



March 2020

the  
SPIRIT

# Salem Lutheran Church

shalom - salaam - salem - peace

*A Reconciling in Christ (RIC) Congregation*

## Forgive Us as We Forgive?

On Ash Wednesday we confessed our sins, but did you realize that something was missing? We did not receive absolution. Absolution comes at the end of Lent, on Maundy Thursday. Structured in this way, the ancient liturgy makes it clear that Lent is a time for God's children to repent and seek forgiveness.

God offers forgiveness to everyone – it's a sheer gift of free grace – but there's a catch. While forgiveness is offered to us, the only way we can receive forgiveness is by forgiving. Jesus made that clear in the prayer he taught us, "forgive us our sins as we forgive those who sin against us". There's a little word in that sentence that's important: the word "as". It doesn't mean "forgive us in the same way we forgive others" because if that were the case I think most of us would be setting ourselves up for not being forgiven. Certainly I hope that God does a better job of forgiving me than I do of forgiving those who have hurt me! No, to me that little word, "as" means that the two things are inextricably linked. It's only when we let go of our hurt and anger and resentment and every other negative feeling towards others that we are able to feel and experience the sheer grace and mercy of God that sets us free.

Picture it this way. You are in the company of 2 people – the love of your life who loves you unconditionally and your arch enemy who you can't stand. Your enemy is handcuffed to you so you can't get away. Now just think how that's going to diminish your experience with the

one who loves you! The only way to get rid of the enemy handcuffed to you is to use the key which is total and complete forgiveness and love. You don't want to forgive the person – they certainly don't deserve it! – and you don't want to let them think that what they did was ok! – but...do you REALLY

want that person handcuffed to you and keeping you from experiencing the love of someone else?

If you were present at the Sunday Night Alive event "Spirits among us" you will remember our speaker, Anna Maria Capocelli Kinberg, who uses her spiritual gift of discerning spirits in her interior design business. Recently she told me a story about a doctor named Ihaleakala Hew Len, who was called in to bring healing to patients in a Hawaiian hospital ward for the criminally insane. The patients were so out of control and the ward so dangerous that other doctors had given up and the hospital could not retain staff. Dr. Hew Len says that he cured the patients simply by sitting in his office each day and putting a hand on each of their files while he prayed, "I'm sorry. Please forgive me. Thank you. I love you." Over and over. Day after day. For 3 years.

He explained that because we are all connected, we are each individually responsible for everything and everyone that appears in our lives and the only way we can change the outer circumstances and situations of our lives, including other people, is by changing ourselves and becoming the love and health and wholeness we wish to see. The prayer is called the Ho'oponopono Prayer and comes out of larger Ho'oponopono Hawaiian spiritual practice.

Dr. Hew Len spent hours each day praying this prayer over the files of his patients – not something most of us are likely to do. But here's an idea you might consider as this year's Lenten discipline. Whenever you have a negative thought about anyone, simply follow it with this prayer: "I'm sorry. Please forgive me. Thank you. I love you."

On Ash Wednesday we confessed our sin, and as move through this season of Lent seeking forgiveness, what better way to open our hearts to receive forgiveness than to pray this prayer. As we do, I am SURE that God will work miracles in each of our lives and in our life together.

*Pastor Marjo*

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*We are a community of Christian disciples called by the Holy Spirit.*

## SALEM LUTHERAN CHURCH

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

Website - [www.salembridgeport.org](http://www.salembridgeport.org)

Facebook - [www.facebook.com/SalemBridgeport/](http://www.facebook.com/SalemBridgeport/)

### Church Office Hours

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

### Worship Services

9:30am Traditional Worship

### Salem's Staff

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

Karl Kraft, Office Manager  
Office Phone (203) 336-3300  
[salemsec123@sbcglobal.net](mailto: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](mailto:marjoanderson@aol.com)  
Frank Dukenski, President – [fduzenski@aol.com](mailto:fduzenski@aol.com)  
Ray Anderson, Vice-President – [andersray4@gmail.com](mailto:andersray4@gmail.com)  
Nancy Headford, Secretary – [nancy9881@att.net](mailto:nancy9881@att.net)  
Rich Kenyon, Treasurer – [rich@kenyonbusiness.com](mailto:rich@kenyonbusiness.com)  
Katie Adams – [keadams333@gmail.com](mailto:keadams333@gmail.com)  
Liz Bales – [the2bales@gmail.com](mailto:the2bales@gmail.com)  
Sandra Brown – [sjbrown@snet.net](mailto:sjbrown@snet.net)  
Steve Kuczo, Staff Support – [skuczo@aol.com](mailto:skuczo@aol.com)  
Evan Lansing  
Emily Sokoloski – [emilysokoloski@gmail.com](mailto:emilysokoloski@gmail.com)  
Diane Tomasko – [dtomasko01@yahoo.com](mailto:dtomasko01@yahoo.com)  
Bill Winter, Property – [wjwinter@optonline.net](mailto:wjwinter@optonline.net)

