

Faith Lutheran - North New Hope Lutheran
PO Box 6, Rosholt WI 54473 *715-677-4631
ELECTRONIC SERVICE REQUESTED

NONPROFIT ORGANIZATION
U.S. POSTAGE PAID
ROSHOLT WI
PERMIT NO.2



JANUARY 2024 NEWSLETTER
Dated Material—Do Not Delay

FAITH LUTHERAN

Worship & Sunday School—8:45 am

Fellowship: 9:45 am

NORTH NEW HOPE

Sunday School—9:45 am

Worship: 10:45 am

Holy Communion is celebrated the first and third
Sunday of every month.

Pastor Michael Peuse

OFFICE HOURS: Tuesday-Friday 11am-3pm

Church email: faithnhope@wi-net.com

Church Website: www.faithandnewhope.com

AUTOMATIC/DIGITAL OFFERING

Go to the church website faithandnewhope.com ,
select the “support” tab at the top of the page, choose
DOWNLOAD PLANNED GIVING FORM HERE,
(for your church), fill out form, date, & sign.

Return form to church office
or your Financial Secretary
Char Schulist @ Faith

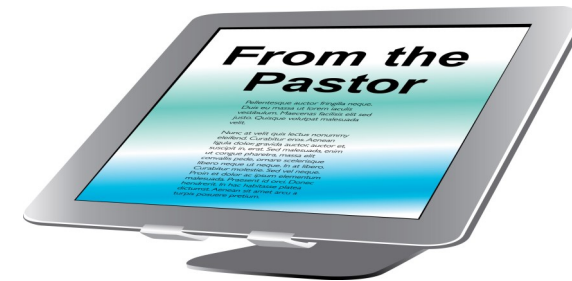
or
Krys Ferg @ North New Hope

So easy! No worries, no checks, giving is done!
Helps plan church budget.
Can sign up or cancel at any time!



Faith & North New Hope Newsletter

2023 Vol 46...No 01



A happy and blessed New Year to all of you!
May God’s blessing be upon you as we begin
the year with the close of Christmastide in
the Feast of the Epiphany of our Lord.

Christmas is the time of year when we reflect
upon the gift of God’s Incarnation for the
world, and more personally, for us as
individuals. In the season of Epiphany, we
reflect upon the revelation of how this gift
commands bold action from us in addressing
the realities of sin and suffering.

New Year's resolutions are another way we
work out the Epiphany. Many of us make
resolutions dedicated to specific and personal
goals. We attempt to be resolute in changing
how we diet and exercise to achieve the goal
of dropping inches from our waist. We
become resolute in financial matters to
achieve the goal of purchasing a home, car,
or vacation.

This practice of making resolutions and
achieving goals is healthy for self-esteem and
personal satisfaction. But as much as self-help
and growth are good, the Epiphany of the
Lord doesn’t call upon us to retreat into
ourselves with narcissism. As the Incarnation
of Christ is for us, the Epiphany of Christ
demands change and action from us for the
sake of our neighbor and the world.

May we all make the resolution in the
Epiphany of our Lord that we become more
engaged in our community. Let us resolve to
be the body of Christ; let us resolve to posture
ourselves with each other and not against; let
us resolve to walk alongside each other and
not un-friend or un-follow our fellow
brethren. Let us resolve to see each other
face-to-face and look in one another’s eye for
the Epiphany of our Lord reveals God's
Incarnation as living among us in our
neighbors near and far, home and abroad.

It is a New Year filled with new opportunities
to live the new things God is doing through
us. As the living Body of Christ, let us take
bold action as we worship together and
engage the world in the change God works
through our hands.

-Rev MP

Parish Nurse Ministry



January 2024 Parish Nurse Article

Weight Management Tips

As we start a new year, many of us are thinking about those resolutions. One of which typically is weight reduction. Here is some information found on the CDC website.

Managing your weight contributes to good health now and as you age. In contrast, people who have obesity, compared to those with a healthy weight, are at increased risk for many diseases and disorders. Consuming a variety of healthy food is better than eliminating one type of food such as carbohydrates. If you reduce the variety of foods in your diet, you could exclude vital nutrients or not be able to stay on the diet over time. To learn how many calories you consume regularly, write down the foods you eat and the beverages you drink, plus the calories they have, each day. Check the labels for serving sizes and number of calories, and consider portion size.

