A publication of North Valley Lutheran Church

March 2020

North Valley Message

1988 220th Avenue | Centuria, WI 54824 | 715-825-3559 | nvlch@lakeland.ws | www.nvlch.org

Maggie's Musings

Dear Friends,

"It is better to wear out than rust out," said Henry F. Lyte, born in Scotland on June 1, 1793. Henry was frail physically due to asthma and tuberculosis, but strong in spirit and faith. He attended Trinity College in Dublin, Ireland, and became a pastor for the Church of England.

Henry had such a passion for the Lord. Wherever he ministered, he was greatly loved and admired by the people of his parish. For him, being a Christian wasn't just lip service, he lived it. In 1847 he wrote the words to the beloved hymn, "Abide with Me."

Abide with me; fast falls the eventide;
The darkness deepens; Lord, with me abide;
When other helpers fail and comforts flee,
Help of the helpless, oh, abide with me.

Swift to its close ebbs out life's little day;
Earth's joys grow dim, its glories pass away;
Change and decay in all around I see—
O Thou who changest not, abide with me.

I need Thy presence every passing hour;
What but Thy grace can foil the tempter's pow'r?
Who, like Thyself, my guide and stay can be?
Through cloud and sunshine, Lord, abide with me.

I fear no foe, with Thee at hand to bless;
Ills have no weight, and tears no bitterness;
Where is death's sting? Where, grave, thy victory?
I triumph still, if Thou abide with me.

Hold Thou Thy cross before my closing eyes;
Shine through the gloom and point me to the skies;
Heav'n's morning breaks, and earth's vain shadows flee;
In life, in death, O Lord, abide with me.

Henry F. Lyte, 1847

Next to the words of this text is a picture of the banner that we have in our Mission Addition above the fireplace. Those words, "Abide with Me" piqued my interest so I thought I'd do a little investigation of the hymn, and it led me to Henry Lyte. It is reported that when he wrote these words he was near death, and he had to nearly crawl to the pulpit to give his message about how to prepare for our own death by appreciating the death of Christ, in whose resurrection we can trust.

In this season of Lent, it is a good time to remember that Christ lives in us, whether we live or whether we die. Lent is a time of reflection about how we live our lives in Christ and what can draw us nearer to Jesus. We don't want to be rusty in our connection to Jesus, but be well oiled.

There should be joy in our journey with Christ, no matter what the circumstance. Remember that no matter what happens in life, Jesus abides with us. Amen!

Blessings, Pastor Maggie Isaacson

Missionaries in Japan

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	MARCH
02-02 –	03-01 – Gene & Mary Krull
02-09 –	03-08 – Gene & Mary Krull
02-16 –	03-15 –
02-23 –	03-22 –
	03-29 –

PLEASE SIGN UP TO SPONSOR OUR MISSIONARIES.

Thanks for your generosity.

7th Annual Sweetheart Dessert Auction

THANK YOU to all the bakers, bidders, buyers, Auctioneer Adam Bever, Julie Bever, Laif Bever, Kiera Bever, Maddie and Ashley Simmerman and, and others for handling our lively Sweetheart Auction on February 9, 2020. What a fine selection of breads, brownies, pies, dessert pizzas, coffee cakes, cupcakes, bars, cakes, cookies, candy, wine, cheese balls, snack mix, and egg bakes. We had one mystery box which turned out to be for a meal for two made and prepared at the home of Donna Berg. And another similar item was for a 4-course meal for 4 people prepared at the home of Sue and Matt Saarem. Forty-five savory items were sold for a total of $1,735.00. These funds will be used for scholarships for the youth going to Luther Point Bible Camp. Thank you everyone.

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, 2020.

Lent Services at Luck Lutheran

Gloomy Lent? Not this year! Several area churches will celebrate together under the theme, "O Come, Let Us Worship the Lord." Luck Lutheran has agreed to host all five gatherings on Wednesday nights at 6:30 pm. That way no one has to wonder where to go – we'll all just be in Luck!

The celebration part happens several ways. Fellowship over dinner occurs at
5 pm. Participating churches will take turns hosting the food in the kitchen and dining area at Luck Lutheran.

A second aspect of celebration includes worship with a theme hymn, a bit of dialogue, and a freewill offering. Each week everyone can take home an item from the altar – a purple cloth, a shell, a cross, a little Bible, an olive wood communion chalice, and a candle.

Last but not least, music highlights the celebration. A 45-minute concert features a different group each week:

March 4 – "Blessings Gospel Trio" out of Plymouth, Minnesota. This group is an uncle and his two nephews who sing and accompany themselves with guitars and mandolin. Some of their selections are familiar; others might be original creations and fun!

