

JANUARY 2020 PARISH POST

St. Paul's & Buffalo Lutheran Churches

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FINANCIAL NEWS TO NOTE!

BUFFALO LUTHERAN CHURCH

ST. PAUL'S LUTHERAN CHURCH

WATCH FOR OUR FINANCIAL STATEMENTS IN THE FEBRUARY NEWSLETTER

Cares and Concerns and Activities

SUNDAY WORSHIP SERVICES WILL BE HELD ON SUNDAYS IN JANUARY AT 9:00 AM AT SY. 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

REMEMBER THE CHURCH OFFICE has been moved to the Sacristy at St. Paul's Lutheran Church. The office will hopefully be open every Friday from 11 AM-2 PM. If you need something at a different time please call Bette at home at 701-749-2508.

SUNDAY SCHOOL CLASSES are being held every Sunday after regular worship services at the church where the service is at. All young people through the sixth grade are welcome. Thanks to Kathy Walburn for leading our group!

† May we remember in prayers of sympathy the family and friends of Keaton Nelson after living with cystic fibrosis for 13 years. He died at age 13 on December 17 with a Celebration of his Life at West Funeral Home on December 21.

† May we remember in prayers of sympathy the family and friends of Scott Jager. Scott passed away December 20 leaving many memories, especially working with the lunch program at Maple Valley School sharing time with the students. A Celebration of Scott's life was held December 31 at West Funeral December 31.

As Pastor Thea's husband is recuperating from a medical procedure may we remember him in prayers for healing and remember Pastor Thea as she shares this time with him.

Let us remember Dave Besette and wife, Linda as he recovers from surgery.

Copyright Information from January Parish Nurse Article:

https://www.cdc.gov/nchs/ppt/nchs2010/25_coates.pdf, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4971338/>, <https://ods.od.nih.gov/factsheets/VitaminD-Consumer/>

St. Paul's Lutheran Church Annual Meeting will be held following services January 12. Please have any reports for the Annual Report into the office by January 7 if possible!

Food Drive & Angel Tree: Many thanks to everyone who participated in our Food Drive and Angel Tree Projects—for the work done and the donations made helped make a Merry Christmas for more people. A special thanks to Colleen Clancy for the work she did, coordinating the project and putting it together!

PARISH NURSE NOTES -Christmas Greetings (from December)

Dear Family and Friends,

It is that busy time of year again. I hope that each and every one of you will take the time to STOP, Breathe and Reflect on what the Christmas season is all about and what it means to and for you.

I have to admit that it is difficult for me to wrap my head around the fact that God loves us so much that God was willing to become flesh and walk among us. Christ felt our physical pain, mental confusion and frustrations, emotional highs and lows and the desire to connect with His Father God. Having confidence that God our Divine has not only created us and experienced our humanness, reminds me of a hymn titled. **What Wondrous Love is This.**

So, I would like to encourage you to take the time, and experience this Christmas Season in a unique and different way. You might want to read the Christmas story and take some time to reflect and meditate on what you just read and journal how it resonated with you. However you chose to make this season come alive for you and not get caught up in the Christmas rush, it is my Christmas prayer that you will experience the Love of the Christ Child in a deeply personal way and that you will take time to reflect on another hymn. **O Come Let Us Adore Him.**

Peace in the Christ Child,

Gwen Fraase RN

Parish Nurse for Community Health Ministry

Dear Family and Friends,

You will notice this year a new contributing nurse for newsletter information. Pam Guiles “shadowed” me with Community of Care (another job for me) and wrote some newsletters. I hope you will find them as informational as I did.

“When you think about the body, there is a lot going on. Your heart is pumping blood throughout your body. Your brain is sending and receiving information. Your lungs are breathing without much thought. What we eat and the environment we live in affect what happens in our bodies. Sometimes we don’t always make the best food choices, so we try to fill in some of the gaps with supplements.

Many people take multivitamins. If you look at the label, it looks a lot like the alphabet. To make it even more complicated, some of those letter vitamins have numbers attached to them. Then there are the minerals. You take them because they are supposed to be good for you, but what do they *do*?

One vitamin that many in our area are low in is vitamin D. Vitamin D is known as the “sunshine vitamin” because direct sunlight triggers the body to make vitamin D. It doesn’t work while indoors. In our area, we don’t get that many months to be outside which is why so many people are low.