### SUSTAINABILITY TASK FORCE

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

### LIGHT –

Leaders Inviting Growth through Hope for Tomorrow

### Source Team:

Pastor Marjo Anderson – [marjoanderson@aol.com](mailto:marjoanderson@aol.com)  
Ray Lansing – [raylansing@yahoo.com](mailto:raylansing@yahoo.com)  
Bill Winter – [wjwinter@optonline.net](mailto:wjwinter@optonline.net)  
Tom Larson – [tjcklarson@sbcglobal.net](mailto:tjcklarson@sbcglobal.net)

### Reflection Team:

Katie Adams – [keadams333@gmail.com](mailto:keadams333@gmail.com)  
Jean Larson – [tjcklarson@sbcglobal.net](mailto:tjcklarson@sbcglobal.net)  
Frank Dukenski – [fduzenski@aol.com](mailto:fduzenski@aol.com)  
Joel Hintz – [brondle@aol.com](mailto:brondle@aol.com)

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

**Next deadline date is **March 15th** for the  
**April issue!****


**Email submissions to  
[salemsec123@sbcglobal.net](mailto:salemsec123@sbcglobal.net)**



# March 2020

## Salem Lutheran Church



SUN Mar 1	MON 2	TUE 3	WED 4	THU 5	FRI 6	SAT 7
Pastor Marjo - Continuing Educ						NDM - Baby Christening Party
<b>First Sunday in Lent</b> 9:30am Worship 10:30am Christ Presbyterian Church 10:45am Adult Forum 12:30pm New Directions Ministries 6:30pm SLAA - CR	10am Culinary Class 7pm Scouts - CR	9:30am Pastors' Text Study 10am Culinary Class 12pm Book Club 7pm STEPP Group - CR	10am Culinary Class	10am Culinary Class	NDM - hall setup	
8 <b>Second Sunday in Lent</b> 9:30am Worship 10:30am Christ Presbyterian Church 10:45am Adult Forum 12:30pm New Directions Ministries 6:30pm SLAA - CR	10am Culinary Class 7pm Scouts - CR	9:30am Pastors' Text Study 10am Culinary Class 7pm STEPP Group - CR	8:30am Pantry Setup 10am Culinary Class	8:30am Pantry Setup 10am Culinary Class 4pm Food Pantry 7:30pm Choir	4pm Musical Theatre Afterschool Camp	14 <b>Eagle Scout of Honor- Hall</b> <b>Lounge - Jeanette Harris</b> 8am Men's Breakfast
15 <b>Third Sunday in Lent</b> 9:30am Worship 10:30am Christ Presbyterian Church 10:45am Adult Forum 12:30pm New Directions Ministries 6:30pm SLAA - CR	10am Culinary Class 6:30pm Finance Committee 6:30pm Social Ministry 7pm Scouts - CR 7:30pm Executive Committee	9:30am Pastors' Text Study 10am Culinary Class 7pm STEPP Group - CR	18 <b>Golden Hill Community Supper</b> 10am Culinary Class	19 10am Culinary Class 7:30pm Choir	20 <b>NDM - Annual Prayer Breakfast</b> 4pm Musical Theatre Afterschool Camp	21 11am Inner-View Chat n Chew
22 <b>Fourth Sunday in Lent</b> 9:30am Worship 10:30am Christ Presbyterian Church 10:45am Adult Forum 12:30pm New Directions Ministries 6:30pm SLAA - CR	23 7pm Council 7pm Scouts - CR	24 9:30am Pastors' Text Study 7pm STEPP Group - CR	25 8:30am Pantry Setup	26 8:30am Pantry Setup 4pm Food Pantry 7:30pm Choir	27 4pm Musical Theatre Afterschool Camp	28 8:30am CPC Easter Kids Event
29 <b>Fifth Sunday in Lent</b> 9:30am Worship 10:30am Christ Presbyterian Church 10:45am Adult Forum 12:30pm New Directions Ministries 6:30pm SLAA - CR	30 7pm Scouts - CR	31 9:30am Pastors' Text Study 7pm STEPP Group - CR	  			



## Worship Assistants

# SALEM LUTHERAN CHURCH

## March 2020

	March 1	March 8	March 15	March 22	March 29
<b>Assisting Minister</b>	Anita Papp	Bruce Tomasko	Steve Kuczo	Ray Lansing	Anita Papp
<b>Lector/Communion Minister</b>	Eileen Anderson	Diane Tomasko	Jean Larson	Tom Larson	Sandra Brown
<b>Altar Prep Team</b>	Anita Papp Cindy Roberts	Anita Papp Cindy Roberts	Sandra Brown Emily Sokoloski	Sandra Brown Emily Sokoloski	Jean Larson Diane Tomasko
<b>Ushers</b>	Ray & Eileen Anderson	Mike Caragol Tom Larson	Joe Bales John Bryk	Rich & Carol Lansing	Ray & Eileen Anderson
<b>Flowers Given By</b>	Cindy Roberts		Nancy Headford		Cindy Roberts
<b>Coffee Hour</b>					
<b>Tellers</b>	Steve Kuczo Bill Winter	Ray Anderson Dale Danowski	Nancy Headford Emily Sokoloski	Rich Kenyon	Sandra Brown Diane Tomasko



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](mailto:salemsec123@sbcglobal.net).

