

October 2018



the
SPiRiT

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

Reformation

Every year on the last Sunday of October, we celebrate Reformation Sunday, something that began 500 years ago, when Martin Luther nailed his 95 theses to the door of the church in Wittenberg. But it's important to note that the Reformation did not happen overnight. It peaked between the years 1545 and 1620 -- 28-48 years later -- and lasted until the end of the Thirty Years' War in 1648 -- or 131 years after it began! It was a LONG process. So let this serve as a reminder: while we don't expect changes at Salem to take 100+ years, they are also NOT going to happen overnight!

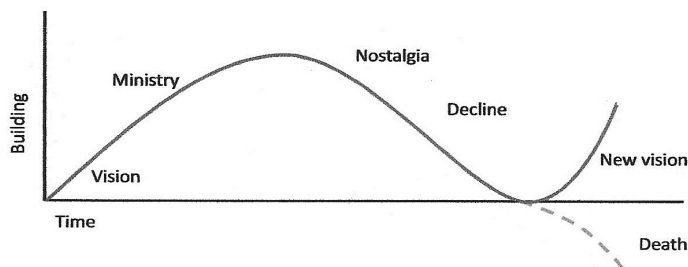
The Protestant Reformation was actually not the first reformation that happened in the Church. Phyllis Tickle, author of The Great Emergence: How Christianity Is Changing and Why¹, points out that reformations have happened about every 500 years. 500 years before the Protestant Reformation was the Great Schism when the church divided between Eastern and Western Christianity. 500 years before that Pope Gregory the Great brought the church out of the Dark Ages. And of course, 500 years before that, the Church began. During those 500 year periods, says Tickle, there is a period of upheaval followed by a period of settling down, then codification, and then upheaval again because we do not like to be codified.

What happens during the period of upheaval is that the church has a kind of giant tag sale, in which it lets go of old things to make room for the new. Is that easy? Of course not. Sometimes it is downright painful to let go of those things that hold precious memories for us. And of course we will grieve. But change we must, for the only alternative is to die.

This summer, president Ray Lansing and I met with the Reverend Cass Shaw, the Executive Director of the Council of Churches of Greater Bridgeport (CCGB) and Tom Larson, who in addition to being a member

of Salem is Chair of the CCGB board. The Rev. Shaw was so excited about the vision we have at Salem that she asked us to present what we're doing to the delegates at their September meeting. In his presentation, Ray included this slide:

An organization's life cycle



Doing the same thing while expecting different results is not only the definition of insanity, it leads to death. That means we must figure out how each of us here at Salem can do things differently in order to live into God's promised future.

Tickle tells us that the good news is that out of these challenging periods of reformation, 3 things happen:

- First, a new, more vital form of Christianity emerges;
- Second, the dominant organized expression of Christianity is reconstituted into a more pure and less ossified expression of its former self; and
- Finally, after each reformation, the faith has spread dramatically, increasing the range & depth of the church's reach.

God, the creator of our ever expanding universe is the Author of Change.

Remember what we said last Sunday: **Be Open. Have Courage. And Hold On for the ride!**

Blessings abundant!
Pastor Marjo

¹<https://vancouversun.com/news/staff-blogs/christianity-undergoes-revolution-every-500-years-including-now>

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

SALEM LUTHERAN CHURCH

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

Website - www.salembridgeport.org

Facebook - www.facebook.com/SalemBridgeport/

Church Office Hours

Monday to Friday 9:00 a.m. to 3:00 p.m.

Worship Services

9:30am Traditional Worship

4:30pm SNAC

Sunday Night Alive Dinner Church

Salem's Staff

The Rev. Marjo Anderson, Pastor
Cell Phone (203) 982-3441
marjoanderson@aol.com

Mark Adamy, Music Director
adameus7@aol.com

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salemsec123@sbcglobal.net

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Pablo, Cruz, Sexton
Office Phone (203) 336-3300, ext. 10

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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 **October 15th for the
November 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
Frank Dukenski, Treasurer – fdukenski@aol.com
Katie Adams – keadams333@gmail.com
Nancy Headford, Stewardship – nancy9881@att.net
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



