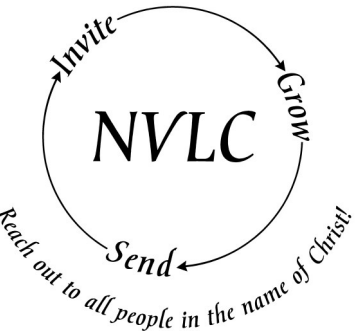


North Valley Lutheran Church
Member of First Faith Valley Lutheran Parish

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



Worship Schedule

8:00am Worship All Sundays in August 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.



FFVL Parish Corner and
God's Work, Our Hands & God's Promised Blessings Banner and Theme

Dear Brothers and Sisters in Christ,

As we continue in the Season of Pentecost, green is the color reminding us to **grow** in our relationship with God, fellow believers and our neighbors. We continue to have as our Church wide theme banner **“God’s Work, Our Hands”**. We need to think about this theme and realize that **all** that we do is **His work** no matter what work we do we and the theme for this month shows us this very well.

Augusts’ theme **“God’s Promised Blessings”** reminds us that as believers in the finished work of the Cross we are blest for our Faith and Life Journey and that God’s greatest promise and blessing awaits us when we are with him in eternity.

From the opening verses of Genesis to the last verse of Revelation God wants to bless us and he does in many ways, but we could have much more. Adam and Eve had the blessing, Eden (God’s presence), but sin entered in and they had to leave. God promised them that they and their children (all believers) would return to Eden one day by the blood of his sacrifice (Jesus). God made promises to Noah, Abraham, Isaac, and Jacob of whom we are joint heirs through Christ. If we look at these promises through the lens of the Ten Commandments, we see that Commandments 1-4 is how God wants us to see him, honor him and worship him. The 5th Commandment, **“Honor your father and your mother, that your days may be long upon the land which the LORD your God is giving you.** (Exodus 20:12, Deut. 5:16) is as the Apostle Paul calls it **“which is the first commandment with promise”** (Eph. 6:2-3). We are promised that if we honor our elders who are to be the earthly reflection of God’s love our blessings will be many. Commandments 6-10 show us our human short comings and our need for Jesus and his finished work of the Cross. We need to remember that for every promised blessing of obedience there is an equal or greater curse for disobedience.

King Solomon was asked by God in a dream “What should I give you?” (1Kings 3:5-12) remember Solomon asked discernment/wisdom and not the earthly things, God gave him discernment/wisdom and the earthly things besides and in great abundance.

Jesus in his teachings (Sermon on the Mount Mathew 5-7 & Luke 6:17-26) and miracles reinforced these promises of blessings and the Apostle Paul along with Peter, James, and John in their letters to the Church also reinforces them.

The Apostle Paul sums up the promises of blessings best **“Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap. For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life. And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart. Therefore, as we have opportunity, let us do good to all, especially to those who are of the household of faith.”** (Galatians 6:7-10)

With all that has been happened in our Country and the World we now more than ever to be the **“Hands of God”** and share **“God’s Promised Blessings”**. To receive the **“Promised Blessings”** we need to repair our broken relationships by listening to one another just as God listens to us. Let us read and put into practice what Jesus said in Matthew 5:37-48. Being ever mindful of this as we continue on this journey of Faith as Congregations/Parish in search of a new Pastor, with the help of Bridge Pastors, we thank Peter, Neal and Tamra. We each need **“God’s Promised Blessings”** to show us the way we should go in our own life as well as the life of our Congregation. We

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.	

need to ask ourselves, Am I/are we walking daily as children of **Promise** (Romans 8:17)? What am I being shown by **“God’s Promised Blessings”** to do as part of this Journey and beyond? We as faith communities 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. Pastors Peter, Neal and Tamra are here to help and guide us in our Faith journey not to do all the work.

First Faith Lutheran Parish

Your Parish Council met July 23, 2025 Highlights

Parish Finances – We are in good condition. Fact we are returning \$5000 to each Congregation as we choose not to build and sit on Funds when our Member Congregations could use that for their Outreach Programs.

Confirmation

- We need to compile a list of our Parish Confirmation students for this fall. They would all be new because all our previous students have been confirmed.
- Because Luck Lutheran’s policy is 7th-8th grade, if we want to co-op with them, students need to be 7th and 8th graders.
- NV has one – Kristie is not sure of her grade. First has one 7th grader. Faith is checking into whether either of the Bloch boys is the correct grade and interested.

