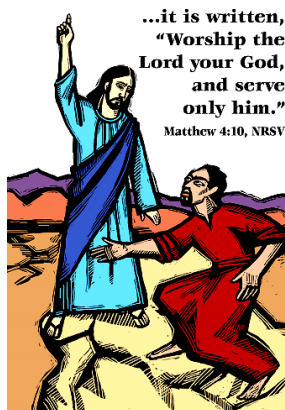


January 2019



# the SPIRIT

SALEM LUTHERAN CHURCH  
*A Reconciling in Christ  
(RIC) Congregation*

## All Things NEW!

*"...See, I am making all things new....these words are trustworthy and true." [Revelation 21:5]*

It's a new year! And God is already at work doing a new thing!

The truth is, God is ALWAYS doing a new thing. The God whom we proclaim is One who not only performs acts of creation, but whose very nature is creation itself. God is always creating and God's creation – from a blade of grass to a human being to a star – is always in process – never standing still and never staying the same, but always, always growing and changing.

Back in the 1950s the world had changed. World War II was over, and the GI bill provided returning veterans with educational opportunities many had only dreamed of before. These (mostly) men married and the couples had children, and good incomes along with the affordability of the automobile allowed many families to move out of the cities into the newly developing suburbs. Church was still the primary place of social connection, and as families grew, so did church attendance.

Salem was part of this trend, and the congregation's swelling numbers could no longer be contained within the walls of its red brick building on lower Park Avenue. Neither was there room for all the cars. And so Salem, like so many other congregations sold their building and purchased property in the newly developing suburban landscape. But unlike most congregations, Salem did not erect a traditional building but went with a design that was ahead of its time, with a design that defied tradition and with technology that was cutting edge.

### What's Inside

#### Salem

Calendar .....	3
Worship Assistants.....	4
Birthdays .....	5
Prayer List.....	5
Parish Nurse .....	9

#### Wider Church

Faith in Action .....	19
Global Links .....	20

during those 60 years, God's creation has continued to change and transform. Nuclear families are no longer the norm, church is no longer the primary place of social connection, and more than 75% of people in New England claim no religious affiliation.

Some lament the fact that the Christian Church is dying, but the central message of the Christian faith has always been that out of death God brings new life. By many metrics, Salem may look like it's dying, but that's simply an illusion born of fear. We still have a healthy endowment and our building and property are a multi-million asset. The truth is that God is already at work making us new and if we do what God calls us to do, we will not only survive but will lead the way into a whole new era of Christianity, just as we did back in the 1950s.

Your Council, your Sustainability Task Force, and your LIGHT teams have been hard at work all year discerning where it is that God is calling us, and gathering together the tools we need to move us forward in faith. Moving to 3160 Park Avenue was incredibly exciting, and the next 2 years promise even more adventure & joy. Please join us at the adult forums to hear all about the ways God is at work here at Salem:

- Jan 13<sup>th</sup>** "Where Is God Leading Us?" – President Ray Lansing leads us in a discussion of Salem's future
- Jan 20<sup>th</sup>** "Encountering God" – Come join Pastor Marjo & Mark Adamy in planning 9:30 worship for February/March
- Jan 27<sup>th</sup>** "Living in Faith" – The Finance Committee invites you to a review of Salem's proposed budget for 2019
- Feb 3<sup>rd</sup>** Congregational meeting – All voting members are urged to attend our February semi-annual meeting, followed by our annual Chili Cook-Off, sponsored by our Youth to raise money for Workcamp 2019.

Blessings abundant!

That building has served us well for over 60 years, but

*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.*

## 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 **January 15th** for the  
**February 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 – [fdukenski@aol.com](mailto:fdukenski@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 – [fdukenski@aol.com](mailto:fdukenski@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)  
Cliff LaRose – [trevclif@att.net](mailto:trevclif@att.net)  
Jean Larson – [tjcklarson@sbcglobal.net](mailto:tjcklarson@sbcglobal.net)  
Bruce Tomasko – [bltomasko@yahoo.com](mailto:bltomasko@yahoo.com)  
John Wilkins – [about2bike@gmail.com](mailto:about2bike@gmail.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 – [fdukenski@aol.com](mailto:fdukenski@aol.com)  
Joel Hintz – [brondle@aol.com](mailto:brondle@aol.com)



# January 2019

## Salem Lutheran Church



SUN	MON	TUE 1	WED 2	THU 3	FRI 4	SAT 5
		New Year's Day Office Closed		7pm Lutheran/Pentecostal Bible Study 7:30pm Choir		
6 Epiphany 9:30am Worship 10:30am Coffee Hour 10:45am Adult Forum 4:30pm SNAC Dinner Church	7 6pm Staff Support	8 9:30am Pastors' Text Study 11:30am Pastors' Book Group 7pm Talk Tuesdays at Brewport	9 8:30am Pantry Setup	10 8:30am Pantry Setup 4pm Food Pantry 4:30pm Music Theatre Thursday 6pm Music Theatre Thursday Meal 7pm Lutheran/Pentecostal Bible Study 7:30pm Choir	11	12 8am Men's Breakfast
13 Baptism of Our Lord 9:30am Worship 10:30am Coffee Hour 10:45am Adult Forum 4:30pm SNAC Dinner Church	14 6:30pm Social Ministry	15 9:30am Pastors' Text Study 7pm Talk Tuesdays at Brewport	16	17 4:30pm Music Theatre Thursday 6pm Music Theatre Thursday Meal 7pm Lutheran/Pentecostal Bible Study 7:30pm Choir	18 Confession of Peter	19 11am Inner-View Chat n Chew
20 Epiphany 2 9:30am Worship 10:30am Coffee Hour 10:45am Adult Forum 4:30pm SNAC Dinner Church	21 Martin Luther King Jr Office Closed 6:30pm Finance Committee 7:30pm Executive Committee	22 9:30am Pastors' Text Study 7pm Talk Tuesdays at Brewport	23 8:30am Pantry Setup	24 8:30am Pantry Setup 4pm Food Pantry 4:30pm Music Theatre Thursday 6pm Music Theatre Thursday Meal 7pm Lutheran/Pentecostal Bible Study 7:30pm Choir	25 Conversion of Paul	26
27 Epiphany 3 9:30am Worship 10:30am Coffee Hour 10:45am Adult Forum 4:30pm SNAC Dinner Church	28 7pm Council	29 9:30am Pastors' Text Study 7pm Talk Tuesdays at Brewport	30	31 4:30pm Music Theatre Thursday 6pm Music Theatre Thursday Meal 7pm Lutheran/Pentecostal Bible Study 7:30pm Choir	<div> <b>Community Room</b>  <b>Sun 6:45 SLAA</b>  <b>Mon 7:30 Boy Scouts</b>  <b>Tue 7:00 STEP</b> </div>	