This is important because vitamin D does many wonderful things for our bodies. Vitamin D helps our bodies absorb calcium. Calcium is our bone’s main building block. Too little vitamin D may mean we don’t absorb calcium as well and people can develop soft, thin, or brittle bones. Osteoporosis is common in the elderly, especially women. Vitamin D is needed for nerves to carry messages to and from the brain to every part of the body. Vitamin D helps our bodies fight off bacteria and viruses. According to the Centers for Disease Control, low vitamin D has been linked to increased risk for various cancers, cardiovascular disease, autoimmune diseases, dementia, diabetes, and glucose intolerance.

I hope you can see that vitamin D is very important and low levels puts us at increased risk of many different conditions as well.

As mentioned, our bodies produce vitamin D when we are exposed to direct sunlight. However, there is an increased risk of skin cancer when exposed to the sun’s harmful ultraviolet rays. As direct exposure is limited, we must include foods containing vitamin D and turn to vitamin supplements to fill in that gap. Foods high in vitamin D include fatty fish such as salmon, tuna, and mackerel. Beef, liver, cheese, and egg yolks have small amounts. Mushrooms have small amounts of vitamin D. Almost all of the milk available in the United States is fortified with vitamin D. That means it is added to the milk supply. Foods made from milk are not usually fortified.

There are two vitamin D supplements available. D₂ and D₃. Studies show that D₃ does a better job at raising the vitamin D levels in your blood. The recommended daily dose for infants is 400 IU (international units). Children and adults need 600 IU. Adults 71 and older should have 800 IU per day.

As with any supplement, it is best to talk to your doctor or pharmacist to make sure vitamin D will not interfere with any medications you have, both prescription and over the counter. It is also possible to have too much vitamin D in your system. If you have concerns, you can request to have your vitamin D levels tested. Your doctor can make recommendations based on the results.

I hope this has been helpful by providing you with some information about the importance of vitamin D. It does more than just contribute to our bones and is definitely more than just a letter of the alphabet!”

Yours in Christ, Pam Guiles, RN...RN-to-BSN student, Mayville State University

Message from the President Terry Buringrud, St. Paul's Lutheran Church:

"The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; whom shall I be afraid? – Psalms 27:1

2019 has been a year of many memorable happenings within our church and with the Tri-Church system. As in the verse, ***"The plans of diligence lead to profit" Proverbs 21:5***, we continued the mission of our church to improve, include and introduce ourselves, friends and family to continue moving forward with our church.

The addition of the Handicap ramp has been completed, a project much talked about and finally completed. Thank you to all who provided prayer, donations and physical support in the project. Part of that project was redoing the Narthex. It has become a very welcoming and beautiful change.

Another project, that took much discussion and prayer, was the sale of the Parsonage. With the change in our church path the sale provided an opportunity to enable our church to stabilize our finances and turn our focus to the Church building and the commitment to God.

The summer was a time of overcoming and sustaining our strength with the wet summer. Sump Pumps were replaced, water issues were dealt with, transition of utilities, etc.

We continue to move forward with the Holy Experiment, which is the name for the unity and sharing of one pastor between Page, Buffalo and Tower City. Currently we share and part-time Pastor and will continue to do so until the three churches are able to establish a single profile for the three churches. Each church will have their own profile, but a combined profile is needed for the move to look at the calling of a pastor.

Many very positive events and activities took place this past year such as: Ecumenical Bible School, The Giving Tree, Food Baskets etc.

So, as we close out another church year, I want to thank all who continue our mission whether it is financial or prayer. May our church family continue as we move forward. A wish list of projects includes shingling, painting, an improved sound system, landscaping, air conditioning and such. As funds become available one step at a time will happen. The following verse is very appropriate for the wish list: ***"He has made everything beautiful in its time, He has also set eternity in the hearts of men; yet they cannot fathom what God has done from beginning to end"***

I close with; ***"Ask and it shall be given to you; seek and you shall find; knock and it shall be opened to you. For everyone who asks receives; and he who seeks finds, and to him who knocks it shall be opened. Matthew 7:7-8***

Yours in Christ,
Terry Buringrud

