

February 2019



the
SPiRiT

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

A Time For Love

February makes me think of Valentines Day which makes me think of love....

I'll never forget the moment the midwives placed Hans in my arms. I was so overcome with love for this new little person who for nine months had grown inside of me that I felt as though my heart would burst. It wasn't just the love that I felt for my child that overwhelmed me. It was the realization that, "oh my God, this is how much my parents love me!" and the further realization of "how much more then must God love me!" In that moment the most powerful feeling of love that I have ever experienced reached out to me, sweeping me up in the strong arms of acceptance and wrapping me tight in an embrace of complete belonging. Love filled every cell of my being so that there was room for nothing else. I was God's child and God loved me and I loved God.

And that, my friends, is the whole reason we are here on the earth. Just as we are born from a man's and woman's overwhelming love and desire, so are we created from God's burning desire to create and God's passionate need to love - and to be loved, which explains the greatest of all commandments: "You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind."

And that's why I think mainline Christianity is dying. We may love God with our mind - that is, we believe God exists, we may have grateful thoughts, we may talk with God and ask God for help - but do we love God with all our heart and soul and strength? Looking at our worship, I wonder.

When our hearts are full of love as we gaze into the eyes of our child or our lover, we are overcome with emotion. When we are overcome with emotion our bodies can't help but want to reach out towards them and take them in our arms and hold them close. And as we hold them close, our spirits know the feelings of a bond that can never be undone.

I think that's what God wants in worship -to not only read the love in our minds, but to feel the love in our hearts, and to see it in our bodies, and to know it in our souls.

But to be honest, as a lifelong Lutheran of Northern European heritage and reserved personality and manners I'm not sure how to do that. The thought of showing my love for God in worship scares me. And yet I know that's what God wants and what God commands.

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Salem

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So while I'm away these next 9 Sundays resting and reflecting, I'll also be searching and seeking for new ways to worship God - ways that get me beyond myself so that I can love God the way God wants and deserves to be loved - not only with all of my mind, but with all of my heart and body and spirit as well. And while I'm away rest assured that I will be holding you in prayer, pleading with God to reach out to you and take you in his arms and hold you tightly until you know without a doubt how totally and completely you are loved.

Abundant love be yours,
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

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

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

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

**Next deadline date is February 15th for the
March 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 – fdukenski@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 – fdukenski@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
Cliff LaRose – trevclif@att.net
Jean Larson – tjcklarson@sbcglobal.net
Bruce Tomasko – bltomasko@yahoo.com
John Wilkins – about2bike@gmail.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 – fdukenski@aol.com
Joel Hintz – brondle@aol.com



Worship Assistants

SALEM LUTHERAN CHURCH

February, 2019

	Feb 3	Feb 10	Feb 17	Feb 24
Assisting Minister	Bruce Tomasko	Scouts	Anita Papp	
Lector/Communion Minister	Diane Tomasko	Scouts	Sandra Brown	
Altar Prep Team	Jean Larson Diane Tomasko	Jean Larson Diane Tomasko	Anita Papp Cindy Roberts	Anita Papp Cindy Roberts
Ushers	Mike Caragol Tom Larson	Samantha Baronavksi	Joe Bales John Bryk	Rich & Carol Lansing
Flowers Given By	Nancy Headford			Cindy Roberts
Coffee Hour	Chili Cook-Off	Scouts		
Tellers	Frank Dukenski Cindy Roberts	Steve Kuczo Bill Winter	Ray Anderson Dale Danowski	Nancy Headford Bill Winter

Coffee hour hosts are needed for **February 17th 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.

Roberta Bellows	1
Hailey Dewalt.....	3
Keith Murphy	3
Kerry Schulz	13
Bill Winter	13
Michael Gulyas	13
Ann Martin	14
Carol Lansing	16
Talisha Burrus	17
Pablo Cruz.....	22
Scott Luciani	22
Judy Albers.....	26
Katie Adams	27

A belated Happy Birthday to Reinie Lange (Jan 3)



SPRING FLING

SAVE THE DATE. On Thursday, April 4, 2019 the Council of Churches will be holding its annual Spring Fling fundraiser at the Downtown Cabaret Theatre in Bridgeport. The show is "Sister Act". This is always a very enjoyable evening. The cost will again be \$75. per person, which includes a reception at City Lights with hor's doeuvres and beverages (wine, beer, soda and water) before the show, recognition of a local congregation with the Faith and Community Award and the show.