Physical Activity

How much physical activity you need depends mostly on your age.

Preschool-aged children (ages 3 through 5 years) should be physically active throughout the day for growth and development.

Children and adolescents (ages 6 through 17 years) need 60 minutes or more of moderate-to-vigorous intensity physical activity each day. Children and adolescents need aerobic, muscle-strengthening, and bone-strengthening activities.

Pregnant or postpartum women, with their doctor's approval, should do at least 150 minutes of moderate-intensity aerobic physical activity per week, such as brisk walking. It is best to spread this activity throughout the week, such as 30 minutes a day, five days a week.

Adults need 150 minutes of moderate-intensity physical activity each week (this can be 30 minutes a day, five days a week), or 75 minutes of vigorous-intensity activity every week. Adults also need two days a week of muscle-strengthening activities.

Adults 65 and older need at least 150 minutes a week of moderate intensity activity such as brisk walking, at least two days a week of activities that strengthen muscles, and activities to improve balance, such as standing on one foot.

People who are physically active can still gain weight if they take in more calories than they use. Healthy lifestyles include being physically active, limiting calories, and ensuring adequate nutrition.

Other Factors

Getting enough sleep can help you manage your body weight. Age, genetics, diseases, medications and environments may also contribute to overweight and obesity.

As people age, their body composition gradually shifts — the proportion of muscle decreases and the proportion of fat increases. This shift slows their metabolism, making it easier to gain weight. In addition, some people become less physically active as they get older, increasing the risk of weight gain. Genetics can directly cause obesity in specific disorders. Genes do not always predict future health. In some cases, multiple genes may increase susceptibility for obesity, but obesity does not occur without excess food or too little physical activity. Some illnesses may lead to obesity or weight gain. Drugs such as steroids and some antidepressants may also cause weight gain. A doctor is the best source to tell you whether illnesses, or medications are contributing to weight gain or making weight loss hard.

Have a blessed and healthy New Year!
Your Parish Nurse

Source: <https://www.cdc.gov/healthyweight/calories/index.html>

JANUARY Birthdays



1/3-Betsie Graham
1/5-Elijah Richter
1/7-Timm Raddatz
1/8-Chelsea Bassett
1/8-Jackie Gehm
1/10-Don Becker
1/14-Michael Peuse
1/18-Nick Gburek
1/18-Vivian Peuse
1/20-Laura Dobbe

1/20-Joe Fleming
1/25-Connor Kuklinski
1/26-Lauren Delaet
1/27-Allan Kraetsch
1/29-Jim Brandl
1/29-Rick Dobbe
1/30-Linda Carey
1/30-Josh Smiley
1/31-Darynda Kolden



- New Year's Day, January 1, 2024
- Epiphany, January 6, 2024
- Baptism of the Lord, January 7, 2024
- Martin Luther King Jr. Day, January 15, 2024
- Week of Prayer for Christian Unity, January 18-25, 2024



Bible Quiz

In the book of Judges, the warrior Barak would go to battle only if a certain female leader went with him. Who was she?

- A. Rebekah
- B. Jael
- C. Michal.....

JANUARY 2024

BIBLE QUIZ- Answer: D (See Judges 4:1-10.)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Office Closed	2	3 Bible Study @ 3:30pm online Confirmation class @ NNH 6:30pm-8pm	4	5	6
7 Worship 8:45am at Faith with coffee hour following 10:45am worship at NNH	8 Office Closed	9 Faithful Knotters meet at 8:30 am	10 Bible Study @ 3:30pm online Confirmation class @ NNH 6:30pm-8pm	11 ADRG Senior Meal site at Nelson- Kaminski Legion Hall Age 60 & older. Suggested donation \$5	12 Pastor's Sabbath	13
14 Worship 8:45am at Faith with coffee hour following 10:45am worship at NNH	15 Office Closed	16 Faithful Knotters meet at 8:30am Town of New Hope Meeting 6pm at NNH	17 Bible Study @ 3:30pm online Confirmation class @ NNH 6:30pm-8pm	18 Town of New Hope meeting 7pm at NNH	19 Pastor's Sabbath	20
21 Worship 8:45am at Faith with coffee hour following 10:45am Worship at NNH	22 Office Closed	23 Faithful Knotters meet at 8:30am	24 Bible Study @ 3:30pm online Confirmation class @ Faith 6:30pm-8pm	25 ADRG Senior Meal site at Nelson- Kaminski Legion Hall Age 60 & older. Suggested donation \$5	26 Pastor's Sabbath	27
28 Worship 8:45am at Faith with coffee hour following 10:45am worship at NNH with Noisy Offering	29 Office Closed	30 Faithful Knotters meet at 8:30am	31 Bible Study @ 3:30pm online Confirmation class @ Faith 6:30pm-8pm			



