

## **AUGUST 2020 PARISH POST**

### *St. Paul's & Buffalo Lutheran Churches*

Page 1

#### **Pastor Bill's August Message**

And we know that in all things God works for the good of those who love Him, who have been called according to His purpose.

**Romans 8:2**

Dear Fellow Pilgrims,

What a great God we have been blest by. This text calls us to our Great God's Promise through Jesus our Lord. Don't you wish in all your doings and goings out and comings in that God would make all things good out of all the decisions we might make. Why – it would be as though we had just found the goose that laid the golden egg. This great gift of a golden egg may not in the long run have turned out as well as we wished. God's promise of all things turning out good is powerful. How? Things turn out for the good for those who love God, that is, seek to know, and obey his teachings and commands. Things turn out for the good for those who are called according to His purpose.

How do we understand God's purpose? Prayer, prayer, asking our Father to reveal to us what His purpose is for us as we live our lives.

Our God is a God of truth, not a God of confusion.

This promise of God making all things good comes to us as He calls us to seek, to know, what His purpose in our life is. We pray also for the courage to do it.

Blessings.

In Christ,

Pastor Bill

BUFFALO LUTHERAN CHURCH                      ST. PAUL'S LUTHERAN CHURCH  
WATCH FOR OUR FINANCIAL STATEMENTS IN THE SEPTEMBER NEWSLETTER

*Cares and Concerns and Activities*

**AUGUST SUNDAY WORSHIP SERVICES WILL BE HELD IN AUGUST AT 9:00 AM AT ST. PAUL'S LUTHERAN CHURCH AND AT 11:00 AM AT OUR SAVIOR LUTHERAN CHURCH, PAGE. PASTOR BILL AHLFELDT IS SERVING AS OUR INTERIM PASTOR NOW—HIS PHONE NUMBER IS 701-412-6953 and HIS E-MAIL ADDRESS IS [bahlfeldt@flcfargo.org](mailto:bahlfeldt@flcfargo.org)**

***It is wonderful to be starting joint worship once again. We are encouraged to practice Social Distancing and wear masks if one is more comfortable with those practices. You may notice that we are not using the hymnals to prevent spreading possible COVID Virus germs. Things will be a bit different as Pastor Bill helps guide us through our worship service. May we remember our world in prayer as we travel this journey together.***

**Wednesday, August 19:** Naomi Circle will meet at the Buffalo Park at 2 PM. We will study both July & August lessons.

**The Buffalo WELCA** will host a Continental Breakfast at the church on Sunday, September 13<sup>th</sup> from 10:30 AM-Noon. A Free Will offering will be accepted and we will draw the Raffle winners for the Raffle that was postponed from April. Tickets are still available for purchase from the WELCA ladies.

**May we remember in prayer . . .** Peter Lunder is at home recovering from a stroke he suffered in early August and doing well; Word has been received Loretta Wendlick also had a small stroke and is recuperating.



A Please keep Laura (Swenson) Langemo's family and friends in prayers of sympathy and compassion. Laura passed away July 30 after a complicated series of treatments following a diagnosis of a congenital anoxic brain injury. She leaves her husband, Chris and 3 young children to commemorate her memory. [Laura grew up in Valley City and spent a short time with her family in Tower City]. You can listen to Laura's Memorial Service on the Oliver-Nathan website.

Dear Family and Friends,

I would like to talk to you about rest and relaxation and its role in a Christian's life. I do not know about you but I was raised with the saying "Idle hands are the devils workshop". It was always a "Blessing to be busy". Being productive is important; however, the Bible talks about the importance of rest.

Mark 6:31 talks about Jesus and his disciples needing to rest. "Come away to a secluded place and rest a while." Jesus promises us rest in the midst of our chaotic world. Matthew 11:28-30. "Come unto me, all ye that labor and are heavy laden, and I will give you rest." John 10:10 states God's intent for us. "I have come that they may have life, and have it more abundantly." God wants us to have balance in our lives.

So, how does this work when you are busy at home, school, in the office or in the field? What are some quick ways you can allow you mind, body and spirit to rest?

Practice deep diaphragmatic breathing. Americans are commonly shallow breathers. A good way to learn to deep breath is to lay down in a comfortable position, place a book or your hand on your tummy. Breathe in through your nose, hold, and exhale through pursed lips, (like you were whistling) if you can get your hand or the book to raise up and down with your breath, you are using your diaphragm and breathing deeply. Do this 3-10 times. Once you master this skill, you can apply the technique anywhere and anytime.

Relax your body using progressive muscle relaxation techniques. Concentrate on different body areas such as your arms. Tighten the muscles then relax them. Notice the feeling of a relaxed muscle. Do this throughout your body. Take time to enjoy the feeling of relaxed muscles. If you are able, incorporate this with your deep breathing.

Take a "minute vacation". Take some of those deep breaths, relax your muscles and imagine you are in one of your favorite spots. Go there in your mind's eye. See, hear, feel, taste, and touch your surroundings. Practice this exercise and in 1-2 minutes, you will be a bit more refreshed.

Take a walk. Try to walk outside if possible. This can be challenging in ND due to weather fluctuations. Wear appropriate clothing, shoes or boots and don't forget water, sunscreen, sunglasses and bug spray. Wherever you chose to walk, be safe!

I heard a speaker the other day say, "All you can do, is all you can do and all you can do is enough." Realize it is impossible to control everything or get everything done in your preferred time frame. AA has familiar words of wisdom; "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."

Knowing you are held in God's hands, I wish you rest and relaxation.

Peace in Him, Gwen Fraase RN Parish Nurse Community of Care



## 2020 Synod Assembly

August 14-16, 2020 (Friday evening - Sunday mid-day)

This year's assembly will dwell in the theme of *Living Well*, based on the story of Jesus and Samaritan woman at the well in John 4. We're excited to be joined by Presiding Bishop Elizabeth Eaton who will share more about the work of our church, preside over the bishop election process, and preach for our All-Synod Worship on Sunday morning.

### BISHOP ELECTION INFORMATION

This year's assembly will dwell in the theme of *Living Well*, based on the story of Jesus and Samaritan woman at the well in John 4. We're excited to be joined by Presiding Bishop Elizabeth Eaton who will share more about the work of our church, preside over the bishop election process, and preach for our All-Synod Worship on Sunday morning. As we gather together, we'll also celebrate some important milestones, including:  
50 years of Lutheran women being ordained in the United States,  
40 years of women of color being ordained in our ELCA, and  
10 years of same-sex married individuals being able to serve freely as rostered ministers

***Thanks so much to our "Delivery Angels" that brought surprises to many local people! Fresh fruit and vegetables from the Great Plains Food Bank came to us. If you're wondering about this program and know of people that would appreciate collections of things from the Great Plains Food Bank call Shirley Anderson at 749-2346 and leave a message.***