

# MAY 2019 PARISH POST

*St. Paul's & Buffalo Lutheran Churches*

## **Comments from Pastor Thea**

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*"I am reminded of your sincere faith, a faith that lived first in your grandmother... and your mother...and now, I am sure, lives in you" (2 Timothy 1:5).*

It's been said that the measure of a society can be determined by how it treats its children and its elderly. I have been fortunate to have served in numerous small-town, rural communities in the Eastern North Dakota Synod where I have enjoyed being witness to parents who take an interest in their children's achievements and well-being. But not just the parents. So do the neighbors, the storekeepers, schoolteachers and the church. Serving this parish, I see an outpouring of compassion and outreach to the youth, and to those most vulnerable.

Author and educator, John Westerhoff once posed a haunting question, "Will our children have faith?" For our parish that question is answered, at least in part, as we gather with our confirmands in just a couple weeks to hear them affirm their baptismal faith. Paul knew that Timothy had faith because he knew his family—the "gospel according to grandma," so to speak. He knew something of the faith community in which Timothy was nurtured.

We hear the almost universal lament that the church has lost its central place in society. Before all the social media, 24-hr. shopping plazas, and the NFL, the church was not only a worship center, but a community center where neighbors gathered to swap stories, trade recipes, begin and confirm romances, welcome newcomers, etc. Church was the place, and in a sense, the *only* place—to be.

Some will blatantly state that they're not into the institutional trappings of organized religion. But Jesus didn't give up on the church, despite being crucified by it. After His resurrection Jesus went to work to gather together ("organize") a community of believers. Relationships remain at the heart of church life. God works in community. Jesus calls us, not to become isolated from Christian community nor to become cynical about its imperfections, but to think about the kind of church we can be, and that Christ calls forth. The true community of faith, like the first Easter people, sought to know God. And when they saw the light, they began tapping their feet to the Spirit's tune. Faith became an exciting adventure. I pray that it is for us as well.

In Christ,

Thea Monson, Interim Pastor

BUFFALO LUTHERAN CHURCHST. PAUL'S LUTHERAN CHURCH

WATCH FOR FINANCIAL STATEMENTS NEXT MONTH.

*Cares and Concerns and Activities*

**MAY SUNDAY WORSHIP WILL BE HELD AT BUFFALO LUTHERAN CHURCH AT 9:00 AM AND AT 11:00 AM AT OUR SAVIOR LUTHERAN CHURCH, PAGE. TO REACH PASTOR THEA MONSON PLEASE CALL 701-668-2295, 218-820-7006 (cell), OR BY EMAIL AT [pastorthea2.0@gmail.com](mailto:pastorthea2.0@gmail.com)**

† We celebrate Affirmation of Baptism as Chloe Wetch of St. Paul's Lutheran Church is confirmed May 5. May we keep her and her family in prayer as they grow together in faith with our church!

† **HOLY BAPTISM** of *Aiden Dennis Johnson, son of Justin & Lindsey Johnson was held April 14. Aiden Dennis was born March 18, 2019 in Fargo, North Dakota. His Godparents are Derek & Kylie Martinson and Brian & Jamie Beyer. May we remember Aiden, his family and Godparents in prayer as they grow together in faith.*

**Confirmation Classes** - - Please check with Pastor Thea regarding the continuing schedule of Confirmation classes. Currently we do not have an Acolyte Schedule continuing forward from May 5 and we'll ask Pastor Thea regarding direction about this.

† **Remember with prayers of compassion and faith** the family and friends of Edie Smith. Edie passed away Wednesday, May 1 in West Fargo (Edie is formerly from Tower City). Visitation for her will be held Monday from 5-7 PM followed by a Prayer Service at 7 PM at St. Paul's Lutheran Church. Edie's funeral will be held Tuesday, May 7 at St. Paul's Lutheran Church in Tower City at 11 AM.

**A Benefit for Owen Steckler** was held Saturday, May 4 at Maple Valley School in Tower City. Last year Owen was diagnosed with Limb Girdle Muscular Dystrophy which is a rare form of MD. It primarily affects the hip and shoulder muscles as well as the heart and lungs. As of now there is no cure, but this summer he will participate in a clinical trial in Columbus, Ohio. This will require a month long stay during the treatment process as well as several trips back for follow-up visits as well as trips to Sioux Falls to the MD clinic there. The proceeds will be going towards medical and travel expenses related to his LGMD. If you missed the Benefit and want to participate, donations can be made in Owen's name to BankNorth in Buffalo, ND. May we keep Owen and his family in prayer!

