

**APRIL 2016 PARISH POST**  
*St. Paul's & Buffalo Lutheran Churches*

**Comments from Pastor Chris. . .**

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

Perhaps my memory is faulty, but it seems that our current cultural climate is quickly degenerating into irrational, populist responses to nearly everything. There are reports of university students and faculty being thrown into hysterics over Halloween costumes. There are reports of political protesters physically assaulting those with whom they disagree. There are reports of mobs swaying the courts away from due process for those who have been charged with crimes. One does not even need to take to the headlines of the news to find such incidences of irrational, violent responses to various things. A quick perusal of social media would reveal this sort of dialogue at nearly every turn.

These examples serve to illustrate a simple point: present American society seems unable to hand disagreement. Indeed, most people assume that their opponents on a given issue are lunatics, rather than try to find the merit of their position. When one cannot see that those who disagree with him or her have reasons for doing so, one will simply write them off as irrational and, thereby, subhuman.

Closer to home, I have heard reports of various actions surrounding the proposed swine CAFO in Buffalo that make me realize that such vitriol is not limited to the coasts and cable news. Whether we are for or against the project, we must remember that these people with whom we disagree are our neighbors and friends. We are going to live here with them after this is all said and done. It does not do anyone any good to vilify and mistreat one's opponents, especially under these circumstances. You cannot control how others act or dispense information or whether they are going to be truthful or not. You do have control over your own actions. As a Christian, it is your duty to say nothing but the truth, to treat each other (even our enemies!) with charity and respect, and to put the best construction on the actions of our neighbors, especially those with whom we disagree. To this end, I leave you with Dr. Martin Luther's explanation of the Fifth and Eighth Commandments, from the Small Catechism:

**The Fifth Commandment:** Thou shalt not kill. **What does this mean?** We should fear and love God that we may not hurt nor harm our neighbor in his body, but help and befriend him in every bodily need [in every need and danger of life and body].

**The Eighth Commandment:** Thou shalt not bear false witness against thy neighbor. **What does this mean?** We should fear and love God that we may not deceitfully belie, betray, slander, or defame our neighbor, but defend him, [think and] speak well of him, and put the best construction on everything.

Yours in Christ,  
Pastor Chris

BUFFALO LUTHERAN CHURCH

Checking Account balance (before March bills were paid) \$7388.94  
 Parish Nurse Fund (pd. thru April) 73.10

ST. PAUL'S LUTHERAN CHURCH

General Fund balance	\$3716.18
Budget Update: Year to date	\$14,475
Year to date total offerings	<u>10,915</u>
Budget shortfall	(3560)

*Cares and Concerns*

† May we remember Lana Reiersen with prayers for healing. She has recently been discharged from the hospital after an extended stay and continues her recuperation at home.

† We have been asked to remember Len Walter of Sioux Falls in prayer as he deals with cancer. Len is Duane & Ethel Grieger's brother-in-law.

† May we remember in prayer the family of Marit Zaun. She passed away March 23 and her funeral was held March 29 at Trinity Lutheran Church in Valley City. May she rest in peace!

**David Knudson Benefit**---There will be a Benefit held for David Knudson on Sunday, April 3 from Noon-2:30 PM at the Tower City Community Center. Featured will be a Baked Potato Bar and a Silent Auction. The Knudsons live south of Tower City. David had waited for more than 3 years until he received a heart transplant in February. Upon hospital discharge he is expected to remain in Rochester for close monitoring for about 3 months. Let us remember David and his family in prayer!

**Buffalo WELCA Bazaar, Soup and Sandwich Lunch** will be held at the Buffalo Community Center from 10:30 AM-1:00 PM. Raffle Drawing for Quilt made by Doris (Grieger) Tonneson—tickets are currently for sale from WELCA members.

**Parsonage Bathroom Demo and Construction** will take place in June (probably on weekends). Exact dates will be forthcoming. How can you help?

**Bethany Retirement Living Annual Meeting** scheduled for April 5 at lunchtime at Bethany on 42<sup>nd</sup> in Fargo.

**BEYOND OUR WALLS -- Did you know** that Bethany Retirement Living is – in addition to more than 475 human residents – home to nearly two dozen animals. Dogs, cats, birds and fish are an important part of the whole-person care provided to residents. Countless studies have shown the positive impact of having pets around. Bethany's pets are cared for by employees and volunteers. If you'd like to help, please contact Jessica Rux at 701.239.3246 or Laurie Schnabel at 701.478.8904.

