
OCTOBER 2018 PARISH POST

St. Paul's & Buffalo Lutheran Churches

Comments from Pastor Thea . .

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*"God is our refuge and strength, a very present help in trouble.
Therefore we will not fear..." (Psalm 46:1-2a).*

Halloween has grown to become a profitable holiday for business income, second only to Christmas. The Christian celebration of Halloween (*All Hallows Eve*) is the church's way of honoring persecuted Christians and departed loved ones, especially martyrs, who have died for the faith.

Halloween is also remembered as the defining moment for the Lutheran Reformation as Luther posted his 95 theses on the door of the Castle Church in Wittenberg, Germany, on October 31, 1517. It had become the church's practice to display a large collection of supposed relics (pieces of bones from saints, locks of martyrs' hair, fragment of the true cross, twig from the burning bush, etc.) on Halloween, the day before All Saints' Day. By 1518, the exhibit had grown to 17,443 pieces in twelve aisles. The church taught that anyone viewing and venerating these relics and paying a special fee (indulgence) could reduce the time their soul would stay in purgatory. This was one of the teachings Luther challenged in his 95 theses. Luther taught that God's favor is neither bought nor earned but freely given through the merit of Jesus Christ.

As we celebrate Reformation Day, October 28th (always coming on the Sunday before Halloween), and its relationship with All Hallows Eve and All Saints' Day (coming the Sunday after Halloween), we reaffirm the place of scripture, faith and grace in the lives of Christians. We have no reason to fear the power of darkness with its random acts of violence and its unsavory influences. We have no reason to fear the wrath of God for our moral failures and personal shortcomings. We have no reason to fear any uncertainty about tomorrow. We know who holds the future and we can say with Luther, "I am standing where I've always stood—in the hands of God."

In this season of falling leaves, descending darkness, dropping temperatures, parties, pumpkins and scarecrows...remember that what makes these days truly meaningful is the fellowship of all the saints—past and present, standing together in the awesome grace of God.

Here I stand,

Thea Monson, Interim Pastor

BUFFALO LUTHERAN CHURCH

Checking Account Balance \$2682.03

ST. PAUL'S LUTHERAN CHURCH

General Fund \$ 16.87

Building Fund \$ 3568.47

Food Drive \$ 212.03

Estimated October Expenses \$ 3775.00

Cares and Concerns and Activities

OCTOBER SUNDAY WORSHIP WILL BE HELD AT 9:00 AM AT ST. PAUL'S LUTHERAN CHURCH AND AT 11:00 AM AT OUR SAVIOR LUTHERAN CHURCH, PAGE. TO REACH PASTOR THEA MONSON PLEASE CALL 701-668-2295, 218-820-7006 (cell), OR BY EMAIL AT : pastorthea2.0@gmail.com. PLEASE NOTE THIS IS PASTOR THEA'S NEW EMAIL ADDRESS!

God's Work Our Hands Days at Red Willow. Red Willow has days full of service projects available for anyone wanting take part in 'God's Work Our Hands' projects. We have two opportunities for you to give back to your camp: **Saturday, October 13th**; and **Saturday, October 27th**. The day would begin with check in between 9 and 10 AM; there will be a break for lunch (RSVP please) and then end when work projects are completed. There will be a list of work projects posted on our website or available when calling the office very soon. If you want more information just call us at 701-676-2681 or email rick@redwillowbiblecamp.org or mark@redwillowbiblecamp.org.

Remember Parish Nurse Concerns from Buffalo Lutheran Church Council President Kal Boyd - -

- Kal has asked that we pay attention to details regarding the Parish Nurse Fund at Buffalo Lutheran Church. When making a donation to the Parish Nurse Fund the check should be made payable to Buffalo Lutheran WELCA, the WELCA will forward those funds to the Community Health Ministry. If you have any questions about this please talk to Kal about them and we'll try to answer the questions in the bulletin or the newsletter.

