

Buffalo Lutheran & St. Paul's Lutheran Churches

JUNE-JULY 2014 PARISH POST

Comments from Pastor Chris . . .

Grace, mercy, and peace be to you from God our Father and from our Lord and Savior Jesus Christ. Amen.

There is a peculiar phenomenon that manifests in our churches in the summer. During fall, winter, and early spring many people make a habit of regular church attendance and disappear from our pews for the summer months. Some of this is to be expected, I suppose. Warmer weather means many people will be vacationing and otherwise on the road. But, for others, church is simply a recreational activity for the colder months. This type of thinking fails to account for what it is that church services exist. We do not simply come together for a time of fellowship or entertainment when we lack better things to do. Church is not an extra-curricular activity that occupies another day during the school year. The Church is, truly, a matter of life and death. It is through the Church and her public services that we encounter Christ, the Lord, the one who died that we might live. We fool ourselves to think that we can manifest in our own selves the Lord apart from his chosen means. What are these means? Baptism, Communion, forgiveness of sins, and the preaching of the Gospel. Where do we get them? They are offered every Sunday during our worship services.

It is true that there is no law compelling Christians to regular service attendance. That being said, how can one who fashions himself or herself a Christian be such with any integrity if he or she does not regularly attend services? We are not Christians of our own power or accord, but only by the work of Christ and his sacramental giving of himself by the work of the Holy Spirit through his promised means. We would wither and die in the faith without these things. I know that some of you may think that these things are un-necessary, that all you need is found in your own heart. Let me be clear about this: such belief is unbiblical and unchristian. Christ does not appear spontaneously to us, but only in his promised ways. The Lutheran Reformers understood the danger of this kind of thinking all too well: article five of the Augsburg Confession, the oldest statement of Lutheran belief publically given, closes this way: "They (the Lutherans) condemn the Anabaptists and others who think that the Holy Ghost comes to men without the external Word, through their own preparations and works." In other words, this type of thinking leads you away from the external Word who saves and into your own sinful self. Your heart does not harbor the secrets to wholeness, wellness, or wealth. Only Christ can give you what you need: his very life and forgiveness. Knowing this, we should all avail ourselves frequently of Christ's gifts – the very ones he offers to us every week in our services.

Humbly yours in Christ,
Pastor Chris

BUFFALO LUTHERAN CHURCHST. PAUL'S LUTHERAN CHURCH

May General Fund \$2279.00

May General Fund \$2133.97

You're invited!!

You're invited to a Baby Shower for Pastor Chris & Katherine's new baby boy, Lucas Frederick, born May 22. The shower will be held Wednesday, June 18, at 7 PM at Buffalo Lutheran Church. Lucas is registered at Target.

Buffalo Lutheran Church members We are in need of folks to provide treats for coffee time after church and to set up the coffee and lemonade (drinks provided at the church). Call Connie Boyd to volunteer for June and July (there will soon be a sign up sheet available).

Newsletter News- As was announced at church we are printing a "Summer" newsletter. A new newsletter will be printed about mid-July. Please consider getting any news items into the office by July 14.

Prayer concerns May we remember with prayers of sympathy the Dalene Trende family. She passed away January 13, 2014 and her funeral was held June 14, 2014 at Buffalo Lutheran Church.

May we also remember the Ann Tallackson family with prayers of sympathy, Ann passed away June 6, 2014 with her Memorial Service held June 14, 2014

Beyond Our Walls - -

Thanks to you and thousands of supporters like you, together we surpassed our goal of \$250,000 for World Malaria Day. Because of your overwhelming generosity, gifts for the [ELCA Malaria Campaign](#) totaled \$300,000, given in addition to \$100,000 of matching funds.

We are able to launch malaria work in Namibia this year. Thank you!

From the ELCA Malaria campaign nnnn ,,

MAY PARISH NURSE NOTES - - HEAT WARNING- - this page continues on page 3

Dear Family and Friends,

Keeping cool is not just about comfort. Dangerously high temperatures can result in heat-related illnesses ranging from heat cramps to heat exhaustion and heat stroke. Although anyone can suffer from heat illnesses, some people are at greater risk than others. Included among these are:

- Infants and young children
- People age 65 and older
- Persons with chronic illnesses such as heart and lung disease, diabetes, high blood pressure, obesity, and Parkinson's disease.
- People who have mental illness and/or are on medication for these conditions.
- Cognitively impaired people
- People living alone
- People without air conditioning or fans; those reluctant to open their windows.
- Those with impaired mobility (difficulty getting around).

