

Buffalo Lutheran & St. Paul's Lutheran Churches

SEPTEMBER 2014 PARISH POST

Comments from Pastor Chris . . .

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

Summer has now drawn to a close and that means our fall routines have arrived. Confirmation began last week and will continue on Wednesdays through the school year. We will have a few meetings for the youth this fall: Confirmation students and their parents will meet with me after service on September 7th to discuss Confirmation for the year and to set the date for Confirmation Sunday. High school and Jr. High students (7-12), their parents, and anyone interested in our youth group to discuss events for the coming year on September 17th at the parsonage (the house north of the church in Tower City). If anyone knows who has the checkbook for the LYO and who has records for the group, please let me know.

It is also my duty to inform you all of a discussion currently happening in the ELCA concerning our Communion practices. In 1997, the ELCA ratified a document called "The Use of the Means of Grace" which set out official practices concerning Baptism and the Lord's Supper. Since this time, a movement has arisen in the ELCA to change our practice concerning Communion. The presiding bishop has requested that congregations in the ELCA have a conversation about the Supper and who may receive it. So that you know what the sides on this issue are, the official position, as of now, is that all Baptized Christians may receive Communion. Those who are pushing for a change would like to commune all people, regardless of whether or not they have been Baptized. Those who favor this change see it as a matter of "hospitality" and "inclusion".

As a Lutheran Pastor, I cannot advocate this change. It relies on a strange confusion of Lutheran Communion theology. It is a grave matter that those who should be teaching the biblical doctrines of our faith have resorted to such drastic measures to try and bolster the books in their churches. Rest assured, fellow Christians, that I will not commune anyone who is not a Christian at St. Paul's or Buffalo. We already have a sacrament of inclusion: Baptism. The Supper is for those who have been brought already into the Church and does not exist to bring people in in this manner. Per our presiding bishop's request, we will be discussing this matter at some length this fall and winter. If you would like to talk with me about this or would like access to the study materials and "The Use of the Means of Grace", please call or email me.

Yours in Christ,

Pastor Chris Brademeyer

BUFFALO LUTHERAN CHURCH

Watch for the General Fund report next month

ST. PAUL'S LUTHERAN CHURCH

General fund August 26 \$1093.62

ANNOUNCEMENTS

† Remember with prayers of sympathy the family and friends of Beth (Pfeifer) Stokka. Formerly of Buffalo, she passed away August 17. † May we also remember with prayers of sympathy the family and friends of Henry Holden. Living in Tower City, he recently had moved to Valley City. Henry passed away August 20.

Volunteers are needed for Altar Guilds at both churches! Pastor Chris will direct us in the responsibilities involved. Please talk to Pastor Chris with questions you have or to offer your help! Our first meeting will be held September 28 after worship.



Can you help? There will be a Benefit for Tammy Richman sponsored by the community of Tower City on Wednesday, September 10 from 5-8 PM. There will be a free will offering and a Picnic-type supper to share.

We will have a New Member Sunday on September 14. If you have already asked that your membership to either of our churches be transferred you will be formally welcomed as a member to the church of your choice. Should there be anyone that would like to join our churches please talk to Pastor Chris and any special details can be taken care of.

Have your kids gone back to school and left you wondering what you'll do now? Or maybe you are someone looking for something to get you out of the house a few afternoons a week? Buffalo Daycare is looking for a full-time employee as well as a few part-time employees! Anyone interested should contact JoEllen Killoran @ (701) 361-3604 or 633-5300 for more information.

Five gifts from God

Love makes our friends a little dearer. Joy makes our hearts a little lighter.
Faith makes our paths a little clearer. Hope makes our lives a little brighter.
Peace brings us all a little nearer.

AUGUST PARISH NURSE NOTES—Probiotics: Do They Offer Health Benefits? Page 3

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. Although you don’t need probiotics to be healthy, 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 bacteria is reported to help regulate long transit time of 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 helps 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 bacteria 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, or artificial sweeteners (found mostly in the “light” brands.) 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 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 CHM

www.cancer.org <http://milwaukeeesynod.org/resources/health-and-wellness>

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UPCOMING SEPTEMBER EVENTS

SEPTEMBER SUNDAY SERVICES WILL BE HELD AT BUFFALO LUTHERAN CHURCH AT 9:00 AM.

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

Sept. 1: Labor Day

Sept. 3,10,17,24: Confirmation classes each Wednesday at 1:41 at Maple Valley High School

Sept. 7: Confirmation Parents and students meeting at 10 AM; SPL WELCA meets at 10 AM; Rally Sunday at 10:30 AM

Sept. 8-10: Synod Fall Leadership Conference

Sept. 10: Tammy Richman Benefit 5-8 PM; BL Council meets at 7 PM; LYO students and Parents meet at 7 PM at Parsonage

Sept. 14: New member Sunday

Sept. 21: St. Stephen Visitation Group meets after worship service

Sept. 24: St. Paul's Council meets at 7 PM