

May 2019



# the SPIRIT

SALEM LUTHERAN CHURCH

*A Reconciling in Christ  
(RIC) Congregation*

## JOURNEY TOWARDS JOY

Some time after the birth of my second child, something in my body chemistry changed. There would be a few days each month where my emotions would totally overtake me and I would be overwhelmed by sadness or anger or frustration. My best friend, a therapist, persuaded me to see a doctor. After hearing my symptoms the doctor suggested anti-depressant medication. I was indignant. I wasn't depressed! I just had a few bad days each month. He explained that he wasn't prescribing it for depression – simply to even out my mood. It took a while to find the right medication, but when we did, it not only took care of those few days, I all of the sudden became happier than I had been since I was a child! It was like when I first got glasses and went, "Wow! This is how everyone else has been seeing the world? I never knew!" This time it was "Wow! I guess I was depressed and just never knew it! I feel SO good!"

The medication worked for 25 years. And then last year something happened and it stopped working. I went into a deep depression, and some days I was so filled with despair I could barely get out of bed. My doctor and I tried upping the dosage, trying different meds, various combinations. Nothing worked. Finally he said he didn't think it had anything to do with my body chemistry. I was simply totally and completely burned out. He went on to tell me that I was suffering from "compassion fatigue", something that happens frequently to those in the helping professions. He prescribed a sabbatical. And with deep compassion and great generosity, the leadership of Salem agreed and gave me the precious gift of two months paid leave.

I didn't have any money set aside to travel, but I trusted God would provide and God did – abundantly! I spent 2 weeks at Camp Calumet in NH, helping with the renovations of the conference center in the mornings in exchange for free room and board. A free respite week for church workers was provided for me at the Silver Bay YMCA Conference Center on Lake George in upstate NY. Three pastors offered me places to stay in VT, MA, and Jamaica (!) at little to no cost. And a church in ME let me rent their farmhouse for a week at \$25/day.

body, mind, heart and soul, find congregations that kindled joy in their worshippers, and do some writing.

To get healthy I walked 5 miles and did my stretching and balance exercises every single day. In about half of the locations I could go to a gym 3 times a week. Every morning without fail I wrote down 10 things for which I was thankful and every night I wrote down the best thing of the day. I listened to inspirational books. And I prayed. Lots.

And then there were the congregations. I looked for ones that were clearly focused on their "why" – i.e., God – then on their "what" – i.e., their congregation. I visited 7 different congregations and only 1 left me cold. ***What I found in the others was a primary focus on heartfelt worship. People weren't there for what they could get out of worship. They weren't there out of habit or obligation. They weren't there for a weekly gathering of their friends. They weren't there to go through the motions of a ritual. They were there for one reason and one reason only – they wanted to thank and praise the God they loved and adored.*** And that's what they would do for 45-60 minutes – sing songs of praise and offer prayers of thanks. And after they had sang and danced and prayed their hearts out, they would listen in rapt attention as the pastor preached for another 45-60 minutes. Only after all of that would some of them ask for and receive prayers for their own healing. Sometimes I've sat in mainline services that run long and I've been very aware of the time, getting anxious if it goes over an hour, but in these congregations, I completely forgot to look at my watch (well, except for the last Sunday when I had an appointment to keep!)

Now you don't need to worry – we are NOT going to start having 2 hour long services! But I do hope our worship does change, perhaps not in its outward skin but in its inward heart. These last 2 months I was on a journey. I wasn't sure where God would lead me but when I got there I realized I had arrived at JOY. That journey towards joy was a precious gift for which I am profoundly grateful. ***My prayer now is that we can continue that journey together – a journey towards joy***, a joy that is not a result of the circumstances of our lives, but a joy that wells up from within, a joy that is God's new creation, a joy that springs up into the abundant life Jesus promises, a joy that comes from the indwelling of the Spirit. ***May you be filled with that life-giving, abundant, and overflowing joy!***

*Pastor Marjo*

*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.*

### What's Inside

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## 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 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](mailto:marjoanderson@aol.com)

Mark Adamy, Music Director  
[adameus7@aol.com](mailto:adameus7@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