HAPPY NEW YOU!

Changing the calendar each January is a reminder that God makes all things new.

Directions: Use the clues and the calendar
code to complete 2 Corinthians 5:17, ESV.

JANUARY 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	God	night	word	in	love	Jesus
7	8	9	10	11	12	13
glory	therefore	speak	give	light	Christ	a
14	15	16	17	18	19	20
saw	beginning	anyone	waters	help	is	many
21	22	23	24	25	26	27
he	again	through	earth	made	while	back
28	29	30	31			
new	if	and	creation			

The second Monday _____
The last Monday __ _
The 16th _____
One day before the 20th __ _
The day before the first Friday __ _
The last weekday of the second week _____
The day after the 20th __ _
The day after 18th __ _
The first day of the second weekend __ _
The last Sunday __ _
The last day of the month _____

Answers: Therefore, if anyone is in Christ, he is a new creation.



If you are in need of pastoral care,
such as a home or hospital visit,
please contact the Church Office at
715-677-4631 or email:
faithnhope@wi-net.com
to arrange a visit.



JOINT YOUTH GROUP

Youth Group meets every other Sunday night in the
Fireside Room at Faith Church at 7:00 pm. for
approximately an hour. Updates are shared via text
and our Youth Group Facebook page.

Contact Naomi, naomi.peuse@gmail.com
or call (715) 677-4994



Mardi Gras Dinner Sunday February 18, 2024

Watch Bulletins and Newsletters for more
National Youth Gathering (July 2024)
fund raising events!!

NORTH NEW HOPE SUNDAY SCHOOL

9:45am before worship services.

Noisy Offerings last Sunday of every month.

The North New Hope Sunday school presented their
Christmas Program "Follow The Star". Thank you to
all the students, our confirmation helpers and the
dad's for being the Wisemen. Thanks to the parents,
teachers and helpers for making this possible. Thank
you everyone for the generous offerings for ELCA
Good Gifts We collected \$193.70 All of our 48
fleece blankets were on display and blessed by Pastor
Mike. Thank you to all who helped with those,
especially Keith and Lana, Marge our sewing wiz, the
kids and their parents who tied and braided.
The children coming into ER and the animals at the
humane society will benefit.

Sunday School will take a break then resume classes
on January 14th. Have a Merry Christmas.

FAITH SUNDAY SCHOOL

Sunday School held during worship

Children of all ages and all spirits are welcome.

Please call or text Joshua Panter (715.340.8058)

WELCA News

N New Hope:

North New Hope Mitten Tree

The mitten tree at North New Hope collected a larger amount this year.

27 pairs of gloves and mittens

39 hats, 20 scarves

59 pairs of socks.

Then delivered to Operation Boot Strap on Dec. 6th. Thank you to all the generous givers.

Faith:

WELCA thanks everyone for their support of our fundraisers.

Kringle Fund raiser:

47 sold, THANKS To ALL An action team card from Thrivent for \$250 was used, so expenses were only \$59! The income taken in was approximately \$500.!!!!

Poinsettia Fund raiser:

14 sold. \$140.00 collected.

The funds were deposited in the Faith Women of the ELCA account (Faith Rosholt). A report will be available soon of how the funds were used to benefit our church, community and worldwide.

THANK YOU so much for your support!!

Half of the money from the Quilt raffle goes to Project Comfort and will pay for quilts to be sent all over the world, where ever there is a need!

The mitten tree was filled, and delivered to the "Clothes Closet" at Rosholt School and the "Rosholt Food Pantry".

