

April 2019



the
SPIRIT

SALEM LUTHERAN CHURCH

*A Reconciling in Christ
(RIC) Congregation*

Holy Week and Easter

The movement of Holy Week—from shouts of praise to words of denial and cries for crucifixion—mirrors the path of discipleship. The lives of Jesus' followers hang in the balance between faithfulness and betrayal. For Peter, the act of denial is subtle and insidious. He claims not to know Jesus; he claims to have no place as his disciple. On the surface it is seemingly harmless. It happens, and then is over in a moment. In reality, the harm is deep and lasting. Subtle but harmful denial happens in a split second as disciples compromise faith for the sake of self-protection—as they're too embarrassed to give thanks; as someone knows how to help but fails to do so because it's inconvenient; as resources are hoarded. While Peter withholds everything for his own sake, Jesus, for the sake of others, withholds nothing. As disciples fail to claim their place with Jesus, Jesus' embrace claims them. From the cross, Jesus offers mercy wide enough to claim even those who do not know what they do.

Since at least the fourth century and universally in the church since the eighth, Christians have kept the Sunday before Easter as a memorial of Jesus' entry into Jerusalem, and a literal procession of palms, begun in Jerusalem, has spread throughout the world.

What is Easter anyway? Christians consider Easter to be the "first day." From Easter comes the practice of worshiping on Sunday morning. It is the first day of the week. It is also the first day of new creation, sometimes called the "eighth day" of the week, for on it Christ restored the image of God in the human and in so doing also brought restoration and renewal to all of creation. The Easter season proceeds from and celebrates this first day. In the resurrected Christ, there is time after the end, life after death, restoration of what was broken, the brightening of what had gone dark. In the fifty days of Easter, Christian communities around the world strive to worship God in a way that illustrates that the body of Christ lives now in the heavenly places and also in the gathered body in the world. Worship is where heaven and earth meet.

By the second century, Christians had shaped Passover into an annual celebration of Christ's resurrection, and by the fourth century they had agreed to keep this Christianized Pascha on the eve of the Sunday following the Jewish festival. By medieval times, the full Easter Vigil had been relegated to monasteries and convents, and so the Sunday morning celebration of Easter assumed priority in most churches. Since to be Christian is to believe in the power of the resurrection of Jesus Christ, observing Easter became the primary mark of a practicing Christian. The term "Easter duty" arose from the regulation that to be considered Christian, a person was required to make penance and then to attend eucharist at least once a year, at Easter.

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Taken from sundaysandseasons.com

*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.*

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

Mark Adamy, Music Director
adameus7@aol.com

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

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Home Phone (203) 683-7460
salemaim123@sbcglobal.net
(on disability leave)

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

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

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

LEADERSHIP AT SALEM

COUNCIL

Marjo Anderson, Pastor – marjoanderson@aol.com
Ray Lansing, President – raylansing@yahoo.com
Ray Anderson, Vice-President – andersray4@gmail.com
Nancy Headford, Secretary – nancy9881@att.net
Frank Dukenski, Treasurer – fduzenski@aol.com
Katie Adams – keadams333@gmail.com
Steve Kuczo, Staff Support – skuczo@aol.com
Noah Lansing, Youth – lansingnoah@yahoo.com
Cindy Roberts - robjcrb@gmail.com
Kaitlyn Rosa, Youth – krosa2000@gmail.com
Emily Sokoloski – emilysokoloski@gmail.com
Tracey Wilkins, Staff Support – traelwil@gmail.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
Tracey Wilkins – traelwil@gmail.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