October 2018

Salem Lutheran Church



Sun	Mon Oct 1	Tue 2	Wed 3	Thu 4	Fri 5	Sat 6
	<ul style="list-style-type: none"> 6pm Staff Support 	Pastor Marjo on vacation <ul style="list-style-type: none"> 9:30am Pastors' Text Study 12pm Book Club 6pm Stewardship 				<ul style="list-style-type: none"> 9am CPC I Love Bridgeport Day 3pm Scout Troop 103 Court of Honor
7	8	9	10	11	12	13
Pentecost 20 <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 	Karl on vacation <ul style="list-style-type: none"> 6:30pm Social Ministry 	<ul style="list-style-type: none"> 9:30am Pastors' Text Study 11:30am Pastors' Book Group 	<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 4pm Music Theatre Thursday 5:30pm Music Theatre Thursday Meal 7:30pm Choir 		<ul style="list-style-type: none"> 8am Men's Breakfast
14	15	16	17	18	19	20
Pentecost 21 <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"> 6:30pm Finance Committee 7:30pm Executive Committee 	<ul style="list-style-type: none"> 9:30am Pastors' Text Study 	<ul style="list-style-type: none"> 9:30am Bible Study 	Luke, Evangelist <ul style="list-style-type: none"> 4pm Music Theatre Thursday 5:30pm Music Theatre Thursday Meal 7:30pm Choir 		<ul style="list-style-type: none"> 11am Inner-View Chat n Chew
21	22	23	24	25	26	27
Pentecost 22 <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 	<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 4pm Music Theatre Thursday 5:30pm Music Theatre Thursday Meal 7:30pm Choir 		
28	29	30	31			
Reformation <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 	Simon and Jude, Apostles	<ul style="list-style-type: none"> 9:30am Pastors' Text Study 	Reformation Day <ul style="list-style-type: none"> 9:30am Bible Study 			

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

NEW! LADIES' NIGHT OUT!

NEW THIS YEAR! A MONTHLY LADIES' NIGHT OUT!

For many years there has been a men's breakfast at Salem.

It's about time for us ladies to have our own gatherings!

We'll meet the 2nd Friday of the month at Brewport,

225 South Frontage Road,

7:00-8:30.

The format will be similar to the men's breakfast:

a short Bible passage, a little discussion,

and then a whole lot of **FUN** and **FELLOWSHIP**!



*Please let Pastor Marjo know
if you are coming so we know
what size table to reserve.*

(See her contact info @ bottom of page)

TALK TUESDAYS ARE BACK!



TALK TUESDAYS resume this month

with **October's** schedule as follows:

10/09 - Bible Study - Jeremiah (29.1, 4-14):

Who was this guy and what was his message?

10/16 - Beer & Bar Theology - Divine judgment:

Is there really such a thing?

10/23 - Beyond the Bible - Prophecies:

What kind exist in religions besides Judaism and Christianity?

(Muslim, Hindu, Buddhist, Zoroastrian,
Nostradamus, Native American, Norse, Mayan, etc.)

10/30 - Beer & Bar Theology - "Seek the welfare of the city":

How do we do this in Bridgeport?

PLEASE NOTE:

* Last year we had Bible study and Beyond the Bible at Salem & Beer & Bar Theology at Brewport.

To provide more consistency we're going to have

all gatherings this month at Brewport,

225 South Frontage Road.

* Last year we met at 7:30, but this month we're going to meet a half hour earlier, from

7:00-8:30,

when it should be a bit quieter.

If you are planning on participating, please let Pastor Marjo know.

You can text her – or call and leave a message – at 203-982-3441

or email her at marjoanderson@aol.com noting "Talk Tuesdays" in the subject line.

