

NOVEMBER 2017 PARISH POST
St. Paul's & Buffalo Lutheran Churches

Comments from Pastor Thea . .

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Greetings:

I couldn't help but notice as I drove to Fargo this past week the change in the landscape. Where tall standing corn had once been now bare earth was exposed. I saw houses and farm yards, swamps, gullies and wildlife that I hadn't noticed previously when the corn had blocked my view. Some of it I could have anticipated, and other discoveries were delightfully surprising.

The landscape in the first century following Christ's resurrection had changed. The book of Acts tells us about some of the terrain that the disciples of Jesus encountered. The disciples (Hebrews practicing the Jewish faith) were now worshipping with those who were not acquainted with the Hebrew historic practices. The disciples were now bumping up against traditions, customs, and routines which had never before been brought into the open for discussion. How were they now to understand their rituals and faith practices? Jesus himself had taught and exposed them to a different way of living. He had broken with so many rules and customs. What was essential now? Were they going to need to let go of some of what they had always done? What were they to hold onto that was good and true for the sake of the new community?

Three churches have chosen to walk together as a faith community: Buffalo Lutheran, Our Saviors Lutheran, and St. Paul's Lutheran. This agreement has changed the landscape. How are we now to understand our practices and customs? Will we have to let go of some of our own ways of doing things? What is essential and what is going to come into view that we may have not considered in our past system? What may be blocking our view of the landscape? What surprises may we encounter?

Over the next months we will be pioneers of this new landscape. While it may be an exciting adventure we may also discover some of our own fears and apprehensions. Just as we know that the Spirit went ahead preparing the disciples after Jesus' resurrection, we can trust that the Spirit goes ahead for us.

In Christ's hope and peace,
Thea Monson, Interim Pastor

To reach Pastor Thea: 218-820-7006 (cell) 668-2295 (parsonage)
pastorthea@yahoo.com

BUFFALO LUTHERAN CHURCHST. PAUL'S LUTHERAN CHURCH

Checking Account balance – 10/31/17: \$5823.34 Checking Account Balance - \$5562.41
 Parish Nurse Account balance \$ 188.10 (paid through June)

Cares and Concerns

† May we remember with prayers of compassion and sympathy the family and friends of Lone Johnson. Lone passed away October 12 and her funeral was held at Buffalo Lutheran Church October 18. May she rest in peace!

† Let us keep in prayers of sympathy and care the friends and family of Jackie Marcks. She passed away October 13 and her funeral was held October 19 at Buffalo Lutheran Church. May her memory be blessed.

Welcome to our world Tinley Carter Tofsrud! Daughter of Chris & Mariah Tofsrud, she was born September 9 and proud grandparents are Dennis & Adele Smith!

Buffalo Lutheran Church will hold their Annual Meeting December 10 after church service followed by a Potluck Dinner. Please get all annual reports to the church office by November 28.

Buffalo Lutheran WELCA wishes to thank Rhonda Nudell & Lori Kasowski for their years of faithful service & hard work as co-presidents. Karen Tabor will attempt to fill their shoes, & Audrey Grieve will act as the new secretary; Bev Jager will continue as our able treasurer.

St. Paul's WELCA will hold their Annual Bazaar, Bake Sale, Soup & Sandwich Lunch and Quilt Raffle from 10:30 AM – 1:00 PM at the Tower City Community Center on Sunday, November 5. (Quilt tickets are available from a WELCA member or at the Bazaar)

St. Paul's WELCA President After many years of service and hard work Adele Smith has decided to retire from her WELCA Presidency and we give her many blessings and thanks! Can you help? Please talk to Adele about this.

St. Paul's Treasurer Jenni Richman is giving up her position as treasurer and we sincerely thank her for all her work! She plans to work through the St. Paul's annual meeting. Are you interested in this job? Details include a \$100 per month salary, about 5 hours of work, a monthly financial report, a year end budget, balancing the books and paying the bills. Jenni will train someone that might be interested!

Our Ecumenical Thanksgiving Service is scheduled for Tuesday, November 21 at Buffalo Lutheran Church. Share your ideas with Pastor Thea!

Dear Family and Friends,

The days are becoming shorter and some of us will not have as much sunlight to help produce enough serotonin for our system, or we may produce an increase of melatonin or our circadian rhythm may be disrupted. For some of us, this will not pose much of a problem, however, for others; they will start to show signs of Seasonal Affective Disorder (SAD) which is a form of depression.