April 2019

Salem Lutheran Church



SUN	MON Apr 1	TUE 2	WED 3	THU 4	FRI 5	SAT 6
	<ul style="list-style-type: none"> 7:30pm Scout Troop 103 	<ul style="list-style-type: none"> 9:30am Pastors' Text Study 10am Culinary Class Orientation 12pm Book Club 7pm STEPP Group - Community Room 	<ul style="list-style-type: none"> 9:30am Bible Study 	<ul style="list-style-type: none"> 4:30pm Music Theatre Thursday 6pm Music Theatre Thursday Meal 7pm Lutheran/Pentecostal Bible Study 7:30pm Choir 		<ul style="list-style-type: none"> 9am CPC - Kids' Party
7 Fifth Sunday in Lent <ul style="list-style-type: none"> 9:30am Worship 10:30am Coffee Hour 10:30am CPC 10:45am Adult Forum 12:30pm New Directions Ministries 6:30pm SLAA - Community Room 	8 <ul style="list-style-type: none"> 10am Culinary Class 7:30pm Scout Troop 103 	9 <ul style="list-style-type: none"> 9:30am Pastors' Text Study 10am Culinary Class 11:30am Pastors' Book Group 7pm Talk Tuesdays at Brewport 7pm STEPP Group - Community Room 	10 <ul style="list-style-type: none"> 8:30am Pantry Setup 9:30am Bible Study 10am Culinary Class 	11 <ul style="list-style-type: none"> 8:30am Pantry Setup 10am Culinary Class 4pm Food Pantry 4:30pm Music Theatre Thursday 6pm Music Theatre Thursday Meal 7pm Lutheran/Pentecostal Bible Study 7:30pm Choir 		13 <ul style="list-style-type: none"> 8am Men's Breakfast 9am Outside Hall Rental
14 Palm Sunday <ul style="list-style-type: none"> 9:30am Worship 10:30am Coffee Hour 10:30am CPC 12:30pm New Directions Ministries 6:30pm SLAA - Community Room 	15 <ul style="list-style-type: none"> 10am Culinary Class 6:30pm Finance Committee 7:30pm Scout Troop 103 7:30pm Executive Committee 	16 <ul style="list-style-type: none"> 9:30am Pastors' Text Study 10am Culinary Class 6pm Stewardship 7pm Talk Tuesdays at Brewport 7pm STEPP Group - Community Room 	17 <ul style="list-style-type: none"> 10am Culinary Class 	18 Maudy Thursday <ul style="list-style-type: none"> 10am Culinary Class 4:30pm Music Theatre Thursday 6pm Music Theatre Thursday Meal 7:30pm Maudy Thursday service 8:30pm Choir 	19 Good Friday <ul style="list-style-type: none"> 7:30pm Good Friday service 	20 <ul style="list-style-type: none"> 9am Outside Hall Rental 11am Inner-View Chat n Chew
21 Easter Sunday <ul style="list-style-type: none"> 8am Easter Breakfast & Egg Hunt 9:30am Worship 10:30am Coffee Hour 10:30am CPC 12:30pm New Directions Ministries 6:30pm SLAA - Community Room 	22 <ul style="list-style-type: none"> 10am Culinary Class 7pm Council 7:30pm Scout Troop 103 	23 <ul style="list-style-type: none"> 9:30am Pastors' Text Study 10am Culinary Class 7pm Talk Tuesdays at Brewport 7pm STEPP Group - Community Room 	24 <ul style="list-style-type: none"> 8:30am Pantry Setup 9:30am Bible Study 10am Culinary Class 	25 <ul style="list-style-type: none"> 8:30am Pantry Setup 10am Culinary Class 4pm Food Pantry 4:30pm Music Theatre Thursday 6pm Music Theatre Thursday Meal 7pm Lutheran/Pentecostal Bible Study 7:30pm Choir 	26 <ul style="list-style-type: none"> 5pm Troop 103 Pasta Dinner setup 	27 <ul style="list-style-type: none"> 8am Troop 103 Pasta Dinner Setup 6pm Troop 103 Pasta Dinner
28 Second Sunday of Easter <ul style="list-style-type: none"> 9:30am Worship 10:30am Coffee Hour 10:30am CPC 10:45am Adult Forum 12:30pm New Directions Ministries 6:30pm SLAA - Community Room 	29 <ul style="list-style-type: none"> 10am Culinary Class 7:30pm Scout Troop 103 	30 <ul style="list-style-type: none"> 9:30am Pastors' Text Study 10am Culinary Class 7pm Talk Tuesdays at Brewport 7pm STEPP Group - Community Room 				<div> Community Room Sun 6:45 SLAA Mon 7:30 Boy Scouts Tue 7:00 STEP </div>



Worship Assistants

SALEM LUTHERAN CHURCH

April, 2019

	Apr 7	Apr 14	Apr 18	Apr 19	Apr 21	Apr 28
Assisting Minister						
Lector/ Communion Minister						
Altar Prep Team	Anita Papp Cindy Roberts	Anita Papp Cindy Roberts	Bob Reichelt Chris Wolff		Bob Reichelt Chris Wolff	Sandra Brown Emily Sokoloski
Ushers	Mike Caragol Tom Larson	Joe Bales John Bryk	Rich & Carol Lansing	Ray & Eileen Anderson	Mike Caragol Tom Larson	Joe Bales John Bryk
Flowers Given By						Dolores Kuczo
Coffee Hour						
Tellers	Ray Anderson Dale Danowski	Emily Sokoloski Tracey Wilkins			Nancy Headford Rich Kenyon	Noah Lansing Ray Lansing



Coffee hour hosts are needed for **April 7th after**. PLEASE contact Linda Bryk 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 Linda at (203) 268-8008, or email her at mom-ryk@yahoo.com.