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

SALEM BOOK CLUB; will be meeting February 5th at noon in the Salem Lounge. We will be reviewing books we read over the holidays: "Arthur Truluv by Elizabeth Berg and "The Christmas Train" by David Balducci. The February read is: "Educated" by Tara Westover & will be discussed on March 5th. New members and guests are welcome. Please bring your lunch



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	



After 35 years of ministry and 8 years here at Salem, the Council has graciously granted Pastor Marjo a leave of absence beginning February 4th and continuing 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:

- February 10th** **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.
- February 17th** **We will have a Service of the Word for Healing**, with Salem member, **Grace Dukenski**, preaching.
- February 24th** Although we don't yet have a supply pastor scheduled for communion, Salem member **Ray Lansing** will bring God's Word alive in a dramatic way.
- March 3rd** **Pastor Paul Sinnott** returns.
- March 10th** We don't yet have a supply pastor scheduled for communion, but stay tuned!
- 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

Capital Improvements

Marjo Anderson

Food Pantry

Marjo Anderson, Judy Blumenthal, Jane Weiss Family Foundation

Memorials

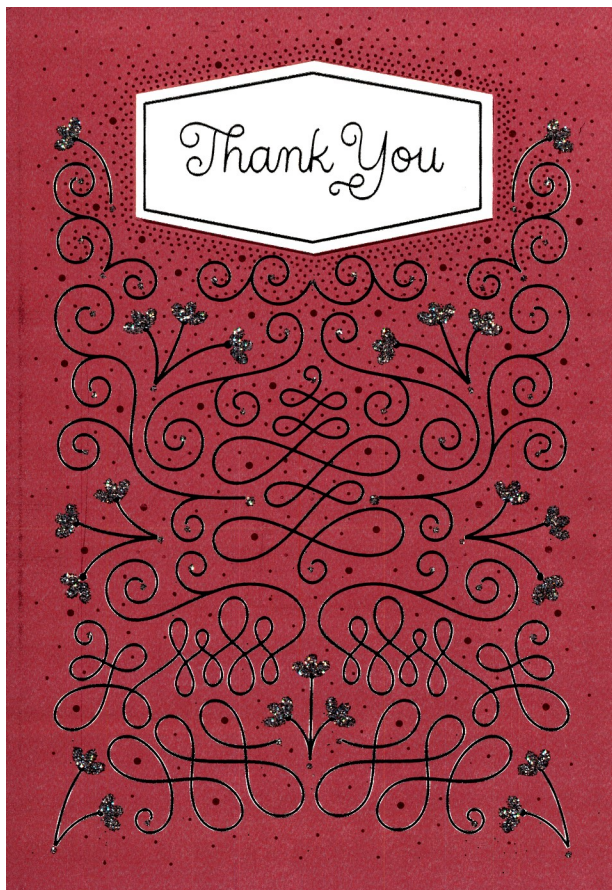
Sandra Brown in memory of Audrey Thelen

Outreach

Marjo Anderson

Youth Fund

All the cinnamon bun lovers



Dear Pastor,

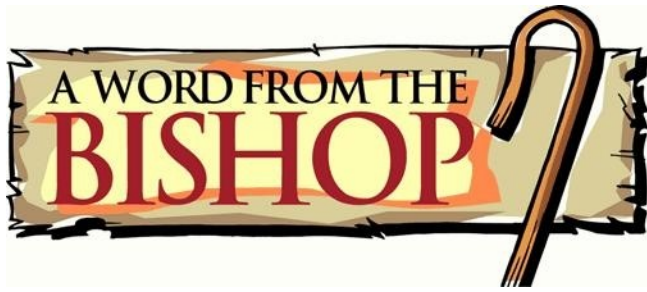
Just two small words
to express so much gratitude.

With gratitude for
hosting us for so many
years.

David H.

Fr the Turkey Night

12-Step Meeting



So the people shouted, and priests blew the trumpets; and when the people heard the sound of the trumpet, the people shouted with a great shout and the wall fell down flat, so that the people went up into the city (of Jericho). [Joshua 6:20]

But now in Christ Jesus, you who once were far off have been brought near by the blood of Christ. For he is our peace; in his flesh, he has made both groups into one and has broken down the dividing wall, that is, the hostility between us. He has abolished the law with its commandments and ordinances, that he might create in himself one new humanity in place of the two, thus making peace. [Ephesians 2:13-15]

St. Paul provides a different perspective on walls than the one we have been hearing about in the last few weeks. Or shall I say years? St. Paul is articulating one of the visions of the faith of Jesus – namely the tearing down of what divides us.