Carlee Claus.....	2
Bonnie Baronavski .....	3
Lowell Claus .....	3
Bryana Johnson .....	6
Dennis Pittu .....	7
Timothy Cotter.....	9
Tracy Hintz .....	10
Josephine Hahn .....	12
Todd DeWalt .....	14
David Lazarini.....	14
Noah Lansing .....	16
Elizabeth Watts .....	16
Laila Hietala.....	18
Jonathon Rosa .....	19
Joseph Bales.....	23
Stephan Dow.....	23

John Bryk .....	29
Linda Kraft.....	30



<u>2020</u>	Mar 8	Aug tba
<u>Blood Pressure</u>	Apr 5	Sep 13
<u>Screening Dates</u>	May 3	Oct 4
	Jun 7	Nov 8
	Jul tba	Dec 6

## SAVE THE DATE

On Thursday, April 30, 2020 the Council of Churches will be holding its annual Spring Fling fundraiser at the Downtown Cabaret Theatre in Bridgeport. The show is "Matilda". This is always a very enjoyable evening. The cost will again be \$75. per person, which includes a reception at City Lights Gallery, presentation of the Faith and Community Award and the show.

Salem has always been well represented at this event and we hope that will be true this year. For further information see Sandra Brown, Bonnie McWain or Tom Larson.

Address update: (After April 1, 2020)

Richard & Carol Lansing  
7 Grandview Rd  
Fairfield, CT 06825

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

Joan B	Bobby W
Barbara B	Anna
Sam B	Barbara
Erick D	James S
Grace D	Sarah R
Hannah & Joseph	Brooks A
Bob H	Angie
Dennis H	Liz F.
Sylvitha	Hazel P
Jay	Katherine P
Jinny L	
Mike R	
Jane M	
Jana B	
William S	
Daphne B	
Peter K	



**Salem Book Club** meets on the first Tuesday at noon in the Salem Lounge. The Upcoming selections are:

Mar 3rd: **The Perfume Collector** by Kathleen Tessaro,  
April 7th: **The Lost Girls of Paris** by Pam Jenoff.  
May 5th: **The Beekeeper of Aleppo** by Christy Lefteri  
June. 2nd: **Beneath the Scarlet Sky** by Mark Sullivan

New members and guests are welcome to join us. Please bring your lunch.





# Easter Caring and Sharing

If you'd like to honor a loved one in our Easter Memorial garden, or by making a memorial donation to the Council of Churches of Greater Bridgeport Hunger Programs, please fill out the enclosed form and return it to church with your donation by April 5.



*My contribution towards*

## *Easter Caring and Sharing*

Check one:

- |  |                                |
|--|--------------------------------|
| <input type="checkbox"/> In Memory of        | <input type="checkbox"/> Tulip |
| <input type="checkbox"/> In Honor of         | <input type="checkbox"/> Lily  |
| <input type="checkbox"/> In Thanksgiving for |                                |



Given by \_\_\_\_\_

Check your preference

- ☐ Contribution to the Council of Churches of Greater Bridgeport Hunger Programs  
☐ Easter Flowers

Please check your preference

- ☐ Please give my plant to a homebound or institution-bound person.  
☐ I wish to take a plant home.  
☐ I am willing to take a plant to a homebound or institution-bound person following the 9:30 service.  
☐ I'll take a plant to \_\_\_\_\_  
Or ☐ to someone who lives in my direction

Enclosed please find my donation of \$ \_\_\_\_\_

(Make checks payable to Salem Lutheran Church)

We ask a donation of \$8.50 per plant.

Please return this form to Salem by Sunday, April 5, 2020

# We Are Grateful

## Food Pantry

Dave Albers, Joe & Liz Bales, Sandra Brown, Duffner Family Fund

Gail Hill (in memory Derm Luckner)

*Designated  
Gifts*

Did you know that students from Sacred Heart University regularly help out with Salem's Food Pantry? Here's an opportunity to help them out and support the Theatre Arts Program at SHU.



The sky is falling! Isn't it? In Fake News!, students from Professor Lincoln's Media Culture course present a fast-paced adventure through the culture of fear. Destinations include a spin on the most infamous broadcast of all time, Orson Welles' adaptation of The War of the Worlds, and a climax never before seen on a public stage! Can they pull the rug out from under an audience who feels they can't be tricked? Don't touch that dial! The art of fake news is about to be taken to dizzying heights.

*Event held at Edgerton Center Little Theatre*

GENERAL PUBLIC: \$22

SENIOR CITIZENS/ALUMNI: \$15

STUDENT: \$10

FACULTY/STAFF FREE WITH SHU ID

MARCH 19-21, 2020 AT 8PM

MARCH 22, 2020 AT 3PM

MARCH 26-28, 2020 AT 8PM

MARCH 29, 2020 AT 3PM

Buy tickets online.

