

June 2019



# the SPIRIT

SALEM LUTHERAN CHURCH

*A Reconciling in Christ  
(RIC) Congregation*

## Jump Into the Story

The most fascinating book in the Bible (in my opinion!) is the book of the Acts of the Apostles, the story of the birth and rapid expansion of Christianity. I find it fascinating because it's an absolutely improbable, nigh impossible story – and yet, the fact that I am here now, writing a cover article for a church newsletter 2000 years later in a place 5,000 miles away, is proof that the story is true!

Acts begins with Jesus promising his disciples that they will be baptized with the Holy Spirit, a clarification of the promise he made at the end of Luke when he told them they would be clothed with power from on high. And then the rest of the book is the story of how 12 average men were transformed into passionate preachers, enthusiastic evangelists, and powerful performers of miracles, including exorcisms, healings, and even the raising of the dead.

But the book of Acts is more than a story about people in another time and place. The book of Acts is an invitation to enter INTO the story. Imagine with me for just a moment that the Bible is a magical book, and that when you open it to Acts, you are invited to jump into the pages and become a character in the story, leaving the real world behind. It sounds like a sci-fi movie, doesn't it?! And in a way, it is, because this story of the Holy Spirit is the story of a supernatural power, a story of how the all-powerful creator of the universe wants to be intimately involved in every aspect of our lives.

It begins with a Promise. Jesus promises that he will pour out his Spirit upon each and every member of his church. And he begins fulfilling that promise on the Day of Pentecost, as tongues of fire descend upon the heads of each disciple, loosening their tongues

to speak all by themselves, with no direction from their brains at all. Can you imagine what that might be like? It sounds so freaky, so chaotic, so scary, right? But why should we be freaked out or scared by something Jesus wants to give us? Throughout the book of Acts it is clear that when someone comes to faith in Jesus, two things

occur: they are baptized and they speak in tongues. The order changes, but in every case, both things happen.

The Promise is that of the Holy Spirit's Presence, so that once the Holy Spirit comes upon a person, the Spirit takes up residence within them.

And with that Presence comes an amazing, incredible, phenomenal Power. Those who are filled with the Spirit not only have the initial gift of speaking in tongues, but they receive other gifts as well – wisdom, knowledge, faith, healing, miracles, prophecy, discerning of spirits, ongoing ability to speak in tongues, and interpretation of tongues. These are the gifts promised to the Church – not just back in the early church, but today – and not just in certain denominations, but to all. While within our Lutheran tradition we may claim gifts of wisdom, knowledge and faith, we may be a little skeptical about the others, and yet the Spirit pours out all of these gifts on the Church as people are open to receiving them.

Why this long discourse on Acts? Because the Church – at least mainline Christianity – is dying, and there is nothing – NOTHING – that we can do on our own to bring it back to life. But the Church is the body of Christ in the world, a body that will live forever, and there are places where the Church is vibrantly alive and growing and moving.

There is nothing that you and I can do to save Salem – except for one thing. We can open the Bible to the book of Acts and jump into the story with both feet. And by that I mean we can open our hearts and minds and bodies and spirits and invite the Spirit in.

On **Sunday, June 9<sup>th</sup>**, it is the **Day of Pentecost**. During worship that day our **Musical Theatre Thursday children will be performing a short musical** called "By the Sea", the story of 3 people who, like us, are seeking Jesus. Following the musical we'll have a time of praise and prayer and will then hear from **our powerful guest preacher who will share with us what this day is all about**. **PLEASE – INVITE YOUR FAMILY AND FRIENDS AND NEIGHBORS AND JOIN US AT 9:30 JUNE 9<sup>th</sup> FOR OUR VERY OWN PENTECOST MIRACLE!**

Abundant blessings be yours!

