

**APRIL 2019 PARISH POST**  
*St. Paul's & Buffalo Lutheran Churches*

*Comments from Pastor Thea*

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***“Were not our hearts burning within us while he was talking to us on the road...?”*** (Luke 24:32 / *NRSV*).

One of my favorite scripture passages is the story of the Easter evening walk to Emmaus. Two disciples are on the seven-mile journey from Jerusalem to their home. Their hearts are heavy as they contemplate the disaster of Good Friday and the baffling rumor of the empty tomb. As they walk along, a stranger joins them on the road and invites himself into the conversation. This stranger begins to tell them about a longer journey they'd all been on, starting with the liberation of God's people in Egypt under Moses to the time of the prophets and through all the signs along the way, leading to the death and resurrection of the Savior.

As they near Emmaus, the two disciples invite the unknown traveler to stay with them. Suddenly, as He breaks bread at the table, their eyes are opened and they recognize that this “stranger” is Jesus. Recalling how their hearts had burned within them as He spoke to them on the road, they now realize that this was the risen Jesus with whom they'd been walking all along. They now learn that the Jesus Movement which appeared to have reached a sudden and tragic end, is only just beginning. They thought that night was coming when it was really the dawn of a new day.

Jesus was not just a wonderful teacher, an inspiring person, a notable historical figure. He is none other than the full revelation of God. For those disciples, and for us, there is no reason to ever lose heart, to despair, to give up. If God can transform the evil, gruesome crucifixion into a grand triumph, who knows what God can do with our setbacks, our dead ends,  
*(Pastor Thea's message continues on Page 2)*

failures, and frustrations. If Easter is true, no place is beyond the reach of God's redeeming grace. All who travel life's highways searching for the path of hope and healing may experience the comfort, light and wonder of the Lord's presence.

This account of the appearance of Jesus is a message of hope. We continue on our journey this Lenten season, contemplating the Great Questions of Faith. Through the questions may we not lose heart or give up but hear God's story in Christ and be led to hope by the sustaining power of God's Spirit. May our hearts sing for joy as we hear the good news of Easter and walk daily with God.

In Christ,

Thea Monson, Interim Pastor

**FINANCIAL NEWS TO NOTE!**

BUFFALO LUTHERAN CHURCH

BALANCE \$3309.22  
PLEASE NOTE THAT THIS AMOUNT INCLUDES \$2000 BORROWED FROM SAVINGS IN FEBRUARY TO PAY BILLS.

ST. PAUL'S LUTHERAN CHURCH

WATCH FOR FINANCIAL STATEMENT NEXT MONTH.

April Acolyte Schedule

April 7	Riley Besette	EASTER, April 21	Kiana Lerud
April 14	Chloe Wetch	April 28	Riley Besette
	May 5	Chloe Wetch	

Please try to acolyte as scheduled and feel free to trade with someone if necessary.

**Buffalo WELCA Bazaar** will be held Sunday, March 31 at the Buffalo Community Center today from 10 AM-1 PM. Tickets are available for purchase from the WELCA ladies for our Annual Raffle with prizes of a Quilt and several other items. You're invited to join us!

Dear Family and Friends,

How can your church encourage healthy living? **THE KITCHEN** Even the smallest kitchens can be a teaching kitchen. Have someone who loves to cook teach classes on cooking to any who want to learn. Use the food for church events or a soup kitchen. Rethink the church potluck. Encourage the congregation to eat healthy meals together and to try out healthier recipes. Coffee and donuts every Sunday? Instead (or alongside), offer fresh fruit and veggies. This will help those with allergies, as well as those who need to cut out sugar from their diet. **THE GYM/ FREE SPACE** If you have a gym or free space, find ways for every age group to use it—walking groups, yoga, aerobics classes, exercises for the elderly, badminton competitions, chess. Try to find even one activity for every constituent group in your church, and then encourage them to take part! **THE PARKING LOT** Open your parking lot to a small farmers market on Saturdays, so the congregation is encouraged to eat local and healthy food. Buy some sidewalk chalk and have the children write weekly scripture verses on the pavement in your parking lot. This makes that walk back to car a much more enjoyable experience and gets people outside. **OUTSIDE** Grow a community garden with congregants to learn more about the earth and fellowship simultaneously! Share the produce with those who do not have. Build a playground –promoting children and families to turn off the TV and play outside! Turn unused space into a volleyball court. This is a fun activity for the youth, or as an Eagle Scout project. **LIBRARY** Stock a shelf with books and magazines about healthy living. **ON THE WALLS** Use other bulletin boards for health awareness, recipes of the month with photocopies for people to take and local health events/centers. Use “visual devotionals” to create a space for walking prayer. Print out the devotionals and line a hallway with them. Encourage members to walk and pray alongside each image. **SANCTUARY** Find some time for older members to come and walk around the inside of the church sanctuary. This is especially important in the wet and colder months when people may not want to get outside. Even providing a small opportunity to get moving will be important – and using the church sanctuary reminds us that we worship God with our *whole* bodies! Perform an open service of meditation and breathing exercises for those members who just need a break (Note: make sure there is childcare for mothers – they always need a breather!)Make sure that your sanctuary is welcoming to all who come. Test out your access ramp and make sure that it is safe and maintained. Ensure that you have room in the pews for wheelchair and try to ensure that all people can participate in the life of worship – singing in the choir, reading scripture and participating in the sacraments. This might mean moving the choir down from the loft for a Sunday or creating a special worship opportunity for someone who cannot step into the pulpit. Don’t forget the dust! Many small corners of our sanctuaries are full of allergens that can impact your members. Encourage regular cleaning of the less-used spaces in the church, especially in the spring when allergies tend to be the worst. **BATHROOMS** Provide free information about recovery, abuse or other difficult topics in your bathroom stalls. People may feel more comfortable picking up information when they have some privacy, rather than where others can see them. Make sure there is hand sanitizer in all the bathrooms.

