

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



February

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 automatic bill pay.

Staff

Stay tuned for council changes next month

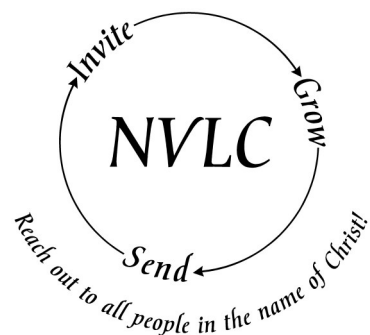
Church Email: office@nvlch.org

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

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

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

Bulletin announcements are due Tuesdays before 11:00am.



Staff & Church Council

Interim Pastor	Neal Weltzin
Admin. Asst.	Laurene Edge
Accompanist	Carol Medchill
Parish Nurse	Suzanne Grill
Custodian	Kristie Kuenkel
Co-Presidents	Kristie Wagner Don Prose
Vice President	Dan Livingston
Secretary	Bev Hopkins
Treasurer	Tom Tellijohn
Other Council Members	Charlie Christensen Jeff Kruse Tom Tellijohn
W/ELCA Reps.	Myrna Anderson Donna Berg Suzanne Grill Jan Kruse
Youth Rep.	

banks

a new



North Valley Message
First Faith Valley Lutheran Parish

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



SWEETHEART AUCTION
Sunday February 12
Noon-1:30 (or done)

Auctioneer: Adam Bever

Featuring baked goods, wine, cheese, quiches, pies, dinners, all for sale by bid!!

February 2023 Ministry Corner

1 Thessalonians 4:9-12 NIV

⁹ Now about your love for one another we do not need to write to you, for you yourselves have been taught by God to love each other. ¹⁰ And in fact, you do love all of God's family throughout Macedonia. Yet we urge you, brothers and sisters, to do so more and more, ¹¹ and to make it your ambition to lead a quiet life: You should mind your own business and work with your hands, just as we told you, ¹² so that your daily life may win the respect of outsiders and so that you will not be dependent on anybody.

Sisters and Brothers in Christ,

We are in the Season of Lent. The 40 days of Lent were to be a time of reflection, preparation for vocation, repent and, fasting and self-denial and renewal of baptism. Since the 10th century, the use of ashes became a visible reminder of our journey of life as we begin the "watch by the cross".

During this Lenten Season as we only have Supply Pastors at this time these Services will be Lay led. We need Leaders from each Church when they Host the Mid-Week Services. We will again share a Meal provided by the Host Church at 6pm and then Worship at 6:30pm. Lent starts with Ash Wednesday February 22nd at Faith in Balsam Lake. From there we go to First March 1st, North Valley March 8th, Faith March 15th, First March 22nd, North Valley March 29th. Maundy Thursday April 6th 7pm at North Valley and Good Friday March 7th 7pm at First will be led by Pastor Tamra Harder.

Your Ministry Team encourages you to read the Book of Exodus or Letter to the Hebrews during this Season.

"Exodus from Slavery to Service"

For the Lenten Season there are two books to choose. The first of course is the book of **Exodus**, the second book of the Bible. **Exodus** tells us how Moses came to lead the Israelites out of Egypt and Slavery to God's Service. The events are; the baby Moses in the river, the Burning Bush, the Plagues, the Passover, the Red Sea, the giving of the Ten Commandments and the Law, and why they spent 40 years in the Wilderness before entering the Promised Land. The book of **Exodus** has 40 chapters that is one for each day. Do we see our self and our lives in this book?

The other book you can read is the book of **Hebrews** found in the New Testament between Philemon and James. The book of **Hebrews** gives us how the Old Testament points to and confirms Jesus as the Messiah. There are three key points to this book; Christ, the Object of Our Faith (Hebrews 1:1-4:13), The Superior Work of Christ (Hebrews 4:14-10:18), and The Christian's Walk of Faith (Hebrews 10:19-13:25).

If you read one chapter a day you can read through the book three times over the 40 days.

The key verse for this reading of Hebrews is 12:2 *NRSV*

² looking to Jesus the pioneer and perfecter of our faith, who for the sake of the joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God.

Please pray for wisdom and guidance for your Worship Team and Parish Council as we work to strengthen and improve the Ministry of the First Faith Lutheran Parish and Call a Pastor to Shepherd us on this Journey.

