
AUGUST 2018 PARISH POST

St. Paul's & Buffalo Lutheran Churches

Comments from Pastor Thea . .

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“Having gifts that differ according to the grace given to us, let us use them...”

(Romans 12:6/ESV).

Greetings:

The pop ballad, “What A Wonderful World,” written by Bob Thiele and made popular by Louis Armstrong in 1967 celebrates the diverse beauty of God’s creation. Most of us usually find time during the year to enjoy nature’s grandeur. It may involve travel to a faraway scenic location or a simple walk in the park. During recent vacation days with my family at our Minnesota home I was blessed by an inspiring spectacle of nature (stunning sunsets, soaring eagles, a pair of chattering loons drifting peacefully on calm waters with their fuzzy baby hitching a ride, large-mouth bass swimming in the shadows, and more deer than seems really necessary). These are priceless moments that are like a slide-show in real life with the strains of “What A Wonderful World” as the soundtrack.

There is another wonderful world that we celebrate in the marvelously diverse community of faith, our newly formed parish (as of June 24th). Rooted in Christ, as a parish, we use our gifts to serve Him and our neighbor. Each of our congregations has a unique personality just as each person in a family has a unique personality. In this partnership, we will thrive best and our entire community is enriched when we don’t withhold our God-given gifts, but use them for the good of all. We learned at the Synod Assembly that the Eastern ND Synod is the only synod in the ELCA in which every one of our communion partners is represented in the ministry we do **together**—either with an ELCA pastor or Synodically Authorized Minister (SAM) serving one or more congregations from another partner denomination, or one or more of our ELCA congregations being served by a pastor (or SAM) from another partner denomination. Our expanding circle of communing partners includes the Presbyterian Church (USA), Reformed Church in America, United Church of Christ, The Episcopal Church, The Moravian Church, and the United Methodist Church. This appreciation of the diversity of gifts working together toward God’s mission strengthens our common Christian witness.

God loves variety. That’s why God created so much of it. Over the coming months our three gifted congregations will be wondering and listening to how our various gifts can be used **together** for the sake of God’s mission in our world. The leadership team will be developing a Ministry Site Profile (MSP) of the combined parish, looking toward purpose and goals. A Parish Agreement will need to be drawn up and voted on by the congregations.

Pastor Thea’s message concludes on Page 2

These are two important steps before a Call Committee is then gathered for the purpose of discovering who will be the next pastoral leader for this parish that has been drawn together by God. Please continue to share your thoughts and ideas with the leadership and keep them and one another in your prayers.

Thank you for sharing your God-given gifts!
Thea Monson, Interim Pastor

FINANCIAL NEWS TO NOTE!

BUFFALO LUTHERAN CHURCH
Checking Account as of 7/24/18 \$396.44
Parish Nurse paid thru August \$228.10

ST. PAUL'S LUTHERAN CHURCH
General Fund \$ 646.72
Building Fund \$ 2068.47
Food Drive + \$ 212.03

Cares and Concerns and Activities

AUGUST SUNDAY WORSHIP 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 pastorthea@yahoo.com

Would you like a visit from Pastor Thea or do you know somebody that would like that visit? Please let her know or let us know at the church office! If you recommend that she visit someone make sure that person okays the visit. If you know of somebody that should be included in Sunday morning prayers be sure that person does approve of being mentioned in the prayers.

Vacation Bible School 2018 --- Thanks so much for all the help at this year's Bible School, for our leaders and for our volunteers! We had just over 40 students attending this ecumenical event. Thanks, too, for all the donations! And a special thanks goes to Colleen Clancy for coordinating this event! May God bless your generosity!

PLEASE if you have announcements that should be in the newsletter try to have them into the office shortly before the first Sunday of the month.

AUGUST PARISH NURSE NOTES —

Lyme Disease

Dear Family and Friends,

Now that the weather is nice we are spending more time outside, so, today I want to discuss Lyme Disease (LD) and how we can protect ourselves. We live in an area where we are exposed to ticks and the numerous diseases that they can carry. Statistics show that about 300,000 people each year are affected with Lyme Disease with a price tag from \$712 million to \$1.3 Billion per year not to mention the human suffering.

