

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 November 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.

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.	



“Listen God is Calling” The theme for November

“Listen God is Calling” as the Common Lectionary we are using is to remind us of how He Called the people of old to His Work. We are on this Faith and Life Journey He is with us at all times.

Remembering that the First Sunday of November we remember those who answered God’s Call and have gone before us to become part of the “Great Cloud of Witnesses” that is the Heavenly Host.

As we are on this journey as Congregations and a Parish to Call a new Pastor, we each need to listen to the Lord as to what are our gifts of the Spirit and the Fruits of the Spirit in the Life of our Congregations and Parish. The following scriptures remind us of those.

Spiritual Gifts - 1 Corinthians 12:4-11 NRSV
⁴ Now there are varieties of gifts, but the same Spirit; ⁵ and there are varieties of services, but the same Lord; ⁶ and there are varieties of activities, but it is the same God who activates all of them in everyone. ⁷ To each is given the manifestation of the Spirit for the common good. ⁸ To one is given through the Spirit the utterance of wisdom, and to another the utterance of knowledge according to the same Spirit, ⁹ to another faith by the same Spirit, to another gifts of healing by the one Spirit, ¹⁰ to another the working of miracles, to another prophecy, to another the discernment of spirits, to another various kinds of tongues, to another the interpretation of tongues. ¹¹ All these are activated by one and the same Spirit, who allots to each one individually just as the Spirit chooses.

The Fruit of the Spirit - Galatians 5:22-26 NRSV

²² By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, ²³ gentleness, and self-control. There is no law against such things. ²⁴ And those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵ If we live by the Spirit, let us also be guided by the Spirit. ²⁶ Let us not become conceited, competing against one another, envying one another.

We need to ask ourselves; **What am I being CALLED to DO as part of this Journey and beyond?** As Paul states in 1 Corinthi-ans chapter 12 we are **ALL** to work together in telling the World about God’s Love towards **ALL** people through his son Jesus not just the pastor.

Listen for that “Still Small Voice” of God. It is not in the rushing wind or an earthquake or even the fire. See1 Kings 19:12*NRSV*

The Altar Paraments color is still Green for **Growing**.

Sunday November 2nd is All Saint Sunday the Altar Paraments are White as we remember those who have gone before us to his Eternal Kingdom.

But the Season of **Advent** fast approaches (Sunday November 30th) the Altar Paraments change from Green (Pentecost) to Blue as we prepare to celebrate Jesus’s first coming as a baby born in a cold, drafty, smelly stable and laid in a manger (we do not have it so bad, do we?). As we continue to work together as Congregations and as Parish with looking to **Build/Grow New** relationships with our fellow workers for God’s Kingdom as well as **Refreshing** our current relationships with each oth-er.

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

First Faith Valley Lutheran Parish Council Meeting Minutes

Wednesday, October 22, 2025 6:00 pm

North Valley, Centuria, WI

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

Voting Members Present: Steve Jensen (First), April Smith (First), Joey Nelson (NV), Kristie Wagner-Pax (NV), Tracy Hendrickson (Faith), Cathy Albrecht (Faith)

Absent: Liz Williamson (Parish Bookkeeper)

Others Present: Chuck Svoboda (First), Don Prose (NV)

Introductions/Devotion/Call to Order - Parish Council President Steve Jensen

Secretary’s Report – Tracy Hendrickson - Minutes of 07-23-2025 motion to approve Steve; second Kristie; approved.

Bookkeeper’s Report – Liz Williamson

- Discussion: reminder that each church was refunded \$5000; the parish owes Faith \$1200 due to an auto payment error and Liz is working with Laurene to fix it; what to do with the interest we are earning?
- Motion to approve bookkeeper’s report Chuck; second Kristie; approved
- Motion to keep the earned interest in the Edward Jones fund; second April; approved

Budget

- Reviewed the 2026 budget prepared by Liz; Tracy will ask Laurene about whether the parsonage expenses have been updated; the parish is operating within the 2025 budget; Cathy suggested we leave the 2026 budget final line the same as 2025 rather than 'tightening our belt' since it's not necessary, meaning we would prefer to operate under budget.
- Motion to set the 2026 budget final line the same as the 2025 budget final line Cathy; second Kristie; approved
- Each Congregation still needs to budget \$4,000 a month for the 2026 Fiscal Year even if we continue with the \$1500 a month parish payment

Update on Parish Ministry Site Profile (MSP)

- In September, Tracy & Cathy visited Pastor Randy at the Synod office in Chetek to discuss merging the 3 Ministry Site Profiles into 1 Parish MSP. Pastor Randy answered questions and agreed it was a good idea. Tracy combined the 3 MSPs into a draft version shared with the parish council. Each congregation will have 2 members serve on a committee to finalize the draft. Steve will fill in the blanks regarding parish funds/budget. Tracy will lead this committee.
- This conversation led to a discussion regarding a shared Parish website for continuity. The MSP committee will also discuss a potential process for creating a parish website.

