

Buffalo Lutheran & Tower City Lutheran Churches
MARCH 2014 **PARISH POST**

Comments from Pastor Chris . . .

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

The season of Lent is quickly approaching us and may even be here already by the time that you read this. Lent is a time in the Church year in which we focus on the coming celebration of Christ's crucifixion and resurrection – that is, Easter- through increased devotion and penitential practices to remind ourselves of our need for the Lord's great sacrifice on Calvary.

The word “Lent” is an old English word related to a German word that means “long”. That is, Lent was at one time a common word meaning something like “Spring” in which the days get longer. The Church called this season *Quadragesima*, Latin for “fortieth”, which relates to the length of the season, which is forty days (Lent does not technically include Sundays, so the total length of time from Lent's beginning on Ash Wednesday until Easter is forty-six days).

Because Lent is a good time to focus on our own limitation and mortality, I strongly encourage you to think about making time for individual confession. This ancient practice has always been especially important during Lent, and my services are available to this end. I will be available a half an hour before Lent services on Wednesdays for this purpose.

Common Christian practices in Lent include fasting, which is giving up a much beloved item, activity, or food to remind oneself of one's need for Christ; prayer, especially penitential prayers; and almsgiving, that is, increased charitable giving and works of mercy for the poor, sick, and needy. I encourage you to make space in your busy lives for a simple time of prayer and Scripture reading, perhaps five minutes in the morning before you get on with your day, fasting, or increased charity. It is important that if you do undertake these tasks that you keep in mind the reason that the Church does these things: to remind us all of our need for and thankfulness to the risen Christ. If you would like suggestions for resources or ideas for Lent practices, please call or email me. I would be more than happy to talk it over with you!

Finally, brothers and sisters in Christ, I ask that you keep me, our parish and congregations, Bette, and each other in your prayers, especially for Lent. The Lord does hear our prayers and much good comes from our supplications to the Lord

Yours in Christ,
Pastor Chris

BUFFALO LUTHERAN CHURCH
February General Fund \$3820.00

ST. PAUL'S LUTHERAN CHURCH
February General Fund \$1857.81

FROM TRISH PRIEWE AT THE CASS COUNTY REPORTER

We would like to spread the word about our *Rural Cass Relay for Life Kickoff Celebration* that will be held on Sunday, March 9. We would really appreciate your help with this. Please let me know if you have any questions!

Beyond Our Walls -- [FaithAid in the C.A.R.](#)

Let us be an expression of "Nzapa ayeke da" (God is there) through our prayers and gifts. In the Central African Republic, the rebel group known as SELEKA began an offensive in December 2012 and took the country in March 2013 by coup. Since that time, human rights abuses and armed attacks have been rampant across the country, including the region where our companion synod, the Evangelical Lutheran Church in the CAR is established. It is estimated that 1.2 million people have been cut off from essential services. By July 2013 approximately 37,000 people had fled the country (from the The Global Post news source, 07/10/13). Along with our prayers, our brothers and sisters in Christ living in the Central African Republic need our financial help. The pastors and teachers have not been paid for nearly 5 months. Please send financial gifts with "Faith Aid" in the memo line to: Eastern North Dakota Synod, 1201 13th Ave No, Fargo, ND 58102. All gifts between now and November 30th to this fund will be matched, up to \$5,000.

MARCH PARISH NURSE NOTES -- HEADACHES

Dear Family and Friends,

It is reported that 90% of all people have experienced a headache and that 10 million visits to health care professionals each year occur because of headaches. There are four different types of headaches:

1. Tension headache
2. Migraine headache
3. Cluster headache
4. Sinus headache

The majority of people suffer what are called **tension headaches**. They are often caused by a lack of sleep, fatigue, hunger, depression and too much sun; they are triggered by stress and anxiety with pain felt all over the head. Fortunately, they usually respond to over-the-counter medications like Excedrin or Tylenol. A person must be still and take time to be aware to be able to "manage" these headaches; if you are aware of what triggers these headaches you can help prevent them.