David Albers	1
Timothy Genster	1
Reinhard Reichelt	3
Marjo Anderson	4
Bert Andren	8
Miles Wilkins	8
Marija Kolar	8
Kristen Kulakowski	8
Sarah Murphy	10
Carissa Gulyas	10
Grace Dukenski	11
Liz Frohrip	12
Liliana Vasquez	13
Michelle Capozza	14
Linda Bryk	15
Victoria Roehrich	16
Joseph Sokoloski	18
Gabriella Rosa	19

Barbara Davis	20
Domenick D'Andrea	24
John Watts	24
Judi Nielsen	25
Julia DeWalt	25
Ian Dow	26
Tracey Wilkins	30



"I'm playing a crowd member in the Passion Play. I was going to play Pilate 'til I found out I'd have to wash my hands."

SALEM BOOK CLUB meets on the first Tuesday at noon in the Salem Lounge. We will meet on April 2nd to discuss "Saving Sophie" by Ronald Balson. On May 7th we will discuss "The Five People You Meet in Heaven" by Mitch Albom and on June 4th we will discuss "Little Fires Everywhere". New members and guests are welcome. Please bring your lunch



2019
Blood Pressure
Screening Dates

Apr 14	Sep 8
May 5	Oct 13
Jun 2	Nov 10
Jul tba	Dec 8
Aug tba	

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

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



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 14.



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 14, 2019

We Are Grateful

Capital Improvements

Todd & Elise DeWalt



If you haven't noticed yet, there's a new piano in the sanctuary. It was a snowy day when it arrived, but that didn't stop the movers from getting it in and setup.

For a variety of reasons, as many as half of middle-aged and older women do not comply with their physician's orders when taking prescription drugs.

The result can be adverse drug events which account for 700,000 emergency room visits and 120,000 hospitalizations a year.

Patients often do not tell their health care professionals all the medicines, including prescription, over-the-counter, and supplements, they are taking. Others don't take each medicine as prescribed, miss doses, or take medications more often than prescribed.

What You Can Do

- Keep an updated list of drugs, supplements, and herbal products you take and give to your doctor(s) including any specialist you see, at your next appointment.
- Develop a system or use a drug organizer to take the right drugs at the right time.
- Ask your pharmacist to help you develop the plan.
- How much, how often, and how long the drug should be taken
- Possible side effects.
- Drug/food/alcohol interactions that may occur.
- Whether drugs should be taken on a full or empty stomach, or if they should be taken a certain amount of time before or after meals.
- Different types of devices that dispense pills, and any recommendation your pharmacist may have.

A drug management system that works for one person may not work for another. Find or create a drug management system that works for you and use it. It could make your life a lot easier, and perhaps, save it!



As part of Get Healthy CT, you should know your numbers for blood pressure, cholesterol, blood sugar, and body mass index. On April 14, 2019 our parish nurses will be taking blood pressure readings. We encourage all the parishioners to get the blood pressure taken.

Here are some ways to improve communication with your health care team:

1. Remember that you are the consumer.
2. Bring someone with you to your appointment.
3. Prepare a list of questions beforehand.
4. Write down your doctor's answers.
5. If possible, tape-record your visits.

To understand your doctor better:

1. Use "I" statements like "I don't understand".
2. Be assertive - ask specific, brief questions.
3. If something is unclear, try repeating it back to your doctor. For example - "So you mean I should...."

Questions to ask your doctor or nurse to help you understand your treatment and follow up:

1. What are my treatment options?
2. What is the recommended treatment?
3. How often will I receive treatment?
4. What are the possible side effects?
5. What are the possible benefits and risks of this treatment?
6. How much will my treatment cost?
7. If I have questions during my treatment and my doctor is not available, who else can I ask?
8. Is there any information I can read about this treatment or procedure?
9. Is there anything else I should know?

Information taken from cancercare. See www.cancercare.org



Evangelical Lutheran Church in America

God's work. Our hands.

STORIES OF FAITH IN ACTION

I'm a Lutheran: Bunga Manurung

By Megan Brandsrud

HKBP (Huria Kristen Batak Protestan) Montclair Lutheran Church
Colorado, Denver—Youth leader

I believe that racism and sexism are still ongoing throughout the church. I believe that through diversity and inclusivity all of us can finally say, "We are church together." I believe that everyone, regardless of race, gender identity, sexual orientation, ethnicity, age, disability or religious affiliation, will be treated with the same compassion and love that Jesus has shown us.