# Worship Assistants

## SALEM LUTHERAN CHURCH

December, 2018

	Jan 6	Jan 13	Jan 20	Jan 27
<b>Assisting Minister</b>		Bruce Tomasko	Anita Papp	
<b>Lector/Communion Minister</b>		Diane Tomasko	Sandra Brown	
<b>Altar Prep Team</b>	Bob Reichelt Chris Wolff	Bob Reichelt Chris Wolff	Nancy D'Andrea Emily Sokoloski	Nancy D'Andrea Emily Sokoloski
<b>Ushers</b>	Samantha Baronavksi	Joe Bales John Bryk	Rich & Carol Lansing	Ray & Eileen Anderson
<b>Flowers Given By</b>				Sandra Brown
<b>Coffee Hour</b>				
<b>Tellers</b>	Ray Anderson Dale Danowski	Nancy Headford Bill Winter	Emily Sokoloski Tracey Wilkins	Katie Adams Rich Kenyon

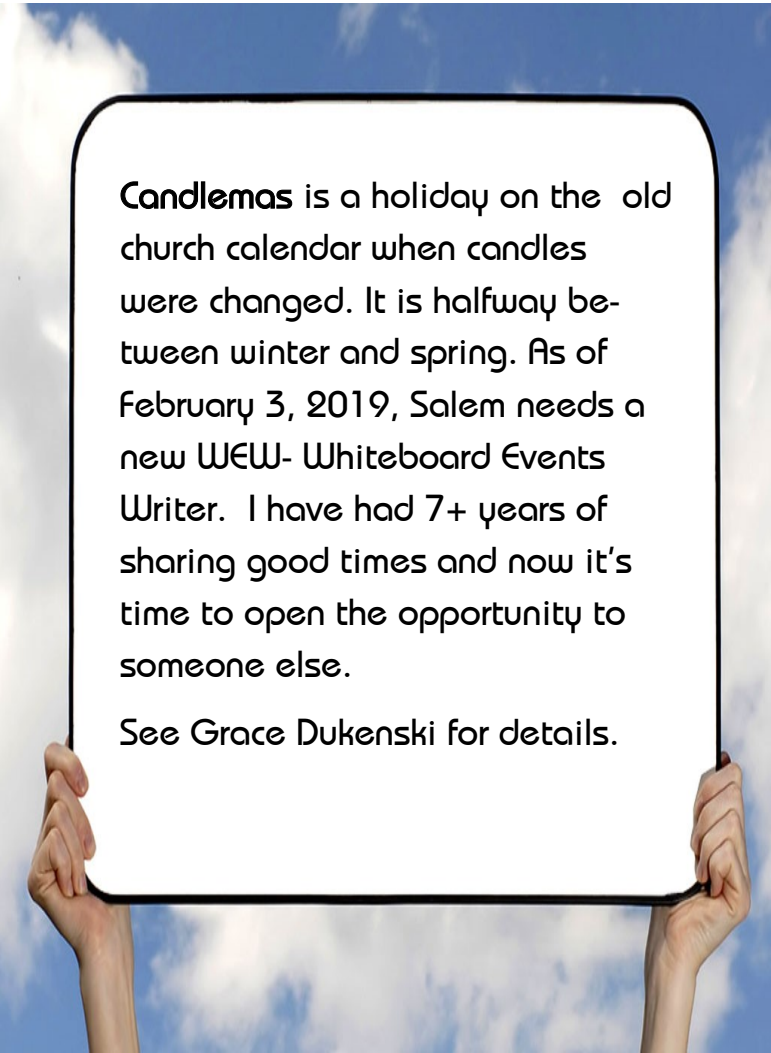
You can now signup online for Sunday morning Worship Assistants. You can signup to be the Assisting Minister or Lector/Communion Minister. The signup sheet is for November to December, 2018.

[If you're reading this online click here for the signup sheet.](#)

You can also call the church office to signup

Coffee hour hosts are needed for **January 6th and 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](mailto:momryk@yahoo.com).

Haley Danowski.....	2
Iris Murphy.....	3
Joseph Jambriska.....	3
David Larson .....	5
Marjorie Shapleigh.....	7
Elissa Velez .....	9
Allison Bryk.....	11
Barbro Lund.....	11
Kristin Schulz.....	21
Tiffany Claus.....	24
Eliana Llanos .....	24
Michael Lange .....	27
Elizabeth Bales.....	28
Jeff Johnson .....	29
Christiane Wolff .....	31



**Candlemas** is a holiday on the old church calendar when candles were changed. It is halfway between winter and spring. As of February 3, 2019, Salem needs a new WEW- Whiteboard Events Writer. I have had 7+ years of sharing good times and now it's time to open the opportunity to someone else.

