

FEBRUARY 2019 PARISH POST

St. Paul's & Buffalo Lutheran Churches

Comments from Pastor Thea

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"Be still and know that I am God" (Psalm 46:10).

The days after New Year's are popular retreat times. In seminary during "J" term, many of my classmates would enroll in retreat events at convents or monasteries or take tours to the Holy Land and Germany to "get away" for a while. For some it is the time to migrate to warmer southern playlands. For others, it's time to enjoy the cozy comfort of an ice house while waiting to catch the "big one." It might include beginning a membership in a health club or enrolling in a short course of study. Perhaps it's an occasion to seek therapy for crippling depression or for some hurtful addiction. For some, these colder weeks after the major holidays mean getting closer to the fire and reading some good inspirational work, getting grounded in prayer, listening to uplifting music.

We all need times of retreat—a quiet place where phones don't ring and loud voices all shouting at once don't compete for our attention: a place where we can hear ourselves think, feel our own calmed breathing, rediscover the inner rhythms which regulate our lives, a place where we can listen to the wind rippling through the trees or, perhaps, to the full and wise sound of stillness; a place free from the chant of television and the condemnation of calendars; a place of tranquil rest and blessed retreat.

We all seek moments of solitude; we guard them and cherish them. We need these times. Søren Kierkegaard, the great philosopher, wrote in his journals, "If I could prescribe just one remedy for all the ills of the modern world, I would prescribe silence." We know about the importance of prayer—a daily habit of practicing the presence of God. The saying goes, "Seven days without prayer makes one WEAK." On Transfiguration the glorious vision was followed by the cloud settling over the disciples, and the voice from the cloud directed at them, "This is my beloved Son...*listen* to Him." "*Listen.*" Prayer is more than talking to the Lord, it's listening with an inward attentiveness to the divine voice.

(Pastor Thea's message continues on Page 2)

The need for quiet time and space is part of the balance that our Lord modeled and which we need. Jesus needed people and He needed privacy. Faith is both social and personal. "In the morning," Mark tells us, "while it was still very dark, [Jesus] got up and went out to a deserted place, and there he prayed" (Mk. 1:35). Our times of refreshment in prayer and quiet revitalize us for our ministries. The goal is not escape from the world but to receive spiritual strength and inspiration which revitalize us for our work as God's instruments to mend the crying needs of the world.

God bless your rest and recreation as well as your outreach as instruments of grace to those who are restless and afraid.

God's peace!

Thea Monson, Interim Pastor

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

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FINANCIAL NEWS TO NOTE!

BUFFALO LUTHERAN CHURCH

BALANCE \$1543.83

ST. PAUL'S LUTHERAN CHURCH

BALANCE JAN. 1 (\$ 178.07)

JAN. DEPOSITS 2931.14

JAN. EXPENSES 3842.42

JAN 31 BALANCE (1089.35)

ESTIMATED FEB. EXPENSES \$3565

February Acolyte Schedule

February 3 Chloe Wetch

February 17 Kiana Lerud

February 10 Riley Besette

February 24 Chloe Wetch

March 3 Riley Besette

Please try to acolyte as scheduled and feel free to trade with someone if necessary.

Feed your Heart, Giving Hearts Day Kick-off Concert, February 9th at 2:00, at the Scheels Performing Arts Center on the north campus of Oak Grove Lutheran School

Join us as we kick-off Giving Hearts Day with a concert collaboration! You will hear beautiful music selections from the Master Chorale of Fargo Moorhead and the Oak Grove concert choir, as well as a message from the Emergency Food Pantry. This event is **free** and open to the public. Guests are welcome to bring nonperishable food items for the Emergency Food Bank. A strong giving heart comes from feeding your mind, body, and spirit. A healthy community begins when we come together to build something better. **WILL YOU JOIN US? WE'RE BETTER TOGETHER!**

Dear Family and Friends,

Cardiovascular Disease (CAD) leads to heart attack and stroke. It is the number one killer of women in the U.S. The American Heart Association estimates 80% of CAD could be prevented by reducing certain risk factors.

Major risk factors include; obesity especially the “apple” body shape, high levels of total cholesterol, LDL cholesterol or triglycerides and low levels of HDL- cholesterol, Diabetes (6x the risk factor), untreated B/P, physical inactivity, smoking, depression and other forms of psychological stress, including loneliness and social isolation.

Goals to achieve include; total cholesterol that is less than 200mg/dl, B/P less than 120/80, Fasting Blood Sugar less than 100 mg/dL, Body Mass Index (BMI) less than 25 kg/m².

To reach these goals, it could be helpful to: Stop smoking, exercise 150 min. of moderate exercise or 75 min of vigorous exercise/week. Include aerobic activity for at least 10 min per episode and strengthening exercises involving all major muscle groups at least 2 days/wk.

Adopting the Mediterranean Diet could reduce CAD even in individuals who already have heart disease. An dietary example could be; 4.5 cups of fruits and vegetables, 30 grams of fiber, 3 servings of whole grains and 4 servings of nuts every day. Ideally, you should consume less than 1 tablespoon of sugar and less than 1 teaspoon of salt and less than 150 mg of cholesterol a day. Take blood pressure medication as prescribed, test your blood sugar and take your diabetic medicine faithfully. Take your statin or other cholesterol lowering medication as prescribed. If you notice side effects such as muscle cramping or weakness tell you doctor right away.

There are some factors that contribute to CAD that you cannot change such as age, menopause, family history, but the above suggestions can help reduce risk factors of CAD. Remember that most cases of CAD are preventable.

I would encourage you to talk to your doctor about concerns and a dietician regarding helpful hints with specific diets.

Peace in Him,

Gwen Fraase RN Parish Nurse CHM

SUNDAY WORSHIP SERVICES WILL BE HELD IN FEBRUARY 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 pastorthea2.0@gmail.com

Tuesday, Feb 5: Naomi Circle will meet at 1:30 PM, at the home of Corey Erwin

Wednesday, February 6: St. Paul's Church Council meets at 7:00 PM at the Church Office

A Message from Karen Tabor . . .Reminder from WELCA - our Community Health Ministry account (Parish Nurse) has \$118 at this time, & \$300 was due before year's end. Checks may be made out to BLC (parish nurse or CHM in the memo) Thanks for your continued support.

Can you help? Both Church Councils are hoping someone can step in and fill the missing Council Member position. Let Bruce Pueppke at Buffalo Lutheran or Terry Buringrud at St. Paul's know if you have questions or might consider helping.

Help needed—We need someone to volunteer to help with light cleaning at St. Paul's. Please talk to someone on the St. Paul's Council with any questions and to offer your help!

Adele Smith has retired from her WELCA Co-President position. We thank her for her many years of dedicated service! Shirley Anderson and Collen Clancy are now serving as Co-Presidents.

† **May we remember** with prayers of sympathy and compassion the family and friends of Margie Bayman. Mrs. Bayman passed away January 15 in Buffalo, she and her husband, Harlan, had moved to Buffalo in 2017 and she has recently been attending Buffalo Lutheran Church. Her funeral was held January 19 at First Assembly Church, Fargo. Area survivors include a daughter, Dawn Amundson and her family of Tower City.

36th ANNUAL PANCAKE & SAUSAGE BREAKFAST

Sunday, February 17th 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)

Please keep in mind that we reserve the privilege to edit any information that is submitted for publication to the church office. Thank you!

