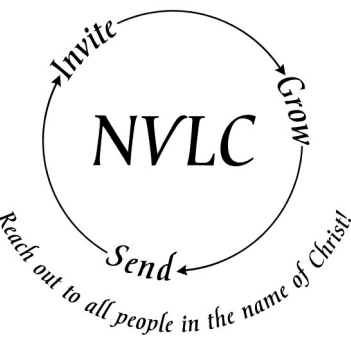


North Valley Lutheran Church
Member of First Faith Valley Lutheran Parish

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



Worship Schedule

9:30am 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.



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
August, 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 is helping as needed as well.

Worship –

Pastor Neal will be in West Virginia for a 150 anniversary on August 16th. He is scheduled for a funeral August 22nd at First.
Pastor Peter has vacation planned in August and is not available the 16th.
Julie Dunn will be filling in on August 16th and Julie has also been leading Worship at the nursing homes when the Parish choir is there. THANK YOU Julie!

We are moving towards Fall when our vacation-travel schedules slow down. The School year is drawing near Sunday School and Confirmation begin anew for the School year. We look to the slower pace of the Fall as many come back for a refresh of the their faith after a busy Summer.

Our Worship Schedule for the rest of the year is July- September - 8am First, 9:30 North Valley and 11am Faith. Then October-December 8am Faith, 9:30am First, 11am North Valley

Faith Education/Formation

Confirmation –We have one Student returning from North Valley this year, we are looking for Students.
Luck is willing to coop again this year – Luck’s SAM Dana Paulson has a Confirmation Parent’s meeting tentatively scheduled for Wednesday September 16th at 6pm. More information is coming.
Because Luck Lutheran’s policy is 7th-8th Grade if we want to coop they need to be 7th and 8th Graders.

Sunday School/VBS/Youth programs.

Sunday School Kick-off Dates - Sunday September 20 for First. First is also be doing VBS/SS outreach at the Kids Night at the Cushing Ballpark on Wednesday August 12, making keychains. All Parish Churches and ages are welcome. North Valley and Faith working on their Sunday School dates

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.

“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

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 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.

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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 with each Congregation contributing \$1250.00 each month to the Parish account. At our July Parish Council meeting, the Council after reviewing the Bookkeepers Report voted to move monies to higher yields accounts and reduce each Congregations contribution to \$1000.00 as we have a surplus each month and the Congregation will be able to use those monies for other expenses or outreach. 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.

Our Worship Schedule for the rest of the year –

July- September - 8am First, 9:30 North Valley and 11am Faith.

October-December 8am Faith, 9:30am First, 11am North Valley

First and North Valley Sunday School at 9:30am

2026 Parish Council Meeting Dates: (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

August 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 8:00 First 9:30 NV 11:00 Faith Pastor Neal Communion WELCA Meeting	3	4	5 9:30 Worship Committee Meeting 9:30 Quilting 1:00pm Choir Practice	6 Office hrs 9a-4p 4:30p-7pm Pancake/Waffle Supper 	7	8
9 8:00 First 9:30 NV 11:00 Faith Pastor Peter 11:00 Council Meeting Luther Point Summer Celebration	10 Office hrs 9-4	11	12 9:30 Quilting 1:00pm Choir Practice	13	14	15
16 8:00 First 9:30 NV 11:00 Faith Julie Dunn	17	18	19 9:30 Quilting 1:30pm Choir Sing at United Pioneer Home—Julie Dunn	20	21 Office hrs 9-4	22
23 8:00 First 9:30 NV 11:00 Faith Pastor Peter	24 Office hrs 9-4 Newsletter Deadline 31 Office hrs 9-4	25	26 9:30 Quilting 1:00pm Choir Practice	27	28	29
30 9:30 NV Combined Service Pastor Neal						



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



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



08/13/1988	Jeff & Joni Stage
08/20/1994	Aaron & Kristie Kuenkel
08/22/1964	Craig & Elaine Cox
08/29/1981	Dan & Jackie Morales



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 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.

God's Work, Our Hands & God's Promised Blessings

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 and the theme for this month shows us this very well.

August's 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?" (1 Kings 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 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.

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

LUTHERAN WORLD RELIEF

We will begin collecting items for LUTHERAN WORLD RELIEF kits. The following is a list of items needed for kits. Any of these donated items are appreciated at anytime before Aug 31, 2026.