See Grace Dukenski for details.

<u>2019</u>	Jan 13	Jul tba
<u>Blood Pressure</u>	Feb 3	Aug tba
<u>Screening Dates</u>	Mar 10	Sep 8
	Apr 14	Oct 13
	May 5	Nov 10
	Jun 2	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	





# We Are Grateful

## Food Pantry

Thrivent

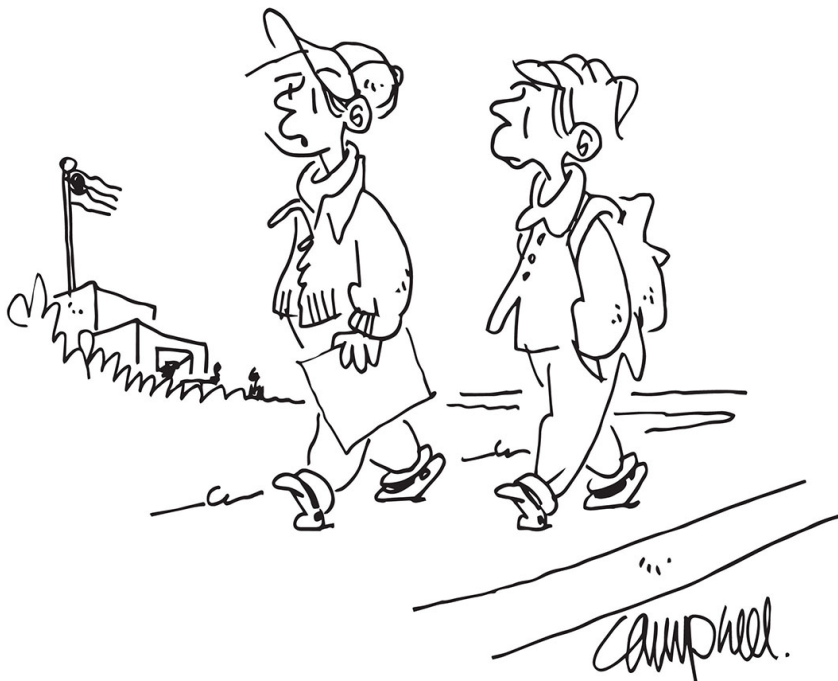
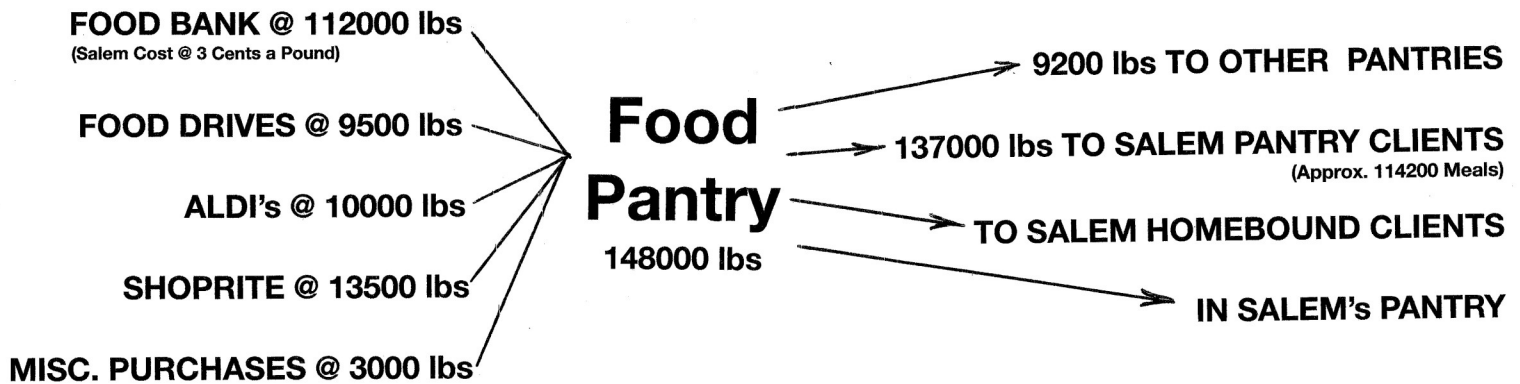
## Youth Fund

All those cookie and baked goods lovers!



## A YEAR IN THE LIFE OF SALEM's PANTRY

*Where It Comes From & Where It Goes*



"I made a New Year's resolution to eat broccoli.  
If I can't stand it, I'll give it up for Lent."

Salem's Youth Group is having a Cinnamon Bun fundraiser January 27, 2019! Each tin will cost \$8. Please place your order by Wednesday, January 23rd using the below order form. Cinnamon bun pick up will be Sunday, January 27th after the 9:30 service or at dinner church. Contact Janice Lansing with any questions at [janicelansing@yahoo.com](mailto:janicelansing@yahoo.com) or 203-502-8222. Please help support the trips the Youth Group takes and order a tin or 2!

*Salem Lutheran Church Youth Group's  
Delicious Youth Made Cinnamon Buns Order Form*



**Preorder by Wednesday, January 23<sup>rd</sup> for Pick up on Sunday, January 27<sup>th</sup>**

**Available for pick up after 9:30 am service or at 4:30 pm dinner church**

**Questions Contact Janice Lansing at [janicelansing@yahoo.com](mailto:janicelansing@yahoo.com) or 203-502-8222**

----- *★ Please Detach here and mail or bring to ★* -----

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

**ATTN: Janice Lansing**

**Please make check payable to Salem Lutheran Church and note Youth Fundraising**

<u>Quantity</u>	<u>Price Per 8" Round Container</u>	<u>Will come with Glaze unless you request "no glaze" below</u>	<u>Total Due</u>
	\$8		
	\$8		

**Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**I do not wish to buy buns but do want to support the Salem Youth Group: \$** \_\_\_\_\_

# Join us for a Chili Cook-Off

February 3, 2019 after the semiannual meeting 11:00am – 1:30



Salem Lutheran youth group invites you to a chili cook-off on February 3rd, right after the semi-annual meeting around 11:00 A.M. in the Lounge. For \$8, you will get an all you can eat chili lunch! Enter a chili for judging or just come and eat!

