

**JULY-AUGUST 2021 PARISH POST**  
*St. Paul's & Buffalo Lutheran Churches*

**Pastor Bill's July Message**

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To The Folks At Harmony—

Grace to you and peace from God our Father and our Risen Lord Jesus.

What a wonderful God we have. He has provided us with rain and blest warmth of temperature, relief from Covid-19 and as well the celebration of our freedom. By God's grace we are yet the most free country and people in the world.

Freedom was what the folks of 1776 desired more than anything in the world. They gave up their treasure, domestic tranquility--even some gave up their lives to be free. We thank our God and those folks for this precious freedom.

As Christians, we also, besides celebrating our Fourth of July, we celebrate each moment, hour, day, month, year and so on, the freedom Christ brings to every willing heart, the gift of a soul set free. "For freedom our Lord has set us free!"

Our hearts as often as possible praise God for this freedom. We thank our Lord that by His death and resurrection the price of our freedom has been paid. Faith receives this gift of freedom for the seeker.

How does one receive this gift of freedom. Our Lord guides us; this is how – Then Jesus said to the Jews who believe in Him, "You are my disciples indeed if you continue in my word. You will know the truth and the truth shall make you free." For the seeker whose soul yearns to be free Christ grants this freedom as His living word beckons us to seek and receive Christ as Lord.

God's word is such a blessing. We call God's word Living because God's word, His Living word, is Christ speaking to us with this invitation – "Come to me all who are weary and heavy laden and I will give you rest. Take my yoke upon you and learn from me for my yoke is easy and my burden is light and you will find rest for your souls."

Blessings to you on the Fourth of July. Blessings to you as you hear the words of our Risen Lord, "Continue in my word. You will hear the truth and the truth will make you free."

If Christ sets you free, you will be--you are free indeed.

Party on you servants of Christ, you followers of Christ. We live in a free country and to those in Christ who have found truth, your souls are free as well.

In Christ with Faith, Hope and Love, Pastor Bill and Weslie

**JULY SUNDAY WORSHIP SERVICES WILL BE HELD AT 9:00 AM AT ST. PAUL'S LUTHERAN CHURCH, AUGUST SUNDAY WORSHIP SERVICES WILL BE HELD AT BUFFALO LUTHERAN CHURCH AT 9:00 AM AND IN JULY & AUGUST AT 11:00 AM AT OUR SAVIOR LUTHERAN CHURCH, PAGE.**

**PASTOR BILL AHLFELDT CAN BE CONTACTED BY PHONE AT 701-412-6953.**

The Church Office should be open on Fridays from 10 AM-4 PM. If you find you need something at a different time don't hesitate to call Bette at her home at 701-749-2508.

**CAN YOU HELP? We are STILL in need of housekeeping volunteers at St. Paul's Lutheran Church. Many thanks to those special folks that have been helping out! There is a sign-up sheet available at the back of the church that you can sign up on dates that can you can help. Please contact Colleen Clancy with any questions you have. Keep in mind that St. Paul's has services every other month.**

**Buffalo Lutheran WELCA** has decided to offer their quilts for sale for \$35-40. Most are donated, but if you see one you like, you may purchase it- contact any WELCA member if interested.

**A** **May we remember with prayers of peace and sympathy family and friends of Elaine (Japel) Schultz.** Elaine passed away June 22 at Baxter, MN and her funeral was held at Brainerd, MN July 1. Elaine will be laid to rest with family members at a graveside service at the Buffalo Cemetery at a pending date. May she rest in peace!

**A** **May we remember with prayers of sympathy family and friends of Buddy Kilen.** Buddy passed away June 29 in Valley City. His Memorial Service was held At Lerud-Schuldt-Mathias Funeral home, Valley City on July 22. May he rest in peace!

**A story shared BY Our Savior Lutheran Church, Page . .**

The preacher placed an ad in the local paper for a male assistant and the following day a nicely dressed young man called at his home. "Can you start the fire and get breakfast by seven o'clock?" asked the preacher. "Well, I guess so," answered the caller. "Can you polish the silver, do the dishes and keep the place neat and clean?"

"I came here to see about getting married, but if it's going to be as hard as all that, I don't want any part of it," said the young man.

Dear Family and Friends,

If you would like to read an interesting book regarding living a long and healthy life, I would suggest Dan Buettner's book called *The Blue Zones* published by National Geographic. Dan Buettner traveled the world and interviewed individuals who live a healthy, active life well into their 90's or 100 plus. He uncovered lifestyles that promote fewer diseases, active lives, close and vibrant circles of friends and family. I found the book to be a fun, easy but educational read with the author sharing individual's life stories.

Some common lifestyles to enrich our lives included;

1. Move. Centenarians are constantly moving or keeping active. Walk, garden or yard work.
2. Purpose. A reason to keep going or a reason to get up in the morning.
3. Downshift. Take time several times a day to de-stress. Activities such as prayer, mindfulness or meditation.
4. The 80% rule. When eating, eat till you are 80% full. No "stuffing" yourself. Just eat till you are comfortable.
5. The plant slant. Make meat a side dish and vegetables your main focus.
6. Wine. Countries like Sardinia, many centenarians drink wine every day.
7. Belong. A common theme was if you belonged to a faith community, it could extend your life-span.
8. Place loved ones first. Many families in the Blue Zone or where centenarians live, live in multigenerational homes.
9. Right Tribe. Make friends and connections with individuals who have healthy behaviors and support good habits.

Considering our lifestyle choices account for 80% of our longevity it may benefit us to implement some of the nine commonalities listed above.

Peace in Him,

Gwen Fraase RN BSN Parish Nurse for Community Health Ministry

Rachel Warner, NDSU Extension Intern, *The Blue Zones* by Dan Buettner, Buettner, D. and Skemp, S. (2016). *Blue Zones: Lessons from the world's longest lived*. *American Journal of Lifestyle Medicine*, 10(5), 218-321. doi: 10.1177/1559827616637066

Zeng, Y., Feng, Q., Gu, D., and Vaupel, J. (2017). Demographics, phenotypic health characteristics and genetic analysis of centenarians in China. *Mechanisms of Aging and Development*, 165, 86-97. <https://doi.org/10.1016/j.mad.2016.12.010>

## ST. PAUL'S COUNCIL UPDATE

Summer greetings from your St. Paul's Church Council. As we pray for rain let us also be thankful that we do not have the fires of CaNAda and the west coast or the hurricances and torrential rains of the east and the south.

Thank you for your continued financial support which has allowed us to make repairs and improvements at the church. The spruce trees on the north have been removed to help keep the gutters clean. Storm windows have been replaced and we no longer need sticks to hold the windows open.

There are some delays that we are hoping will end soon. The siding is under warranty and is expected to be repaired this Fall. We are awaiting the delivery of one of the speakers so that the new audio system can be installed.

It is important that Vacation Bible School returns next summer! If you can help organize it, please call the church office..

Pastor Ahlfeldt is available to visit shut-ins. If you or someone you know would like a visit call the church office and leave a message.

We are blessed with a caring pastoral couple. Pastor Bill has presided over Baptisms and Funerals for our congregants. If you have been unable to attend Sunday services, reserve the 9:00 AM hour one Sunday to hear Pastor's relevant and uplifting message!

## Synod Assembly Registration Open!

August 14-15, 2021

Holiday Inn, Fargo

This synod-wide gathering is an opportunity to celebrate the mission and ministry of our synod as well as plan for the future. Over the course of two days we will worship, learn, network, dream and conduct the annual business of the synod. Our time together will center around the theme Living in Love.

Rostered Ministers & Voting Members - \$175

Visitors - \$75