Elizabeth Frohrip, Deacon  
Home Phone (203) 683-7460  
[salemaim123@sbcglobal.net](mailto: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](mailto:salemsec123@sbcglobal.net)**

## LEADERSHIP AT SALEM

### COUNCIL

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



# May 2019

## Salem Lutheran Church



SUN

"WHOEVER WELCOMES YOU  
WELCOMES ME,"



"AND WHOEVER WELCOMES ME  
WELCOMES THE ONE  
WHO SENT ME."  
MATTHEW 10:40, NRSV

MON

COME TO ME,  
all who labor  
and are heavy laden,  
and I will give you rest.  
Matthew 11:28, NRSV



TUE

WED  
May 1

- 9:30am Bible Study

THU  
2

- 4:30pm Music Theatre Thursday
- 6pm Music Theatre Thursday Meal
- 7pm Lutheran/Pentecostal Discussion
- 7:30pm Choir

FRI  
3

SAT  
4

5

Third Sunday of Easter

- 9:30am Worship
- 10:30am Coffee Hour
- 10:30am Christ Presbyterian
- 10:45am Adult Forum
- 12:30pm New Directions Ministries
- 4:30pm SNAC Dinner Church



6

- 6pm Staff Support
- 7pm Sustainability/Forward Leadership
- 7:30pm Scout Troop 103

7

- 9:30am Pastors' Text Study
- 12pm Book Club
- 7pm Talk Tuesdays at Brewport

8

- 8:30am Pantry Setup
- 9:30am Bible Study

9

- 8:30am Pantry Setup
- 4pm Food Pantry
- 4:30pm Music Theatre Thursday
- 6pm Music Theatre Thursday Meal
- 7pm Lutheran/Pentecostal Discussion
- 7:30pm Choir

10

11

- 8am Men's Breakfast

12

Fourth Sunday of Easter

- 9:30am Worship
- 10:30am Coffee Hour
- 10:30am Christ Presbyterian Church
- 10:45am Adult Forum
- 12:30pm New Directions Ministries
- 4:30pm SNAC Dinner Church

13

- 6:30pm Social Ministry
- 7:30pm Scout Troop 103
- 7:30pm Forward Leadership 2.0

14

- 9:30am Pastors' Text Study
- 11:30am Pastors' Book Group
- 7pm Talk Tuesdays at Brewport

15

- 9:30am Bible Study

16

- 4:30pm Music Theatre Thursday
- 6pm Music Theatre Thursday Meal
- 7pm Lutheran/Pentecostal Discussion
- 7:30pm Choir

17

18

- 9am NE - WELCA
- 11am Inner-View Chat n Chew

19

Fifth Sunday of Easter

- 9:30am Worship
- 10:30am Coffee Hour
- 10:30am Christ Presbyterian Church
- 10:45am Adult Forum
- 12:30pm New Directions Ministries
- 4:30pm SNAC Dinner Church

20

- 6:30pm Finance Committee
- 7:30pm Scout Troop 103
- 7:30pm Executive Committee

21

- 9:30am Pastors' Text Study
- 7pm Talk Tuesdays at Brewport

22

- 8:30am Pantry Setup
- 9:30am Bible Study

23

- 8:30am Pantry Setup
- 4pm Food Pantry
- 4:30pm Music Theatre Thursday
- 6pm Music Theatre Thursday Meal
- 7pm Lutheran/Pentecostal Discussion
- 7:30pm Choir

24

25

26

Sixth Sunday of Easter

- 9:30am Worship
- 10:30am Coffee Hour
- 10:30am Christ Presbyterian Church
- 10:45am Adult Forum
- 12:30pm New Directions Ministries

27

Office Closed

- 7pm Council
- 7:30pm Scout Troop 103

28

- 9:30am Pastors' Text Study
- 7pm Talk Tuesdays at Brewport

29

30

- 4:30pm Music Theatre Thursday
- 6pm Music Theatre Thursday Meal
- 7pm Lutheran/Pentecostal Discussion
- 7:30pm Choir