That way, if there are any changes in time or place, she can let you know. :D



Worship Assistants

SALEM LUTHERAN CHURCH

October, 2018

	Oct 7	Oct 14	Oct 21	Oct 28
Assisting Minister				
Lector/Communion Minister				
Altar Prep Team	Bob Reichelt Chris Wolff	Nancy D'Andrea Emily Sokoloski	Nancy D'Andrea Emily Sokoloski	Jean Larson Diane Tomasko
Ushers	Ashley Baronavski Samantha Baronavski	Joe Bales John Bryk	Rich & Carol Lansing	Ray & Eileen Anderson
Flowers Given By	Paul & Bonnie Baronavski	Nancy Hedford	David Palmquist	Bruce & Diane Tomasko
Coffee Hour				
Tellers	Katie Adams Rich Kenyon	Frank Dukenski Cindy Roberts	Steve Kuczo Bill Winter	Ray Anderson Kevyn Jackman

You can now signup in the Narthex for Sunday morning Worship Assistants. You can signup to be the Assisting Minister, or Lector/Communion Minister. You can also email (saalemsec123@sbcglobal.net) or call (203-336-3300) the church office.

Coffee hour hosts are needed for **October 7 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.

Marissa Luciani	1
Brandon DeWalt	2
Peggy Claus	4
Andrew Gardecki	10
Alicia Rosa	11
Joel Hintz	16
Leah Hintz	16
Philip Raschke	16
John Wilkins	16
Garrie Schulz	17
William Sokoloski	17
Wes Murphy	18
Erin McPadden	19
Mary Ann Kenyon	20
Edith Larson	20
Scott DeWalt	21

Karen McPadden	21
Merlee Lange	21
Frank Claus	27
Megan Watts	28
Katherine Larson	31



2018
Blood Pressure
Screening Dates

Oct 21 Dec 9
Nov 11

Claire says thanks and good-bye

Dear Marjo--

Thank you for a productive discussion. It prompted me to undergo some meaningful reflection about my formational goals and I have elected to discontinue my supervised ministry practicum for this year, so that I can focus on other kinds of preparation and seek a site for formation when the timing is right.

Though this did not work out, I can only express gratitude to the members of Salem who were ready to accept the prospect of an intern and from whom I learned a great deal and was prompted to reflect a great deal in my short time there. I send to each member of the congregation my prayers of peace and hope as Salem continues to reflect on its past and examine its options for the future.

Thank you for the opportunity and for the grace to send me off into a different chapter of formation

– Claire

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

Joan B	William S
Marge S	Daphne B
Barbara B	Peter K
Sam B	Bobby W
Erick D	Anna
Grace D	Barbara
Hannah & Joseph	James S
Bob H	Sarah R
Dennis H	Brooks A
Sylvitha	Angie
Jay	Liz F.
Jinny L	
Derm L	
Mike R	
Jane M	
Jana B	
Maurena W	



