

North Valley Lutheran Church  
Member of First Faith Valley Lutheran Parish

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



**North Valley Message**  
**First Faith Valley Lutheran Parish**

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**Worship Schedule**

11:00am Worship All Sundays in March at North Valley.

Video Messages can be found on our Facebook page

**Offerings** can be mailed to the office or given online at nvclch.org.

You can also set up giving through your automatic bill pay.

**Staff**

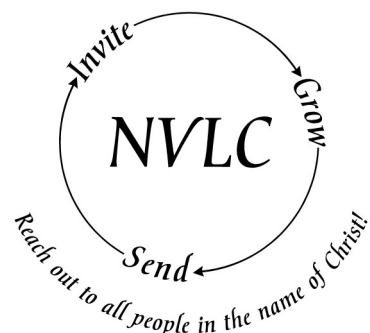
Stay tuned for council changes next month  
Church Email: [office@nvclch.org](mailto:office@nvclch.org)

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 3<sup>rd</sup> 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

February 2023 Ministry Corner

1 Thessalonians 4:9-12NIV

<sup>9</sup> 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. <sup>10</sup> 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, <sup>11</sup> 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, <sup>12</sup> 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 10<sup>th</sup> 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 be using a study from Our Daily Bread Ministries, The Prayer Coin by Elisa Morgan from her book by the same name 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 22<sup>nd</sup> at Faith in Balsam Lake. From there we go to First March 1<sup>st</sup>, North Valley March 8<sup>th</sup>, Faith March 15<sup>th</sup>, First March 22<sup>nd</sup>, North Valley March 29<sup>th</sup>. Maundy Thursday April 6<sup>th</sup> 7pm at North Valley and Good Friday March 7<sup>th</sup> 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*

<sup>2</sup> 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

**First Faith Valley Lutheran Parish Corner**

**March, 2023**

**"United in Christ to strengthen our Ministries to adapt, grow and serve"**

Sisters and Brothers in Christ,

We continue to pray and hope a Pastor will see that we are a great Parish and want to join us on this Faith Journey.

With Pastor Neal continues to be our Supply Pastor on the 1<sup>st</sup> and 3<sup>rd</sup> Communion and teach Confirmation on those Sundays. Pastor Peter Ruggles continues to fill the 2<sup>nd</sup>, 4<sup>th</sup> and 5<sup>th</sup> and has committed through March and Easter Sunday. We are working on finding another Supply Pastor as well to help going forward.

The Parish Council wishes to welcome Pastor Tamra Harder as our Visitation Pastor and she will lead Maundy Thursday and Good Friday Worship for us. If you or someone else needs Pastoral help please call her 715-501-3681 or the Church Office. As the Lent-Easter Season is here, The Wednesdays in March will be Lay led. We will be using a study from Our Daily Bread Ministries, The Prayer Coin by Elisa Morgan from her book by the same name. Here is a link to the Study. <https://discoveryseries.org/courses/the-prayer-coin/>

Call Process and Timing: I continue to be in contact with Pastor Randy Olson of the NW Synod and they still don't have a candidate. If you know of anyone who could help us, do not contact them directly but please let Pastor Neal or Pastor Randy know.

We look forward to the Parish Choir and the Youth for the music they will be providing during this coming year. It has really helped to bring our Parish together.

At our Parish Council meeting Wednesday February 15, 2023 at First-Cushing, we discuss how things worked this past year. There were concerns about the Worship time especially this time of year for the Church with the 8am service. Also how can we share other programs like if someone is having a Bible Study invite the other Churches. Otherwise things are going well.

In other Parish business we are doing well financially and will continue our \$4000.00 each commitment 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 approve the Parish Budget and continue to work on the Parish Worship Calendar for 2023.

We did approve a "dues holiday" for the month of March after looking at our account balance and will look at that option at our next meeting if we do not have a Pastor at that time.

Our next Parish Council Meeting is Wednesday May 10, 2023 6:30pm at North Valley.

