 8:00 Faith 9:30 First 11:00 North Valley Pastor Neal Communion 9:30 Sunday School	16 Office hrs 9-4 Newsletter Deadline	17	18 9:30 Quilting 1:00pm Choir Practice	19	20	21
22 9:30 First Combined Service Pastor Peter 9:30 Sunday School	23 Office hrs 9-4	24	25 9:30 Quilting 1:00pm Choir Practice	26	27	28



Carlson, Hunter	02/02/2007
Mabry, Mike	02/09/1959
Heilig, Jayda	02/10/2003
Prose, Don	02/11/1950
White, Evan	02/11/2007
Hallgren-Draves, Kaden	02/13/2007
Tober, Keigen	02/14/2004
Brecka, Angie	02/14/1972
Larson, Caleb	02/15/2006
Carlson, Craig	02/18/1977
Erickson, Taylor	02/20/2004
Heilig, Lyndsey	02/25/1975
Baerg, Jerry	02/26/1994



Brittany Sandberg	02/05/1995
Kristie Kuenkel	02/11/1973
Mitch Sandberg	02/12/1995
Jamie Carlson	02/13/1977
Heidi Simmerman	02/16/2002
Nate Fisk	02/20/1983
Landon Morales	02/24/2008
Jaisa Ouellette	02/24/2013
Billie Erickson	02/24/2002
Aaron Kuenkel	02/27/1972



02/14/1992	Brad & Mary Jo Hacker
02/19/2011	Eddie Reh & Anita Johnson
02/24/1968	Jerry & Joyce Wagner



Donna Berg	715-553-2038
Myrna Anderson	715-554-7049
Gwen Morissette	715-781-3047
Anita Johnson	715-554-3785
Suzanne Grill	612-598-8197
Bette Tooley	701-436-6010
Joey Nelson	715 553-0262

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.

Marilynn Nehring, Jim Dishon (Suzanne Grill's son), Kevin Jensen (Heidi Simmerman's brother), Carol Medchill, Linda Goulet

Continued Healing: Sharon Johnson, Matt Kludt, Amelia McKinney

Send words of encouragement:

Nursing Home/Assisted Living: Dana Tellijohn

Homebound: Charles & Cari Mayo, Carol Bengtson, Mary Lundquist, Elverna Blomgren

Dear Sisters and Brothers in Christ,

This month's theme is "**Jesus the Messiah among us**"

We just witnessed the birth of "**Jesus the Messiah among us**" and the visit of the Magi to him. We then witnessed His baptism by his cousin John in the River Jordan and the Holy Spirit descended upon him in bodily form like a dove. And a voice came from heaven, "You are my Son, the Beloved;^[a] with you I am well pleased. (Luke 3:22) as He began his ministry. We now continue our Faith Journey with Him to Easter Morning and beyond. While Jesus is not physically present with us the Holy Spirit is. Just like Jesus had trials during his ministry we will also have trials. He said the journey would not be easy that is why He sent the Holy Spirit to help and guide us.

The Apostle Paul in **2nd Corinthians** Chapters 4& 5 calls us to a ministry of Christ, tells us of the trials of that ministry, our motivation for serving God, our future reward for serving Christ, and our ministry of **Reconciliation**. I ask each of you to read these chapters daily leading up to **Ash Wednesday February 18**. As you read focus your attention on these verses;

2nd Corinthians 4:7 New Revised Standard Version (NRSV)

But we have this treasure in clay jars, so that it may be made clear that this extraordinary power belongs to God and does not come from us.

2nd Corinthians 5:20-21 (The Gospel in a nutshell) NRSV

²⁰So we are ambassadors for Christ, since God is making his appeal through us; we entreat you on behalf of Christ, be reconciled to God. ²¹For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.

Another book/letter of Paul's you can read is his letter to the **Romans** found in the New Testament following the book of Acts. Pastor Ray Stedman says this of Paul's letter to the Romans; "If you want to see what God is doing with you as an individual, and with the human race as a whole, then master the book of **Romans**".

