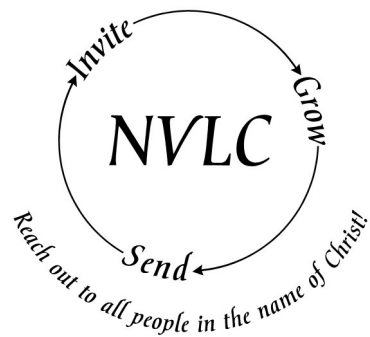


North Valley Lutheran Church
Member of First Faith Valley Lutheran Parish

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



Worship Schedule

8:00am Worship All Sundays in June 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 Ministry Corner

July, 2026

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

"A Light to my Path"

July's theme **"A Light to my Path"** is to remind us that as we are on our Faith and Life Journey, God is our **light** for this journey.

This month's theme comes from Psalm 119:105 **"Your word is a lamp to my feet and a light to my path."** In Exodus when God lead the Israelites out of Egypt the land of bondage "the Lord went before them by day as a pillar of a cloud, to lead the way; and by night in a pillar of fire, to give them light: to go by day and night." In John 8:12 Jesus said **"I am the Light of the world"**. God is light and as believers in Christ and his finished work of the cross we are called to be salt and light to the world. Jesus said in Matthew 5:13-16 ¹³ *"You are the salt of the earth, but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything but is thrown out and trampled underfoot."*

¹⁴ *"You are the light of the world. A city built on a hill cannot be hid. ¹⁵ People do not light a lamp and put it under the bushel basket; rather, they put it on the lampstand, and it gives light to all in the house. ¹⁶ In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven. NRSV*

As we continue our **Mission and Journey** as Congregations and a members the First Faith Valley Lutheran Parish to call a new Pastor, with the help of Pastors Peter, Neal and Tamra we each need the **Light** of the **Christ** to show us the way **Stewards** of what God has given us (time, talents, and/or money) in our own lives and relationships as well as the life and relationship of our Congregation and Parish. We need to ask ourselves, Am I/are we walking daily as **"Children of Light"**? Paul tells us [in Ephesians 5:8-9](#) ⁸ *for once you were darkness, but now in the Lord you are light. Walk as children of light, ⁹ for the fruit of the light^[c] is found in all that is good and right and true. NRSV* What **am** I being shown by God's light, the Holy Sprit to do as part of this **Mission and Journey** and beyond? We are **ALL** to work together in **MISSION** telling the World about God's Love and showing his Light towards all people through his son Jesus.

The color for the 20 weeks of the season of Pentecost is green for growth. The book of Acts shows us how our **MISSION** started when Jesus gave us the great **COMMISSION** before ascending to the Father in Acts 1:8 *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.* Jesus is telling us that our **MISSION/WITNESS** starts at home and then grows out from there. So, we need to ask ourselves, **how am I growing in MISSION during this time and am I being a good Steward of all that God has provided me?** We are growing because we now have Teams/Committees that are making use of our individual talents/gifts to do things were done for us. We all are finding out we can do these things and are growing in **MISSION** and **Stewardship** as we do them it is **"God's Work, Our Hands"**.

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**.

Worship Times change for July- August-September

8am First, 9:30am North Valley and 11am Faith

Parish Council Meeting

Thursday July 23, 2026, 6:15pm North Valley, Centuria

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, Pres. FFVLP

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.	

Pentecost May 24th “A New Creation”

This is our theme for this month is “Celebrate God’s Creation”. When we hear the word creation, we as Christians immediately think of the Creation story in the Bible in the book of Genesis chapters 1 and 2. Genesis 1:1^{NRSV} reads “*In the beginning when God created the heavens and the earth*”. From there we read that on the first day God by his speaking created Light and the divided into Day and Night. On the second day God by his speaking created the Sky. On the third day God by his speaking created the Earth and Seas and the plants. On the fourth day God by his speaking created the sun, moon and the stars to tell the seasons, the days and the years. On the fifth day God by his speaking created the fish of the sea and the birds of the air. On the sixth day God by his speaking created the other animals of the earth and in Genesis 1:26a and 27 we read **26a**“*Then God said, ‘Let us make man in our image, according to our likeness; 27‘So God created man in his own image, in the image of God he created them; male and female he created them.’*” And on the seventh day God by his blessing and sanctifying it created the Sabbath day or the day of Rest.