Always remembering that 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, Pres. FFVLP

# March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1 11:30 WELCA</b> 1pm Parish Choir Practice North Valley 6pm Supper 6:30 Service @ First	2	3 Registration Deadline for Walking Together	4
5 8:00 Faith 9:30 First 11:00 North Valley Bold Women Sunday 11:00 Sunday School	6	7	8 1pm Parish Choir Practice North Valley 6pm Supper 6:30 Service @ North Valley	9	10	11 8a-4p Walking Together at Bethany Lutheran, Rice Lake 
12 8:00 Faith 9:30 First 11:00 North Valley	13	14	15 1pm Parish Choir Practice North Valley 6pm Supper 6:30 Service @ Faith	16	17 	18 5pm service at Faith Benefit for Anita Johnson and Eddie Reh
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 6pm Supper 6:30 Service @ First	23	24	25
26 9:30 First Combined service with Faith and NV	27	28	29 6pm Supper 6:30 Service @ North Valley	30	31	

## BAPTISMAL BIRTHDAYS

03/05/2006 Holden Erickson  
 03/07/1961 Ted Ditlefsen  
 03/11/2018 Eric Buss  
 03/12/1967 Carleen Matosky  
 03/13/1994 Mitchell Stage  
 03/18/2001 Jake Wagner  
 03/19/1995 Justin Peper  
 03/20/2005 Grant Kuenkel  
 03/20/1935 Delores Anderson  
 03/25/1990 Dan Livingston  
 03/28/1948 Craig Cox  
 03/29/2018 Kaden Hallgren-Draves  
 03/31/1974 Tim Erickson  
 03/31/1974 Vickie Erickson

## BIRTHDAYS

03/01 Kiera Bever  
 03/01 Aubree Muzquiz  
 03/02 Curtiss Lunde  
 03/03 Justin Peper  
 03/04 Carleen Matosky  
 03/16 Carter Collins  
 03/16 Craig Cox  
 03/03 Vickie Erickson  
 03/08 Samantha Olson  
 03/09 Kale Tober  
 03/09 Brett Kuenkel  
 03/11 Kristie Wagner  
 03/11 Klara Woltz  
 03/13 Cari Mayo  
 03/14 Dana Tellijohn  
 03/18 Randall Krueger  
 03/19 Axyl Fisk  
 03/21 Kim Tunheim  
 03/25 Micheal Hill  
 03/25 Glenda Krueger  
 03/25 Pearl Melin  
 03/25 Gwen Morrisette  
 03/27 Jerry Schroeder  
 03/28 Katie Hallgren  
 03/28 Sianah Morales  
 03/30 Kaylee Olson  
 03/30 Adam Bever

### NEWSLETTER SUBMISSION DEADLINE

Newsletter deadline for April is no later than Tuesday March 20th. Anything submitted after that may have to wait for the following month edition.

## WEDDING ANNIVERSARIES

03/20/2010 Bruce & Chyleen Johnson



Cameron Collins, Randall Krueger, Marilyn Nehring, Mary Pollock, Teresa Studie, Dana Tellijohn, Jim Dishon (Suzanne Grill's son),

**Continued Healing:** Rowan Anderson (baby daughter of Heather Johnson & Tyler Anderson), Sharon Johnson, Matt Kludt, Carolyn Nelson, Amelia McKinney

**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.

# CHILDREN'S Sunday School



Recent pictures from Sunday School

### LENT SCHEDULE (Supper at 6pm, Service at 6:30pm)

First March 1<sup>st</sup>  
 North Valley March 8<sup>th</sup>  
 Faith March 15<sup>th</sup>  
 First March 22<sup>nd</sup>  
 North Valley March 29<sup>th</sup>.  
 Maundy Thursday April 6<sup>th</sup> 7pm at North Valley and...  
 Good Friday March 7<sup>th</sup> 7pm at First will be led by Pastor Tamra Harder.

**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.



**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 JANUARY 2022**

Beginning Balance: \$9,431.27  
 Income for November, 21,672.09  
 Expenses for November 7,690.24  
 Ending Balance: \$23,413.12

—Tom Telljohn, Treasurer

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



**TIME TO ORDER EASTER FLOWERS**

Will be purchased from Rose's Garden

114 Wisconsin Ave N, Frederic, WI 54837

Make your checks payable to WELCA and give to Myrna Anderson (715-554-7049). Orders need to be in by **March 26, 2023**. Thank you!

Pot Size – Price	Qty.	Price
Bulb Garden 6” pot \$20		
Bulb Garden 8” pot \$32		
Lilies \$13.00 6” pot		
Add \$1.50 if you want a bow		
<b>TOTAL</b>		<b>\$</b>

(Bulb Gardens generally have hyacinths, tulips, crocus, and daffodils)

Name \_\_\_\_\_

In Memory of \_\_\_\_\_

In Honor of \_\_\_\_\_

**March 1** The WELCA team meets at 11:30a at church. All women are invited to be part of women of the ELCA

**March 3, Deadline to register for “Walking Together”** A Synod wide day of fellowship and several workshops throughout the day, lunch included with registration. Register at nswi.org. The cost is \$25, and the church will reimburse you. Date of event is Sat March 11, 8a-4p at Bethany Lutheran Church, Rice Lake Wi.

