

**NOVEMBER 2020 PARISH POST**  
*St. Paul's & Buffalo Lutheran Churches*

**Pastor Bill's November Message**

Page 1

To All The Folks At Harmony,

Grace to you and peace from God our Father and our Risen Lord Jesus.

Devotions are a blessing offering ourselves to our Father. Devotions remind us of who we are. We are Christ's! Devotions inform and teach. Devotions assist us in following our Lord. Devotions focus our hearts, minds and souls on that which is most important in our lives – our walk with the Risen Lord. Devotions as well as assist us in remembering those moments in the church year that inform us, remind us of our heritage.

We closed out October with children preparing to Trick or Treat. As Christians we celebrate All Saints Day—remembering loved ones past who have gone to be with the Lord. Also in October we remember Reformation and Martin Luther's finding peace with God in the loving word and the blessing of the word Faith.

November is an important place to ponder in our devotional time. All Saints Day is always celebrated on the first day of November. Thanksgiving is on the horizon and as well Advent begins our New Year together as we recall Christ sent to us at Christmas.

The closing day before Advent begins is our day to celebrate "Christ the King" Sunday. We begin the year in Christ and we close with Christ.

These days of our lives lived in the stress of Covid-19 is a time to remember our Lord's promise—"I am with you always, even to the end of the age."

I'll look forward to seeing you all soon. Weslie and I continue to pray with you and for you.

In Christ Jesus, our Lord,  
**Pastor Bill Ahlfeldt**

**NOVEMBER SUNDAY WORSHIP SERVICES WILL BE HELD AT 9:00 AM AT BUFFALO LUTHERAN CHURCH AND AT 11:00 AM AT OUR SAVIOR LUTHERAN CHURCH, PAGE. PASTOR BILL AHLFELDT CAN BE CONTACTED BY PHONE AT 701-412-6953.**

The Church Office should be open on Fridays from 10 AM-4 PM. If you find you need something at a different time don't hesitate to call Bette at her home at 701-749-2508.

**St. Paul's WELCA News:** A reminder that due to the COVID-19 virus we again have to rethink our annual fundraiser and have decided to go ahead with just the raffle tradition part of the bazaar. We again will highlight our handmade quilt and offer other prizes as well! Tickets (\$2 per ticket with a book of 6 tickets costing \$10) are for sale now and the drawing will be held after church service at Buffalo Lutheran Church on November 15. If you would like extra tickets to sell contact the church office or Colleen Clancy at 840-1990. You can turn your ticket sales money in any Sunday or to the church office. If you find that you are unable to sell your tickets please turn them in also. We hope everyone will prayerfully consider making a Love Donation to the WELCA to help make up our Bazaar income. You can make your Love Offering to our WELCA treasurer, Deb Schneekloth or at the church office. This is our only fundraiser of the year and we continue to remain committed to helping out with the church's projects as needed! Thanks so much for your help!

**BUFFALO & ST. PAUL'S WELCA THANKOFFERING SERVICE** Do you remember when the WELCA was called our Ladies' Aid? Thankofferings are a long-standing custom among Lutheran women. We give in thanksgiving for blessings received. The founders of Women of the ELCA decided back in 1988 that Thankofferings are to support the ongoing ministries of the churchwide women's organization.

Our founders would be amazed to see what that covers these days! Our ongoing ministries include our many online and printed communications channels, our justice and advocacy work, training and development for elected leaders throughout the women's organization, our constant work in support of congregational and synodical women's organizations, the administration of our grants and scholarship programs, all that goes into our triennial convention (the business meeting, that is), and so much more.

As we evolved into the WELCA practices have changed. It's been shown time and again that gratitude is good for us – spiritually, mentally, and even physically. Making a Thankoffering is gratitude in action.

We will have our annual Thankoffering Service November 22 and your Thankoffering will be welcomed then. If you are unable to be present, Buffalo WELCA members can forward their offerings to Bev Jager and St. Paul's WELCA members can get their offerings to Deb Schneekloth!

