

Buffalo Lutheran and St. Paul's Lutheran Churches

MARCH 2015 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.

I hope that Lent is finding you well. Remember, it is never too late to begin a more devoted study of Scripture, have a great focus on prayer, give more alms, or begin a fast. Remember that we have some weekday services this month; Wednesdays we will have Evening Prayer services.

Stewardship means "belonging to God" - all that are and all that have comes from God. We are grateful to God for it all, and responsible to God for how we use it. Stewardship is a relationship to family, self, nature, work, friends, country, church and God. Stewardship defines your love, caring and responsibility for what is important in your life. Stewardship produces fruit, effort, labor, resources and month for the subjects of your care.

There is a connection between stewardship and spirituality: generous giving as a spiritual disciple helps us to grow in Christ. Stewardship makes theological and worldly sense of all you have been given. Stewardship takes your treasure and allocates it at your heart's direction.

"For where your treasure is, there your heart will be also." Matthew 6:21 NRSV

Yours in Christ,
Pastor Chris

Ask the Pastor . . .

Why do you (the pastor) commune yourself instead of receiving from a server?

I receive the Body and Blood of Christ with in and under the bread and wine from the same place as everyone else, that is, from the hand of who is called to that congregation to be pastor. If I were to receive the Supper from the servers, I would be the only person in the congregation *not* to get the Sacrament from the pastor, thereby setting me apart from the congregation I serve. Why is this important? The Augsburg Confession teaches us that "Of Ecclesiastical Order they teach that no one should publicly teach in the Church or administer the Sacraments unless he be regularly called. (Augsburg Confession article 14)". In other words, no one is supposed to distribute the Lord's Supper except the pastor. This is according to Christ's command, as he told his Apostles to give the sacrament, and they passed this duty on to their successors, the pastors.

Do you have a question for the Pastor? Pastor Chris can answer your questions in the newsletter so others can share those answers! Email your questions to him at cbrademeyer@gmail.com or spbl@ictc.com .

BUFFALO LUTHERAN CHURCH

General fund balance - \$7433.96

Parish Nurse fund balance -\$76.10

Information from Treasurer, Jaci Gately. Buffalo Lutheran Church was able to pay the January, February, and March Parish Nurse commitments of \$300 each and you are thanked for your support. As you see, our Parish Nurse Fund has gotten very low and without financial support we will be unable to meet our commitment. Please note any donation you make by making your check out to Buffalo Lutheran Church and noting 'Parish Nurse' on the check memo line.

ANNOUNCEMENTS

Divine Sunday Services will be held at 9:00 AM and Lenten Wednesday Evening Worship will be held at 7:00 PM at Buffalo Lutheran Church in March.

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

† Cares and Concerns-- Remember Jerry & Edie Smith in prayer as they recover from a recent hospitalization.

The Buffalo WELCA will hold their Annual Bake Sale, Bazaar, Luncheon and Quilt Raffle on Sunday, March 29, from 10:30 AM-1:00 PM. Raffle tickets are available for purchase from the Buffalo WELCA members.

Thrivent Choice dollars for 2014 must be entered by the end of March 2015. If you have any choice dollars to designate, please do so now at thrivent.com.

Thanks to Lois Smith, Congregational Advocate

Buffalo Lutheran Church will have a coffee time after March Sunday Divine Services. A free will offering will be accepted toward our Parish Nurse fund. Join us!

After the March 1 service the members of Buffalo Lutheran Church are invited to a discussion of the newly adopted Wedding and Funeral policies.

Beyond Our Walls – Great Plains Food Bank, part of Lutheran Social Services

Children need wholesome food to grow and learn—and one school meal a day just isn't enough for the more than 29,000 local girls and boys who go to bed hungry each night.

[You can help them today.](#) When you give to the Great Plains Food Bank, your gift helps fight hunger in many ways—including programs that provide food to children and their families each day. And because every \$1 you give provides enough wholesome food for 4 meals, imagine the impact you can make on the lives of so many struggling children and their families.

Dear Family and Friends,

We all know that sunburn can be painful and dangerous. Did you know that one blistering sunburn in childhood more than doubles a person's chances of developing the deadliest form of skin cancer or Melanoma later in life? Now, new research shows that even a mild to moderate increase in sun exposure over an extended period, with or without sunburn, may significantly increase the growth of pigmented moles in children.

Some people like to use the tanning bed before a warm vacation in order to get a "base tan...to protect" their skin. Dr. L.E. Gibson, M.D. from Mayo Clinic states, "There is little evidence to support the idea that a base tan protects you against sunburn. Research shows that people who frequently use indoor tanning beds are 74 percent more likely to develop skin cancers including melanoma."

Evidence shows that a person should use sunscreen frequently and liberally. The American Academy of Dermatology recommends using a broad-spectrum, water-resistant sunscreen with an SPF of at least 30. Reapply sunscreen every two hours — or more often if you're swimming or perspiring. Avoid the sun between 10 a.m. and 4 p.m. due to the sun's rays being the strongest at this time. Cover up and wear tightly woven clothing that covers your arms and legs. A broad-brimmed hat and sunglasses with a high UV-protection rating also will help. Find the shade, walk in the evening; sit under the umbrella and see a dermatologist for a baseline skin examination. Track and report changes in your skin and when you check your skin, don't forget in between your toes, soles of your feet and your genital area.

Melanoma is rising faster than any other form of cancer, and it's happening to young people, says Mayo Clinic dermatologist Jerry Brewer, M.D. Research shows it's up eightfold among women and fourfold among young men under 40. Each sunburn or tanning bed exposure raises the risk, he says. "We're seeing melanoma happen more often in even teenagers nowadays," Dr. Brewer says. "And one of the messages is that it **can** happen to you. Some things that you can do to help prevent that are avoid tanning beds, avoid sunburns and be aware of your skin." The skin of teens is thought to be more vulnerable than adults'. Teens may be especially susceptible to skin cancer because their cells are dividing and changing more rapidly than those of adults.

Please, take care of your skin; it is your largest body organ!

I hope you will have a fun and safe summer.

Peace in Him,
Gwen Fraase RN Parish Nurse
Community Health Ministry

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UPCOMING MARCH EVENTS

MARCH DIVINE SERVICES WILL BE HELD AT BUFFALO LUTHERAN CHURCH SUNDAYS AT 9:00 AM. FAMILY BIBLE STUDY/SUNDAY SCHOOL FOR EVERYONE IN THE FAMILY FOLLOWS DIVINE SUNDAY SERVICE. WEDNESDAY NIGHTS WE WILL HAVE EVENING PRAYER SERVICES AT 7:00 PM.

March 1: Buffalo Lutheran Church Discussion of new Wedding and Funeral policies after Divine Service; St. Paul's Council meets about 11 AM at Adam Walburn home.

March 3: Music Planning Group meets at Buffalo Lutheran (call Pastor Chris if you are interested).

March 4,11,18,25: Lenten Evening Prayer at Buffalo Lutheran Church at 7 PM; Confirmation classes each Wednesday at 1:41 at Maple Valley High School.

March 4,11: Communion classes held at 6:15 PM

March 11: Buffalo Lutheran Council meets after Evening Prayer service.

March 15: St. Stephen Visitation Group meets after Divine Service

March 22: Red Willow Bible Camp Annual Meeting (check for time)

Easter Worship Schedule: Maundy Thursday, April 2, and Good Friday, April 3, services at St. Paul's at 7 PM. Easter Sunday, April 5: Sunrise Service at 6:30 AM at Buffalo Lutheran, Divine Service at 9:00 AM at St. Paul's.