**Sunday March 5 – WELCA Bold Women Sunday**

**Chili Feed at Luck Lutheran 11a-1p.**

The first Sunday of every month the parish nurse will check your blood pressure during the coffee hour.

Note the Lenten service schedule on the front page. North Valley will host on March 8 and 29<sup>th</sup>. Look for the sign-up clip boards.

**Saturday March 18<sup>th</sup> – Benefit for Anita Johnson and Eddie Reh for the adoption of 6 year old “Buddy”.**



Don't forget to set your clocks ahead on Saturday March 11th before you go to bed!

St. Patrick's Day



**St Patrick's Day March 17th**

## From the Parish Nurse

# Eat for a Powerful Heart

A NUTRITION PLAN FROM AARP HELPS KEEP YOU LEANER, STRONGER AND HEALTHIER By STEPHEN PERRINE with Heidi Skolnik

**YOUR HEART** doctor may ask if you're avoiding saturated fat or what you're doing to control your weight. But doctors seldom ask, "Are you taking care of your muscles?"

We lose about 5 percent of our total muscle mass every decade after age 30. But science shows that those who retain muscle as they age lower their risk of metabolic syndrome, obesity, diabetes and inflammation—all risk factors for heart disease.

That's why AARP developed The Whole Body Reset, a program designed to stop, and reverse, age-related muscle loss and weight gain.

The primary cause of age-related muscle loss is "anabolic resistance"—essentially, we can't turn the protein we eat into muscle as efficiently as we did when we were younger. In order to overcome this resistance, we need higher doses of protein at each meal—25 grams at a time for women or 30 grams for men. Anything less than that, and your body remains in muscle-loss mode. Fat starts to win out, and heart health suffers.

In addition to protein, we need a mix of high-fiber grains, high-nutrient fruits and vegetables, and healthy fats to keep heart-harming, fat-promoting inflammation under control. Here's your plan.



**Eat 25 to 30 grams of protein at each meal: breakfast, lunch and dinner.** Make sure every snack you eat has at least some protein as well (cheese on that cracker, peanut butter with that apple). Women should aim for at least 75 to 100 grams of total protein every day, while men should shoot for at least 90 to 120 grams.



**Up your intake of high-fiber grains, cereals and beans.** In one study following 2,735 people, women who ate the least amount of fiber were 2.9 times as likely to die from inflammatory diseases such as heart disease. And research has found that for every additional 10 grams of fiber you eat per day, you reduce your risk of stroke by 12 percent.



**Eat more colorful fruits and vegetables.** Aim for eight to 10 small servings a day. Fruits and vegetables provide fiber, as well as vitamins, minerals and thousands of micronutrients called phytochemicals. As we age, our ability to extract these nutrients from food diminishes—and that's another reason why inflammation increases.



**Enjoy healthy fats and oils from seafood, nuts, seeds, olives and avocados.** Two servings a day will help keep you lean and sharp, whether you're enjoying a serving of salmon, a spoonful of peanut butter, some chips and guacamole, or toasty bread dipped in extra-virgin olive oil.



**Focus on fortified dairy.** Worry more about getting enough calcium-rich dairy than about whether it's low-fat or not. One study found that those who ate three servings of whole-fat dairy had lower risks of heart disease and stroke than those who ate one serving. Dairy also delivers muscle-building protein.



**Don't drink your calories (or chemicals).** In particular, don't think you're doing yourself a favor by drinking diet sodas: They've been linked to an increased risk of heart disease, dementia and stroke. Keep it simple with filtered water, sparkling water, tea and/or coffee (it's fine to add a little milk).



## 4 Questions to Ask Your Doctor About Your Heart

**Q: How's my blood pressure?** Forty percent of Americans don't know their blood pressure numbers, and 64 percent don't know what those numbers mean, a 2019 survey found. Normal blood pressure is less than 120/80. If that top number is 120 to 129, that's "elevated." If the top number is 130 or higher, or the bottom number is above 80, that's considered "high."

**Q: What are my target cholesterol numbers, and how do I measure up?** A total cholesterol level under 200 is considered normal, but the best levels of heart-threatening low-density lipoproteins (LDLs) and triglycerides depend on your age, gender and whether you have other heart risks like diabetes. No wonder half the people with high cholesterol in a recent survey said they were confused about the best cholesterol level for them and how to get there.