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)

In remembering 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

February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 1pm Parish Choir Practice North Valley	2	3	4
5 8:00 Faith 9:30 First 11:00 North Valley 11:00 Sunday School	6	7	8  1pm Parish Choir Practice North Valley	9 2:00PM Benevolence Annual Mtg	10	11
12 8:00 Faith 9:30 First 11:00 North Valley 11:00 Sunday School	13	14 	15 1pm Parish Choir Practice North Valley	16	17	18 5pm service at Faith
19 Faith No Service 9:30 First 11:00 North Valley 11:00 Sunday School	20 Newsletter deadline	21 6:30 Council Mtg NV	22 1pm Parish Choir Practice North Valley Ash Wednesday 6pm Supper 6:30 Service @ Faith	23	24	25
26 9:30 First Combined service with Faith and NV	27	28				

BAPTISMAL BIRTHDAYS

02/03/2019 Daxton O'Donovan
 02/05/1995 Brittany Sandberg
 02/11/1973 Kristie Kuenkel
 02/12/1995 Mitch Sandberg
 02/13/1977 Jamie Carlson
 02/16/2002 Heidi Simmerman
 02/20/1983 Nate Fisk
 02/24/2008 Landon Morales
 02/24/2013 Jaisa Ouellette
 02/24/2002 Billie Erickson
 02/27/1972 Aaron Kuenkel
 02/27/1944 Jim Morrisette
 02/28/2015 Isaiah Ostlund

WEDDING ANNIVERSARIES

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



CHILDREN'S Sunday School

BIRTHDAYS

02/02/2007 Hunter Carlson
 02/03/2018 Daxton O'Donovan
 02/04/1944 Jim Morrisette
 02/09/1959 Mike Mabry
 02/10/1974 Julie Bever
 02/10/2003 Jayda Heilig
 02/11/1950 Don Prose
 02/11/2007 Evan White
 02/12/1935 Roger Anderson
 02/13/2007 Kaden Hallgren-Draves
 02/14/1972 Angie Brecka
 02/14/2004 Keigen Tober
 02/15/2006 Caleb Larson
 02/15/1989 Cola DeNucci
 02/18/1935 Delores Anderson
 02/18/1977 Craig Carlson
 02/19/2007 Jordan Olson
 02/20/2004 Taylor Erickson
 02/25/1991 Kelsey Melin
 02/25/1975 Lyndsey Heilig
 02/27/2012 Axel Melin



Leif Bever, Cameron Collins, Sephonia Cowans, Randall Krueger, Amelia McKinney, 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), Mary Pollock

Continued Healing: Scott Divine, Carleen Matosky, Marilyn Nehring

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, Athelene Simon
 Comforts of Home — Lois Baldwin



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.

NEWSLETTER SUBMISSION DEADLINE

Newsletter deadline for March is no later than Tuesday February 21st. Anything submitted after that may have to wait for the following month edition.

Thank you, Laurene



PICTURES FROM THE CHRISTMAS PROGRAM

Sunday School has started after Christmas break. It begins at 11:00. Lots of fun activities plus a Bible lesson.

We are currently updating the church directory to get correct information. You may be contacted to make sure the sure information we have is right. If you know what we have in the directory is incorrect, please email the church with name, address, telephone numbers, and email address.

The 2022 Annual Report is now available and can be picked up at church. It contains lots of important and interesting information. Be sure to get one.

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.

YOUR GIVING MATTERS!

Are you getting credited for your church donations? If you give cash, please put it in any envelope with your name on, so you get credit for your donation!

OUR FINANCIAL REPORT DECEMBER 2022

Beginning Balance:	\$14,286.72
Income for November,	10,002.75
Expenses for November	14,857.90
Ending Balance:	\$9,431.57

—Tom Tellijohn, Treasurer

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



SCAN ME

CARDIAC ARREST VS. HEART ATTACK

People often use these terms interchangeably, but they are not the same.

WHAT IS CARDIAC ARREST?

CARDIAC ARREST occurs when the heart malfunctions and stops beating unexpectedly.

Cardiac arrest is triggered by an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia). With its pumping action disrupted, the heart cannot pump blood to the brain, lungs and other organs.



Cardiac arrest is an **"ELECTRICAL"** problem.

WHAT HAPPENS

Seconds later, a person becomes unresponsive, is not breathing or is only gasping. **Death occurs within minutes if the victim does not receive treatment.**

WHAT TO DO

Cardiac arrest can be reversible in some victims if it's treated within a few minutes. First, call your local emergency number and start CPR right away. Then, if an Automated External Defibrillator (AED) is available, use it as soon as possible. If two people are available to help, one should begin CPR immediately while the other calls your local emergency number and finds an AED.