*Pastor Marjo*

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*We are a community of Christian disciples called by the Holy Spirit.  
In response to God's transforming love, we share our JOY through praise and service.*

## SALEM LUTHERAN CHURCH

3160 Park Avenue  
Bridgeport, Connecticut 06604  
Phone (203) 336-3300 ▪ Fax (203) 336-8813

Website - [www.salembridgeport.org](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

## 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)  
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 – [fdukenski@aol.com](mailto:fdukenski@aol.com)  
Joel Hintz – [brondle@aol.com](mailto:brondle@aol.com)

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

**Next deadline date is **June 15th** for the  
**July/August issue!****

**Email submissions to  
[salemsec123@sbcglobal.net](mailto:salemsec123@sbcglobal.net)**



# June 2019

## Salem Lutheran Church



SUN

MON



TUE

WED

THU

FRI

SAT  
Jun 1

2 Seventh Sunday of Easter ● 9:30am Worship ● 10:30am Coffee Hour ● 10:45am Adult Forum	3 ● 6pm Staff Support ● 7:30pm Scout Troop 103	4 ● 9:30am Pastors' Text Study ● 12pm Book Club ● 7:30pm Talk Tuesdays at Brewport	5	6 ● 4:30pm Music Theatre Thursday ● 6pm Music Theatre Thursday Meal ● 6:30pm Prayer in the Sanctuary ● 7:30pm Choir	7	8 ● 8am Men's Breakfast
9 Day of Pentecost ● 9:30am Worship ● 10:30am Coffee Hour 	10 ● 6:30pm Social Ministry ● 7:30pm Scout Troop 103	11 ● 9:30am Pastors' Text Study ● 7:30pm Talk About Life	12 ● 8:30am Pantry Setup	13 ● 4pm Food Pantry ● 4:30pm Music Theatre Thursday ● 6pm Music Theatre Thursday Meal ● 6:30pm Prayer in the Sanctuary ● 7:30pm Choir	14	15 ● 11am Inner-View Chat n Chew
16 The Holy Trinity ● 9:30am Worship ● 10:30am Semi annual Meeting	17 ● 6:30pm Finance Committee ● 7:30pm Scout Troop 103 ● 7:30pm Executive Committee	18 ● 9:30am Pastors' Text Study ● 6pm Stewardship ● 7:30pm Talk Tuesdays at Brewport	19	20 ● 4:30pm Music Theatre Thursday ● 6pm Music Theatre Thursday Meal ● 6:30pm Prayer in the Sanctuary ● 7:30pm Choir	21	22
23 Pentecost 2 ● 9:30am Worship ● 10:30am Coffee Hour ● 10:45am Adult Forum	24 ● 7pm Council ● 7:30pm Scout Troop 103	25 ● 9:30am Pastors' Text Study ● 7:30pm Talk About Life	26 ● 8:30am Pantry Setup	27 ● 8:30am Pantry Setup ● 4pm Food Pantry ● 6pm Music Theatre Thursday Meal ● 6:30pm Prayer in the Sanctuary ● 7:30pm Choir	28	29
30 Pentecost 3 ● 9:30am Worship ● 10:30am Coffee Hour ● 10:45am Adult Forum			 <b>READY, SET, Summer!</b>		<div>Community Room</div> <div>Sun 6:45 SLAA</div> <div>Mon 7:30 Boy Scouts</div> <div>Tue 7:00 STEP</div>	



## Worship Assistants

# SALEM LUTHERAN CHURCH

June, 2019

	June 2	June 9	June 16	June 23	June 30
<b>Assisting Minister</b>	Bruce Tomasko	Anita Papp	Steve Kuczo		Ray Lansing
<b>Lector/Communion Minister</b>	Diane Tomasko	Sandra Brown	Jean Larson		
<b>Altar Prep Team</b>	Anita Papp Cindy Roberts	Bob Reichelt Chris Wolff	Bob Reichelt Chris Wolff	Sandra Brown Emily Sokoloski	Sandra Brown Emily Sokoloski
<b>Ushers</b>	Rich & Carol Lansing	Ray & Eileen Anderson	Mike Caragol Tom Larson	Joe Bales John Bryk	Rich & Carol Lansing
<b>Flowers Given By</b>	Tom & Jean Larson				Al & Dot DeWalt
<b>Coffee Hour</b>					
<b>Tellers</b>	Nancy Headford Rich Kenyon	Noah Lansing Ray Lansing	Frank Dukenski Cindy Roberts	Steve Kuczo Bill Winter	Ray Anderson Dale Danowski



