

March 2019



"Create
in me a
clean heart,
O God,
and put a
new and right
spirit
within me."
Psalm 51:10

the
SPIRIT

SALEM LUTHERAN CHURCH

*A Reconciling in Christ
(RIC) Congregation*

What's Happening at 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.*

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

Elizabeth Frohrip, Deacon
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 **Match 15th for the
April 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 – fdukenksi@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 – fdukenksi@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 – fdukenksi@aol.com
Joel Hintz – brondle@aol.com



March 2019 Salem Lutheran Church



SUN	MON	TUE	WED	THU	FRI Mar 1	SAT 2
3 Transfiguration of Our Lord ● 9:30am Worship ● 10:30am Coffee Hour ● 10:45am Adult Forum ● 4:30pm SNAC Dinner Church	4 ● 7:30pm Scout Troop 103	5 ● 9:30am Pastors' Text Study ● 12pm Book Club	6 Ash Wednesday ● 9:30am Bible Study	7 ● 4:30pm Music Theatre Thursday ● 6pm Music Theatre Thursday Meal ● 7pm Lutheran/Pentecostal Bible Study ● 7:30pm Choir	8	9 ● 8am Men's Breakfast
10 First Sunday in Lent ● 9:30am Worship ● 10:30am Coffee Hour ● 10:45am Adult Forum ● 4:30pm SNAC Dinner Church	11 ● 6:30pm Social Ministry ● 7:30pm Scout Troop 103 ● 7:30pm Sustainability Task Force	12 ● 9:30am Pastors' Text Study ● 11:30am Pastors' Book Group	13 ● 8:30am Pantry Setup ● 9:30am Bible Study	14 ● 4pm Food Pantry ● 4:30pm Music Theatre Thursday ● 6pm Music Theatre Thursday Meal ● 7pm Lutheran/Pentecostal Bible Study ● 7:30pm Choir	15	16 ● 11am Inner-View Chat n Chew
17 Second Sunday in Lent ● 9:30am Worship ● 10:30am Coffee Hour ● 10:45am Adult Forum ● 4:30pm SNAC Dinner Church 	18 ● 6:30pm Finance Committee ● 7:30pm Scout Troop 103 ● 7:30pm Executive Committee	19 ● 9:30am Pastors' Text Study	20 Golden Hill Supper ● 9:30am Bible Study	21 ● 4:30pm Music Theatre Thursday ● 6pm Music Theatre Thursday Meal ● 7pm Lutheran/Pentecostal Bible Study ● 7:30pm Choir	22	23
24 Third Sunday in Lent ● 9:30am Worship ● 10:30am Coffee Hour ● 10:45am Adult Forum ● 4:30pm SNAC Dinner Church	25 ● 7pm Council ● 7:30pm Scout Troop 103	26 ● 9:30am Pastors' Text Study	27 ● 8:30am Pantry Setup ● 9:30am Bible Study	28 ● 4pm Food Pantry ● 4:30pm Music Theatre Thursday ● 6pm Music Theatre Thursday Meal ● 7pm Lutheran/Pentecostal Bible Study ● 7:30pm Choir	29	30
31 Fourth Sunday in Lent ● 9:30am Worship ● 10:30am Coffee Hour ● 10:45am Adult Forum ● 4:30pm SNAC Dinner Church					<div> Community Room Sun 6:45 SLAA Mon 7:30 Boy Scouts Tue 7:00 STEP </div>	



Worship Assistants

SALEM LUTHERAN CHURCH

March, 2019

	Mar 3	Mar 10	Mar 17	Mar 24	Mar 31
Assisting Minister					
Lector/Communion Minister					
Altar Prep Team	Bob Reichelt Chris Wolff	Sandra Brown Emily Sokoloski	Sandra Brown Emily Sokoloski	Jean Larson Diane Tomasko	Jean Larson Diane Tomasko
Ushers	Ray & Eileen Anderson	Mike Caragol Tom Larson	Joe Bales John Bryk	Rich & Carol Lansing	Ray & Eileen Anderson
Flowers Given By		Dolores Kuczo			Cindy Roberta
Coffee Hour			Bruce & Diane Tomasko		Ray & Eileen Anderson
Tellers	Emily Sokoloski Tracey Wilkins	Nancy Headford Rich Kenyon	Noah Lansing Ray Lansing	Frank Dukenski Cindy Roberts	Steve Kuczo Bill Winter



Coffee hour hosts are needed for **March 3rd, 10th and 24th and 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 momryk@yahoo.com.