LD is a multi-stage, multi-system bacterial infection caused by the spirochete *Borrelia burgdorferi* that is transmitted by a tick bite. April-October is considered tick season.

Symptoms are non-specific since the disease can affect every part of the body but usually appear within three to 30 days. One primary symptom is often times that of a bulls-eye rash that is pink in the center and a deeper red on the surrounding area. This can last a few hours or up to several weeks. Other symptoms include; headache, stiff neck, aches and pains in muscles and joints, low grade fever and chills, fatigue, poor appetite, sore throat, swollen glands, neurological symptoms, heart problems, skin disorders, eye problems, hepatitis, severe fatigue, weakness problems with coordination.

How can Lyme Disease be prevented? Ticks cannot bite through clothing, so dress wearing light-colored clothing, long sleeved shirts tucked into pants, socks and closed-toe shoes, long pants with legs tucked into socks. Check often for ticks, including: all parts of the body that bends, behind the knees, between the toes and finger, underarms, and groin. Check the belly button, in and behind the ears, neck, hairline, and the top of the head. Check pressure points, including: where underwear elastic waist band touches the skin, where bands from pants or skirts touch the skin, or anywhere else clothing presses on the skin. Visually check all other parts of the body and hair. Run fingers gently over skin, and run a fine-toothed comb through hair. Walk on clear paths and pavement through wooded areas and fields. Shower after all outdoor activities for the day are completed. It can take 4-6 hours for a tick to attach firmly to the skin. Use products with DEET to help reduce the risk of exposure.

To remove a tick, use a fine point tweezers, grasp the tick at the place of attachment and gently pull the tick straight out. Wash your hands, disinfect the tweezers and bite site. (rubbing alcohol or soap and water) Watch the tick-bite site and your general health for signs and symptoms of a tick-borne illness. If you become ill make sure to tell your doctor about the tick bite.

Don't forget to take care of your pets, since they can easily become exposed.

I hope this information is of assistance and that you enjoy a happy and healthy summer.

Peace in Him,

Gwen Fraase RN Parish Nurse CHM

www.nydailynews.com, www.jhsph.edu www.cdc.gov Health in the Faith Community Vol. 7 Issue 3, 2004
www.healthsystem.virginia.edu/UVAHealth/peds_infectious/lyme.cfm

DID YOU KNOW...

...Bethany Retirement Living offers unique dining opportunities for residents, families, volunteers AND THE PUBLIC? If you are looking for a unique dining alternative, the 42nd Street Diner at Bethany on 42nd or the University Café at Bethany on University might be just the answer. From omelets and hash browns to hot sandwiches, burgers, soups and salads, the 42nd Street Diner and the University Café have something for every palate. And...you can pre-order on the Bethany website at www.bethanynd.org. It couldn't be simpler and the food is great! Come join us!

FROM HOSPICE

Hope. When diagnosed with a serious illness, many believe there is no hope left. But hospice care can offer individuals and their family members hope of a different kind; hope for peace, closure, to be free from pain and suffering. Hope means different things to different people. Below you have the opportunity to read Bob's story. He hoped for quality of life, independence and peace of mind. Whatever our patients hope for, it is our privilege to walk alongside them.

In a newly designed bi-monthly email newsletter, I hope you'll read Bob's story, watch the video and be reminded of the hope that's available with hospice. This email also includes ways to engage with and support Hospice of the Red River Valley.

Our mission statement is not just words, but our way of life. Thank you for your support, and for reading.

Tracee Capron, executive director
Hospice of the Red River Valley

<p style="text-align: center;">Summer Concert FM Golden Notes A New Horizons Band Tuesday, August 7, 2018 @2:00 PM Good Samaritan Society, Arthur ND 150 Co Rd 34, Arthur, ND (701) 967-8316 Free Public Concert A free will offering (\$2 or canned food goods suggested) will be taken to benefit the Food Pantry of Cass County.</p>
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