

Faith Lutheran - North New Hope Lutheran
 PO Box 6, Rosholt WI 54473 *715-677-4631
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Faith & North New Hope Newsletter

2024 Vol 47...No 02

FEBRUARY 2025 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.

Reverend Michael Peuse

OFFICE HOURS: Tuesday-Friday 11am-3pm

Church email: faithnhope@wi-net.com

Church Website: www.faithandnewhope.com

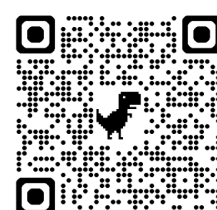
A new way to give!!

Scan the QR code to be directed to your church's online giving portal. Give one time, bi-weekly, 1st & 15th, or monthly.

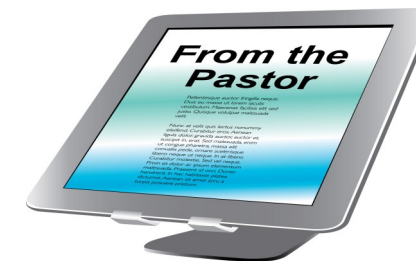
Your choice - Your convenience



Faith, Rosholt



North New Hope



So, I just adopted/rescued a dog from Texas, and the prejudice toward her is rather surprising. The first mention I made of adopting Diamond with a family member, I was asked the question, "Why would you want to have your face chewed off in the middle of the night?" Granted, she is of a breed that has historically been the preferred choice for hunting and fighting, thus their reputation.

This type of bias reminds me of a clickbait article I read once. It was a "List of the Most Dangerous Road in Every US State." As I went through the article, I found myself getting a bit frustrated because there was a very good reason why every one of those roads was on that list. The roads didn't suffer from poor construction or hazardous locations, but traffic. The reason those roads were "the most dangerous" based on the greatest number of accidents was because they were the most heavily traveled. It's not that there was anything inherently bad, but because they were the most crowded.

We (people) tend to do this, making snap judgments and holding biases based on superficial impressions. While Diamond's breed mix is on the list of the most dangerous dog breeds, other breeds on the same list

are the most popular breeds, including Labradors and German Shepherds. Similarly, when we make casual references to cities being riddled with crime. Yet, if the community we live increased in population, the crime rate would be disturbingly similar.

The gracious work of the Holy Spirit works through us as she continually challenges us in our biases. That which we once wholeheartedly thought to be absolute and true is upturned when God's grace is seen and heard. It's the alcoholic who no longer needs to drink, it's the felon who vows to return to their previous life, it's the miser with a newfound appreciation for generosity, it's the rural kid who won't move to the city while appreciating it for what it is rather than what it isn't, etc. It's the sinner, who by God's grace given to you by Jesus' saving death, rises as a saint with Christ in the resurrection from death.

RevMP



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.



February Parish Nurse Article

When you eat a meal or snack with carbs, add a protein source like meat, a small handful of nuts, or low-fat dairy. This will help you stay fuller for longer and avoid blood sugar spikes.

Healthy swaps

Eat whole fruits instead of drinking juice

Rethink your drink

Sugar-sweetened beverages like soda, sweetened coffee, and sweetened tea can add a lot of simple carbs to your diet. To reduce added sugars, try mixing half unsweetened tea with half sweet tea, drinking sparkling water with a splash of juice, or ordering coffee with less sweetener. When in doubt, don't forget to hydrate with water.

Switch to whole wheat pasta, tortillas, and bread

Check the ingredient list. Choose items with whole wheat flour listed as the first ingredient on the packaging—not enriched, unbleached, or multigrain flour. Some breads have seeds and oats on the outside of the loaf or use caramel coloring to make them look like whole wheat.

Pro tip for pasta:

if you have picky eaters in your house, start by mixing half white and half whole wheat pasta.

Try oats instead of sugary cereals

Old-fashioned or steel-cut oats are a great whole grain option instead of sugary cereals. Get creative with overnight oats or baked oat bars to get your day started.

Try different grains

Explore grains from around the world, like quinoa, farro, bulgur wheat, barley, and millet. They cook much in the same way as rice and pack a nutritious punch along with extra flavor.

Have a blessed winter,

Your Parish Nurse

Source: <https://www.cdc.gov/diabetes/healthy-eating/choosing-healthy-carbs.html>



As we approach the new year, some are thinking of ways to eat healthy. Here is some good information about carbohydrates (especially if you are diabetic).

Simple carbs

These increase your blood sugar quickly and can make it harder to manage if you have diabetes. Common sources of simple carbs include table sugar, honey, fruit juice, and syrup. These are often major ingredients of highly processed and packaged foods like soda, cookies, cakes, candies, and other foods with added sugars.

Some types of simple carbs are found in healthy foods like whole fruit and dairy foods. These foods have beneficial vitamins and minerals, which are key to a balanced diet.

