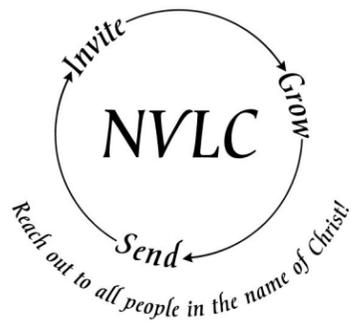


North Valley Lutheran Church
Member of First Faith Valley Lutheran Parish

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



Worship Schedule

8:00am Worship All Sundays in April 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.

Staff & Church Council

Pastoral Support	Tamra Harder
Admin. Asst.	Laurene Edge
Accompanist	Carol Medchill
Parish Nurse	Suzanne Grill
Custodian	Kristi Kuenkel
President	Kristie Pax
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.	



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

April, 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

Pastor Peter Ruggles continues leading Worship the 2nd and 4th Sundays, Pastor Neal Weltzin will be leading Worship on the 1st, 3rd Sundays and Pastor Tamra Harder as our Visitation Pastor.

Confirmation –

We have 1 student from our Parish this year from North Valley. She along with the other students from Luck, Bone Lake and West Denmark are doing well. As I said in the past it has been a great privilege as your Parish Administrator to be a part of their Faith Journey to watch them grow in their Faith. I ask that you ALL these young woman and men in your prayers as they continue Life and Faith Journey.

Worship –

Our 2026 **Lenten** Journey began February 18, 2026 with **Ash Wednesday** at **Luck Lutheran with Study/Worship** and goes thru April 3, 2026 **Good Friday**. We will be using **Pastor Adam Hamilton's** (UMC) Series - **The Way – Walking in Jesus's Footsteps**

We as a Parish joined this journey to support our Confirmation students on their Faith Journey. The Journey continues the following Wednesdays February 25, March 4, 11, 18 and 25, **5:15pm-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. The four churches will join in providing the Soup Suppers prior to Worship. 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.

Parish Choir -

Thanks to the Parish Choir for the music they provide. They are joining the Luck Lutheran Choir for the Good Friday Service again this year. They are always looking for and welcome new members.

Faith Lutheran Fire –

As we all know Faith suffered a devastating fire in the early morning hours of Sunday November 23rd. They continue to work with the insurance company to make sure they have accounted for everything they lost or may have lost and have not realized it yet.

We as a Parish continue to stand beside our Sisters and Brothers of Faith and offer whatever help we can, looking forward that Sunday Morning we gather as a Parish in the refurbish Sanctuary to celebrate its Rebirth/Rededication as a one of our 3 Worship spaces.

Call Process –

Our updated Ministry Site Profile for the First Faith Lutheran Parish is now up for Candidates to see.

It was just a year ago we were interviewing a possible candidate. Remember in the end both the Candidate and the Call Committee did not feel the Spirit’s call for coming together.

We as Congregations and Members need to **continue** to be in Prayer as to how the Holy Spirit speaking to us both individually and as Congregations during this time of waiting for a Pastor.. We need to remember that we studied “The Pray Coin” three Lenten Seasons ago; a study of Jesus’s Pray in the Garden of Gethsemane, here is the key verse! Luke 22:42 *NRSV* **“Father, if you are willing, remove this cup from me, yet not my will but yours be done.”** Let’s make sure we have the last half this verse in mind at all times but especially during this time!

In other Parish business we are doing well financially. We are doing well financially with each Congregation contributing \$1250.00 each month 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 continue working on the Parish Worship Calendar for 2026 and reviewing the Parish Agreement for any changes.

At the February 26th Parish Council Meeting they approved a change to the Parish Agreement that allows for the appointment of a Parish Administrator in the absence of a called Pastor as needed. It now goes to the Congregation Councils for acceptance and final approval will take place at our Annual Meetings.

After voting in the language change I was appointed the Interim Parish Administrator with no pay . there are two reasons for that the first is it was not budgeted for in 2026,second it was my choice not to take any pay.

With April comes the Worship Time Change for April, May and June.

