

SEPTEMBER 2020 PARISH POST
St. Paul's & Buffalo Lutheran Churches

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Pastor Bill's September Message

Devotion for September 2020 Psalm 26:1 – 8

"The Lord is the strength of His people, a fortress of salvation for His anointed one. Save your people and bless your inheritance, be their shepherd and carry them forever."

In my office I have a print of a familiar painting of mine -- Jesus the Good Shepherd carrying one of His sheep. This painting carries a very meaningful teaching. There are times we need Jesus the Shepherd and times we need to be carried by Him.

In Sunday's text, Jeremiah was upset that the message he was to preach to God's people was a disturbing one. The people did not want to hear it. God comforted Jeremiah.

Peter, in Sunday's Gospel after Jesus had announced in the text "that He would suffer and die and on the third day rise from the dead," Peter responds, "this shall never happen to you." Jesus responds, "get behind me Satan."

Jeremiah needed a shepherd and had one in Jesus.

Peter, like a wounded lamb, taken in by Satan, had to be carried by Jesus and was, till in and through the Resurrection. So do we.

Do we need a refreshing of our faith?

Do we need a shepherd to provide for us?

Do we need to be carried by Jesus, wounded and weary?

His name is Jesus.

God's Blessings

In Christ,

Rev. Bill Ahlfeldt

Cares and Concerns and Activities

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SEPTEMBER SUNDAY WORSHIP SERVICES WILL BE HELD IN AUGUST AT 9:00 AM AT BUFFALO LUTHERAN CHURCH AND AT 11:00 AM AT OUR SAVIOR LUTHERAN CHURCH,

PAGE. PASTOR BILL AHLFELDT IS SERVING AS OUR INTERIM PASTOR NOW—HIS PHONE NUMBER IS 701-412-6953 and HIS E-MAIL ADDRESS IS billsharron@cablone.net

The Church Office should be open on Fridays from 10 AM-4 PM. If you find you need something at a different time don't hesitate to call Bette at her home at 701-749-2508.

The Buffalo WELCA will host a Continental Breakfast at the church on Sunday, September 13th from 10:30 AM-Noon. A Free Will offering will be accepted and we will draw the Raffle winners for the Raffle that was postponed from April. Tickets are still available for purchase from the WELCA ladies.

May we remember in prayer Gert Olson of Springhill, Tennessee. She is the sister of Ethel Grieger and was recently diagnosed with pancreatic cancer and now has been given 3-6 months to live. She is on Hospice Care. She lost her husband in July.

Please remember in prayer our World as we live with the COVID-19 virus!

May we remember with prayers of sympathy the family and friends of Phillip Keys. Phil passed away Tuesday, August 28, at Maryhill Manor, Enderlin where he was recuperating from an extended hospital stay. A private family Celebration of Phil's life with Military Honors was held at Greenwood Cemetery near Tower City. May Phillip rest in peace!



Sunday School begins Sunday, September 20 at Buffalo Lutheran Church. Throughout the year classes will be held after Worship Services at the church where worship is held. Children ages 4 thru sixth grade are welcome! Please join us!

PARISH NURSE NOTES – Information from WebMD.

Dear Family and Friends,

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Heart disease and cancer are the two leading causes of death in the USA. However, since the first reported case of Covid-19 on January 20, 2020, Covid has become the 3rd leading cause of death in the USA. Covid- 19 “has caused 170,000 deaths so far and taking more than 1,000 lives weekly for several weeks.” Please keep in mind that when someone dies from heart disease or cancer, those diseases are not being spread or transferred to others. Covid- is transferable.

Dr. Thomas Frieden reports “Americans were eight times more likely to get killed by Covid than were Europeans.” According to Dr. Christopher Murray, “We are seeing a rollercoaster in the United States... ..it appears that people are wearing masks and socially distancing more frequently as infections increase, then after a while as infections drop, people let their guard down and stop taking these measures to protect themselves and other- which, of course, leads to more infections.” Dr. Murray is the Director of IHME (The University of Washington’s Institute for Health Metrics and Evaluation)

I would like to encourage everyone to follow the guidelines set up for us including wearing your mask in public and maintain social or physical distance from others. North Dakota may think that we are safe due to areas of low population, however, local schools are starting and students are returning to college campuses from many different states. In other words, the potential for exposure will be increasing.