Calling all coffee hour hosts. PLEASE contact the church office 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 the office at (203) 336-3300, or email [salemsec123@sbcglobal.net](mailto:salemsec123@sbcglobal.net).

Sandra Brown.....10  
 Suzanne Dow .....12  
 Matt Tomasko.....21  
 Paul Baronavski, Sr .....22  
 Annika Larson.....23  
 Elise DeWalt.....24



Members of Salem,

I would like to thank you for letting us use your church fellowship room for our recent Spring Gathering. Although it was a small group, the program was enjoyed by all.

Enclosed is a donation for a thank you for the use.

Regards,  
 Stephanie Sherry  
 NE Women of the ELCA

2019  
Blood Pressure  
Screening Dates

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

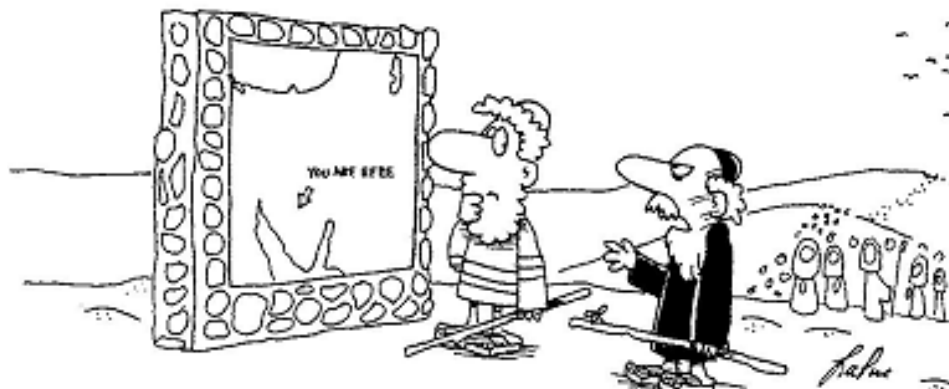
The following people have asked for healing, help, guidance or comfort.

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. We will meet on June 4<sup>th</sup> to discuss **Little Fires Everywhere** by Celeste Ng. There will be no meetings in July and August. Fall discussions will be: Sept. 3<sup>rd</sup> - **Left Neglected** by Lisa Genova; Oct. 1<sup>st</sup> - **The Girl Who Wrote in Silk** by Kelly Estes; Nov. 5<sup>th</sup> - **Where the Crawdads Sing** by Delia Owens. New members and guests are welcome. Please bring your lunch



"For crying out loud, Moses! Why can't we just stop and ask directions?"





## **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**

**[www.salembridgeport.org](http://www.salembridgeport.org) [www.facebook.com/salembridgeport](http://www.facebook.com/salembridgeport)**

**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!



# Cabaret Night Returns July 28!

When Salem Lutheran, New Direction Ministries, and Genesis Gospel Café get together it multiplies the fun! And it certainly did Sunday of Memorial Day weekend. With about 40 people attending, the talent pool was amazing. Pastor Simmonds emceed, and also played guitar for the house band with his son, Derron, on drums, and friend, Byron on keyboard. Steve Kuczo shared a poem he wrote for Memorial Day, and read one that Ron Schlegel wrote for the occasion. Rae-Dawn Randolph Adamy danced to the song "Breathe", sung and played by Pastor Marjo. One of our young Musical Theatre Thursday kids, Maxim Michniewicz, sang "Siyahamba" accompanied by his father, John, Makyla and Arianna from NDM sang a duet, Dave Mazur (from another Lutheran Church) played the guitar and led the audience in song, Frank Dukenski showed everyone how Lutherans could rock the place with his rendition of "If I Had a Hammer", and Jeanette Harris just about brought down the house with her operatic version of "Old MacDonald". Food was provided by the Reids from NDM, Jeanette Harris, and Bill Winter, and there was enough to feed half of Bridgeport, all of it absolutely delicious. We have received so many texts thanking us for inviting them to the event that we're planning another one for July 28<sup>th</sup>. If you would like to be a part of this wonderful event (sing, dance, cook, setup, whatever), please let Pastor Marjo know.

