

MARCH 2020 PARISH POST

St. Paul's & Buffalo Lutheran Churches

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Pastor Bill's Message

Dear Friends in Christ at Harmony,

Peace in Christ be with you and yours.

I've been asked to write a little in introduction, to say hello and to say a little about me.

Christ has become central to my being. Jesus is the Word of God and His Word direct my living. I serve to live by our Lord's presence, grace, and hope. The Word guides my life as Jesus gives life in me. In God's grace:

-Born December 22, 1942 -Raised in Chicago, Illinois

-Blest in marriage to Sharron, September 18, 1965. Sharron entered into Eternal life 2018

-Blest with our son, Bill and his family Stephanie, Will, Ellie. We all live in Fargo.

-Blest by the Call of Christ to Preach the Good News of Salvation in Jesus

-Served in the Army Ready Reserve from 1964-1972

-Attended Northeastern Illinois State University, Major in Psych, Minor in Child Psych

-Attended Lutheran School of Theology in Chicago, Illinois, received M. Dis, Ordained in 1976

-Minister and Called to serve in Illinois, Ohio, North Dakota, Minnesota

-Serving as Interim Paastor at Harmony

-Currently a Certified Marriage and Family Therapist in Minnesota and North Dakota

Blest to have been called by you and our Lord sharing in the ministry of Jesus Christ,

Pastor Bill Ahlfeldt

"Our Lenten Journey"

Please join us as we began our Lenten Journey, Ash Wednesday, February 26, in Page. Since Lent has come quickly upon us, we'll follow the same format from last year, Page then alternating worship at Tower City or Buffalo. The dates and times are listed later in the newsletter.

Lent is an opportunity for spiritual growth. Using the call from Hebrews 10:22; "Let us draw near to God with a sincere heart-" we begin our journey.

Come and join us as we journey thru Lent to Easter. We began on Ash Wednesday in Page.

Blessings in Christ,

Pastor Bill Ahlfeldt

BUFFALO LUTHERAN CHURCH

ST. PAUL'S LUTHERAN CHURCH

WATCH FOR OUR FINANCIAL STATEMENTS IN THE APRIL NEWSLETTER

Cares and Concerns and Activities

SUNDAY WORSHIP SERVICES WILL BE HELD ON SUNDAYS IN MARCH AT 9:00 AM AT ST. PAUL'S LUTHERAN CHURCH AND AT 11:00 AM AT OUR SAVIOR LUTHERAN CHURCH, PAGE. THE WEDNESDAY LENT WORSHIP SCHEDULE IS LISTED LATER IN THE NEWSLETTER

REMEMBER THE CHURCH OFFICE has been moved to the Sacristy at St. Paul's Lutheran Church. The office will hopefully be open every Friday from 11 AM-2 PM. If you need something at a different time please call Bette at home at 701-749-2508.

† **May we remember with prayers of sympathy the family and friends of Rita Halland.** Rita passed away February 20 at Sheyenne Crossing Nursing Home, West Fargo and her funeral was held February 28 at St. Thomas Catholic Church , Buffalo. Rita touched many lives in our communities and there will be many memories we recall of Rita.

Buffalo WELCA Annual Spring Raffle Sunday, April 5 at the Buffalo Community Center from 10 AM-1 PM. Raffle tickets for the quilt and more prizes from local merchants will soon be available!

Happy 90th Birthday to Duane Grieger! Please join us Saturday, April 11 from 2-4 PM at the Buffalo Community Center to share Duane's birthday celebration!

2020 WEDNESDAY EVENING LENTEN SCHEDULE

There will be a Soup & Sandwich Supper starting at 6:00 PM prior to the Lenten Worship. Worship will begin at 7:00 PM.

March 4 St. Paul's Lutheran Church, Tower City

March 11 Our Savior Lutheran Church, Page

March 18 St. Paul's Lutheran Church, Tower City

March 25 Our Savior Lutheran Church, Page

April 1 Buffalo Lutheran Church, Buffalo

*Maundy Thursday, April 9 Our Savior Lutheran Church, Page

*Good Friday, April 10, Buffalo Lutheran Church, Buffalo

*No suppers planned.