31

**Community Room**  
**Sun 6:45 SLAA**  
**Mon 7:30 Boy Scouts**  
**Tue 7:00 STEP**



## Worship Assistants

# SALEM LUTHERAN CHURCH

May, 2019

	May 5	May 12	May 19	May 26
<b>Assisting Minister</b>	Ray Lansing		Bruce Tomasko	
<b>Lector/Communion Minister</b>	Eileen Anderson		Diane Tomasko	
<b>Altar Prep Team</b>	Sandra Brown Emily Sokoloski	Jean Larson Diane Tomasko	Jean Larson Diane Tomasko	Anita Papp Cindy Roberts
<b>Ushers</b>	Rich & Carol Lansing	Ray & Eileen Anderson	Mike Caragol Tom Larson	Joe Bales John Bryk
<b>Flowers Given By</b>		Marjo Anderson		
<b>Coffee Hour</b>				Jean & Tom Larson
<b>Tellers</b>	Frank Dukenski Cindy Roberts	Steve Kuczo Bill Winter	Ray Anderson Dale Danowski	Emily Sokoloski Tracey Wilkins



Calling all coffee hour hosts. 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](mailto:momryk@yahoo.com).



# Celebrate Joy at CABARET NIGHT



**Live Music**

**Dancing**

**Poetry Reading**

**Caribbean Food!**

*Join New Direction Ministries,  
Salem Church,  
and Friends*

*for fellowship, worship & fun*

*6:30 - 9:30 Sunday 26 May 2019*

*in Fellowship Hall, Salem*

*3160 Park Avenue, Bridgeport*

*Suggested Cover Charge \$10*



Howard Swanson .....	1
Gilbert Sidoti.....	2
Hannah Wilkins .....	3
Bonnie McWain .....	4
Robert Roehrich .....	5
Fran Zold.....	5
Joan Bromley .....	7
Jackson Sokoloski.....	7
Isaiah Vazquez.....	8
Nancy D'Andrea .....	9
Beverly Marshall.....	9
Ray Lansing .....	14
Andy Andrews .....	18
Deborah Palmieri.....	18
Maria Caragol.....	18
Karen Andrews.....	25
Roland Carlberg .....	26
Michael Caragol .....	27

Rita Johnson.....28



# Birthdays



## 2019 Blood Pressure Screening Dates

May 5	Sep 8
Jun 9	Oct 13
Jul tba	Nov 10
Aug tba	Dec 8

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

**SALEM BOOK CLUB** meets on the first Tuesday at noon in the Salem Lounge. On May 7<sup>th</sup> we will discuss "The Five People You Meet in Heaven" by Mitch Albom and on June 4<sup>th</sup> we will discuss "Little Fires Everywhere". New members and guests are welcome. Please bring your lunch





## **SUMMERSONG 2019**

a fun summer musical theater camp

- Sing! Dance! Act! Create!
- Learn how to perform in a musical play – and present it at the end of the week
- *Join SummerSong where kids learn new skills and have a chance to explore their musical, theatrical, and artistic interests and abilities in a fun & safe environment, guided by educator and Broadway performer, Mark Adamy, & his talented staff.*

for ages 5 to 14

**July 8 thru July 12** 10 a.m. – 3 p.m.

and/or **July 15 thru July 19** 10 a.m. – 3 p.m.

Closing performance on Fridays at 5 p.m.

On Fridays there will be a dress rehearsal from 3-4:30  
Before-care and After-care available upon request for additional fee

*Salem Lutheran Church \* 3160 Park Avenue \* Bridgeport, CT 06604  
(on the Bridgeport-Fairfield line)*

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

[www.facebook.com/salembridgeport](https://www.facebook.com/salembridgeport)

Phone: (203) 336-3300 Fax: (203) 336-8813



# SUMMERSONG 2019

*Monday, July 8 – Friday, July 12 10 a.m. – 3 p.m.*

*Monday, July 15 – Friday, July 19 10 a.m. – 3 p.m.*

*Closing performances on: July 12 and July 19 at 5 p.m.*

*On Fridays there will be a dress rehearsal from 3-4:30 with performance at 5pm*

*(Before-care and After-care available upon request for additional fee)*

SummerSong is a one or two-week program sponsored by Salem Lutheran Church, 3160 Park Avenue, Bridgeport (on the Bridgeport-Fairfield line). At SummerSong, children between the ages of 5 and 14 sing, dance, act and learn how to perform in a musical play guided by a professional and committed staff of instructors. They learn new skills and have a chance to explore and develop their musical interests and abilities in a fun and safe environment. This is SummerSong's 35<sup>th</sup> year.

