

**DECEMBER 2017 PARISH POST**  
*St. Paul's & Buffalo Lutheran Churches*

*Comments from Pastor Thea . .*

Page 1

***Brothers and Sisters in Christ***

**“...and on earth peace...” (Luke 2:14).**

Greetings to you in this Advent season. This is the season of hope which reaches its fulfillment in the birth of Christ. It is a season whose purpose is to lift our hearts in joy-filled anticipation of the greatest Gift of all. Yet, for many this is a time when spirits plummet. The memory of previous losses may rob us of the full joy of the season.

As we pray for all to be “calm and bright” in our world, we are reminded daily of the suffering that plagues so many. Wars do not cease. New spheres of aggression develop daily. Our needy world needs the message of Christmas. Into the cold and darkness of our world, Christ is warmth and light. He draws to Himself the local shepherds and the distant sages. All bow before Him. The God of love in the infant Jesus brings the hope of peace to the world.

A young girl...a wee baby...a perplexed fiancé...a tiring journey...an overbooked town...a foul stable...an unlikely cadre of callers...and a jealous king...Could God have delivered the Best Gift the world has ever known in a more humble or human fashion? God placed this fragile treasure of immeasurable worth in the care of sinful humanity. For that act of incredible love Christians continue to hold Christmas in high esteem.

As we enter this special season, I am thankful that we have a places like Buffalo, St. Paul's, and Our Savior Lutheran churches which continue to celebrate the hope and promise that is ours in Christ.

*Pastor Thea's letter concludes on Page 2 - - - -*

I am delighted for the caring people of our congregations who, stirred by the Holy Spirit, labor with the joy of serving Christ. In this special time of sharing, let us welcome “Christ, the newborn King” and to let “ev’ry heart prepare him room.”

I look forward to this Christmas with you as we journey to the manger. In the midst of a noisy and restless world God grant you the peace that is in Jesus.

Love in Christ,

Pastor Thea Monson

In Christ’s hope and peace,

Thea Monson, Interim Pastor

To reach Pastor Thea: 218-820-7006 (cell) 668-2295 (parsonage)

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#### FINANCIAL NEWS TO NOTE!

##### BUFFALO LUTHERAN CHURCH

Checking Account balance – 11/28/17 \$692.87  
Parish Nurse Account balance \$228.10

##### ST. PAUL’S LUTHERAN CHURCH

Checking Account Balance - \$7224.39  
All bills are current!

### *Cares and Concerns*

† **May we remember** with prayers of sympathy and compassion the family and friends of Bill Sheldon. Bill passed away November 4 and his funeral was held at Buffalo Lutheran Church on November 10. May he rest in peace.

**Buffalo Lutheran Church** will hold their Annual Meeting December 10 after church service followed by the traditional Potluck Dinner. If anyone has additional reports please have them into the office by Tuesday.

**St. Paul’s WELCA** had a meeting November 26 with some tentative good ideas. Watch for more news! And we welcome Shirley Anderson and Adele Smith serving as Co-chairmen for our group.

**St. Paul’s Treasurer** Jenni Richman is giving up her position as treasurer and we sincerely thank her for all her work! She plans to work through the St. Paul’s annual meeting. Are you interested in this job? Details include a \$100 per month salary, about 5 hours of work, a monthly financial report, a year end budget, balancing the books and paying the bills. Jenni will train someone that might be interested!

Dear Family and Friends,

I want to wish all of you a very Merry Christmas. I hope that during this busy holiday season you will be able to take a few moments to personally reflect on God's gift of the Christ child and how that gift affects and permeates your life. Oh! Come let us adore Him, Christ the Lord.

Now, on to the physical health part of this letter; sometimes older adults may notice trembling hands or shaking head and some may shrug it off as a normal aging process while others may become alarmed thinking it may be Parkinson's disease. A doctor can diagnose these symptoms and you **may** end up with the diagnosis of Essential Tremor.

Essential tremor is a common movement disorder and affects around 5 million Americans most who are 60 years or older. The word essential means the disorder is not linked to other diseases.