SCHOOL KITS

- 4 notebooks of wide or college ruled paper approx 8 1/2 X 10 1/2" NO LOOSE LEAF PAPER
- 1 30-centimeter ruler or a ruler with centimeters on 1 side and inches on the other
- 1 pencil sharpener
- 1 blunt scissors (safety scissors with embedded steel blades work well)
- 5 new unsharpened #2 lead pencils with erasers
- 5 black or blue ball point pens (no gel ink)
- 1 box of 16 or 24 crayons
- 1 eraser approx 2 1/2" long
- 1 sturdy drawstring cloth backpack. We have purchased backpacks – waiting to be filled!

Personal Care Kits

- Bars of soap (4 to 5oz, any brand, in original wrapping)
- Light-weight bath size towel (between 20"x40" & 52"x27"), DARK color recommended
- Toothbrushes (adult size, in original packaging)
- Sturdy Comb
- Nail clipper (metal, attached file is optional)

Baby Care Kits Sizes up to 24 months

Gently used and clean items can be substituted for new ones.

- 2 lightweight cotton t-shirts
- 2 gowns or sleepers without feet
- 2 receiving blankets up to 52" square
- 4 cloth flat fold diapers
- 1 jacket, sweater or infant sweatshirt with a hood, or include a baby cap
- 2 pair baby socks
- 1 dark colored hand towel
- 2 bath size (4-5 oz) bars gentle soap in original wrapping
- 2 diaper pins
- (No washcloths) (Onesies or footed sleepers will need to be cut off and hemmed)

Soap – any new bars of any brand soap in original wrapper – bath size (4-5oz) preferred.

Fabric Kits

- 2 pieces of cotton or cotton-blend fabric (no knits or 100% polyester); fabric should have no stains or holes and be cut into a piece measuring:
- 2 1/4 yds of 60" wide fabric /OR 3 yds of 44" wide fabric / OR 4 yds of 36" wide fabric
- 2 spools of matching general purpose thread 250-300yds (No needles or buttons)

Any and all donated items are greatly appreciated. Please leave any items for donation in the Missions corner in NVLC coat room. Thank you for your generosity.

MISSION AND SOCIAL ACTION – AUGUST 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.

JULY

- 07-05 – Marilynne Nehring
- 07-12 – Marilynne Nehring
- 07-19 – Marilynne Nehring
- 07-26 – Marilynne Nehring

AUGUST

- 08-02 – Joey Nelson
- 08-09 – Joey Nelson
- 08-16 – Joey Nelson
- 08-23 – Joey Nelson
- 08-30 – Joey Nelson

LOAVES AND FISHES FOOD SHELF: In June, 43 households were served – 70 adults and 24 children. Two new families. Total People: 94. 58 volunteer hours. Donations: Money \$2,825.64. Weight of food coming in 2,136#, (Includes TEFAP, purchased food donations), Weight of food going out 2,426#.

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

PANCAKE/WAFFLE SUPPER – Thursday, Aug. 6, 2026 4:30 – 7:00 pm.

NVLC will be hosting a pancake/waffle supper on Thursday, August 6, 2026 from 4:30pm to 7:00pm. See sign up sheets for donations and workers in Fireside Room. Plan to attend, come to assist, enjoy the food, and fellowship. Funds raised are designated for Maggie Isaacson Scholarship Fund. See you there.

AUGUST OFFICE HOURS

Please note that office hours will fluctuate the month of August, due to some personal appointments. Thank you in advance for your understanding.

Laurene

AUGUST CHURCH SCHEDULE

First 8:00am
North Valley 9:30am
Faith 11:00am



Luther Point

BIBLE CAMP

SUMMER CELEBRATION!

All are welcome at Luther Point on Sunday, Aug. 9

This fun family event begins with **WORSHIP** at 11 a.m. A free will donation lunch takes place at noon and bidding for the silent auction will begin. Three inflatables will be open for kids from 1 to 3 p.m. Lifeguards will be at the beach for swimming, and the Rec Room in the chapel basement will be open. Family games, including cornhole, ladderball, badminton, and croquet, will be set up as well. Please join us for this fun-filled family day! There's something for everyone!



WORSHIP
11AM



3 INFLATABLES FOR KIDS!



SNOCONES AND COTTON CANDY



LIVE MUSIC



SILENT AUCTION



LUTHER POINT BIBLE CAMP
11525 Luther Point Rd.
Grantsburg, WI 54840



SUNDAY, AUG. 9



11 A.M. TO 3 P.M.

8 Simple Ache-Easing Desk Moves

THE MORE you move, the more your body creates synovial fluid, the lubricant that helps prevent aches, pains and stiffness, says Brad Callan, an assistant professor of physical therapy at the Pacific Northwest University of Health Sciences. Here are some simple exercises Callan recommends that will help get the motion your body needs.



