

APRIL- MAY 2021 PARISH POST
St. Paul's & Buffalo Lutheran Churches

Pastor Bill's May Message

Page 1

Members of Harmony!

Still in the season of Easter and Easter joy I pray all is well for you all. I pray this letter finds you growing in Christ in Word and Deed into the fullness of Jesus. Some items I'd like to lift up as we head into May.

I'm so very happy restrictions on us because of Covid-19 seem to be lifting. Confirmation continues and I'm encouraged by our Confirmand's worship and attending class.

I'm encouraged our Sunday School has begun and is continuing. I'm concerned that parents and Sunday School kids for the most part are not worshipping together. Our children not only learn by parent's instruction but also by seeing how parents live their lives. It is good when families worship together.

I'm aware that many are watching our worship on YouTube. As Covid-19 restrictions lift, I'd like to see us worship in-time together. Fellowship is extremely important for our ongoing mission.

I'm aware that May has a school schedule all its own. May will impact on our Confirmands. We've really just begun and we're, or some, are looking for a break. Let's talk about it.

I'm reminded of an old hymn from Sunday School days:

"Give of the best to the Master;
Give of the strength of your youth;
Throw your soul's fresh, glowing ardor
Into the battle for truth.
Jesus has set the example
Dauntless was He, young and brave;
Give Him your loyal devotion;
Give Him the best that you have.
Clad in salvation's full armor,
Join in the battle for truth!"

Blessings to you all as we continue to live in and with each other and our risen Lord Jesus.

John 15:14 "You are my friends if you do whatsoever I command you."

Blessings in Christ, Pastor Bill & Weslie

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.

PASTOR BILL AHLFELDT CAN BE CONTACTED BY PHONE AT 701-412-6953.

The Church Office should be open on Fridays from 10 AM-4 PM. If you find you need something at a different time don't hesitate to call Bette at her home at 701-749-2508.

CAN YOU HELP? We are in need of housekeeping volunteers at St. Paul's Lutheran Church. There will be a sign-up sheet available at the back of the church that you can sign up on dates that can you can help. Please contact Colleen Clancy with any questions you have. Keep in mind that St. Paul's has services every other month.

A May we remember with prayers of sympathy and compassion the family and friends of Betty Kappel. Betty passed away in Fargo at Bethany on 42nd on Friday, April 16. Her funeral was held Tuesday, April 20 at St. Paul's Lutheran Church. May Betty rest in peace!

A May we keep the family and friends of Roger Pommerer in prayers of sympathy and peace. Roger passed away on Friday, April 23 at CHI Hospital in Bismarck. His funeral was held April 29 at Lutheran Church of the Cross in Bismarck. Roger grew up in Tower City and, locally, is survived by Debra & Lynn Schneekloth.

Naomi Circle has been invited to Margaret Vollmuth's home in Fargo for our May Bible study. We are going for lunch at 12:30 **on Thursday, May 20**. We will plan to carpool & will leave from Buffalo Lutheran Church at 11:30.

Buffalo Lutheran WELCA has decided to offer their quilts for sale for \$35-40. Most are donated, but if you see one you like, you may purchase it- contact any WELCA member if interested.

Congratulations and Prayers for a Happy and Productive Future for our Graduates! Graduates (because of the COVID situation grads did not receive their quilts last year) will receive quilts made by the WELCA groups from our churches. Please be watching for the date the quilts will be distributed!



Dear Family and Friends,

Depth perception, color recognition and peripheral vision can be compromised in the dark, and the glare of headlights from an oncoming vehicle can temporarily blind a driver. Even with high-beam headlights on, visibility is limited to about 500 feet (250 feet for normal headlights) creating less time to react to something in the road, especially when driving at higher speeds. If you are 60 or older, driving a car may be increasingly difficult. Age-related vision changes and eye diseases can negatively affect your driving abilities, even before you are aware of symptoms. Some age-related vision changes that commonly affect seniors' driving are: Not being able to see road signs as clearly. Difficulty seeing objects up close, like the car instrument panel or road maps. Difficulty judging distances and speed. Changes in color perception. Problems seeing in low light or at night. Difficulty adapting to bright sunlight or glare from headlights. Experiencing a loss of side vision. As we age, we have greater difficulty seeing at night. A 50-year-old driver may need twice as much light to see as well as a 30-year-old. At age 60 and older, driving can become even more difficult, according to the American Optometric Association (AOA). Some older drivers also may have compromised vision due to cataracts and degenerative eye diseases.

