

Buffalo Lutheran & St. Paul's Lutheran Churches

AUGUST 2014 PARISH POST

Comments from Pastor Chris . . .

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

The summer is now approaching its end. In a few short weeks, students will be back at school, harvest will begin, and not too far after that, leaves will begin their annual sail to the ground after a brief display of autumn splendor. Fall brings increased business for us here in the church. We will begin Sunday morning activities on September 7. We are planning on having a breakfast after Sunday School at the Buffalo Community Center, so please keep this in your calendar. Feel free to invite a friend or neighbor to come and check out what we have going on!

Confirmation will begin August 27th during school. We will be meeting briefly on September 7th during the breakfast after Sunday School to discuss Confirmation. We are also going to reboot our LYO. We will be having a parent and interested student meeting on Wednesday, September 17th at 7:00 PM at the parsonage.

As often happens, unfortunately, summer is a time when people put Christ and his gifts for them on the back burner. We make excuses and distract ourselves away from the church during the summer months. This is neither something that we should simply expect for ourselves nor is it something to be commended. If Jesus is who the Scriptures make him out to be, then nothing in this life can be more important than him and those things he wishes to give you. This isn't a pious prattling on by your pastor, this is a simple observation. After all, what finite thing can have more value than the Infinite God? What do you possess that is worth the price of your own soul? Christ is the only one who can heal the void in our lives, the one whose life is enough to fill the emptiness we try to ignore by giving in to constant distraction in this life. There are only a few more weeks left to summer, and there is not a single reason on the whole of the green earth that you, yes you, cannot make time to attend a church service or two in that time. Whether it be here at home or somewhere else, Jesus Christ wishes to give himself to you for the good of your own soul. Christ is not a product for you to take at your convenience. He is your God, and should be devoted to as such. Remember that we offer the Lord's Supper on the first, third, and fifth Sundays each month and that I offer individual confession and absolution for those in need. Enjoy the rest of your summer!

Yours in Christ,
Pastor Chris Brademeyer

BUFFALO LUTHERAN CHURCHST. PAUL'S LUTHERAN CHURCH

June General Fund \$4020.13

July General Fund \$580.43

ANNOUNCEMENTS

Kyrstin Bloomquist & Daniel Froelich propose to enter into the holy estate of Matrimony, according to God's ordinance. They desire that prayer be made for them, that they may enter into this union in the Name of the Lord, and be prospered in it. If anyone can show just cause why they may not be joined together, that person is exhorted to make known such objections before the day of marriage.

† May we remember with prayers of sympathy the family of Myrna Knapp-Peacock of Garland, Texas. She passed away June 9 and a local survivor is her sister, Lavira Eggermont, of Tower City.

† Let us remember with prayers of sympathy the family of Jerry Salberg. Jerry passed away July 2 and his funeral was held July 7 at St. Paul's Lutheran Church.

St. Paul's Lutheran Church members—anyone wishing to help plan and serve coffee and goodies after Sunday worship during August is asked to call the church office to volunteer.

Volunteers are needed for Altar Guilds at both churches. Pastor Chris will direct us in the responsibilities involved. Please talk to Pastor Chris with questions you have or to offer your help!

Beyond Our Walls: Red Willow Bible Camp

The annual Red Willow Bible Camp Quilt and Fine Art Auction will be held Sunday, August 24. The Silent Auction begins at 9 AM, Worship Service at 10 AM featuring the music of The MOOS Band, Buffet lunch at 11 AM, Pie Contest Judging at Noon, Live Quilt Auction, Wayne Trotter, Auctioneer, at 1 PM, Raffle Quilt Drawing at 3 PM

The Quilters Appreciation Dinner will be held Thursday, August 14 at 6 PM (RSVP by August 7). Featured Speaker: Shelly Zimprich

Visit redwillowbiblecamp.org for more information, pie contest rules and to view donated items and raffle quilt. Quilts may also be viewed on Red Willow Facebook page!