What is a tremor? A tremor is a continuous quivering or involuntary (uncontrollable) movement of a part or parts of the body. The trembling may be fine or course movements that are rapid or slow and may improve when the part is moving. Essential tremors often begin gradually. It usually begins mid-to-late life. The most common sign is a trembling, up and down movements of the hands. Usually tremors occur in both hands but a few people may have trembling in only one hand. The head may show signs of slight nodding movements. The voice box can also be affected. The tremors usually occur when you engage in a voluntary movement such as eating or drinking, writing or threading a needle. Actions that require fine motor skills may be especially difficult. Tremors usually disappear when you are asleep or at rest.

Around 50% of Essential tremors are caused by a genetic mutation (change) that alters the way the body works. In the other half of cases, the cause is not known. The medical field knows that the problem occurs in the brain with the circuits that control movement. Some people believe that their Essential Tremor started with a stressful event. Stress does not appear to cause the tremor, but stress can make the tremor worse.

Many people have mild symptoms while others develop more severe tremors. It may be difficult for them to hold a cup without spilling, put on makeup or shave, write, play an instrument, eat normally or even talk.

There are things you can do to reduce a tremor. Avoid caffeine. Caffeine causes your body to produce more adrenaline which could make your tremors worse. Learn to relax. Stress intensifies tremors. Rest. Fatigue can increase tremors. Learn exercises to promote more stability in your hands and wrists. Tell your doctor if it becomes difficult to perform daily activities or if the tremors prevent you from living your life as fully as you would like. Your doctor may be able to suggest treatments that could ease your symptoms.

Have a Blessed Christmas

Peace in Him,

Gwen Fraase RN; Faith Community Nurse

Community Health Ministry

[www.mayoclinic.com](http://www.mayoclinic.com)



### *St. Paul's & Buffalo Lutheran Churches Christmas Worship Schedule*

Everyone wants to know what's happening during Advent season and when. Our Councils will be meeting the afternoon of December 3 at Page and Christmas worship times will be discussed. Watch for those times on our website [www.splbl.org](http://www.splbl.org) and they will be published in the bulletins. Our Annual Christmas Program will be held at Buffalo Lutheran Church during regular worship time on December 17.

### **2<sup>nd</sup> Annual Local Food Drive**

Our Churches are coordinating a food drive so people in need in our communities are able to have a special holiday meal. Boxes will be available to collect the suggested groceries on listed dates. We will conclude the food collection on December 17 and we'll pack the boxes after Services that day. Please note the food collection suggestions below! Money will be welcome anytime during the Food Drive to help pay for the purchase of hams for the Food Boxes. (Please make any checks to St. Paul's WELCA.) These money collection boxes will be near the food collection boxes

**Sunday, December 3**

**Canned Yams and vegetables**

**Sunday, December 10**

**Canned Gravy and Canned fruit**

**Sunday, December 17**

**Potatoes and Christmas treats**

**.An Angel Tree has been set up with several angels on it. We're asked to choose one or more angels with suggested gifts listed for local young people. Please return the gifts wrapped (if possible) with the angel attached to the gift by December 17 to the church. Any questions? Ask Colleen Clancy for direction.**

### **Upcoming December Events**

***DECEMBER WORSHIP WILL BE HELD AT 9:00 AM AT BUFFALO LUTHERAN CHURCH AND AT 11:00 AM AT OUR SAVIOR'S LUTHERAN CHURCH IN PAGE. PLEASE CONTACT PASTOR THEA AT CONTACT NUMBERS ON THE SECOND PAGE OF THE NEWSLETTER.***

**Confirmation** is held every other Wednesday at the church office (Dec.6 and 20).

Wednesday, December 13: Naomi Circle meets at 11 AM at Connie Boyd's home.

Saturday, December 9 & 16: Rehearsal for Christmas Program at 10 AM at Buffalo Lutheran Church.

Sunday, December 17: Sunday School Christmas Program at 9 AM at Buffalo Lutheran Church.

*Watch for our Christmas Worship Schedule!*



