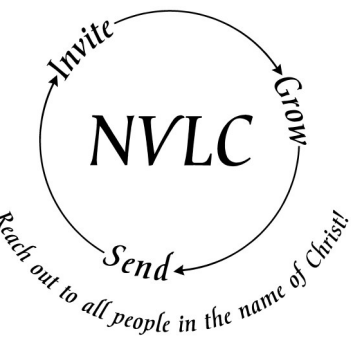


North Valley Lutheran Church  
Member of First Faith Valley Lutheran Parish

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



2025



Worship Schedule

8:00am Worship All Sundays in September 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.



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

Reach Out!!/God’s Work-Our Hands/September 2025 Parish Corner

Brothers and Sisters in Christ,

Reach Out/God’s Work-Our Hands is September’s theme. At First we have two banners and both banners have Hands on them they are YOUR HANDS/OUR HANDS!

Our Parish has been **Reaching Out** for **150+** years to those in need of help and healing by **God’s Grace** and **Our Hearts and Hands** in our community and cultivating relationships because of our **Reaching Out**. Your Church Councils and Parish Council along with Pastors who bring the weekly message are calling on **US/You** to use **Our Hands** to do Service Projects for those in need in our community as well as for the Community as a whole. Some of the ideas clean up someone’s yard do painting for someone. We also need help with projects in Church building.

All through out both the Old and New Testaments God’s people are called to **Reach Out /God’s Work-Our Hands** and bear witness to God’s Love and Redeeming Power to all the world.

Remember Jonah, he was told by God to **Reach Out/God’s Work-Our Hands** go to Nineveh not Jewish people and an enemy city of the Israel and call them to repentance and to come to God. After arguing with God and then trying to run away from the task only to take a three-day side trip in the belly of the great fish Jonah went to Nineveh. Sound like somebody you know? And when Jonah did finally get to Nineveh and preached the Word, all of Nineveh repented and turned to God. Reread the book of Jonah for the whole story.

The Prophet Isaiah called the Jewish people of the Old Testament to reach out to all the peoples of the world in that day. **Isaiah 43:10-11**

*10*You are my witnesses, says the Lord, and my servant whom I have chosen, so that you may know and believe me and understand that I am he. Before me no god was formed, nor shall there be any after me. *11* I, I am the Lord, and besides me there is no savior. *NRSV*

During him ministry Jesus **Reached Out** to many people even though his disciples and the religious leaders of his day chastised him for **Reaching Out** to those sinners and Gentiles. Three notables of these sinners and Gentiles are two women, one a Samaritan who had had 5 husbands and was living with another that was not her husband (John 4:1-42) and the other a Canaanite whose daughter was possessed by a devil (Matthew 15:21-28/Mark 7:24-30). Both of these women were not Jewish, but understood or came to understand who Jesus was and went on to tell others about him. And Zacchaeus, Tax Collector from Jericho, Jesus called him down from the tree and went to dinner with him. Because of that and what Jesus taught Zacchaeus gave half of his wealth to the poor and restored fourfold that which he had taken wrongfully (Mark 19:1-10).

And in his Great Commission, Jesus tells us to **Reach Out/God’s Work-Our Hands** to others, who are lost and hurting, first in our own family, then our home town, then our state, then our country and finally the world.

Acts 1:8

<sup>8</sup>But 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.’ *NRSV*

**This month as we have Rally Sunday September 14 to start off the Sunday School and Confirmation year.** Sunday School will be at 9:30am for all of the Churches in the First Faith Valley Parish Churches that have a Sunday School Program. This was done for the sake of those younger students. We will be joining Luck Lutheran for Confirmation again this year; Pastor Mary Ann Bowman will be leading it again this year. If you have Students that are of Confirmation age please contact the Church Offices with their names so they can be put on the email/mailling lists. The **Confirmation orientation will be on Wednesday evening, September 17 at 6:30 p.m. at Luck Lutheran for both first and second year confirmation students and parents. See the full announcement elsewhere in the Newsletter.**

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.	

September 7th is “**God’s Work-Our Hands**” Sunday when our Councils encourages us do a Service Project for Someone. These are great opportunities to **Reach Out/God’s Work-Our Hands** and invite someone who has no church home to come and hear the Good News of Jesus Christ. We can also **Reach Out/God’s Work-Our Hands** to those who have not been with us in a while and to find out why that is and invite them back. **God’s Work** is **Reaching Out** it is **Our Hands** as members of the body of Christ that are called to do the work. Our Pastors are here to help guide us as individuals and a Congregation/Parish and is a fellow worker as we **Reach Out/God’s Work-Our Hands** to others.

