

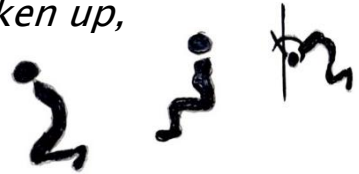
FEBRUARY 2018 PARISH POST
St. Paul's & Buffalo Lutheran Churches

Comments from Pastor Thea . .

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*“When the days drew near for him to be taken up,
Jesus set his face to go to Jerusalem.”*

(John 9:51)



The Passion of Jesus can be told by the language of His expressions and His movements as described in the Gospels. The body language of Jesus is not hard to read—as it tells us of His great resolve, His great suffering, and the power of His love. “POSTURES OF THE PASSION” is the theme of our Lenten program for the seven weeks of Lent as we meditate on some of the vignettes in Scripture in which Jesus journey’s his way to the cross, death, an ultimately resurrection.

Services begin at 7 pm, rotated weekly among our congregations, with soup and fellowship at 6 pm, preceding all services through Good Friday. Schedules are available on–line and at the churches.

Confirmation students will be taking a lead role in the services. In lieu of confirmation classes, the students are expected to be present at the services.

All are invited to the 40–day Lenten journey as Jesus walks toward Jerusalem, cleanses the temple, kneels to pray, and suffers a trial and cross, to be raised on the third day.

In His grace,

Thea Monson, Interim Pastor

To reach Pastor Thea: 218-820-7006 (cell) 668-2295 (parsonage)
pastorthea@yahoo.com

FINANCIAL NEWS TO NOTE!

BUFFALO LUTHERAN CHURCH

Checking Account balance – \$7278.39

Parish Nurse Account balance \$178.10 (paid thru August 2017)

ST. PAUL'S LUTHERAN CHURCH

Checking Account Balance – \$12082.64

A message from Jenni Richman--- Any St. Paul's Lutheran Church members wanting their 2017 offering totals should contact our new treasurer, Kathy Woodward. Thanks to Jenni for her many years of adding and subtracting so well! We welcome Kathy Woodward to the treasurer position!

Cares and Concerns and Activities

FEBRUARY SUNDAY WORSHIP WILL BE HELD AT 9:00 AM AT BUFFALO 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

Coffee and compliments: Please consider join us for a time to share coffee and treats after every worship service. We forget to remind and thank people for sponsoring this time of fellowship. May we "get together".

St. Paul's New Council Members: We thank our newly elected Council members for accepting their new jobs! Adam Wetch and Colleen Clancy will serve on the Council through 2020.

Confirmation: Confirmation class will meet February 7 from 5:30-6:30 PM at the church office. There won't be Confirmation classes during Lent as students will be participating in Lenten Services.

Sunday, February 11: All three Church Councils are set to meet at 2:00 PM at Buffalo Lutheran Church.

Wednesday, February 14: Ash Wednesday Services at Our Savior Lutheran Church, Page at 7 PM preceded by 6 PM Soup & Sandwich Supper. The Lenten Schedule is included on a separate sheet. This is also the normal meeting night for Buffalo Lutheran Council, check to be sure this is the correct meeting time.

Sunday, February 25: St. Paul's Council will meet after church service.

Dear Family and Friends,

The heart beats about 2.5 billion times over the average lifetime, pushing millions of gallons of blood to every part of the body. This steady flow carries with it oxygen, fuel, hormones, other compounds, and a host of essential cells. It also whisks away the waste products of metabolism. When the heart stops, essential functions fail, some almost instantly.

Given the heart's never-ending workload, it's a wonder it performs so well, for so long, for so many people. But it can also fail, brought down by a poor diet and lack of exercise, smoking, infection, unlucky genes, and more.

A key problem is atherosclerosis. This is the accumulation of pockets of cholesterol-rich gunk inside the arteries. These pockets, called plaque, can limit blood flow through arteries that nourish the heart — the coronary arteries — and other arteries throughout the body. When a plaque breaks apart, it can cause a heart attack or stroke.

Although many people develop some form of cardiovascular disease (a catch-all term for all of the diseases affecting the heart and blood vessels) as they get older, it isn't inevitable. A healthy lifestyle, especially when started at a young age, goes a long way to preventing cardiovascular disease. Lifestyle changes and medications can nip heart-harming trends, like high blood pressure or high cholesterol, in the bud before they cause damage. And a variety of medications, operations, and devices can help support the heart if damage occurs.

A new and not so new activity that can reduce the risk of heart disease is Meditation. So says a scientific statement from the American Heart Association in the Sept. 28, 2017, *Journal of the American Heart Association*.

Experts reviewed dozens of studies published over the past two decades. The results suggest that meditation may improve a host of factors linked to heart disease, including stress, anxiety, depression, poor sleep quality, and high blood pressure. It may also help people stop smoking. An added bonus: it's low-cost and poses no apparent risk.

The practice typically involves quiet, focused attention, during which you close your eyes while sitting comfortably. You then direct your consciousness to your breathing, an object, or a word or phrase known as a mantra. Mindfulness meditation encourages you to focus on the present moment. If you need visual assistance, you can learn meditation techniques by watching an online video.

Peace in Him,

Gwen Fraase RN Parish Nurse Community Health

Ministry <https://www.health.harvard.edu/topics/heart-health> <https://www.health.harvard.edu/heart-health/meditation-may-help-lower-heart-disease>

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.

35th Annual

PANCAKE & SAUSAGE BREAKFAST



Sunday, February 18th 2018

7:30 a.m. – 12:30 p.m.

Buffalo Area Emergency Service Center

Sponsored by the Buffalo Volunteer Fire Department
and the Buffalo Area Quick Response Unit

-FREE WILL OFFERING-

(Matching funds applied for through Thrivent Financial)