Affirmation of Baptism (Confirmation) will be taking place on October 28th. Students from St. Paul's Lutheran Church, Tower City to be confirmed are Evan Richman, Jon & Andrea Richman's son and Bailey Walburn, Adam & Kathy Walburn's daughter. Students from Our Savior Lutheran Church, Page, are Mataya Erickson, Dustin & Miranda Erickson's daughter, Spencer Jacobson, Michael & Annie Erickson's son, and Aiden Munro, Neil & Patti Munro's son. May we remember these young people and their parents in prayer as they grow together in God's faith.

Dental and Heart Health

Dear Family and Friends,

“The fathers have eaten sour grapes and the children’s teeth are set on edge.”

Jeremiah 31:29 NIV

We all want to prevent heart disease. The usual recommendations for prevention of cardiovascular disease are to lose weight if overweight, eat a healthy variety of foods, exercise regularly, and don’t smoke. There is one more that may surprise you. Research shows a correlation between gum disease and heart disease because infection can travel from the mouth to the heart muscle. Who would have thought that brushing your teeth and flossing regularly might help prevent heart disease? Some people are genetically more prone to gum disease, but everyone can be vigilant in keeping their mouths healthy. Healthy gums are pink, firm and elastic. Conditions of the mouth that may be related to heart disease include:

- **Gingivitis:** bacteria builds up around gaps between gums and teeth and causes mild symptoms of redness, swelling and sometimes bleeding.
- **Periodontitis:** advanced gum disease where infection goes deeper. Toxins from bacteria are released that cause pockets to form between teeth and gums. Eventually this can cause damage to the bone that supports teeth. Gums recede from the teeth and bleeding is common.
- **Cavities, abscesses, missing teeth:** mouth problems that can lead to inflammation and possible heart disease.

Some medications can cause dry mouth that can lead to gum disease. Illnesses like diabetes or arthritis can also affect the immune system causing gum problems. These need to be discussed with the doctor and dentist to find a solution.

Prevention is the key. Brush your teeth twice a day and floss at least once a day. Brushing should be in a circular motion. Back and forth brushing can actually cause damage to the gums. Flossing also needs to be done properly to be effective. At your next visit check with the hygienist or dentist to be sure that your technique is correct. Visits for cleaning and checkups should be at least every six months. Anyone with existing gum problems will need more frequent cleanings. Caring for your teeth and gums takes little time when you consider the benefit it may give your heart.

Peace in Him,

Gwen Fraase RN Parish Nurse

Community Health Ministry (CHM)

Cares and Concerns and Activities continue

Can You Help Our Young People? Maple Valley High School members of the Maple Valley-Enderlin Falcons Baseball Team are raising funds to help support their trip to Florida this spring. If you need any help with fall work (such as yard cleaning, window washing, and other jobs) please consider hiring this group to help them take advantage of this opportunity! Call Kristi Hovelson to line up your help at 701-840-0473.

Would you like a visit from Pastor Thea or do you know somebody that would like that visit?

Please let her know or let us know at the church office! If you recommend that she visit someone make sure that person okays the visit. If you know of somebody that should be included in Sunday morning prayers be sure that person does approve of being mentioned in the prayers.

Sunday, October 7---Please Be Here!: St. Paul's Congregational Meeting is planned for today after worship at St. Paul's Lutheran Church.

Sunday, October 28: Another St. Paul's Congregational meeting will be held this day after worship service to vote on the best direction of what we should do with the St. Paul's Parsonage, perhaps selling the Parsonage. Prayerfully consider what you think we should do!

. Upcoming Sunday, November 4: St. Paul's WELCA will host their traditional Bazaar—Soup & Sandwich Lunch, Bake Sale, Varied goodies for sale, Drawing for the Quilt and other items Raffle from 10:30 AM-1:00 PM.

Any Ideas? We need to come up with a Parish Name for the combination of our three churches. Any ideas will be appreciated---share your idea with Kal Boyd or Chad Wetch.