Sunday School/VBS/Youth programs

- Sunday School kick-off: First on September 14. NV not sure of specifics. Faith does not have SS.
- First is doing an event at the Cushing ballpark on Wednesday, August 6. All are welcome. April will share the flyer & details so the other churches can promote.

Parish Calendar

- Worship July/August/September **NV 8am, Faith 9:30am, First 11am**
- Worship October/November/December **First 8am, NV 9:30am, Faith 11am**
- **Christmas Eve, Wednesday, December 24:** Julie Dunn is willing to do one service at NV but does not want to do all 3 churches. Each church wants to have a Christmas Eve service. Steve will talk to our 3 pastors and explore options.

Parish Council Meeting Wednesday October 22, 2025, at North Valley at 6pm
2026 Parish Annual Meeting January 25, 2026, at First following Parish Worship

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

FFVLP Pres.



AUGUST

NORTH VALLEY—8:00

FAITH—9:30

FIRST CUSHING—11:00

August 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 8:00 North Valley 9:30 Faith 11:00 First Pastor Neal Communion	4 Office hrs 9-4	5	6 9am Quilting 9:30 Worship Committee Meeting 1pm Choir Practice	7 4:30-7 Pancake Supper	8	9
10 8:00 North Valley 9:30 Faith 11:00 First Pastor Peter 9:30 Council Meeting	11 Office hrs 9-4	12	13 9am Quilting 1pm Choir Practice	14	15	16
17 8:00 North Valley 9:30 Faith 11:00 First Pastor Neal Communion 4pm Service at Pioneer Home	18 Office hrs 9-4 Newsletter Deadline	19	20 9am Quilting 2pm Choir sing at Willow Ridge NH	21	22	23
24 8:00 North Valley 9:30 Faith 11:00 First Pastor Peter ----- 31 9:30 Faith Combined Worship Pastor Neal	25 Office hrs 9-4	26	27 9am Quilting 1pm Choir Practice	28	29	30

BIRTHDAYS

Brynna Cox	08/02/2006
Lynn Hallgren	08/02/1959
Lani Heilig	08/07/2006
Colton Buss	08/08/2015
Marissa Gehl	08/12/1993
Marvin Sloper	08/13/1957
Jenny Olson	08/14/2000
Karyn Kruse	08/15/1965
Noah Christner	08/17/2001
Elaine Cox	08/17/1945
Mercedes Thoen	08/19/2004
Marilyn Nehring	08/20/1948
Jennifer Tober	08/21/1980
Cedar Olson	08/23/2023
Dorie Pederson	08/25/1961
Jason Lunde	08/27/1994
Ainsley Olson	08/28/2013
Evan Odegard	08/29/2008
Gronquist, Michelle	08/30/1994



AUGUST BIRTHDAYS
& ANNIVERSARIES

BAPTISM ANNIVERSARY

Buddy Johnson	08/06/2017
Edmund Gronquist	08/07/2022
Baze Sandberg	08/08/2020
Noah Cox	08/10/2008
Myron Olson	08/12/1956
Lori Sloper	08/14/1960
Sean McIntyre	08/18/2007
Axyl Fisk	08/19/2018
Mary Lundquist	08/22/2020
Walter Kruse	08/29/2020
Genevieve Hill	08/30/2020
Brett Kuenkel	08/31/1997

OUR FINANCIAL REPORT JUNE 2025

BEGINNING BALANCE:	18,341.89
CREDITS	7,570.54
DEBITS:	5,776.22
ENDING BALANCE:	20,136.21

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



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



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.

THE AGING POWER OF SUGAR

Want to speed up the aging process and damage your long-term health? Have we got just the thing for you!

BY JEANNE DORIN McDOWELL (AARP Bulletin May/June)

Aging is a one-way street, and we all travel down its path. But what if you could do one thing today that would slow your body’s aging process?

You can. You can stop eating sugar.

“Sugar is a primary driver of the aging reaction,” says neuroendocrinologist Robert Lustig, M.D., professor emeritus of pediatrics and a member of the Institute of Health Policy Studies at the University of California San Francisco. “The more sugar you eat, the quicker aging will occur. As you get older your cells go downhill, but if you consume a lot of sugar, they go downhill seven times faster.”

Let’s repeat that statistic: Eating a lot of sugar causes your body to age at seven times its natural rate.

We all know that sugar is bad for your teeth and your waistline, and that it plays a role in the development of diabetes. But that’s just the beginning of the story. In a study published last July, researchers at UCSF looked at 342 middle-aged women and found the cells, tissues and overall systems of those who followed a diet low in added sugar were biologically younger than their actual age. But for each additional gram of added sugar people ate each day, they were about seven days older in their biological age—regardless of how healthy their diet was otherwise.

