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## JULY 2018 PARISH POST

*St. Paul's & Buffalo Lutheran Churches*

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**Comments from Pastor Thea . .**

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*“Look, the winter is past, and the [snows] are over and gone. The flowers are springing up, the season of singing birds has come...”*

(Song of Solomon 2:11-12a/NLT).

Greetings:

As of June 21st, summer is now officially here! Each year we emerge from a long winter to greet the warm weather milestones that mark the lives of family members and friends. Both work and play summon us outdoors. This summer three of the grandchildren are coming from the twin cities to spend time in the north woods with Grandpa and Granny during my vacation. Our whole family will gather for yard games, fishing, hiking, Yahtzee and whist tournaments, and roasting hotdogs and s'mores over a campfire.

In the busy, active days of summer we gather also to express our gratitude for the blessings of a free nation and to pray for its future and the preservation of the freedoms we enjoy. In this land filled with sights of “amber waves” of grain and fruitful gardens, with sounds of songbirds singing and spirited children chattering on baseball diamonds or in fishing boats, the smell of an outdoor grill or the sweet taste of ice cream on a freshly baked pie, we remember God our creator whose gifts to us are frequent and abundant. And we remember those who have sacrificed even their lives to preserve our independence by defending us from the enemies of America.

Among our freedoms is the freedom to worship. It is dangerous to be a Christian in many parts of the world. Thankfully, we are not forced to worship “in secret” or underground. It is our great privilege to gather to give witness to our faith and to share in the joy of belonging to Christ. As a trinity of congregations we gather to share in Christ's love for the sake of the world.

In the heart of summer settling across the land, God bless you, God bless America, and God bless the family of faith around the world.

To God be the glory,

Thea Monson, Interim Pastor

BUFFALO LUTHERAN CHURCH

Watch for a statement next month!

ST. PAUL'S LUTHERAN CHURCH

June Deposits + \$ 1458.07

Building Fund + \$ 1768.47

Food Drive + \$ 212.03

June Expenses Paid - \$ 3211.41

6/30/18 General Fund Balance \$3225.94

[ Projected JULY Expenses \$3150 ]

*Cares and Concerns and Activities*

**JULY SUNDAY WORSHIP WILL BE HELD AT 9:00 AM AT BUFFALO 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 [pastorthea@yahoo.com](mailto:pastorthea@yahoo.com)**

**Would you like a visit from Pastor Thea or do you know somebody that would like that visit?** Please let her know or let us know at the church office! If you recommend that she visit someone make sure that person okays the visit. If you know of somebody that should be included in Sunday morning prayers be sure that person does approve of being mentioned in the prayers.

**What's happening with the Holy Experiment?** We are pleased to report that the vote to proceed with the Holy Experiment passed in all three churches with no "No votes" in Buffalo or St. Paul's Lutheran Churches and only "two No votes" at Our Savior Lutheran Church, Page. Here's what needs to happen next:

1. Start a conversation with the Synod to enter into a formal parish agreement.
2. Complete a parish profile for the newly formed parish.
3. Form a Call Committee.

With any luck, we hope that these steps can be completes by the end of the year and we can begin the search for a full time Pastor. Your comments, concerns and suggestions (good, bad or indifferent ones) are always welcomed! Talk to your Council members!

**Well done, Good and Faithful Servant!**

**Shedding Light on Sunscreen**

Dear Family and Friends,

Now that we are experiencing warmer weather and enjoying being out of doors here are interesting facts regarding skin protection.

The sun's rays include ultraviolet A (UVA) and ultraviolet B (UVB) rays. Sunscreen Sun Protection Factor (SPF) measures the lotion's ability to block UVB rays only. To make sure your sunscreen blocks UVA rays, as well, look for the words "broad spectrum" on your lotion bottle.

Sunscreens with zinc oxide are recommended because they block both UVA and UVB rays.

Seek shade where available. Keep in mind the sun's rays are usually strongest between 10:00 a.m. and 2:00 p.m. Water and sand both reflect the sun's damaging rays, so use extra caution when out at the beach.