SAD is an order that is a cyclic, seasonal condition. This means that the symptoms usually come and go at the same times every year. Usually, SAD symptoms appear during late fall or early winter and go away during the warmer, sunnier days of spring and summer. But some people have the opposite pattern, developing SAD symptoms with the onset of spring or summer. In either case, problems may start out mild and become more severe as the season progresses. Some of the symptoms of fall and winter SAD include; depression, hopelessness, anxiety, loss of energy, social withdrawal, oversleeping, loss of interest in activities you once enjoyed, difficulty concentrating and processing information and weight gain that accompanies appetite changes especially a craving for foods high in carbohydrates. Symptoms of spring and summer SAD include; anxiety, insomnia, irritability, agitation, weight loss, poor appetite, and increased sex drive.

SAD is not recognized by psychiatrists as an official distinct disorder, but it can be diagnosed as a subtype of depression or bipolar disorder. SAD, like its “cousin” depression, can have complications. These can include; social withdrawal, school or work problems, substance abuse and suicidal thoughts or behaviors.

Treatments can include light therapy, medications and psychotherapy. Seeing a doctor is important to rule out other physical disorders and to assist in an accurate diagnosis.

There is no known way to prevent the development of seasonal affective disorder. However, if you take steps early on to manage symptoms, you may be able to prevent them from getting worse over time. Some people find it helpful to start treatment before symptoms begin in the fall and winter and then continue treatment past the time symptoms would normally go away.

- ❖ As with any chronic condition, learning to cope is important. Stick with your treatment plan and take your medications, and use your light box as directed. Attend your therapy sessions.
- ❖ Let there be light. Make your home sunnier and brighter. Open the blind, add skylights and trim branches that can block the sun. Talk to your doctor about SAD light treatment.
- ❖ Get out. Eat lunch outside or just enjoy soaking up the sun. Go for walks; get outside
- ❖ Exercise regularly. Physical exercise helps relieve stress and anxiety, both which can increase SAD symptoms. even in the winter.
- ❖ Take care of yourself. Get enough rest, eat a balanced diet and take time to relax. Don't turn to alcohol or non prescribed drugs for relief.
- ❖ Practice stress management. Learn how to better handle stress. Unmanaged stress can turn to depression, overeating, or other unhealthy thoughts and behaviors.

[SAD article continues on Page 4]

- ❖ Socialize. Stay connected with people you enjoy being around. They can offer support.
- ❖ Take a trip. Vacation in sunny, warm locations if you have winter SAD or cooler locations if you have summer SAD.

I hope that this information can be helpful in your understanding of SAD.

Peace in Him,

Gwen Fraase RN

Parish Nurse

Community Health Ministry

www.mayoclinic.com/print/seasonal-affective-disorder/DS00195/METHOD=print&

More Parish Nurse News

Are you an adult child of an aging parent? Are you an older adult? Community of Care is sponsoring an educational event Estate Planning SMARTS on Tuesday, Nov. 14th at 2:30 PM. Susan Johnson-Drenth, the only Certified Elder Law Attorney in ND is the presenter. People can attend in-person at First State Bank of ND conference room or live online. Registration is required at www.communityofcarend.com or call 701/347-0032 for information. If your adult children live at a distance, invite them to attend. The recording will be available after the event.

The Buffalo Daycare Inc will be holding their 17th Annual Soup and Sandwich Fundraiser. There will be a bake sale too. This will be held on Sunday, November 19th from 11:00 am - 1:00 pm at the Buffalo Community Center. Free will offering for the luncheon, and the bake sale items will be marked for sale. Come get some goodies to decorate your Thanksgiving table!

Upcoming November Events

BEGINNING NOVEMBER 5 WORSHIP WILL BE HELD AT 9:00 AM AT ST. PAUL'S LUTHERAN CHURCH AND AT 11:00 AM AT OUR SAVIOR'S LUTHERAN CHURCH IN PAGE. WE WELCOME PASTOR THEA MONSON AS OUR NEW INTERIM PASTOR AND HER CONTACT NUMBERS ARE ON THE FRONT PAGE OF THE NEWSLETTER.

Confirmation is being planned every other Wednesday starting Wednesday, November 1 at the church office at 6:30 PM. Watch for details and locations as they are still being planned.

JOINT PARISH COMMITTEE

These people can answer specific questions about our "Holy Experiment" . . .

Buffalo Lutheran Church

St. Paul's Lutheran Church

David Larson Kal Boyd

Meridee Erickson-Stowman Terry Buringrud

Our Savior's Lutheran Church, Page

Kara Nelson Robert Thompson