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.

It is **ALL** of **US** not just the Council members or other Lay leaders that keep us going forward so when a candidate does look at us and sees that we are not sitting on our hands waiting for someone, that we are doing “**God’s Work with Our Hands**”

Again to keep you thinking; Worship times were setup so it was equal for all Congregations, and to give member a choice if they had plans. I ask you, when your Church has the 9:30am Service is the increase in attendance from your members or the other Churches? Does the format of Worship/music excite you will it excite others?

We are in the season of Pentecost for the next 13 weeks the Parament color is Green for Growing.

We continue to celebrate what your Congregations have done so far while we have been waiting for a Candidate.

Please continue pray for wisdom and guidance for your Worship Team and Congregation Councils and the 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 **Faith Journey**.

Again I say, it is time we take to heart the saying “Let go and let God” God will bring the **Wonder**. Just remember it’s all in **His** time not ours!

**Worship Times for September.**  
**8am First, 9:30am North Valley and 11am Faith**

Just a reminder **Worship Times** change for **October – November – December**  
**8am North Valley, 9:30am Faith and 11am**

**Parish Council Meeting Wednesday October 22, 2024 6pm at North Valley**

**2025 Parish Annual Meeting Date** - January 26, 2026 Following Parish Worship – North Valley

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 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

# September 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <div></div>	2	3 <div>9am Quilting 1pm Choir Practice</div>	4	5 <div>2pm WELCA Serve Birthday Coffee at Pioneer Home</div>	6 <div>8am WELCA Gathering at Bone Lake Lutheran</div>
7 <div>8:00 North Valley 9:30 Faith 11:00 First Pastor Peter Communion</div>	8 <div>Office hrs 9-4</div>	9	10 <div>9am Quilting 9:30 Worship Committee Meeting 1pm Choir Practice</div>	11	12	13
14 <div>8:00 North Valley 9:30 Faith 11:00 First Pastor Neal  9:30 Council Meeting</div>	15 <div>Office hrs 9-4</div>	16	17 <div>9am Quilting 1pm Choir Practice  7pm Confirmation Orientation Luck Lutheran Church</div>	18	19	20
21 <div>8:00 North Valley 9:30 Faith 11:00 First Pastor Neal Communion 9:30 Sunday School</div>	22 <div>Office hrs 9-4  Newsletter Deadline</div>	23	24 <div>9am Quilting 1pm Choir Practice</div>	25	26	27
28 <div>9:30 Faith Combined Worship 9:30 Sunday School Pastor Peter</div>	29 <div>Office hrs 9-4</div>	30				



BIRTHDAYS

Mabry, Tom	09/04/1962
Simmerman, Heidi	09/05/1973
Hopkins, Lyle	09/05/1946
Morales, Jackie	09/05/1958
Hacker, Caleb	09/07/1995
Mayo, Charlie	09/09/1930
Gronquist, Edmund	09/10/2021
Berg, Donna	09/11/1939
Simmerman, Ashleigh	09/14/2006
Magnuson, Gabriel	09/14/2010
Cox, Anistyn	09/14/2010
Pederson, Rick	09/16/1955
Ouellette, Alecia	09/16/1991
Christensen, Charlie	09/18/1963
Buss, Kaylynn	09/20/1991
Cowans, Sephonia	09/22/1962
Sandberg, Mitch	09/23/1994
Morales, Anna	09/29/1986
Erickson, Austin	09/30/1999
Studie, Teresa	09/30/1974

WEDDING ANNIVERSARIES

09/02/1978	Mike & Cindy Mabry
09/03/2016	Mitchell & Amber Stage
09/03/1976	Dave & Bette Tooley
09/14/2019	Mitch & Brittany Sandberg
09/16/1995	Tim & Vickie Erickson
09/22/2007	Sean & Angie McIntyre
09/24/1988	Jeff & Karyn Kruse
09/27/2014	Andy & Jess Kruse

BAPTISM ANNIVERSARY

Iris Olien	09/01/2024
Cloey Johnson	09/01/2024
Chuck Kruse	09/06/1942
Ainsley Olson	09/10/2023
Cedar Olson	09/10/2023
Marisa Gehl	09/12/1993
Jeff Kruse	09/13/1964
Beth Egge	09/19/1948
Michael Woltz	09/22/2019
Klara Woltz	09/28/2019

First Lutheran Apple Cores/Corps are taking orders for our 2025 pies!