Refined grains

Refined grains are simple carbs that have been processed to remove the fiber. This often removes key nutrients as well, some of which are added back in by the manufacturer. Examples include foods like white bread, white rice, white pasta, cereals, pastries, and other desserts. Refined grains are processed to increase shelf life, which can also make them more affordable.

Complex carbs

These increase your blood sugar more slowly because they contain fiber and other complex starches that take longer for your body to digest. Examples of complex carbs include starchy vegetables (white and sweet potatoes, peas, corn), legumes (beans, lentils), and whole grains. *Choose these carbs to get the most nutrition with the least impact on blood sugar.*

All in moderation

Carbs are an important part of a healthy diet. In fact, your body and brain need carbs to function properly. The key is to choose carbs with fiber and nutrients and to portion your serving sizes. One serving of carbs (15 grams) is smaller than you might think—it's about ¼ cup of granola or 6 saltines! **Carb counting** can help make managing blood sugar easier and ensure you're eating a healthy balance of carbs, protein, and vegetables.

FEBRUARY



2/4-Emily Wogsland

2/21-Richard Kurszewski

2/6-Mike Johnson

2/21-Sarah Wilke

2/7-Mara Raddatz

2/23-Allen Zander

2/8-Naomi Peuse

2/25-Lenore Peterson

2/14-Berniece Krogwold

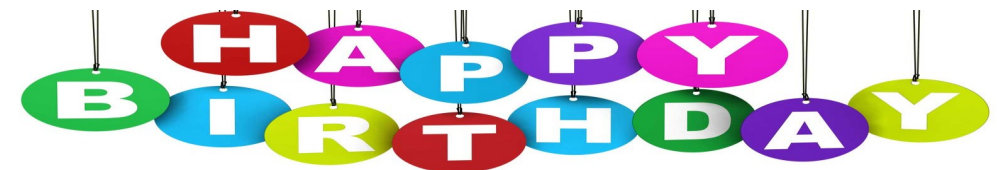
2/26-Karen Johnson

2/16-Mark Ellingson

2/26-Linda Mancel

2/19-Jordon Dobbe

2/27-Kathleen Kaniecki



- African American History Month
- Valentine's Day, February 14, 2025
- Presidents Day, February 17, 2025

Bible Quiz




The short Old Testament book of Lamentations is a set of communal laments (sorrowful songs) about the destruction in 587 B.C. of which city, by which people?

- A. Babylon; the Assyrians
- B. Jerusalem; the Babylonians
- C. Rome; the Greeks
- D. Caesarea Philippi; the Romans

FEBRUARY 2025

BIBLE QUIZ: Answer: B (see Bible commentaries)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Faith-worship 8:45am Coffee & Conversation during coffee hour NNH-worship 10:45am	3 Pastor's Sabbath Office Closed	4 Faithful Knotters meet at 8:30 am	5 Bible Study @ 3:30pm online Confirmation Class at N New Hope church 6:30pm to 8pm	6 ADRC Senior Meal site @ Nelson-Kaminski Legion Hall Rosholt. Age 60 or older. Suggested donation \$5	7	8
9 Faith-worship 8:45am w/ coffee hour following NNH-Coffee & Conversation 10am Worship 10:45am	10 Pastor's Sabbath Office Closed	11 Faithful Knotters meet at 8:30am	12 Bible Study @ 3:30pm online Confirmation Class at N New Hope church 6:30pm to 8pm	13 ADRC Senior Meal site @ Nelson-Kaminski Legion Hall Rosholt. Age 60 or older. Suggested donation \$5	14 	15
16 Faith-worship 8:45am Old Fashion Sunday Dinner 11am-1pm NNH-worship 10:45am	17 Pastor's Sabbath Office Closed	18 Faithful Knotters meet at 8:30am	19 Bible Study @3:30pm online Confirmation Class at N New Hope church 6:30pm to 8pm	20 ADRC Senior Meal site @ Nelson-Kaminski Legion Hall Rosholt. Age 60 or older. Suggested donation \$5	21	22
23 Faith-worship 8:45am w/ coffee hour following NNH-worship 10:45am with Noisy Offering	24 Pastor's Sabbath Office Closed	25 Faithful Knotters meet at 8:30am	26 Bible Study @ 3:30pm online Confirmation class at N New Hope church 6:30pm to 8pm	27 ADRC Senior Meal site @ Nelson-Kaminski Legion Hall Rosholt. Age 60 or older. Suggested donation \$5	28	

Old Fashion Sunday Dinner

Faith Lutheran Church
253 S. Main St, Rosholt

February 16, 2025 11 am – 1 pm



Serving:
Baked Chicken,
vegetables, mashed
potatoes, Giblets & gravy,
stuffing, coleslaw, dessert,
and beverage.