Please do your part. For yourself and for others.

Thank you, Gwen Fraase RN Parish Nurse Community Health Ministry

<https://www.webmd.com/lung/news/20200818/covid-the-third-leading-cause-of-death-in-the-us>

September 2020 Influenza Notes from Gwen

Dear Family and Friends,

If you are questioning whether to take the flu shot or not and are 65 or older, you may want to read some interesting facts.

Advanced age and chronic conditions expose seniors to different risks. If you are 65 and older and have chronic medical conditions such as heart disease, diabetes, or respiratory disease, you may run an increased risk for complications with the “Flu”.

There are direct and indirect effects from Influenza. Direct effects include exacerbations of existing conditions as well as additional problems such as bronchitis and pneumonia. Indirect effects include triggering cardiovascular events, such as, heart attack, stroke, renal disorders, diabetes, and can trigger delirium. The mortality rate for those with heart disease is five times higher and for those with heart and lung disease 20X higher. Hospitalization rates for adults aged 85 and older are 2 to 6X higher than those aged 74 and younger.

Our immune system has an anti-inflammatory mechanism (T-Cell) that helps keep us “in balance” and limits damage from an inflammatory response. As we age, our T-cell activity can diminish. This can limit how we fight off “bugs” which may lead to disease severity and reduced response to vaccines. Influenza often times presents differently in older adults. Many times older adults complain of generally not feeling well which can lead to a misdiagnosis or even a missed diagnosis of influenza. Often times Influenza symptoms seniors display can be vague such as;

fatigue, fever and cough. Commonly X-Rays are done to rule out pneumonia but occasionally, diagnostic tests confirming influenza are not done. Not being properly diagnosed can lead to what doctors call a catastrophic disability. This can lead to a functional decline in that 1 in 5 seniors never return to their normal activity. So, if you are contemplating getting a “Flu Shot” I would encourage you to do so. If you have concerns please talk to your doctor to clarify.

Peace in Him,

Gwen Fraase RN Parish Nurse Community Health Ministry

https://www.medscape.com/viewarticle/919668?src=WNL_infor_191106_MSCPEDIT_influenzaseniors&uac=151895AX&implID=2154776&faf=1

Synod Assembly Highlights

Assembly Theme: Living Well

Based on the story of Jesus and the Samaritan woman at the well - John 4.

Eastern North Dakota Synod's first digital synod assembly was held August 14-16. 330+ voting members gathered, via Zoom, to worship, pray and conduct the the important work of the synod - including electing a new bishop to lead us for the next 6 years. We celebrated church and ordination milestones, as well as 50 years of women's ordination, 40 years of women of color being ordained, and 10 years of same-sex married individuals being able to serve as rostered leaders. We reflected on the year and all the of God's good work we do together, supporting our ministries and each other. **The Rev. Tessa Moon Leiseth, Moorhead, Minn.**, was elected Aug. 16 to serve a six-year term as bishop of the Eastern North Dakota Synod of the Evangelical Lutheran Church in America (ELCA). The bishop-elect has served as interim senior pastor of Horace Lutheran Church in Horace, N.D., since 2019. She served as interim pastor of Christ the King Lutheran Church in Moorhead from 2018 to 2019, Southern Africa country coordinator for ELCA Young Adults in Global Mission from 2012 to 2017 and campus pastor at Concordia College in Moorhead from 2008 to 2012. Concordia is one of 26 ELCA colleges and universities. Moon Leiseth also served as associate pastor of Our Saviour's Lutheran Church in East Bethel, Minn., from 2000 to 2006; youth and family pastor of Abiding Savior Lutheran Church in Mounds View, Minn., from 1998 to 2000; and intern pastor of Baudette Lutheran Parish in Baudette, Minn., from 1996 to 1997.