8am North Valley, 9:30am Faith and 11am First. First and North Valley Sunday School at 9:30am

2026 Parish Council Meeting Dates: (Following Parish Worship) April TBD at Faith July 27 at North Valley and October 26 at First

2027 Annual Meeting Date February 28, 2027 Following Parish Worship – Fa

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

Interim Parish Administrator FFVLP

April 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:30 Quilting 1:00pm Choir Practice	2 6:15 Maundy Thursday Service at Luck Lutheran	3 6:15 Good Friday Service at Luck Lutheran	4
5 8:00 North Valley 9:30Faith 11:00 First Easter Sunday Pastor Neal Communion 9:30 Sunday School 9:30 Council Meeting	6 Office hrs 9-4	7	8 9:30 Worship Committee Meeting 9:30 Quilting 1:00pm Choir Practice	9	10	11 Dana Tellijohn Celebration of life 10a Visitation 11:30 Service
12 8:00 North Valley 9:30Faith 11:00 First Pastor Peter 9:30 Sunday School 9:30 Council Meeting	13 Office hrs 9-4	14	15 9:30 Quilting 1:00pm Choir Practice	16	17	18 9:00am Church workday
19 8:00 North Valley 9:30Faith 11:00 First Pastor Neal Communion 9:30 Sunday School	20 Office hrs 9-4 Newsletter Deadline	21	22 9:30 Quilting 1:00pm Choir Practice	23	24	25 8am-12:30p Apple River Spring Conf at Luck Lutheran 7:30-4:30 Synod Assembly
26 9:30 Faith Combined Service Pastor Peter 9:30 Sunday School 9:30 Sunday School	27 Office hrs 9-4	28	29 9:30 Quilting 1:00pm Choir Practice	30		



Hill, Sarah	04/01/1988
Dunn, Julie	04/02/1963
Hinde, Anna	04/08/1991
Fisk, Nate	04/09/1981
Hanson, Teri	04/10/1966
White, Tyler	04/12/1993
Olson, Tricia	04/13/1955
Gronquist, Lila	04/15/2020
Cox, Ben	04/19/1977
Wagner, Zack	04/19/1999
McIntyre, Sean	04/20/1982
Johnson, Cloey	04/22/2001
Metcalf, Dawn	04/22/1969
Dishon, JayDee	04/23/1985
Dunn, Greg	04/23/1950
Wagner, Todd	04/24/1974
Christensen, Henry	04/25/2019
Tellijohn, Tom	04/26/1948



Tehya Studie	04/01/2010
Payton Wagner	04/03/2011
Glenda Krueger	04/03/1955
Ashleigh Simmerman	04/05/2012
Madison Simmerman	04/05/2012
Andy Kruse	04/07/1991
Tyler White	04/09/2006
Curtiss Lunde	04/09/1972
Brenton Sandberg	04/10/2022
Mercedes Thoen	04/13/2017
Sianah Morales	04/17/2011
Jenny Olson	04/18/2011
Taylor Erickson	04/18/2004
Eli Baerg	04/18/1999
Nadia Cox	04/19/2015
Julie Dunn	04/21/1963
Lindsay Mabry	04/21/1985
Kenny Hansen	04/24/1949
Greg Dunn	04/30/1950

We start this month with the Theme “Exodus from Slavery to Service” and on Easter Morning it changes to
“God’s Promise of Hope”

Dear Brothers and Sisters in Christ,

On Sunday April 5th Easter “Resurrection” Morning the theme “**God’s Promise of Hope**” comes in. First has two banners in the Chancel, they speak of that **Life and Hope**.

God’s promise of **Hope** is told to us and to the house of Israel from Genesis to Revelation.

The following verses are just some of the **Hope** verses, the key verse for these banners and the assurance of God’s promise is found in the Apostle Paul’s letter to Titus, I have highlighted it below. In fact, Paul’s entire letter to Titus is about the **Hope** in Jesus Christ. Even the Apostle Peter tells of the **Hope** in his letters.

Psalm 71:5 NRSV

For you, O Lord, are my **hope**, my trust, O LORD, from my youth.

Isaiah 40:31 NIV

But those who **hope** in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint.

Micah 7:7 NIV

But as for me, I watch in **hope** for the LORD, I wait for God my Savior; my God will hear me.

Romans 15:13 NRSV

May the God of **hope** fill you with all joy and peace in believing, so that you may abound in **hope** by the power of the Holy Spirit.

Colossians 1:27 NRSV

To them God chose to make known how great among the Gentiles are the riches of the glory of this mystery, which is Christ in you, the **hope** of glory.

Titus 1:1-3 NRSV

1 Paul, a servant of God and an apostle of Jesus Christ, for the sake of the faith of God’s elect and the knowledge of the truth that is in accordance with godliness, **2 in the hope of eternal life that God, who never lies, promised before the ages began—** 3 in due time he revealed his word through the proclamation with which I have been entrusted by the command of God our Savior,

1 Peter 1:3 NRSV

Blessed be the God and Father of our Lord Jesus Christ! By his great mercy he has given us a new birth into a living **hope** through the resurrection of Jesus Christ from the dead,

The Altar hangings are White through the seven weeks of the Easter Season leading up to Pentecost Sun, May 24, 2026.

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



04/23/1971 Dan & Linda Goulet



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:

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



Donna Berg	715-553-2038
Myrna Anderson	715-554-7049
Gwen Morrissette	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.



