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**MAY-JUNE 2018 PARISH POST**  
*St. Paul's & Buffalo Lutheran Churches*

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**Comments from Pastor Thea . .**

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Greetings:

***“...he is going ahead of you to Galilee; there you will see him” (Matthew 28:7).***

Q: “How many Lutherans does it take to change a light bulb?”

A: “Two: one to actually change the bulb and another to remind everyone how much they liked the old one.”

When the Tartar tribe of Central Asia wanted to invoke a curse on an enemy they said, “May you stay in one place forever.” Can you think of a worse fate than to stop learning and growing and maturing, failing to improve? Can there be anything worse than to have no movement, no future, no hope, no dreams, no options? The old axiom accurately states, “Failing to learn is learning to fail.” Imagine not having a dream for fear that it might not come true? Helen Keller declared, “Life is either a daring adventure or nothing.” Contentment may be a virtue, but movement is the joy of life. Where would we be today if inventors had stayed in one place and not used their imaginations? Instead, they dreamed big dreams and made their dreams come true.

Someone once asked Socrates, “How do I get to the top of yonder Mount Olympus?” Socrates quietly replied, “Do you see yonder Olympus? Then take one step at a time in that direction.” Have you ever wondered why the front windshield is so much bigger than the rearview mirror? While we value and celebrate the view behind us, it’s where we’re heading that needs our greatest attention.

Looking back, we have been three congregations experimenting with the formation of a parish community. I am personally grateful for leadership within the three congregations who have worked with enthusiasm toward cooperation: councils, women’s groups, youth organizers, altar teams, to name a few. We have recently come through a Lenten series, sharing tasks and worship space. Looking back, I am grateful. But mostly I am inspired for what lies ahead. God is up to something in our midst. The winds of God’s Spirit are blowing. Living in North Dakota I’ve learned that the wind blows freely when it will and where it will. We cannot direct the wind, but we can adjust the sails.

The Easter message moves us into the future. The angel at the tomb announced that the risen Christ is going ahead to Galilee. Following Christ doesn’t end at the empty tomb. Following Christ takes us on to another place, to where we are not yet, to some “Galilee” where Christ goes before us. The God of Easter has a great future in store for every person and God has a great future in mind for our three congregations. I have sensed this

*(Pastor Thea’s message continues on page 2. . .)*

in the leadership meetings that have gathered with an attitude of cooperation and enthusiasm. I have sensed this in our women's organizations and in those who have a heart for a ministry to seniors, to the youth, for mission adventures, for fund raisers. There are visionary leaders in our midst who see the task before us, not merely as something to be managed and maintained, but to lift up a vision of what can be. "We are limited only by our imaginations." Staying in one place is not acceptable for the amazing life that God has in store for us.

Why hang around the tomb when Jesus is on the road and waiting for us in Galilee? God's blessings for the journey,  
Thea Monson, Interim Pastor

#### FINANCIAL NEWS TO NOTE!

##### BUFFALO LUTHERAN CHURCH

Watch for a statement  
next month!

##### ST. PAUL'S LUTHERAN CHURCH

General Fund –	\$ 4394.28
April Offering	\$1910
May Offering	\$1586
April Bills	\$ 4321.80
May Bills	\$ 3118.60
Building Fund	\$ 1768.47
Food Drive Fund	\$ 212.03

### *Cares and Concerns and Activities*

***JUNE & JULY SUNDAY WORSHIP WILL BE HELD AT 9:00 AM AT BUFFALO LUTHERAN CHURCH 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 [pastorthea@yahoo.com](mailto:pastorthea@yahoo.com)***

**Would you like a visit from Pastor Thea or do you know somebody that would like that visit?**

Please let her know or let us know at the church office! If you recommend that she visit someone make sure that person okays the visit. If you know of somebody that should be included in Sunday morning prayers be sure that person does approve of being mentioned in the prayers.

**What's happening with the Holy Experiment?** All 3 churches will have a congregational vote on June 24 to vote on formally proceeding to form a joint parish. If the vote passes each of the congregations, we will then contact the synod and work on finalizing a parish agreement, which is expected to be completed by the end of the year. Notices regarding the vote will be handled according to each church's constitution. If you have any questions or concerns about the vote or the Holy Experiment, please talk to a council member. Plan to come and vote on June 24!

**Alcohol Misuse Rises Among Older Adults**

Dear Family and Friends,

A conservative estimate states, in the United States 2.5 million older adults have problems related to alcohol.

Some leading factors as to the increase of alcohol misuse in those over 65 include; more than one chronic health condition, decrease in body water (dehydration), increased sensitivity and decreased tolerance to alcohol, and decrease in the metabolism of alcohol in the gastrointestinal tract.