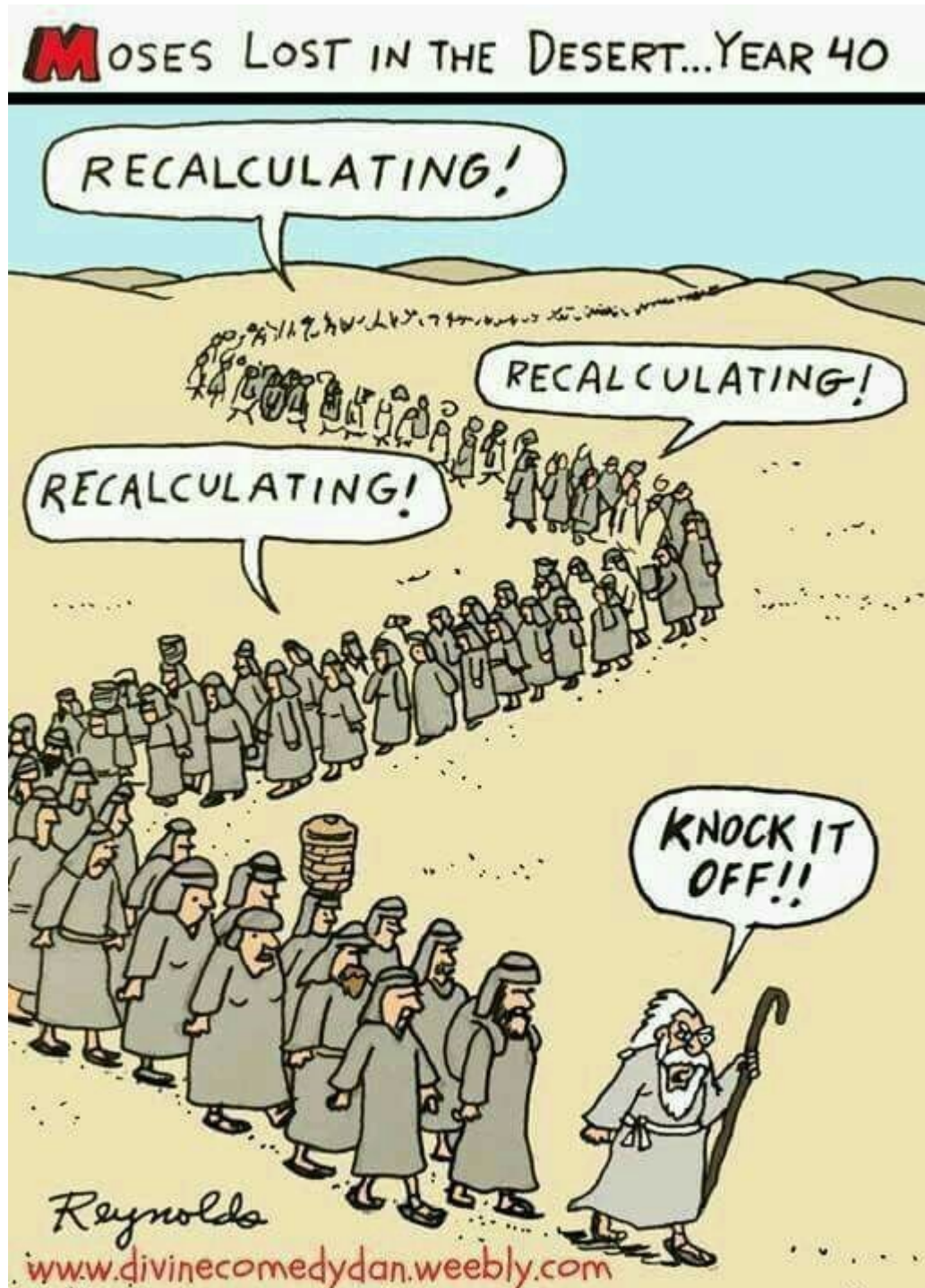
We Are Grateful

Food Pantry

Barbara Howard

Music Theatre Thursday

Cindy Roberts



What is the Medical Mission at Home?

St Vincent's Medical Mission is a time for all of us to come together as volunteers and serve members of our community who may not have access to necessary medical and social services. We'll be reaching out to homeless and underserved communities in particular to invite them to take advantage of the services we will offer, including medical exams, vaccinations and flu shots, prescription counseling, foot washing and podiatry services, behavioral health services, connections to community providers, follow-up care, and more. All services are free and no insurance is needed.



From
Our
Parish
Nurses

When is it?

St Vincent's Medical Mission will be held on Saturday, November 3, 2018 at Cesar Batalla School, 606 Howard Avenue, Bridgeport from 9:00am to 3:00pm.

Understanding Medicare's Alphabet Soup

Medicare coverage comes in four parts, each providing different kinds of coverage and identified by a different letter.

PART A helps pay for stays in hospitals and skilled nursing facilities, home health services, and hospice care, as long as certain conditions are met. You don't pay monthly premiums for Part A if you (or your spouse) paid sufficient Medicare payroll taxes while working. Otherwise, you can buy Part A services by paying monthly premiums.

PART B helps pay for doctors' services (both in and out of the hospital) and outpatient care such as lab work and screenings. It also covers some medical equipment and supplies, such as wheelchairs and oxygen, if certain conditions are met, and most drugs or vaccines that are administered in a doctor's office. You pay monthly premiums for Part B, unless your income is limited enough to qualify for state assistance. Medicare typically pays 80 percent of the Medicare-approved cost of each service, and you pay 20 percent - unless you have supplemental insurance that covers these out-of-pocket expenses.

