

JUNE-JULY 2016 PARISH POST
St. Paul's & Buffalo Lutheran Churches

Comments from Pastor Chris. . .

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

“The First Commandment: Thou shalt have no other gods.

What does this mean?

We should fear, love, and trust in God above all things.” – Martin Luther’s *Small Catechism*

With this summer newsletter, I am going to begin a short commentary each month of parts of the Small Catechism, beginning with the Ten Commandments. The First Commandment is the chief cornerstone of the Ten, that is to say, all of the commandments are built on the foundation of the First. In this command, we are given an admonition to true religion, that is, worship of the True and Living God instead of the false gods so prevalent in our world. On the surface, this commandment seems very simple. Indeed, if you are reading this newsletter, odds are you are a Christian and that you worship the One True God. Is this really the case?

Let’s look at a test case: Joe and Sally Smithson, together with their three kids, highly value basketball. Such is their devotion that their home is replete in décor for their favorite team. Their family room boasts a magnificent television, complete with a state of the art sound system. All three kids are on the school basketball team. They are also in several off season leagues and go to a few camps every year. The Smithsons are also Lutheran and belong to their local congregation. However, they tend to miss church a lot in the fall due to late games on Saturdays. Winter isn’t good either due to the later part of the boys’ season. Summer is bad because of Sunday morning basketball rec league. Spring has camps and March madness.

Let me ask you: does this violate the First Commandment? Is it idolatry to place basketball above God and the worship of Him?

Sadly, such a mentality is seen as acceptable and normal by many who consider themselves Christian. God must come first. His Holy Word declares it. Everything else, no matter how good it might be, cannot be placed above the ultimate Good, which is God Himself. After all, only one thing, God Himself, is eternal and has eternal ramifications for those He created. Basketball is a fine sport, but it cannot redeem from sin, death, and the devil. Teamwork and developing respect and a work ethic are fine, but these cannot grant you heaven. Since this is the case, we should make our decisions accordingly.

Yours in Christ,
Pastor Chris

BUFFALO LUTHERAN CHURCH

Checking Account balance as of June 7: \$3632.11
 Parish Nurse balance \$323.10

ST. PAUL'S LUTHERAN CHURCH

Checking Account Balance \$1477.07
 Unpaid bills \$1562.55



Budget Update: Year to date	\$24,125.00
Year to date total offerings	\$16,179.30
Budget shortfall	(\$7,945.70)

Cares and Concerns

- † May we remember Duane & Ethel Grieger in prayer as they've celebrated their 60th Wedding Anniversary. They were married on June 19, 1956.
- † May we remember with prayers of sympathy the family and friends of Ramona Ward, formerly of Buffalo. She passed away peacefully on June 4 at Maryhill Manor in Enderlin. Her funeral was held June 13 at First Presbyterian Church in Buffalo. May she rest in peace.
- † May we remember with prayers of sympathy the family and friends of Ramona Ward, formerly of Buffalo. She passed away peacefully on June 4 at Meryhill Manor in Enderlin. Her funeral was held June 13 at First Presbyterian Church in Buffalo. May she rest in peace.
- † Remembering with prayers of sympathy the Shirley Besette family and friends, formerly of Tower City, she passed away June 8 in Fargo. Her Memorial Service was held June 13 at West Funeral Home in West Fargo. May she rest in peace.

VACATION BIBLE SCHOOL WILL BE HELD Sunday, July 31-Thursday, August 4 from 5:15 PM-7:30 PM at St. Paul's Lutheran Church. Supper will be provided for the children. Crafts, Games, Lessons and Music will be hosted. Preschool – 6th graders are welcome and this event is open to our communities with no charge. Please register **by July 1** by calling the St. Paul's church office or by filling out the registration sheet available at Buffalo Lutheran Church. If anyone would like to donate money toward VBS expenses please place the money in the small wooden box at the back of Buffalo Lutheran Church designated for donations such as these..

