

Buffalo Lutheran and St. Paul's Lutheran Churches

SEPTEMBER 2015 PARISH POST

Comments from Pastor Chris . . .

Dear Brothers and Sisters in Christ,

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

Fall is soon to come once again. This season of the year is a time when we should remember our utter dependence on God for all things: "The land yields its harvest; God, our God, blesses us. (Psalm 67:6 ESV)" It is easy to convince ourselves that this is not true. In ages past, we were more at the mercy of the forces of nature than most of us are today. As such, we live in an age where a good number of us forget that God is the One Who provides to us all that we need. Martin Luther wrote in his Small Catechism concerning the fourth petition of the Lord's Prayer, "Give us this day our daily bread":

"What does this mean?--Answer.

God gives daily bread, even without our prayer, to all wicked men; but we pray in this petition that He would lead us to know it, and to receive our daily bread with thanksgiving.

What is meant by daily bread?--Answer.

Everything that belongs to the support and wants of the body, such as meat, drink, clothing, shoes, house, homestead, field, cattle, money, goods, a pious spouse, pious children, pious servants, pious and faithful magistrates, good government, good weather, peace, health, discipline, honor, good friends, faithful neighbors, and the like."

Even more than these material things that keep us living in this age, God the Father gave to us His Son Jesus Christ, whose life was given for ours on the Cross, granting to those of us that believe eternal life by uniting us to His body through the Word and the Sacraments. It is a symptom of this disregard for God that Church is treated like a recreational activity, something to be done at leisure. Friend, whether you wish to admit it or not, you are a sinner in need of redemption. Redemption is granted through chosen means, which are given each week at our Sunday Service. Why would we choose anything over the eternal blessings give to us by Christ? Yet, such is our sin, we often do.

Yours in Christ,
Pastor Chris

<u>BUFFALO LUTHERAN CHURCH</u>	<u>ST. PAUL'S LUTHERAN CHURCH</u>
August 24, 2015 Checking Balance \$2808.81 (before Aug. bills are paid)	General fund balance as of Aug 24 \$1547.59
Parish Nurse Fund Balance \$ 363.10 (Paid through August)	

ANNOUNCEMENTS

Divine Sunday Services will be held at 9:00 AM at St. Paul's Lutheran Church in September.

ABOUT OUR NEWSLETTER - - Would you like to read more "newsletter"? We'd like to hear your opinion at the office about a one piece of paper/4 page longer newsletter. A longer newsletter could make more details available to everyone. The longer newsletter could make space for more WELCA information and ELCA news. What do you think?

RALLY SUNDAY IS COMING ON September 13. A time of Fellowship and a Potluck Meal will take place after the Divine service. St. Paul's WELCA members are asked to bring a dish to share as they prefer, something hot or cold! The meal will be served in the St. Paul's basement. If you have trouble with the basement steps someone will be glad to bring a plate of food to you and you can have the meal on the main floor of the church. If you would like to share the meal in the basement and have trouble navigating those steps help will be available to assist you with your trip downstairs and upstairs. Everyone is welcome!

CONFIRMATION STUDENTS are asked to meet with Pastor Chris for a short time during our Potluck meal on September 13 to discuss upcoming Confirmation plans.

DID YOU KNOW that Bethany Retirement Living offers a support and education program called "*Endings & Beginnings*" for family members who have a loved one with a dementing illness living in a nursing home? This multi-session program is offered twice a year and there is no cost to attend. Participants need not have a resident at Bethany. Topics such as change, loss, the stages of Alzheimer's, behavior, end of life and emotional issues are discussed. For additional information, contact Mandy at 701-239-3529 or mcarpenter@bethanynd.org

From Red Willow Ministries - -Harvest time is here! Red Willow would love it if farmers, landowners, or others would consider making a contribution to Red Willow Bible Camp during this season. The proceeds from an average truckload of crops designated to Red Willow Ministries could pay the full salary of a caring counselor who can point campers to Jesus for an entire summer! Call (701) 676-2681 for more information. *Open your eyes and look at the fields!*

They are ripe for harvest.

St. Paul's WELCA will meet on September 20 after the Divine Service.

Dear Family and Friends,

This newsletter information was given to me by my niece, Nicole Gerhold a Registered Dietician. I found it interesting and thought I would share it with you. I hope all of you have had a wonderful summer.

Gwen Fraase RN Parish Nurse Community Health Ministry.

The 411 on Sugar

Adults and children should only get 5-10% of their energy from added sugar. For the most health benefits aim for 5% of energy or 25 g (6 teaspoons) of sugar a day.

Did you know that drinking too many sugary beverages can lead to high energy intake and weight gain.

How sweet is it?

Cola = 10 teaspoons of sugar Orange Soda= 11 teaspoons of sugar
Mt. Dew= 11 teaspoons of sugar Red Bull= 10 teaspoons of sugar
Gatorade= 5 teaspoons of sugar

*******The average American consumes 130 pounds of sugar per year.*******

Tips for cutting down on sugar: Decrease sugar by one-third to one-half in a recipe

Sweeten foods with cinnamon, nutmeg, or vanilla extract.

Use unsweetened apple sauce instead of sugar

Instead of ...

Sweetened yogurt
Sweetened breakfast cereals
Ice cream/frozen yogurt
Jam/Jelly
Fruit flavored drinks

Choose...

Plain yogurt
Cereals with little or no added sugar
Frozen fruits or frozen 100% fruit bars
100% fruit spread
100% juice

BEYOND OUR WALLS - MAKING STRIDES AGAINST BREAST CANCER

North Dakota's 1st Making Strides Against Breast Cancer Walk in Fargo, North Dakota!! ☺

To get this event in motion, we would like to invite you to our **Kickoff** at the **Fargo Brewing Company** on **Thursday, September 10, 2015!**

Your local American Cancer Society staff members and volunteers will be at the Kickoff from **5:30 pm to 8:00 pm**, and we would love to see you there!

The 1st Making Strides Against Breast Cancer Walk will take place **Saturday, October 3, 2015** at **Trollwood Park** in Fargo, ND. Registration will begin at **9AM** and the walk will go from **10 AM-Noon**.

If you have any questions, please contact **Tammy Osvold**, at **701-809-8270** or teej7291@gmail.com!

Here is the website to register: www.MakingStridesWalk.org/FargoND

Hope to see you there! ☺

Buffalo & Tower City Lutheran Parish
Box 68
Tower City, ND 58071
Return Service Requested

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
Tower City, ND 58071
Permit # 1

UPCOMING SEPTEMBER EVENTS

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

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

September 2: Naomi Circle meets at 1:30 PM at Buffalo Lutheran Church

September 9: Confirmation begins and will follow every Wednesday. (no Confirmation Sept. 23)
BL Council meets at 7 PM.

September 13: Rally Sunday, First Day of Sunday School at St. Paul's, Refreshments after services

September 14-16: Pastor Chris away at Fair Hills Leadership Conference.

September 16: SPL Council meets at 7 PM.

September 20: SPL WELCA meets after Divine Service.

September 20-September 26: Pastor Chris away at a Continuing Education event.