

OCTOBER 2016 PARISH POST

St. Paul's & Buffalo Lutheran Churches

Comments from Pastor Chris. . .

Grace, mercy, and peace be to you from God our Father and from our Lord and Savior, Jesus the Christ. Amen.

This month's letter brings us to the Fourth Commandment. The first three Commandments deal directly with our relationship with God: keeping Him as our God to the exclusion of all other pretend deities, the proper use of His Name, and how to honor the day He set aside for us to receive His gifts of life and salvation.

The Fourth Commandment begins the second table, which contains commandments directly concerning our neighbor. Luther writes in his Small Catechism:

"Thou shalt honor thy father and thy mother [that it may be well with thee and thou mayest live long upon the earth].

What does this mean? Answer: We should fear and love God that we may not despise nor anger our parents and masters, but give them honor, serve, obey, and hold them in love and esteem."

Simply put, this Commandment deals with authority and respecting those who rightly wield it. We live in an age in which it is in vogue to challenge authority, to disrespect those who have it, and to think ill of officials of every sort. This is directly contrary to God's command. All earthly authority begins at home with the natural authority of parents. Far too many neglect this these days. It has been noticed by those old enough to recall such things that parents have taken less to telling their children to do something, but more to asking them instead. Parents are, by God's design, to exercise this authority and use it to build character in their children. Failure to do so prevents character development. Turning a command into a request teaches children from a young age to challenge and disrespect authority, which, again, is against God's command.

While parental authority is the basic building block of all authority, this commandment also extends to those over us in this life: government officials (even those we don't like), police officers, our employers, teachers, pastors, and the like. We are to give them respect, treat them considerately, and obey them unless doing so would directly cause us to disobey God's commands. Too often we instead find every reason to speak ill of those in authority, especially if we don't like them. Instead of obeying, we rebel over petty differences. Instead of honor, we give scorn. Another, and more subtle abuse of this command, is the pervasive and artificial informality that pervades our current life. No longer is the boss Mr. / Mrs. Clark, but "just Bill/ Bette". Failure to give authority is the flip side of failing to properly exercise it. Do not be ashamed to show respect to those in authority; do not be ashamed to exercise it if it is your station in life to have it. This is not to be your way, dear Christian. Instead of giving in to these sinful desires, listen to the wisdom of this commandment. Amen.

Yours in Christ, Pastor Chris

BUFFALO LUTHERAN CHURCH

Checking Account balance 9/26/16: -\$873.73

Parish Nurse balance \$208.10

(August & September Parish Nurse bill not paid due to shortage of funds)

SEPT .ST. PAUL'S LUTHERAN

Checking Account Balance \$1769.52

Unpaid bills: (Pastor ins) \$1988.70

Budget Update: Year to date	\$43,425.00
Year to date total offerings	\$26,979.34
Budget shortfall	(\$16,445.66)

Cares and Concerns

The annual Casselton Business Association Senior Day is Wednesday, October 19th, at St. Leo's Catholic Church in Casselton. Older adults from throughout rural Cass are invited to attend. Community of Care arranges the programming for the event which includes a presentation on "Senior Frauds" and "Interagency Program for Assistive Technology." There are also booths from organizations serving older adults and numerous door prizes. Flu Shots and the Drug Take Back Program will also be provided. The event is \$4/person for lunch and runs from 9:30 – 1 PM. RSVP by Friday, October 14th to Davis Chiropractic at 701/347-4006.

POWERFUL TOOLS FOR CAREGIVERS Has caring for a loved one become stressful for you? Whether you provide care for a loved one at home or in a care facility, whether down the block or miles away, yours is an important role. This course is for family caregivers like you. AT: EDGEWOOD VISTA, 4420 37TH AVENUE SOUTH, FARGO ND 58104 DATES: OCTOBER 4, 11,18, 25 FROM 1:30-3:00 PM; FOR MORE INFO CONTACT: RITA.USSATIS@NDSU.EDU (701-241-2700)

Beyond Our Walls – Red Willow Bible Camp

We had another great summer at Red Willow as we went through some crazy things! This year's summer staff not only handled the chaos of the storms and over 50 downed and broken trees, but did it all while sharing God's love with hundreds of campers. Cole, Rick and DeAnna have settled into their new positions nicely (and by settled, I mean they hit the ground running and haven't really stopped). We say goodbye to Julie as office Manager (but we'll still be seeing her around) and welcome in Bette Shipley! Keep praying for Red Willow as we move into the fall that we may continue to serve God in all that we do. Also, come visit! Red Willow Bible Camp can be your place to get away from the distractions of life and connect with God in a beautiful setting (and in my opinion, fall is the most beautiful time here).