We are in a time of great division. We now define ourselves by what we are against, and sadly, we are more eager to find that it is our neighbor, our fellow pew sitter, our co-worker whom we oppose. In many ways, the wall has already been built.

However, like Jericho, the walls can come down...at least for New England Lutherans.

First, let's reclaim and recall our identity as immigrants. In recent years, I have celebrated church anniversaries throughout our New England Synod. Several of them were 125th anniversaries. Why so many 125-year events? In the 1880s and '90s, there was significant immigration from the southern region of Sweden, due in large part to a multi-year drought. Farmers, lumberjacks and merchants left there and came to the United States where they established churches, schools, colleges, and hospitals. These anniversaries are a few of hundreds of reminders that we are an immigrant church.

Second, let's fully embrace our companion relationships with our two global churches. The Evangelical Lutheran Church in Jordan and the Holy Land, as well as the Lutheran Church in Honduras are our partners in ministry. We have people in these churches who need our prayers, our support, and our advocacy. Each of them struggle in different ways and in circumstances that would make many of us shocked, outraged and disgusted.

In February, along with a dozen people from our synod, I will travel to Honduras for a week-long mission trip. We are going there to do light construction on a Lutheran church, provide resources so children can attend school and be with them as the hands and feet of Jesus engaged in ministry together. We are also going to visit this country because it is at the epicenter of an ongoing debate about immigration in our own country.

The United States is currently in the middle of a partial government shutdown that has impacted hundreds of thousands of federal workers, and is potentially having a negative impact on the U.S. economy. The primary reason given for this shutdown is over the President of the United States' desire for funding for a border wall. In addition, for several years, we have heard this President make numerous statements dispar-

aging our fellow human beings, fellow people of the faith, and all of them children of God.

This leads me to our third way forward in bringing down the wall that divides us and pits us against one another. We need to reclaim a Christian ethic of civil discourse. We also need to recover that simple but increasingly challenging call to be decent and kind people.

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that". Martin Luther King Jr.

This does not mean that we lack clarity of purpose or the strength of our convictions. I believe one can be kind and decent, yet still forceful.

When the chaos of this time recedes, and I believe it will, there will be a need for people to rebuild connections to one another, to civic life and democracy, as well as to the healing of the injustices that this wall is causing in our souls, in our country and around the world.

New England Lutherans are here because immigrants came here. We continue to be here in our ecumenical, inter-faith and global companionships. We find our strength in Jesus, who demonstrated convictions and actions that tore down the walls of hostility between us.

These are days of division – that cannot be denied. However, these are also days where together with Christ, we can rebuild, not walls of division, but bridges of understanding, kindness, and justice for all.

Sincerely in Christ,

Bishop James Hazelwood



Hypertension

Uncontrolled high blood pressure can lead to stroke, heart disease, kidney failure, vision loss and other health problems.

High blood pressure is also known as "the silent killer". You can have high blood pressure and still feel fine. As blood pressure increases, it often does not cause signs of illness that you can see or feel.

Salem's Parish Nurses are available to take your blood pressure once a month. The next readings will be February 3, 2019.



From
Our
Parish
Nurses

Heart Attack

Did you know that men and women often experience different symptoms?

MEN...

often, but not always, experience the classic warning signs of a heart attack:

Uncomfortable pressure, fullness, squeezing or pain in the center of the chest that goes away and comes back.

Pain that spreads to the shoulders, neck or arms.

Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath.

Trigger: Men most often report **physical exertion** prior to heart attacks.

WOMEN...

may experience the classic symptoms, but they are often milder. Women may also have other symptoms like:

Shortness of breath or difficulty breathing

Nausea, vomiting or dizziness

Back or jaw **pain**

Unexplained **anxiety**, weakness or fatigue

Palpitations, cold sweats or paleness

Mild, **flu-like symptoms**

Trigger: Women most often report **emotional stress** prior to heart attacks.

Every Second Counts!

