

## JUNE 2021 PARISH POST

### *St. Paul's & Buffalo Lutheran Churches*

#### **Pastor Bill's June Message**

Page 1

Members of Harmony!

Blessings to you in our Lord Jesus!

Memorial Day is a special day of remembrance. We remember those we love who have gone and celebrate family. May this Memorial Day be a blessing to us all.

By now most have heard my surgery is over and all is well. Thank you for your well wishes and support.

Congratulations! to our graduating seniors. We pray you will add blessings as you continue your journey.

Thank you, Lord, for the rain so much needed. Our Father hears prayer and in the "Fullness of Time" answers.

Thank you, Lord, that Covid-19 seems to have backed off. It's played out its worst. Our prayers for continued healing are offered. Thank you, Lord.

Spring is moving toward summer and after sitting so long in place, we are moving about--some even thinking about vacation time. God's seasons are the best and we are blessed in God's creative blessing to us.

Vacation is a word I'm hearing more and more, a time for recreation. It's a time to turn to restoration, drawing families together. Summer homes are opening, fishing, visiting and fun.

Recreation is a blest word. The thought of this word brings an opportunity for a diversion, a refreshing of life, of renewed strength and spirits, an opening for new possibilities. As spring moves to summer and we explore ways to creative recreation, God is at work making such ways possible. What ways will God create for us, for you and me? It might be worth it to ask Him. "Lord, what ways of refreshing await us?" He will answer.

Christ "makes all things new!" In Jesus' creative blessing He will reveal His presence in our lives in this way—The Holy Spirit of our Risen Lord will direct us to the water where we'll never thirst again or the bread in which we will never hunger again! "Be still," our Lord calls, "and hear I am God."

*[Please follow on Page 2]*

During this time of recreating meet Christ in a quiet place and watch with Him. Listen as he speaks to you about the life He wishes to enhance opportunities. He will make available gatherings of family that will enrich us.

As Jesus has said, "I have come that you might have life and have it abundantly."

I pray I'll see you in church on Sunday. Blessings to you in Jesus; till we meet again, remain in Christ and His love.

In Christ,  
Pastor Bill and Weslie

***Cares and Concerns and Activities***

***JUNE SUNDAY WORSHIP SERVICES WILL BE HELD AT 9:00 AM AT ST. PAUL'S LUTHERAN CHURCH AND 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 in need of housekeeping volunteers at St. Paul's Lutheran Church. There will be 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 John Anderson.**

John was formerly of Buffalo and the local area, the son of Arthur & Nellie Anderson passed away June 7 at the Halstad, MN Living Center. His funeral will be held June 18 at 10:00 AM at West Funeral Home, West Fargo. May he rest in peace!

**A Remembering a Joyous soul! Carol Howitz** passed away May 25 at Essentia Hospital in Fargo. Her Celebration of Life Service was held May 29 at Boulger Funeral Home in Fargo.

## PARISH NURSE NOTES: Drowsy and Night Driving

Dear Family and Friends,

According to the National Sleep Foundation, about half of U.S. adult drivers admit to consistently getting behind the wheel while feeling drowsy. About 20% [admit to falling asleep behind the wheel](#) at some point in the past year – with [more than 40%](#) admitting this has happened at least once in their driving careers. Driving while drowsy is similar to driving under influence of alcohol. Driving after going more than 20 hours without sleep is the equivalent of driving with a blood-alcohol concentration of 0.08% – the U.S. legal limit. Losing two hours of sleep has the same effect on driving as having three beers, and tired drivers are three times more likely to be in a car crash if they are fatigued.

Some people may also experience micro-sleep. Micro-sleep is when you have short, involuntary periods of inattention. In the 4 or 5 seconds, a driver experiences micro-sleep, at highway speed, the vehicle will travel the length of a football field. According to the National Highway Traffic Safety Administration, every year about [100,000 police-reported crashes involve drowsy driving](#). These crashes result in more than 1,550 fatalities and 71,000 injuries. The real number may be much higher, however, as it is difficult to determine whether a driver was drowsy at the time of a crash. Some researchers suggest the prevalence of drowsy driving fatalities is more than 350% greater than reported.

The following are signs and symptoms of drowsy driving, according to the American Academy of Sleep Medicine. Frequent yawning or difficulty keeping your eyes open, "Nodding off" or having trouble keeping your head up, Inability to remember driving the last few miles, Missing road signs or turns, Difficulty maintaining your speed, and drifting out of your lane.

Helpful hints: **Get seven or more hours of sleep a night. Don't drive if you've been awake for 16 hours or more.** Stop every two hours to rest. Pull over and take a nap if you are drowsy. Travel during times you are normally awake. Most crashes or near-misses happen at the times you would expect drivers to be tired: 4 to 6 a.m., midnight to 2 a.m. and 2 to 4 p.m., according to NSF. Utilize crash avoidance technologies that come with your car. Pay attention to your medication labels and don't drive if your medication causes you to become sleep or drowsy. Contact your pharmacist if you have any questions regarding your medications and safety operating a car or other machinery. Stay safe on the road. Peace in Him,

Gwen Fraase RN Parish Nurse for Community Health Ministry

## HELP OUR HOMELESS VETERANS

Page 4

On any given night in the United States there are over 37,000 veterans that are experiencing homelessness. While studies show that 22,740 of those were sheltered, there are a staggering 14,345 veterans without shelter!

Those homeless veterans without shelter need our help and that is why **Veteran Village USA** is here! The goal of **Veteran Village USA** is to provide food, shelter and support for our homeless Veterans.

**WE NEED YOUR HELP!** **Veteran Village USA** is a 501(c)(3) non-profit organization that runs on donations from people such as you! We ask that you please visit our website - [veteranvillageusa.org](http://veteranvillageusa.org) and please make a one-time donation or become a monthly sustainer to help feed, house and support our homeless veterans!

## The Synod Office has Moved!

The synod office, which was previously housed in the Lutheran Social Services of ND building, has moved!

You will find us at:

1555 43rd St S

Suite 100

Fargo, ND 58103

For correspondence, you may also continue to use our PO Box:

Eastern ND Synod

PO Box 2019

Fargo, ND 58107-2019

Our phone number remains the same: 701.232.3381 **We look forward to showing off our new space soon!**

