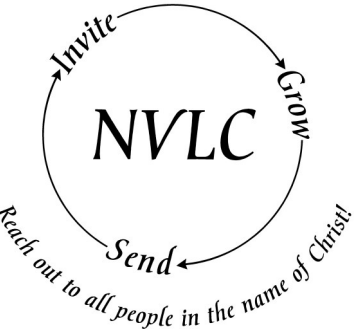


North Valley Lutheran Church
Member of First Faith Valley Lutheran Parish

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



2026



Worship Schedule

11:00am Worship All Sundays in October 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.



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

October, 2026

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

“From Worry to Wonder”

Sisters and Brothers in Christ,

From Jesus’s “Sermon on the Mount” Matthew 6:34 *New Revised Standard Version Updated Edition*
³⁴ “So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today.

As we are in the last weeks of the Season of Pentecost “Green and Growing” and praying for a new Pastor for our Parish. Brothers Paul and Jude remind us in their letters to the Church that we are “**God’s Children**”

We become **God’s Children** by his grace when we confess that Jesus is the way the truth and the Life (John 14:6). As Brother Paul writes in Ephesians 2:8-10;

8For it is by grace you have been saved, through faith—and this not from yourselves, it is the gift of God— **9**not by works, so that no one can boast. **10**For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Becoming a **Child of God**, we are to take on a servant’s attitude. We are told how to do this and to whom by our Brother Jude in his letter - 1:20-25

20But you, dear friends, build yourselves up in your most holy faith and pray in the Holy Spirit. **21**Keep yourselves in God's love as you wait for the mercy of our Lord Jesus Christ to bring you to eternal life. **22**Be merciful to those who doubt; **23**snatch others from the fire and save them; to others show mercy, mixed with fear—hating even the clothing stained by corrupted flesh. **24**To him who is able to keep you from falling and to present you before his glorious presence without fault and with great joy— **25**to the only God our Savior be glory, majesty, power and authority, through Jesus Christ our Lord, before all ages, now and forevermore! Amen.

These two passages continue to call us “**From Worry to Wonder**” as God’s Children.

Parish Council Items-

Confirmation – We are again joining with Luck Lutheran for our Confirmation Program. We have 3 students and 2 of the 3 were recognized and receive the Bibles they will be using at the September 20, 2026 Worship. Seminary Intern/SAM Dana Paulson is leading Confirmation this year with the help of Pastor Ann Bowman. THANK YOU Dana and Pr Mary Ann!!

We are doing well financially, meeting payroll and other expenses. As I said last month we reduced the amount each Congregation gives the Parish to \$1000 as we are meeting our needs with money left over.

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.	

We are still waiting for Pastoral candidates to apply. Continue to be in prayer for a candidate/s!

October is Pastor Appreciation Month

If you have not said Thank you to Pastors Peter, Tamra, and Neal lately, please do so and not just this month. Remember Pastors Peter and Neal in your prayers as they continue to help us during this time. Remember, they travel about an hour or more one way to be with us.

They reminds us that while they are providing the pastoral care and education, we as members should be also providing care such as bring Communion to our shut-ins as well as just visiting with members in need. We have 3 Confirmation students in the Parish so far for this year. Also at least at First Sunday School is back in session.

The Parish Worship Schedule Changes this month!!

So, for October, November and December it is **8am Faith, 9:30am First** and **11am North Valley**.

The **last Sunday of the month will be a Parish Worship at 9:30 at First**, October 25th, Reformation Sunday, November 29th the first Sunday in Advent and December 27th.

Remember the Newsletter Calendar is your friend. Please consider Worshiping with one of the other Churches if the time for your home Church does not work for you on a particular Sunday.

As we continue on our present **Journey** as members of the First Faith Valley Lutheran Parish with Pastors Peter, Tamra, and Neal to look at how we will need to change as we look how we have done Ministry and how we will do Ministry going forward. We each as a **Child of God** need to live **The Way** we should go in our own life as well as the life of our Congregation. We need to ask ourselves, **Am I/are We** walking daily as **Children of God** (Romans 8:17)? What am I being shown as a **Child of God** to do as part of this **Journey** and beyond? **We** are **ALL** to work together (**“God’s Work-Our Hands”**) in telling the World about God’s Love and showing God’s Promised Blessings towards all people through his son Jesus not just the pastor.