When we think of the Creation story we think of our physical environment, the world around us. We forget most of the time that the **Greatest** Creation is God’s relationship with **us** and our relationship with Him and **one another**. When he created Adam and talked with him, God seen that Adam did not find a suitable helper (relationship) from among the animals of creation. So, we know that God made Eve from one Adam’s ribs and brought her to him and as we read in Genesis 2:23-24 ²³*Then the man said, “This at last is bone of my bones and flesh of my flesh; this one shall be called Woman, for out of Man this one was taken.’*
²⁴*Therefore a man leaves his father and his mother and clings to his wife, and they become one flesh.* This was the beginning of human relationships. We know that God continued to talk to Adam and Eve daily until they broke (sinned) the only Commandment that God had, not to eat of the fruit of the tree in the middle of the garden. When they did eat it broke their relationship with God and brought the curse of death, but also broke their relationship with each other (the blame game). But as we know God through the ages has always had his hand out to restore that broken relationship. And that restoration is his son Jesus through his death and resurrection. And forty days later during the Feast of Pentecost he sent the Holy Spirit the disciples to be their help and guide on their journey as well as ours. Just as God seeks to restore his relationship with each of us, we need to work on building up and strengthening our current relationship with God and one another as well as rebuilding our broken relationships with others.

[As Congregations and the First Faith Valley Lutheran Parish we continue to watch and pray to Call a new Pastor. This is a new Creation moment for us so we need to be seeking the guidance of the Holy Spirit through Prayer and contemplation.](#)

[During the 24 weeks of the season of Pentecost we started with the color Red \(Sunday May 24th\) for the fiery tongues of that first Pentecost](#) and then the color is Green for **Growing**. This will be a time of growing **New** relationships and **Rebuilding** old ones. As we continue to work together as Congregations and a Parish with Pastors Peter, Neal and Tamra looking to Call a new Pastor, we are building **New** relationships with our fellow workers for God’s Kingdom as well as **Refreshing** our current relationships with each other.

Worship Time May and June.

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

In remembering and contemplating our own **humanity** it is “**God’s Work-Our Hands**” to bring and tell of the **Hope** and **Light** in Jesus Christ showing while “**Words Matter-Actions Matter More**”.

Yours in Our Eternal **Light** and **Hope**, Jesus Christ,
 Steve Jensen

June 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Office hrs 9-4	2	3 9:30 Quilting 1:00pm Choir Practice	4	5 WELCA serves Birthday treats at Pioneer Home in Luck	6
7 8:00 North Valley 9:30 Faith 11:00 First Pastor Neal Communion	8 Office hrs 9-4	9	10 9:30 Worship Committee Meeting 9:30 Quilting 1:30 Parish Choir Singing at The Lodge in Taylors Falls	11	12	13
14 8:00 North Valley 9:30 Faith 11:00 First Pastor Peter 9:30 Council Meeting	15 Office hrs 9-4	16	17 9:30 Quilting 1:00pm Choir Practice	18	19	20
21 8:00 North Valley 9:30 Faith 11:00 First Pastor Neal Father’s Day 2:00 Service at the Pioneer Home in Luck Julie Dunn leading	22 Office hrs 9-4 Newsletter Deadline	23	24 9:30 Quilting 1:00pm Choir Practice	25 11:30 WELCA Salad Luncheon With sister church Grace Lutheran	26	27
28 9:30 Faith Combined Service Pastor Peter	29 Office hrs 9-4	30				

JUNE Birthdays

Kuenkel, Wyatt	06/05/1999
Goulet, Dan	06/06/1945
Frank, Bennett	06/08/2020
Nelson, Joey	06/11/1947
Fletcher, Anne	06/11/1967
Hallgren-Draves, Piper	06/16/2016
McIntyre, Belle	06/16/2009
Cox, Noah	06/17/2008
Lundquist, Mary	06/17/1936
Sloper, Lori	06/20/1960
Peper, Greg	06/20/1964
Simmerman, Madison	06/21/2004
Gronquist, Joseph	06/22/1988
Livingston, Josephine	06/23/2019
Blomgren, Elverna	06/25/1930
Kruse, Jeff	06/25/1964
Rue, Dale	06/25/1956

JUNE Baptisms

Jason Lunde	06/11/1995
Don Prose	06/11/1950
De Olson	06/12/1988
Jan Kruse	06/14/1944
Krystal Livingston	06/19/1994
Lila Gronquist	06/20/2020
Todd Wagner	06/23/1974
Ben Cox	06/26/1977
Hunter Cox	06/26/2005



**Thursday June 25 at 11:30am
North Valley Lutheran Church
1988 220 Ave., Centuria WI**

The North Valley Lutheran Church Women cordially invite the women of Grace Lutheran Church of West Sweden to our sister church event on Thursday, June 25, 2026 at 11:30am for a salad luncheon. Looking forward to spending time together.