1. Shoulder straightening: Sit upright and squeeze your shoulder blades together to stretch your upper back. Keep your chin up and your ears and shoulders aligned.
2. Sitting hamstring stretching: While sitting, extend one leg out straight and lean forward from the waist over the leg to feel a stretch in the back of your extended leg.



3. Seated leg extensions: Sit on the edge of your chair, lift one leg straight out and hold for two counts to activate shin and thigh muscles. Repeat 10 times for each leg.
4. Upper back stretch: Put your hands behind your neck and try to bring your elbows back behind you to relieve upper back stiffness.



5. Sitting torso twist: Sit tall in your chair with your feet flat, then twist to the right while holding the chairback. Hold this position for a few seconds, then switch sides for spinal mobility.
6. Glute squeezes: Squeeze your glute muscles (your butt), hold for 10 sec-onds and release. Repeat 10 to 15 times.



7. Arm circles: Extend your arms to the sides and make small circles forward and backward to work your shoulders.
8. Thigh presses: Press your palms against the outside of your knees and push inward with your hands while trying to push against them with your legs.

From top: Alamy Photo; Getty Images (3); Illustrations by Kyle Hilton

First West Nile Virus activity confirmed in Northwest Wisconsin

Wisconsin DHS News Release

BAYFIELD COUNTY – The Wisconsin Department of Health Services announces the first confirmed West Nile virus activity in the state this year. Mosquitoes collected from Milwaukee County have tested positive for WNV, and a wild bird from Bayfield County tested positive for the virus. This is a sign that there are mosquitoes in the state that have the virus and can transmit it to animals and people. Currently, no human cases of WNV have been reported in 2026.

"Monitoring mosquitoes and birds for West Nile virus helps public health experts understand when and where the virus is active, so that we can give timely information to communities across the state," said Paula Tran, state health officer and administrator of the Division of Public Health. "These first detections of West Nile virus this year serve as a reminder to take simple steps that can protect you and your family against possible illness."

WNV is spread to humans, birds, and other animals through the bite of an infected mosquito. Mosquitoes acquire WNV by feeding on infected birds. The virus is not spread directly from person to person, animal to animal, or animal to person.

Most people infected with WNV do not have symptoms. Those who become ill may have fever, chills, headache, muscle aches, rash, and fatigue. Some people will develop severe illness with symptoms that include high fever, muscle weakness, stiff neck, disorientation, mental confusion, tremors, paralysis, seizure, and coma. Older adults and those with compromised immune systems are at greater risk of developing severe illness that can be fatal. It is important that people contact a health care provider if they suspect they have WNV illness.

DHS has monitored the spread of WNV since 2001, tracking infections in mosquitoes, animals, and humans across the state to alert healthcare providers and Wisconsinites about risk. An aver-

age of 19 cases of WNV illness are reported among Wisconsin residents each year. WNV cases in humans have been reported from June through November; however, most people with WNV report becoming ill in August and September.

The best way to avoid illnesses spread by mosquitoes is to reduce exposure to mosquitoes and eliminate mosquito breeding sites. Mosquito activity and the risk of WNV will continue through the rest of the summer and fall until there is a hard frost—temperatures below 28 degrees for at least four straight hours.

DHS offers these tips to protect against mosquito bites:

- Apply an insect repellent with DEET, picaridin, oil of lemon eucalyptus, or IR3535 to exposed skin and clothing.
- Prior to heading outdoors, treat clothing with permethrin; do not apply permethrin directly to skin.
- Consider rescheduling outdoor activities that occur during evening or early morning hours, when mosquitoes that spread WNV are most active.
- Wear long-sleeves, long pants, and socks when outdoors to help keep mosquitoes away from your skin.

Mosquito-proof your home

- Prevent mosquitoes from breeding around homes by removing stagnant water from items around the property. Empty standing water that has collected in tin cans, plastic containers, flower pots, discarded tires, roof gutters, and downspouts; turn over wheelbarrows, kiddie pools, buckets, and small boats such as canoes and kayaks when not in use; change the water in bird baths and pet dishes at least every three days and clean and chlorinate swimming pools, outdoor saunas, and hot tubs; and drain water from pool covers.

- Make sure window and door screens are intact and tightly fitted to prevent mosquitoes from getting inside.

- Trim or mow tall grass, weeds, and vines since mosquitoes use these areas to rest during hot daylight hours.

PANCAKE AND WAFFLE SUPPER

With ham and sausage

Thursday AUGUST 6th 4:30-7:00

Please join us! Everyone is welcome!!



North Valley Lutheran Church

1988 220th Ave, Centuria

(3 miles west of hwy 35 on Cty G)

Free will offering for the Maggie Isaacson Scholarship Fund.

HEALTH ALERT