Because alcohol is water-soluble and not fat-soluble, this change in body water means that, for a given dose of alcohol, the concentration of alcohol in the blood system is greater in an older person than in a younger person. So as we age, the amount of alcohol consumed at a young age can now be intoxicating. With the decrease of the alcohol dehydrogenase enzyme, (found in the stomach lining) alcohol is metabolized more slowly, so the blood alcohol level remains raised for a longer time. With the stomach less actively involved in metabolism, an increased strain is also placed on the liver.

Alcohol can exacerbate or trigger severe problems among the elderly including; cardiac issues (arrhythmias, heart attacks, increased B/P), increase of strokes, decrease immunity to fight off illnesses, cirrhosis, liver disease, decrease bone density, increase the chances of gastrointestinal bleeding, increases in depression and anxiety and malnutrition.

A standard drink is; one can (12 oz.) of beer or ale; a single shot (1.5 oz) of hard liquor, a glass (5 oz) of wine; or a small glass (4 oz.) of sherry, liqueur, or aperitif. Age appropriate levels of consumption from the NIAAA are; no more than one drink/ day, maximum of two drinks on any drinking occasion (New Years or a wedding) and somewhat lower limits for women. Binge drinking is defined as short periods of loss of control over drinking alternating with periods of abstinence or much lighter alcohol use. A binge itself is typically defined as any drinking occasion which an individual consumes five or more standard drinks and for older adults four or more standard drinks. People who are alcohol-free throughout the work week and celebrate with Friday night or holiday “benders” would be considered binge drinkers.

As a person ages, it becomes more difficult for the body to “clear” the alcohol from its system. Another concern is medication interaction. Combining alcohol and certain drugs can create a toxic or even lethal effect. Medications with interactions can include; anti-anxiety medications which can suppress breathing until it ceases completely, antihistamines, antibiotics, B/P meds, blood thinners, Cholesterol meds, muscles relaxants, pain medications, over the counter pain relievers, and sleep drugs. Talk with your doctor or pharmacist regarding taking medication and any potential risks if consuming alcohol.

Older adults should be aware that effects from alcohol consumption like memory loss or poor  
*(Parish Nurse article continues on Page 4)*

balance mimic the symptoms of certain medical conditions, such as dementia and alcohol slows a person's reflexes making it unsafe to drive and contributes to falls in the home. Alcohol is a factor in about 40% of fatal falls. In other words, when seniors drink they increase their already-elevated risk of falling and being injured. So, if you chose to drink alcohol, please do so in moderation.

Peace in Him,

Gwen Fraase RN Parish Nurse Community Health Ministry

Center for Healthy Aging <http://centerforhealthyaging.com/?p=3302> NCBI <https://www.ncbi.nlm.nih.gov/books/NBK64412/> Consumer Reports On Health Nov. 2016

### *Cares and Concerns and Activities continue*

**Upcoming:** Vacation Bible School 2018 will be held at St. Paul's Lutheran Church Sunday, July 29-Thursday, August 2 from 5:30-7:30 PM. Supper will be provided for the children, crafts, games, lessons, and music will be offered. This event is FREE and open to everybody preschool-6<sup>th</sup> grade. Please register by mailing the registration slip to St. Paul's, PO Box 68, Tower City, ND 58071 or call the church office at 749-2309. These registration slips had been sent home with the Maple Valley School students and more slips are available at the back of the church.

**Pastor Mel Rau is retiring!** We have received word from Fristad Lutheran Church, Centuria, WI where Pastor Mel Rau has served since September 1998 that he is retiring. He served here from May, 1982-July, 1985. We have all been invited to attend his Retirement Celebration on June 10 (Worship at 10:30 AM, Lunch at Noon, and a Program at 1:30 PM). If people would like to share Pastor Mel stories and memories we are encouraged to email those items to [bbublitz@centurytel.net](mailto:bbublitz@centurytel.net) or to Pastor Mel's wife at [julesrev@gmail.com](mailto:julesrev@gmail.com).

**Listen *God* is Calling!** The Eastern North Dakota Synod has held their Annual Synod Assembly on June 2<sup>nd</sup> and 3<sup>rd</sup>. We thank the representatives from our churches for participating---Meridee Erickson-Stowman from St. Paul's Lutheran Church and Ethel Grieger and Corrine Erwine from Buffalo Lutheran Church. May we keep these ladies in our prayers.

**Please keep this in mind---**the Fargo Conference meetings that were formerly held in the fall are now being held during the Synod Assembly (it is a short meeting of about 45 minutes).