**Soooo....please mark your calendars for July 28<sup>th</sup>, 6:30 – 9:30, bring family, friends, and neighbors, and come join us for another night of music, dancing, worship, food, fellowship, and fun.**

## **Hope for Memorial Day** *by Steve Kuczo*

It's that time of year again  
when I try to put words from the heart,  
words that make you think,  
maybe words that make you cry.  
It's not about what you eat or about what you drink;  
it's about the men and women that had to die.  
Let us honor our military –  
the men and women who serve,  
whose dedication to our country  
does not falter, halt, or swerve.  
Let's respect them for their courage.  
They were ready to do what's right  
to keep America safe  
so we sleep better at night.  
They gave their lives;  
their hardships were brutal and cruel.  
Their discipline we can't imagine:  
they followed each order and rule.  
They fought all forms of oppression,  
helping victims far and near  
to keep the world from chaos,  
to protect what we hold dear.  
Some of them were drafted;  
some were volunteers;  
for some it was just yesterday;  
for some it's been many years.  
In the jungle, or in the desert,  
on land, in the air, or on sea  
they did whatever they were told,  
ever knowing what was to be.  
So again, each and every year  
we honor those who gave their lives,  
defending what we hold dear.  
They made the ultimate sacrifice,  
fighting for the American Way.  
I hope you admire and respect them  
on every Memorial Day.

## **Memorial Day Special** *by Ronald G. Schlegel*

Memorial Day is a special day.  
As it's not like "any other".  
It's a day to think of all of those  
Who died for Country and brother.  
It's a day that "they" all felt  
The "Spirit of our land"  
And their love of God and Country  
That's imbedded in our sand.  
  
Let us pray today for those brave men  
Who answered with their "sword"  
Who felt this "Spirit" and used it,  
And are now resting with our Lord.  
The "Spirit of America"  
Is that of which I speak.  
It's that which keeps us standing tall  
To those who think us weak.  
  
Our Democratic government  
That lets us all live free,  
Is a treasure that was dearly won  
For future generations to see.  
So now is the time for us to say  
"In God we put our trust,  
To keep America the Beautiful  
Till our bodies turn to dust."

# Upcoming Events

Two upcoming events for the last Sunday of the month are planned. On July 28th there will be another Cabaret night, which you can read about elsewhere in the newsletter. On June 30th there will be a showing and discussion of the documentary "Forks Over Knives".

"Forks Over Knives" is a 2011 American advocacy film and documentary that advocates a low-fat, whole-food, plant-based diet as a way to avoid or reverse several chronic diseases. The whole-food, plant-based diet promotes eating whole, unrefined or minimally refined plant-based foods. "Forks Over Knives" empowers people to live healthier lives by changing the way the world understands nutrition.

The showing and discussion will be from 6:30-9:30 on June 30th. For more information about the film, you can talk to Pastor Marjo, Pastor Simmonds, or Ray and Eileen Anderson.



# Warning Signs of Melanoma

*from the American Cancer Society*

Melanoma is the most serious type of skin cancer. Check your skin monthly for a new growth or a change in the size or color of a spot on your skin.

Follow the “ABCD Rule” when checking your skin spots for possible melanoma.