Each SummerSong day begins at 10 a.m. and ends at 3 p.m. *On Fridays we will have a dress rehearsal from 3:00- 4:30 with performance at 5pm.* If your child needs to be dropped off early or picked up late, please register for before- and/or after-care. Each student is responsible for bringing a sack lunch; beverages are provided. Early Registration Tuition is \$200 per week, \$500 for families with 3 or more children. Some partial scholarship help may be given for those in need. These rates apply for those registering by June 1. After June 1 the cost is \$250 per week, \$600 per family. In order to get the discounted rate, please fill out the form below, detach and mail, scan & email, or fax **as soon as possible** to:

SummerSong, Salem Lutheran Church, 3160 Park Avenue, Bridgeport, CT 06604. ( [salemsec123@sbcglobal.net](mailto:salemsec123@sbcglobal.net) ) Fax (203) 336-8813. Please enclose SummerSong tuition (checks payable to Salem Lutheran Church; memo "SummerSong Fee" with your mailed registration form, or if you email or fax your form, please mail in or drop off your check. *For questions call Salem at 203-336-3300, email or go to the Salem Lutheran Church website: [www.salembridgeport.org](http://www.salembridgeport.org)*

## REGISTRATION FORM

Name \_\_\_\_\_

Grade just completed: \_\_\_\_\_ Musical experience: \_\_\_\_\_

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

( ) Week #1 in July. ( ) Week #2 in July ( ) Will attend both weeks  
( ) Need Before-care (\$50 per week) ( ) Need After-care (\$50 per week)

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

Address \_\_\_\_\_

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

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

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

\*\*\*\*\*

If you want financial aid, please complete below:

Gross Household Income \$ \_\_\_\_\_ per \_\_\_\_\_ week \_\_\_\_\_ month \_\_\_\_\_ year  
(before taxes) (check one)

Number of people in the household \_\_\_\_\_

**Salem Lutheran Church \* 3160 Park Avenue \* Bridgeport, CT 06604**

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**Phone: (203) 336-3300 Fax: (203) 336-8813**



## Our Director!

### *About the Artist*

A multi-talented keyboardist and vocalist, Mark Adamy delivers performances full of soulful musical presence, skillful technique, and scintillating arrangements.

His heart for education in the arts leads him to teach at various schools including Dea Music and Art School and The Village Montessori School. Mark had taught eager students piano, voice, violin, and theatre. He approaches curriculum with passion and dedication to excellence, using his music to promote cultural diversity. He also serves as a Music Director at a church in Bedford, NY, as well as right here at Salem Lutheran Church in Bridgeport, CT.

A former Boston resident, Mark won honors including Entertainer of the Year and Boston Music award nominations. Now a resident of the greater New York City region, Mark has played venues small and large. Concert and tour credits span a wide range of styles. He has shared the stage with greats like James Brown and The Four Tops, accompanied Broadway productions, and directed off-Broadway ones. He has jammed with jazz artists at venues ranging from New York's Russian Tea Room and Knitting Factory to Boston's Symphony Hall.

With his love of music and children, Mark can't wait for Summersong to begin!

## Classes!

### **MUSIC AND VOICE:**

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:**

This dance class teaches the basic elements of both movement and dance, space and flow and how each relates to one another both individually and as a group. The eight basic loco motor movements, musical rhythms, beat and time, opposite directions and some basic ballet are also taught. Many different types of music as well as hip-hop and jazz dance steps will be introduced in these fun and innovative classes. Basic Ballet and Tap will also be covered! The dance classes are sure to be loads of fun and you will learn how to shake a leg or two!

### **THEATRE:**

Early 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. We will work on the acting in our final performance in this class as well.

### **ARTS AND CRAFTS:**

Children of all ages love the chance to be creative and there is a lot of fun and learning as children explore clay, painting, sculpture, drawing, printmaking, sculpture, textile arts, while making new friends and learning about the wonderful world of art. Some of these items will appear in our final show!