If you or someone you know has any of these symptoms, immediately call 911 or get to an LVH Emergency Room as quickly as possible. Our doctors are ready to evaluate any patient complaining of chest pain within 10 minutes of arrival, and to provide the right treatment. We're here for you 24 hours a day, every day.



It is important to know your numbers for the health of your heart.

Blood pressure: goal is 120/80 or less

Total cholesterol: goal is <200

Blood sugar: goal is <130

Body mass index: goal is <25

Also beware you could have a silent heart attack. A silent heart attack occurs when oxygen flow to your heart is reduced in the absence of obvious symptoms like chest pain. You could also mistake a heart attack for indigestion or muscle pain. So know your numbers and see your doctor regularly.



Let's Stop Smoking



St Vincent's Smokestoppers has two programs: prevention classes and cessation classes. The programs educate people about the dangers of tobacco including electronic cigarettes and chewing tobacco. For health reasons, it is better never to start smoking or to quit smoking as soon as possible. Second and third hand smoke are real dangers to others.

Electronic cigarettes or "E-cigs" are nicotine delivery devices. They are unregulated by the FDA. The "E-cigs" come in 7000 flavors and are very habit forming. Carcinogenic and other irritating chemicals are in "E-cigs". Chewing tobacco or spit tobacco has 28 cancer causing chemicals that certainly affect one's health.

For more information, contact www.stvincents.org or e-mail smokestoppers@swimacrossthesound.org or <https://www.stvincents.org/Medical-Services/Cancer-Care/Screenings-Prevention/smoking-cessation>



SATURDAY, APRIL 6, 2019

6:30 - 11:00 P.M.

DANCE THE NIGHT AWAY

**FAIRFIELD THEATRE COMPANY WAREHOUSE
70 SANFORD STREET, FAIRFIELD, CT (VALET PARKING)**

WWW.HABITATCFC.ORG/ANNUAL-BENEFIT



Habitat for Humanity®
of Coastal Fairfield County

1542 Barnum Avenue, Bridgeport, CT 06610 www.habitatcfc.org



Evangelical Lutheran Church in America

God's work. Our hands.

STORIES OF FAITH IN ACTION

I'm a Lutheran: Momoh Freeman

By Megan Brandsrud

Momoh Freeman is the choir director, pianist and organist at Immanuel Lutheran Church, Almelund, Minn. he is also the keyboardist at another church primarily made up of Liberian immigrants.

I pray for peace, tolerance and for my family and friends.

My faith and gospel music were powerful sources of comfort, strength and survival as a young boy growing up in Liberia during the civil war. I was 9 years old when I first heard a church pianist and knew right then I wanted to learn to play the piano. I walked miles to the next village to practice because we had no piano and I loved the music so much. As I became proficient enough to play in church, the money I made helped buy food when we were hungry in the refugee camp. That faith in the Lord and music still stays with me today.

I find grace when the choir or band is sounding good and you can see the people are moved by it.

I love playing many styles of music, including gospel, blues, classical and African rhythms.

As a church musician, I try to select music that deepens people's worship experiences. I encourage all the singers and musicians to find their own voice. I like to bring in new music that people haven't heard but that I think they will enjoy and find uplifting. I feel blessed to bring my music to the congregation.

I'm passionate about having come to America for the opportunity to escape civil war and life in a refugee camp, and now obtaining my U.S. citizenship.

People are surprised that I write music for a community theater company made up of homeless people in the Twin Cities.

I believe music has the power to cheer you up when you are feeling down, make you more joyful when you are happy, and inspire you to become a better musician and a better Christian.

My favorite Bible story is the story of David and Goliath because it tells us of the smaller and weaker person overcoming the giant through the help of God.

I'm a Lutheran because, for me, faith and music come from the same place in my heart.



Megan Brandsrud is an associate editor of *Living Lutheran*.



The Gift is You!

Katharine Ritzi, who recently returned home after her year of service as an ELCA Young Adult in Global Mission, reflects on what her experience as a reading tutor in London has meant to her.