“We knew that high levels of added sugars are linked to worsened metabolic health and early disease, possibly more than any other dietary factor,” Elissa Epel, vice chair in the Department of Psychiatry and Behavioral Sciences at UCSF and coauthor of the JAMA Network Open study, said in a statement. “Now we know that accelerated epigenetic aging is underlying this relationship, and this is likely one of many ways that excessive sugar intake limits healthy longevity.”

“Epigenetic aging” refers to how your body ages based on external factors beyond just the calendar and the natural occurrences that come with it. Stress, pollution, a lack of exercise and poor diet are all factors in epigenetic aging. But added sugar may be unique among these factors, an aging superpower. And the less you have of it in your life, the better.

WHAT IS ‘ADDED SUGAR’?

The sugars that occur naturally in fruits, vegetables, grains and dairy are essential to a healthy diet, providing energy and acting as a delivery device for the thousands of nutrients in these foods. Indeed, they’ve been found to reduce the risk of chronic diseases such as diabetes, heart disease and even some cancers.

Added sugars, on the other hand, are the compounds that humans put into their food—from the spoonful of sugar in your coffee to the factory-made sweeteners manufacturers add to processed foods to increase flavor and extend shelf life. These are the sugars that are harmful and accelerate aging. On food labels they are often the ingredients ending in “ose,” such as high-fructose corn syrup, sucrose, dextrose and maltose, among others. “Natural” sweeteners can have the same age-promoting effects: Cane sugar is almost entirely sucrose. Agave is mostly fructose.

Fructose may be more harmful than other sugar molecules because it is primarily metabolized by the liver, where it is readily converted into fat; in excessive amounts, it leads to increased fat accumulation and scarring in the liver. Manufacturers are now required to document added sugars on food labels, so there’s an obvious tip-off if the product contains harmful sugar.

Think of added sugars the way you’d think of alcohol: The extent of damage to your body is proportionate to the amount you consume, what scientists call “dose dependent.” Every gram of sugar interacts with your body in some way, Lustig says, but it’s the cumulative impact that portends the most damage and drives accelerated aging.

WHAT SUGAR REALLY DOES TO YOUR BODY

When sugar molecules bind to proteins and lipids in the body, they form harmful compounds called advanced glycation end products (AGEs). These AGEs accumulate in tissues, reducing their plasticity and flexibility, increasing inflammation, and creating oxidative stress in cells—all of which produce diseases, says Monica Serra, a health scientist administrator for the National Institute on Aging. In blood vessels and arteries, they can increase the risk of heart disease or strokes. In the kidneys, they can contribute to insulin resistance, and in the skin, they can deplete collagen and add to the appearance of aging.

“They affect every tissue in a negative way and across your entire lifespan, which is why we try to emphasize healthy habits in childhood,” says Serra. “By the time you get older, you see the impact of these dietary choices, at a time when you have less resilience.”

This is where fructose does its worst damage, says Lustig. “Every time glucose or fructose binds to a protein, you get an oxygen radical. If your body is making radicals faster than you can quench them, your cells undergo damage and they eventually die. Fructose makes the reaction occur seven times faster and generates 100 times the number of oxygen radicals as glucose. Every time this process occurs, you age faster.”



HOW SUGAR AGES YOU

Sugar places increased burden on an already aging body, says Dorothy Chiu, a postdoctoral scholar at the UCSF Osher Center for Integrative Health and coauthor of the UCSF study. Getting older puts us at greater risk for disease, she says, but “sugar is the icing on the cake.” Here’s what sugar can do:

►❑ Raise dementia risk. Excessive amounts of sugar can increase inflammation and weaken the blood-brain barrier, which can trigger cognitive decline, Serra says. In one study, researchers found that in older adults (average age 79), consuming more sugar may double the risk of developing dementia later in life. “People at highest risk got 32 percent of their calories from sugar versus the low group consuming only 17 percent of calories from sugar,” says Puja Agarwal, assistant professor of internal medicine at the Rush Alzheimer’s Disease Center at Rush University Medical Center and lead author of the study. “This study tells us consuming higher sugar or calories from sugar may impact risk for dementia.”

►❑ Make your belly bigger. When you eat excess sugar, your liver metabolizes the fructose compound and converts it to fat, which accumulates in the liver. You gain weight when your liver stores excess fat instead of burning it off as energy. Fat accumulation can lead to higher cholesterol, insulin resistance and cardiovascular disease.