Dear Family and Friends,

Just hearing the term, Myasthenia Gravis (MG) may be alarming. The condition does have an imposing name. Today, it does not carry the same negative implications for life that it did a half century ago. The literal meaning is “grave muscle disease”. However, it may not as grave today. Most people with the diagnosis can lead normal lives, because we now have more effective treatment. We know that anyone may be diagnosed with myasthenia gravis, however two groups are the most likely to be diagnosed. These are women between ages 20 and 40 and men between 50 and 70. It affects approximately 1 in 7,000 people. It is more common in women. It may occur in more than one member of a family although it is not, strictly speaking, inherited. This is a health condition where muscles become tired and weak. It is due to a problem with how the nerves stimulate the muscles to contract or tighten. When an individual is developing initial symptoms the first muscles to be affected are often around the eyelid, where there will be a drooping (ptosis), with double vision (diplopia) also noted.

The individual with the illness has a problem with the way nerves pass messages to the muscles. This prevents the muscles from contracting well, which leads to weakness and tiredness. MG is one of many autoimmune disease we are aware of today. To explain this simply, the immune system normally acts as a protectant for the body from infections. In this case, the immune system mistakenly attacks itself, by making abnormal antibodies. We don't know why this happens, but these abnormal antibodies alter or destroy receptors which make the muscle less able to contract.

The main symptom of MG is muscle weakness, where in the muscles tire very easily. By the end of the day, it is usually worse. It gets worse with activity and improves when the individual rests. If an individual has an infection or is under stress the symptoms may be worse. In addition to eye muscles being affected, face and throat muscles often present with difficulty in swallowing or slurred speech. Weakness in limbs and neck may be seen, along with chest muscles.

The weakness in muscles is often gradual. This may lead to a delay in diagnosis. If a physical examination by a qualified health provider suggests concern, additional blood and muscle and nerve tests should be done. Breathing tests may be performed if there is weakness in the chest muscles. A scan may be performed to consider the state of the thymus gland, which may be abnormal in people with MG.

MG can be effectively treated in most cases today, although we still have no cure. The prognosis/lifespan has improved. Numerous medications are available in combinations of immunosuppressive drugs with steroids. Some individuals benefit from removal of the thymus gland. Most of these treatments usually work well, however it is important for people with MG to realize that it can become a serious disease, and treatment is important. Patients must keep close contact with their physician and pharmacist, as some drugs should be avoided or used with caution. A Medic-Alert card should also be available to provide information in case of an emergency.

Individuals with MG must listen to their bodies, and not exert themselves too much, get plenty of rest throughout the day, and eliminate stress as much as they can. By following these guidelines most people with MG can lead normal lives and be free of symptoms.

Peace in Him,

Gwen Fraase RN

Parish Nurse Community Health Ministry

References: <http://patient.info/health/myasthenia-gravis-leaflet>, Agnes Harrington RN

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UPCOMING JUNE-JULY EVENTS

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-JULY DIVINE SERVICES WILL BE HELD AT BUFFALO LUTHERAN CHURCH SUNDAYS AT 9:00 AM

July 11-12: Pastor Chris away at Continuing Ed Event.

July 13: Buffalo Lutheran Church Council at 7 PM.

July 17: St. Paul's Lutheran Church meets at 7 PM.

July 31 – August 4: ~~Vacation Bible School~~ **Vacation Bible School** 5:15 PM – 7:30 PM at St. Paul's Lutheran Church.
See details on page 2.

THANK YOU from Betty Kappel. Following Betty Kappel's hospital stay in early May and her rehabilitation at ManorCare in Fargo through June 15 she is back home at One Oak Place in Fargo. Betty has asked that we extend thanks to people for the prayers, visits, flowers, plants, and gifts that they have shared with her. She looks forward to settling in back home and will be glad to welcome anyone who stops by!

Blessings from Betty Kappel