- A. **Asymmetry:** one half of the spot does not match the other half.
- B. **Border:** normal moles are round or oval in shape and have sharply defined borders. The borders of a melanoma may be uneven, blurred, or notched.
- C. **Color:** common moles are usually one color throughout. Melanomas may have several colors or an irregular pattern of colors.
- D. **Diameter:** common moles are generally less than ¼ inch across. Melanomas are often larger, but can also be smaller.



From  
Our  
Parish  
Nurses

These warning signs are helpful to look for, but some melanomas and other skin cancers do not always have the ABCD signs. Other warning signs of melanoma may be:

- A sore that does not heal.
- The spread of pigment from border into nearby skin.
- A change in sensation like itchiness, tenderness, or pain.
- A change in the surface of a mole such as oozing, bleeding, or a new bump or nodule.
- A mole that stands out or looks really different from your other moles.
- A brown or black streak or spot underneath a nail.

Call your doctor if you notice a change in your skin.

Remember to try to prevent skin cancer by:

- Covering up when outside especially between 10:00 am and 2:00 pm. Also wear a hat and sunglasses.
- Avoid tanning salons.
- Moisturize your skin and drink plenty of water.
- Use a broad-spectrum mineral sunscreen on exposed body parts. See tips below for effective sunscreen use.

## **Tips for effective sunscreen use:**

- Choose a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher.
- Apply sunscreen at least 15 minutes before sun exposure.
- Use enough sunscreen to cover your whole body (about an ounce for most adults), and apply it to all exposed areas, including ears, scalp, tops of the feet and legs.
- Ask someone else to help you apply sunscreen on hard-to-reach spots like your back.
- Reapply sunscreen at least every two hours, or immediately after swimming or sweating.

# Get Out and Cautiously Walk

*(Excerpts are taken from the American Heart Association's book "The Healthy Heart Walking Book.")*

To stay healthy while walking:

- Safeguard against heat stroke.
- Protect your skin.
- Avoid ticks, poison ivy, and stinging insects.

To prevent walking injuries:

- Start walking slowly and increase gradually.
- Wear properly fitted shoes.
- Perform stretching and strength-building exercises regularly.

If you do get an injury apply the “**R-I-C-E**” principle: **R**est, **I**ce, **C**ompression, and **E**levation.

See a physician immediately if your pain is severe, if you cannot move the injured part, or if the injury does not seem to be healing after reasonable home treatment.







# Evangelical Lutheran Church in America

God's work. Our hands.

**STORIES OF FAITH IN ACTION**

## More, better, together

*Congregations partner to share ministry gifts*

There were times in Jane Harrington's life when she found herself short on cash. "Sometimes I would eat mayonnaise sandwiches and thought it was a treat if there was lettuce and tomato to go with it," she said.

Harrington now volunteers at the Bread for All (BFA) Food Pantry, where she empathizes with those she serves. "I've been there; I've done that; and I understand completely," she said. "There's nothing to be ashamed of. That's what I want folks to feel when they come through the doors."

The BFA Food Pantry, which opened in 2013, is operated by Austin City Lutherans (ACL), a nonprofit consisting of the leaders and members of the 14 ELCA congregations in Austin, Texas. Formed in 2011, ACL aims to bring these communities together to share their ministry gifts to do "more, better, together," as its tagline says.

ACL's formation was local and grassroots, said Tim Anderson, a pastor and the nonprofit's community development director. He said the Southwestern Texas Synod lost numerous congregations after the 2009 ELCA Churchwide Assembly decision to ordain people in same-gender relationships. "We knew that our synod leadership—dealing with the fallout of a number of rural congregations leaving—was in no position to help us with the formation of this ministry," he added. "We assumed responsibility with a 100 percent positive attitude."

BFA Food Pantry was an early mission of ACL as a response to seeing a need on Austin's east side, which has a 30 percent poverty rate, Anderson said. The pantry was originally hosted in an ELCA congregation that has since closed, along with another ELCA church that was on the east side.