March 11 – "Glory Bound," the local group formerly known as "Glory Train." They use multiple instruments to background their gospel and bluegrass selections.

March 18 – A good old-fashioned hymn sing. Anyone present this evening can suggest a favorite hymn and we'll sing a verse or two.

March 25 – The "Good Neighbor Trio" from the Neighbors United in Christ parish located west of Amery. Jim Haugerud, Debbie Teig and Lori Peper sing along with a bit of guitar and ukulele.

April 1 – "Morning Joy," a women's trio consisting of Sue Saarem, Deb Switzer and Terry Smith. They sing lively Branson-style southern gospel accompanied by Sue's piano playing.

We'd love to have you join with us in setting aside the gloom and doom! Let's celebrate with joy and thankfulness in preparing for the supreme sacrifice of what Jesus has done for us on Good Friday and Easter.

FIRST COMMUNION INSTRUCTION

WHO: Fifth Grade Students and Parents/Grandparents

WHERE: North Valley Lutheran

WHEN: Sundays, March 22 & 29, and April 5, at 11:00am (after worship)

Pastor Maggie will lead these classes for students and parents to prepare them for their first communion on Maundy Thursday, April 9. We will meet in the basement.

Children younger than 5th grade can receive permission for first communion if the parents speak with Pastor Maggie at 715-553-1350.

Staff & Church Council

Pastor	**Maggie Isaacson**
Office Secretary	**Mary Pollock**
Accompanist	**Sue Saarem**
Parish Nurse	**Suzanne Grill**
Custodian	**Kristie Kuenkel**
President	**Don Prose**
Vice President	
Secretary	
Treasurer	**Al Arndt**
Other Council Members	**Bev Hopkins** **Gene Krull** **Jeff Kruse** **Dane Olson** **Patricia Olson** **Tom Tellijohn**
W/ELCA Reps.	**Myrna Anderson** **Donna Berg** **Suzanne Grill** **Jan Kruse**
Youth Rep.	**Hunter Cox**

From our Parish Nurse...

KNIFE & FORK

Eat Right for Healthy Bones

To keep your bones strong and healthy as you age, you need a diet rich in calcium, vitamin D and magnesium. Here's what you should know about how much of these nutrients you need, why you need them and the best ways to get them.

Calcium

Why You Need It

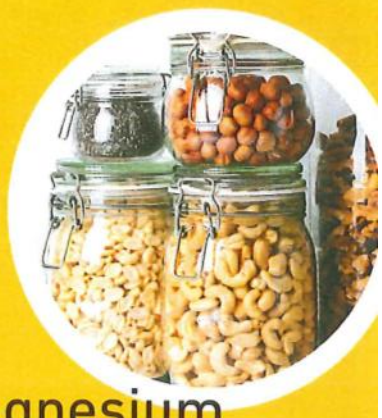
Calcium is an essential nutrient for the human body, helping to build strong bones and teeth, control blood pressure, regulate hormones and support other essential bodily functions. Calcium is stored in bones. If you don't get enough calcium from your diet, your body signals the bones to release calcium from storage. When calcium leaves the bones, bones weaken. Over time calcium loss or deficiency can contribute to osteoporosis.

How Much You Need After Age 50

1,000 mg per day for men 51-70
1,200 mg per day for women 51-70
1,200 mg per day for men and women 70+

How to Get It

Yogurt, plain, 8 oz. – 415 mg
Mozzarella cheese, 1.5 oz. – 333 mg
Sardines, canned in oil, 3 oz. – 325 mg
Cheddar cheese, 1.5 oz. – 307 mg
Milk, nonfat, 8 oz. – 299 mg
Orange juice fortified with calcium, 6 oz. – 260 mg (check labels to be sure)
Tofu, firm, ½ cup – 253 mg
Cottage cheese, 1 cup – 138 mg
Food fortified with calcium such as sandwich bread and cereal – check labels for levels



Magnesium

Why You Need It

Provides for proper absorption and regulation of calcium and vitamin D.

Magnesium is also important for many bodily functions including guarding against high blood pressure, depression and diabetes.

How Much You Need After Age 50

320 mg for per day women
420 mg per day for men

How to Get It

Black beans, cooked, 1 cup – 120 mg
Quinoa, cooked, 1 cup – 120 mg
Almonds, 1 oz. – 80 mg
Spinach, boiled, ½ cup – 78 mg
Cashews, 1 oz. – 74 mg
Dark chocolate, 1 oz. – 65 mg
Avocado, 1 whole – 60 mg
Peanut butter, 2 T – 49 mg
Brown rice, ½ cup – 42 mg
Banana, 1 medium – 32 mg
Sweet potato, 1 medium – 30 mg

Vitamin D

Why You Need It

Vitamin D helps the body absorb calcium and phosphorus and prevent osteoporosis. It also can guard against cancer, depression and muscle weakness.

