**SEPTEMBER 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.

Fall is here once again. As such, Sunday School, Adult Education, and Confirmation will shortly be starting up! We are planning on having a fellowship breakfast after service on September 11 to inaugurate our programmatic year. I hope to see you all there! Details concerning our adult educational offerings for the coming year will be announced soon.

Continuing my theme of the Ten Commandments, we will look at the Third Commandment this month. The following is from Martin Luther’s Small Catechism:

“Thou shalt sanctify the Sabbath.

What does this mean?

Answer: We should fear and love God that we may not despise preaching and His Word, but hold it sacred, and gladly hear and learn it.”

Many people, both in and out of the Church, see Sunday as a day for relaxation. Sabbath is, of course, a time set aside from normal pursuits such as jobs, school, and the like. But what many fail to realize is that this rest serves a purpose. In other words, the Third Commandment tells us to set aside this time for a reason. Why is this? That we would have the time needed to hear the Word of God preached to us, that we would have the time to hear from Scripture, that we would have the time needed to be absolved of our sin, and for the Lord’s Supper. In short, we cease our regular activities to have time for what is truly most important: receiving life, forgiveness, and salvation from Christ Himself.

Now, I know that some of those who read this will immediately say, “but Pastor, we had this thing come up and we really needed to go!” or “but Pastor, it was our only day to be a family!” or “but Pastor, it was our only day to sleep in!”. It is odd that so many of us, who profess to be practicing Christians, would set aside ample time for recreational activities, jobs, hobbies, and the like would fail to set aside *any* time for the only thing in life that has eternal consequences: Jesus Christ. Think about it. Most of us spend hours watching TV each week. Yet many find it too costly to give up even one hour a week to receive the gift of life eternal. Shows come and go. Sports move in and out of vogue. Teams have continually changing rosters. Wealth can’t come with you. Why do we put so much effort into these things, which pass away, and neglect the free gift of salvation from Christ?

Yours in Christ,

Pastor Chris

FINANCIAL NEWS TO NOTE! Page 2

Buffalo Lutheran Church St. paul’s lutheran church

Checking Account balance as of 8/29/16:$1264.14 Checking Account Balance $2350.81

Parish Nurse balance $188.10 Unpaid bills: (Pastor ins) $2390.43

(August Parish Nurse bill not paid due to

Budget Update: Year to date $38,600.00

Year to date total offerings $24,904.34

Budget shortfall ($13,695.66)

shortage of funds)

**Cares and Concerns**

**A** May Dean Jorgenson of Tower City rest in peace. He passed away August 29 at Sheyenne Care Center in Valley City. No funeral plans have been made.

**SUNDAY SCHOOL and EDUCATION HOUR—**Fall is upon us already! Sunday School and Education Hour will begin September 18 after Divine Services every Sunday. Kathy Walburn will be leading our young people, students age 4 and older are welcome!

**WELCA NEWS—**“To Reach Out Without Fear”, the 29th Annual SWO Convention is planned for September 17 at United Lutheran Church at Cavalier, ND. Betty Gronneberg, author of a children’s book, *The Alphabet takes a Journey: Destination Ethiopia!* will be the keynote speaker at the convention and will have her books for sale. She will speak at 11:15 AM. You are asked to register for the lunch by September 10 to help with planning. An agenda and details are included in the Convention Book which can be downloaded at [www.eandsynodwelca.org](http://www.eandsynodwelca.org) There are details there about nominating candidates for Cluster representatives and the Vita form youwill need to do that. Do you have questions? Contact Jeanne Wobemma at 701-490-3324 at home or at 701-351-1203 (church) or by email at [mrswob@gmail.com](mailto:mrswob@gmail.com).

**Beyond Our Walls – Seeds for the Parish**Seeds for the Parish is the resource newspaper of the ELCA. Each issue contains articles designed to provide congregational leaders and members with insights, ideas and tools to aid them in a variety of ministries including worship, Christian education, stewardship, evangelism, youth ministries, social ministries, leadership and more. Seeds for the Parish is sent to congregational leaders and members four times a year without charge.   
  
To subscribe or get more information please send an email to [Seeds](http://www.elca.org/tools/secure_emailer?a=U2VlZHNAZWxjYS5vcmc=&b=U2VlZHMlMjBmb3IlMjB0aGUlMjBQYXJpc2g=&subject=&body=).

**SEPTEMBER PARISH NURSE NOTES Page 3** Dear Family and Friends,

Increasing trends in sports participation and sports injury, especially head injuries, has become a growing concern for contact sports. Concussions, a mild form of traumatic brain injury (TBI), are damaging to the youth involved in contact sports. It is important for players, coaches and parents to recognize concussion symptoms and seek the necessary medical care when needed. Common symptoms are: headaches and migraines, loss of consciousness, sensitivity to light, poor balance, blurry vision, dizziness, confusions and nausea. Recognizing these symptoms of a concussion is essential so that repeated head trauma does not occur. It is important that if someone recognizes signs that a player may have a concussion, the player should be brought to the sideline and be assessed. If the player seems dazed or stunned, seems easily confused, has poor balance, or cannot recall prior events after a hit, they should be taken out of the game. Reoccurring concussions can cause permanent brain damage. Knowing when to say that a player should not be competing is essential for healthy development. Educating parents, coaches, and athletes about concussions signs and symptoms can help prevent further damage. Encouraging players that safety comes first within contact sports can be effective. Following the rules and making sure that equipment is fitted to the specific player can also help improve their safety.

Peace in Him,

Gwen Fraase RN

Parish Nurse

Community Health MInistry

Safe Kids Winter 2015, Evan Reitter

**Do you know about** someone that should be receiving the newsletter? Please let us know at the office. You are encouraged to let us know about any announcements that should be included in the newsletter.

Buffalo & Tower City Lutheran Parish **NON-PROFIT ORGANIZATION**

**Box 68 U.S. POSTAGE PAID**

**Tower City, ND 58071 Tower City, ND 58071**

***Return Service Requested*  Permit # 1**

**UPCOMING SEPTEMBER 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*](mailto:cbrademeyer@gmail.com)

***SEPTEMBER DIVINE services will be held at BUFFALO Lutheran Church sundays at 9:00 AM***

September 7: Naomi Circle meets at Connie Boyd’s home at 2 PM

Septmber 11: Rally Sunday after Divine Service with Breakfast

September 12-14: Pastor Chris away at Fall Professional Leadership Conference

September 14: Buffalo Lutheran Church Council at 7 PM.

September 18: Sunday School begins

September 19-September 23: Pastor Chris away at continuing education event

September 28: Confirmation begins! Watch for details

