

**MARCH 2021 PARISH POST**  
*St. Paul's & Buffalo Lutheran Churches*

Pastor Bill's March Message

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***Grace to you and peace from God our Father and our Risen Lord Jesus Christ.***

***A thankful prayer as more and more we are gathering together for worship. Thank You, Father!***

***Meeting with my confirmands at Page is a delight. They are wonderful young people and Weslie and I are happy to meet with them each week.***

***I was asked about First Communion and I ordered and have received "First Communion" instruction books. Please let me know if you wish your 4<sup>th</sup>, 5<sup>th</sup>, or 6<sup>th</sup> graders to receive instruction.***

***We will have a Good Friday worship that will be, or course, on Good Friday at Page at 6:30 p.m. Also, Maundy Thursday worship date is April 1<sup>st</sup> at Buffalo at 6:30 p.m.***

***Weslie and I have begun moving some things into the parsonage. More on our part time use of the parsonage later.***

***Please join us for worship. Call someone who was worshipping but because of Covid-19 needs an invite back, so invite them already or let me know, I'll call! A word upon closing –***

***"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him, and He will direct your paths."***

***Proverbs 3:5-6***

***Blessings in Christ,***

***Pastor Bill and Weslie***

**MARCH SUNDAY WORSHIP SERVICES WILL BE HELD AT 9:00 AM AT BUFFALO LUTHERAN CHURCH AND AT 11:00 AM AT OUR SAVIOR LUTHERAN CHURCH, PAGE. WEDNESDAY EVENING LENTEN WORSHIP SCHEDULE: March 17- St. Paul's Lutheran Church; March 24 – Buffalo Lutheran Church; April 1 – Maundy Thursday – Buffalo Lutheran Church; April 2 – Good Friday – Our Savior Lutheran Church, Page [Lunch preceeds services at Buffalo and Page at 5:45 PM---no lunches on Maundy Thursday or Good Friday]**

**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 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 we have services every other month (April is our next month of services at St. Paul's.).**

### **DID YOU KNOW?**

...that Bethany Retirement Living is sponsored by 37 congregations of the ELCA, including ours? Delegates from sponsoring churches elect the Board of Trustees at the Annual Meeting in April. The Board is charged with overseeing the policies and operations of Bethany Retirement nLiving. AND, members of this church are donors, advocates for Bethany and active in the Auxiliary that helps enrich the quality of life for the residents. Bethany is now offering ASISTED LIVING SHORT STAYS. The warm environment and services offered make Bethany a great option for seniors who want to give their normal caregivers a break, need to recover after surgery or another medical issue, or want to test the waters of senior living. Our assisted living communities offer freedom from daily chores like cooking, laundry, and housekeeping. Your assisted living services can be customized for your needas. To learn more, visit Bethany's web site at [www.bethanynd.org](http://www.bethanynd.org).

3Dear Family and Friends,

The human brain contains an estimated 86 billion neurons. Those billions of brain cells communicate by passing chemical messages at the synapse, the small gap between cells, in a process called neurotransmission. Those chemical messages are unique molecules called neurotransmitters. To date, scientists have identified more than 60 distinct types of neurotransmitters in the human brain—and most experts say there are more to discover!

Here is a list of some of the most common neurotransmitters discussed in neuroscience.

**Acetylcholine (ACh)** was the first neurotransmitter discovered. It is a direct action small-molecule that works primarily in muscles—helping to translate our intentions to move into actual actions.

**Dopamine (DA)** is often referred to as the “pleasure chemical,” because it is released when mammals receive a reward in response to their behavior—that reward could be food, drugs, or sex. DA is involved with motivation, decision-making, movement, reward processing, attention, working memory, and learning. Science suggests DA also plays an important role in Parkinson’s disease, addiction, schizophrenia, and other neuropsychiatric disorders.

**Glutamate (GLU)** is the most excitatory neurotransmitter in the cortex. The excitement GLU brings is important to learning and memory. Too much glutamate results in excitotoxicity—or the death of neurons due to stroke, traumatic brain injury, or Lou Gehrig’s disease.

**Serotonin (5HT)**, sometimes called the “calming chemical,” is best known for its mood modulating effects. A lack of 5HT has been linked to depression and related neuropsychiatric disorders. But 5HT is farther reaching, and has also been implicated in helping to manage appetite, sleep, memory, and, most recently, decision-making behaviors.

**Norepinephrine (NE)** is both a hormone and a neurotransmitter. Some refer to it as noradrenalin. It is linked to mood, arousal, vigilance, memory, and stress. Newer research has focused on its role in both post-traumatic stress disorder (PTSD) and Parkinson’s disease.

**Gamma-Aminobutyric acid (GABA)** works to inhibit neural signaling. If it inhibits cells too much, it can lead to seizures and other problems. This neurotransmitter also plays an important role in brain development. GABA may help lay down important brain circuits in early development. Like DA, GABA also has a nickname: the “learning chemical.”

Well, you made it through a brief synopsis of neurotransmitters! If you don’t remember much of the above information, please remember one important fact. That we are wonderfully made by our Creator!

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

<https://dana.org/wp-content/uploads/2019/05/fact-sheet-neurotransmission-neurotransmitters-baw-2020.pdf>

Neurotransmission: Neurotransmitters Written by Kayt Sukul

**Welcome to St. Paul's Lutheran Church Membership!**

We welcome Tom & Stacey Lilja and daughter, Aubrey to our membership at St. Paul's! As they formally join our fellowship we are thankful for them! May we all be blessed as the Liljas join us! May we remember our new members in prayer!

Spring has Sprung. Hopefully, COVID  
is past. We know our geraniums will last!

Here is your chance to brighten up a flower garden, deck, or patio!

The Bethany Auxiliary is selling geranium plants for just \$5.25 each. These hardy plants are grown from cuttings at Bloomfield Garden Center in Sabin, MN. They are available in four colors: red, pink, salmon, and white.

The Auxiliary Sale helps raise money to provide items for Bethany residents-such things as Portals of Prayers devotional booklets, Forum subscriptions, blanket warmers, Netflix services, and much more!

For every plant purchased, \$2.25 will be used to benefit the residents.

Orders must be placed by Monday, April 26. Plants may be picked up Wednesday, May 12 at Bethany on University or Thursday, May 13 at Bethany on 42<sup>nd</sup>.

**Questions? Call (leave a message) 701-478-2529 or 701-263-5740 or email [dpearson@bethany.org](mailto:dpearson@bethany.org) or [dianempearson@yahoo.com](mailto:dianempearson@yahoo.com)**