

Buffalo Lutheran & Tower City Lutheran Churches

APRIL 2014

PARISH POST

Comments from Pastor Chris . . .

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

There are few things better than springtime after a long hard winter. By God's grace we will finally be having some springtime weather. Springtime is a time that many cultures and religions have recognized as a time of rebirth. For us Christians, this time of the year takes on a special importance even above the cycle of new life that occurs every year. This was the time of the year that Jesus rose again from the grave, bringing to completion that which he began on the cross. No longer do we have to fear death, for it too, like the winter, will pass. Through it we approach the Resurrection of the dead and the life of the world to come. It is fitting that even the cycle of nature would proclaim the triumph of Christ over the grave, as he is the One through Whom all things were made. The handiwork of the Creator gives homage to its Author, Jesus Christ our Lord.

This April we will remember the sacrifice and Resurrection of Christ during Holy Week. The first day that remembers Christ's Passion is Palm Sunday, which recounts Christ's entrance to Jerusalem. Holy Monday and Holy Tuesday traditionally recount Jesus' agony in the Garden of Gethsemane and some of his later teachings. Spy Wednesday, the origin of the somewhat familiar Tenebrae service, recounts the betrayal of Jesus Christ by Judas Iscariot. Maundy Thursday remembers Jesus final hours with his disciples, his giving of the Lord's Supper, and the new commandment recorded in John. In fact, the word Maundy is likely a corruption of a Latin word meaning "commandment". Good Friday recalls Jesus's trial and crucifixion. Few services are traditionally held on Holy Saturday, as this day remembers Jesus' death and descent to Hell. Easter vigil services, which look forward to the Resurrection on Easter Sunday, typically begin after sundown. Holy Week culminates with Easter (an Old English word for Spring), also called Pascha (which comes from the Hebrew word for "Passover"), which celebrates Christ's Resurrection.

We will be having services on Palm Sunday at 9:00 AM, Maundy Thursday at 7:00 PM, Good Friday at 7:00 PM, and Easter at 9:00 AM. All of these services will be at Buffalo Lutheran Church. I hope to see you all there!

Yours in Christ,
Pastor Chris

BUFFALO LUTHERAN CHURCH

Watch for our financial report next month

ST. PAUL'S LUTHERAN CHURCH

March General Fund \$3661.36



St. Paul's Lutheran Church is in need of a housekeeper! Please talk with Adele Smith if you wish to apply for the job or get answers to "housekeeper" questions.

EaND SYNOD ASSEMBLY NOTES: "DEEPLY ROOTED: TOGETHER IN MINISTRY"

The Synod Assembly will be held May 10-11 at the Alerus Center in Grand Forks, registration is due by April 23. Bishop Nominee forums will be held several places, the closest location is Hope Lutheran Church, north Fargo, April 4 at 7 PM. Here's a chance to meet the Bishop nominees. Presiding Bishop Elizabeth Eaton offers a presentation with questions and answers at Hope Lutheran Church, Fargo on April 24, 7:15 PM-8:45 PM at Hope Lutheran Church, Fargo. Asante Network African Bazaar will be held 10 AM – 5 PM at 605 8th Ave NE, Valley City, this is the last chance to attend this event as the leader is retiring.

Mercy Hospice is looking for volunteers to assist with the needs of Hospice clients and their families. Volunteers can spend time with Hospice clients, assist with preparation for events, or assist with administrative duties. Please contact Mercy Hospice at 701-845-6550 for more information.

***Beyond Our Walls* - - - World Malaria Day**

World Malaria Day is coming up on April 25, and it's another great opportunity to do something big for the ELCA Malaria Campaign. Please consider observing this day by taking a special offering for the ELCA Malaria Campaign on **Sunday, April 27, 2014**. Find special [World Malaria Day resources](#) that will help you activate your congregation.

Marlys Miller has moved! Her new address is 1405 7th St. So., Moorhead, MN 56560 at Eventide Nursing Home.

Dear Family and Friends,

Spring is finally here, and with it comes the urge to get outdoors and enjoy nature. As we start doing more outside, we need to start paying attention to our feet. Foot ailments and injuries increase as the weather warms up and as we start doing more with our feet: gardening, hiking, wearing lighter socks or sandals, etc. Our feet are miraculous; they are strong, flexible, designed to function in a way unique to human beings. Did you know that the average person walks the equivalent of five times around the earth in his or her lifetime? In addition to transportation, we rely on our feet for support and balance even while standing still.

Foot doctors tell us the foot can be compared to a finely tuned race car, or a space shuttle, vehicles whose function dictates their design and structure. And like them, the human foot is complex, containing within its relatively small size, 26 bones (our two feet contain a quarter of all the bones in our body), 33 joints, and a network of more than 100 tendons, muscles, and ligaments, as well as countless blood vessels and nerves. Diseases, disorders and disabilities of the foot or ankle affect the quality of life and mobility of millions of Americans.

Top Ten Foot Health Tips

As we learn to care for our feet, I would like to share a few tips to help keep feet healthy:

- Don't ignore foot pain—it's not normal. If the pain persists, see a physician.
- Inspect your feet regularly. Pay attention to changes in color and temperature of your feet. Look for thick or discolored nails (a sign of developing fungus), and check for cracks or cuts in the skin. Peeling or scaling on the soles of feet could indicate athlete's foot.
- Wash your feet regularly, especially between the toes, and be sure to dry them completely.
- Trim toenails straight across, but not too short. Be careful not to cut nails in corners or on the sides; it can lead to ingrown toenails. People with diabetes, poor circulation or heart problems should not treat their own feet because they are more prone to infection. Seniors may notice that eyesight and dexterity may decline with age, putting us more at risk for cutting ourselves accidentally; so help may be needed to care for the feet of our elders.
- Make sure that your shoes fit properly. Purchase new shoes later in the day when feet tend to be at their largest and replace worn out shoes as soon as possible.
- Select and wear the right shoe for the activity that you are engaged in (i.e. running shoes for running).
- Alternate shoes—don't wear the same pair of shoes every day.
- Avoid walking barefooted—your feet will be more prone to injury and infection. At the beach or when wearing sandals always use sunscreen on your feet as the rest of your body.
- Be cautious when using home remedies for foot ailments; self-treatment can often turn a minor problem into a major one.
- **10.** If you are a person with diabetes it is vital that you see a physician at least once a year for a check-up.

Peace in Him,
Gwen Fraase RN
Parish Nurse
Community Health Ministry (CHM)

Buffalo & Tower City Lutheran Parish
Box 68
Tower City, ND 58071
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Upcoming April Events

APRIL SUNDAY SERVICES WILL BE HELD AT BUFFALO LUTHERAN CHURCH AT 9:00 AM, FOLLOWED BY SUNDAY SCHOOL (No Sunday School April 20). Every Wednesday evening Night Prayer service at 7:00 PM during Lent at Buffalo Lutheran Church.

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

Every Wednesday: Confirmation classes meet at the high school! 7th-8th grades meet from 1:40-2:30 PM; 9th grade meets from 2:35-3:25 PM

Every Wednesday evening after worship: BIBLE STUDY

April 8: BETHANY CARE CENTER ANNUAL MEETING at Noon

April 9: BL COUNCIL meets following Lenten worship

April 13: SPL COUNCIL meets after worship; SPL WELCA meets after worship

April 17: MAUNDY THURSDAY SERVICE at BL at 7 PM

April 18: GOOD FRIDAY SERVICE at BL at 7 PM

April 20: EASTER SUNDAY SERVICE at 9 AM

April 27: BIBLE STUDY after worship