We have only 8 weeks remaining in the season of **Pentecost** (Green) until the 4 weeks **Advent** (Sunday November 29th) begins and the Altar Paraments change to Blue as we prepare to celebrate Jesus’s first coming. A reminder that **October 25th** is Reformation Sunday a **Red**-letter day in the Christian Church. Remember to wear **RED** that Sunday.

If you are in need of Pastoral support feel free to contact
Pastor Tamra Harder, 715-501-3681
For other matters call the Church Office 715-648-5323
You can also contact me as well 715-483-3715(H) 715-557-0382(C)

2026 Parish Annual Meeting Date - February 28, 2027 - Following Parish Worship – Faith

Always remembering that it is **“God’s Work-Our Hands”** to bring and tell of the **HOPE** in Jesus Christ showing while **“Words Matter-Actions Matter More”**.

Yours in Our Eternal **Hope**, Jesus Christ,

Steve Jensen

Administrator FFVLP

October 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 8:00 Faith 9:30 First 11:00 NV Pastor Neal Communion	5 Office hrs 9-4	6	7 9:00 Quilting 9:30 Worship Comm 10:45 WELCA MTG 1:00pm Choir Practice	8	9 2:00pm Sister Church Event at NVLCH	10
11 8:00 Faith 9:30 First 11:00 NV Pastor Peter 9:00 Council Meeting	12 Office hrs 9-4	13	14 9:00 Quilting 1:00pm Choir Practice	15	16	17
18 8:00 Faith 9:30 First 11:00 NV Pastor Neal Communion	19 Newsletter Deadline Office hrs 9-4	20	21 9:00 Quilting 1:00pm Choir Practice	22	23	24
25 9:30 First Combined Worship Pastor Peter	26 Office hrs 9-4	27	28 9:00 Quilting 1:00pm Choir Practice	29	30	31 12pm-2pm 



Hacker, Verle	10/02/1936
Carlson, Jamie	10/02/1976
Cox, Nadia	10/06/2014
Sandberg, Brittany	10/07/1994
Hickethier, Cash	10/07/1995
Melin, Gustaf	10/08/2021
Hill, Olivia	10/09/2016
Kruse, Jess	10/10/1990
Grill, Paul	10/12/1951
Anderson, Myrna	10/13/1955
Studie, Tehya	10/14/1998
Hopkins, Mitch	10/15/1969
Ditlefsen, Ted	10/15/1960
Grill, Suzanne	10/16/1946
Johnson, Buddy	10/18/2016
Hill, Genevieve	10/20/2019
Carlson, Boe	10/21/2009
Olson, River	10/21/2018
Kruse, Jan	10/22/1943
Olson, Dane	10/22/1988
Buss, Jonathon	10/23/2013
Reh, Eddie	10/24/1971
Tober, Kody	10/24/2005
Mabry, Lindsay	10/27/1984
Tooley, Bette	10/31/1952



10/01/1977	Dan & Tricia Olson
10/02/2004	Julie & Greg Dunn
10/05/2019	Dane & Samantha Olson
10/14/2000	Craig & Jamie Carlson
10/16/2010	Micheal & Sarah Hill
10/17/1981	Tom & Sandy Mabry
10/20/1962	Chuck & Jan Kruse
10/20/2019	Rick & Dorie Pederson



Tom Mabry	10/??/1962
Courtney Valleskey	10/03/1999
Angie McIntyre	10/03/1982
Elaine Cox	10/07/1945
Olivia Hill	10/08/2017
Gustaf Melin	10/08/2023
Belle McIntyre	10/11/2009
Charlie Christensen	10/13/1963
Henry Gehl	10/13/2019
Caleb Hacker	10/15/1995
Zack Wagner	10/24/1999
Kaylynn Buss	10/27/1991
Craig Carlson	10/27/1983
Alecia Ouellette	10/27/1991
Donna Berg	10/29/1939
Karyn Kruse	10/31/1965

We become **God's Children** by his grace when we confess that Jesus is the way the truth and the Life (John 14:6). As Brother Paul writes in Ephesians 2:8-10;

8For it is by grace you have been saved, through faith—and this not from yourselves, it is the gift of God— **9**not by works, so that no one can boast. **10**For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.

