

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

Comments from Pastor Thea . .

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“And Jesus matured, growing up in both body and spirit...” (Luke 2:52).

In this time of reflecting, I have been thinking about my youngest grandson, Adrian, who is now 5 years old, and who has, for some time, been shedding his shy, meek and sunny personality in favor of a bolder, more fearless, daring disposition. His older brother, Olaf, at an early age discovered the secret to extricating himself from his crib. It was later determined that his older sister had served as his personal coach. Adrian topped that at 2 years of age by hurling himself out the second story window of the house, landing with a thud on the hard landscape blocks below. His panicked parents, emergency medical providers, and anxious grandparents were all relieved that he survived the 12-foot fall with only a small scrape and a bruise.

As I have reflected on these incidents from years past, I am reminded of a story I heard some time ago of a small child who decided to act out the Christmas story. He created the crèche scene using stuffed animals and dolls to represent those gathered around the manger. As he completed his casting, he selected the family cat to play the role of the Baby Jesus. But when he tried to place the tabby cat in the doll cradle, it promptly leapt from the bed and scurried away to a hiding place. The little child ran after it, shouting, “Jesus, you get back in your cradle!”

Christmas can be one of the most beautiful times of the year. It’s the fascinating story of God’s Son being placed at the doorsteps of the world—a romantic story of a young couple surrounded by shepherds and angels and a great light from heaven. It’s the story about God coming right into our midst.

It’s not surprising that we feel a little let down in the days after Christmas. Already stores have replaced Christmas decorations with Valentine’s Day trinkets and cards. Someone said, “Nothing is as over as Christmas when it’s over.” We packed so much into the four weeks of Advent. We may appreciate the quiet relief that follows Christmas, yet there is an understandable grief that comes when the proud Christmas tree wilts and sheds its needles (or gets packed back into its box), the joyful music ends, family members bundle up to return to homes and jobs, and the colorful decorations are stowed away until next year. We return once again to “normal,” the “real world.”

If only Jesus would stay in His cradle! If only He’d remain the cute, tiny, baby that we can cuddle and woo.

Pastor Thea’s letter concludes on Page 2 - - -

We'd prefer that Jesus remain the Babe of Bethlehem. But Christmas was just the beginning of God's plan.

In the days following Christ's birth the Holy Family was forced to flee for their lives, eventually to return to Nazareth where the grown-up Jesus would announce His mission. Not all appreciated the adult Jesus. He was met with fierce animosity. From the moment of His baptism in the Jordan Jesus would proclaim the truth, befriend outcasts and sinners, and call us to be His ambassadors, reflecting the light of His love to all the world. Christmas would lead to Epiphany when the news of God's marvelous love is made public.

Christmas may be over, but living for Jesus may be just beginning for some of us. Someone imagined Jesus to say, "If you look for me at Christmas you won't need a special star—I'm no longer just in Bethlehem, I'm right there where you are." The message of Christmas reaches beyond Bethlehem, urging us to regard everyone we meet as one for whom God sent His Son into the world.

Jesus is no longer in the cradle; He's out in the world in the hearts and lives of all who seek to live their lives for Him.

Thank you for brightening my days and adding such joy to Christmas this year by your cards, gifts and special greetings. And thank you for the programs and concerts, all pointing to the God of love in whose arms a Child was carried from heaven to earth and placed at the doorstep of the world.

The light of Christ illumine your hearts and homes throughout the new year!

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 – \$7408.31

Parish Nurse Account balance \$218.10 (paid thru July)

For Everyone's Information---we haven't paid Pastor Thea since she has joined us---we are waiting for details from Our Savior's Lutheran Church, Page, as expenses become finalized.

ST. PAUL'S LUTHERAN CHURCH

Checking Account Balance - \$10,935.70

A message from Jenni Richman--- Any St. Paul's Lutheran Church members wanting their 2017 offering totals should contact Jenni by January 13th. After January 13th people can contact our new treasurer, Kathy Woodward. Thanks to Jenni for her many years of adding and subtracting so well! We'll look forward to welcoming Kathy Woodward to the treasurer position!