# Musical Theatre Afterschool Fun

**4:00-6:00 Fridays,  
March 13 - June 12, 2020  
for students in grades K-8  
at Salem Lutheran Church  
3160 Park Avenue  
on the Bridgeport-Fairfield line**

Musical Theatre participants will discover their gifts and develop skills in acting, singing, dancing and much more. Students learn about themselves, building self-esteem and confidence in a fun-filled and supportive atmosphere. The Friday afternoon schedule includes informal activities, games, formal instruction, and a healthy dinner. A final performance will showcase their work. Musical Theatre instructors help develop each student's abilities by sharing their personal passion and extensive experience.

Tuition is \$65\* per semester, with an early-bird rate of \$50. Checks or money orders should be made out to Salem Lutheran Church.

To register, please fill out the form below and return it by email, mail or in person to:

Address: Musical Theatre Afterschool Fun  
Salem Lutheran Church  
3160 Park Avenue, Bridgeport, CT 06604

Office Hours: Monday-Thursday 9:00-3:00  
Email: [salemsec123@sbcglobal.net](mailto:salemsec123@sbcglobal.net)  
Phone: 203-336-3300

For questions call or email Salem or go to the Salem Lutheran Church website: [www.salembridgeport.org](http://www.salembridgeport.org)

## REGISTRATION FORM

Name \_\_\_\_\_

Grade \_\_\_\_\_ School \_\_\_\_\_

Special needs/allergies \_\_\_\_\_

Parents' Names \_\_\_\_\_

Address \_\_\_\_\_

Email Address \_\_\_\_\_

Best Phone (\_\_\_\_) \_\_\_\_\_

Persons Authorized to Pick up Student \_\_\_\_\_

\*\*\*\*\*

*\*For scholarship and discount information, please contact the church office.*



# Our Directors!

## *DIRECTORS*

Marjo Anderson, Pastor of Salem Lutheran Church, is energized by youth ministry. She has her Bachelor of Music Education degree in choral music and has taught music in grades K-12 in the public schools. She has her Master's from the Yale Institute of Sacred Music and has served as a church musician, directing choirs of all ages.

Jeanette Harris, the Lay Licensed Minister of Genesis Gospel Café in Bridgeport, is a performance artist, award-winning playwright, poet, singer, story-teller, comedian, and radio host of "An Encouraging Word", broadcast Sundays at 4 pm at 1400radio.am.

# Classes!

## *THEATRE*

Acting provides literature-based exploratory groups that encourage confidence by building theatre and life skills in a fun and supportive environment. The process rather than the end product is emphasized. Developmentally appropriate exercises and activities teach beginning terminology and theatre skills in every class. Students also learn valuable life skills such as taking turns, listening, self-confidence, being part of a team, cultivating actor/creators, innovators, and creative collaborators. This all takes place in a safe atmosphere where it is easy to make new friends.

## *MUSIC*

A complete song-learning class, designed to help young and advanced performers learn more about singing and music. Areas covered include vocal technique, breath control, rhythm, melody, and sight-reading. Students expand their vocal range, fine tune their ears, strengthen breathing, and learn new music, all in a week!

## *DANCE*

As physical beings and as children our flexible bodies move freely, expressing our emotions, but as we grow we lose much of our flexibility and freedom of movement. Children skip, jump and dance spontaneously, and Musical Theatre allows them to continue to express themselves physically while channeling their energy and enthusiasm into dances which tell a story. Elements of different forms of dance will be incorporated into the final presentation.

## *ARTS AND CRAFTS*

Children of all ages love the chance to be creative and there is a lot of fun and learning as children help prepare props and design sets and costumes for the final show!

# Sunday Night Alive RETURNS!



5:00-5:45 dinner (please RSVP!)

5:45-7:30 CABARET NIGHT

29 MARCH 2020

in Fellowship Hall, Salem

3160 Park Avenue, Bridgeport

*Brought to you with love by*

*Genesis Gospel Cafe*

*Salem Church &*

*New Direction Ministries*



*For more info go to [SundayNightAlive.org](http://SundayNightAlive.org) or call 203-336-3300.*

*To RSVP please call or text 203-366-6778.*



**Salem Lutheran Church,  
New Direction Ministries,  
& Genesis Gospel Café  
ANNOUNCE...**



# REBUILD BRIDGEPORT!

400 high school youth and youth leaders from churches around the country will be coming to spend a week, fixing up 50-70 homes for those in need.

We'll be taking applications for homes in need of repair beginning in October.

We'll also be looking for volunteers to help host the program.

Forthcoming details will be posted at [saalembridgeport.org](http://saalembridgeport.org), so stay tuned.

For more information, call 203-336-3300.