Here's the worship info for Holy Week:

April 2 - Worship at 6:15PM (no supper before worship)

Maundy Thursday worship & Holy Communion

Celebration of First Communion

April 3 – Good Friday Worship at 6:15PM (no supper before worship)

“Were You There” choir cantata with the combined choirs of Luck Lutheran,
North Valley, First/Cushing, and Faith/Balsam Lake congregations

April 7—Easter Sunday Worship at individual churches

8:00am North Valley

9:30am Faith

11:00am First





MISSION AND SOCIAL ACTION – APRIL 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.

MARCH

- 03-01 – Don Prose
- 03-08 – Don Prose
- 03-15 – Don Prose
- 03-22 – Don Prose
- 03-29 – Don Prose

APRIL

- 04-05 – Tom Tellijohn
- 04-12 – Tom Tellijohn
- 04-19 – Tom Tellijohn
- 04-26 – Tom Tellijohn

LOAVES AND FISHES FOOD SHELF: In February, 47 households were served – 69 adults and 24 children. One new family. Total People: 93. 61.25 volunteer hours. Donations: Money \$7,493. Weight of food coming in 2,785#, (Includes TEFAP, purchased food donations), Weight of food going out 2,292#.

The Emergency Food Assistance Program (TEFAP) is a federally funded USDA food program, which is administered through the State of Wisconsin Department of Health Services and Loaves & Fishes is a recipient agency.

Items needed: vegetables, pasta, peanut butter, cake mix, brownie mix, and 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 for March and April is for Interfaith Caregivers.

OUR FINANCIAL REPORT FEBRUARY 2026	
BEGINNING BALANCE:	33,072.10
CREDITS	8,331.55
DEBITS:	6,436.52
ENDING BALANCE:	34,967.13

To provide a broader picture of church finances, we are now reporting monthly beginning and ending balances.

FREE E-RECYCLING COLLECTION

For Members of Polk-Burnett Electric Cooperative
Please bring electric bill as proof of membership, paper copy or on SmartHub

Dispose of your electronics safely and responsibly while helping support the State of Wisconsin e-Cycle program.

Date: Friday, April 24, 2026, 10AM - 2PM

LOCATION: POLK-BURNETT ELECTRIC COOPERATIVE
1001 STATE RD 35, CENTURIA, WI 54824

HOUSEHOLD ELECTRONICS:

- Box fans and air circulator fans
- Calculators
- Cameras
- Cable/Satellite Receivers
- CD players and boom boxes
- Cellphones
- Christmas lights
- Desktop Computers
- Electronic Exercise Equipment
- Humidifiers
- Irons
- Keyboards/Mice
- Label makers
- Laptops
- Motion detectors
- Paper Shredder
- Power cords
- Printers, Fax Machines
- Radios and Clock/Radio combos
- Record players
- Sewing machines
- Space heaters
- Tablets and E-Readers
- TVs & Monitors
- Typewriters
- Vacuum cleaners
- VHS tapes, DVDs, Cassette tapes
- VCR/DVD/DVR Players
- Video game consoles

KITCHEN APPLIANCES:

- Air fryers and crock pots
- Blenders and mixers
- Electric can openers
- Microwaves
- Coffee makers & Electric tea kettles
- Electric grills and griddles
- Food dehydrators and food processors
- Pizza makers
- Toasters and Toaster ovens
- Waffle makers

HYGIENE ELECTRONICS:

- Curling Irons
- Flat Irons
- Hair Dryers

OUTDOOR ELECTRONICS:

- Car batteries
- Electric power tools
- Electric weed trimmers
- Electric lawn mowers
- Leaf blowers
- Electric tillers
- Shopvacs and garage vacuum cleaners

NOT Accepting: Large Appliances, Loose Batteries, Lamps, Bulbs, Medical Waste, Hazardous Waste, Liquids, Vape Pens, Smoke Detectors, Ballasts, Electronics not on this list

This event is hosted in partnership with **Dynamic Lifecycle Innovations** and **Polk Burnett Electronic Cooperative**. Please contact our team with any questions: collectionevents@thinkdynamic.com | (608) 781-4030





Healthy You

Natural Cures for Jangled Nerves

Proven ways to calm your anxiety, focus your mind and free yourself from dread

By Victoria Maizes, M.D.

ANXIETY IS part of the human experience; it transcends age, gender, socioeconomic status, cultural backgrounds and even celebrity. In 1967, while performing a concert in New York's Central Park, Barbra Streisand bungled the lyrics to several of her songs. Her anxiety was so great—what if she forgot the lyrics again?—that she didn't perform in front of an audience for another 27 years!