Help us judge the chili cook-off winners ranging from Best Chili Chef, hottest, most unique, and a best runner up. So come out to support our youth trips and enter to win the Best Chili Chef title!

Please let us know if you're bringing chili!  
Contact Mary Anne Caragol at (203) 521-3752 or e-mail Mary Anne  
at [ladyblackieking@optonline.net](mailto:ladyblackieking@optonline.net) to register.

\*If bringing a chili, please bring in a crock pot with ingredient list.

Salem Lutheran Church - Lounge  
3160 Park Ave Bridgeport, CT 06604



# Don't Develop "Sleep Deprivation"

Everyone needs sleep. School children and teens should get around 10 hours of sleep. Adults need 7-8 hours of sleep per the CDC. According to the National Sleep Foundation, a lack of sleep can result in the following:

- Severe fatigue, depression, and memory loss
- Inability to concentrate, listen, learn, and problem solve
- Impatience, poor judgement, and aggressiveness
- Increased likelihood of contracting illnesses, including colds and the flu
- Poor Nutritional choices, increasing the likelihood of weight gain



From  
Our  
Parish  
Nurses

Here are some practical tips to help you fall asleep and stay asleep:

- Make time to relax and prepare for sleep
- Don't eat, drink or exercise within an hour before bedtime. Candy, soda, caffeine can cause insomnia
- Switch off the TV and electronic gadgets such as Smartphones, computers, and gaming systems one hour prior to bedtime
- Go to bed at the same time every night
- Keep the house at a comfortable sleeping temperature
- Find a comfortable sleeping position. Have a mattress and pillow that is correct for you
- Minimize allergens in your bedroom by washing bedding weekly, using protective allergy-proof encasings, and not sleeping with a pet if allergic.

Summarized from an article from "Allergy & Asthma Today", Fall, 2015

## Medicare Wellness Visit

If you have just gone on Medicare you can have a free medicare wellness visit. This visit will create a personalized prevention plan for you. For more information ask your doctor about this program or contact Jennifer Dzney from St Vincent's Physician Support Services.

Call: (203) 382-2389 and leave a voice mail message.

# Depression: Common and Treatable

Major depression is one of the most common mental illnesses, affecting 6.7% of Americans. Depression causes people to lose pleasure from daily life, complicates other medical conditions, and may lead to suicide. It can occur to anyone at any age. Only about a third of those suffering from severe depression seek treatment from a mental health professional. The others resist treatment believing depression is not serious, or they can treat themselves, or it is just a personal weakness.

If you have five or more of the following symptoms for two weeks or more, you could have clinical depression and should see your doctor.

- Persistent sad, anxious or “empty” mood or are restless and irritable
- Sleeping too much or too little, waking in the middle of the night or early morning
- Loss of energy or fatigue
- Significant change in appetite and weight
- Loss of pleasure and interest in activities once enjoyed
- Persistent physical symptoms that do not respond to treatment
- Difficulty in concentrating, remembering or making decisions
- Feeling guilty, hopeless or worthless
- Having thoughts of suicide or death

There are seven general causes associated with Clinical Depression.

- **Biological** – People may have too little or too much of a brain chemical called “neurotransmitters”
- **Cognitive** – People with negative thinking patterns and low self-esteem
- **Gender** – More women experience depression believed to be due to hormonal changes during menstruation, pregnancy, childbirth and menopause
- **Co-occurrence** – linked to illnesses such as heart disease, cancer, Parkinson’s, diabetes, Alzheimer’s and hormonal disorders
- **Medications** – as a side effect from some medications
- **Genetics** – family history of depression
- **Situational** – Difficult life events such as death of a loved one, divorce and financial problems

Depression must be treated by a physician or qualified mental health professional. The most commonly used treatments are antidepressant medication, psychotherapy or a combination of the two. Treatment choice depends on the pattern, severity, persistence of depressive symptoms and the history of the illness. Early treatment is more effective and helps prevent the likelihood of serious recurrences.

# CHRISTMAS GIFTS

With a \$250 grant from Thrivent plus the seventy items donated from our church family, we were able to complete twenty-one gift bags for the Seafarers. Each gift bag contained a woolen cap, a sweatshirt, three pairs of socks, a Thrivent t-shirt, and candies or nuts. The gift bags were assembled by Merlee Lange, Esther Kunin, and Carol Lansing. Carol and Merlee delivered the gift bags to Pastor Ruth Setaro in New Haven. Pastor Ruth gave out the twenty-one bags to twenty-one Seafarers the next day.