## Coming the Summer of 2021...

### **THIS MONTH'S REQUEST:**

**Please pray that the contract between GROUP Mission Trips and the host school be signed ASAP!**



# March is National Nutrition Month

## *Ten Foods You Should Eat Often*

1. **Apples, berries, and citrus.** These fruits contain fiber and vitamin C. They are inexpensive and easy to find. Frozen berries are a good choice if fresh are hard to find.
2. **Beans and other legumes.** Legumes can lower cholesterol and contain iron, fiber, and zinc. They are inexpensive and easy to find.
3. **Yogurt, milk, and cheese.** Dairy products are high in calcium and vitamin D and are good for bones. Look for fat-free or low-fat dairy products.
4. **Fish.** Fish contain omega 3 fatty acids which are good for the heart and brain. Salmon (preferably not farm raised), sardines, and herring are especially good for you.
5. **Nuts.** Nuts are a good source of omega 3 fatty acids and also vitamin E, iron, zinc, and potassium. Unsalted nuts are best.
6. **Onions and garlic.** These bulb plants can reduce inflammation and may help prevent some cancers. They are heart healthy foods.
7. **Olive oil.** This oil can lower bad cholesterol and can help protect the heart.
8. **Soy.** Soy is a good source of protein. Soy protects the heart and may lower your cancer risk.
9. **Vegetables.** Eat vegetables of every color. Vegetables are good for your brain, heart, and eyes.
10. **Whole grains.** Whole grains contain fiber and vitamins E and B. Look for bread and cereal made from whole grain wheat, oats, rye, and corn.



From  
Our  
Parish  
Nurses

## *Five Ingredients You Should Reduce Consuming*

1. Saturated and trans fats or partially hydrogenated fats or oils. Limit eating cheese, butter, and red meats.
2. Added sugars such as in junk food.
3. Salt. Low sodium is defined as 140 mg of sodium per serving. Limit salty foods such as cold cuts and canned soups.
4. Refined Grains such as white flour and white rice.
5. Alcohol (except in small amounts).

Make a point to read labels to check foods for fats, sugars, salt, and types of grains. Always be aware of foods to avoid if you are allergic to them.



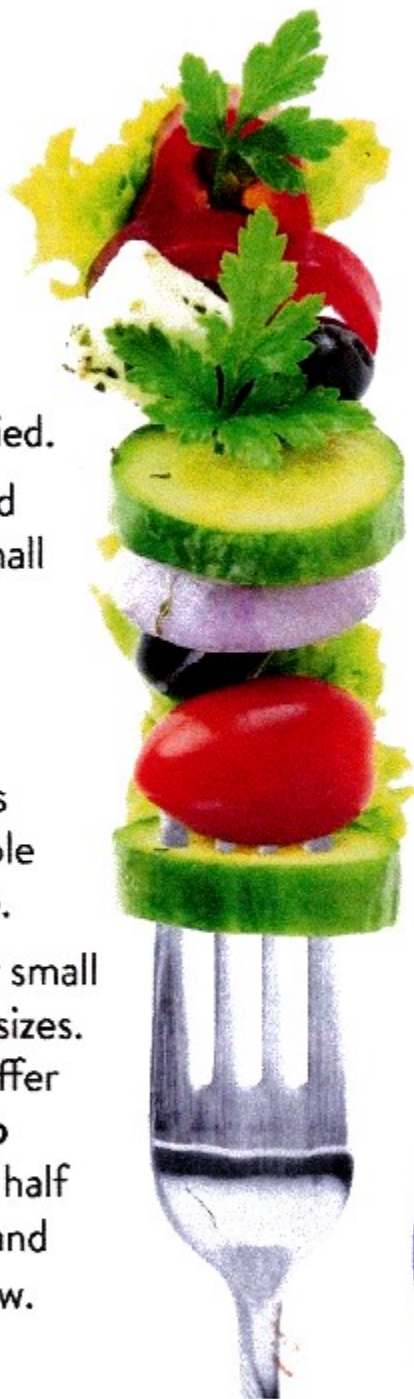


# Let's all eat healthy!

## TASTY TIPS:

No matter where you're eating, try these quick tips for a healthier meal:

- Pick grilled, steamed, or broiled options instead of those that are sautéed or fried.
- Skip the fries on the side and ask for extra veggies or a small salad instead.
- Choose lean proteins like chicken and fish.
- Look for whole grain options like whole wheat bread, whole wheat pasta, and brown rice.
- Try a smaller portion. Order small or medium instead of large sizes. Or ask your server if they offer the **Eat Well Take Half to Go** option: Your server can box half your portion to take home and serve you the other half now.



*If eating out,  
try this site:*



Check [www.healthyforlifeproject.org](http://www.healthyforlifeproject.org) for more information and a list of participating restaurants.





## The Council of Churches of Greater Bridgeport, Inc.

*Leveraging Hope, Transforming Communities*

*Service \* Dialogue \* Collaboration*

The Rev. Marjo Anderson  
Salem Lutheran Church  
3160 Park Avenue  
Bridgeport, CT 06606

Jan. 31, 2020

Dear Marjo,

Thank you very much for the church's donation of \$4,000 on December 31, 2019. We're grateful! Your participation in The Council and this contribution to our ministry is so important to the continuing effectiveness of all we do! 2020 marks our 75<sup>th</sup> anniversary year and I'm excited about all we can do to strengthen and grow our ministry. Here is just one small story about the impact we are having on the lives of the people we serve through The Council's programs.

The FEED Center has recently convened our 9<sup>th</sup> culinary course in January. If a picture is worth a thousand words, then this photo of Dawn Anderson (middle) receiving her certificate at the last graduation in November tells the whole story!

Each graduate receives their own chef's coat and certificate, but more important, they are launched into employment or their own food based business with confidence, and with our continuing support.



