

FEBRUARY 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.

Lent is soon to arrive. Ash Wednesday, which begins the season, is February 10th. Lent is traditionally a time of preparation for the Easter feast, that is, the day we remember the Resurrection of our Lord and God, Jesus the Christ. What sorts of things do Christians do to prepare for Lent? You are probably familiar with some of these practices: fasting from food or other things (i.e. giving something up), almsgiving (increased giving to the Church and those in need in time and/or finances), increased prayer, greater study of Scripture and theology, making confession, more frequent attendance of church services, and more frequent reception of the Sacrament of the Altar.

Why do we do these things in Lent? Well, to be honest, we should strive to undertake a greater devotion to Christ and serving our neighbor in all our days, not just those within Lent. But, there is a greater focus on these in Lent to illustrate our lack of goodness and grace apart from Christ. When one sets a goal, such as greater prayer or disciplining one's flesh through fasting, one quickly finds the limits to one's own flesh and how strong the desire for complacency and sin really is within one's own members. We focus more on ourselves and how much we need to improve our spiritual state to better know the need we have for Christ and his Cross. Even though we can – and very well may – make progress to greater piety and devotion during Lent by undertaking these practices of the Church, we will know deeper the flawed, sinful reality of our flesh. How better to prepare for the feast of Easter than to know on a deep, intimate level the depth of our sin and to realize our utter reliance on Christ?

Keeping with this Lenten discipline, you may notice a few things about church services during this season. The liturgy will be less musical, there will be more silences during the service, images and art will be minimized, and the tone will be more penitential. I will be offering individual, private confession before Lent services on Wednesdays and by appointment during Lent. I encourage all of you to avail yourselves of this great gift from Christ. And, in case you are unaware, a pastor is sworn to complete secrecy concerning the content of a confession given to him.

Yours in Christ,
Pastor Chris

BUFFALO LUTHERAN CHURCHST. PAUL'S LUTHERAN CHURCH

General Fund balance Dec. 31: \$10,898.65

General Fund balance Jan. 26: \$4,786.32

Parish Nurse account: \$633.10

- **Keep in mind** that February Sunday Divine Services and Lenten Wednesday evening services will be held at Buffalo Lutheran Church.
- **Pastor Chris** will be offering individual, private confession before Lent services on Wednesdays and by appointment during Lent. He encourages all of you to avail yourselves of this great gift from Christ. And, in case you are unaware, a pastor is sworn to complete secrecy concerning the content of a confession given to him.
- **Buffalo Lutheran Church Council Members** this year are newly elected Mark Johnson and Kal Boyd joining President David Laron, Secretary Kerry Ronning, Treasurer Jaci Gately, Jeff Beilke, and Wendy Pueppke. Council Members will be installed on February 7.
- **St. Paul's Council Members** newly elected this year are Chad Wetch and Stephanie Blom joining Adam Walburn, Linda Besette, Matt Richman, Collen Clancy, and Dave Olson. This group was installed on January 31.
- **LENT BEGINS!** Ash Wednesday begins Lent this year on Wednesday, February 10 with a Service at 7:00 PM at Buffalo Lutheran Church. Buffalo Lutheran Church will host a Soup Supper starting at 6:00 PM starting on Ash Wednesday and every other Wednesday in February. Anyone interested in helping with this project is encouraged to call Wendy Pueppke to volunteer.
- **The Buffalo Firemen and Quick Response Unit** 33rd Annual Pancake Breakfast will be held at the Buffalo Fire Hall on Sunday, February 21, from 7:30 AM-12:30 PM. A Free Will Offering will be accepted.
- **Bishop Terry Brandt** will be visiting at Buffalo Lutheran Church to share the message of the day at Divine Service. We look forward to welcoming him!

† Cares and Concerns May we remember with acts of compassion the family and friends of Joyce Wendt. Joyce passed away January 31 and her funeral will be held February 4 at the Lutheran Church of the Cross at 11 AM in West Fargo. May her memory be blessed!

FEBRUARY PARISH NURSE NOTES -- Carbon Monoxide

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Dear Family and Friends,

Today I want to talk to you about carbon monoxide poisoning. Carbon monoxide is a gas that you cannot smell, see, or taste. It can be released into the air from faulty furnaces, or other heating appliances such as portable generators, water heaters, clothes dryers or cars left running in the garage. The symptoms of carbon monoxide exposure are; headaches, nausea, and drowsiness. Children are at a higher risk because of their small bodies.

How can you protect yourself? #1 Install carbon monoxide alarms on each level of your home and keep them at least 15 feet away from fuel burning appliances. #2 Carbon monoxide alarms are not the same as smoke alarms. #3 Replace alarms every 5-7 years depending on the manufacturers' label. #4 If possible have alarms that are interconnected throughout the home so if one alarm sounds, they all sound.

What to do if an alarm sounds? #1 Get outside! #2 Call 911 and stay outside or by an open window until emergency personnel arrive to help you.

Make sure you store your gasoline safely. #1 Keep small quantities in a locked location and in approved containers with child safety features. #2 Keep gasoline away from any source of heat, spark or flame. #3 Never mix gasoline with fire. There is no safe way to start a fire with gasoline.

Carbon Monoxide poisoning is a preventable injury. Protect your family this winter by purchasing a carbon monoxide alarm for each floor of your home.

Peace in Him,

Gwen Fraase RN Parish Nurse

Community Health Ministry

Safe kids winter 2015, Madison Wessling

BEYOND OUR WALLS -- Red Willow Ministries

This year Red Willow will be participating in Giving Hearts Day. On February 11 any donations made up to \$4,000 will be matched. Donate \$10 or more to Red Willow Ministries at impactgiveback.org. All proceeds will go toward making God's love and forgiveness real to young people through camp.

*Buffalo & Tower City Lutheran Parish
Box 68
Tower City, ND 58071
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UPCOMING FEBRUARY 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

FEBRUARY DIVINE SERVICES WILL BE HELD AT BUFFALO LUTHERAN CHURCH SUNDAYS AT 9:00 AM FOLLOWED BY SUNDAY SCHOOL WITH BIBLE STUDY AT 10:30 AM. LENT VESPERS SERVICES WILL BE OFFERED ON WEDNESDAY EVENINGS AT 7 PM DURING LENT PRECEDED FROM 6:00 -7:00 PM WITH A SOUP SUPPER..

CONFIRMATION CLASSES every Wednesday at 1:41 pm at Maple Valley High School

February 7: Buffalo Lutheran Church Council members installation during service.

February 10: Buffalo Lutheran Church Council meets at 8:00 PM.

February 21: Bishop Terry Brandt will share his message during the Divine Service.

February 21: St. Paul's Council meets (watch for these details!)