As you study this book, you discover that it develops salvation in three tenses-past, present, and future. In other words, its themes are:

Past: I **was** saved when I believed in Jesus;

Present: I **am being** saved as the character of Jesus Christ now becomes manifest in my life; and

Future: I **shall be** saved when at last, in resurrection life, with a glorified body; I stand in the presence of the Son of God and enter into the fullness of the truth of God"

The key verses for this theme are;

Romans 8:24-25

²⁴For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? ²⁵But if we hope for what we do not see, we wait for it with patience.

New Revised Standard Version (NRSV)

Reading a Chapter a day brings us up to Ash Wednesday.

The Alter hangings for this month are Green for the rest of Epiphany and White for the Transfiguration of the Lord (Sunday February 15th).

In remembering and contemplating our own humanity it is "**God's Work-Our Hands**" to bring and tell of the **HOPE and Light** of Jesus Christ showing while "**Words Matter-Actions Matter More**".

Join us at Luck Lutheran Church
for our 2026 Lenten Series:

THE WAY

Walking in the Footsteps of Jesus

Wednesday, February 18:

6:15PM Ash Wednesday

Worship with Holy Communion
and Imposition of Ashes
(no supper this night)

Mid-Week Wednesday Schedule

February 25 – March 25:

5:30PM Supper

6:15PM Worship

7:15PM Choir Practice

February 25 Week One:

Baptism and Temptation

March 4 Week Two:

Jesus' Healing Ministry

March 11 Week Three:

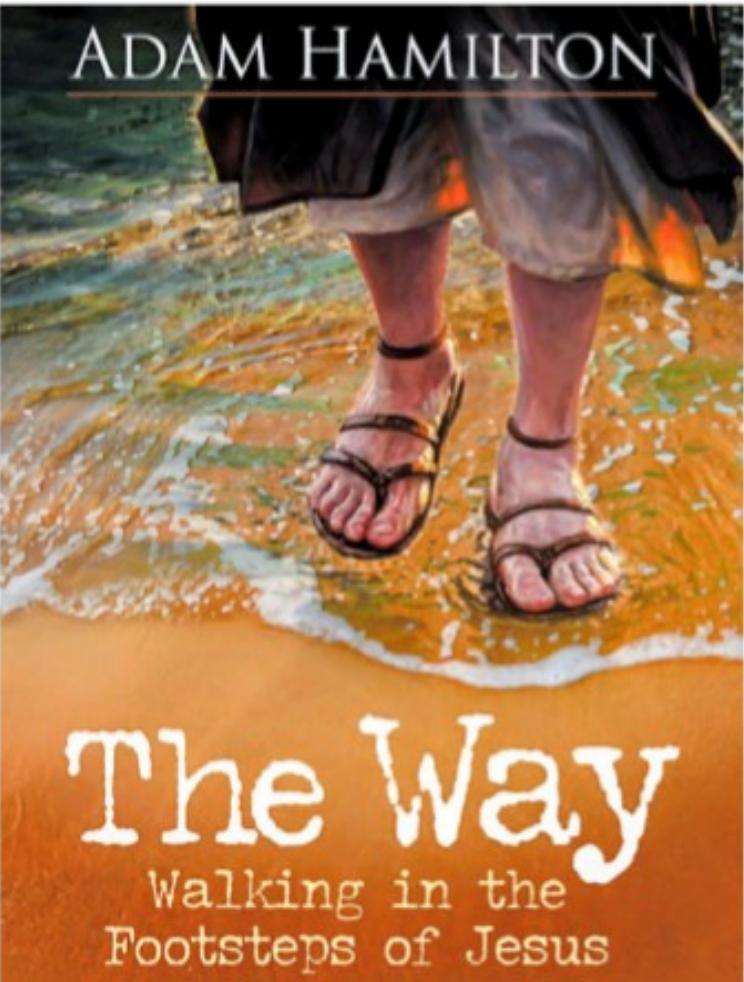
Calming the Storm

March 18 Week Four:

Sinners, Outcasts, & the Poor

March 25 Week Five:

The Final Week



CONGRATULATIONS!!

