

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 May 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
May, 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. Julie Dunn our Lay Assistant in back and helping as needed as well.

Worship –

We are entering Summer when each Congregation looks forward to being able to worship outdoors as weather permits. We welcome our summer residents and tourist back as well as our Snowbirds.

May events-

May 10th - Mother's Day – First Sunday School will be Worship there at 9:30am

May 17th - Graduate Recognition Sunday – We will recognize our Grads.

May 17th First Communion Class 4th Grade + at First with Pastor Neal following Worship

Parish Choir -

Thanks to the Parish Choir for the music they provide. We also thank them for bring Worship to Luck Pioneer Home once a month.

Confirmation –

Has wrapped up for the year, we had 1 student from our Parish this year from North Valley. With that in mind we need to look at students for next Fall. If we partner with Luck Lutheran again next year the age is 7th and 8th Grade students.

Faith Lutheran Fire –

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.

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.

Worship Time 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: (July 23 at North Valley and October 21 at First)

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

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

Dear Brothers and Sisters in Christ,

This month we will have two Themes; the Easter Season Theme “God’s Promise of Hope” through May 24th the Day of Pentecost and the banner/theme “Do God’s Justice”.

May is Law or Justice Month and with the Theme “Do God’s Justice” that we are called to ensure that all whether rich or poor, adult or child receives **just** treatment according to the law. **Considering what is going on in the World today we need to be in Prayer and heed God’s call us to this cause;**

Isaiah 1:16-17;

16 “Wash yourselves; make yourselves clean; remove the evil of your doings from before my eyes; cease to do evil, 17learn to do good; seek justice, rescue the oppressed, defend the orphan, plead for the widow.” NRSV

“God’s Promise of Hope” we continue this Theme because as children of “Hope” we are called to “Do God’s Justice”.

The following verses are just some of the **Hope** and **Justice** verses,

Psalms 71:5 NRSV

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

Psalms 89:13-14 NRSV

¹³You have a mighty arm; strong is your hand, high your right hand.¹⁴ **Righteousness** and **justice** are the foundation of your throne; steadfast love and faithfulness go before you.

Romans 1:17 NRSV

¹⁷ For in it the righteousness of God is revealed through faith for faith; as it is written, “The one who is **righteous** will live by **faith**.”

Hebrews 10:38-11:1 NRSV

³⁸ but my **righteous** one will live by **faith**. My soul takes no pleasure in anyone who shrinks back.”³⁹ But we are not among those who shrink back and so are lost, but among those who have **faith** and so are saved.

The Meaning of Faith

11 Now **faith** is the assurance of things **hoped** for, the conviction of things not seen.

On May 14th, we remember the Ascension of our Lord when he gave the disciples and then us the Great Commission as recorded in **Acts 1:4-9** to tell everyone of God’s Great Love for Them and to wait in Jerusalem for the coming of the Holy Spirit (the Day of Pentecost) to help with the Great Commission. That Commission is to “Do God’s Justice” and to share “God’s Promise of Hope” in the Risen Christ.

⁴While staying with them, he ordered them not to leave Jerusalem, but to wait there for the promise of the Father. ‘This’, he said, ‘is what you have heard from me; ⁵for John baptized with water, but you will be baptized with⁶ the Holy Spirit not many days from now.’

The Ascension of Jesus


⁶ So when they had come together, they asked him, ‘Lord, is this the time when you will restore the kingdom to Israel?’ ⁷He replied, ‘It is not for you to know the times or periods that the Father has set by his own authority. ⁸But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.’ ⁹When he had said this, as they were watching, he was lifted up, and a cloud took him out of their sight. (NRSV)

We are still in the White-Easter Season until May 24th the day of Pentecost. The color for the Day of Pentecost is Red for the fire of the Holy Spirit and for the brave Christian who gave their lives because of their faith. Then the color changes to Green for Growth.

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

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

May 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 	2 6p-8p Women's Worship Night
3 8:00 North Valley 9:30 Faith 11:00 First Pastor Neal Communion Rachel's Sunday	4 Office hrs 9-4	5	6 9:30 Worship Committee Meeting 9:30 Quilting 1:00pm Choir Practice	7	8	9
10 8:00 North Valley 9:30 Faith 11:00 First Pastor Peter Mother's Day 9:30 Council Meeting	11 Office hrs 9-4	12	13 9:30 Quilting 1:00pm Choir Practice	14	15	16
17 8:00 North Valley 9:30 Faith 11:00 First Pastor Neal Graduation Recognition First Communion class at noon at First	18 Office hrs 9-4 Newsletter Deadline	19	20 9:30 Quilting 1:00pm Choir Practice 2:30 Benevolence Mtg	21	22	23
26\4 9:30 Faith Combined Service Pastor Peter	27\5 Office hrs 9-4	26	27 9:30 Quilting 1:00pm Choir Practice	28	29	30



Mayo, Liisa	05/01/1956
Hickethier, Rush	05/02/1993
Andersen, Susan	05/04/1962
Baerg, Jerry	05/10/1966
Simmerman, Keith	05/12/1972
Divine, Tristan	05/13/1965
Livingston, Krystal	05/16/1994
Byl, Leo	05/18/2022
Kruse, Corbin	05/19/2016
Christensen, Faith	05/22/1994
Hopkins, Bev	05/22/1947
Olson, Myron	05/22/1956
Valleskey, Courtney	05/22/1999
Goulet, Linda	05/26/1951
Stage, Joni	05/30/1961
Woltz, Michael	05/30/1951