Ministry Report

- Pastor Peter will continue as Bridge Pastor in the rotation. Contract renewal/extension 01/31/2026
- Pastor Neal will continue as a Supply Pastor for the foreseeable future
- Pastor Tamra will continue as our Visitation Pastor filling in as her schedule permits. Please let Pr Tamra know about persons in need of visits. Faith and NV rarely ask for visits.
- Pastor Maggie is fully retiring August 1, 2026. Going forward, if someone requests her services, they must first call Steve, and he will ask her. If someone calls her directly, she will refer them to Steve Jensen.

Parish Council Vacancies

Tracy and Steve both have served 2 terms and are not eligible for reappointment/re-election. Everyone else has rotated as voting or alternates. Voting members are bound by the 2-year 2-term limit. We have the option of following the guidelines and replacing Steve & Tracy. Another option is for Steve to serve as a parish administrator instead of on the parish council and continue a form of his leadership role. A third option is to amend the rule at the Parish annual meeting in January if Steve and Tracy are both willing to continue serving on the Parish council. We will discuss this at the annual meeting.

November 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 All Saints Sunday 8:00 First 9:30 North Valley 11:00 Faith Pastor Neal Communion 9:30 Sunday School	3 Office hrs 9-4	4	5 9am Quilting 9:30 Worship Committee Meeting 1pm Choir Practice	6	7	8
9 8:00 First 9:30 North Valley 11:00 Faith Pastor Peter 9:30 Sunday School 11:00 Council Meeting	10 Office hrs 9-4	11	12 9am Quilting 1pm Choir Practice	13	14	15 BAKE and CRAFT SALE 9A-2P
16 8:00 First 9:30 North Valley 11:00 Faith Pastor Neal Communion 9:30 Sunday School	17 Office hrs 9-4 Newsletter Deadline	18	19 9am Quilting 1pm Choir Practice	20	21	22
23 8:00 First 9:30 North Valley 11:00 Faith Pastor Peter 9:30 Sunday School ----- 30 9:30 North Valley Combined Worship Pastor Neal 1st Sunday of Advent 9:30 Sunday School	24 Office hrs 9-4	25	26 9am Quilting 1pm Choir Practice	27 	28 Decorate for Christmas	29



Olson, Oaklynn	11/04/2017
Morales, Isaiah	11/05/2009
Kletschka, Kyle	11/06/1993
Wagner, Amanda	11/10/1984
Kletschka, Brexlie	11/11/2015
Baerg, Eli	11/13/1998
Wagner, Hannah	11/18/1997
Chappelear, Cheri	11/21/1952
Peper, Karen	11/24/1964
Olien, Brady	11/26/2002
Erickson, Tim	11/27/1973



11/06/1965	Lyle & Bev Hopkins
11/08/2014	Nate & Randi Fisk
11/12/1965	Randall & Glenda Krueger



Doug Bengtson	11/03/1996
Sadie Bengtson	11/03/1996
Brady Heilig	11/03/2013
Corbin Kruse	11/06/2016
Myrna Anderson	11/06/1955
Wyatt Kuenkel	11/07/1999
Henry Christensen	11/09/2019
Scarlett Christensen	11/09/2019
Kyler Woltz	11/13/2011
Austin Erickson	11/14/1999
Caleb Larson	11/15/2009
Isaiah Morales	11/15/2009
Suzanne Grill	11/17/1946
Lyle Hopkins	11/18/1946
Brexlie Kletschka	11/22/2015

Faith Education/Formation

- North and First have Sunday Schools this year.
- First and NV each have one student in Confirmation, which we are doing in partnerships with Luck Lutheran led by Pr Mary Ann and Intern Dana Paulsen. Pastor Mary Ann is asking for \$200 from the Parish payable to Agate Housing to cover the cost of our students attending their main field Trip/Service Project on Wednesday, October 29.
- Motion to donate \$200 to Agate House Kristie; second April; approved.
- Last year the Parish gave Luck Lutheran \$75 X 20 hours = \$1500 to offset costs of Confirmation and help pay for the Pastor Paul Oman Lenten series.
- Motion to give Luck Lutheran \$1500 Cathy; second April; approved

