



October 2019

the
SPIRIT

Salem Lutheran Church

shalom - salaam - salem - peace

A Reconciling in Christ (RIC) Congregation

Welcome, Sarah

This month we welcome Sarah Fox as our new Music Director. Sarah has served as a church musician since the age of thirteen. She worked for eight years as the organist/pianist at Trinity Episcopal Church in Russellville, Kentucky—her hometown. While at Trinity she conducted a small choir and worked to develop congregational singing. Her undergraduate studies in organ performance/piano performance and history (civil rights history) at Western Kentucky University merged a desire to work as both a musician and a community developer. She moved to Birmingham, United Kingdom to pursue a Masters in Choral Conducting as Fulbright Postgraduate Scholar. While in Birmingham, Sarah served as the first woman music director at St. Augustine's Anglican Parish, Birmingham. She conducted a very devoted, approximately 12-person choir for weekly sung Mass and Sunday-evening Evensong services.



She is a May 2019 graduate of Yale Divinity School and the Yale Institute of Sacred Music, where she studied both theology and music history. While at Yale, she planned music and liturgy for daily services with broad patterns of worship from a variety of religious backgrounds.

Particularly interested in nurturing the music skills of volunteer musicians of all ages, Sarah is looking forward to accompanying worship and directing the choir and serving as director of Salem's Musical Theatre After-School program. She enjoys working with people in the community to find music that is both innovative and life-giving, creative and reaching back to tradition. She finds interfaith and interdenominational arts-based work particularly fruitful and is always eager and interested to have theologically-based conversations about music and the arts.

We are immensely grateful to God for bringing us such a fine person and outstanding musician. Welcome, Sarah! And to God be the glory!

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Salem

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*We are a community of Christian disciples called by the Holy Spirit.
In response to God's transforming love, we share our JOY through praise and service.*

3 PRINCIPLES FOR CLEAR COMMUNICATION AND ACTIVE LISTENING:

1. PUT THE BEST CONSTRUCTION ON THE WORDS AND ACTIONS OF CONGREGATION MEMBERS, LEADERS AND STAFF.

Be an active listener.

Ask questions if you need clarification.

Do not make assumptions or jump to conclusions.

Give people a chance to explain their positions.

If someone approaches you with a complaint about someone else or has an issue with another party, point them to direct communication with that party.

*“We should fear and love God
that we may not deceitfully belie, betray, slander, or defame our neighbor,
but defend him, [think and] speak well of him,
and put the best construction on everything.”
(Martin Luther’s explanation of the 8th commandment.)*

2. IF SOMEONE DOES/SAYS SOMETHING TO OFFEND YOU OR HURT YOU, PLEASE PRESENT THE ISSUE TO THAT PERSON DIRECTLY.

⁴...all of us make many mistakes....

⁵...How great a forest is set ablaze by a small fire!

⁶And the tongue is a fire.

*The tongue ...stains the whole body, sets on fire the cycle of nature,
and is itself set on fire by hell....*

*¹⁰...My brothers and sisters, this ought not to be so.”
(James 3:2,5-6,10)*

3. FOCUS ON THE POSITIVE – IN YOUR THOUGHTS, WORDS, AND DEEDS.

Look for ways to live out God’s call to be a people of faith, hope, and love by speaking with grace, celebrating the unique gifts and contribution of each member, and by striving to bring out the best in everyone.

*“By celebrating what’s right, we find the energy to fix what’s wrong.”
(DeWitt Jones)*

SALEM LUTHERAN CHURCH

3160 Park Avenue
Bridgeport, Connecticut 06604
Phone (203) 336-3300 ▪ Fax (203) 336-8813

Website - www.salembridgeport.org

Facebook - www.facebook.com/SalemBridgeport/

Church Office Hours

Monday to Friday 9:00 a.m. to 3:00 p.m.