# We Are Grateful

## Capital Improvements

Marjo Anderson, Joe & Liz Bales, Frank & Grace Dukenski

## CCGB Hunger Programs

Jim & Bonnie McWain, Garrie Schulz

## Food Pantry

Dave Albers, Marjo Anderson, Pauline Boyum, Jim Davenport,  
Scott DeWalt, Joel & Tracy Hintz, Rae Dawn Randolph-Adamy, Ron & Charlotte Schlegel

## Memorial Donations

Dolores Kuczo (in memory of Pamela Kuczo), Marjo Anderson,  
Frank & Grace Dukenski

## Outreach Ministry

Marjo Anderson

## Youth

Those hungry breakfast eaters



# How to Treat Spring Allergies

Avoiding environmental allergens is impossible. Springtime is particularly difficult with high amounts of pollen and mold spores. Medications can ease allergy symptoms. Check with your doctor for the most appropriate treatment for you.

1. Corticosteroid nasal sprays, like Flonase, are a good choice for treating allergic rhinitis. These sprays also relieve eye, throat, and ear symptoms. They should be taken daily beginning seven days before your allergy season begins and continue throughout.
2. If corticosteroid nasal sprays do not work for you, try antihistamine nasal sprays. These sprays work faster than oral antihistamines in treating sneezy, itchy, runny nose symptoms. You can use both corticosteroid and antihistamine nasal sprays together for even better relief.
3. If you do not want to use a nasal spray, a non-drowsy second-generation antihistamine like Zyrtec, Xyzal, Allegra, or Claritin can be helpful.
4. Unless your doctor advises it, there is no extra benefit from taking an antihistamine pill with a nasal spray.
5. If you dislike sprays, you can check with your doctor about Leukotriene modifiers, like Singulair. Singulair is also helpful for people with asthma, but may cause side effects such as behavioral changes.
6. Intranasal Cromolyn Sodium is less effective than corticosteroid nasal sprays, but has minimal side effects.
7. Allergy immunotherapy helps decrease the severity of allergy symptoms by making your immune system less allergic. Allergy injections can build up your resistance to a lot of different allergens. Immunotherapy tablets can reduce your symptoms to grass, ragweed, and dust mites.

If your allergies are disrupting your life, see a board-certified allergist. The allergist can test you to find out exactly what you are allergic to and then develop a long-term treatment plan.



From  
Our  
Parish  
Nurses

Source: "Allergy & Asthma Today" Spring/Summer 2019



# Healthy Diet Benefits

The American Cancer Society has confirmed that eating a healthy diet and being physically active can prevent cancer. Their guidelines are:

1. Eat a variety of healthful foods with an emphasis on plant sources. Five or more servings of a variety of vegetables and fruits each day is good. Choose whole grains instead of processed grains. Limit consumption of red meats. Choose foods that help you maintain a healthy weight. Cut back on your portion sizes. Reduce the fat and sugar in your diet by reading food labels.
2. Adopt a physically active lifestyle. Adults should be at least moderately active for 30 minutes or more on five or more days of the week. The 30 minutes of activity does not need to be continuous, and can be a variety of activities. Children and adolescents should get 60 minutes per day of moderate to vigorous physical activity at least five days per week.
3. Maintain a healthy weight throughout your life. Balance caloric intake with physical activity. Lose weight if currently overweight or obese.
4. If you drink alcoholic beverages limit your consumption. Men should limit their alcohol to two drinks a day and women to one drink a day. A drink is equal to 12 ounces of regular beer, 5 ounces of wine, or 1.5 ounces of 80 proof distilled spirits.



"Everytime I go on a diet, he brings up the land of milk and honey."



# Council of Churches of Greater Bridgeport

## Volunteer Opportunities

---

**OPEN DOORS FOR US**

**ADVOCATE FOR REAL CHANGE**

**SHARE A SKILL OR TALENT PRO BONO**

### **FEED Center:**

1. CONNECT us with a restaurateur, grocery store manager, or any other food service leader who can help us place our culinary graduates in living wage jobs
2. PROMOTE our Product Line at your congregation, school or business, and help us become self-sustaining
3. PLAN a virtual food drive or healthy food drive at your congregation, school or business – volunteer chooses the time of year, we supply materials, support
4. ADOPT a local food pantry or community supper program, if your church doesn't have one
5. GLEANING - work with the Connecticut Food Bank and CCGB to visit local farms and pick produce for the pantries and soup kitchens