CARDIAC ARREST is a LEADING CAUSE OF DEATH.

Cardiac arrest affects thousands of people annually with about three quarters of them occurring in the home.

Fast action can save lives.

For more information on American Heart Association CPR training classes in your area go to heart.org/cpr.

Follow us:
facebook.com/AHACPR twitter.com/HeartCPR [#CPRsaveslives](https://hashtag.cpr.saves.lives)

WHAT IS A HEART ATTACK?

A **HEART ATTACK** occurs when blood flow to the heart is blocked.

A blocked artery prevents oxygen-rich blood from reaching a section of the heart. If the blocked artery is not reopened quickly, the part of the heart normally nourished by that artery begins to die.



A heart attack is a **"CIRCULATION"** problem.

WHAT HAPPENS

Symptoms of a heart attack may be immediate and may include intense discomfort in the chest or other areas of the upper body, shortness of breath, cold sweats, and/or nausea/vomiting. More often, though, symptoms start slowly and persist for hours, days or weeks before a heart attack. Unlike with cardiac arrest, the heart usually does not stop beating during a heart attack. **The longer the person goes without treatment, the greater the damage.**



The heart attack symptoms in women can be different than men (shortness of breath, nausea/vomiting, and back or jaw pain).

WHAT TO DO

Even if you're not sure it's a heart attack, call your local emergency number. Every minute matters! It's best to call your local emergency number to get to the emergency room right away. Emergency medical services (EMS) staff can begin treatment when they arrive—up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.

WHAT IS THE LINK?

Most heart attacks do not lead to cardiac arrest. But when cardiac arrest occurs, heart attack is a common cause. Other conditions may also disrupt the heart's rhythm and lead to cardiac arrest.





BETHE BEAT



NATIONAL WEAR RED DAY®

IS FRIDAY, FEBRUARY 3, 2023

Wear red and be one step ahead.

Show support for the women in your life. On Friday, February 3, get your steps in and proudly **WEAR RED.**

WearRedDay.org
#WearRedDay



MISSION AND SOCIAL ACTION – FEBRUARY 2023

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

- 01-01 – Don & Myrna Anderson
- 01-08 – Don & Myrna Anderson
- 01-15 – Don & Myrna Anderson
- 01-22 – Don & Myrna Anderson
- 01-29 – Don & Myrna Anderson

FEBRUARY

- 02-05 – Anonymous
- 02-12 – Anonymous
- 02-19 – Anonymous
- 02-26 – Anonymous

PLEASE SIGN UP TO SPONSOR OUR MISSIONARIES.

Loaves and Fishes Food Shelf: In December 35 households were served - 65 adults and 8 children. 33.25 volunteer hours. Donations: 616#, Money \$4,200.50. Items needed: fresh produce, eggs, shelf milk, pancake mix, syrup, canned meat, mandarin oranges, apple sauce, dish soap, personal items.

SWEETHEART AUCTION - SAVE THE DATE!

This year’s Sweetheart Auction will be Sunday, February 12, 2023, right after church. Adam Bever will be back to be our joyful auctioneer. Please consider being a donator by bringing something to sell and/or come to be a buyer. We have had everything from beautiful and tasty baked goods to quiche, to bottles of wine, and frozen fish. This year’s funds from Sweetheart Auction will be for Maggie Isaacson Scholarship Fund. Thank you for your consideration. See you there! A light BBQ lunch will be served.

Thank You

Interfaith Caregivers of Polk County

I just want to take a moment during the hustle and bustle of the holidays to stop and give you a heart-felt THANK YOU. With it being a busy end of year, you may not realize how much your gift means!

Your gift doesn’t need a bow or to be tucked under the tree to make an impact. You are making a difference right now in the lives of seniors and adults with disabilities in Polk County! Because of you, Interfaith can be here to give them a helping hand this holiday season and beyond.

There truly is no place like home for the holidays and YOU helped keep that a reality for someone this holiday season. During this holiday season of gratitude, we are especially grateful for you and your support of our mission and impact. We appreciate you.

From our hearts to yours, thank you and happy holidays. Emily.