Dear Family and Friends,

It is a tragic fact that more than 4,000 sleep-related sudden infant deaths occur annually in the US. 80% of sleep-related SIDS reported was among infants placed in unsafe sleeping environment. Here is some helpful information. **Protection from SIDS** Many studies show that breastfeeding, of any extent or duration is associated with a **reduced** risk for SIDS, ranging from 45% for partial or short-term breastfeeding to 73% for exclusive breastfeeding. **Safe to Sleep (formerly Back to Sleep)** Safe to sleep principles must be used for **every** sleep including naps. Supine sleeping continues to be the cornerstone of safe sleep. It should begin at birth and continue until the infant can roll from supine to prone and from prone to supine. At that time, the infant can be allowed to remain in the sleep position that they assume. Never use wedges or rolled blankets to maintain a side-lying position. The safest crib contains nothing but a baby, sleeping supine on a firm mattress and tightly fitted crib sheet. Eliminate bumper pads, quilts, blankets, pillows and toys and do not use cribs made before 2011 or with drop down sides. Using breathable mesh crib liners are unnecessary, potentially dangerous and have no role in "reducing suffocation". **Room-Sharing** Research now shows that sleeping in the parents' bedroom is safest for infants throughout the first 6-12 months of life. The ability to monitor the baby more closely may lower the risk for sleep-related death. Breastfeeding mothers should be aware that the safest strategy during the night is to place the infant back in their crib after feeding rather than falling asleep while breastfeeding or placing the infant down to sleep in the parents' bed. **Bed-Sharing** Co-sleeping has been a factor in a high proportion of SIDS deaths. Bed-sharing is not recommended in the US and parents are cautioned to particularly avoid bed-sharing if they smoke, drink, or use drugs, even prescription drugs. **Sleeping Clothes and Blankets** The best way to dress any infant for sleep is in clothing of appropriate weight for the season, so that no swaddling or blankets are needed. **Where Not to Sleep** Infants should not be put down to sleep nor should you leave sleeping infants in car seats and strollers, swings, baby carriers or slings. Infants should not be propped in a sitting position for sleep. A newborn's head is relatively heavy and neck muscles are weak so it is easy for the infants' head to drop and block their airway. **Pacifiers** Although the mechanism is not understood, routine use of a pacifier for naps and bedtime is protective against SIDS, even if the pacifier falls out of the infant's mouth. Pacifiers should not be introduced for the first 3-4 weeks while breastfeeding is being established, and use of a pacifier should be continued for the first year of life, when the need for sucking is the strongest. Never hang a pacifier around an infant's neck or attach to their clothing. **Tummy Time** Tummy time is necessary for normal development and strength of neck and upper body and to minimize head flattening or a malformed head. Tummy time should begin as early as possible. (1<sup>st</sup> day home from the hospital) Tummy time can take place on the floor or on a supine parent's chest. Parents can attempt 2 to 3 sessions each day for a short period of time (3-5-min.) extending the duration if the infant seems to enjoy the experience.

Peace in Him,

Gwen Fraase RN Parish Nurse

Community Health Ministry (Safe Kids spring 2016)

Buffalo & Tower City Lutheran Parish  
Box 68  
Tower City, ND 58071  
*Return Service Requested*

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Permit # 1

### UPCOMING APRIL EVENTS

*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](mailto:cbrademeyer@gmail.com)*

**APRIL DIVINE SERVICES WILL BE HELD AT BUFFALO LUTHERAN CHURCH SUNDAYS AT 9:00 AM FOLLOWED BY EDUCATION HOUR AT 10:00 AM.**

**CONFIRMATION CLASSES** every Wednesday at 1:41 pm at Maple Valley High School through the end of the school year unless otherwise notified.

April 2: Fargo WELCA Spring Cluster Meeting at Messiah Lutheran Church starting at 8:30 AM

April 3: David Knudson Benefit at the Tower City Community Hall from Noon-2:30 PM.

April 5: Bethany Retirement Living Annual Meeting at Noon at Bethany on 42<sup>nd</sup>, Fargo.

April 6: Community Health Ministries Board meets at St. Thomas Catholic Church at 7 PM

April 10: Buffalo WELCA Bazaar and Soup & Sandwich lunch from 10:30 AM-1:00 PM.

April 10: Holy Trinity Catholic Church, Fingal, Spring Dinner at church 11:30 AM-1:30 PM.

April 13: Buffalo Lutheran Church Council meets at 7 PM.

April 17: St. Paul's Lutheran Church Council meets at 11 AM