PART C provides an alternative way to receive Medicare services through Medicare Advantage, which is administered through private managed-care plans such as HMOs and PPOs. These plans must cover all the same services as the traditional Medicare program (Parts A and B), but may charge lower copays. The plans may also (at their discretion) offer Part D drug coverage and some extras, such as routine dental, vision and hearing care. You may pay a monthly premium (in addition to the Part B premium), although some plans charge no premiums of their own. Medicare Advantage plans may restrict your choice of doctors and other providers, or charge higher copays for going out of network.

PART D helps pay for prescription drugs that you use at home. You can get this coverage in one of two ways: by joining a private "stand-alone" Part D drug plan for an additional monthly premium (if you are enrolled in traditional Medicare), or by enrolling in a Medicare Advantage plan that includes Part D coverage in its benefits package.

Breast Cancer Awareness



Breast cancer is the most common cancer among American women, except for skin cancers. A woman has around a 12% chance to develop invasive breast cancer in her lifetime. Breast cancer is the second leading cause of cancer deaths in women, exceeded only by lung cancer.

Breast cancer is a malignant (cancerous) tumor that starts from cells of the breast. These cancer cells may grow into (invade) surrounding tissues or spread (metastasize) to distant areas of the body. The disease occurs almost entirely in women, but men can get it too.

There are breast cancer risk factors that cannot be changed such as: older age, being female, genetic factors, family or personal history of breast cancer, white race, dense breast tissue, and menstrual periods before age 12 or lasting after age 55. Even without risk factors, a woman can still get breast cancer.

Factors that could lower your chance of getting breast cancer are:

- Having children before age 30
- Breast feeding for several months
- Not using birth control pills
- Not using hormone therapy after menopause
- Not drinking more than one alcoholic drink per day
- Not being overweight or obese
- Exercising around 1 1/2 - 2 1/2 hours per week keeping a healthy weight

The ABCs of breast cancer early detection are Annual Mammograms starting at the age of 40, Breast Awareness by self-exams, and Clinical Breast Exams by a doctor or nurse every year. Talk to your doctor if you have certain risk factors, in case you need further testing such as an MRI.

St Vincent's Medical Center's Swim Across the Sound supports many programs and services. Two such services are free mammography screening and free Swim Mobile Mammography for the uninsured and underinsured.

Information gathered for this article was taken from "Health Notes" by Maria Lichtsinn, the American Cancer Society and St Vincent's Medical Center.

Food Pantry News

You're invited to a

HUNGER ACTION MONTH

Recognition Day

Our Salem Food Pantry is turning 31! In celebration of this magnificent achievement Salem has invited Mr. Bernie Beaudreau, CEO of Connecticut Food Bank, to address our congregants and friends – telling us about hunger in America and its impact on the Connecticut Food Bank and our pantry. He will address living in new political times and tell us what this means to the hunger insecure in our community. A brunch will follow the church service. All are welcome!

Menu

October 21, 2018

**Salem Food Pantry 4th
Anniversary**

Traditional Church Service

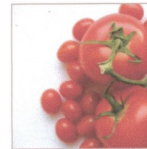
9:30 in Sanctuary

Speaker: **Bernie Beaudreau**
CEO, Connecticut Food Bank
“Food Insecurity”

Award: **Food Drive
Competition**

Brunch:

“Chat & Chew”



Where: Salem Lutheran Church

When: October 21, 2018

Time: 9:30

Ever wonder what happens when food from a food drive is given to the food pantry? It just doesn't come in and magically end up on the right shelf. Joe and his crew go through all of it. They sort it, check for expiration dates, shelve it.



KEYS TO HEALTHY COMMUNICATION

Healthy communication is best. We all agree that we should be open, honest, forthright, fair and reasonable at all times. Why then, can churches at times be a haven for unhealthy, dishonest or even destructive communication? One reason is that anyone can slip into unhealthy modes of relating to others in order to achieve a result without doing the “groundwork” required for more healthy interaction. We all use shortcuts at times simply because they are easier. A deeper reason is that some church members may be experiencing pain and anxiety in their lives that causes them to behave and communicate in ways that are bad for them or the church. It is the role of the pastor and the church community to help these individuals move toward wholeness, and good communication is a first step in that process.

