

APRIL-MAY 2017 PARISH POST
St. Paul's & Buffalo Lutheran Churches

Comments from Pastor Chris. . .

Page 1

Grace, mercy, and peace be to you from God our Father and from our Lord and Savior Jesus the Christ. Amen.

The Scriptures remind us that “To everything there is a season, and a time to every purpose under the heaven” (Ecclesiastes 3:1 ESV). Seasons come and go in life as much as they come and go in nature. For us and for you, the members of St. Paul’s and Buffalo Lutheran churches, this current season has ended. We have enjoyed our time here in Tower City and Buffalo. We have grown close to you all and will miss you after we leave. May God bless you with a new pastor quickly!

Katherine, the boys, and I will be relocating to Verona, ND for the short term, until I receive a new call. If you wish to keep in touch with us, feel free to email me at cbrademeyer@gmail.com.

Yours in Christ,

Pastor Chris

You're Invited!

Please join us as we wish “God’s Blessings and Good-bye” to Pastor Chris and Katherine and their sons, Matthew, Lucas, and August. We plan to gather shortly after the Divine Service at St. Paul’s Lutheran Church on **April 30 (about 10:00 AM)** for a Breakfast at the Tower City Community Hall.

*The Lord, almighty Jesus Christ has resurrected!
May this Easter fill you with joy, happiness,
and more blessings for you and your family.*

Buffalo Lutheran Church

Checking \$2066.05
 Parish Nurse 28.10
 (paid through March)

St. Paul's Lutheran Church

General Balance \$ 26.02
Budget Update: Year to date \$13251.00
 Year to date total offerings 7472.00
 Budget shortfall (5779.00)

Cares and Concerns

- † Remember with prayers of care and compassion the family of Barb Cole of Buffalo. She passed away April 7 and her funeral was held April 11. May she rest in peace!
- May everyone who supported the Christmas Food Drive accept gracious (and somewhat late) thanks for the food, the packaging, and the delivery of the food baskets. This project helped to make many people's Christmases more Merry!
- **An Interim Pastor** is being considered as our congregations decide on the process of selecting a future Pastor for our churches. Updates will be coming from our Council Presidents when a "for sure" recommendation is reached.
- Newly confirmed students on April 9, Palm Sunday, were Sarah Richman and Breanna Walburn. May we remember them in prayer as they continue to grow in their faith.
- **Joint Church Council** will meet at St. Paul's Lutheran Church at 7 PM on April 19 followed by the individual church councils meeting at 8:30 PM
- **Naomi Circle** will meet at Corey Irwin's home on Wednesday, May 10, at 1:30 PM.
- **Graduates Quilts** will be given to our seniors on May 21 at Buffalo Lutheran Church. Congratulations to Brittany Pueppke and Sean Beilke from Buffalo Lutheran Church and Devin Walburn and Sam Richman from St. Paul's Lutheran Church. May they continue to grow in their faith as they embark on this next step in their lives.
- Keep in mind May Divine Services will be held at Buffalo Lutheran Church.
- **Upcoming**—There will be a 100th Birthday Party held for Cheryl Olson on Saturday, June 3 at the Tower City Community Hall from 1:00-3:00 PM. Cheryl is the oldest living member of St. Paul's Lutheran Church, please join in wishing her a Happy Birthday.

Dear Family and Friends,

Home safety is important at all times and especially if you want to stay in your own home for as long as possible. There are many helpful hints regarding this topic here are a few hints on how to avoid falls. #1. Arrange your furniture so that crossing a room is not like maneuvering through an obstacle course. #2. Place electrical cords away from walking areas. #3. Walk at a safe speed.. #4. Keep hems of trousers and skirts at a safe length to avoid catching your feet in them. #5. Install handrails on all stairs or steps. #6. Use nonskid mats for the bathtub and bathroom floor. #7. Install handrails for the shower and bathtub. #8. Have sufficient lighting in all hallways and stairwells. Keep a light at your bedside and a nightlight in the bathroom. #9. Repair or replace loose boards and worn floor coverings. #10. Avoid storing boxes, tools, or other objects in walkways or stairways. #11. Wipe up spills immediately. #12. Keep items you use regularly within easy reach. Use a stepladder to get things stored out of reach. #13. Wear low-heeled, well fitting shoes that provide good traction.

How to avoid burns. #1. Always assume that anything left on top of the stove is hot. Use dry mitts or pot holders to move pots, pans or cooking utensils. #2. Keep utensils away from burners. #3. Avoid having handles sticking out beyond the stove's edge. Place all handles inward. #4. Make sure your water heater temperature is low enough to prevent burns while washing your hands or dishes. (120 degrees Fahrenheit or lower) #5. Avoid handling hot dishes from the dishwasher. #6. Keep grease from building up on a fryer or frying area. #7. When using a fryer, be careful not to overfill it. #8. Never smoke in bed or when you are drowsy. #9. Avoid wearing loose fitting or flammable clothing when cooking. Bathrobes, nightgowns and pajamas can easily catch on fire. #10. Install smoke detectors in every bedroom and major area of your home. #11. Replace frayed or worn electrical cords. #12. Keep space heaters away from furniture, curtains, and rugs, and move them to where they can't be knocked over.

I hope this information will aid you in remaining safe and healthy.

Peace in Him,

Gwen Fraase RN

Parish Nurse; Community Health Ministry

Parley International

Dear Family and Friends,

One key to a longer and happier life is keeping fit. A benefit to becoming more active is increased energy, reduction of stress and healthcare costs.

This investment can “cost” you as little as three hours a week. Your return can include; stronger heart and lungs, decrease risk of osteoporosis, decrease risk of developing cancer, improved blood pressure, reduce risk of stroke, improved sense of well-being, improved sleep, stress relief, weight loss and improved memory.

Adopting an exercise routine is one of the best things you can do for yourself and for your loved ones. Set aside 30 min 3-4 times a week for new activities or for ones you already enjoy. If that is difficult try 10 min. at three different times throughout the day. As with starting any new exercise program, talk with your doctor first to make sure the program is right for you.

When initiating a new exercise plan, start slowly and build up your endurance and stamina. Warm up before you exercise and cool down after exercising. Stretch after warming up and after you exercise. Wear proper shoes and clothing and remember to drink plenty of water. Water will help keep you hydrated after sweating and will keep your muscles hydrated and that can reduce your chance of injury.

I hope this has been helpful. Let’s keep moving!

Peace in Him,

Gwen Fraase RN

Parish Nurse Community Health Ministry

Parlay International

APRIL-MAY CALENDAR

Pastoral guidance and individual confession are available by appointment with Pastor Chris through April 30. You can contact him at 749-2309 or 701-710-0446. His e-mail address is cbrademeyer@gmail.com

Confirmation meets every Wednesday beginning at 1:10 PM at Maple Valley High School.

April Divine Services will be held at St. Paul’s Lutheran Church and May Divine Services will be held at Buffalo Lutheran Church.

April 19: Joint Council meets at 7 PM followed by individual Church Councils meeting about 8:30 PM.

April 30: Pastor Chris and family’s Going-Away Party (see page 2). Pastor Chris’ last with us.

Please note announcements on page 2. A more-detailed May calendar will be available May 7!