## A Better 2018 Christmas for Those in Need

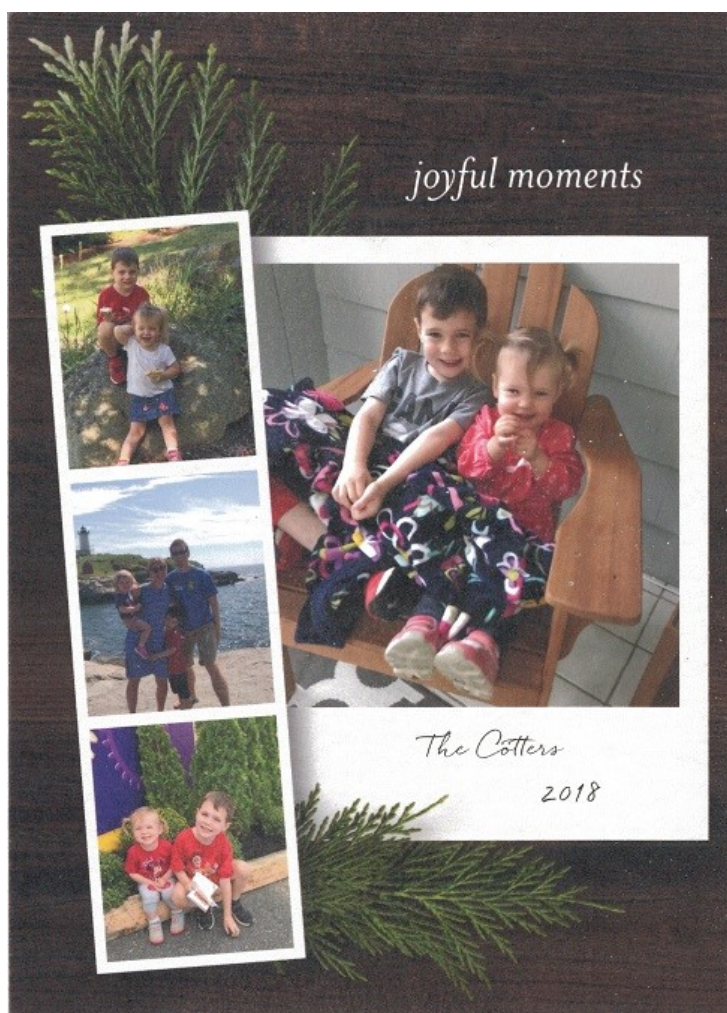
Thank you for the two grants of \$250 each from Thrivent and thank you to members of our Salem Church family. Merlee Lange, Helen Nordvall, and Carol Lansing bought toys, mittens, gloves, and hats for twenty-one children and clothes for fourteen adults. Sandra Brown, Helen Nordvall, Esther Kunin, Merlee Lange, and Carol Lansing wrapped the toys and clothes. Richard and Carol Lansing delivered the presents. Hopefully, this made a merrier Christmas for thirty-five Greater Bridgeport friends in need.





May the peace, love and joy  
of the Christmas season  
be yours throughout the year

Philip Pasulke



It's been a busy year for the Cotter Family. We moved to Canton, Ma early in the summer as Tim's company relocated to the seaport in Boston from New Haven, CT. Ryne started kindergarten this fall and Siena is in daycare three days a week while Katie works at a local hospital. Both kids are loving school and our new neighborhood! It's been an adventure for the whole family, but we are enjoying ourselves. If you are ever in the Boston area please give us a call. Wishing you and yours the happiest of holiday seasons! Merry Christmas and Happy New Year!

Our new address:  
12 Woodlock Rd  
Canton, Ma 02021



Dear Family and Friends,

December 1, 2018

We wish you a Merry Christmas, a Happy Hanukkah, a Happy New Year and all the best for the upcoming year.

This has been a special year for us. We're celebrating our 50th Wedding Anniversary all year long. Our joy has been amplified by many special events in our family's lives.



Caitlyn's Graduation: Rick, Taliah, Rich, Caitlyn, Carol, Jody



Evan's Confirmation: Rich, Janice, Carol, Evan, Noah



Rich, Ryan Sr., Ryan Jr., Ann, Amelia, Abby, Carol

We started our year-long celebration in February with a one-week cruise around Hawaii followed by a quiet week on Kauai. Less than a week later, we spent a week touring Disney World with Ryan's and Randy's families. Three weeks later we took our two oldest grandsons, Noah and Evan, to Cancun for a week. We flew twice to Wisconsin celebrating Carol's 50th Nursing School class reunion and Caitlyn's high school graduation. In July we visited Richard's mother in Tennessee. Recently we travelled through the northern Rocky Mountains for two weeks with our friends, Sandy and Jack Stephenson, visiting the national parks and monuments. We will conclude our celebration with a two-week trip to Cancun with friends in February.

We also celebrated events in the lives of our children and grandchildren. With Rick's family, we proudly celebrated the high school graduation of our eldest grandchild, Caitlyn. She is now attending Lawrence University in Wisconsin.

With Ray's family, we attended the confirmation of Evan at our church, Salem Lutheran.

With Ryan's family, we welcomed the arrival of our eighth grandchild, Amelia Rose Lansing. She was born on October 12, weighed 6 pounds ten ounces, and was 19 1/2 inches.

Carol and our niece, Lia, went to visit Randy's family for Isabel's seventh birthday. Then their family came here from Florida to attend the wedding of Randy's best friend, Misha Thomas.

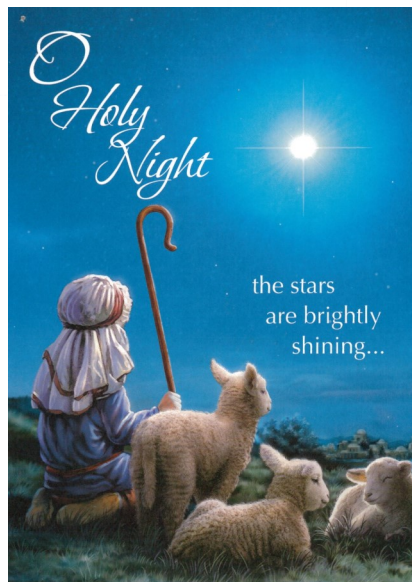


Randy, Julie, Isabel, Carol, Rich

All eighteen of us will be together for Christmas in Connecticut.

Happy Holidays and our best wishes to you and your family in the new year.