Northwoods Homeless Shelters

The Northwoods Homeless Shelters would like to thank you for your support of our shelter program through your generous financial donation. Our non-profit organization depends on donations for a large part of the funding of the shelter and services we provide to the area’s homeless population. We appreciate your support as we continue our effort to stabilize the homeless families with whom we work and move them into permanent housing.

We thank you for partnering with our agency to serve the homeless in our county. It is through your generosity and others like you that we can continue to provide shelter and guidance that promise independent livings skills to our clients. Your support of this program is a blessing!

Virginia Ormsby, Admin. Director.

Women of the Evangelical Lutheran Church in America

Thank you for supporting the ministries of Women of the ELCA with your recent gift. Your faithful generosity makes a real difference.

Even in unsettling times, Women of the ELCA in all its expressions – congregational and special units, synodical women’s organizations, the churchwide women’s organization – is still at work with life-changing ministry. We might be engaging in ministry and action in different ways for a while, but that’s what we do – because that’s who we are “a community of women created in the image of God, called to discipleship in Jesus Christ, a “and empowered by the Holy Spirit. And we’ve committed ourselves to promoting healing and wholeness in the church, the society, and the world. Your giving helps make that happen. Thank you for your generosity. Together, thanks to your support, we’ll get through this. Your giving really does make a difference.

With gratitude, Linda Post Bushkofsky, Executive Director

Lutheran Social Services

Best wishes to you! Your generosity and compassion are remarkable. Your recent gift helps to ensure that each child, family, and individual we serve is wrapped in love. Thank you! Your support provides a supportive, stable home for children in need of foster care or adoption. You create a pathway to a fresh start for refugees who have fled unspeakable atrocities in their homeland. Through your partnership, recovery is in reach for those struggling with addiction. These and so many more blessings are made possible by you.

Thank you for making a difference! Because of you, lives are being changed every day.

May you be surrounded by love and joy at this special time of year.

Hector Colon, President, and CEO – Lutheran Social Services of WI

Community Referral Agency

Thank you so much for your kind and generous donation to the Community Referral Agency. This contribution is greatly appreciated by our clients, volunteers, and staff. Your support makes our work possible. Thank you so much for your generous support.

The Salvation Army

On behalf of The Salvation Army and the families who will benefit from our services at our Family House Shelter Service Polk & Barron County, we want to thank you for your donation. We want you to know your gift will make a real and tangible difference in the lives of those who are less fortunate in your community. It is through the generosity and efforts of friends like you that we can continue reach out in the name of Christ, to those who come to The Salvation Army for assistance.

May you experience a special peace, knowing this thoughtful donation will enable the Salvation Army, to continue offering Christ’s blessings to our neighbors in need. Again, we thank you for caring.

Duana Bremer, Social Service Director.

Endeavors

Thank you for your donation to Endeavor Adult Development Center Inc. We sincerely appreciate your support of our organization and the participants we serve. We all appreciate your kindness to Endeavors. We wish you all a very good 2023!

OUR MISSIONARIES

Dear friends, family, partners, and colleagues, Happy New Year!

I trust that you were able to enjoy some time with family, friends, or "Framily," over the past several weeks. We were blessed to have our daughter, Emilie with us for the 3 weeks in between fall semester and her study abroad program. She will study in Milan for spring semester. I use the term "study" loosely because mostly what I hear is how she is going to spend her weekends getting new stamps in her passport!

We are back to classes as well, closing up the school year in a few short weeks and preparing for the start of a new term in April. This next academic year will most certainly involve some big changes as Luther becomes the first international school in Kumamoto. With the TSMC (Taiwan Semiconductor Manufacturing Company) plant being built, Kumamoto will become home to several hundred Taiwanese families who will need internationally codified programs for their kids/students. So, a mixed bag of tension and excitement is in the air these days.

Attached is the 97th newsletter of our time in Kumamoto. Please let me know if you wish to be removed from the mailing list, or conversely if you know someone who has an interest in mission, or Japan, or what life as a missionary involved, please feel free to forward this along or send me an email address and I will add it to the contact list.

Peace be yours, and may there be a nice January thaw coming your way soon.

Jacqueline Bencke, Ph.D., Director of Sacred Music

Kyushu Lutheran College

Kumamoto-shi Kita-ku, Kurokami 3-12-16, 860-8520

Newsletter sent as a separate document.



There are several items from our parish nurse Suzanne Grill, this month. See pages 8 and 9 of the newsletter from the American Heart Association. Also see another document printed as an insert about Black History Month