An SPF number does not constitute how many minutes you can be out in the sun. The number designates the length of time you can be out in the sun before you get sunburned. For example, an SPF of 30 means you can be out in the sun 30 times longer than if you had no sunscreen on without getting burned.

For the sunscreen to be the most effective, you need to use an ounce for exposed areas and apply 30 minutes before sun exposure.

Use sunscreen every day you're outside, **year-round**. Even on cloudy days, the sun's rays can pierce through with up to 80% efficacy.

Typically, an adult should use a water-resistant, broad spectrum, SPF 30 or higher sunscreen and reapply every two hours or so.

Don't forget to protect your eyes with sunglasses and use a wide brimmed hat to help keep out the summer sun.

I want to wish you a summer of fun in the sun with sunscreen, sunglasses and a wide brimmed hat.

Peace in Him,

Gwen Fraase RN Parish Nurse

Community Health Ministry

[http://chreader.org/shining-a-light-on-sunscreen/?utm\\_source=CHResources&utm\\_campaign=0d6b198f13-EMAIL\\_CAMPAIGN\\_2018\\_05\\_23&utm\\_medium=email&utm\\_term=0\\_1bff84af6d-0d6b198f13-309068309&mc\\_cid=0d6b198f13&mc\\_eid=1720f95690www.aad.org](http://chreader.org/shining-a-light-on-sunscreen/?utm_source=CHResources&utm_campaign=0d6b198f13-EMAIL_CAMPAIGN_2018_05_23&utm_medium=email&utm_term=0_1bff84af6d-0d6b198f13-309068309&mc_cid=0d6b198f13&mc_eid=1720f95690www.aad.org) <http://chreader.org/beat-heat-summer/>

**Vacation Bible School 2018** will be held at St. Paul's Lutheran Church Sunday, July 29-Thursday, August 2 from 5:30-7:30 PM. Supper will be provided for the children, crafts, games, lessons, and music will be offered. This event is FREE and open to everybody preschool-6<sup>th</sup> grade. Please register by mailing the registration slip to St. Paul's, PO Box 68, Tower City, ND 58071 or call the church office at 749-2309. These registration slips had been sent home with the Maple Valley School students and more slips are available at **the back of the church.**

† **Holy Baptism**—Nakoa-Luke Thomas Wieland, son of Luke & Michaela Wieland was Baptized Sunday, July 1. His Godparents are Daniel Wieland and Shantel McGuire and Seth Kaim and Hannah Gebeke. Nakoa-Luke was born in Fargo on July 22, 2015. May we remember them all in prayer!

**OPEN YOUR HEART AND HOME! Information from Educational Merit Foundation** - - - A volunteer host family (with or without children) or a single parent is needed to provide food, a bed and a loving home to Sophie (age 16) for the coming school year starting in late August.

Please prayerfully consider sharing your home and our school and community with this young lady--**Sophie** is from Germany. She is 16 and will be in the 11<sup>th</sup> grade when she arrives for the 2018-2019 school year. All EMF students have medical insurance, spending money for their personal expenses and expect to share their host family's daily life including household responsibilities. They speak English, are well-screened and eager to experience life in America. Their stay here is sponsored and supervised by EMF (Educational Merit Foundation), a non-profit, educational exchange program. It is not too late to apply. For more information on EMF students, please call Marie-Claude Dijoud now at 1-800-467-8363 or visit our web site at [www.emfusa.org](http://www.emfusa.org)

**Pastor Thea** will be away on vacation and will not be here for church July 8, 15, or 22. We will have lay-led services those Sundays. In the case of an emergency please contact our church council Presidents Kal Boyd of Buffalo Lutheran Church or Chad Wetch of St. Paul's Lutheran Church, the church office at 749-2309, or Bette, our secretary, at home. We'll do our best to put anyone in contact with someone to help with concerns. May we keep Pastor Thea in prayer for a safe and restful vacation!