Carol and Rich Lansing



To our Salem friends  
and staff

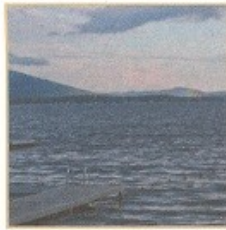


May His love  
bring you a most joyous  
and peaceful Christmas  
and a happy, healthy  
2019

Ray & Eileen  
Anderson







**Calumet Lutheran Ministries** continues to be a wonderful, vibrant, and strong ministry that engages people of all ages and during every season of the year. Thank you for the part that you play in making sure Calumet can continue being the life-transforming ministry spot it has been for 60 years!

When the Lutherans bought this site back in 1959, I'm not sure anyone could have imagined the growth that would take place, the number of lives that would be touched, and the sacred story lines that would take shape in people's lives due to the bold yet careful stewardship of this holy ground and holy ministry. Could they have envisioned that Calumet would become the place in New England that gathers the most Lutherans on a summer Sunday in the beautiful Outdoor Chapel? Could they have dreamt of the squeals of laughter and uproarious shouts of joy happening on a regular basis by the lakeshore while elsewhere it's just so challenging for a kid to simply be a kid? Could they have known that Calumet would come to play a vitally important role in the lives of young adults who identify Calumet as the best place on earth?

And could they have ever guessed that Calumet would become one of the leading outdoor ministries for the whole Lutheran Church? That it would receive support from hundreds and hundreds of people each year? That it would be among the most trusted ministries in New England?

I am so proud to be among the thousands of people who make up Calumet Nation. It brings me joy to be counted among the many, many, many individuals who share gifts, large or small, each and every year to keep this place strong and healthy. I am overjoyed to know that Calumet continues to be a place that depends on every single one participating however they can — that no one individual or entity can make the Calumet Spirit happen — that it takes the whole Church of New England to ensure all of the goodness that exudes from this place. God is at work in this place. The love of Jesus which is a gift for every single one is felt through this place. The Spirit is alive in the hearts of children in summertime cabins, families around campground campfires, older adults at seasonal Lutherhostels, women and men at annual retreats, confirmation classes building relationships at weekend events, youth groups skating on a frozen lake, and quilters and knitters who are sharing their artistic and creative talents all year long.

Calumet receives your gifts with deep thanks & humility and promises to be excellent stewards of the money provided. Thanks for your help. It matters.

Sincerely,

Knute Ogren, Director of Development

**Mailing Address:** Calumet Lutheran Ministries, P.O. Box 236, W. Ossipee, NH 03890

**Website:** [www.calumet.org](http://www.calumet.org) **Phone:** 603 539 4773 **Email:** [ginger@calumet.org](mailto:ginger@calumet.org)





# The Council of Churches of Greater Bridgeport, Inc.

*Leveraging Hope, Transforming Communities*  
*Service \* Dialogue \* Collaboration*

October 15, 2018

As we wrapped up the first quarter of our new fiscal year, I'm writing to give you some updates on the work we're doing at The Council.



- ❖ In August the FEED Center hired a new Chef/Instructor, Aditi Goswami, who brings a wealth of experience with her own food based business. She is half way through our fifth 10 week CREATE Culinary Course, using the kitchen at Salem Lutheran Church in Bridgeport. Along with time spent in the kitchen, we now include classroom time devoted to helping our students develop interviewing and other essential soft skills. We are also establishing connections with local restaurants and other food businesses so we can offer internships and set up job interviews for the students immediately upon graduation.

**If you know any restauranteurs, caterers or other food business owners, and would be willing to introduce us to them, please let us know!**

- ❖ At the beginning of the semester, the Janus Center for Youth in Crisis interviewed and accepted 5 student interns from local colleges and universities. These students have joined our case managers in working one on one with over 75 youth on a weekly basis, throughout this semester to keep them in school and out of the juvenile justice system.
- ❖ Rosa Rosa, our case manager for clients re-entering the community after incarceration has had a very busy 3 months. She has already worked with over 45 clients one on one, 55 clients via support groups, and continues to do an amazing job helping people get on their feet!



**It was great to see you at the fundraiser at the Discovery Museum, and are pleased to report that we raised \$20,000!** On that note, please know how grateful we are for your support! You make this ministry possible, and we are always working to help more people, more effectively on your behalf!

Sincerely,

Rev. Cass Shaw  
President and CEO

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

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

*There's a LOT of need in our community, which means there's a LOT of work God is calling Salem to do. Read the information below, start dreaming about the difference we can make, and then pray for God's power and love to help bring our dreams into reality! - Pastor Marjo*

## MEET ALICE

**ALICE is a hardworking member of the community who is employed yet does not earn enough to afford the basic necessities of life.**

ALICE earns above the federal poverty level, but does not earn enough to afford a bare-bones household budget of housing, child care, food, transportation, and health care. The United Way ALICE Reports use new measures to provide a more accurate picture of financial insecurity at the state, county, and municipal level.

## WHAT DOES ALICE STAND FOR?

**ALICE** is a United Way acronym that stands for **A**sset **L**imited, **I**ncome **C**onstrained, **E**mployed.

ALICE is your child care worker, your parent on Social Security, the cashier at your supermarket, the gas attendant, the salesperson at your big box store, your waitress, a home health aide, an office clerk. ALICE cannot always pay the bills, has little or nothing in savings, and is forced to make tough choices such as deciding between quality child care or paying the rent. One unexpected car repair or medical bill can push these financially strapped families over the edge.