PLEASE CONSIDER VOLUNTEERING TO HELP WITH THE SUPPERS AT ST. PAUL'S—
GIVE COLLEEN CLANCY A CALL!

Dear Family and Friends,

Why are seniors at risk for foodborne illnesses? Quite simply, as we age, our immune system starts to decrease functioning as effectively surgery and illnesses can lower our immune system however, Long-term exercise can counteract this decrease in functioning. **(Community of Care offers Bone Builders!)** As we age, the lining of our stomach can become inflamed and there is a decrease in stomach acid. Stomach acid is important not just for digestion but also to eliminate pathogens if ingested. Aging slows down the digestive process, which can allow rapid growth of pathogens, which can create toxins. Malnutrition is another contributing factor. This occurs often times with seniors for a variety of reasons such as; medications, chronic diseases, physical disabilities, depression and lack of pleasure in eating, or eating alone.

Symptoms of Food borne Illness. Symptoms can include diarrhea, abdominal cramping, fever, blood or pus in the stools, headache, vomiting, and severe exhaustion. Symptoms vary and can appear as early as half an hour after eating, or not develop for several days or weeks. Usually symptoms last 1-2 days but can persist 7-10 days. Symptoms can become severe in seniors.

What should you do? 1. Preserve the evidence. If food is a suspect, wrap it securely and mark it “Danger” then refrigerate it. Save all the packaging materials such as cans or cartons. Write down the food type, the date and time consumed and when the symptoms started. Save and identical unopened products. 2. Seek treatment immediately. 3. Call the local health department if the suspect food served was at a large gathering, from a restaurant, or other food service facility, or is a commercial product. 4. Call the Food and Drug Administration Consumer Food Information Line at **(800) 332-4010**.

I hope this information is helpful for you.

Peace in Him,

Gwen Fraase RN

PN Community Health Ministry

February 19, 2020

In attendance: Shirley, Chad, Kathy.

Shirley stated discussion with Sarah that she was unable to serve on council at this time. Council will ask for volunteers to fill spot.

President Shirley Anderson called the meeting to order with a prayer. Secretary's report from last meeting was not read. Kathy handed out January's treasurer's report for review. Chad made a motion to accept treasurer's report, motion carried.

Old business:

- A. 2019 financial records reconciled? Kathy stated they were approved at annual council meeting.
- B. Computer location for Bette to purchase? Kathy stated it is on the stage downstairs in the church. Shirley will pass information on to Bette to proceed with purchase.

New business:

- A. Tri-Council Report from Terry: Harmony Lutheran Church profile has been completed and submitted. A "connect team" has been formed with Pastor Bill, Terry, Bruce and (Page's president) as members to facilitate communication between churches. Should start considering members for call committee.
- B. WELCA kitchen remodel: Cabinets have been cleared, painting is in process. If anyone wants to help with the process, contact Shirley.
- C. Council minutes in newsletter: Shirley suggested putting minutes in newsletter to keep church informed. Suggestion approved.
- D. Start work on 5-council member change: Shirley will work with Bette to begin process.
- E. Health Equip: regarding chair lift. Terry is meeting with them on 2/20 to obtain information and bid.
- F. Sign: Chad suggested a sign by the school to indicate what's happening in our church.
- G. Outside work needed:
 - 1. Paint is under warranty; Shirley will contact painters to schedule.
 - 2. Roof
 - 3. South side landscaping: build up in spring to prevent water in basement, rocks, planting
 - 4. Spruce removal on north side
 - 5. Outlet and water spigot would be useful outside
- H. Wish list:
 - 1. Microphone system
 - 2. Interior paint
 - 3. Air conditioning

Next meeting date was not set.

Chad made motion to adjourn, motion carried.

Respectfully submitted,
Kathy Woodward