Worship Services

9:30am Traditional Worship

4:30pm SNAC

Sunday Night Alive Dinner Church

Salem's Staff

The Rev. Marjo Anderson, Pastor
Cell Phone (203) 982-3441
marjoanderson@aol.com

Sarah Fox, Music Director

Karl Kraft, Office Manager
Office Phone (203) 336-3300
salemsec123@sbcglobal.net

Jennifer Reyes, Sexton
Pablo, Cruz, Sexton
Office Phone (203) 336-3300, ext. 10

LEADERSHIP AT SALEM

COUNCIL

Marjo Anderson, Pastor – marjoanderson@aol.com
Frank Dukenski, President – fduzenski@aol.com
Ray Anderson, Vice-President – andersray4@gmail.com
Nancy Headford, Secretary – nancy9881@att.net
Rich Kenyon, Treasurer – rich@kenyonbusiness.com
Katie Adams – keadams333@gmail.com
Liz Bales – the2bales@gmail.com
Sandra Brown – sjbrown@snet.net
Steve Kuczo, Staff Support – skuczo@aol.com
Evan Lansing
Emily Sokoloski – emilysokoloski@gmail.com
Diane Tomasko – dtomasko01@yahoo.com
Bill Winter, Property – wjwinter@optonline.net

SUSTAINABILITY TASK FORCE

Pastor Marjo Anderson – marjoanderson@aol.com
Frank Dukenski – fduzenski@aol.com
Ray Anderson – andersray4@gmail.com
Liz Bales – the2bales@gmail.com
Sandra Brown – sjbrown@snet.net
John Bryk – jbryk@znclaw.com
Richard Lansing – rlansing@optonline.net
Jean Larson – tjcklarson@sbcglobal.net
Bruce Tomasko – bltomasko@yahoo.com

LIGHT –

Leaders Inviting Growth through Hope for Tomorrow

Source Team:

Pastor Marjo Anderson – marjoanderson@aol.com
Ray Lansing – raylansing@yahoo.com
Bill Winter – wjwinter@optonline.net
Tom Larson – tjcklarson@sbcglobal.net

Reflection Team:

Katie Adams – keadams333@gmail.com
Jean Larson – tjcklarson@sbcglobal.net
Frank Dukenski – fduzenski@aol.com
Joel Hintz – brondle@aol.com

**Newsletter deadline is the 15th of each month
unless otherwise noted in the monthly
calendar.**

Next deadline date is **October 15th for the
November issue!**


**Email submissions to
salemsec123@sbcglobal.net**



October 2019

Salem Lutheran Church



SUN	MON	TUE 1	WED 2	THU 3	FRI 4	SAT 5
		9:30am Pastors' Text Study 10am Culinary Class 12pm Book Club 7pm STEPP Group - CR 7:30pm Talk Tuesdays at Brewport	9:30am Bible Study 10am Culinary Class	10am Culinary Class 7:30pm Choir	4pm Musical Theatre Afterschool Camp	Scout Troop 103 - Hall - Court of Honor
6 Pentecost 17 9:30am Worship 10:30am Coffee Hour 10:30am Christ Presbyterian Church 12:30pm New Directions Ministries 6:30pm Sunday Night Alive 6:30pm SLAA - CR	7 10am Culinary Class 6pm Social Ministry 6pm Staff Support	8 9:30am Pastors' Text Study 10am Culinary Class 6pm Stewardship 7pm STEPP Group - CR	9 8:30am Pantry Setup 9:30am Bible Study	10 8:30am Pantry Setup 10am Culinary Class 4pm Food Pantry 7:30pm Choir	11 4pm Musical Theatre Afterschool Camp	12 8am Men's Breakfast
13 Pentecost 18 9:30am Worship 10:30am Coffee Hour 10:30am Christ Presbyterian Church 12:30pm New Directions Ministries 6:30pm Sunday Night Alive 6:30pm SLAA - CR	14 Columbus Day Office Closed	15 9:30am Pastors' Text Study 10am Culinary Class 7pm STEPP Group - CR 7:30pm Talk Tuesdays at Brewport	16 9:30am Bible Study 10am Culinary Class	17 10am Culinary Class 7:30pm Choir	18 4pm Musical Theatre Afterschool Camp	19 Food Pantry Fund Raiser 11am Inner-View Chat n Chew
20 Pentecost 19 9:30am Worship 10:30am Coffee Hour 10:30am Christ Presbyterian Church 12:30pm New Directions Ministries 6:30pm Sunday Night Alive 6:30pm SLAA - CR	21 10am Culinary Class 6:30pm Finance Committee 7:30pm Executive Committee	22 9:30am Pastors' Text Study 10am Culinary Class 7pm STEPP Group - CR	23 8:30am Pantry Setup 9:30am Bible Study 10am Culinary Class	24 8:30am Pantry Setup 10am Culinary Class 4pm Food Pantry 7:30pm Choir	25 4pm Musical Theatre Afterschool Camp	26
27 Reformation Sunday 9:30am Worship 10:30am Coffee Hour 10:30am Christ Presbyterian Church 12:30pm New Directions Ministries 6:30pm Sunday Night Alive 6:30pm SLAA - CR	28 10am Culinary Class 7pm Council	29 9:30am Pastors' Text Study 10am Culinary Class 7pm STEPP Group - CR	30 9:30am Bible Study 10am Culinary Class	31 10am Culinary Class 7:30pm Choir	Let everything that breathes praise the LORD! Psalm 150:6, NRSV 	