To Belle McIntyre

Who was inducted into the Luck Public Schools
National Honor Society





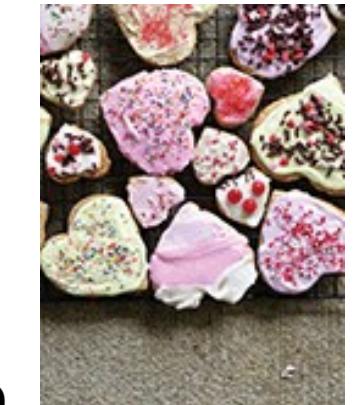
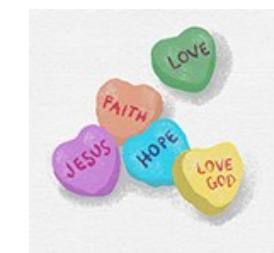
Monday February 2nd: 9am-2pm @ Luck High School
Tuesday February 3rd: 12n-6pm @ Cushing Community Center
Wednesday February 4th: 9am-2pm @ St Croix Falls High School
Friday February 6th: 11am-4pm @ Siren Fire Hall

COMMUNITY SEWING DAY TO SEW DRESSES
TO SEND TO NEEDY GIRLS IN AFRICA

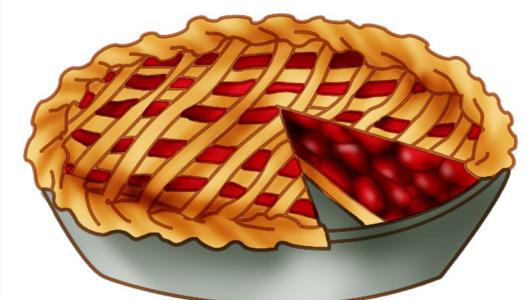
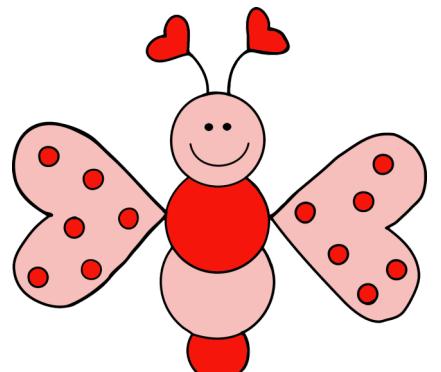
Saturday February 7th 9am-1pm
Peace Lutheran Church
Dresser
715-483-9791

No experience needed. Children under 16 must be accompanied by an adult.

Lunch provided!



**SUNDAY FEBRUARY
8TH AT NOON**



"I've been diagnosed with COPD. What can I do to improve my breathing?"

Dr. Adam: Chronic obstructive pulmonary disease, or COPD, is a lung condition that makes it harder to breathe out fully. COPD occurs when your airways (bronchi) and tiny air sacs (alveoli) become inflamed, damaged or stuck open. A large study of adults age 50 and older found that as of 2020, almost 10 percent of us were dealing with COPD.

I recommend a daily practice of breathing exercises. Try pursed-lip breathing: Relax your shoulders and neck, then inhale through your nose for two seconds (or as long as is comfortable), then exhale slowly through pursed lips, as if you're blowing out a candle, for four seconds, or roughly twice your inhale time.

Another effective exercise involves belly breathing. Lie on your back with knees bent, and put one hand on your chest and the other on your tummy. Inhale deeply through your nose over three counts. Your belly should rise more than your chest. Next, with your lips slightly pursed, exhale slowly over six counts, using your abdominal muscles. Try to gradually work up to doing this exercise for five to 10 minutes, three to four times a day.

Breathing when you have COPD burns extra energy, so try to maintain a healthy weight. Being underweight can deprive you of the strength needed for breathing, while being overweight makes breathing harder.