Chef Aditi Goswami (on right), and Michelle McCabe, the Director of the FEED Center (on left), follow our graduates long after they complete the program. They offer advice, mentoring, and resources to ensure that our graduates succeed. Michelle and Aditi are cultivating a strong network of restaurant owners and food service companies who look to us for well-trained candidates for employment. We are proud that 70% of our graduates are placed in employment, and are working to do even better.

So please extend my thanks to the congregation for their partnership, their generosity in letting our CREATE class operate in your kitchen, and for this donation.

Warmly,

*Cass*

*I hope your New Year has begun well!*

Rev. Cass L. Shaw  
President and Chief Executive Officer

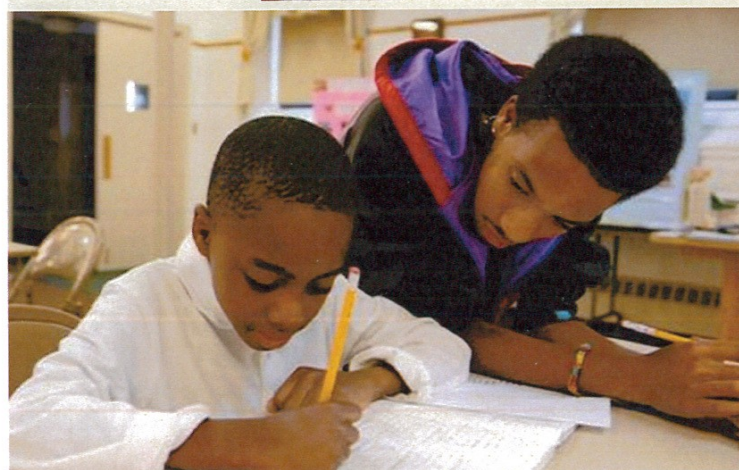
**Advocacy \* Food Access \* Ecumenical & Interfaith \* Re-Entry \* Youth in Crisis**

1718 Capitol Avenue · Bridgeport, Connecticut 06604-1531  
Tel: 203.334.1121 · Fax: 203.367.8113 · [www.ccg.org](http://www.ccg.org)



## How Your Gifts Support Our Programs

As we celebrate 75 years of service in 2020, The Council of Churches of Greater Bridgeport (CCGB) continues to move from charity to justice. This means not only providing direct services to those in need, but also providing job training and small business development, advocating for changes in policy and practice on the local, state, and federal levels, and more. It means building bridges where now there are walls; encouraging and inspiring faith communities to put our faith into action!



### FEED Center (Food Equity and Economic Development)

- FEED, assistance to 22 area feeding programs, coordinating their services and advocating for greater access to healthy food for the poor.
- CREATE, a 10-week, free culinary skills course for low-income residents, preparing them for food industry employment or the formation of their own food-based businesses. We place 70% of our graduates in living wage jobs!
- SEEK, an Incubator Kitchen rented at low cost to support food entrepreneurs to grow their own food based businesses.
- Mobile Marketplace, a retail environment that supports food businesses and local growers, provides access to healthy foods in low-income neighborhoods and exposes Bridgeport entrepreneurs to a suburban clientele.

### Janus Center for Youth in Crisis

- 24 hr. hot line, and intervention services for youth and their families. Licensed foster parents provide up to 3 weeks of respite care for youth ages 11-18. Our goal is to keep them in school and out of the juvenile justice system.
- School Based Services, weekly support for up to 90 youth throughout the school year, offering counseling and intervention, mentoring, workshops, and support for the entire family. 100% of the students we support move on to the next grade or graduate.