Christmas Worship

- Christmas Eve 4:00 pm at First; 5:30 pm at North Valley; 7:00 pm at Faith all led by Julie Dunn.
- No service on Christmas Day Dec 25

Lenten Worship- February 18 Ash Wednesday; April 2 Maundy Thursday; April 3 Good Friday

- Luck Lutheran has invited us to join them again this year for Wednesday evening Lenten services. Pr Mary Ann and Intern Dana Paulsen are working on the Wednesday evening Lenten plan.
- Motion to join Luck for regular Lenten services in 2026 Cathy; second Joey; approved.
- Steve will ask Pr Tamra about leading on Ash Wednesday & Maundy Thursday and times of services
- Ash Wednesday will be at North Valley; Maundy Thursday will be at Faith (we randomly drew out of a basket to decide which 2 of the 3 congregations would host)

Parish Calendar

- Worship January/February/March, 2026: Faith 8am, First 9:30am; NV 11am
- 2026 Annual Meeting January 25, 2026 following Parish Worship at First
- Parish Council organizational meeting Wednesday, February 4, 2026 6:00 pm at First

Adjournment – Motion to adjourn April; second Don; approved.

The Lord’s Prayer

Respectfully submitted by Tracy Hendrickson, Parish Council Secretary

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



**Homemade
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



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.

CONFIRMATION

November 2025 Confirmation Service Project

Our Confirmation youth are studying housing and food insecurity. As part of our local awareness of these issues, our youth are gathering donations for Northwoods Homeless Shelters of Polk County. We are asking our congregation to join us as we look for ways to help our neighbors.

- You can make a monetary offering: make checks payable to Northwoods Homeless Shelters
- You can choose items from the list below

Bring your donations to church by Wednesday, November 12. You can find a drop-off bin in the entryway of our church. Ginny Ormsby, director of Northwoods Homeless Shelters, will be our guest presenter at Confirmation that night. We will send our offerings with her that evening. If you have any questions, please talk to Pastor Mary Ann.

Thank you so much for your help!

Needed items:

- diapers size 5, dish soap, disinfectant wipes, women’s disposable razors,**
- sponge mops w/mop buckets, paper towels, sponges, Kleenex, all-purpose cleaner**



On Sunday October 12, Greg Dunn, Julie Dunn, and Bruce Nelson were all recognized as new members to North Valley Lutheran Church.

Welcome!



MISSION AND SOCIAL ACTION – NOVEMBER 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.

OCTOBER

- 10-05 – Paul & Suzanne Grill
- 10-12 – Paul & Suzanne Grill
- 10-19 – Paul & Suzanne Grill
- 10-26 – Paul & Suzanne Grill

NOVEMBER

- 11-02 – Greg & Julie Dunn
- 11-09 – Greg & Julie Dunn
- 11-16 – Greg & Julie Dunn
- 11-23 – Greg & Julie Dunn
- 11-30 – Greg & Julie Dunn

LOAVES AND FISHES FOOD SHELF: In September, 45 households were served – 75 Adults, 19 Children. Fifty-six volunteer hours. Donations: Money \$573.00. Weight of food coming in 2,473#, (Includes TEFAP, purchased food donations), Weight of food going out 2,435#.

Items needed: cheese, canned meat, hamburger, sugar, and tomatoes.

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

Quarter Bowl offerings for November & December; Good Samaritan - Christmas Giving Tree.

Drive-Thru Meatball Dinner - THANK YOU.

Thank you to ALL who assisted with our annual Drive-Thru Meatball Dinner on Sunday, October 5, 2025. Many hours/days of planning and preparing - but with your help it was a success! And thank you to the approximately 190 people who were able to enjoy the delicious meal. We are thankful for each of you.

OUR FINANCIAL REPORT SEPTEMBER 2025	
BEGINNING BALANCE:	24,106.62
CREDITS	5,293.75
DEBITS:	4,691.91
ENDING BALANCE:	24,708.46
To provide a broader picture of church finances, we are now reporting monthly beginning and ending balances.	

Raw or roasted?

You may have heard it’s better to eat raw nuts and seeds. But there’s not a big advantage, healthwise, so choose what you enjoy. “It’s more important that someone is consuming nuts and seeds at all,” says dietitian Cording.