Frozen Apple Pies  
Ready to bake \$10.00

They make a great Hostess/Host gift for them to enjoy later.

Contact Sandy Jensen 715-566-0438 if you need Pies

OUR FINANCIAL REPORT JULY 2025	
BEGINNING BALANCE:	20,136.21
CREDITS	5,379.50
DEBITS:	6,027.73
ENDING BALANCE:	19,487.98



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.

Missing teeth?  
Here’s what to know.

Why the right dental implant provider matters for your looks and your health

For anyone facing tooth loss, dental implants can restore more than just your confidence—they can transform your overall health and wellbeing. But not all implant providers are the same. The right one can mean the difference between loving your smile or living with regret. That’s why it’s so important to do your homework and make sure you choose a qualified, experienced team to avoid costly mistakes.

Look for providers who stand behind their work. Reputable providers back their dental implants procedures.

Choose long-term outcomes over short-term convenience. The best outcomes come from providers who emphasize research-backed healing methods and ongoing support and care to optimize success.

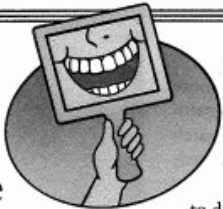
Be wary of red flags. Avoid providers who don’t offer options to refine and customize the look, fit and feel of your new smile after surgery.

LOSING YOUR TEETH can dramatically affect more than your smile. It ups your risk for a whole host of late-life health hazards, from heart disease to cancer to dementia.

The majority of older adults have periodontal disease—the number one cause of tooth loss. We’re on the cusp of a periodontal crisis, says Edgard El Chaar, clinical professor at the University of Pennsylvania. People who don’t brush twice a day for two minutes at a time, as recommended by the American Dental Association, are at increased risk of having a heart attack, heart failure or stroke, according to a study in the *International Journal of Cardiology*.

“Gum disease is a progressive disease,” El Chaar says. “It’s a silent killer.”

Why Our Teeth Matter as We Age

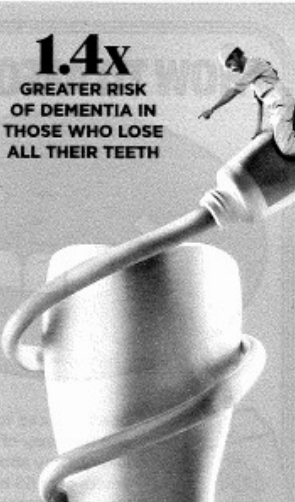


cers. (The reverse is true too; having chronic disease often makes your mouth more vulnerable to dental problems and tooth loss.)

Poor oral health often leads to discomfort and pain; problems speaking, chewing and swallowing; and, yes, tooth loss. That can alter what foods we can eat, lead to nutritional deficiencies and generally affect your emotional health, self-esteem and quality of life.

THANKS TO fluoridated water and toothpaste, an increased focus on oral health care and a reduction in smoking, it’s not uncommon today to see adults living out their entire lives with a full set of their own teeth. But tooth loss is still an enormous risk. The average older adult has about 20 remaining teeth. One in 6 adults over age 65 have lost all of their teeth, according to data from the Centers for Disease Control and Prevention (CDC).

Having nine or fewer teeth is associated with a higher risk of any cause of death, including heart disease and cancer, compared with those who retained at least 20, according to research in *Frontiers in Public Health*. A meta-analysis of more than 34,000 people found that those who are missing all their teeth had 1.4 times higher risk of developing dementia; research has found that dental care may be a potential strategy in dementia prevention. Gum disease has also been linked to the development of diabetes, heart and lung disease,



Hold On to Your Smile

IF YOU THINK TOOTH LOSS IS A NORMAL ASPECT OF AGING, YOU’RE WRONG. HERE’S HOW TO PROTECT YOUR TEETH—AND HOW THEY MIGHT JUST SAVE YOUR LIFE By JESSICA MIGALA

What’s Trying to Steal Your Teeth?

TOOTH LOSS doesn’t have to be your future. “With good oral hygiene and preventative techniques, you can hold on to your teeth,” says Adila S. Baig, director of the Special Care & Geriatrics Clinic at the University of Maryland School of Dentistry.