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



Birthdays



"My whole family's giving up something for Lent. Mom's giving up cookies, Dad's giving up cake, and I'm giving up squash."

SALEM BOOK CLUB; will be meeting March 5th at noon in the Salem Lounge. We will be reviewing "Educated" by Tara Westover. New members and guests are welcome. Please bring your lunch



2019 Blood Pressure Screening Dates

Mar 17	Aug tba
Apr 14	Sep 8
May 5	Oct 13
Jun 2	Nov 10
Jul tba	Dec 8

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	



Pastor Marjo is on a leave of absence through April 7th. She'll be using the time to rest and reflect. In her absence we are excited to welcome guest pastors and some of our own members to lead us in worship.

Our 9:30 worship schedule thus far looks like this:

- March 3rd** **Pastor Paul Sinnott** Associate to the Bishop of the New England Synod, responsible for congregations in CT and western MA, Global Mission, Justice and Peace Advocacy, and Community Organizing Groups, will lead us in worship and in discussion at adult forum.
- March 10th** **Pastor Linda Kraft** will lead us in worship
- March 17th** **Pastor Mark Olsen**, Deployed Staff for the ELCA Fund for Leaders, who just moved to Stratford and who visited us with his wife last month will be with us to bring us God's Word, and lead us in worship both at 9:30 and 4:30, as well as lead us in discussion at adult forum.
- March 24th** **Pastor Paul Sinnott** returns.
- March 31st** **Pastor Sara Anderson**, Associate to the Bishop of the New England Synod, responsible for congregations in Eastern/Central MA and RI, Coordinator for Welcome and Support for New Pastors, Listening/Conflict, Transformation Team, Liaison to Intern Pastors and Interns, Leadership Development, and Liaison to Calumet Lutheran Ministries, Continuing Education & Campus Ministry, will lead us in worship & in discussion at adult forum.
- April 7th** **The Reverend Cass Shaw**, Executive Director of the Council of Churches of Greater Bridgeport will lead us in worship & in discussion at adult forum.

Pastoral supply for our 4:30 worship will be Jeanette Harris, with Pastor Eron Simmonds serving as her backup. Musician supply for dinner church will be Matt Cimino for most weeks, with Sally Finck on March 3rd.

For emergency pastoral care, please call the church office (203-333-3300), the Rev. Sara Smith (203-450-1185), Pastor Linda Kraft (203-560-1260), Jeanette Harris (203-366-6778), or Pastor Eron Simmonds (203-543-5269).

Pastor Marjo asks that you keep her in your prayers as she will keep you in hers.

We Are Grateful

Food Pantry

John & Linda Bryk, Barbara Howard



What's Happening at the Council of Churches

Spring Fling!

On Thursday, April 4 the Council of Churches will hold its annual Spring Fling fundraiser at the Downtown Cabaret Theatre in Bridgeport. The show is "Sister Act". The \$75. cost per person includes a reception and the show. Salem has always been a strong supporter of this event and we hope we will again have good representation for this major fundraiser.

Salt of the Earth Enterprise Kitchen Networks!

On February 9th SEEK conducted the first of many Networking Meetings for both kitchen renters and prospective tenants. We had an amazing turnout and very productive conversations! Our goal was to connect the current and future entrepreneurs with each other and communicate changes to the rules of the SEEK Kitchen. The tenants were encouraged to hear other people's stories about how they got their start. Shanita Santiago, FEED Center Coordinator, learned about additional services needed by the renters. "SEEK would like to be available to help in guiding all entrepreneurs in their ventures of growing their food businesses," said Shanita. "We are working on building a continuous relationship between SEEK and Women's Business Development Council to provide wrap around services to all who rent the kitchen."