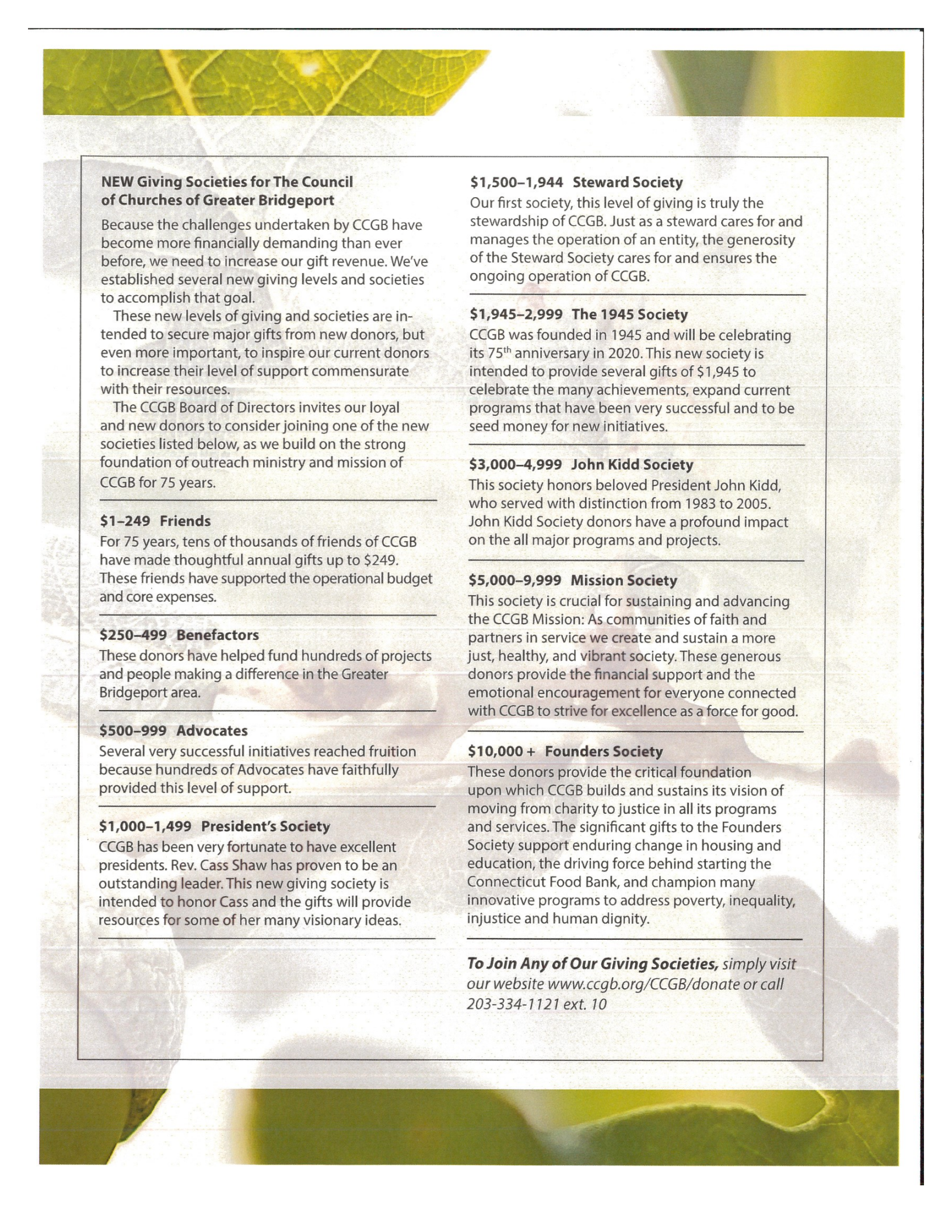
### Bridge Building

- Ecumenical and interfaith opportunities to build community through education, dialogue and advocacy, including conversations on race and white privilege.
- The Tent of Abraham: a partnership between Christian, Jewish, Muslim, Baha'i and other groups who come together to learn about one another's traditions and serve the community.

### Other Services

- Project Learn, after school homework and tutorial help with enrichment activities for elementary school students at Summerfield United Methodist Church in the East End of Bridgeport.
- Projecto Nueva Vida, supporting Hispanic former offenders through reentry services: therapeutic group work, clothing, transportation, picture IDs and more. We support 150+ men and women each year.





### **NEW Giving Societies for The Council of Churches of Greater Bridgeport**

Because the challenges undertaken by CCGB have become more financially demanding than ever before, we need to increase our gift revenue. We've established several new giving levels and societies to accomplish that goal.

These new levels of giving and societies are intended to secure major gifts from new donors, but even more important, to inspire our current donors to increase their level of support commensurate with their resources.

The CCGB Board of Directors invites our loyal and new donors to consider joining one of the new societies listed below, as we build on the strong foundation of outreach ministry and mission of CCGB for 75 years.

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#### **\$1-249 Friends**

For 75 years, tens of thousands of friends of CCGB have made thoughtful annual gifts up to \$249. These friends have supported the operational budget and core expenses.

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#### **\$250-499 Benefactors**

These donors have helped fund hundreds of projects and people making a difference in the Greater Bridgeport area.

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#### **\$500-999 Advocates**

Several very successful initiatives reached fruition because hundreds of Advocates have faithfully provided this level of support.

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#### **\$1,000-1,499 President's Society**

CCGB has been very fortunate to have excellent presidents. Rev. Cass Shaw has proven to be an outstanding leader. This new giving society is intended to honor Cass and the gifts will provide resources for some of her many visionary ideas.

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#### **\$1,500-1,944 Steward Society**

Our first society, this level of giving is truly the stewardship of CCGB. Just as a steward cares for and manages the operation of an entity, the generosity of the Steward Society cares for and ensures the ongoing operation of CCGB.

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#### **\$1,945-2,999 The 1945 Society**

CCGB was founded in 1945 and will be celebrating its 75<sup>th</sup> anniversary in 2020. This new society is intended to provide several gifts of \$1,945 to celebrate the many achievements, expand current programs that have been very successful and to be seed money for new initiatives.

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#### **\$3,000-4,999 John Kidd Society**

This society honors beloved President John Kidd, who served with distinction from 1983 to 2005. John Kidd Society donors have a profound impact on the all major programs and projects.

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#### **\$5,000-9,999 Mission Society**

This society is crucial for sustaining and advancing the CCGB Mission: As communities of faith and partners in service we create and sustain a more just, healthy, and vibrant society. These generous donors provide the financial support and the emotional encouragement for everyone connected with CCGB to strive for excellence as a force for good.