Thanks for your prayers,

Jeremy and the RWM Team

Dear Family and Friends,

Last week you were awakened in the middle of the night with a ‘thumping’ feeling in your chest. You couldn’t count the beats in your pulse. The evening before you celebrated your 80th birthday with a group of friends! All of you had wine, which is unusual for you. In addition you had several cups of coffee so you could “stay awake” for the evening. Because you were concerned, you immediately made an appointment with your health care provider. She listened to your heart, sent you for an electrocardiogram (EKG) and told you she thought you have developed Atrial Fibrillation (AF). Your first question to her was, “did I have a heart attack”? Her response was that you have a problem with the electrical system of your heart, and she went on to explain.—

Our heart has four chambers. The upper two are called atria and the lower two are ventricles. The chambers squeeze for them to contract to pump the blood every time the heart beats. Sometimes their electrical impulses don’t fire off at regular intervals and blood is not pumped through and out of the heart appropriately, and you develop an abnormal heartbeat (an arrhythmia). AF involves the two upper chambers, the atria. This irregular beating is called atrial fibrillation, which is the most common arrhythmia. Some people don’t realize when this fibrillation occurs, and only a doctor can find it. However, like you did that night, you may have palpitations, (the increased heart rate), and maybe shortness of breath or even chest pains.

AF can be caused by many different issues: lung disease, problems with heart valves, high blood pressure, heart failure, thyroid problems or too much alcohol, and other stimulants. A major concern with individuals with AF is that it can increase the risk of stroke, due to blood clots which form from the irregular heartbeats. These clots can be carried to the brain, or to the chambers of your heart and cut off blood supply, which leads to heart failure.

Today there are numerous AF medications. They may control heart rate and rhythm. Some do so by slowing down the heart rate and widen the vessels to increase blood flow. Some medications may also prevent or treat blood clots. If you are taking medications it is imperative that you maintain close contact with your physician and pharmacist to help prevent unwanted side effects from medication. You need to particularly watch for any sign of bleeding activity. Examples here would be bruising, dark or black urine or stools, and bleeding gums. You should talk with the pharmacist when receiving any new medication about what to look for that may be a concern.

Some individuals may benefit from rhythm control techniques called cardioversion or ablation. Assessments for these procedures are provided by a specialist who will consider which approach, medication treatment or rhythm control treatments will be of most benefit.

It is very important that you visit with your health care provider to be sure you are doing all you can to alleviate problems. If you have questions about life style or you notice symptoms, you need to contact them right away!

Peace in Him, Gwen Fraase RN Parish Nurse References:www.afa-international.org
atrialfibrillationassociation <http://patient.info/health/atrial-fibrillation-leaflet> Agnes Harrington RN.

St. Paul's & Buffalo Lutheran Churches
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UPCOMING OCTOBER EVENTS

Pastoral guidance and individual confession are available by appointment with the pastor. You can contact him at 749-2309 or 701-710-0446. His e-mail address is cbrademeyer@gmail.com

OCTOBER DIVINE SERVICES WILL BE HELD AT ST. PAUL'S LUTHERAN CHURCH SUNDAYS AT 9:00 AM

EVERY WEDNESDAY IN OCTOBER: Confirmation begins at 2:30 PM at Maple Valley High School

October 9: Parsonage Open House and Coffee Time after Divine Service

October 12: Buffalo Lutheran Church Council meets at 7 PM

October 16: St. Paul's Council meets at 6:00 PM

October 19: Casselton Business Association Senior Day (see Page 2)

October 25: Newsletter deadline—please have your announcements to the office no later than today.

October 27: Fargo Fall Meeting 5:30-7:30 PM