Your lungs may be challenged, but your spirit doesn't have to be. Take it day by day, and keep in mind that small improvements add up. With consistency and the right support, you can gain confidence in your breathing and in your future.

"I keep hearing about how dangerous inflammation is. How can I keep it in check?"

Dr. Adam: Chronic inflammation hastens the aging process and contributes to ailments such as arthritis, heart disease and dementia. More than a third of Americans are living with systemic inflammation. Yet a lot of people don't really understand what inflammation is.

Put simply, inflammation refers to the way our body responds to a threat, such as an injury or infection. When you have a wound and there's redness or swelling around it for a few hours or days, that's a sign your immune system is putting up a helpful defense to promote healing. This is called acute inflammation, and it's a normal, healthy response.

Chronic inflammation is another story. It happens when your body's immune system kicks into high gear—and never settles down. The result? The body begins to attack itself and, over time, damages tissues and organs and may trigger the development of disease.

Your doctor can determine your level of inflammation by administering two blood tests. The C-reactive protein (CRP) test measures a protein that your liver produces in response to inflammation. The erythrocyte sedimentation rate (ESR) test measures how quickly your red blood cells sink to the bottom of a test tube. (When there's inflammation, it will be quicker.)

If you test positive for chronic inflammation or just want to prevent it, I strongly recommend sticking to a noninflammatory diet, which is largely the Mediterranean diet of lean proteins, whole grains, lots of produce and healthy fats, like olive oil. Also, avoid processed foods and try not to overeat or drink too much alcohol. Don't smoke, and make exercise a matter of routine in your daily life. In some cases, medication may play a role.

Although chronic inflammation is serious, it isn't a hopeless situation. With a commitment to a healthier lifestyle and help from your doctor, you'll likely be able to make meaningful improvements. The results can help you feel dramatically better.

From AARP Bulletin Jan-Feb 2026

Adam B. Rosenbluth, M.D.



MISSION AND SOCIAL ACTION – FEBRUARY 2026

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.

JANUARY

01-04 – Tricia Olson
01-11 – Tricia Olson
01-18 – Tricia Olson
01-25 – Tricia Olson

FEBRUARY

02-01 – Don & Myrna Anderson
02-08 – Don & Myrna Anderson
02-15 – Don & Myrna Anderson
02-22 – Don & Myrna Anderson

LOAVES AND FISHES FOOD SHELF: In December, 92 households were served – 102 adults and 31 children. Seven new families. 63 volunteer hours. Donations: Money \$5,686. Weight of food coming in 3,486#, (Includes TEFAP, purchased food donations), Weight of food going out 3,191#.

Items needed: Vegetables: canned tomatoes, tomato sauce, spaghetti sauce. Pasta: macaroni, rice, noodles, spaghetti. Misc. peanut butter, cake mix, brownie mix, muffins.

We can always use more volunteer workers. Please contact Pam Girtz 320-232-7541 email: girtzp@gmail.com or Gena Bugno nobug115@yahoo.com.

Quarter Bowl Offering

Quarter Bowl Offering for January and February is for Feed My Neighbor Food Shelf.

Sweetheart Auction- Save The Date

This year's Sweetheart Auction will be Sunday, February 8, 2026, right after 11:00 am service. Bruce Nelson has offered to be our auctioneer and we thank him for volunteering his time. Please consider being a donator by bringing something to sell and/or come to be a buyer. It is also Super Bowl Sunday – bring Superbowl treats to sell, or purchase items for your Superbowl gathering.

All are invited to make items ready to sell for the auction. Other years have featured beautiful and tasty goods, quiche, wines, pies, delicious dinners scheduled at your convenience, bars, cookies, breads, Super Bowl Treats, and more! This year's funds will be designated for Maggie Isaacson Scholarship Fund. Thank you for your consideration. See you there!

CHILDREN'S
Sunday School

Every Sunday at 9:30
Join us!!