County	<i>Fairfield</i>	New Haven	Middlesex	New London	Windham	Tolland	Hartford	Litchfield
Total households	335,318	327,560	66002	105,113	44,734	54,068	350,369	74,105
Poverty (%)	8	11	9	9	14	9	11	6
ALICE (%)	<u>31</u>	33	23	30	24	24	29	27
Below ALICE Threshold	39	44	32	39	38	33	40	33
Above ALICE Threshold (%)	61	56	68	61	62	67	60	67

## MISSION

**Our mission is to make the invisible visible by shining a light on the true number of families struggling in the U.S. We aim to change the national dialogue about the impact on families, communities, and all of us when financial crisis is the norm for so many.**

Traditional measures of poverty do not capture the magnitude of people who are struggling financially. Our new metric offers a better way to count and understand ALICE, and to ultimately inform policy decisions to affect positive change for this growing portion of our population

**The United Way *ALICE Project* is a collaboration of United Ways in Connecticut, Florida, Hawai'i, Idaho, Indiana, Iowa, Louisiana, Maryland, Michigan, New Jersey, New York, Ohio, Oregon, Pennsylvania, Texas, Virginia, Washington, and Wisconsin**

**FOR MORE INFO GO TO: <https://www.unitedwayalice.org/overview>**

## THE UNITED WAY ALICE PROJECT

**The United Way *ALICE Project* is a nationwide effort to quantify and describe the number of households that are struggling financially.**

The *Project* began as a pilot program in New Jersey, and has expanded to include 16 states, which represent nearly 40 percent of the U.S. population. United Way ALICE Reports use standardized measurements to calculate the cost of a bare-bones household budget in each county in [each state](#), and to quantify the number of households that cannot afford even that. It is an alternative measure to the outdated Federal Poverty Level, which grossly underestimates the number of struggling families.

## WHY THIS WORK MATTERS

**The United Way *ALICE Project* raises awareness about a huge but hidden segment of our community that is struggling to afford basic necessities. The success of a community is directly related to the financial stability of its members.**

Rent or electric bill? Food or prescription drug? For too many hardworking households, impossible decisions such as these are a way of life. When ALICE is forced to make difficult choices, the entire community faces consequences. The *ALICE Project* provides a framework and language for stakeholders to reassess public and corporate policies and implement changes that improve the lives of ALICE and their communities.

## WHAT WE DO

### 1. We Produce Reports

**We provide unbiased data that is replicable, easily updated on a regular basis, and sensitive to local context.**

Our reports contain data on household budgets, demographics, employment opportunities, housing affordability, public and private assistance, and other critical economic factors. They are presented in a conversational, accessible format that is easily accessed by businesses, government, nonprofits, academia, the press, and citizens. The *Project* also provides regular updates and special subject reports that drill down on specific issues.

### 2. We Lead a Learning Community

**This is a forum for sharing experiences, developing best practices, and building broader impact and fundraising strategies.**

The Learning Community is open to staff of all local United Ways in states involved in the United Way *ALICE Project*, their Research Advisory Committees, and invited community members. For more information about topics for our standard or customized webinars, [click here](#)

### 3. We Build Action

**The ultimate goal is to stimulate action that will improve the financial stability of ALICE families and their communities.**

The United Way *ALICE Project* places United Way at the center of community conversations on critical issues. Local United Ways involved in this effort are forging new relationships with community partners, educators, corporations, and government officials to identify opportunities and build strategies that support ALICE. ALICE data has been widely used in the education, government, nonprofit, health, policy and research arenas to better understand local economic condition and the demographics of our communities

## **You Think YOU'RE Stressed? For College Students It May Be Worse**

### **SOME AWFUL STATISTICS ON COLLEGE STUDENT MENTAL HEALTH**

*from the National College Assessment (2017)*

40.1% OF COLLEGE STUDENTS REPORT BEING SO DEPRESSED "IT'S DIFFICULT TO FUNCTION"  
53.1% OF COLLEGE STUDENTS SAY THEY FEEL HOPELESS  
61.4% OF COLLEGE STUDENTS SAY THEY EXPERIENCE "OVERWHELMING ENXIETY"  
64.4% OF COLLEGE STUDENTS REPORT FEELING VERY LONELY  
69.3% OF COLLEGE STUDENTS SAY THEY FEEL "OVERWHELMED" BY ALL THEY HAVE TO DO  
**THIS IS REALLY BAD**

### **INFORMAL SURVEY OF COLLEGE STUDENTS**

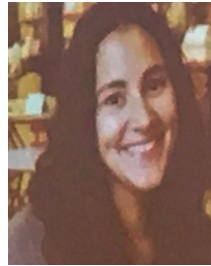
*"As I reflect on my time at college so far, I realize  
that I have not been able to get the most out of my experience here largely because of all the stress."  
"People here are often too stressed to enjoy small pleasures...."  
"There's little time at school to do the things I love, like read a book."  
"There's a sort of social currency to being the busiest, to getting the least sleep..."  
"We don't actually talk about things that are bothering us  
and it takes a real crisis for any of us to actually admit that something is wrong."*

**At Yale, one professor is using  
The Science of Positive Psychology & Behavioral Change  
to teach about the Science and Practice of the Good Life**

#### **4 TIPS from Professor Laurie R. Santos**

**Professor of Psychology at Yale**

(who teaches "Psychology & the Good Life,  
the most popular class Yale has ever had)



#### **TOP INSIGHT #1: YOUR MIND LIES TO YOU ABOUT WHAT WILL MAKE YOU HAPPY**

It's not your house, or your car, or how much money you make.

In terms of income, statistics (from a study by Danny Kahneman & Angus Deaton) say that happiness does increase with income, but only up to about \$75,000.

After that it does nothing to effect happiness.

#### **TOP INSIGHT #1: YOUR MIND LIES TO YOU ABOUT WHAT WILL MAKE YOU HAPPY**

It's not your house, or your car, or how much money you make.

In terms of income, statistics (from a study by Danny Kahneman & Angus Deaton) say that happiness does increase with income, but only up to about \$75,000.

After that it does nothing to effect happiness.