The next SEEK networking meeting will be held on May 18th at the St. John's Episcopal Church starting at 12pm and will feature guest speakers from WBDC, and area Chambers of Commerce. "I'm very happy to see how SEEK Kitchen is such a benefit to those that are in need of a shared use kitchen space," concluded Shanita. "I'm even more excited to continuously see the SEEK kitchen grow." For more information about the SEEK Kitchen, contact Shanita at 203-334-1121 x15, shanitasantiago@ccgb.org.

Call to Reinstate Community Forums

Cass Shaw, President & CEO of The Council of Churches joined the call to reinstate the Community Forums on school funding that were abruptly canceled by the Bridgeport Board of Education.

Healthy Living Tips

"Best Advice from Top Docs", a article from the December 2016 AARP Bulletin, suggests everyday life style adjustments that are most important for greater health.

- Exercise regularly like taking a daily 30 minute walk.
- Get 7 to 8 hours of sleep each night.
- Be more social and happy by spending time each day with a friend or loved one and by reducing stress.
- Reduce consumption of junk food such as cookies, cakes, ships, soda, and fast foods.
- Eat more fresh fruits and vegetables, lean meats, whole grains, and low-fat dairy products.
- Quit smoking and excessive drinking and taking too many pain killers.
- Do not ignore health problems or symptoms.



From
Our
Parish
Nurses

March is "National Nutrition Month." Make a point to read food labels. Low sodium is defined as 140 mg of sodium per serving. Cut back on the cholesterol and total fat that you eat. Avoid anything on a food label with "partially hydrogenated" fats or oils in them.

Opiod Crisis

The rise in opiod overdose deaths in the United States is alarming. Connecticut is among the top ten states with the highest rates of opiod-related overdose deaths.

If you think someone has overdosed on opiods, call 911. Symptons of an overdose are:

- Small, consticted "pinpoint pupils"
- Falling asleep or loss of consciousness
- Slow, shallow breathing
- Choking or gurgling sounds
- Limp body
- Pale, blue, or cold skin

Narcan or Naloxone can reverse the effects of opiod overdose and can be life saving if administered in time. Salem's parish nurses have Narcan in the nasal spray form at Salem.

Healthy Mind, Body and Soul

St. Rose Parish Nurse Ministry

Did You Know?

Skipping breakfast is linked to being over-weight. How? To compensate for what they've missed in the morning, breakfast skippers may overeat at other meals. Here are some quick, convenient, and healthy breakfast ideas from some of the country's top nutrition researchers.

- Toast a waffle and add low-fat yogurt and fruit on top.
- Eat your favorite low-fat yogurt, mixed with cereal and fruit.
- Drink a glass of low-fat milk with a cereal bar and a piece of fruit.
- Scramble an egg, top it with salsa, and wrap it in a son tortilla. Then have a piece of fruit or a container of fruit juice.
- Try a less traditional breakfast food such as leftover pasta or pizza or have a peanut butter sandwich with a glass of low-fat milk.

Did You Know?

The peek flu months are February and March. How do you know if you have the flu or just another cold?

- Cold: Creeps up on you gradually
- Flu: Hits you like a 300 pound tackle
- Cold: Doesn't usually cause a fever
- Flu: You feel like you're on fire
- Cold: You want to take a nap
- Flu: You want to sleep all day.

Another way to fight flu and colds?

Relax. Stress may make you more vulnerable to bugs.





To: Pastor Marjo Andersson & Saints
 Fr: Pastor Simmonds & members
 of New Direction Min.

Dear Pastor Marjo & Congregants
 of Salem Lutheran Church
 ...you were so thoughtful,

and really kind too -

The world is a nicer place
 because of people like you.

