

JULY 2020 PARISH POST

St. Paul's & Buffalo Lutheran Churches

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Pastor Bill's July Message

"Remembering July Fourth 1776"

I am writing this pastor's contribution to the July's issue of the "Parish Post" on the cusp of celebrating "Independence Day," a time of celebration indeed!

This weekend there will be family gatherings, picnics, barbecues, swimming, fishing, fireworks – "a whole lot of shaking going on!" I'm looking forward to this July 4th celebrating God's gift of Freedom given to us even if we have to be 6 feet apart and masked.

There are three ways by which I would like to remember the history of that first July 4th, 1776.

The first, burdened by the ever-growing reach and control over the 13 colonies, King George III and our cousins across the "pond," George's control over his subjects in the colonies angered the soon-to-be patriots who refused this control--revolt and tension mounted!

Then-----David McCullough in his work "1776" reveals that on July 2, 1776 our Continental Congress in a momentous decision voted to "dissolve the connection with Great Britain." The news spread fast, even in those days. On July 6, at the news of the vote, spontaneous celebrations broke out. McCullough further writes of a quote from an Ezra Stiles who wrote in his diary, "This congress has tied the Gordian Knot which Parliament can neither cut nor untie. The thirteen united colonies now rise to be a "United Republic" among states, kingdoms and empires on earth,.....and I have lived to see such an important and astonishing revolution."

The second way I would like to remember the first July 4th was by David Hackett Fischer's work on the clergy and the part they played in "Independence Day." The pastors were many who supported "Independence." Rev. William Emerson, Lexington's Jonas Clark, to name a couple, preached on such texts as these from Holy Scripture; II Chronicles 13:12, "and behold God is with us for our captain and His priests with sounding trumpets cry "alarm," or this text among many others, "For Freedom Christ has set us free." Galatians 5:1. Sides were decided quickly, some pastors for, some against, "Independence." Thankfully, those for held sway.

The third way I would like to recall the history of that first July 4th, 1776 was from the people themselves. We are familiar with the names Paul Revere, John Adams, John Hancock, Hamilton, Washington, the list is long, but there were others lesser known but who played a pivotal role in that first Independence Day. Men and women young and old came forward out of their every-day lives to take up arms to put some "push" in "Independence Day." Names such as Hezekiah Wyman, Jason Russell, Dr. Ediphet Dower, Lt. Soloman Bowman and/or Samuel Whittemore. These men and women such as Mother Batherick and others left alone in the their villages stood against, fought against, the Red Coats.

The first "Independence Day" cost. It cost lives and fortunes but to be free from austere government control so often without representation was worth it. This "Independence Day" I thank those somewhat forgotten men and women who stood against George and his brand of governing and vowed to carry on their struggle to be Free.

Happy & Blest July 4th, Folks
In Christ, Pastor Bill Ahlfeldt

BUFFALO LUTHERAN CHURCH

ST. PAUL'S LUTHERAN CHURCH

WATCH FOR OUR FINANCIAL STATEMENTS IN THE AUGUST NEWSLETTER

Cares and Concerns and Activities

JULY SUNDAY WORSHIP SERVICES WILL BE HELD ON SUNDAYS AT 9:00 AM AT BUFFALO LUTHERAN CHURCH AND AT 11:00 AM AT OUR SAVIOR LUTHERAN CHURCH, PAGE. PASTOR BILL 'S PHONE NUMBER PHONE IS 701-412-6953 and HIS E-MAIL ADDRESS IS bahlfeldt@flcfargo.org

It is wonderful to be starting joint worship once again. We are encouraged to practice Social Distancing and wear masks if one is more comfortable with those practices. You may notice that we are not using the hymnals to prevent spreading possible COVID Virus germs. Things will be a bit different as Pastor Bill helps guide us through our worship service. May we remember our world in prayer as we travel this journey together.

There will not be Vacation Bible School this summer due to the COVID complications.

A Message from Gwen Fraase-- I hope this finds you well. Covid is changing our world. I would urge you to take the CDC advice to mask for protection of others and self and to practice physical distancing along with good handwashing along with other CDC advice. Pray for an effective vaccine and medication to combat Covid-19. Other than Fargo, we seem to feel "protected" in our rural world with low numbers, however I would caution you with that view point. Many continue to die world-wide and locally it is difficult for families not be with their dying loved ones. Please, stay safe and stay well.

A May we remember with prayers of compassion and sympathy the family and friends of Carol Jendro, Valley City who passed away June 27 and her funeral service was held Thursday, July 2 at West Funeral Home. (Mrs. Jendro's local family members are Jenni Richman and her family)

A As we celebrate Owen Steckler's life may we remember his family and friends with prayers of sympathy and compassion. His funeral was held Friday, July 3 at the Buffalo Area Emergency Service Center. Owen died due to an ATV accident near his home on June 28.