05/07/1988	Scott & Audrey Hickethier
05/08/1999	Allen & Dawn Metcalf
05/10/2014	Scott & Tristan Divine
05/22/1976	Don & Myrna Anderson



Dawn Metcalf	05/??/1969
Wren Gronquist	05/04/2025
Cash Hickethier	05/05/2002
Rush Hickethier	05/05/2002
Hunter Carlson	05/06/2007
Gwen Morrissette	05/06/1945
Bob Ditsch	05/11/1952
Joni Stage	05/12/1963
Evan White	05/13/2007
Cody Woltz	05/14/2006
Anna Morales	05/14/1996
Jackie Morales	05/14/1996
Ivy Byl	05/14/2023
Leo Byl	05/14/2023
Hannah Wagner	05/17/1998
Sarah Hill	05/23/1988
Ruby McIntyre	05/25/2014



I want to thank the Parish Choir who willingly share their God Given talents to the Good Friday Service at Luck Luthera Church, and the practice time. It was wonderful. Thanks to our reader.

Also, many thanks to the choir, and service leaders for singing and participating in our Parish worship service at the Pioneer Home in Luck. All are invited to join us on those Sunday afternoons.

We will also be singing at the local nursing homes and assisted living facilities this summer. The folks love music, the old hymns that they know.

What a Blessing that our Parish has folks that want to share and also visit with the folks as we sing. If you would like to join our choir just let one of us know and we will be very happy to have you come along with us. Practice time is at 1:00pm on Wednesdays.

Just keep on with your Happy Tunes. Carol Medchill

Thank you North Valley for recognizing me for Office Professional Day! It is my pleasure to work with the wonderful staff and congregation here, and it means a lot to feel appreciated! Laurene



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.



Sunday School is taking a break right now, and we will let you know when we resume meeting on Sundays at 9:30.



Baptism of Elizabeth Lee Erickson

4/19/2026

Pictured: Holden Erickson, Izabella Iwaszko, Billie Jo Erickson (holding Elizabeth), and Jace Schlechter

Healthy You



Hack Your Hips

Stiff and cranky where you used to let loose? These moves can reduce soreness and your risk of injury BY MYATT MURPHY

“HIP” IS A SYNONYM for “cool.” But as we get older, many of us find that our hips are not cool at all: Decreased bone and muscle mass and changes in synovial fluid—the lubrication in our joints—can lead to pain and stiffness, says Dr. Sarah E. Rizzo, an orthopedic surgeon at UR Medicine in Rochester, New York. The exercises outlined here, assembled by Rizzo and University of Rochester hip rehabilitation team coordinator Tyler Murray, “not only take minimal time and effort but are safe to do at any age,” says Rizzo. Perform all four each day in any order you wish. And while one move requires lying on a bed, all four exercises can be done in bed or alongside it, making it easy to start and end your day with maximum hipness.

Myatt Murphy is the former fitness director of Men’s Health and the author of more than two dozen books on health and exercise.

Lying Hip Flexor Stretch

Lie flat on your back on a bed, then shimmy yourself to the left so that your left leg is dangling off the side. Lift and bend your right leg and place your right foot flat on the mattress. Rest your hands on your stomach. Now bend your left knee as far as you comfortably can and place your left heel on the floor. You should feel a slight stretch along the front of your left thigh and hip. Hold for three minutes, keeping your head, shoulders and back flat on the bed. Then repeat the stretch with your right leg.



Curl-Ups

Lie on your back, hands under your lower back, palms down. Bend one leg and place that foot flat on the floor or bed; keep your other leg extended. Gently tighten your core muscles. Keeping your elbows on the mattress, slowly elevate your head and shoulders a few inches. Don’t tuck your chin—your head, neck and upper back should stay aligned. Hold for a beat, then lower yourself back down. Perform 15 repetitions, then switch legs and do another set of 15.

Bridges

Lie flat on your back with your legs bent and your feet flat on the floor or bed. Wrap your arms across your chest, placing each hand on the opposite shoulder. Pull your stomach in and gently contract your core muscles. Holding this posture, slowly raise your hips until your body forms a straight line from your knees down to your shoulders. Hold at the top for five seconds, lower yourself back down and repeat 15 to 30 times.



Lying Figure 4 Stretch

Lie on your back, legs bent and feet flat on the floor or bed. Raise your left leg and rest your left ankle on your right knee. Keep your arms at your sides, palms down. Hold this position for 30 seconds, then put your left foot back down. Repeat the stretch twice more, resting for 15 to 30 seconds between each stretch, then switch positions to work the opposite leg.



MISSION AND SOCIAL ACTION – MAY 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.

APRIL

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

MAY

- 05-03 – Lyle & Bev Hopkins
- 05-10 – Lyle & Bev Hopkins
- 05-17 – Lyle & Bev Hopkins
- 05-22 – Lyle & Bev Hopkins
- 05-31 – Lyle & Bev Hopkins

LOAVES AND FISHES FOOD SHELF: In March, 47 households were served – 76 adults and 25 children. Four new families. Total People: 101. 65 volunteer hours. Donations: Money \$4,400.00. Weight of food coming in 2,368#, (Includes TEFAP, purchased food donations), Weight of food going out 2,412#.

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 May – Prayer Shawl Ministries

GRADUATION SUNDAY – May 17, 2026

We will be honoring our High School Graduates during church service at 8:00 am service on May 17, 2026. Please join us for coffee after the service. Those students include: Noah Cox, Landon Morales, Evan Odegard, and Kyler Woltz. If we have inadvertently overlooked anyone, please let us know.

MAY CHURCH SCHEDULE

North Valley 8:00am

Faith 9:30am

First 11:00am