Dear Family and Friends,

“Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for.” —Zig Ziglar

I was impressed with the words of Marlene Feagan, President of the Health Ministries Association and thought I would share them with you.

“Thanksgiving is quickly approaching. And though I try to practice gratitude all year, I find November the month when I have increased encouragement and awareness to be grateful. I am feeling more called to this mindset this Thanksgiving season because of the uncertain world in which we live. It is through intentionally living in that constant state of gratitude this month that we can choose a healthier state of being. Gratitude promotes physical health, by lowering blood pressure, building a stronger immune system and promoting better sleep patterns. When you open your heart and mind through gratitude, positive emotions in the brain change the way neurons fire, helping us to be more optimistic and joyful, reducing anxiety. Being grateful strengthens our relationships, making us feel closer to God, our friends and families. Grateful people are more compassionate, generous and helpful. And they “pay it forward’ because those qualities inspire other people to behave in similar ways. I encourage each of you to make the intention over this next month to cultivate an attitude of gratitude. Think of one or two new approaches to reaching your goal. Maybe write a few hand written thank you notes to people in your heart and mind. Expressing gratitude in a personally scripted note has become something of a lost art. Maybe you and your family could choose to serve someone. Rake leaves for a neighbor, help mentor a young person who is struggling or participate in serving a Thanksgiving dinner at a local shelter. Creating opportunities for gratitude can change your mood and help you to better cope with the stress we can feel in everyday life.”

Bottom line, we have much to be grateful for; after all, we worship a God that was willing to join us on a human level and demonstrate servanthood.

**While serving others, remember to use Covid-19 precautions keeping yourself and others safe.**

Peace in Him,

Gwen Fraase RN BSN Parish Nurse for Community Health Ministry

Lois Ustanko, Marlene Feagan, <https://hmassoc.org/presidents-message-cultivating-an-attitude-of-gratitude/>

**THANKSGIVING BLESSINGS!**

**St. Paul's Church members** are encouraged to gather at St. Paul's after the Buffalo Lutheran Church Worship Service November 8 for a time to clean the church and set up Christmas decorations. Please share this plan with people that may not see the announcement!

**St. Paul's WELCA Raffle Drawing** will be held after Worship at Buffalo Lutheran Church on November 15.

**Please remember** in prayer our World as we live with the COVID-19 virus. This virus has made everybody's life so different! Please follow the CDC recommendations to make you and the people you love more comfortable!

**Christmas Giving!** Soon the "Angel Tree" will be set up with gift suggestions attached to it. Boxes should be available starting November 8 for nonperishable food donations. Fresh goodies will be welcome December 13. The Holiday Food Baskets will be packed and distributed December 13. As we count God's many blessings we receive may we share them with people in need!

## **W May We Remember with Prayers of Sympathy and Compassion Families and the Friends of our Neighbors . . .**

**A** Daniel Steidl, Bismarck, formerly of Fingal, passed away October 19<sup>TH</sup> near New Rockford, the result of an automobile accident. A Funeral Mass will be celebrated November 3<sup>RD</sup> at Holy Trinity Catholic Church, Fingal.

**A** Arthur Peterson, Buffalo, died October 27<sup>TH</sup>. An obituary will be posted at a later date.

**A** Bob Pierce, Buffalo, passed away October 30<sup>TH</sup> in CHI Mercy Hospital, Valley City. A private family service will be held at First Presbyterian Church, Tower City.

## **May Our Friends Rest in Peace!**

**Ecumenical Thanksgiving Service** No plans for the Annual Ecumenical Thanksgiving Service in Buffalo have been decided. Please address concerns regarding this service to our Council Presidents Shirley Anderson, St. Paul's and Bruce Pueppke, Buffalo Lutheran Church.

**Please have reports for Buffalo Lutheran Church's Annual Report** into the office by December 4. No positive date or plans for the meeting have been decided yet.