A Let us remember in prayer the passing of Jaci Gately's brother-in-law, Kurt Kramer of Valley City. He had been ill for many years and passed away March 15. A Memorial Service is being planned.

UPCOMING—Naomi Circle will meet Wednesday, August 19 at the Buffalo Park at 2 PM. We will study both July & August lessons.

PARISH NURSE NOTES – Protecting Your Eyes

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Dear Family and Friends,

How many people think about sunglasses? They are all over the place. You can find them on a dollar rack at the store or at a special booth in the mall. They range in price from a couple of bucks to hundreds of dollars. Sunglasses can provide a great deal of protection for your eyes if you know what to look for.

The sun puts out ultraviolet (UV) rays. There are two kinds that are linked to cancer, UVA and UVB. Just like sunscreen protects your skin, sunglasses protect your eyes from the same rays.

Your eye has many parts that allow you to see. The **cornea** is the “window” of the eye and transmits and focuses light through the lens and into the eye. The **lens** is like a camera lens. It focuses light coming into your eye onto the retina. The **retina** is a layer on the inside back of your eyeball that sends the information to your brain through your optic nerve. The **macula** is an area in the retina that has light-sensitive cells that allow us to see details more clearly. The **sclera** is the white outercoat of the eye.

Why the lesson on some parts of the eye? The UV rays from the sun can damage some parts of the eye. Cataracts is when the **lens** becomes cloudy. It can happen with age, but it is estimated that 20% of cases were from extended UV exposure.

*Macular degeneration is a loss of central vision. The **macula** portion of the **retina** may be damaged from extended UV exposure. Macular degeneration is the leading cause of blindness in the United States. Pterygium is a growth that begins on the **sclera** and may move to the **cornea**. The growth may block vision. This condition is more common in those who work outside.

*Corneal sunburn can occur and is very painful. It also may cause a temporary loss in vision. This is due to your **cornea** having intense short-term exposure to UVB rays. It is more often in those who spent long hours at the beach, swimming or, skiing without proper eye protection.

*Just as you would protect your skin with sunscreen, you should protect your eyes with the proper sunglasses. Look for lenses that say they protect from 99-100% of UVA and UVB rays. Keep in mind that eye protection is important year-round. The rays are more intense during the summer. However, during our snowy months, the rays are reflected off of the white snow and can be just as damaging during that season.

*Polarized lenses do not always block out UVA and UVB rays. Polarized lenses have a chemical on them that filter out some light like a mini-blinds do in front of windows. Polarized lenses prevent glare, make the things you see a little darker but clearer and easier to see. When looking at lenses, pick UVA and UVB protection over polarization, but there are glasses with both if you want to decrease glare.

Matthew 6:22 says “The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light”. 1 Corinthians 6: 19 says “Do you not know that your bodies are temples of the Holy Spirit who is in you, whom you have received from God? You are not your own.” We are instructed to care for what we were given. Your eyes will help you see the beauty He has created.

Yours in Christ,

Pam Guiles, RN RN-to-BSN student, Mayville State University

<https://www.aaio.org/eye-health/glasses-contacts/polarized-lenses>, https://nei.nih.gov/hvm/healthy_eyes_glasses, <https://www.preventblindness.org/how-can-uv-rays-damage-your-eyes>, <https://www.umkelloggseye.org/conditions-treatments/anatomy-eye>

Greetings to all in the Harmony Parish (Buffalo/ St. Paul /Page):

In these uncertain times, it has been difficult to give up the fellowship of our weekly services, & especially to pass through the Easter season in isolation. We do have the assurance that Christ has indeed risen! In 2020 we can identify with the disciples, alone & in silence, counting on our faith to outweigh our fear.

In addition to missing weekly services, our women are missing Bible Studies, quilting bees, & of course our Spring Soup & Sandwich. I hope you all are still reading & studying, & a few ambitious ladies are even quilting at home - & sewing much needed masks.

Our WELCA will host a Continental Breakfast at Buffalo Lutheran Church on Sunday, September 13 from 10:30 AM-12:00 Noon. A Free Will Offering will be accepted and we will draw the Raffle winners for the Raffle that was postponed from April. Tickets are still available for then Drrrawing!

I pray all our beloved members will remain safe & healthy, & God Be With You 'til we meet (face to face) again.

Karen Tabor, Buffalo WELCA

2020 Synod Assembly

New Dates! August 14-16, 2020 (Friday evening - Sunday mid-day)

In light of the COVID-19 pandemic, the Synod Council is taking steps to move towards an all-digital Synod Assembly. Our time together will focus on worship, essential business, and **the election of a new bishop.**

We are excited to have Presiding Bishop Elizabeth Eaton join us!

Look for more details on schedule and registration in late June and check the Synod website for names of people nominated for the position of Bishop.

Lutheran World Relief 2020 Drive

July 13-17, 9am-4pm

Lutheran Social Services of ND

The LWR collection dates have been changed from May to July - get those kits ready for drop-off! Semi will be parked behind LSS building as in past years.

