

**AUGUST 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.

“The Second Commandment: Thou shalt not take the name of the Lord, thy God, in vain.”

What does this mean?

Answer: We should fear and love God that we may not curse, swear, use witchcraft, lie, or deceive by His name, but call upon it in every trouble, pray, praise, and give thanks.” - Dr. Luther’s *Small Catechism*.

The Second Commandment deals with our use of language, specifically how we talk about and to God. Basically, one is to only call on God in holy use of His name and to avoid misusing it. Here we are reminded that God wishes us to call on Him in our need, to pray, to praise, and to thank Him for His magnanimous blessings given daily to us.

However, we often abuse God’s name. Luther categorizes our misuse as cursing, swearing, sorcery (witchcraft), lying, and deception. Cursing is when we misuse God’s name to invoke harm on another or when we blaspheme God by lying about Him or attributing evil to Him. For example, a common expression in our culture is “God d\*\*\* it”. Damning, of course is to wish that someone is in hell. Teaching false doctrine also violates this Commandment as it attributes untrue things of God and His character. God, as Scripture teaches us, does not wish hell on anyone, but desires all to be saved through Jesus Christ, His Son.

Swearing is to invoke God’s name in order to testify to the truth or trustworthiness of a statement we would make. When we do this, we risk lying in God’s name, which is to make God Himself seem untrustworthy. We are only allowed to swear in God’s name when doing so will demonstrate the truth of the Gospel or bring greater glory to God.

Using God’s name for sorcery is to use it in such a manner as to derive benefit or power from it apart from His appointed means for doing so. In ancient days, one would use God’s name to create magic effects. Today, we use it to try and get material blessing: cars, money, property, well-being, and the like. Instead of trusting that God wishes to give us these things, we try and manipulate Him into doing this on our terms.

Lying or deceiving is to, simply put, use God’s name to validate some intentional falsehood. For example, if a person who is running a scam business wants to appear trustworthy or legitimate, he or she may indicate that they are Christian by incorporating a cross, Bible verse, or some other symbol into their advertising to deceive others. It is also lying to teach falsely concerning God.

Yours in Christ,  
Pastor Chris

BUFFALO LUTHERAN CHURCH

Checking Account balance as of June 27: \$1588.20  
 Parish Nurse balance \$103.10

ST. PAUL'S LUTHERAN CHURCH

Checking Account Balance \$1909.75  
 Unpaid bills: (Pastor ins) \$1988.70



Budget Update: Year to date	\$33,775.00
Year to date total offerings	\$19,894.30
Budget shortfall	(\$13,880.70)

*Cares and Concerns*

† The Rev. Dr. Arthur Meether passed away July 15 at PioneerCare in Fergus Falls, MN. He served Buffalo Lutheran & St. Paul's Lutheran Parish from 1969-1980. His funeral was held at Augustana Lutheran Church in Fergus Falls on July 23. May he rest in peace!

† Bonnie Temple, formerly of Tower City, passed away at her home in Rutland, ND on July 22. Her funeral was held on July 27 at Norland Lutheran Church near Rutland. May she rest in peace!

**VACATION BIBLE SCHOOL is being held** Sunday, July 31-Thursday, August 4 from 5:15 PM-7:30 PM at St. Paul's Lutheran Church. Suppers will be provided for the children. Crafts, Games, Lessons and Music will be hosted. Preschool – 6<sup>th</sup> graders are welcome and this event is open to our communities with no charge. If anyone would like to donate money toward VBS expenses please indicate this purpose on the offering plate.

**PLEASE JOIN US for a Bridal Shower** honoring Mariah Smith, the future Mrs. Chris Tofsrud. The event will be held at the Old Buffalo High School on Thursday, August 18 at 6:30 PM. The Couple is registered at Macy's and Target.

**Beyond Our Walls – Dakota Boys' and Girls' Ranch---** helping at-risk children and their families succeed in the name of Christ.

**Thought for the week:** Jesus looked at them and said, "With man this is impossible, but with God all things are possible." Over the history of Dakota Boys and Girls Ranch, our work has touched thousands of youth and their families. The impact of this has been different for on each individual. Over the years, as youth were discharged, it was difficult at times to say just what had changed. As we have become aware of many past residents returning to visit, calling to update us on their lives, or contacting us in some other way, We can say that a change has taken place in every one. Many of the past residents, who are now adults, inform us that our Spiritual Life Programming made a huge difference for them.

## AUGUST PARISH NURSE NOTES

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Dear Family and Friends,

School is about to begin again and I would like to take the time to discuss a few helpful pointers on School Bus Safety and trading sports drinks for water.

#1 When the bus approaches, stand at least 3 giant steps (6 feet) away from the curb. #2 Wait until the bus stops and the driver says it is okay to get on the bus. #3 If you have to cross the street in front of the bus, be sure to use a crosswalk and be sure the driver sees you and you can see the driver. #4 Get to the bus stop about 5 minutes early so you are not in a hurry. #5 Use the handrails to avoid falls. When exiting the bus, be careful that clothing with drawstrings and book bags with straps don't get caught in the handrails or doors. #6 When the bus is moving, sit on the seat and do not stand or walk in the aisle.

As for drivers...DON'T PASS THE BUS when the red lights are flashing!!!! It's deadly and it's illegal.

Sports drinks verses water.

Water is the most effective sports drink on the market. It is the best option for before, during and after exercise because it keeps you hydrated and fuels your body during exercise. Drink water when you are thirsty. Take breaks during exercise to drink water and stay hydrated. Sports drinks have a high sugar content which makes them full of empty calories. A large bottle of Gatorade has 52.5 grams of sugar that's as much as 15 Oreo cookies! Originally, sports drinks were marketed for extreme endurance athletes but now marketing has now trickled down to the general public. Instead of using sports drinks to fuel lost electrolytes and carbohydrates after a workout of 40 min. or longer, grab a high protein (peanut butter, yogurt, cheese) or healthy carbohydrate (crackers and fruit).

Know some of the signs of dehydration; thirst, dizziness, nausea and fatigue.

Drink water to stay in the game!

Peace in Him,

Gwen Fraase RN

Parish Nurse Community Health Ministry

References: <http://patient.info/health/myasthenia-gravis-leaflet>, Agnes Harrington RN

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### UPCOMING AUGUST 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)*

***AUGUST DIVINE SERVICES WILL BE HELD AT ST PAUL'S LUTHERAN CHURCH SUNDAYS AT 9:00 AM***

July 31 – August 4: ~~Vacation Bible School~~ 5:15 PM – 7:30 PM at St. Paul's Lutheran Church.

August 10: Buffalo Lutheran Church Council at 7 PM.

August 18: Bridal Shower for Mariah Smith at 6:30 PM at Old Buffalo High School (the couple is registered at Macy's and Target)

August 21: St. Paul's Lutheran Church Council meets at 7:30 PM.