How Much You Need After Age 50

800 IU (international units) per day

How to Get It

Mushrooms, wild or grown with UV light, 3.5 oz. – 2,300 IU (most mushrooms grown commercially without light contain very little vitamin D)

Herring, fresh, 3.5 oz. – 1,600 IU

Salmon, wild caught, 3.5 oz. – 1,300 IU

Salmon, farmed, 3.5 oz. – 250 IU

Tuna, canned, 3.5 oz. – 250 IU

Eggs including the yolk, pasture-raised, 2 eggs – 120 IU

Milk fortified with vitamin D, 1 cup – 115-124 IU (check labels to be sure)

Yogurt, 8 oz. – 80 IU

Eggs including the yolk, traditional, 2 eggs – 40 IU

Food fortified with vitamin D such as sandwich bread and cereal – check labels for levels

In addition to nutrients, another source of vitamin D production is sunlight absorbed through the skin, but few of us get adequate direct sunlight, especially in winter months in colder climates. **Because vitamin D can be difficult to get through your diet and sunlight alone, most people should take a vitamin D supplement of 800 IU daily.** In some instances your doctor may prescribe a higher level of vitamin D, but talk to your doctor before you take a dose higher than 800 IU per day because it may interact negatively with some medications or have other adverse reactions for some people.

Sources: American Bone Health, Cleveland Clinic, Healthline, Medline, National Institutes of Health, USDA, WebMD

ORANGE BANANA YOGURT SMOOTHIE

Start your morning off with this smoothie for a great head start to your day. Each serving includes about 250 mg of calcium and 20 mg of magnesium. Scramble up a couple eggs on the side for some vitamin D and your bones will thank you!

INGREDIENTS

- 1 large banana, fresh or frozen, peeled and sliced
- 1 cup orange juice fortified with calcium
- ½ cup yogurt
- Handful of ice cubes

For variation, try adding 1 tablespoon honey, ¼ cup strawberries, or ¼ cup fresh or frozen fruit of your choice.

PREPARATION

Combine all ingredients in a blender and blend until smooth. Makes two servings.

Let's Celebrate . . .

Baptismal Anniversaries

Mar 3 Belva Moline
Mar 5 Holden Erickson
Mar 7 Ted Ditlefsen
Mar 11 Eric Buss
Mar 12 Carleen Matosky
Mar 13 Mitchell Stage
Mar 18 Jake Wagner
Mar 19 Justin Peper
Mar 20 Delores Anderson
Grant Kuenkel
Mar 28 Craig Cox
Mar 29 Kaden Draves
Mar 31 Tim Erickson
Vickie Erickson

Wedding Anniversary

Mar 20, 2010 Bruce & Chyleen Johnson

Birthdays

Mar 1 Kiera Bever
Aubree Muzquiz
Mary Pollock
Mar 2 Curtiss Lunde
Mar 3 Vickie Erickson
Justin Peper
Mar 4 Carleen Matosky
Mar 8 Samantha Olson
Mar 9 Brett Kuenkel
Kale Tober
Mar 11 Kristie Wagner
Klara Woltz
Mar 13 Cari Mayo
Mar 14 Dana Tellijohn
Mar 16 Carter Collins
Craig Cox
Mar 17 Mark Palmquist
Mar 18 Randall Krueger
Mar 19 Axyl Fisk
Mar 20 Abby Palmquist
Mar 21 Kim Tunheim
Mar 23 Vivian Stoller
Mar 25 Micheal Hill
Glenda Krueger
Pearl Melin
Gwen Morrissette
Mar 27 Jerry Schroeder
Mar 28 Katie Hallgren
Sianah Morales
Mar 30 Adam Bever
Kaylee Olson

Prayer Chain

Donna Berg	715-825-2312
Myrna Anderson	715-825-2585
Carol Bengtson	715-646-2003
Jim & Gwen Morrissette	715-825-2318
Anita Johnson	715-554-3785
Mary Krull	715-554-3231

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.

We have been praying for ...