#### **TOP INSIGHT #2: MAKE TIME FOR MAKING SOCIAL CONNECTIONS**

According to a study by Diener & Seligman (2002),  
happiness increases when time is spent with family/friends/lover

According to Epley & Schroeder (2014),  
even a short conversation with a stranger on a bus or train improves happiness greatly.

#### **TOP INSIGHT #3: BEING IN THE PRESENT MOMENT IS THE HAPPIEST WAY TO BE**

Our minds wander 46.9% of the time! (Killingsworth & Gilbert, 2010)

But if we're caught up in past regrets or worried about future possibilities, we end up depressed or anxious.  
Staying in the present moment breaks the stress cycle.

#### **TOP INSIGHT #4: MAKE TIME FOR GRATITUDE EVERY DAY**

Say thank you. Keep a gratitude journal. Write a letter of thanks and hand-deliver it.

*I'm on Day 672 of my gratitude journal, and what I've discovered is  
that when I keep my journal I'm in a much better place emotionally than when I don't.  
So why not give it a try! – Pastor Marjo*





# Evangelical Lutheran Church in America

God's work. Our hands.

**STORIES** OF FAITH IN ACTION

## Expanding the way we see God

### *The ELCA's Ethnic Specific and Multicultural Ministries*

By Francine Knowles

Passion drives the work of Gigie Sijera-Grant, a pastor of First Evangelical Lutheran Church in Ellicott City, Md., and the president of the ELCA Association of Asians and Pacific Islanders. "I have a passion for a multicultural ministry, the association and working with other ELCA ethnic associations. It comes from a passion for connecting with people from different ethnic traditions," said Sijera-Grant, who is committed to helping build an inclusive, multicultural ELCA.

"Opening our hearts, opening our whole being to experience God from different perspectives, that's key."

The association includes 20,000 diverse Asian and Pacific-Islander Lutherans. It has 12 ministry caucuses, including Cambodian, Indian, Chinese, Indonesian, Korean and others, said Sijera-Grant, who immigrated to the United States from the Philippines.

The association's goals include expressing the Christian faith from Asian-Pacific American perspectives and strengthening the unity of its communities in the ELCA, she shared.

Another goal: "Listen to each other's stories and common struggles and learn from each other," she said.

In April, for the first time the association held its biannual assembly jointly with another ELCA ethnic association, the European Descent Lutheran Association for Racial Justice. When asked if the Asian and Pacific Islander association would consider planning a joint assembly, "we thought this would be a great idea," Sijera-Grant said. "It was the largest assembly we've ever had. People from both associations sat together, got to know each other and worshiped together. They attended some of our sessions."

The Asian and Pacific Islander association holds an international conference in Asia every other year. At next year's conference, a young adult group will build a 1,200-square-foot community hall for a local congregation in Thailand, she said.

Asian and Pacific-Islander ministries in the United States and internationally are currently working to address issues related to immigration barriers, refugee struggles, poverty and human trafficking.

But one of the primary internal challenges the association's members face is being called to ministry within the ELCA. "To be an ELCA pastor, they have to know Lutheran theology," Sijera-Grant said. "There is no one Asian theology because there are many of us with many different perspectives."

She stressed the importance of creating a church environment that instills a sense of belonging and an acceptance of other



ways of doing things. If the church "wants to make room for us, they have to expand their Lutheran theology to include ours as well," she said.

Sijera-Grant, who serves a congregation that is predominantly white, continuously looks for new ways to incorporate different cultural experiences in worship. Last spring, she partnered with Surekha Nelavala, mission developer of Beloved Community (a synodically authorized worshipping community), to launch a monthly multicultural worship service at First.

"We're used to having everything planned," Sijera-Grant said of First. "At Beloved Community, there are always parts of the service that are left open. There's a sharing of stories and talents. People come in their ethnic attire. It's neat to see."

Sijera-Grant, who has worn traditional Filipino clothing for Beloved Community services, enjoys seeing worshipers sing in their native languages and play native instruments. "Prayers can be done in different languages, and parts of the worship don't have to be in English," she said. "God gave us all these gifts to share with each other. Sharing traditions expands the way we see God."

Francine Knowles is a freelance writer and former religion and business reporter with the Chicago Sun-Times.



## A Journey of Wonder and Discovery

Patricia Cuyatti is an International Leader whose journey of faith has been shaped by wonder and discovery.

When she was seven years old, Patricia wondered why so many children gathered at a nearby congregation during a school break. Her curiosity led her to discover its Vacation Bible School program – and soon after, faith in Christ.

Years later, Patricia felt God calling her to ministry. She became one of the first ordained pastors of the Peruvian Lutheran Evangelical Church, even serving as president.

Later, Patricia was encouraged by leaders in her church to apply for the ELCA's International Leaders program. With an ELCA scholarship, Patricia began graduate theological education in the United States, where she gained wider perspectives on her faith and the world.

"Freedom and the concept of living in freedom with responsibility," she says, "really reshaped my life." After completing her doctorate, Patricia began working with the Lutheran World Federation. In her current role, she helps build relationships between member churches in Latin America and the Caribbean.

In her education and in her new work, Patricia has seen how Latin American women like her who discern a call to ministry face challenges unique to their context. Often limited by family and cultural expectations, they can struggle for the freedom to respond to their call. Patricia hopes that together, we can change that.

"I hope that the ELCA continues thinking about leadership development in other countries because people who are trained go back to their churches – and I hope they do go back – or to positions that contribute to their churches."

Through Always Being Made New: The Campaign



for the ELCA, our church has committed to empowering 200 more international women like Patricia as part of an expanded International Leaders program. When women leaders from our companion churches have opportunities to advance their education, the global church will grow. Patricia says, "My plan is to contribute as much as I can to the work and mission of the member churches (of Latin America and the Caribbean)."

