

## MAY 2016 PARISH POST

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

#### **Comments from Pastor Chris. . .**

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

Easter season is rapidly drawing to a close. Formally, it ends with Pentecost Sunday, which is May 15<sup>th</sup> this year. Easter, as you know, begins with Easter Sunday, which focuses us on the Resurrection of our Lord. The name “Easter” comes from an old Germanic term, “*eostre*”, which means “dawn” or “spring”. In old Germanic calendars, the spring month was named for this term, and as Easter is in the spring in the northern hemisphere, the name was sort of appropriated over from Germanic into English as the name for the Christian Holiday celebrating the Resurrection of Jesus at this time of the year.

Most other languages use a version of the Greek word, *pascha*, which comes from the Hebrew word *pesah*, which is the Biblical, Old Testament term for the Passover (Exodus 12:1-28).

Of note during this season is the Ascension Thursday service, which this year falls on May 5<sup>th</sup>. This service commemorates our Lord’s Ascension to the right hand of the Father at the close of His earthly ministry. We will be having a service at 7:00PM at St. Paul’s on this day. I hope to see you all there.

Yours in Christ,  
Pastor Chris

#### **Sanford’s Better Choices, Better Health Workshop**

If you or someone you care for has a chronic health condition, Sanford’s Better Choices, Better Health Workshop can help you take charge of your life. Chronic conditions include diabetes, arthritis, high blood pressure, depression, heart disease, cancer, weight issues, chronic pain, anxiety, multiple sclerosis, fibromyalgia, and others. You’ll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, set weekly goals, problem-solve effectively, improve communication, relax, and handle difficult emotions. Learn from trained volunteer leaders with health conditions themselves. Join a free 2 and ½-hour Better Choices, Better Health Workshop, held each week for six weeks. Classes are fun and interactive. Make a step-by-step plan to improve your health—and your life. Free of charge and registration required. To register call Sanford at 701-234-5570 or toll free at 877-234-4240. Call Wade McIntyre at 701-234-6092 with questions. *Our Parish Nurse, Gwen Fraase, referred this article to us*

BUFFALO LUTHERAN CHURCH

Checking Account balance. . .  
Watch for this report in June

ST. PAUL'S LUTHERAN CHURCH

Checking Account Balance	\$ 398.77
Budget Update: Year to date	\$19300
Year to date total offerings	<u>12220</u>
Budget shortfall	(7080)

*Cares and Concerns*

- † May we remember with prayers of compassion the family of Len Welter. He passed away April 18 in Sioux Falls and his funeral was held April 22 at Shalom Lutheran Church, Harrisburg, SD. Mr. Welter's local survivors include Duane & Ethel Grieger and family. May he rest in peace!

**BUFFALO WELCA NEWS :** The Soup & Sandwich Luncheon held on April 10th added \$1932.50 to our treasury, & we wish to thank all who worked, donated , bought raffle tickets & attended. We also appreciate the Thrivent support, which offset our expenses. We will gift our Maple Valley Seniors from all churches with a quilt, since our quilting is an ecumenical project. The Lutheran seniors will receive their quilt on May 8th at services in Tower City.

Quilts will also be given to Roger Maris Cancer Center, Hospice, Churches United for the Homeless, the VA Med Center, Buffalo 1st responders & to anyone locally who has a need.

**Naomi Circle:** We will meet at the Buffalo Lutheran Church at 12:30 on May 4th to leave for One Oak Place in Fargo, where we will hold Bible Study following a concert by the FM Golden Notes.

**Class of 2016:** Our prayers and congratulations are extended to our graduates from St. Paul's and Buffalo Lutheran Churches. Buffalo Lutheran Church grads are Riggs Nudell, Rylee Nudell, Kiana Bakalar, Jada Von Bank and Erin Grieger. Graduates from St. Paul's Lutheran Church are Rebecca Olson, Barrett Salberg, Zachary Gebeke, Jacob Richman, and Sean Blaskowski.

**St. Paul's Lutheran Church will hold a short congregational meeting on May 15 at 10 AM** regarding the building and finances. We plan to hold a Picnic lunch after the meeting in the Tower City Park and everybody is invited!