THE BEST DEFENSE IS PREVENTION!! HERE ARE SOME PREVENTION TIPS:

Drink more fluids (non-alcoholic), no matter what your activity level. Don't wait until you are thirsty to drink. If you are on a fluid restriction, or if you take "water pills", check with your doctor to make sure it is OK to increase your fluid intake.

Don't drink fluids containing caffeine, alcohol, or large amounts of sugar — these can actually lead to dehydration. Avoid VERY COLD drinks, as these can cause stomach cramps.

Stay indoors and if possible in air-conditioning. If you don't have air-conditioning, try to get to a friend or relative who has air-conditioning, or you can call your local public health department to find out where spots are that are cool.

Electric fans can help, but when the temperature is above 90, they do not prevent heat-related illness. When it is this hot, fans should be pointed out of windows to blow the hot air out. Keep blinds/curtains over windows with direct sunlight.

To cool down, take a cool shower, bath, or sponge bath. You can also wrap yourself in a wet sheet with a fan blowing on you.

Wear loose fitting, light colored clothing, preferably cotton. Use an umbrella or hat with a wide brim to block out the sun.

Fill a spray bottle with water and keep it in the refrigerator for a quick refreshing spray.

Eat light, cool foods rather than heavy, hot and spicy foods. Eat small frequent meals. Plan necessary outdoor activities for early AM or later in the day when it is cooler. If you are isolated, ask neighbors or relatives to call or stop by and check on you. If you are OK, please check on others who might be vulnerable.

SYMPTOMS OF HEAT ILLNESS TO WATCH FOR AND HOW TO RESPOND:

Heat Cramps: Painful spasms, usually in leg and abdominal muscles, and heavy sweating.

Move the person to a cooler location, gently massage the affected muscles, give sips of water every 15 minutes, (can use Gatorade or sports drinks) and call the doctor if symptoms persist.

Heat exhaustion: Includes heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea, or vomiting, fainting, skin may be cool or moist, pulse rate may be fast or weak.

Get person to a cooler location, loosen or remove clothing, apply cool wet cloths or assist into a cool shower or with a sponge bath, give 1/2 glass cool water or Gatorade (sports drinks) every 15 minutes, seek immediate medical attention if vomiting occurs or symptoms persist.

Heat Stroke (a severe medical emergency): Symptoms include an extremely high body temperature (above 101), red, hot or dry skin, but no sweating, rapid strong pulse, throbbing headache, dizziness, nausea and unconsciousness. Call 911 or get person to a hospital immediately, Move to a cooler environment, remove clothing, assist with a cool bath, sponging, place ice packs or cold, wet towels on the person's head, neck, armpits and groin, or wet sheet to reduce body temperature while waiting for 911 to respond.

The summer months are fast approaching, please take of yourselves and each other.

Peace in Him,

Gwen Fraase RN

Community Health Ministry (CHM)

<http://milwaukeesynod.org/resources/health-and-wellness/> www.mayoclinic.com

Buffalo & Tower City Lutheran Parish
Box 68
Tower City, ND 58071
Return Service Requested

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
Tower City, ND 58071
Permit #1



Upcoming June-July Events

JUNE AND JULY SUNDAY SERVICES WILL BE HELD AT BUFFALO LUTHERAN CHURCH AT 9:00 AM, FOLLOWED BY BIBLE STUDY (UNLESS OTHERWISE ANNOUNCED).

Pastoral guidance and individual confession are available by appointment with the pastor. You can contact him at 749-2309 or 701-710-0446. His e-mail address is cbrademeyer@gmail.com

June 15: HAPPY FATHER'S DAY! St. Stephen's visitation group meets at 10 AM (confirm time)

June 18: Baby shower for Pastor Chris & Katherine's son, Lucas, at BLC at 7 PM

July 4: Enjoy the 4th of July!

July 9: Buffalo Lutheran Church Council meets at 7 PM

July 13: St. Paul's Church Council meets at 11 AM