ADULTS: \$15
12 TO 5 years \$10
4 & under: Free

Handicap Accessible
Call 715-677-4631 for carry-outs

Proceeds fund Faith & Community ministries

JOB OPENING

Faith Church Council is seeking a candidate for the paid Treasurer position. If interested, please contact the church office for more information. 715-677-4631 or email: faithnhope@wi-net.com

JOINT YOUTH GROUP (7th thru 12th grades)

Youth Group meets every other Sunday night at Faith Church 7:00 pm.

Updates are shared via text and on our Youth Group Facebook page.

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

NORTH NEW HOPE SUNDAY SCHOOL

9:45am before worship services.

Noisy Offerings last Sunday of every month.



FAITH SUNDAY SCHOOL



Sunday School held during worship.

Inform an usher that your child will attend & Josh or Chelsea will lead them to the Fireside room for lessons, crafts, treats, and fun!!

Please call or text Joshua Panter with any questions. (715.340.8058)

N NEW HOPE OFFERING ENVELOPES

North New Hope Offering envelopes are in the back of the church.

Please pick up your 2025 offering envelopes Thank you!!

To have envelopes mailed, contact Krystal Ferg.

Cell phone: 715-347-7875

or email: KrystalFerg5@gmail.com



Faith

Faith Coffee & Conversations 1st Sunday of every month, following worship, during coffee hour.

North New Hope

North New Hope Coffee & Conversations 2nd Sunday of every month, before worship, at 10am.



Sign up sheet on bulletin board by north entrance.

Make coffee, serve desserts/treats, and clean up.

Sign up with family and/or friends.

FEBRUARY FAITH COFFEE HOUR SIGN UP

- 2/2/2025** Carol & Cliff Schulz
- 2/9/2025** Open
- 2/16/2025** Old Fashion Sunday Dinner
- 2/23/2025** Lori T, Phyllis L, & Patricia J

Puzzle!

Use the clues to fill in the boxes. Then write those letters on the correct numbered lines below to complete 1 John 4:16 (NIV).

A place to live
1 2 3 4 5

Opposite of dark
6 7 8 9 10

Companion
11 12 13 14 15 16

Hand greeting
17 18 19 20

Male adult
21 22 23

8 2 16 13 4 6 2 19 5

17 9 2 5 19 5 12 6 7 19 5 4

13 15 6 2 19 20 6 7 19 14 4

13 15 8 2 16 18 15 16

8 2 16 13 23 10 1 14 21

1 John 4:16, NIV

Answers: house, light, friend, wave, man; God is love. Whoever lives in love lives in God, and God in them. 1 John 4:16, NIV

22 December 2024 - Faith Council

Meeting Minutes

Attending: Heidi Leiser-O'Neill, Char Schulist, Joshua Panter, Dan Colrud, Al Zander, Lori Teuchert, and Chelsea Bassett

Our originally scheduled council meeting was cancelled because of winter weather. We rescheduled and met after worship on Sunday, December 22 instead.

Meeting Called to Order by Heidi Leiser-O'Neill

Treasurer's Report reviewed and approved.

Secretary's Report reviewed and approved.

Discussed

We've received a credit of funds from WPS.

Cliff helped check on our snow blower and made sure that it's working properly.

We discussed the property damage to the Concordia cemetery fence. American Fence did the original fencing work. Char reviewed our insurance options, but it doesn't look like we'll meet the deductible for coverage. Al is contacting American Fence to ask for an estimate and approximate scheduling options, since we suspect they may need to wait until the spring to complete the work.

We discussed pavement needs for the church and parsonage. We know this will be an expensive project, so we'd like to start fundraising as early as this spring with the expectation that we may need to take a few years before we can fully fund the project. Chelsea and Joshua shared information about what they learned at the American Legion Christmas dinner about how the Legion fundraised for their pavement.

Faith Council minutes continued

Al will lead Worship Team for the Christmas Eve service.

Karen is interested in getting help with painting the office. Al is investigating options for volunteer help with this.

The well drilling was delayed because of weather. Chelsea confirmed we've completed paperwork for a second grant opportunity.

Chelsea and family cleaned the storage space behind the altar, focusing on removing clutter and refreshing available flower arrangements then vacuuming.

There will be no council meeting in January. Our annual meeting will take place after worship on Sunday, January 19.

Meeting Minutes submitted by Chelsea Bassett, 07 January 2025.

BEWARE OF PHONE SCAMS!

It was brought to the attention of the church office that someone "posed" as Pastor and requested gift cards. This information came from Dawn Cherek, coordinator of the Rosholt Food Pantry.

Dawn contacted a member of Faith to verify this was a scam and let us know about the scam. These scammers are very convincing and like to prey on good hearted people. Please know that Pastor would **never** request gift cards and would never request via the phones. If there would be a need, the requests would come from personal contact, the pulpit, or bulletins, or newsletter. If you are unsure, contact the office or email Pastor directly.

Always be suspicious of **anyone** requesting gift cards and **never ever** give out your personal information! Charities do not ask for gift cards.

Be vigilant, cautious, and safe!!