Phone: 701-676-2681 Email: rwbc.office@gmail.com

1651 Jacob Dr, Binford, ND 58416

New in 2014: "Absentee Bidder Form" available for use. Find it online or have one mailed to you.

Dear Family and Friends,

Colon and rectal cancer (colorectal cancer) presently is the second deadliest cancer in the world. However, statistics show that if diagnosed early it can be 90% curable. Because of this, the American Cancer Society is formulating a campaign to bring more attention to this disease in hopes of increasing awareness in prevention measures and early diagnosis.

Benign tumors of the large intestine are called polyps. Malignant tumors of the large intestine are called cancers. Benign polyps do not invade nearby tissue or spread to other parts of the body. Benign polyps can be easily removed during colonoscopy, and are not life threatening. If benign polyps are not removed from the large intestine, they may become malignant (cancerous) over time. Most of the cancers of the large intestine are believed to have developed from polyps. Cancer of the colon and rectum can invade and damage adjacent tissues and organs or can break away and spread to other parts of the body where new tumors form. Once metastasis has occurred in colorectal cancer, a complete cure of the cancer is unlikely.

The cause of colon cancer is unknown but diet may play a part in developing it. Western diets that are high in fat may predispose people to cancer risk. It is postulated that the breakdown products of fat metabolism may lead to the formation of cancer-causing chemicals. Diets high in vegetables and high-fiber foods such as whole-grains may rid the bowel of these carcinogens and help reduce the risk of cancer. Family history and genetic background play an important factor in colon cancer risk.

Symptoms of colon cancer are numerous and non-specific. They include fatigue, weakness, shortness of breath, change in bowel habits, narrow stools, diarrhea or constipation, red or dark blood in stool, weight loss, abdominal pain, cramps or bloating. Colon cancer can be present for several years before symptoms develop and can vary according to where in the large bowel the tumor is located. Unfortunately, colon cancers can be well advanced before they are detected.

The most effective prevention of colon cancer is early detection and removal of precancerous colon polyps before they turn cancerous. It is recommended that all individuals over the age of 40 have a yearly digital examination of the rectum and their stool tested for hidden or "occult" blood. For individuals over 50 years of age, it is recommended they undergo flexible sigmoidoscopy every 5 years. Colonoscopy is also recommended every 5-10 years depending on the findings. Double contrast Barium Enemas and Colonography testing every 5 years may be recommended also.

Finally, people can change their eating habits by reducing fat intake and increasing fiber in their diet. Major sources of fat are meat, eggs, dairy products, salad dressings and oils used in cooking. Fiber is the insoluble, non-digestible part of plant material present in fruits, vegetables, and whole-grain breads and cereals.

For all of us over 50, at our next visit, ask your doctor to order a sigmoid or colonoscopy to check for polyps and other bowel problems. It very well may save your life! Remember our life is a gift from God, how we take care of ourselves and others is our gift back to God.

Peace in Him,

Gwen Fraase RN Parish Nurse CHM

Buffalo & Tower City Lutheran Parish

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Permit #1

UPCOMING AUGUST EVENTS

AUGUST SUNDAY SERVICES WILL BE HELD AT ST. PAUL'S LUTHERAN CHURCH AT 9:00 AM.

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

August 3-11: Pastor Chris will leave for vacation after August 3 worship service

August 4: Community Health Ministry meets at 7:30 PM at St. Thomas Catholic Church, Buffalo.

August 10: Pastor Radde will be our supply Pastor; St. Paul's Council meets after worship

August 13: Buffalo Lutheran Church Council meets at 7 PM

August 17: St. Stephen Visitation Group meets after worship service

August 22: Wedding Rehearsal at St. Paul's

August 23: Bishop-elect Terry Brandt Installation at 2 PM at Olivet Lutheran Church; Bloomquist-Froelich Wedding at 5 PM at St. Paul's Lutheran Church

August 27: Confirmation classes begin at Maple Valley High School, time TBA