Worship Assistants

SALEM LUTHERAN CHURCH

October 2019

	Oct 6	Oct 13	Oct 20	Oct 27
Assisting Minister	Steve Kuczo	Anita Papp	Bruce Tomasko	Ray Lansing
Lector/Communion Minister	Jean Larson	Eileen Anderson	Diane Tomasko	Sandra Brown
Altar Prep Team	Jean Larson Diane Tomasko	Sandra Brown Emily Sokoloski	Sandra Brown Emily Sokoloski	Bob Reichelt Chris Wolff
Ushers	Mike Caragol Tom Larson	Joe Bales John Bryk	Rich & Carol Lansing	Ray & Eileen Anderson
Flowers Given By	Carol & Rich Lansing			
Coffee Hour	Rich & Carol Lansing			
Tellers	Nancy Headford Rich Kenyon	Sandra Brown Diane Tomasko	Liz Bales Frank Dukenski	Steve Kuczo Bill Winter



Calling all coffee hour hosts. PLEASE contact the church office to secure a date for coffee hour. Coffee hour is a wonderful tradition at Salem. It gives all of us a chance for fellowship among our members. Thank you for your continued support. Contact the office at (203) 336-3300, or email salemsec123@sbcglobal.net.

Marissa Luciani	1
Brandon DeWalt	2
Peggy Claus	4
Alicia Rosa	11
Joel Hintz	16
Leah Hintz	16
Philip Raschke	16
John Wilkins	16
Garrie Schulz	17
William Sokoloski	17
Wes Murphy	18
Erin McPadden	19
Mary Ann Kenyon	20
Edith Larson	20
Scott DeWalt	21
Karen McPadden	21
Merlee Lange	21
Frank Claus	27
Megan Watts	28
Katherine Larson	31



2019
Blood Pressure
Screening Dates

Oct 13 Dec 15
Nov 10

Celebrate Salem!

This fall our stewardship campaign will celebrate Salem by providing a snapshot of some of the many goings-on in the Salem community. This will include the Council of



Churches culinary program, our Boy Scout troop, our Food Pantry and our youth music programs. Please join us each Sunday to hear about these activities.

Remember to pick up your pledge card starting Sunday, October 13 and return it by Sunday, November 17. It is through your contributions that we can host these activities.

Salem Book Club meets on the first Tuesday at noon in the Salem Lounge. Fall discussions will be: Oct. 1st - **The Girl Who Wrote in Silk** by Kelly Estes;
Nov. 5th - **Where the Crawdads Sing** by Delia Owens. New members and guests are welcome. Please bring your lunch



The following people have asked for healing, help, guidance or comfort.