An issue I'm passionate about is the effect of immigration policies and discrimination that kids, youth and young adults face at the present time. And I pray that God will help and guide them as they face these burdens.

My experience as a refugee after fleeing Indonesia to escape religious persecution was difficult. I was bullied in school because my accent was "weird," and on the first day of middle school, my older brother was stabbed with a pencil in the bathroom because he was different. I thought, "I was a Christian in Indonesia and they attacked my family. Now I'm a Christian in America and people still attacked my family. Where can I be a Christian and feel safe?"

I taught youth in my congregation how to play different instruments so they could participate in worship. Our church has made great strides in getting more kids and youth involved in worship so they don't feel left behind. Once a month we have a contemporary service led by kids and youth.

People are surprised that there is an ethnic church in the Rocky Mountain Synod. Most people are also surprised that I'm still very rooted in my Batak culture because I was brought up in America from age 10.

When I talk to people about my church, I tell them we are an Indonesian congregation where all are welcome.

It's important to me to help create a safe space for young people of color to talk about their experience dealing with racism because it is needed. Racism still happens and will happen to young people of color living in today's America. It's hard to talk about racism to someone who has never experienced it; hence, it's imperative that there be a safe space for young people of color to talk about racism. As a child, when I was sick, I was given medicine. For the sickness of racism, the medicine is that safe space for discussion.

To me, grace means love.

Most people think that just because we are an Indonesian congregation we are not Lutheran. Well, we can be both Indonesian and Lutheran. Most people also think that I'm uneducated, and they're surprised when I tell them that I got my bachelor's degree in mathematics, minoring in computer science and religious studies, from the University of Colorado Boulder.



I share my faith by helping youth and young adults to be more involved inside and outside of the church. I share my faith by creating relationships with people who have different backgrounds. I share my faith by loving my neighbor regardless of their race, gender identity, sexual orientation, ethnicity, age, disability or religious affiliation.

I'm a Lutheran by choice. I was saved not because of what I did but because of God's grace. Love is a gift that God has given me, so it's a gift I also share with others.

To me, church is a place where I feel safe.

I wanted to be part of helping Auraria Campus, a new Lutheran campus ministry in Denver, because it addresses the lack of diversity within the Rocky Mountain Synod. Drawn from three different schools (Metropolitan State University, Community College of Denver, and University of Colorado Denver), the ministry gives college students a safe space to be themselves.

It's important to me to be involved in youth and young adult ministry because these people are the next generation of Lutherans. Churches and synods need to invest in all youth and faith formation directors. Be kind, be mindful and be open to new ideas coming from the young.

Megan Brandsrud is an associate editor of Living Lutheran.



Supporting Sunday schools in Bolivia

After hearing many times that there was a need for Lutheran materials in the Bolivian Evangelical Lutheran Church, Kari Eller decided to involve her husband, Justin, and a local Christian education team to create inexpensive, accessible Sunday school materials that could be used by a variety of teachers. With the help of the ELCA's Equipping God's People Project, Kari was able to coordinate and create a Sunday school book.

"We share the book with a pay-it-forward mentality in hopes that other Spanish-speaking Lutherans around the world who create Christian education materials, whether they are for Sunday school, workshops, confirmation, etc., will want to do the same and share their resources with others as well," Kari says.



Creating the Spanish Lutheran Sunday School material was a year-long process. The finished project can be downloaded online for free, but because computers are not available everywhere in Bolivia and other Spanish-speaking countries, a print edition is also published. Five hundred copies are printed and distributed each year.

"I can't tell you how proud I am of all of the contributors and the excellent work they did to make this book a possibility," says Kari.

The book has made it possible for a congregation with little or no funds to have teaching materials, because not only is it free, but it doesn't require you to have anything other than the Bible and other basic items that most congregations have available. It also allows Sunday school teachers to personalize the lessons according to the group's needs and interests.



Often, teachers, who are usually high school or college students, take turns teaching classes because they cannot commit to a full year. The hope is that even with changing teachers and activities, the students will still be able to hear the gospel of Christ, which is of critical importance to Lutheran Christians.

While the Ellers have recently moved to a new assignment in Buenos Aires, Argentina, the generous support of ELCA members enables them and over 240 other ELCA missionaries in the global church to continue their ministry.