We of New Direction Ministries
 want to express the love and
 support throughout the years.
 Thank you for making your
 place of worship ours too.
 We are indeed blessed for
 the continued fellowship we
 are sharing. May God continue
 to bless you all for the purpose
 of this bond. All the best for a
 blessed and healthy New Year.



Evangelical Lutheran Church in America

God's work. Our hands.

STORIES OF FAITH IN ACTION

Bound Together in Christ

By Wendy Healy

What it means to live in community differs from culture to culture. For Julie Gerrish, her understanding of community was totally transformed after a year of service in Senegal through the [ELCA Young Adults in Global Mission program](#) (YAGM).

Two years ago, Gerrish lived with her host parents, Bousso Sarr and Latyr Diouf, in a small apartment complex near the offices of the Lutheran Church of Senegal. "It was a great experience of being in community," she said. "Everyone takes care of everyone. I was told, 'We don't have a lot of money, but we're not poor.'"

Transitioning to a new culture was challenging, but Gerrish received warm hospitality from her host parents and Pascal Sosse Kama, the church's general secretary who sometimes joined them for meals. As they shared the traditional community bowl of fish and rice, Kama took Gerrish under his wing. He helped her understand *Serer* (local) culture by including her in activities such as his sister's wedding and sharing stories from his life.

"I cherish all that I learned in Senegal and miss my friends there. Before leaving for Senegal, I couldn't have imagined I would gain a brother like Pascal," said Gerrish, whose experience has her now planning to study theology.

In October 2017, Gerrish had a chance to extend hospitality to Kama when he visited the Grand Canyon Synod, his church's companion synod.

For Kama's visit, Gerrish prepared a room for him, assisted with his meals, spoke Serer and French with him, and drove him to speaking engagements at congregations around Phoenix.

Kama saw Lutherans living their faith and how peaceful life could be in this arid part of the U.S. "My visit allowed me to discover other ways of life," he said. "I saw communities where the average age exceeded 50 years. It's the opposite of Senegal, where

our Lutheran communities are mostly young."

During his visit, Gerrish had to attend a family vigil for her aunt, who was hospitalized.

"When asked if he would like to go home instead, [Kama] said, 'No. We

are together; we are family,' " she said. "The ties between people and place built through [accompaniment](#) are a holy thing."

Kama has seen firsthand how the YAGM program has strengthened cooperation between the ELCA and its companion churches. "My paternal grandfather always said to me, 'The best school in the world is travel,' " he said. "The YAGM program allows young people to develop and see the world differently. [The program] is so important that it has to be done in both directions: from the United States to Senegal, from Senegal to the United States."

In January, five young adults from the Senegalese church visited the [Grand Canyon Synod](#) as part of a youth exchange Kama coordinated; synod youth will travel to Senegal later this year.

"Hopefully through more exchanges ... we can make more holy ties between siblings in Christ, closing the gap and binding us all together in relationship," Gerrish said.



Wendy Healy is a freelance writer and member of Trinity Lutheran Church, N.Y. She served as communications director for Lutheran Disaster Response of New York following the 9/11 attacks.

New life for children in Tanzania

Thanks to the support of generous members of the ELCA and the work of ELCA missionaries Dr. Stephen Friberg and his wife, Bethany Friberg, children in rural Tanzania are getting the medical care they need.

Stephen, a mission doctor, helps rural patients find the care they need for such conditions as heart defects and cleft palates. "Most of our patients would not get to specialized care without our help making the connections," says Bethany.

Elizabeth, a seven-year-old Maasai girl, was one of those patients. When the Fribergs discovered that rheumatic heart disease had gradually destroyed Elizabeth's mitral valve, leading to heart failure, they helped connect her to a mission hospital in Kenya for surgery.

"Elizabeth had angels watching over her," Bethany says.

"At the end of the surgery, her heart went into ventricular fibrillation for 45 minutes. Her surgical team was uncertain if she would survive. Very slowly, her heart came back to normal. She was walking in a few days and was discharged after six days. Now Elizabeth has normal heart function.

"Her surgeon calls her a miracle," says Bethany. "Mission doctors know it is God who does the healing and pray before every operation."