Joan B
Marge S
Barbara B
Sam B
Erick D
Grace D
Hannah & Joseph
Bob H
Dennis H
Sylvitha
Jay
Jinny L
Derm L
Mike R
Jane M
Jana B
William S


Daphne B
Peter K
Bobby W
Anna
Barbara
James S
Sarah R
Brooks A
Angie
Liz F.
Hazel P



You're invited to a

Food Pantry Celebration & Fundraiser

Salem Lutheran Church Food Pantry
celebrates its 4th Anniversary. Come and join
us for Dinner, Dancing and Live
Entertainment



Salem Lutheran Church

Social Hall

October 19th @ 6 PM ~ \$35

3160 Park Ave, Bridgeport, CT

For Tickets see Tom Larson, Joe Bales,

Roberta Bellows or Ray Anderson

We Are Grateful

Capital Improvements

Marjo Anderson



Food Pantry

Dave Albers, Marjo Anderson, Joe & Liz Bales, Pauline Boyum,
Mike & Mary Anne Caragol, Joan Crossman, Ian & Suzanne Dow,
Frank & Grace Dukenski, GP Dentistry, Carl Johnson,
Ray & Janice Lansing, Richard & Carol Lansing, Tom & Jean Larson,
Jane Lubben, Judi Nielsen, Anita & Louis Papp,
Lynnette & Ryan Thompson, Bruce & Diane Tomasko, Chris Wolff

Memorial Donations

Marjo Anderson (in memory of Joan Johnson)

Outreach Ministry

Marjo Anderson

May the Lord bless you, and keep you,
And shine his face upon you.

I love you.

1,000 kisses and hugs from me to you.

Susanna



"Yes, as a matter of fact, these are
extra-strength tablets."

Medical Mission

at Home

St. Vincent's Medical Center is preparing for its annual Medical Mission at Home, designed to deliver healthcare, social and support services those in need right here in our community. Thanks to the support of volunteers each year, Bridgeport's most vulnerable residents are able to receive much-needed medical care and more.



From
Our
Parish
Nurses

What is the Medical Mission at Home?

The Medical Mission is a time for all of us to come together as volunteers and serve members of our community who may not have access to necessary medical and social services. We'll be reaching out to homeless and underserved communities in particular to invite them to take advantage of the services we will offer, including medical exams, vaccinations and flu shots, prescription counseling, foot washing and podiatry services, behavioral health services, connections to community providers, follow-up care, reader glasses, haircuts and more. All services are free and no insurance is needed.

'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.' Matthew 25:34-40

Saturday, November 2nd, 2019

9:00 a.m. to 3:00 p.m.

Cesar Batalla School

606 Howard Avenue

Bridgeport, CT 06604

All services are free and no insurance is needed, for those who need it most.

Services for adults include medical exams, vaccinations, foot washing and podiatry services, hair cuts, behavioral health services, mammography exams, connections to community providers, follow up care and more.



St. Vincent's
Medical Center





Breast Cancer Awareness

Breast cancer is the most common cancer among American women, except for skin cancers. A woman has around a 12% chance to develop invasive breast cancer in her lifetime. Breast cancer is the second leading cause of cancer deaths in women, exceeded only by lung cancer.

Breast cancer is a malignant (cancerous) tumor that starts from cells of the breast. These cancer cells may grow into (invade) surrounding tissues or spread (metastasize) to distant areas of the body. The disease occurs almost entirely in women, but men can get it too.

There are breast cancer risks factors that cannot be changed such as: older age, being female, genetic factors, family or personal history of breast cancer, white race, dense breast tissue, and menstrual periods before age 12 or lasting after age 55. Even without risk factors, a woman can still get breast cancer.

Factors that could lower your chance of getting breast cancer are:

- Having children before age 30
- Breast feeding for several months
- Not using birth control pills
- Not using hormone therapy after menopause
- Not drinking more than one alcoholic drink per day
- Not being overweight or obese
- Exercising around 1 1/2 - 2 1/2 hours per week keeping a healthy weight

Ovarian Self-Awareness means knowing the signs and symptoms of ovarian cancer and what's normal for your body. It also means understanding how your lifestyle factors and family's health history impact your personal cancer risk.

KNOW YOUR NORMAL

Because there is no effective test for ovarian cancer and many of the symptoms can be confused with common menstrual or digestive complaints, it is difficult to detect at an early stage.

Fact: 2/3 of women diagnosed will die from the disease.

Being Ovarian Self-Aware is your best bet when it comes to early detection and prevention.