To do that, it helps to recognize the major causes of tooth loss as enemies that are coming for your teeth and your overall health. Here are the threats and how to protect yourself from them.

TOOTH LOSS CULPRIT  
DECAY

ABOUT 1 IN 5 adults over 65 currently have untreated tooth decay. “The myth is that cavities are only a childhood problem, but they’re definitely an older adult problem,” says Stephen Shuman, director of the Oral Health Services for Older Adults program at the University of Minnesota School of Dentistry in Minneapolis.

Receding gums expose the roots of the teeth, which are more vulnerable than the crowns. Old fillings can break down, exposing cracks where bacteria can invade. Vision problems and dexterity challenges from conditions like arthritis can make it difficult to clean between your teeth and brush well.

• **Customize your dental visits.** About 4 in 10 older adults didn’t have a single dentist visit in 2022. How often do you need to go? That’s between you and your dentist. “There is nothing magical about a six-month checkup,” Shuman says. People with excellent oral health may go only annually; those with challenges may need to go every three months.

• **Automate your toothbrush.** “I recommend that everyone over the age of

HOW TO AFFORD BETTER TEETH

DENTAL CARE is expensive, and for many of us, it’s a luxury. Only about 3 in 10 adults over 65 have dental insurance, according to the most recent data from the CDC. In most cases, Medicare does not cover routine dental cleanings or even common procedures like fillings, tooth extractions or dentures.

For that reason, purchasing extra coverage is a must. “People with dental coverage are more likely to go to the dentist and receive important services,” says Mike Adelberg, executive director of the National Association of Dental Plans.



40 use an electric toothbrush," says Sonya Dunbar, a registered dental hygienist and oral health educator in Jacksonville, Florida. An electric toothbrush spins and vibrates to do all the work for you. It may have a timer to help you reach the recommended two-minute brushing mark, and many have a feature that signals when you're brushing too hard, which can contribute to gum recession. (To use this brush, put it on top of your teeth and let the brush spin, then move on to the next spot.)

• **Go high-tech with your flossing.** While it's crucial to do it daily, navigating a string between teeth can be challenging. Dunbar recommends using a water flosser to clean in between your teeth. Since it shoots water into your mouth, it does the work for you.

• **Stop smoking.** If you smoke, you're more than three times more likely to lose all of your teeth than a nonsmoker. But it's not too late to quit: Just as there are benefits to your heart and lungs if you reduce or stop smoking at any age, the same applies to your mouth.

#### TOOTH LOSS CULPRIT GUM DISEASE

**ABOUT 2 IN 3** adults over 65 are currently dealing with gum disease. Its most common symptom: Your gums bleed when you brush.

"If you rubbed your eyeball and it bled, you'd go straight to the ER. So why do we ignore it if our gums bleed?" Dunbar asks. Gum disease can destroy gums and the bones that keep teeth in place, leading to tooth loss. Other symptoms of the disease: loose teeth, pain during chewing, persistent bad breath and receding gums.

"Even if you have not lost any teeth, gum disease impairs your ability to chew hard food," says Uchenna Akosa, assistant professor and director at Rut-

gers Health University Dental Associates. "That will affect your nutrition and can put you at risk of malnutrition in the future."

• **Up your dental game.** Brushing and flossing daily are musts for maintaining gum health. Again, mechanical tools can be a big help.

• **Up your schedule.** If your gums bleed regularly, talk to your dentist about the frequency of your appointments: Early intervention can prevent tissue damage and tooth loss.

#### TOOTH LOSS CULPRIT DRY MOUTH

**ABOUT 6 IN 10** older adults complain of dry mouth. "Saliva helps neutralize acids and remineralize tooth structure. Dry mouth puts you at a higher risk for cavities," Shuman says.

• **Review your meds.** The more medications you take, the fewer natural teeth you're likely to have, research shows. Here's a list of common meds that can contribute to dry mouth:

- > *Anti-anxiety medications such as alprazolam (Xanax)*
- > *Anticholinergics such as oxybutynin, used to treat overactive bladder*
- > *Antidepressants such as citalopram (Celexa)*
- > *Antihistamines to treat allergies, like loratadine (Claritin)*

- > *Antihypertensive medications like captopril, an ACE inhibitor*
- > *Diuretics ("water pills") such as hydrochlorothiazide*
- > *Muscle relaxants like orphenadrine*
- > *Pain medications like NSAIDs (ibuprofen) and opioids*

• **Hydrate.** Sip water throughout the day and rinse after eating. Consider an over-the-counter dry mouth rinse such as Biotene, Act or TheraBreath.