The AOA recommends older drivers: Have annual vision exams. Reduce speed. Take a driving course; even experienced drivers can benefit from a refresher course, and some of the rules have probably changed. AARP offers a class and it may decrease your insurance premiums. Minimize distractions, like talking with passengers or listening to the radio. Check with your doctor about side effects of prescription drugs and limit driving to daytime hours if necessary.

What should you do to combat darkness? Aim your headlights correctly, and make sure they are clean. Dim your dashboard. Look away from oncoming lights. If you wear glasses, make sure they are anti-reflective. Clean the windshield to eliminate streaks. Slow down to compensate for limited visibility and reduced stopping time.

Tips to stay safe when driving: Use extra caution at intersections. Reduce your speed and limit yourself to daytime driving. Avoid wearing eyeglasses and sunglasses with wide frames or temples. Take a driving course for seniors. Have an annual eye examination. Avoid rush hour traffic. Let's stay safe on the road.

Peace in Him,

Gwen Fraase RN Parish Nurse for Community Health Ministry

<https://www.aoa.org/healthy-eyes/eye-health-for-life/senior-vision?sso=y#2>

<https://www.nsc.org/road-safety/safety-topics/night-driving>

We welcome LeRoy & Carol Hintz to our membership at St. Paul's Lutheran Church! As they formally join our fellowship we are thankful for them! May we all be blessed as the Hintzs join us and our mission together! May we remember our new members in prayer!

St. Paul's Council Update

As we stumble through COVID the best way to keep you informed about church activities is probably through newsletter updates. Thank you for supporting the church during this health upheaval. Your continued donations have enabled us to pay our bills on time without having to prioritize their payment. The monthly parsonage payments have been kept separate to be used only on church updates, not on operating expenses.

At the Annual Meeting church improvements were prioritized. Replacing the roof was overwhelmingly the greatest need. It will be completed when the parsonage lump sum payment is made. We have one roofer figuring out an estimate and would appreciate your help in recommending others.

We need to eliminate sources of water problems. The spruce trees on the north have been removed, which should eliminate clogged gutters. Dirt fill has been added by the foundation on the south and hopefully this will be an end to basement water problems. Another dehumidifier was placed in the basement and the musty smell has disappeared. New storm windows have been installed for a cost of \$2000 and we no longer need lathes to hold the windows open. More work will need to be done on the window casings because of previous water damage.

WELCA donated \$1500 towards the kitchen remodel and individuals have donated new faucets, refrigerator, microwave, and other needed upgrades. The Council voted to contribute \$500 towards the bathroom plumbing. Fluorescent lights throughout the basement were replaced with LED and there is now much better lighting throughout.

Twelve people showed up for a church work day and painted the church proper and upper room. A contractor was hired to do the peaks and the cost was reduced by nearly \$1000 because of the congregational help. The cracks and water stains are gone and our church has a new fresh look!

Nineteen years ago steel siding was put on the church exterior and it is badly peeling. It is under warranty and we are awaiting its repair. This has been an ongoing project for the past two years and should be fixed this summer.

Our audio system has been in disrepair for decades. St. Paul's received a generous donation from the Smith family in memory of Edie. The donation was earmarked towards system replacement. Using this money along with money from the Memorial Fund and Parsonage Fund we now have a new audio system on order. But like many other electronic systems, there is a manufacturing delay. By the time attendance improves after COVID we will be able to enjoy the new sounds.

These needed improvements were made possible through of the sale of the parsonage and your generous contributions. God bless your support and speed our return to a more normal time when pot lucks can return and fellowship will be mask free.