When we become stressed we often tense our shoulders and/or grind our teeth and don't even realize it, so take a few minutes to relax your neck muscles. Take time away "just for yourself" and exercise. If a headache is already present, before taking medication you can try these remedies for a tension

(continues on Page 3)

headache: 1) a warm bath or shower, 2) nap, 3) hot or cold pack on your head, 4) take yourself away from the situation that may be causing the headache.

The second common type of headache is the **migraine headache**. This affects over 28 million Americans, women four times more than men, and 1 in every 4 households. The brain's blood vessels constrict, this slows the blood flow to the brain, which lessens the oxygen to the brain, the arteries dilate and produce pain. **Migraine headaches** can be triggered by many things. There are also certain foods that can "trigger" a **migraine headache**. Migraines are usually experienced in one side of the head, and feel like a throbbing intense pain that is moderate to severe especially near the eye of the affected side. Migraine headaches can cause nausea and vomiting and make a person extremely sensitive to noise and lights. Often, a person will experience an "aura" just prior to their migraine headache which can consist of flashing lights, seeing spots or zigzag lines, and can last 10-40 minutes. **Migraines headaches** are thought to be inherited, and often need to be managed by taking medication.

Cluster headaches are the third type of headache, more common in men. They usually consist of a sharp, shooting pain near the eye or temple. A person experiencing these headaches may have a stuffy, runny nose, drooping eyelid, and/ or red and tearing eyes. These headaches usually last 15 minutes to 3 hours, commonly occur among 20-40 year olds, DO NOT run in families, and are NOT life threatening. They can be triggered by alcohol, strong smells, and heat. If these occur often and disrupt your life, you should seek medical treatment.

Finally, the **sinus headache** is the last headache to be discussed. If you have ever experienced a sinus headache, OUCH! A sudden move of the head or bending over is enough to bring the strongest person to his/her knees. Inflammation and pressure of the sinus cavities may cause constant pain in the forehead, cheekbones, and across the nose. Fortunately, sinus headaches can be treated with decongestants and pain-killers that can be obtained without a prescription. Contact your doctor if your symptoms persist, you may have an infection that needs an antibiotic.

The National Headache Foundation suggests that you call your health care provider and schedule an appointment if you have any of these symptoms:

- 1) Do you have several headaches per month, with each lasting several hours?
- 2) Do your headaches disrupt your home, work, or school life?
- 3) Do you have nausea, vomiting, vision or other sensory problems?

Please know that God doesn't want us to suffer unnecessarily and wants us to have a happy, healthy and productive life, therefore, if you answered YES to any of the above questions, you need to take a moment out of your hectic schedule and think about what you need to do for yourself, your health and your well-being. The good news is that once a correct headache diagnosis is made, an effective treatment plan can be started.

Peace in Him,
Gwen Fraase RN Parish Nurse
Community Health Ministry
<http://milwaukeeesniod.org/resources/health-and-wellness/>



It's cold outside!

Buffalo & Tower City Lutheran Parish
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Upcoming March Events

MARCH SUNDAY SERVICES WILL BE HELD AT ST. PAUL'S LUTHERAN CHURCH AT 9:00 AM, FOLLOWED BY SUNDAY SCHOOL . Lent begin on March 5 with our Ash Wednesday Service at 7:00 PM. LENT VESPERS every Wednesday evening at 7:00 PM following the worship month

Pastor Chris plans to use Tuesdays as his office day. 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

Every Wednesday: Confirmation classes meet at the high school! 7th-8th grades meet from 1:40-2:30 PM; 9th grade meets from 2:35-3:25 PM

March 2: SPL WELCA meets after worship

March 5: ASH WEDNESDAY service at 7:00 PM at SPL

March 9: Rural Cass Relay for Life Kickoff (ask *Cass County Reporter* for details)

March 12: BL COUNCIL follows Lent Vespers service

March 16: SPL COUNCIL meets after worship

ST.STEPHAN VISITATON GROUP meets after worship

Watch for Naomi Circle's meeting date and place.