**Q: Can you refer me to a dietitian?** Fifty-nine percent of heart doctors say nutrition help can improve heart health as much as medications do. But in a 2021 study, 71 percent of doctors admitted they refer fewer than 10 percent of their patients to a registered dietitian. If your doctor isn't helpful, you can search for a dietitian in your area through the Academy of Nutrition and Dietetics, at [eatright.org](http://eatright.org).

**Q: Is it time to see a cardiologist?** Your primary care doctor will likely refer you to a cardiologist if you have serious risk factors for heart disease. But speak up and ask about one if you have a family history of heart disease or a condition called hereditary cardiac amyloidosis, where specific abnormal proteins build up in the heart and other organs, Morehouse's Onwuanyi recommends.



## 5 Amazing Facts About the Human Heart

**1 The blood vessels in your heart are the most likely to clog.** The reasons: Blood flows in two directions in many arteries, creating turbulence that can damage artery walls—which makes it easier for plaque to set in. And coronary arteries have lots of branches and bends, which are prime real estate for atherosclerosis.

**2 Nearly half of all heart attacks have no symptoms,** according to a 2016 Wake Forest University study. No-symptom attacks were more common in men but deadlier in women.

**3 The best food for your heart? It might be bananas.** In a 2020 analysis of studies involving more than 4 million people, bananas were associated with 24 percent lower risk for coronary heart disease. But all produce helps; people who munched the most fruit and vegetables had 11 percent less cardiovascular disease than those who ate the least.

**4 Spare parts for your heart may come from outer space.** In 2020, NASA blasted cardiac stem cells into space for an Emory University study seeking to find out whether they would become beating heart-muscle cells faster in zero-gravity conditions. The stem cells became heart cells in just three weeks. Researchers hope to use them for heart failure repairs, a therapy that could require up to 150 million cells per treatment.

**5 A great sport for your heart? Grab a racket.** A study that tracked 80,306 adults for nine years found that tennis and badminton cut risk for fatal cardiovascular disease by 59 percent. Swimming and aerobics lowered the odds by 41 and 36 percent, respectively. Distance running was less effective; some research suggests it could have a negative impact.

### MISSION AND SOCIAL ACTION – MARCH 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.

#### **FEBRUARY**

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

#### **MARCH**

03-05 –  
03-12 –  
03-19 –  
03-26 –

**PLEASE SIGN UP TO SPONSOR OUR MISSIONARIES.**

**Loaves and Fishes Food Shelf:** In January 20 households were served - 46 adults and 14 children. 45.5 volunteer hours. Donations: 456#, Money \$2,175.00. Items needed: fresh produce, eggs, shelf milk, canned meat, laundry soap, dish soap, dog/cat food and personal items.

More volunteer workers are needed as several have gone South for the winter. Please contact Paula at Luck Lutheran Church or Pam Girtz at [girtz@gmail.com](mailto:girtz@gmail.com) if you can help out this month or in the coming months. Thank you.

### 9<sup>th</sup> ANNUAL SWEETHEART DESSERT AUCTION 02-12-23

**THANK YOU** to all the bakers, bidders, buyers, Auctioneer Adam Bever, Julie Bever, Kiera, Levi, and Avery for handling our lively and joyful Sweetheart Auction on Feb 12, 2023. What a fine selection of breads, mint brownies, pies, dessert & vegetable pizzas, coffee cakes, bars, cookies, jam, wine, quiches, packages of frozen Bluegill fish, Superbowl treat bags, and a meal for four made and prepared at the home of Donna Berg. Thirty-four savory items were sold for a total of \$1,700.00. These funds will be used for Maggie Isaacson educational scholarship fund. **Thank you everyone.**

### LUTHER POINT BIBLE CAMP – Early Registration

Luther Point Bible Camp brochures/registration forms 2023 are available or check them out online. Register early to get your preferred time frame. Your registration must be postmarked by April 1, 2023 to receive an Early Bird Discount. A day at camp receives no discount. Only one discount allowed per camper. North Valley WELCA will pay ½ of camp fee up to a maximum of \$200 per person. Any questions, please contact Myrna Anderson 715-554-7049.

### THRIVENT CHOICE DOLLARS

If you have Thrivent Choice Dollars available – please be sure to direct those funds to the organizations participating in Choice Dollars of your choice or those funds will expire March 31, 2023.