JANUARY PARISH NURSE NOTES—Thyroid Disease

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Dear Family and Friends,

It is not unusual after the holiday season to have gained weight or feel tired, but if these symptoms persist you may want to read on.

Thyroid disease is more common than diabetes or heart disease. Thyroid disease is a fact of life for as many as 30 million Americans and more than half of those remain undiagnosed. Women are five times more likely than men to suffer from hypothyroidism.

The thyroid gland produces thyroid hormone which controls virtually every cell, tissue and organ in the body. If it is not working properly, it can produce too much thyroid hormone which causes the body to speed up (hyperthyroidism) ; or it can create too little thyroid hormone, which causes the body systems to slow down. (hypothyroidism)

Untreated thyroid disease may lead to elevated cholesterol levels and can contribute to heart disease, infertility and osteoporosis. For some unknown reason, pregnancy can be a contributing factor. More commonly, there can be a strong genetic link thyroid disease and other autoimmune diseases such as diabetes, arthritis and anemia.

A good starting place is to talk to your doctor who may order a simple blood test called a TSH (thyroid-stimulating hormone). Some things that may contribute to thyroid disease include; a family history of the disease, some medications can cause thyroid problems such as lithium and Amiodarone and if you have had radiation therapy to the head or neck area.

Some symptoms you may be experiencing with hypothyroidism could include; fatigue, sensitivity to cold, constipation, dry skin, weight gain, thinning hair, depression, impaired memory, puffy face and muscle weakness. Symptoms for hyperthyroidism can include; weight loss, fine brittle hair, difficulty sleeping rapid heart rate, increased appetite, nervousness, anxiety, irritability, tremor, fatigue, sensitivity to heat and changes in bowel patterns especially more frequent bowel movements.

Treatment can include surgery, radioactive iodine, thyroid replacement medication or a combination of treatments.

I would encourage you that if you are struggling with some symptoms that persist, please have a conversation with your doctor about your concerns.

Peace in Him,
Gwen Fraase RN

Parish Nurse Community Health Ministry

<http://www.thyroidawareness.com/about-your-thyroid> www.mayoclinic.org

JANUARY SUNDAY WORSHIP WILL BE HELD AT 9:00 AM AT ST. PAUL'S LUTHERAN CHURCH AND AT 11:00 AM AT OUR SAVIOR'S 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".

† **May we remember** with prayers of sympathy and compassion the family and friends of Anna Brix. She passed away December 6 and Memorial plans are pending.

Annual Reports: Please have anything you'd like to see in St. Paul's Annual Report into the office no later than January 16 (earlier if you can!).

January 10: Quilting at Buffalo Lutheran Church beginning at 9:00 AM, a noon Potluck dinner followed by Bible Study at 1:30 PM. Everybody is welcome to help with putting together the quilts that stay locally in our area. With our cold weather, just think how one of those quilts you might help with can keep someone warm! **Buffalo Lutheran Council Meeting** at 7:00 PM.

January 10 and January 17—It was decided at St. Paul's WELCA's most recent meeting that we would like to use the Parsonage for meetings and fellowship meals. To begin we will meet at 7 PM on January 10 and 17 to "spruce up" the Parsonage.

January 21: Everyone is welcome to join us for fellowship and a Brunch after worship service on January 21. St. Paul's Lutheran Church will host their Annual Meeting after our Brunch.

Information from the Buffalo Lutheran Church Annual Meeting: Kerry Ronning will serve another term as a council member, Sherry Peterson was elected as a council member, Kal Boyd will serve as council president, Mark Jonson will serve as vice-president, and Kerry will be our secretary.

Red Willow Annual Meeting: We have received word that the Red Willow Bible Camp Annual Meeting will be held Sunday, March 4th at 4 PM followed by a dinner at 5 PM.

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