Lois Baldwin, Cameron Collins, Chyleen Johnson, Al Lunde, Amelia McKinney, Maria Morales, Teresa Studie, Dana Tellijohn, Jim Dishon (Suzanne Grill's son), Mark Hotzler (Mary Krull's son), Sharon Johnson (Anita Johnson's mother), Matt Kludt (Kristie Wagner's nephew), Joan Ouellette (Anita Johnson's aunt), Abby Palmquist, Charlotte Rossow (Dan Johnson's partner), Michael Trumble (Krueger's grandson)

Military: Tyler Brooks (Marine Corps), Austin Ostby (Paul & Kris Brooks's son-in-law), Arron Burns (Anna Hinde's cousin)

Send words of encouragement:
Sgt. Tyler Brooks
1846 Darby Dr E5
Florence AL 35630

SPC Burns, Arron
TF Javelin
Unit #61378
APO AE 09877-1378

Nursing Home/Assisted Living/Homebound:
Home — Teddy Ditlefsen
United Pioneer Home — Frank Simon

Luther Point Bible Camp—Early Registration

Luther Point Bible Camp brochures/registration forms 2020 are available or check them out online. Register early to get your preferred time frame. Your registration must be postmarked by May 1, 2020 to receive an Early Bird Discount. A day at camp receive no discounts. 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 825-2585.

LUTHER POINT BIBLE CAMP

March 2020

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30am Worship with Holy Communion **Blood Pressure checks after worship**	2 11:30am Northwoods Homeless Shelter Board Meeting	3 *Pastor Maggie's Sabbath* 7pm Good Life Group at E Conf. Rm. Govt. Ctr.	4 9am Worship Committee Lenten Service at Luck Lutheran 5pm Dinner 6:30pm Service	5	6	7
	Pastor Maggie is on vacation March 2-9. In a pastoral emergency, contact: Pastor Greg Ofsdahl 715-419-0010					
8 9:30am Worship with Holy Communion Pastor Chuck Arndt will be here Daylight Saving Time begins Pastor Maggie on vacation.	9	10 *Pastor Maggie's Sabbath* 7pm Council	11 1pm Worship at Comforts of Home, SCF Lenten Service at Luck Lutheran 5pm Dinner 6:30pm Service	12 *Pastors Conference Meeting* 2pm Jail Ministry	13	14 11am Emily Stelling's Ordination at St. Paul Reformation Lutheran, St. Paul MN
15 9:30am Worship with Holy Communion	16	17 *Pastor Maggie's Sabbath*	18 Lenten Service at Luck Lutheran 5pm Dinner 6:30pm Service	19 2pm Jail Ministry 6:30pm Chronic Illness/Pain Group	20	21
22 9:30am Worship with Holy Communion 11am First Communion Class **APRIL NEWSLETTER DEADLINE**	23	24 *Pastor Maggie's Sabbath*	25 1pm Worship at Comforts of Home, SCF Lenten Service at Luck Lutheran 5pm Dinner 6:30pm Service	26 2pm Jail Ministry	27	28
29 9:30am Worship with Holy Communion 11am First Communion Class	30	31 *Pastor Maggie's Sabbath*	1 Lenten Service at Luck Lutheran 5pm Dinner 6:30pm Service	2 2pm Jail Ministry	3	4

Reach out to all people in the name of Christ!

North Valley Lutheran Church

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Worship Schedule

9:30am Sunday Worship with Holy Communion

Wednesday Lent Services at Luck Lutheran

5:00pm Dinner
6:30pm Worship & Music

Staff

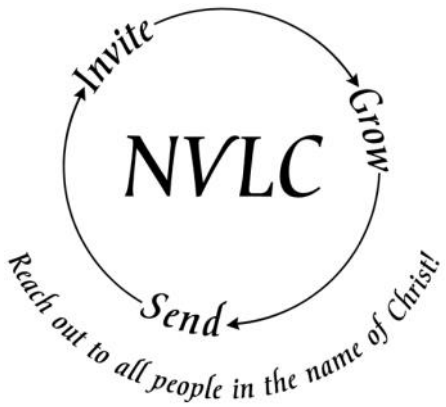
Pastor Home Phone: 715-472-2838
Cell Phone: 715-553-1350
Home Email: snickerdoodle@lakeland.ws
Church Email: nvlch@lakeland.ws

Secretary 8:30am-4:30pm Mondays
8:30am-11:30am Thursdays

Please notify the church office if you have a new address or phone number.

Newsletter articles are due the 3rd Sunday of each month.
Bulletin announcements are due Thursdays before 9:00am.

Visit our website at www.nvlch.org



Ministry Assistants

If you are not able to usher, please contact Head Usher, Bob Ditsch at 715-825-3729

Altar Guild ..... Bev Hopkins