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#### **\$10,000 + Founders Society**

These donors provide the critical foundation upon which CCGB builds and sustains its vision of moving from charity to justice in all its programs and services. The significant gifts to the Founders Society support enduring change in housing and education, the driving force behind starting the Connecticut Food Bank, and champion many innovative programs to address poverty, inequality, injustice and human dignity.

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**To Join Any of Our Giving Societies**, simply visit our website [www.ccgb.org/CCGB/donate](http://www.ccgb.org/CCGB/donate) or call 203-334-1121 ext. 10





# Evangelical Lutheran Church in America

God's work. Our hands.

**STORIES** OF FAITH IN ACTION

## The Great and Holy Leveling Field

Tim Brown

"There but for the grace of God go I."

I've heard this uttered and may have even said it myself a time or two. It's usually said in response to seeing some unfortunate soul pass by with some known, perceived or just surmised devastation.

I know it's often said with the best intentions, and surely we should draw lessons from what we see around us every day. But I've come to see it as a cruel statement. It turns someone else's bad situation into your own private lesson, which is egotistical at best and dehumanizing at worst.

I once heard someone say that God put a person with a debilitating disease in their life to help them appreciate what they themselves have. That's not only theologically but also morally indefensible.

One person's tragedy is not my primer lesson. I may glean wisdom from the situation but, at its core, the situation is their tragedy.

Too often, we look at other people as the plumb line with which we gauge our own lives—with troubling results.

Perhaps this is why Ash Wednesday remains one of the holiest days of the year for me. Some see it as a public display of piety, which it certainly can turn into, but I see it as the great and holy leveling field of the liturgical year.

We are made of dust, beloved. And we will return to it. We will return to dust with all our ill-advised statements, all our greed, all the times we shoved a needle in our veins to feel or not feel. We'll all return to dust with the good times buried in our hearts, with our tear-stained cheeks and with all those secret devastations no one knows about except for God and the diaries of our souls.

That cross of ash is a sign of both penitence and hope. We live with our "sorry" displayed for the world to see on Ash Wednesday, but in that act we also make a bold claim. No longer is it "There but for the grace of God go I." Now, on this holy day, we say in a humble but confident response, "Here by the grace of God go I."



Here by the grace of God go I. And you.

We stream from our sanctuaries, our "ashes to-go" street-corner stations and our early-morning Masses, walking with a little more weight on our foreheads but a little less weight on our souls.

We become walking beacons of messy redemption who no longer must compare ourselves to anyone else because we're all marked with the same mark, stamped with the same grace and held in the same arms.

Here by the grace of God go we.

Tim Brown is a pastor, writer, and mission ambassador and gifts officer for the Lutheran School of Theology at Chicago.



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

## ELCA GLOBAL LINKS

Stay informed. Be inspired. Get involved.

# Overcoming Malnutrition in Tanzania

At the Selian Lutheran Hospital malnutrition clinic in Arusha, Tanzania, missionary Jodi Swanson once treated a little girl named Juliana who was struggling to gain weight. The medical team was doing everything right, prescribing therapeutic foods, conducting follow-ups and testing for potential diseases, but still Juliana remained dangerously malnourished. The staff thought: What's going on? We don't know what to do with this child.

They refused to give up, continuing treatment for a month and putting out prayer requests. "All of a sudden she began to take off," Jodi said. "And off she went, home to stay with her family. That was one of my happiest moments, because I was really concerned about whether this child was going to make it."

Stories like Juliana's give Jodi a sense of hope. She and her husband, Steve, serve as missionaries in Arusha, working at Selian Hospital and Arusha Lutheran Medical Center. As a pediatric nurse, she works alongside Tanzanian nurses to treat children who face acute and chronic malnutrition. Even on difficult days, Jodi finds encouragement in working with her fellow nurses.

"To work alongside these Tanzanian nurses is something that gives me the greatest joy," she said. "I can come here on a day I'm feeling really discouraged and thinking, 'Am I really making any difference?,' and I see their faces and greet them with a hug and a kiss, and I already feel better."

The Swansons moved to Tanzania in 2013 at the invitation of the Evangelical Lutheran Church in Tanzania and its hospitals. When Jodi first began working at Selian Hospital, she learned from a nutritionist named Mama Imani and focused on building relationships. As the need for increased malnutrition care became clear, the Swansons established an inpatient feeding program at the hospital and then an outpatient program for follow-up care. Mothers bring their children to the outpatient pro-



gram on a weekly basis for a nutrition checkup, and they receive ready-to-use therapeutic food to supplement the children's diets. They also learn how to create their own gardens to grow nutritious foods.

Between the changing climate and population growth, many families in Tanzania face hunger and malnutrition, with about 13 million people living in poverty, according to the World Bank. Jodi has seen some of the hungriest children in the hospital's malnutrition clinic. Often families will bring their children to the hospital after nothing else has worked.

She sees need for both capacity-building and additional resources. As local doctors and nurses grow in their skills, care has been improving, but there is still a lack of such critically needed resources as medicine and supplies. "That's where I think that we step in and help, out of compassionate hearts," Jodi said, "to take our place in the world and say we're going to share our resources with you."