### **Janus Center:**

1. MENTOR a youth in middle or high school – 1 hr/wk at school, during school year
2. SERVE on your local Juvenile Review Board
3. PLAN a back pack drive for at-risk and low income youth, to ensure that they start the school year with the supplies they need – summer project, we supply information and support
4. ADVOCATE to get youth out of Manson and York Correctional Facilities, for Clean Slate Legislation, and up to 364 days for Misdemeanor Sentencing

### **Bridge Building:**

1. JOIN the Tent of Abraham steering committee and help plan 2-3 interfaith events each year
2. START an Adult Study at your church on white privilege. You chooses the time of year, we offer materials, support

### **PR and Marketing Support:**

We need help improving and maintaining our website, and expanding our social media presence.  
We need help with collecting, videotaping and writing our clients' and volunteers' stories.  
We need help raising our visibility through news stories, press coverage, etc.

### **Fundraising & Partnerships:**

Can you make an introduction, or open a door for us to a local foundation whose mission aligns with ours?

Do you know of an agency or non-profit with whom we should be collaborating, so that we are all more effective?

Do you know of a congregation which isn't yet a member of The Council or The Tent of Abraham, which should be, for our mutual benefit?



# Evangelical Lutheran Church in America

God's work. Our hands.

**STORIES OF FAITH IN ACTION**

## Transformed

*Worship-space renovation shapes and serves a community*

The pulpit front and center. Sunlight streaming through stained glass. Pews stretching from wall to wall with hymnals and offering envelopes tucked in the back, awaiting parishioners on a Sunday morning.

This is the traditional setup you expect to see when you walk into a church sanctuary. And it's exactly what Zion Lutheran Church in Pittsfield, Mass., looked like—until a few years ago, when the congregation decided to set tradition on its ear.

"We chose to take our 1892 sanctuary—with its gorgeous ceiling and long strips of pine racing toward the gables; its maple flooring; large, vibrant stained-glass windows; and lovely acoustics—and make it all spectacular," said Tim Weisman, pastor of Zion. "But if we did that, we felt we would have to use the sanctuary for more than two hours per week."

Faced with mounting deferred-maintenance costs, zoning concerns and the necessity of making the five-story, 26,000-square-foot building compliant with the Americans With Disabilities Act, Weisman and the congregation bade farewell to their 46 pews and created a space to be used not only for praise and prayers but for company and community.

"Clarity came almost as an epiphany," Weisman said. "If we are going to do something to this building—and we want to do something to this building—we have options: We can either throw money at the entire building, spend a lot of money and make it all very mediocre, or we can very thoughtfully invest in one particular thing, still spend a lot of money and make it spectacular. We chose the latter."

The latter is what Zion parishioners and the entire Pittsfield community now have: a place to gather for more than just a Sunday sermon. The sanctuary, now called the Common Room, has hosted public concerts, theater rehearsals and farmers markets. In the room's first year of existence, Zion has hosted 149 public, nonsectarian events and nearly 8,000 people have walked through its doors.

In a post on the [ELCA Worship Blog](#), Weisman described an interaction with a community member who came to an indoor farmers market:

"I was asked with some amount of disbelief, 'Wait a second—is this still a *real* church?' (I replied with an emphatic yes!) But I'll admit that there have been more than a few Sunday mornings when I've arrived to [worship](#) in a sanctuary that looks more exhausted than sacred. First, I gently remind myself that I don't always look so good, either—and I remember that in our worship, our hearing of God's word,

our praying, and our singing, not only are we renewed to serve our community, but so is this Common Room. For that, I give extra thanks and praise."

As for the sanctuary's traditional use, Weisman said the congregation's response has been mostly positive—but he admits he wasn't sure that would be the case. After all, the vision was to replace pews with removable chairs. Almost nothing in the sanctuary would be nailed down. The plan went through years of thought and meetings before becoming reality.

"I distinctly remember at least one or two committee meetings when we sat back in our chairs in stunned silence," Weisman said. "I know that we were all scared."