►❑ Hamper your nutritional status. As we get older, our need for calories declines, so to maintain the same body weight we need to eat less, says Alice H. Lichtenstein, senior scientist at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University. “Consuming a diet high in sugar makes it challenging to also include enough healthy foods so that we balance calorie needs and meet our nutrient needs.”

►❑ Damage your liver. High sugar intake, especially fructose, can lead to nonalcoholic fatty liver disease, which is an excessive amount of fat in the liver that is associated with an increased risk of developing liver cancer.

►❑ Increase your risk of heart disease and stroke. Added sugar can elevate your blood pressure, promote chronic inflammation and increase levels of triglycerides, a type of fat that builds up in the bloodstream and increases your risk of heart disease. Excessive sugar intake damages the arteries and puts stress on the heart.

►❑ Up your diabetes risk. Sugar causes rapid spikes in blood sugar levels, which can contribute to insulin resistance, a precursor to type 2 diabetes, and drives other major chronic diseases in older adults. In addition to aging and stress, sugar “can wreak havoc on insulin sensitivity and through various pathways accelerate aging in the body’s systems,” says UCSF’s Epel. “This is one of the most important metrics of health and aging.”

►❑ Worsen menopause symptoms. Postmenopausal women are more vulnerable to the effects of sugar because they have lower levels of estrogen and progesterone and become more insulin resistant. Some studies show that high sugar levels are also associated with more hot flashes in menopausal women. It may be because they cause spikes in blood sugar and dramatic drops. “It’s reasonable to conclude that reducing sugar may help reduce hot flashes for some individuals, but it has not been tested,” Epel adds.

►❑ Promote tooth loss. Sugar can foster bacterial growth in the mouth, which, in turn, can produce acid that erodes the enamel on your teeth, causing cavities. Excess sugar can also lead to inflammation of the gums, leading to gum recession and tooth loss.

Bottom line: The occasional sugar indulgence isn’t harmful, but “be selective and only indulge when the option is your favorite,” Lichtenstein says. So yes, have the slice of birthday cake. But don’t have a party every day, OK?

Jeanne Dorin McDowell writes about health, wellness, culture and social issues for national print and digital publications. She was a correspondent for Time magazine for 20 years.

WHERE ADDED SUGAR LURKS

Much of the sugar we eat doesn’t come from ice cream and cake. It comes from everyday foods that we don’t associate with sweetness. Here’s a (partial) list of sneaky sugar sources, according to the Centers for Disease Control and Prevention:

Condiments, such as ketchup and salad dressings

Sauces (pasta sauces, barbecue sauce)

Flavored yogurt, especially low-fat yogurt

Granola, instant oatmeal, and breakfast cereals

Nut butters, such as peanut butter

FROM TOP: KENJI AOKI/TRUNK ARCHIVE; ICONS BY ELIAS STEIN.



MISSION AND SOCIAL ACTION – AUGUST 2025

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.

JULY

07-06 – Don & Myrna Anderson

07-13 – Don & Myrna Anderson

07-20 – Don & Myrna Anderson

07-27 – Don & Myrna Anderson

AUGUST

08-03 – Charlie Christensen

08-10 – Charlie Christensen

08-17 – Charlie Christensen

08-24 – Charlie Christensen

08-31 – Charlie Christensen

LOAVES AND FISHES FOOD SHELF: In June, 38 households were served – 62 Adults, 10 Children. Fifty-Five volunteer hours. Donations: Money \$909. Weight of food coming in 3,092#, (Includes TEFAP, purchased food donations), Weight of food going out 1,857#.

Items needed: bread, eggs, pasta, sugar, and macaroni.

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 offerings for July, August and September are for Lutheran World Relief kits.

THANK YOU

Interfaith Caregivers of Polk County

On behalf of Interfaith Caregivers of Polk County, thank you for your generous donation! Your support plays a vital role in helping seniors and adults with disabilities maintain their independence and continue living in their own homes.

This year marks our 30-year anniversary. Thanks to donors like you, Interfaith Caregivers of Polk County has been able to provide essential volunteer support such as rides to the doctor or grocery store, running errands, friendly phone calls and visits, respite care, food shelf delivery, light housekeeping, minor repairs, and more! And your generosity ensures that we can continue this mission for years to come. Thank you so much. Denise

Thank You from The Salvation Army for June Quarter Bowl Offering

On behalf of The Salvation Army and the families who will benefit from our services at our Family House Shelter serving 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 reaching 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. In Christ, Duana Bremer.

THERE WILL BE NO SUNDAY SCHOOL FOR THE SUMMER