

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

## **JANUARY 2015 PARISH POST**

### ***Comments from Pastor Chris . . .***

Grace, mercy, and peace be to you from God our Father and from our Lord and Savior Jesus Christ.

Happy New Year! Or, as the Christian calendar calls the day, the Circumcision and Naming of Jesus Christ our Lord, which commemorates our Lord being placed under the covenant given to Moses in order to begin his work of fulfilling the Law in order to free us to receive his Gospel.

It is a common practice in our society to begin the secular year, that is, the New Year as laid out on our culture's calendars, with resolutions. Many people give us negative habits or strive to exercise and eat better for the coming year. Much of our resolution making focuses on our physical health. What of your spiritual health? If you were planning on doing something to improve your physical health, by all means do so. However, this time of the year is also a good time to improve our spiritual health as well. We can resolve to read our Bibles daily, to pray each day, or resolve to attend worship services more frequently.

If you've ever tried to regularly read the Bible but became overwhelmed, you are not alone! Much in the Bible is strange and can be monotonous. I have found that it is easier to read the New Testament first and follow that up with the Old Testament: many of the stories in the New Testament are already familiar and often read more quickly than some parts of the Old Testament. It is also important to not start too ambitiously. I read through the whole Bible over the course of a couple years by simply reading a chapter or two a night, right before bed. It takes only a couple of minutes and is a good habit to form.

Prayer is another thing that can seem very daunting and difficult. Many people, myself included, have a hard time finding the right words to say when praying. If this is a problem for you, try praying some Scripture you know. For example, if I find that I am unable to pray what I want, I often resort to saying the Lord's Prayer slowly, meditating on the words of this prayer. Other prayers I have found helpful are to pray the Apostle's Creed or to pray a Psalm. Even though you did not compose these words, they are as intimately yours in Christ as if you originated them yourself. It is also a good idea to set a time or two each day to pray. Many people pray when they awake or when they go to bed at night. Many also pray before or after meals. These are all find times to pray, but what is most important is to make a schedule and stick to it. Habits are important to get in the rhythm of daily reading or prayer.

If you would like any advice, spiritual direction, pastoral conversation, private confession, or prayer, please contact me at [cbrademeyer@gmail.com](mailto:cbrademeyer@gmail.com) or at (701) 749-2309.

Humbly yours in Christ,

Pastor Chris

BUFFALO LUTHERAN CHURCH

General fund balance - \$7074.90  
 Parish Nurse fund balance - \$61.10

ST. PAUL'S LUTHERAN CHURCH

General fund balance - \$1879.34

**ANNOUNCEMENTS**

Divine Sunday Services will be held at 9:00 AM at Buffalo Lutheran Church in January. (To accommodate St. Paul's Lutheran Church's Annual Meeting January 18 worship that Sunday will be held at St. Paul's at 9:00 AM.)

We will celebrate the Epiphany of our Lord at Buffalo Lutheran Church at 7:00 PM on Tuesday, January 6. We're asked to bring Christmas goodies we have left and we'll share them after the worship service.

Everyone is invited to share a French Toast and Sausage Breakfast at the Tower City Community Center after worship on January 18 from 10-11:30 AM (please watch for any change in this time frame). Free will offering welcome.

**St. Paul's Lutheran Church will have their Annual meeting at the Tower City Community Center on Sunday, January 18 after the Breakfast. Any reports for the annual report are asked to be in to the church office by January 13. Anyone interested in participating on the church council is asked to contact President Chad Wetch!**

Pastor Chris will be here for the Divine Service on January 18 and plans to leave shortly afterward for a Continuing Education event in Illinois thru January 24.

New Buffalo Lutheran Church Council members are Jaci Gately and Kerry Ronning. Council officers are: President Dave Larson, Vice-President Robert Nudell, and Secretary Connie Boyd.

Our newly appointed Youth Group leaders are: President Katie Pautz, Secretary Erin Grieger, and Treasurer Rylee Nudell.

† Cares and Concerns-- Remember Goldie Hansen in prayer as she recovers from a recent heart attack and pacemaker placement.

***Beyond Our Walls – CAR Update from Dianne Billey, Global Mission Chair***

Our brothers and sisters in the CAR are almost desperately in need of our prayers and anything else we can get to them. On a recent visit to Cameroon, neither the missionaries nor visitors are allowed into CAR, the CAR church leaders we met with described life being lived in constant fear. Contact the Eastern North Dakota Synod office to learn the best way you can help!