UNHEALTHY MODES OF COMMUNICATION AND WAYS TO ADDRESS THEM

Triangulation

Situation: Triangulation involves bringing a third party into what should be a 2 person discussion or conflict.

Example: Ralph wants the Sunday School to do a car wash for charity. He speaks to Penny, the Superintendent, who disagrees with Ralph, thinking it is a bad idea. Ralph then makes an appointment with Pastor Sue, and without disclosing his earlier conversation, sells her on his car wash idea. Pastor Sue speaks to Penny, who now feels that she is being “ganged up” on. She reacts with hostility. Pastor Sue, not knowing about the earlier conflict, is clueless about why Penny is so upset and is now confused and upset as well. Instead of two people in the conflict, there are now three.

Solutions: Triangulation is quite common. Pastors are used as clout to win an argument with another lay person. Or, a key lay leader might be used to try to convince the pastor to change his or her mind about an issue. Pastors and leaders can best deal with triangulation by being alert for its occurrence and encouraging the two people in conflict to deal directly with one another without involving third parties. Pastors can offer to mediate conflicts between lay people that are more serious.

Misplaced Responsibility – Asking, “Who are They”?

Situation: People generalize their own personal concerns to include larger groups of people who may not feel the same way.

Example: Betty, a choir member, appears in the Pastor’s office and says, “Pastor Jim, I know that you are considering changing the music the choir sings. They are very upset about that.” The Pastor is confused, because he had heard many positive comments about the new direction in the choir. What is happening? The truth may be that while the choir in general is happy, Betty is not. Rather than taking responsibility for her own feelings and viewpoint, she generalizes them to include the whole choir. A variation on this is to cite one other person, particularly a respected member of the church. For example, “Pastor, this new approach you are taking with the music is breaking poor Mrs. Simpson’s heart!”

Solutions: It is helpful for pastors and lay leaders to look for the word “they” in statements people make. The statement, “they are very upset with this decision” often really means, “I am very upset with this decision”. Ask the question, “Who are they?” If it becomes apparent that only one person is upset, help that person to use “I” statements and to take responsibility for their viewpoint.

You! You! You!

Situation:

Accusations are used to place others on the defensive.

Example:

Debbie comes to a church board meeting and says, “You folks on the church board don’t care about our Senior members. Pastor Jones, you are insensitive in your pastoral care to Seniors as well”. A discussion ensues about whether or not the church board and Pastor Jones don't care and are insensitive.

Solutions:

Now, it may be the case that Debbie is absolutely correct: the board members don’t care and the pastor really is insensitive. However, their reaction will be to defend themselves, not to address the problem. Again, an “I” statement is a more constructive approach, and avoiding accusations will allow everyone to solve the issue rather than defend themselves against an attack. For example, Debbie could say, “I am concerned about our ministry to our Senior members and would like to discuss how we can better serve them together”. Even the statement, "Pastor Jones, I believe that your ministry to our Seniors is not adequate to their needs" works better. It is an "I" statement, and avoids attributing insensitivity to Pastor Jones. If Debbie truly feels that Pastor Jones is insensitive and needs to address this, she could make the statement, "Pastor Jones, when Mrs. Smith was in the hospital you did not visit or even call her and I feel that is insensitive". In this statement she describes Pastor Jones' behavior objectively and takes responsibility for her own conclusions".

Exaggeration and Overstatement – Always and Never

Situation:

Exaggeration is used to rule out other alternatives.

Example:

Patrick appears before the church board and says, “Drop this idea about changing our worship service. Traditional worship is always the best. Contemporary worship never works.” His extreme statement rules out disagreement before it can be voiced.

Solutions:

Ask, “Always?”, or “Never?” Simply asking, “Are you saying that contemporary worship never works?” shows how extreme Patrick's statement is. Identifying the exclusive nature of “always” and “never” statements opens up room for the real debate, which is, “Which is best for our church in our context? Contemporary or traditional worship?” As with the choir example, Patrick should be encouraged to rephrase his objection using an “I” statement such as, “I feel very strongly that traditional worship is best for our church”. He takes responsibility for his own opinions and leaves room for others to respond.