In the end, 95 percent of the congregation voted to approve funding for the \$1.2 million plan, which included more than just the Common Room change. The congregation also added lighting and air conditioning, updated bathrooms, and fixed aging plaster and paint. Now it's a matter of members getting used to the changes, even if this may take a little time.

"I think I can say that even the congregation members who aren't particularly thrilled by this 'get it' now," Weisman said. "For the congregation, the possibilities are nearly endless. There's very little we can't do in our space. What's truly magical is that, if a chair is in the way, you just have to move it. This makes all the difference."

Weisman has seen the difference in the way his church is viewed by the congregation and community alike. He has taken calls from other pastors to talk through the changes—everything from "sanctuary chairs to [capital campaigns](#)," he said.

Some people come to Zion just because they want to see the new space, he added. Former members who have moved away from Pittsfield are reconnecting with the church. Zion is getting more attention and recognition on social media. And it all started with a call for change, a plan and a prayer.

"In retrospect," he said, "I see this process, one that lasted years, as a one-to-one bumper car ride with the Holy Spirit. We want to go one way, and the Holy Spirit bumps us in another. We go yet another way and the Holy Spirit bumps up against us again, over and over and over."

To read more about this transformation and see pictures go to <https://zionlutheranpittsfield.org/commonroom/>



# Nurturing the global church

As the Rev. Theodore Zimmerman and his wife, Jane “Janey” Zimmerman, retire from service as ELCA missionaries teaching at the Lutheran Theological Seminary in Hong Kong, they can look back and see that they’ve had a hand in the development of the global church.

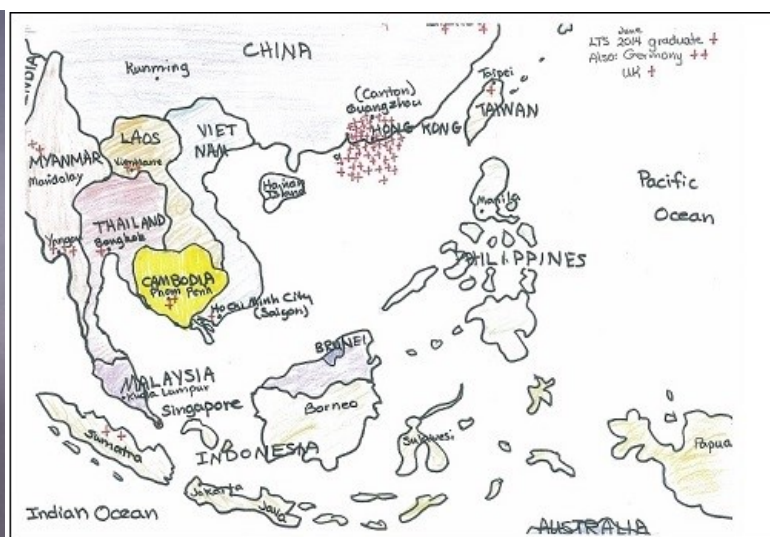
Over the years, they’ve helped train many pastors and church leaders. Most recently, their work with the class of 2014 added 60 graduates who will serve throughout Southeast Asia, in China and even in Europe.

And the church in Hong Kong has also benefited, of course. “Most of the over 50 Evangelical Lutheran Church in Hong Kong pastors have graduated from LTS,” says Janey.

“It is important to add that 75 percent of the [seminary] graduates are not Lutheran,” she says. “Those students also will better serve their churches and hopefully will bring increased vitality and a stronger, deeper understanding of the Bible, theological issues and pastoral counseling. Some are called to hospital or prison chaplaincy and others receive advanced degrees and will teach at seminaries in China or Southeast Asia.”

It’s the generous donations of ELCA members that help support the training of these future leaders of the global church – support for which the Zimmermans are thankful.

“Thank you for your support over these years as we help prepare these students for leadership in the church in Asia and elsewhere!” Janey says. “Ted and I retire, but the needs continue around the world. Thank you for continuing to participate in God’s work in the world – our hands, God’s work.”



**LEFT:** Rev. Theodore Zimmerman and his wife, Jane Zimmerman. **ABOVE:** The red crosses show where the Lutheran Theological Seminary graduating class of 2014 will serve throughout Southeast Asia, China and even