Dear Family and Friends,

Many of us who have children sometimes feel we have "had enough" of them on occasion. So, what if they are getting on your nerves and are starting to misbehave? Before you do or say anything, calm yourself and think. Most of your children's misbehaviors do not require a fast response, so take a deep breath and think before you act.

Here are some tactics to use in response to misbehaving.

**IGNORE\*\*** Misbehaviors that will not harm anyone or anything can be ignored. These behaviors are often only meant to irritate or gain attention; they can be bothersome, but if you ignore them, it will take away the audience or attention your child is seeking.

**RE-DIRECT\*\*** If the behavior is a problem, have the child pay attention to something or someone else.

**NATURAL CONSEQUENCES\*\*** Allow the natural consequences of the act to be the discipline. For example, if the child throws a toy--the toy is taken away. For older children, if they stay out later than agreed upon, the next day they must be home earlier.

**SUSPENSION OF PRIVILEGES \*\*** A child might lose a privilege to do something or have something that they like. Be certain though, to match the loss as closely as possible to the misbehavior. This will often result in the change in behavior you want to occur.

**REVIEW OF THE RULES/LIMITS\*\*** Sometimes all children need is a reminder of the limits/rules you have set. A short, non-angry talk about the rules will let the child know what is expected.

**EXTRA CHORES\*\*** For children 8 or older, a child may be asked to do extra chores to make up for the time they may have taken away from a chore the parent would do when they are disciplining the child.

**RECOVERY TIME\*\*** Often, in the past, this was called a TIME OUT. It allows the child, and quite often the parent the chance to calm down. Make sure the child is away from the "action", when they are calmed down they can go back what they were doing before the misbehavior occurred. Sometimes just 2 -3 minutes is enough. When the time is over, give them a hug or another show of affection and send them back to whatever they were doing without any further discussion.

**RE-ARRANGE SPACE OR PLACE\*\*** Sometimes, as parents, we need to realize that the things in our home can be arranged or re-arranged so that they are not enticing to the child and cause misbehavior.

**\*\*\*PRAY** about your child-raising responsibilities and ask that God will help you and bless you as you do the wonderful, yet tiring work of being a parent or grandparent. Proverbs 22:6 says "Train up a child in the way he should go, and when he is old he will not turn from it." "In the way he should go" is literally, "according to the child's way." Every child is different and has a unique personality. This verse points out that we should discern the individuality and character strengths God has given each child and utilize these strengths to assisting them to develop.

Peace in Him, Gwen Fraase RN Parish Nurse Community Health Ministry

<http://milwaukeeesniod.org/resources/health-and-wellness/> <http://www.allaboutparenting.org/parenting.htm>  
<http://www.allaboutparenting.org/parenting.htm#sthash.Zjckvxvz.dpuf>

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## UPCOMING JANUARY EVENTS

**JANUARY DIVINE SERVICES WILL BE HELD AT BUFFALO LUTHERAN CHURCH SUNDAYS AT 9:00 AM. FAMILY BIBLE STUDY/SUNDAY SCHOOL FOR EVERYONE IN THE FAMILY FOLLOWS DIVINE SUNDAY SERVICE. (SERVICES WILL BE HELD AT ST. PAUL'S ON JANUARY 18 TO ACCOMMODATE ST. PAUL'S ANNUAL MEETING.**

**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](mailto:cbrademeyer@gmail.com)**

January 4: SPL WELCA meeting follows service. No meeting planned in February or March. Sunday School resumes after Divine Service.

January 6: Epiphany of Our Lord service at 7 PM at BL (see page 2)

January 7: Naomi Circle meets at 1:30 PM at Marian Kasowski home.

January 7,14,28: Confirmation classes each Wednesday at 1:41 at Maple Valley High School. (No class January 21)

January 11: Youth Group meets at 10 AM at Buffalo Lutheran Church

January 14: St. Paul's Council meets at 7 PM; Buffalo Lutheran Council meets at 7 PM

January 18: Divine Service at St. Paul's Lutheran Church followed by SPL French toast & sausage Breakfast thru 11:30 AM after which SPL will hold their Annual Meeting.