• **Ask your dentist about high-fluoride toothpastes.** Baig often puts older patients on a prescription toothpaste that contains a higher level of fluoride, which remineralizes tooth enamel to protect teeth from decay.

• **Don't make it worse with sugar.** If you suck on hard candies or cough drops to relieve dry mouth, choose those that contain xylitol, a natural sugar alcohol that won't promote cavities and may even prevent them.

## What If I Lose a Tooth (or Two)?

**LOSING A SINGLE** tooth might not mean anything, says Mark Wolff, dean of the School of Dental Medicine at the University of Pennsylvania. "We need to look at a patient's bite and gum health and assess if we anticipate other teeth drifting and moving," he says. If the missing tooth leads to gaps or tilting in your remaining teeth, or if you're missing more than one tooth, restoration with implants or removable or fixed bridges might be necessary.

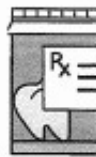
An implant is a false tooth implanted through the gum and into the jawbone. Sometimes, artificial bone may need to be placed in the site to encourage new bone growth to fortify a tooth.

A bridge is a set of one or multiple artificial teeth; removable bridges are taken out at night, while fixed bridges are attached to adjacent teeth and remain in your mouth.

"Well-placed implants and well-restored teeth look and function as natural as your own. And they last a long time with proper maintenance," says Wolff. "In the vast majority of cases, we can figure out how to regrow bone, expand tissues and place implants. But this is not inexpensive." (See "How to Afford Better Teeth," below.)

That said, if dentures are necessary, it's important that you wear them. For those with tooth loss, wearing dentures regularly is associated with a lower risk of mortality and cognitive decline. ■

*Jessica Migala writes about health and fitness for Women's Day, Cosmopolitan and numerous other publications.*



### MISSION AND SOCIAL ACTION – SEPTEMBER 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.

#### AUGUST

08-03 – Charlie Christensen  
08-10 – Charlie Christensen  
08-17 – Charlie Christensen  
08-24 – Charlie Christensen  
08-31 – Charlie Christensen

#### SEPTEMBER

09-07 – Marilyn Nehring  
09-14 – Marilyn Nehring  
09-21 –  
09-28 –

**LOAVES AND FISHES FOOD SHELF:** In July, 52 households were served – 89 Adults, 20 Children. Seventy-four volunteer hours. Donations: Money \$170. Weight of food coming in 2,970#, (Includes TEFAP, purchased food donations), Weight of food going out 2,754#.

Items needed: bread, eggs, pasta, and sugar

We can always use more volunteer workers. Please contact Pam Girtz 320-232-7541 email: [girtzp@gmail.com](mailto:girtzp@gmail.com) or Gena Bugno [nobug115@yahoo.com](mailto:nobug115@yahoo.com).

#### Quarter Bowl Offering

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

### Pies – Pies – Pies – Pies

#### Pickers, Peelers, Cutters, Pressers, Packers Needed

The First Lutheran Apple Cores/Corps are on the move and making progress on filling the freezers with delicious pies from the abundance the Lord provides.

The Cores/Corps Captains are still looking for **Troops** to help with the conquest/picking the sweet orbs (apples) and assembling of the pies. The schedule will be as in years past, pick apples **Sunday** following Worship (come in your apple picking clothes) or evenings depending on the weather and people's schedules for **Monday's** 8:00am assembly of pies. Then again pick on **Wednesday** mornings at 8:30am or evenings again depending on the weather and people's schedules for **Thursday's** 8:00am assembly of pies. This will continue until our goal has been archived which is, the trees are bare and pies are in the freezer.

**Everyone** including our **Youth** are welcome to help and we **do** need more workers for both picking and assembling, so mark your calendars and join in the conquest. Come and share in the Fun and Fellowship as we make use of the abundance the Lord provides.

Dear North Valley Congregation,  
Thankyou for the amazing quilt! I love the design! Thank you for the Scholarship! I Plan to go to Northwood Tech this fall! Thank you for all your support!  
Thank You!  
Hunter Carlson