The good news is that the same brain that creates anxious thoughts can also subdue them. Here's how you can quell your unease.

Get excited.

Harvard Business School researcher Dr. Alison Wood Brooks subjected study participants to a series of stressful tasks and instructed them to say, out loud, either "I am anxious" or "I am excited," or nothing at all. The "excited" participants performed better every time. Just by saying "I am excited," you can transform your anxiety into enthusiasm.

Reframe your worries.

Cognitive behavioral therapy (CBT) teaches people to change their negative thought patterns to more effectively manage their emotional responses. To get started:

1. Identify anxiety-provoking thoughts. Sometimes we run from anxious thoughts and feelings; recognizing and acknowledging them can make them more manageable.
2. Challenge these thoughts. Ask yourself: Is this anxious thought based on facts or on assumptions? Are there other ways to look at this situation? What would I tell a friend who had this thought?
3. Develop more positive thoughts. For example, instead of thinking, This project is going to be a disaster, you might reframe it as There certainly are challenges, and I am going to plan carefully and ask for support.
4. Practice mindfulness. Anxiety is almost always focused on an uncertain future. Mindfulness means paying attention on purpose, in the present moment.

Breathe and hum.

When we're anxious or fearful, our breathing becomes erratic, shallow and fast. If you can't calm your breathing, try to hum, chant or sing. These actions activate the vagus nerve—the long, cranial nerve that extends from your brain stem all the way to your pelvic floor and plays a crucial role in stimulating the part of your brain that controls anxiety.

Consider supplements.

But speak to your doctor first, as many supplements can interact with prescription medications.

B vitamins are vital for the production and regulation of neurotransmitters, which play significant roles in mood regulation. One study found that people who took 100 milligrams (mg) of vitamin B6 every day for a month reported less anxiety and depression. I recommend the full complement of B vitamins, which is often sold as "B50."

Omega-3 fatty acids, including EPA and DHA, support brain health and reduce anxiety, but people often do not take a sufficient dose. One meta-analysis found that those taking at least 2,000 mg of EPA and DHA daily saw reduced overall anxiety levels. A dose below 2,000 mg did not achieve this effect. Choose an omega-3 supplement with EPA and DHA in about a 1:1 ratio.

Kava has active ingredients called kavalactones, which can help relieve anxiety, protect neurons from damage and improve sleep. I always have kava tea with me.

Lavender, diffused or inhaled directly, can have immediate calming effects. While most essential oils are not meant to be taken orally, an exception is lavender—in a formulation called Silexan. It has been found in studies to reduce anxiety levels comparable to benzodiazepines. The standard dose is 80 mg daily; it is safe to take up to 160 mg per day.

Inositol is found in small amounts in fruits, beans, grains and nuts, and can be taken as a supplement to treat anxiety and panic attacks. I usually have people begin with 3 grams and slowly increase their dosage to approximately 12 grams.

Magnesium supplements have been found to effectively reduce anxiety. I recommend 400 mg daily of magnesium citrate or glycinate. I also recommend a hot bath with 1 cup of Epsom salts—which is magnesium sulfate—added to the bathwater. The magnesium from the Epsom salts is absorbed through your skin.

Adaptogens are a unique class of herbal medicines that help the body adapt to stress. I frequently recommend ashwagandha (*Withania somnifera*), which helps reduce anxiety, lowers cortisol levels and can improve sleep; the dose is 300 mg twice daily of ashwagandha extract.

Download anxiety-busting apps.

I recommend mind-body apps to virtually every patient I see. There are many to choose from, but I especially like Insight Timer, which has more than 300,000 free guided meditations as well as a paid-subscription option, and Unwinding Anxiety (\$29.99 per month), which was developed by psychiatrist Dr. Jud Brewer.

Get under a weighted blanket.

A meta-analysis found that 63 percent of people using them reported a reduction in anxiety symptoms. Per studies, the ideal blanket weight can be up to 10 percent of your body weight.

Try a vagus nerve stimulating (VNS) device.

Sensate is a palm-sized device you position over your sternum that works by toning the vagus nerve—a master controller of anxiety—and I have found it highly effective for my patients who complain of anxiety. Another VNS device is Alpha-Stim, which clips onto the earlobe. It is available online and at some VA medical centers. GammaCore is a third vagus nerve stimulator that delivers mild electric signals to the neck. It has been FDA-cleared for migraines. Important note: If you have a pacemaker or other implanted device, be sure to check with your primary care doctor before using any of these devices.

Excerpt from *Heal Faster* by Victoria Maizes. Copyright © 2026 by AARP. Reprinted by permission of Simon & Schuster, NY. Maizes is executive director of the Andrew Weil Center for Integrative Medicine and professor of medicine at the University of Arizona.