*Parish Nurse Notes conclude on Page 4*

**NURSERY** Make sure that your nursery is tested for lead paint and healthy air quality – this is also a good decision for the rest of the church! **THOSE EXTRA CLASSROOMS** Become Disaster-Ready! Get a group from your congregation to train with the American Red Cross and use the extra space for storage, keeping things like water, blankets, food, etc. Create a “safe-space” for nursing mothers. Place a comfy chair and ottoman in a spare room, or have volunteers make some bedding or comfortable blankets. Encourage nursing mothers to take time out with their infants. Not all moms will want to use it, but it can be a helpful respite for moms who don’t always feel comfortable nursing in other areas of the church.

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

[http://chreader.org/around-church/?utm\\_source=CHResources&utm\\_campaign=4cb897904c-EMAIL\\_CAMPAIGN\\_2018\\_05\\_15&utm\\_medium=email&utm\\_term=0\\_1bff84af6d-4cb897904c-309068309&mc\\_cid=4cb897904c&mc\\_eid=1720f95690](http://chreader.org/around-church/?utm_source=CHResources&utm_campaign=4cb897904c-EMAIL_CAMPAIGN_2018_05_15&utm_medium=email&utm_term=0_1bff84af6d-4cb897904c-309068309&mc_cid=4cb897904c&mc_eid=1720f95690)

### *Cares and Concerns and Activities*

**APRIL SUNDAY WORSHIP SERVICES WILL BE HELD AT 9:00 AM AT ST. PAUL’S LUTHERAN CHURCH AND AT 11:00 AM AT OUR SAVIOR LUTHERAN CHURCH, PAGE. TO REACH PASTOR THEA MONSON PLEASE CALL 701-668-2295, 218-820-7006 (cell), OR BY EMAIL AT [pastorthea2.0@gmail.com](mailto:pastorthea2.0@gmail.com)**

### **Lenten Worship Schedule**

**Wednesday, April 3** *“Is The Bible Divinely Inspired?”*

**Wed., April 10<sup>th</sup>** at Page *“What Is The Church For?”*

**Maundy Thur., April 18<sup>th</sup>** at Tower City *“How Can The Attributes Of Wrath and Love Coexist In God?”*; **Good Fri., April 19<sup>th</sup>** at Page *“Why Do People Die?”*

**Easter Worship:** at St. Paul’s Lutheran Church at 9:00 AM on Easter Sunday, April 21.

**Can you help?** Anyone wishing to help with food donation, preparation, and serving of the Lenten Supper at St. Paul’s is welcome. Call Colleen Clancy to offer your help!

**St. Paul’s Updating:** As we near the end of the Updating Project at St. Paul’s Lutheran Church an offer has been made by someone that tells us this person will “match up to \$1,000 that is donated to this project”. Please prayerfully consider the offer!

**Thanks for the Support!** The Buffalo Lutheran-St. Paul’s Lutheran Churches Joint Meeting on March 24 was considered to be well received! The meeting was well attended and questions and suggestions were very much appreciated. Anyone wishing to contribute ideas is encouraged to talk to a member of your Church Council and please continue to financially support your church as you find it possible.

*Please keep in mind that we reserve the privilege to edit any information that is submitted for publication to the church office. Thanks!*