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And again, in Hebrews 13:1-6;

1Keep on loving each other as brothers and Sisters. **2**Do not forget to entertain strangers, for by so doing some people have entertained angels without knowing it. **3**Remember those in prison as if you were their fellow prisoners, and those who are mistreated as if you yourselves were suffering. **4**Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral. **5**Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you." **6**So we say with confidence, "The Lord is my helper; I will not be afraid. What can man do to me?" (NRSV)

These passages continue to call us **"From Worry to Wonder"** as God's Children.

As we continue on our present **Journey** as Congregations and members of the First Faith Valley Lutheran Parish to Call a full time Pastor with the help of Pastors Peter, Neal and Tamra as well as Intern/SAM Dana Paulson of Luck Lutheran working with our Confirmation Kids, to look at how we will need to change as we look how we have done Ministry and how we will do Ministry going forward. We each as a **Child of God** need to live **The Way** we should go in our own life as well as the life of our Congregations and Parish. We need to ask ourselves, **Am I/are We** walking daily as **Children of God** (Romans 8:17)? What am I being shown as a **Child of God** to do as part of this **Journey** and beyond? **We are ALL** to work together (**"God's Work-Our Hands"**) in telling the World about God's Love and showing God's Promised Blessings towards all people through his son Jesus not just the pastor.

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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



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

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 Morrisette	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.



Bishop Martin Halom is coming to visit First Faith Valley Lutheran Parish
Monday October 5, 2026
6:30pm
Balsam Lake Legion Hall

Bishop Halom will first meet with members of Faith to talk about their fire and what progress is being made toward recovery.

He will then sit down with the Congregation Councils and the Parish Council to have a conversation about how/where things are going. In his words to us in setting up this meeting;

“I really hope to simply share some time and hear about your joys and concerns. We don’t want you to feel isolated and hope that we can strengthen the connection between us.”

Please speak to your Council members about attending or any questions/concerns you may have for the Bishop.

PARISH WORSHIP SCHEDULE

OCTOBER-NOVEMBER-DECEMBER

8:00AM FAITH

9:30AM FIRST

11:00AM NORTH VALLEY

MISSION AND SOCIAL ACTION – OCTOBER 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.

SEPTEMBER

09-06 – Tom Tellijohn
09-13 – Tom Tellijohn
09-20 – Tom Tellijohn
09-27 – Tom Tellijohn

OCTOBER

10-04 – Paul & Suzanne Grill
10-11 – Paul & Suzanne Grill
10-18 – Paul & Suzanne Grill
10-25 – Paul & Suzanne Grill

LOAVES AND FISHES FOOD SHELF: In August, 37 households were served – 60 adults and 12 children. One new family. Total People: 72. 51 volunteer hours. Donations: Money \$866.00. Weight of food coming in 1,732#, (Includes TEFAP, purchased food donations), Weight of food going out 1,985#.

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: diced tomatoes, spaghetti sauce, green beans, Chinese foods, saltine crackers, tuna without soy, spices, and personal needs.

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

The Quarter Bowl Offerings for October are for Loaves & Fishes Food Shelf for Thanksgiving meals.

Drive-Thru Meatball Dinner - THANK YOU.

Thank you to ALL who assisted with our annual Drive-Thru Meatball Dinner on Sunday, September 27, 2026. Many hours/ days of planning and preparing - but with your help it was a success! And thank you to the approximately 180 people who were able to enjoy the delicious meal. We are thankful for each of you.

WELCA Sister Church Event – Mark your Calendar

Please join us on Friday, October 9 at 2:00 when we will be hosting the women of our sister church of Grace Lutheran Church - West Sweden for coffee, treats, and conversation.

NVLC Dining Room Remodel Project

Our North Valley Dining Remodel project has been finished! Please join us for coffee on **Sunday Oct 11 from 10:00-11:00am before church**. Church service is at **11:00am**. We have invited Jerry and Pam Livingston to join us that day. We will have coffee and church service in the dining room that morning. Please join us.