**May we remember in prayer Sophia Weshnevski.** Sophia was involved in a serious vehicle accident approximately one month ago. She is hospitalized at Sanford in Fargo and it appears following surgeries and time to recuperate Sophia will be spending continuing time recuperating. Other people were also involved in this accident and while not all the details can be understood may we put this all in the Lord's Hands and keep everyone involved in prayer..

Dear Family and Friends,

High Blood Pressure (BP) can harm your heart's ability to pump effectively; it speeds up the process of hardening of the arteries and increases risk of stroke. Early treatment may prevent permanent damage and death, and increase the likelihood for a quicker and more complete recovery.

Stroke is called a "brain attack" and is caused when the blood supply to the brain is clogged or bursts robbing the brain of oxygen and nutrients. This can cause death of brain cells within minutes. Some strokes are preceded by mini-strokes or also called TIAs (Transient Ischemic Attacks). TIA's have the same symptoms of a stroke but are not permanent.

Risk factors for stroke include high blood pressure, problems in the blood vessels such as atherosclerosis and aneurysms, and some heart rhythm problems such as atrial fibrillation.

Signs of a stroke can include: sudden numbness on one side of the face, arm or leg, difficulty speaking, sudden change in vision, dizziness, loss of balance, difficulty walking or a sudden severe headache. The American Stroke Association has a simple assessment tool called **FAST**. **F**ace Drooping, **A**rm weakness, **S**peech Difficulty and **T**ime.

There is also another assessment tool you can use. **STR**. **S= Smile** Ask the person to smile. Then ask them to stick out their tongue. If the tongue is crooked or goes to one side this could be an indication of a stroke. **T=Talk**. Ask the person to speak a complete sentence. The sentence must be coherent. **R= Raise** both arms. If the person has trouble with any one of these tasks call 911 and describe the symptoms to the dispatcher.

Protect yourself by checking your BP often, reducing high cholesterol or blood pressure if elevated, reduce or maintain normal weight and exercise at least four days a week, eat a healthy diet, keep your cholesterol in normal levels and take your medicine even if you feel fine.

"I pray that you may enjoy good health and all may go well with you even as your soul is getting along well" (3 Jn.2).Peace in Him,

Gwen Fraase RN Parish Nurse CHM

**Where Heroes Meet Angels: The VA Medical Foster Home Program Needs Caregivers**

The motto of the Fargo VA Medical Foster Home program is “Where Heroes Meet Angels.” The program provides long term care for disabled or chronically ill Veterans who prefer a family setting over a nursing home. The program partners with people with caregiving experience who live within a 65 mile radius of Fargo-Moorhead and who have extra room in their homes and hearts to care for our nation’s heroes. As a Medical Foster Home you would take in up to three Veterans and provide their ongoing care and supervision. A team of medical professionals from the Fargo VA would come to your home to provide medical management of the Veterans. You would be compensated by the Veteran a monthly rate based on the level of care needed. If you or someone you know is interested in exploring how to become an approved VA Medical Foster Home, please contact Kristin Swenson, Medical Foster Home Program Coordinator at 1-800-410-9723, Ext 3940, or email: [Kristin.Swenson@va.gov](mailto:Kristin.Swenson@va.gov).

**Our 32<sup>st</sup> Annual Eastern North Dakota Synod Assembly will be June 8-9 in Fargo at the Holiday Inn. SYNOD ASSEMBLY RESOURCES**

SYNOD ASSEMBLY 2019: JUNE 8-9, Holiday Inn, Fargo

We'll be gathering under the theme **ONE**. **ONE** thing is certain, you won't want to miss this year's celebration of ministry in Eastern North Dakota!

**REGISTER HERE**

\$175 - Active Rostered Leaders and Lay Voting Members

\$75 - Visitor

Deadline to register is 5/30/19

A Schedule will be made available soon. Business materials will be available for voting members on May 24 at [www.eandsynod.org](http://www.eandsynod.org) Two members from each of our churches should be planning to attend this Annual Synod Assembly and register through the church treasurer to pay the registration fees. You can find much of the business information by May 24 on the internet, if you would like to have that information printed through our church office let Bette know and she can have it ready for you, usually the Synod Assembly planners request you bring the printed information to use following registration at the Assembly.

*Please keep in mind that we reserve the privilege to edit any information that is submitted for publication to the church office. Thanks!*