When the Problem Really Isn't the Problem

Situation: Conflict occurs over something that isn't really the main issue.

Example: While harder to describe, churches do this all of the time. Fights occur that seem absurd, but really mask deeper issues. For example, a church might have an extended fight over Sunday School curriculum when it is really the leadership style of the pastor that is at issue. The pastor is afraid of being attacked personally and prefers a fight over curriculum to a fight about her style. The people who are angry with her are not sure what the consequences will be if they are open and honest about their real concerns. As a result, a fight ensues that seems extreme and strange given the "issue" at hand. That is because the issue is not the real issue!

Solutions: Courage! Someone must find the courage to stand up and say, "Isn't the real problem here the Pastor's leadership style?" Although difficult to do, having the honesty to name the actual issue will save a great deal of phony conflict and allow the possibility for resolution of the real underlying issues.

Gossip - Scourge of the Church!

Situation: Gossip occurs in the church.

Example: Rumors circulate about a particular person or family in the church. Gossip is perhaps, the inverse of triangulation. It is an interaction between two or more people about a third party (often without any concern for the truth of what is being said!), without allowing that third party to respond. If and when the third party learns of the gossip, mistrust and resentment follow. When gossip becomes a pattern in a church, the results are highly destructive.

Solutions: Gossip in the church is should be identified for what it is and discouraged by the Pastor and lay leaders.

Conclusions

It is rare that church members will be consistently, intentionally unhealthy. Rather, much of the behavior described above stems from anxiety or even crisis that is present in an individual's life. Repeated instances of unhealthy communication should prompt pastors and lay leaders to ask if that person is in need of pastoral care. One key to a vibrant church community is good communication. Healthy interactions occur when we take responsibility for our own feelings and viewpoint and are honest with others. We all will, from time to time, seek shortcuts that are not the best path for our own lives, nor for the life of the church. As Christ's body, we can help ourselves and each other to pursue healthier modes of relating to one another.

--The Rev. David Keill



At Born Ready Fitness, his team provides Personal Training programs, Bridal Programs, Executive Wellness Coaching, Corporate Wellness, Pre and Postnatal programs, Diagnostic Wellness Testing, Yoga and Pilates, Self-Defense, MMA Training, Nutrition Coaching, Massage Therapy, Personal Chef Services, or Cooking Classes with themes. Striving for top quality, they excel at giving their clients all the necessary tools to create “self-care before health-care”. The Born Ready way is all about balance, believing that creating a less stressful, healthier, and a more positive energy-filled environment in our everyday lives will greatly increase our quality of life.

To contact Michael, visit his website at BornReadyFitness.com, email him at BornReadyFit@gmail.com, or call him at 203.895.8715.

“We are what we eat.” Or as St. Paul puts it, our bodies are God’s temple. God gave us an abundant variety of foods. Why? Because foods change our bodies. Here are some foods that provide health and wholeness.

Healing Properties of Food

Apples	Protects your heart	Prevents constipation	Blocks diarrhea	Improves lung capacity	Cushions joints
Apricots	Combats cancer	Controls blood pressure	Saves your eyesight	Shields against Alzheimer's	Slows aging process
Artichokes	Aids digestion	Lowers cholesterol	Protects your heart	Stabilizes blood sugar	Guards against liver disease
Avocados	Battles diabetes	Lowers cholesterol	Helps stops strokes	Controls blood pressure	Smooths skin
Bananas	Protects your heart	Quiets a cough	Strengthens bones	Controls blood pressure	Blocks diarrhea
Beans	Prevents constipation	Helps hemorrhoids	Lowers cholesterol	Combats cancer	Stabilizes blood sugar
Beets	Controls blood pressure	Combats cancer	Strengthens bones	Protects your heart	Aids weight loss
Blueberries	Combats cancer	Protects your heart	Stabilizes blood sugar	Boosts memory	Prevents constipation
Broccoli	Strengthens bones	Saves eyesight	Combats cancer	Protects your heart	Controls blood pressure
Cabbage	Combats cancer	Prevents constipation	Promotes weight loss	Protects your heart	Helps hemorrhoids
Cantaloupe	Saves eyesight	Controls blood pressure	Lowers cholesterol	Combats cancer	Supports immune system
Carrots	Saves eyesight	Protects your heart	Prevents constipation	Combats cancer	Promotes weight loss
Cauliflower	Protects against prostate cancer	Combats breast cancer	Strengthens bones	Banishes bruises	Guards against heart disease
Cherries	Protects your heart	Combats cancer	Ends insomnia	Slows aging process	Shields against Alzheimer's
Chestnuts	Promotes weight loss	Protects your heart	Lowers cholesterol	Combats cancer	Controls blood pressure
Chili peppers	Aids digestion	Soothes sore throat	Clears sinuses	Combats cancer	Boosts immune system
Figs	Promotes weight loss	Helps stops strokes	Lowers cholesterol	Combats cancer	Controls blood pressure
Fish	Protects your heart	Boosts memory	Protects your heart	Combats cancer	Supports immune system