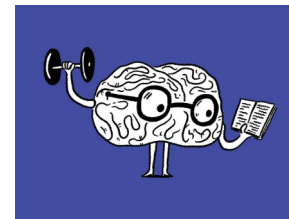
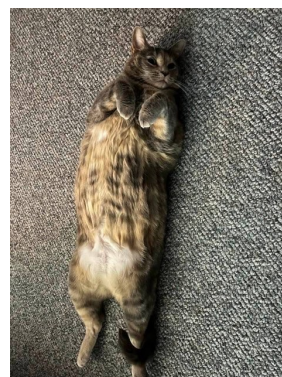
DON'T STEP ON YOUR CAT!

Around 9am on August 19th, not knowing that my cat was at my feet, I backed up and stepped on her, which prompted her to bite my foot. By 4pm, my foot was so swollen and painful that I could barely walk. I started antibiotics on Friday morning and by Sunday I knew I had to do something, so I went to the emergency room, where I immediately saw the concern on the physician's face as he announced that I would certainly not be going home for at least a couple of days. I was hospitalized for 11 days with 3 different strong antibiotics going into my system thru an IV. About the 8th day, I went to the operating room to have infection cleaned out of the sheaths covering my tendons, in hopes that the infection would not go into the bone. Who knew that a cat bite could create such a serious situation?!

My purpose for going into the whole long story? I want to get the word out—if you get a cat bite go immediately to Urgent Care or the ER to get on antibiotics right away. Perhaps you can avoid the whole fiasco I went through.

Thank you so much for your prayers and well wishes while I was going through this—I appreciate you all so much.

Laurene Edge



ASK DR. ADAM

AARP BULLETIN MARCH/ARIL 2026



“Can I strengthen my brain later in life?”

Dr. Adam: Our brain can form new connections and even grow new cells throughout our lives, with the right conditions. What we do every day can change our brain's trajectory. Here are five things to focus on.

► **EXERCISE** Even light activity counts. Walking, dancing, swimming, gardening, tai chi—whatever keeps you moving—improves blood flow, lowers inflammation and strengthens the same vascular network that keeps your kidneys and brain alive. Just 150 minutes a week of moderate activity can measurably improve your brain's performance. That's just over 20 minutes a day.

► **FOOD** In the MIND diet—a hybrid of the Mediterranean and DASH (Dietary Approaches to Stop Hypertension) diets—researchers found that older adults who adhered most closely to the plan had a 53 percent lower risk of developing Alzheimer's disease.

What should you be eating? Leafy greens, berries, nuts, lean proteins and whole grains. Cut down on processed foods and sugars, which drive inflammation. Remember, inflammation is the enemy; it's what ages your brain most rapidly. The more you can eat in a way that reduces this harmful process, the better your brain will perform. Omega-3 fatty acids, found in salmon, walnuts and flaxseed, are particularly powerful. They support neuron structure and communication, which helps your brain stay nimble as you age.

► **SLEEP** This is essential for memory and the removal of metabolic waste from your brain. Ideally, you should be getting between seven and nine hours of shut-eye every night. Without it, you won't be giving your brain enough time to clean and organize itself.

► **CURIOSITY** Research shows that lifelong learning protects cognition. So take a class. Learn a new language. Try painting or playing music. These challenges engage neuroplasticity, the brain's ability to rewire and strengthen itself.

► **CONNECTION** Staying engaged with friends and your community buffers against loneliness, depression and the brain decline that can follow.



We need volunteers to host their vehicle for trunk or treat on Oct 31st 12-2pm.

If anyone who cannot host a trunk, would like to donate candy, that is also appreciated and you can leave the donations inside the church.

Sign up sheet is on the table at church.

A NOTE FROM LUTHER POINT

The **Luther Point Bible Camp** board would like to extend its heartfelt thanks to Carissa Ditlefsen for her many years of service to the camp. She started as a camper, then became a summer counselor and finally our program director. Carissa resigned earlier this month. We wish her God's blessings in her future endeavors.

The board has posted a job opening for a director and plans its own retreat Oct. 16 and 17 to focus on strategic planning. On Saturday the 17th, we plan to take out the docks and prepare the camper cabins for winter. We'd love to have volunteers come and help with the dock. The work will start at 10 a.m. Bring your waders!

The camp's annual meeting will be Nov. 8 at 2 p.m. We encourage as many people as possible to join us.

