

A Note from the Pastor

For all the saints who from their labors rest, all who by faith before the world confessed, your name o Jesus, be forever blessed. Alleluia (For All the Saints, ELW 422)

After this I looked, and there was a great multitude that no one could count, from every nation, from all tribes and peoples and languages, standing before the throne and before the Lamb, robed in white, with palm branches in their hands. They cried out in a loud voice, saying, 'Salvation belongs to our God who is seated on the throne, and to the Lamb!'

Then one of the elders addressed me, saying, 'Who are these, robed in white, and where have they come from?' I said to him, 'Sir, you are the one that knows.' Then he said to me, 'These are they who have come out of the great ordeal; they have washed their robes and made them white in the blood of the Lamb.

*For this reason they are before the throne of God,
and worship him day and night within his temple,
and the one who is seated on the throne will shelter them.*

*They will hunger no more, and thirst no more;
the sun will not strike them,
nor any scorching heat;*

*for the Lamb at the centre of the throne will be their shepherd,
and he will guide them to springs of the water of life,
and God will wipe away every tear from their eyes.'* (Revelation 7:9-10, 13-17)

The passage from Revelation quoted above is the first lesson assigned for All Saints Sunday in Year A, which we celebrate in November. It describes numbers of God's faithful from every nation that no one can count, an infinite number of people from the whole world, every corner of the world, all races and walks of life. They are robed in white, and washed in the blood of the lamb. There will be no more hunger, no more thirst, no more scorching heat (no more freezing cold.) And God will wipe away every tear from their eyes.

These are the saints of God.

This picture painted by the author of Revelation is about the glory of God. He may not have intended us to take it as literally meaning this is what heaven will be like. It was a vision intended to show the glory of God and that God's saints would be in his presence, worshipping him and enjoying his mercy for all eternity. Revelation was written in a time when Christians were being persecuted for their faith. The message is that God is in control, and that if you are one of God's faithful, just wait, because the one with his finger on the trigger is not in control; the one with his finger on the button is not in charge; the one who wields power in this world does not have the last word. The last word is reserved for God and his saints.

Pastor Allen

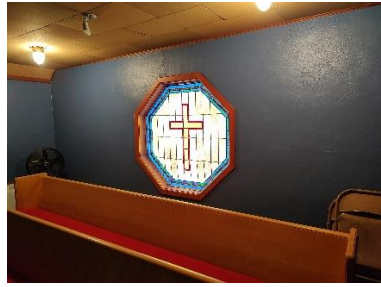
Cares and Concerns and Activities

NOVEMBER SUNDAY WORSHIP SERVICES WILL BE HELD AT 9:00 AM AT ST PAUL'S LUTHERAN CHURCH. PASTOR ALLEN CAMPBELL CAN BE CONTACTED BY PHONE AT 507-828-0272. 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 ALLEN 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.

Our Saviors Lutheran Church, Page will be having services on Wednesdays – Wednesday School 5:45 – 6:20 p.m. and Wednesday Worship – 6:30 p.m.

The outside of St Paul's Lutheran Church and the balcony has now been painted.



Women of the ELCA held their Convention on September 30 at Messiah Lutheran Church in Fargo and Karen Tabor was elected Vice President.

St Paul's Lutheran Church WELCA Annual Pancake and Sausage Breakfast, Quilt Raffle and Bake Sale, was a great success. The quilt was won by Joni Biggers, Linda Besette won \$75 from KK grain, Sherry Johnson won \$50 from Killoran Trucking, Mary Winkler won \$25 gift card from Old 10, Jody Haseleu won \$25 gift card from Old 10, and Ted and Beth Weshnevski won the Bank North Coffee Mugs.

Please keep the family of David Besette in your prayers as he went to his heavenly home on October 17, 2023. A private family inurnment was held at Memory Gardens Cemetery near Valley City.

Please keep the family of Kenneth Ronning in your prayers as he went to his heavenly home on October 18, 2023. His funeral was held October 25, 2023 at Buffalo Lutheran Church. Interment was at the Buffalo Cemetery.

November 2023 Probiotics: Do They Offer Health Benefits?

Dear Family and Friends,

When watching TV the other day, I noted frequent ads advertising a yogurt product that promoted better bowel health. So, I decided to investigate the probiotic topic.

The term "probiotics" refers to dietary supplements or foods that contain beneficial or "good" bacteria normally found in your body. These microorganisms may assist with digestion or help protect against some harmful bacteria. There is growing interest in probiotics and researchers are studying whether probiotics taken as foods or supplements can help treat or prevent illness.

Most often we are encouraged to eat yogurt to treat diarrhea during or following a course of antibiotic therapy or vaginal yeast

infections. Some studies have found yogurt (containing probiotics) to be useful in managing the signs and symptoms of irritable bowel syndrome. This is where the TV ad comes into play. Instead of using the active *lactobacillus* culture, it uses a *bifidobacterium* culture. This type of bacteria is reported to help regulate stool through the bowel. (Please remember....Always check with your doctor before starting any new treatment regimen.)

Here are some of the possible health benefits of having a yogurt (six ounce serving of any type) a day.

- Yogurt may help prevent osteoporosis when used in your total intake of calcium and vitamin D. Find out which brands have added vitamin D by reading labels when you shop.
- Yogurt with active cultures help the gut. Yogurt with active cultures may help people with lactose intolerance, constipation, diarrhea, irritable bowel disease, and H. pylori infections. (H. pylori is a bacterium that can contribute to ulcers.)
- Yogurt with active cultures may discourage vaginal infections due to yeast infections.

When buying yogurt, these are other considerations to think about besides the probiotics. Do you want regular fat, low fat, or fat free yogurt? The other decision is do you want added calories from ordinary sugar or high fructose corn syrup, artificial sweeteners (found mostly in the “light” brands.) plain, or plain with fruit or honey added. Also, textures and flavors vary with brands; experiment until you find one that you like. Always make sure that the label states that there are “live and active cultures” present in the product that you purchase.

Adults and children can reap the benefits of yogurt. Besides eating it “straight” from the container, try using yogurt as a substitute for salad dressings (good on a fruit salad) or in cooking. I often times substitute plain, unsweetened yogurt for sour cream in toppings and baking. If you add a tablespoon of ground flax seed to your serving of yogurt you will increase the fiber content and plant based omega 3 oils to help with cholesterol reduction.

I found that <http://www.mayoclinic.org/drugs-supplements/acidophilus/dosing/hrb-20058615> has some very interesting articles on the uses of probiotics for illnesses and promotion of wellness that may you may find interesting.

Peace in Him,

Gwen Fraase RN Parish Nurse

Community Health Ministry (CHM)