Stay after lunch for fun and games!!



Please respond with total number attending to Myrna Anderson at 715-554-7049 by June 18th. Thank you.

HAPPY
Father's
DAY

June 21 2026

Fathers, come to church on June 21st and get your treat!!

June Blessings

*New Day
New Month
New Mercies
New Love
New Favor
New Joys*

May God's abundant blessings be with you and your household

f OSAM concept *Glory to God!*

JUNE Anniversaries

06/21/1986 Greg & Karen Peper



Dan and I would like to thank you for your condolences and kind gift of money. Losing a child has been the hardest thing we'll probably ever have to experience., and we are grateful for your prayers and support as we start our healing process. We appreciate your thoughtfulness more than we can say.
~Dan and Laurene Edge



Donna Berg	715-553-2038
Myrna Anderson	715-554-7049
Gwen Morrissette	715-781-3047
Anita Johnson	715-554-3785
Suzanne Grill	612-598-8197
Bette Tooley	701-436-6010
Joey Nelson	715 553-0262

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

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.



This is our resident Killdeer bird nesting in the parking lot on the west side of the church. Please watch for the white flag area and avoid driving in that area until our little friend hatches it's eggs and moves on.



MISSION AND SOCIAL ACTION – JUNE 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.

MAY

- 05-03 – Lyle & Bev Hopkins
- 05-10 – Lyle & Bev Hopkins
- 05-17 – Lyle & Bev Hopkins
- 05-22 – Lyle & Bev Hopkins
- 05-31 – Lyle & Bev Hopkins

JUNE

- 06-07 – Gwen Morrisette
- 06-14 – Gwen Morrisette
- 06-21 – Gwen Morrisette
- 06-28 – Gwen Morrisette

“Is coffee good or bad for you? It seems like every week, there’s different advice.”

Dr. Adam: Opinions on the health benefits of coffee—or lack thereof—have swung back and forth. But today, the overwhelming evidence shows that it has many advantages.

One benefit for older adults trying to lose weight is that the caffeine in coffee speeds up metabolism, which helps burn calories and suppress appetite. But there’s a caveat: While an 8-ounce cup of black coffee has hardly any calories, some specialty coffee drinks with heavy creams and sugary additives can have as many as 600 calories. This kind of coffee has few, if any, health perks, especially if you’re watching your weight or cholesterol levels.

Coffee—both caffeinated and decaf—also seems to improve some kinds of brain activity. One brain-imaging study found that coffee enhanced connectivity in the memory and decision-making areas. In moderation, coffee can also have an anti-inflammatory effect on the body’s organs, including the brain, which may lead to a lower risk of Alzheimer’s disease and other types of dementia.

How much coffee you can drink depends on your body chemistry. The average healthy adult can safely drink up to four 8-ounce cups, or 400 milligrams, of caffeine a day, according to U.S. Food and Drug Administration guidelines. Keep in mind, though, that some people are more sensitive to caffeine’s effects, especially as they age.

If you drink more coffee than your body can tolerate, you may experience an increased heart rate, palpitations, higher blood pressure or heightened anxiety. You may also have trouble falling asleep.

Another reason to watch your coffee intake is having a sensitive tummy. Caffeine stimulates gastric acid and can irritate the stomach’s lining.

Starting your day with a cup of coffee can be a healthy and energizing choice. Just pay attention to how much you’re drinking and what you’re adding to it.

LOAVES AND FISHES FOOD SHELF: In April, 45 households were served – 79 adults and 24 children. Four new families. Total People: 103. 56 volunteer hours. Donations: Money \$1,504. Weight of food coming in 3,056#, (Includes TEFAP, purchased food donations), Weight of food going out 2,012#.

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: corn, pasta sauce, peanut butter, cake mix, brownie mix, muffins.

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 for June – Salvation Army Backpack Bash

Sister Church Event with Grace Lutheran of West Sweden.

NVLC WELCA will be hosting a salad luncheon for our sister church, Grace Lutheran of West Sweden, on Thursday, June 25, 2026 at 11:30 am. We will be meeting after church on June 7 to do more planning for the event. Plan to attend, and bring thoughts and ideas

Thank you to the NV church members for your kindness, and donation for our daughter Oaklynn Olson. She is on the road to recovery, and we are deeply grateful for your prayers and support during this time. Thank you

Dane and Sam Olson

JUNE CHURCH SCHEDULE

North Valley 8:00am

Faith 9:30am

First 11:00am