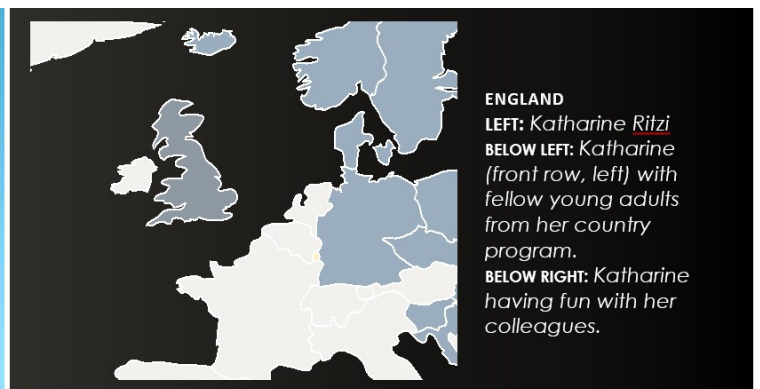
“As I was preparing for this year of service, my pastor spoke to me words that I couldn't comprehend until living through this journey. He said, ‘Ultimately, the gift is you.’

“As Young Adults in Global Mission, we teach English, we work in churches and we lead youth groups. We work in centers for social justice and we serve in rehabilitation centers. But ultimately, no matter what we may be doing, we are building relationships.

“As we intentionally allow ourselves to become vulnerable, we are humbly learning that we are the gift, as well as the people we are walking beside. We are learning that we did not become missionaries by being accepted into the program; we are realizing we're all born missionaries.”

The ELCA hopes that Young Adults in Global Mission will be a transformative experience for each of the participants so that they will return ready to be leaders in transforming the ELCA. As Katharine says, “I once heard it said that the ELCA sends out YAGMs to be messed with, so when we come back home we'll mess with the church.

“But no matter how it's phrased, we will return home with a greater understanding of how God is rejoicing and weeping in every corner of the world.”





February 2019

Salem Lutheran Church



SUN

MON

TUE

WED

THU

FRI
Feb 1

SAT
2



3	4	5	6	7	8	9
Epiphany 4 <ul style="list-style-type: none"> 9:30am Worship 10:30am Semi-Annual Meeting 10:30am CPC 11am Chili Cook-Off 12:30pm BHoW 	<ul style="list-style-type: none"> 6:30pm Social Ministry 	<ul style="list-style-type: none"> 9:30am Pastors' Text Study 12pm Book Club 6pm Stewardship 7pm Talk Tuesdays at Brewport 		<ul style="list-style-type: none"> 7pm Lutheran/Pentecostal Bible Study 		<ul style="list-style-type: none"> 8am Men's Breakfast 4pm CPC Faith & Work
10	11	12	13	14	15	16
Epiphany 5 <ul style="list-style-type: none"> 9:30am Worship 10:30am Coffee Hour 10:30am CPC 10:45am Adult Forum 12:30pm BHoW 4:30pm SNAC Dinner Church 		<ul style="list-style-type: none"> 9:30am Pastors' Text Study 11:30am Pastors' Book Group 7pm Talk Tuesdays at Brewport 	<ul style="list-style-type: none"> 8:30am Pantry Setup 	<ul style="list-style-type: none"> 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 		<ul style="list-style-type: none"> 11am Inner-View Chat n Chew
17	18	19	20	21	22	23
Epiphany 6 <ul style="list-style-type: none"> 9:30am Worship - Healing Service 10:30am Coffee Hour 10:30am CPC 10:45am Adult Forum 12:30pm BHoW 4:30pm SNAC Dinner Church 	Presidents' Day - Office Closed <ul style="list-style-type: none"> 6:30pm Finance Committee 7:30pm Executive Committee 	<ul style="list-style-type: none"> 9:30am Pastors' Text Study 7pm Talk Tuesdays at Brewport 	<ul style="list-style-type: none"> 9:30am Bible Study 	<ul style="list-style-type: none"> 4:30pm Music Theatre Thursday 6pm Music Theatre Thursday Meal 7pm Lutheran/Pentecostal Bible Study 7:30pm Choir 		
24	25	26	27	28	<div> Community Room Sun 6:45 SLAA Mon 7:30 Boy Scouts Tue 7:00 STEP </div>	
Epiphany 7 <ul style="list-style-type: none"> 9:30am Worship 10:30am Coffee Hour 10:30am CPC 10:45am Adult Forum 12:30pm BHoW 4:30pm SNAC Dinner Church 	<ul style="list-style-type: none"> 7pm Council 	<ul style="list-style-type: none"> 9:30am Pastors' Text Study 7pm Talk Tuesdays at Brewport 	<ul style="list-style-type: none"> 8:30am Pantry Setup 9:30am Bible Study 	<ul style="list-style-type: none"> 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 		