6 sets of Gloves/Scarves,

20 Hats,

22 Footlets,

30 pairs of Gloves

130 pairs of Socks.

A big Thank You to all who donated to the tree. Those who will be getting these items will be as warm as your giving hearts. God Bless



NEW YEAR NEW SIGN UP SHEETS

Please sign up to help.

New sign up sheets are on the bulletin boards.

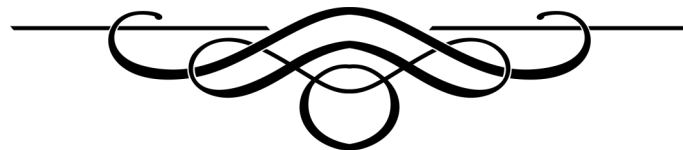
WORSHIP HELPERS

COMMUNION HELPERS

LECTORS/READERS

FLOWERS FOR THE ALTAR

We need your help, please consider signing up and helping out. We need your talents!!



FAITH COFFEE HOUR SIGN UP

1/7/2024 OPEN

1/14/2024 OPEN

1/21/2024 OPEN

1/28/2024 OPEN



12/11/23 NNH Council Meeting Minutes

Members present: Pat Ludeman, Krys Ferg, Melissa Richter, Sarah Wilke and Emily Wogsland

Financial Secretary's Report: Krys updated the council on December financials. No expenses were out of the ordinary so far for the month. Krys has set up an appointment to look into different insurance options for our church. Krys will report back on this. Melissa made a motion to approve the minutes, Sarah seconded.

Secretary's Report: Last meeting's minutes were gone over and approved.

Old Business: Increasing the price for cemetery plots has been discussed. Both Pat and Krys will continue this conversation and report back to the council and congregation with estimated numbers. Emily will put together an opening/closing the church list to be used for outside or additional events. Such as funerals, baptism's etc. Pat and Krys will gather numbers for a new fee structure for church usage and report back.

New Business: Plowing snow/salting for any outside organizations/additional events will be discussed between Krys, Pat and Keith. The annual congregational meeting is set for **Sunday, January 28th** after worship at NNH.

Next NNH Council Meeting: 01/15/24 at 6:00pm at NNH

Submitted by: Emily Wogsland



A sincere THANK YOU to all of you who have prayed for me during my long recovery after ankle surgery. The surgeries were a success, I am up and walking with much less pain as I continue to heal. Your prayers have given me comfort and hope. Thanks again for your support and caring.

Sincerely Al Suehring.



MEETING MINUTES

12/11/23 Joint Council Meeting Minutes

Members Present: Pat L, Krys F, Melissa R, Sarah W, Emily W, Lori T, Karen J, Al Z, Dan C and Pastor Mike

Devotions and Pastor's Report: Pastor opened devotions with a reading about Jesus's genealogy from Matthew's gospel and led to a discussion about our own genealogy and heritage. Making the point even Jesus didn't have a perfect family tree.

Our midweek advent services have been going well at Faith with good attendance.

Christmas Eve service will be: **4:30pm at NNH** and **6:30pm at Faith**. Christmas Day service will be at 9:00am at Faith **only**. No service at NNH Christmas Day.

Pastor will be gone Sunday, December 31st. Betsy Graham will fill in.

Treasurer's Report: Karen updated the councils on the 2023 budget vs. 2023 actual expenses. The remaining donation money from Tractor Sunday will be distributed between the FFA/FH Clubs who attended the event. \$150 will go to each group. The remaining \$300 will go to the Youth Group. Expenses stayed within the budget for 2023. The 2024 proposed budget was discussed between the councils. Total amount for the budget being \$124,534.17. Al made a motion to approve the 2024 proposed budget, Pat seconded.

Old Business: The councils discussed how the cottage meetings went or have been going. Council members referenced the Holy Conversations packet and the reflection questions to ask ourselves and the congregation. Plans to debrief and further these conversations will be made for our congregations at the annual meeting. Along with the possibility of weekly or monthly coffee hour discussions regarding the past, present and future of our church.

Al moved to adjourn the meeting, Emily seconded.

Next Joint Council Meeting: 03/11/24 at 6:00pm at Faith

Submitted by: Emily Wogsland