Dry-roasted nuts, which are roasted without any oil, have a nutrient profile similar to raw ones. You can dry-roast nuts at home to enhance their flavor and texture; most do well baked at about 300°F until fragrant, about 10 to 25 minutes. (Different nuts cook at different rates.) There’s one caveat, though: “Do not overcook them, as that can reduce their antioxidant potential,” says Jones.

Whether you’re buying whole nuts or nut butters, the same rules apply. “Look for products with as few ingredients as possible—ideally just the nuts or seeds,” Cording says. If you see oils (such as palm oil), preservatives or added sugar, keep looking.

What if You’re Allergic to Tree Nuts?

An estimated 3.9 million Americans are allergic to tree nuts, including almonds, Brazil nuts, cashews, pecans, hazelnuts, pistachios and walnuts. That doesn’t mean they can’t enjoy similar health benefits by eating seeds, Jones says, adding, “Roasted pumpkin seeds and hemp seeds are excellent additions to oatmeal, salads and side dishes, while flax and chia seeds are great blended into smoothies as well as oatmeal and baked goods.”

HELP DECORATE THE CHURCH FOR CHRISTMAS
FRIDAY, NOVEMBER 28TH AT 9:00AM.

FIRST SUNDAY OF ADVENT IS
NOVEMBER 30TH

NEW WORSHIP SCHEDULE

OCTOBER thru
DECEMBER

8:00AM First in Cushing
9:30am North Valley
11:00am Faith in Balsam Lake

THE SUNDAY SCHOOL CLASS HAS BEEN BUSY!

SUNDAY SCHOOL
9:30 every Sunday!
Please spread the word!!
Everyone welcome...

Daniel and the Lion’s Den



TRUNK
OR
TREAT





7 Nuts and Seeds That Can Give Your Brain a Boost

Adding these to your diet may help improve your mood, sharpen your cognition and fend off the diseases of aging

By
Kelsey Ogletree,

Updated August 18, 2025 AARP Published February 12, 2025

Nuts are packed with healthy fats and antioxidants that can help protect the brain.

There may be no such thing as a “perfect” food, but nuts and seeds come close. These nutritional nuggets contain omega-3 fatty acids and other unsaturated fats to help reduce inflammation and [promote heart health](#), says registered dietitian Jessica Cording. With 3 to 7 grams of protein per ounce, nuts and seeds help fuel muscle maintenance and repair. They also keep you feeling full, helping with weight management.

But these morsels also have an unsung superpower: They help protect your brain. In part that’s due to their mix of healthy fats and antioxidants. But it’s also a function of their fiber content. “Eating enough fiber from food helps maintain a more balanced microbiome, which supports overall physical and mental well-being,” says Uma Naidoo, M.D., a nutritional psychiatrist and author of *This Is Your Brain on Food*. Because nuts are high in calories, keep your snacking to about 1 ounce (¼ cup) of nuts per day; that’s about 23 almonds or 14 walnut halves.

Here are some top choices for nuts and seeds to keep your brain sharp.

- 1. Chia seeds and flaxseeds** are very rich in [omega-3 fatty acids](#) in the form of ALA, or alpha-linolenic acid, which research suggests supports brain health. Use ground flaxseed to maximize your body’s ability to digest it.
- 2. Walnuts** might be shaped like little brains for a reason: They provide higher amounts of ALA than any other nut. Emerging research also links regular intake of walnuts with a lower prevalence of depressive symptoms and improved mood, says registered sports dietitian Kelly Jones. Like other nuts and seeds, they’re also rich in protein and fiber.
- 3. Pistachios** have a positive effect on the brain’s ability to generate brain waves, including gamma waves, which are critical for cognition and memory, researchers at Loma Linda University have found. Among the nuts they tested, pistachios had the greatest effect on gamma waves.
- 4. Almonds** are by far the most potent source of vitamin E among all the nuts. Low intake of vitamin E has been linked to an increase in dementia risk.
- 5. Brazil nuts** are a great source of selenium, an antioxidant that has been associated with improved brain health, says Cording. Just one a day will more than cover your daily need of 55 mcg.
- 6. Pine nuts** are rich in a rare and specific fat called pinolenic acid, which has been shown to reduce inflammation levels.
- 7. Pecans** are tree nuts that pack a nutritional punch; they [may boost processing speed, memory, learning](#) and attention, according to a 2025 study published in *Nutritional Neuroscience*.