

**MAY 2023 NEWSLETTER**  
*St. Paul's & Buffalo Lutheran Churches*

Christ is Risen

Luke 24:1-8

A continued East-tide blessing to you all.

The night of the resurrection found the disciples, locked in a room for fear of the Jews and the Roman temple guards.

Not even the joyful cry, "He risen!" could be believed. Even though Jesus had said, "I must suffer and die and the third day rise again" had been pushed aside by Jesus' disciples fear.

Before we become too critical about the disciple's forgetfulness, we can sometimes find ourselves in, as it were, our own "locked room" because of issues we face in our lives.

What issues? Well, when fear, failure, hopelessness, disappointment or unanswered prayer nags at us, we wonder, where is God when trouble comes knocking at our door - we may give in to the fear of Who can help me now? Where is God now?

The answer is and always has been, and I share it with you now, Jesus is where He always is, "I am with you always." We must be quick to believe that Christ is risen as He said He would.

While the disciples locked their room to keep their enemies out, Jesus suddenly appears in that room and says these words to them and to us:

"Peace be with you!"

"Fear not, only believe!"

And the cry is still heard: "Christ is risen. He has risen indeed!"

An Easter-tide blessing to you all.

In Christ,  
Pr. Bill and Weslie

## **Cares and Concerns and Activities**

**MAY SUNDAY WORSHIP SERVICES WILL BE HELD AT 10:30 AM AT BUFFALO LUTHERAN CHURCH. PASTOR BILL AHLFELDT CAN BE CONTACTED BY PHONE AT 701-412-6953. HE WILL APPRECIATE BEING CONTACTED BY PHONE REGARDING ANY SPECIAL EVENTS SUCH AS BAPTISMS OR FUNERALS! IF YOU CAN'T REACH HIM CONTACT CAROL HINTZ, OUR SECRETARY, BY LEAVING A MESSAGE ON ST. PAUL'S LUTHERAN CHURCH'S PHONE AT 749-2309 OR CALLING CAROL AT HER HOME AT 701-429-0030 AND THOSE IMPORTANT MESSAGES WILL BE FORWARDED TO PASTOR BILL AS SOON AS POSSIBLE**

The Church Office should be open on Fridays from 1 PM-3 PM. If you find you need something at a different time don't hesitate to call Carol at her home at 701-429-0030.

Coffee will be served at 10am at Buffalo in May.

Buffalo WELCA will quilt & have Bible Study at BLC at 10 am on Wednesday May 17. We will take our lunch break at the Old 10 Saloon.

June Bible Study will be at 2 pm on Wednesday, June 14 at the home of Audrey Grieve.

Sunday, May 14<sup>th</sup> activities at Our Saviors in Page  
Happy Mother's Day!  
Senior recognition, Liam Satrom, and Landon Koenig.  
LYO pie auction and free will brunch  
Quilt Raffle

Sunday May 21 Townes Dean Tofsrud will be baptized in Buffalo. Townes was born March 4, 2023 to Mariah and Chris Tofsrud in Fargo, ND. His sponsors will be McKenna Tofsrud and Dustin Paulson.

### *St. Paul's Update*

*The Church basement is almost complete. The floor is waiting to be painted and throw rugs will be put down.*

*There will be a farewell lunch for Pastor Bill and Wesley following church on May 21. There will be no before service coffee that day.*

*Pastor Allen Campbell will begin Sunday, May 28<sup>th</sup>. We will have a meet and greet for Pastor Allen in June at Tower City.*

*We are looking into having Wednesday services available this summer.  
Please visit with a council member about options.*

*Shirley Anderson, St. Paul's President*

## May 2023 FOOT HEALTH

Dear Family and Friends,

Spring is finally here, and with it comes the urge to get outdoors and enjoy nature. As we start doing more outside, we need to start paying special attention to our feet. Foot ailments and injuries increase as the weather warms up and as we start doing more with our feet: gardening, hiking, wearing lighter socks or sandals, etc. Our feet are miraculous; they are strong, flexible, designed to function in a way unique to human beings. Did you know that the average person walks the equivalent of five times around the earth in his or her lifetime? In addition to transportation, we rely on our feet for support and balance even while standing still.

Foot doctors tell us the foot can be compared to a finely tuned race car, or a space shuttle, vehicles whose function dictates their design and structure. And like them, the human foot is complex, containing within its relatively small size, 26 bones (our two feet contain a quarter of all the bones in our body), 33 joints, and a network of more than 100 tendons, muscles, and ligaments, as well as countless blood vessels and nerves. Diseases, disorders and disabilities of the foot or ankle affect the quality of life and mobility of millions of Americans.

### **Top Ten Foot Health Tips**

As we learn to care for our feet, I would like to share a few tips to help keep feet healthy:

- 1.** Don't ignore foot pain—it's not normal. If the pain persists, see a physician.
- 2.** Inspect your feet regularly. Pay attention to changes in color and temperature of your feet. Look for thick or discolored nails (a sign of developing fungus), and check for cracks or cuts in the skin. Peeling or scaling on the soles of feet could indicate athlete's foot.
- 3.** Wash your feet regularly, especially between the toes, and be sure to dry them completely.
- 4.** Trim toenails straight across, but not too short. Be careful not to cut nails in corners or on the sides; it can lead to ingrown toenails. People with diabetes, poor circulation or heart problems should not treat their own feet because they are more prone to infection. Seniors may notice that eyesight and dexterity may decline with age, putting us more at risk for cutting ourselves accidentally; so, help may be needed to care for the feet of our older adults.
- 5.** Make sure that your shoes fit properly. Purchase new shoes later in the day when feet tend to be at their largest and replace worn out shoes as soon as possible.
- 6.** Select and wear the right shoe for the activity that you are engaged in (i.e. running shoes for running).
- 7.** Alternate shoes—don't wear the same pair of shoes every day.
- 8.** Avoid walking barefooted—your feet will be more prone to injury and infection. At the beach or when wearing sandals always use sunscreen on your feet as the rest of your body.
- 9.** Be cautious when using home remedies for foot ailments; self-treatment can often turn a minor problem into a major one.

**10.** If you are a person with diabetes it is vital that you see a physician at least once a year for a check-up. Always take your shoes and socks off when you see a doctor even during an urgent care visit. This will remind the doctor that you are diabetic and should routinely have your feet examined.

Isaiah 52:7 How beautiful upon the mountains are the feet of those who bring good news, who proclaim peace, who bring good tidings, who proclaim salvation, who say to Zion, "Your God reigns!"

Peace in Him,  
Gwen Fraase RN FCN for Community of Care