**THE BLACKWOOD QUARTET**

**The Gospel Side of Elvis**

**Mother's Day, Sunday, May 8 at 6:00 PM**

**At the Historic 1916 Buffalo High School**

**In the Buffalo Ballroom**

**Advance tickets for \$30**

**Call Carolyn 701-371-4578 or Liane 701-412-4485**

**All proceeds will benefit the ongoing renovation of the 1916 High School**

Dear Family and Friends,

Advances in technology have provided an opportunity for providers of health care to have the ability to continue life for extended periods of time. An adage developed in Health Care Ethics more than 40 years ago, was the statement, “because we can do something, should we”. This in turn led to the development of numerous “think tanks” dealing with Health Care Ethics” which have discussions about long term concerns about end of life issues, and what preferences individuals may have in regard to avoiding treatment that was not desired by the patient. (Institute of Medicine, 2014). Individuals were concerned then, as we are now, about continuing treatments when there was no anticipation of recovery, or any “quality of life”.

This era, almost 50 years ago led to a movement of the development of legal documents that provide individuals with an opportunity to make a self determination about medical decisions regarding their care, and also the right to essentially say “yes or no” to various health care treatments.

The Patient Self Determination Act which was passed 25 years ago, in 1990, requires health care institutions to determine if you have these wishes clarified. Therefore, you may anticipate that your health provider at a clinic or hospital will approach you regarding these issues if you are seen as a patient. It is anticipated that you will have an Advance Care Directive as part of your chart, or health record.

Advance Directives are legal documents which you as an individual have the opportunity of developing. It will illustrate your wishes for how you desire to have various life sustaining procedures provided. Part of your Advance Directive is a Living Will for Health Care, which provides a statement of what medical procedures you may wish to receive when you are not able to speak for yourself. This is different than your legal last will and testament done for areas dealing with property, etc.!! With this Living Will, you will designate an individual who will act for you if you are no longer able to indicate your wishes, in regard to your desires for health care. Topics which may be included, but are not limited to, deal with your wishes regarding Artificial Nutrition and Hydration, Relief from Pain, Treatments, etc. If these issues become difficult to deal with on an individual basis, you are encouraged to seek legal or other professional guidance in order to develop an Advance Directive that will meet your current, needs for the immediate anticipated future, as well as long term future goals.

With limited space to discuss an issue of this magnitude, we cannot due “justice” to the topic. Remember, when you visit with your parish nurse, your clinic nurse or your health care provider, to feel free to discuss the issues involved with a topic of this magnitude. This is the time to ask questions about care. Let those who will be involved know what your personal desires will be!! Also, it is of the utmost importance that you relate your wishes to immediate family members in order that they will have an understanding of your wishes if you develop an illness that is serious, and may prevent you from stating your desires for care.

Our society has made tremendous increases in the last 50 years. Treatments that didn’t exist at that time are part of everyday care. You as an individual, have a role, and responsibility, to ensure that your ACP will provide for your end of life wishes that reflect your preferences!

I want to inform you that Sanford is offering a class that will assist you in writing your ACP. They are also able to meet with you one on one for Individual Consultation: A facilitator will work with you to help you write your healthcare directive. To schedule a consultation appointment or inquiring regarding the class, call 701-234-6980 between 9:30 am and 3pm.

Peace in Him,

Gwen Fraase RN Parish Nurse Community Health Ministry

(Institute of Medicine (IOM) 2014 Dying in America: Improving Quality of Life and Honoring Individual Preferences Near the End of Life.” This has been another interesting newsletter written by Agnes Harrington RN.)

Buffalo & Tower City Lutheran Parish  
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### **UPCOMING MAY EVENTS**

*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](mailto:cbrademeyer@gmail.com)*

**MAY DIVINE SERVICES WILL BE HELD AT ST. PAUL'S LUTHERAN CHURCH SUNDAYS AT 9:00 AM FOLLOWED BY EDUCATION HOUR AT 10:00 AM.**

**CONFIRMATION CLASSES** every Wednesday at 1:41 pm at Maple Valley High School through the end of the school year unless otherwise notified.

May 4: Naomi Circle meets at Buffalo Lutheran at 2:30 PM to go to One Oak Place, Fargo to listen to FM Golden Notes and follow up with Bible Study.

May 5: Ascension Day Divine Service at 7 PM at St. Paul's Lutheran Church.

May 8: Seniors' Quilts will be presented. **HAPPY MOTHER'S DAY!**

May 11: Buffalo Lutheran Church Council meets at 7 PM; St. Paul's Lutheran Church Council meets at 7 PM

May 15: St. Paul's will hold a short congregational meeting regarding the building and finances.  
St. Paul's will host a picnic at Tower City Park for everybody after the meeting. Please join us!

May 29: Maple Valley High School Graduation