While the 14 congregations are on Austin's west side, ACL is committed to being active in ministry throughout the city. To maintain the pantry's mission, ACL partnered with Faith Presbyterian Church, which now serves as the host site. The pantry is going strong with a volunteer base of 50 people, which includes some who aren't Lutheran but are committed to the ministry.

ACL also plans to open an early childhood development center on Austin's southeast side in August 2019. The center will use a two-generation approach by taking care of children (birth to age 3) and providing support and education for their parents, Anderson said. The goal is to offer a top-rated early childhood development center and to pay competitive rates for the best teachers.

"Our goal is not necessarily to create an eventually 'self-sufficient' operation, but to provide a service ministry in a part of the city where there is no such thing for children and their families," he said.

Like people, congregations and collectives have spiritual gifts and capabilities, said Brad Highum, pastor of Abiding Love Lutheran Church, a founding member of ACL and president of its board of directors. "In different ways, all our communities had particular



Candice Combs, a pastor of Shepherd of the Hills Lutheran in Austin, Texas (far right), and youth director Joel Timmons (in baseball cap) volunteer at Bread for All Food Pantry with youth from the congregation.

strengths in feeding ministries," he said. "Abiding Love's food pantry was a model for cooperatively expanding a feeding ministry into the area of greatest need in our city. That was the genesis of BFA."

A variety of congregations and other organizations provide resources and volunteer support to the core of ACL. Roman Catholics, Presbyterians, Lutheran Church—Missouri Synod members, Unitarians and more work side-by-side, Highum said.

"It's amazing to see how our denominational distinctives disappear when we unite in mission. Together we are providing supplemental nutrition and other necessities for many more people than we could individually. And together we're doing better, more effective ministry than we could on our own," he said. "Austin City Lutherans is about listening to the calling of the Spirit and offering the gifts and strengths of our congregations, multiplied in cooperation, to partner with people in blessing the world God loves."

St. John-San Juan Lutheran Church joined ACL when it first formed and helps with the BFA Food Pantry. "By working with other churches, we are able to do more than we could alone," said Ellen Williams, pastor of the congregation. "We give a little time and some treasure and receive the experience of God's grace through our neighbors."

The article's author, Cindy Uken, is a veteran, award-winning reporter based in Palm Springs, Calif. She has worked at *USA Today*, as well as newspapers in South Dakota, Minnesota, Montana and California.





## *Dancing to Make A Difference*

While serving in South Africa through the ELCA's Young Adults in Global Mission program, Abby Henderson has witnessed the courage and resilience of young South African women, particularly as they face difficulties on an everyday basis. Sexual harassment and violence are ongoing concerns.

Abby is one of 59 young leaders who are working with the ELCA's companion churches around the world, an opportunity made possible by the support of generous ELCA members and congregations. As a Teen Life Coach at Proudly Female, a program for 140 teen girls from two schools in Bellville, Abby mentors young women and encourages them to stay in school.

"Many of the girls come from homes where they do not receive as much love and attention as they deserve, so the Teen Life Coaches serve to show the girls that they are wonderful and worthy, just as they are," Abby says.

One especially meaningful aspect of her work was when Abby learned and taught a special dance for a One Billion Rising activism event sponsored by her workplace. One Billion Rising is a movement that encourages 1 billion men and women to stand for love and justice for the 1 billion women who will be raped or beaten in their lifetimes.

"I had sessions to teach the dance at least once a weekday for over a month," Abby says, "and there was never a single session that wasn't full of laughter and joy! One of the best moments was watching some of the seventh-grade girls I worked with dance with some of the women from the senior citizen center, all of them singing along."

The culmination of Abby's work with the women and girls was a special performance in the community. Though the issues facing women in South Africa can seem insurmountable, this dance and other moments of joy help Abby see that the program is making a difference.

"Throughout my year in South Africa, I have begun to learn to see God in the heartaches as well as the joy, and that is due to my incredible communities in Bellville South and the Young Adults in Global Mission program around the world."