Signs + Symptoms:

Primary:

- Bloating
- Difficulty eating or feeling full quickly
- Pelvic or abdominal pain
- Needing to urinate urgently or often

Secondary:

- Fatigue
- Upset stomach or heartburn
- Back pain
- Pain during intercourse
- Constipation
- Menstrual changes

Take Note: The symptoms of ovarian cancer are feelings you might dismiss as normal facts of life – heartburn from eating too much spicy food or feeling bloated as a result of your period. When these symptoms persist or worsen for 2-3 weeks, see your doctor and ask:

"Could it be my ovaries?"



Evangelical Lutheran Church in America

God's work. Our hands.

STORIES OF FAITH IN ACTION

Immersed In One Beat

Steve Lundeberg

Everyone may march to their own beat, but one ELCA congregation is fostering an exquisite togetherness through the ancient, spiritual and meditative practice of the drum circle.

"Music can create bridges between people no matter what background or baggage is being carried, and the unifying pulse of a drum circle builds trust and connection," said Chris Gustafson, director of music ministry at Prince of Peace Lutheran Church, La Crescent, Minn. "We need to be able to turn towards one another at a time when our culture tends to put wedges between us."

A drum circle is just what the name implies: a collection of drummers in a round configuration. Prince of Peace made drumming part of its ministry a little more than a year ago and hosts at least three one-hour circles per month. Sometimes eight or 10 drummers participate, and recently about 40 came together for a "cross-generational" circle that emphasized the needs of children.

Gustafson, a public-school music educator for 25 years before starting at Prince of Peace five years ago, cites research showing that group drumming boosts immunity, calms anxiety and possibly even slows the progression of such diseases as Alzheimer's and Parkinson's.

"It makes a person feel better, and that feeling lasts," Gustafson said. "I realized that this simple, primal thing could have a huge impact, so I spent a lot of time thinking, reading and learning about drum circles. Then I purchased a few more drums and other unpitched percussion instruments to add to what we already had, and invited folks to join me. And they came!"



Prince of Peace member Kendra Wieser said she leaves a drum circle "feeling centered, energized and ready to live in oneness with God and creation with all its ups and downs."

"It has been my best way to connect with God and others. For our busy minds that have trouble focusing in quiet prayer, this gives our hands and hearts something to do while our brains reconnect with ourselves, others and God. It's a chance to express emotions without language."

Worshippers from nearby churches also take part, Wieser said, as well as people who are currently unchurched.

"As humans, we have a longing and a desire to be connected—to God and to one another," Gustafson said. "Being immersed in one solid beat lets us feel on a very deep level—physically, mentally and emotionally—that we are all one."

Lundeberg is a writer for Oregon State University News and Research Communications in Corvallis



Evangelical Lutheran Church in America
God's work. Our hands.

ELCA GLOBAL LINKS

Stay informed. Be inspired. Get involved.

Making A Difference

The following is a story from the Evangelical Lutheran Church of the Central African Republic, a companion church of the ELCA. It is a letter from a mother who participated in a project funded in part by ELCA World Hunger.

My husband and I are married in this village, and we have four children. Before PASE (French acronym for the Water Resources Management Project, a program of the Evangelical Lutheran Church of the Central African Republic), we drank water from the river, and all our fortunes were spent in the hospital because every week one of our children would fall sick. I would sometimes go down to the valley after dark to fetch water from the river. We suffered a lot from this situation.

We wanted to build a solid, roof house for our family and have a better life. But the medical expenses ruined our plans. Also, we wanted our children to be literate because my husband and I never went to school.

When the people from PASE arrived, they told us about the construction of latrines. But we did not want that. We wanted a project that could give us agricultural seeds and build a health post in the village. After resisting, they finally convinced us to build the latrine. After a majority of us had built latrines, they harnessed a spring for our village. During the work of developing the spring, all the men of the village participated free of charge for the workforce and we [women] transported sand on our heads to the project site.

My husband is part of the water management committee. We have given a house to the PASE agent to live with us here in the village because we want him to be close to us while we wait for him to build his own house.



Our family has experienced great change including:

- We no longer have high medical expenses.
- We now have a tin—roofed house built with our own income.
- I bought a living room set of upholstered chairs.
- My husband has a motorcycle for our mobility.
- Today, thanks to the water fountain built by PASE, all the trucks and the travelers traveling to and from Bangui stop to get water, and we take the opportunity to sell our farm produce on the spot.

— Huguette
Kpokorta village, Central African Republic