Flax	Aids digestion	Battles diabetes	Protects your heart	Improves mental health	Boosts immune system
Garlic	Lowers cholesterol	Controls blood pressure	Combats cancer	Kills bacteria	Fights fungus
Grapefruit	Protects against heart attacks	Promotes Weight loss	Helps stops strokes	Combats prostate cancer	Lowers cholesterol
Grapes	Saves eyesight	Conquers kidney stones	Combats cancer	Enhances blood flow	Protects your heart
Green tea	Combats cancer	Protects your heart	Helps stops strokes	Promotes Weight loss	Kills bacteria
Honey	Heals wounds	Aids digestion	Guards against ulcers	Increases energy	Fights allergies
Lemons	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy
Limes	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy
Mangoes	Combats cancer	Boosts memory	Regulates thyroid	Aids digestion	Shields against Alzheimer's
Mushrooms	Controls blood pressure	Lowers cholesterol	Kills bacteria	Combats cancer	Strengthens bones
Oats	Lowers cholesterol	Combats cancer	Battles diabetes	Prevents constipation	Smoothes skin
Olive oil	Protects your heart	Promotes weight loss	Combats cancer	Battles diabetes	Smoothes skin
Onions	Reduce risk of heart attack	Combats cancer	Kills bacteria	Lowers cholesterol	Fights fungus
Oranges	Supports immune systems	Combats cancer	Protects your heart	Straightens respiration	
Peaches	Prevents constipation	Combats cancer	Helps stops strokes	Aids digestion	Helps hemorrhoids
Peanuts	Protects against heart disease	Promotes weight loss	Combats Prostate Cancer	Lowers cholesterol	Aggravates
Pineapple	Strengthens bones	Relieves colds	Aids digestion	Dissolves warts	Blocks diarrhea
Prunes	Slows aging process	Prevents constipation	Boosts memory	Lowers cholesterol	Protects against heart disease
Rice	Protects your heart	Battles diabetes	Conquers kidney stones	Combats cancer	Helps stops strokes
Strawberries	Combats cancer	Protects your heart	Boosts memory	Calms stress	
Sweet potatoes	Saves your eyesight	Lifts mood	Combats cancer	Strengthens bones	
Tomatoes	Protects prostate	Combats cancer	Lowers cholesterol	Protects your heart	
Walnuts	Lowers cholesterol	Combats cancer	Boosts memory	Lifts mood	Protects against heart disease
Water	Promotes weight loss	Combats cancer	Conquers kidney stones	Smoothes skin	
Watermelon	Protects prostate	Promotes weight loss	Lowers cholesterol	Helps stops strokes	Controls blood pressure
Wheat germ	Combats Colon Cancer	Prevents constipation	Lowers cholesterol	Helps stops strokes	Improves digestion
Wheat bran	Combats Colon Cancer	Prevents constipation	Lowers cholesterol	Helps stops strokes	Improves digestion
Yogurt	Guards against ulcers	Strengthens bones	Lowers cholesterol	Supports immune systems	Aids digestion



Evangelical Lutheran Church in America

God's work. Our hands.

STORIES OF FAITH IN ACTION

A new beginning: Un nuevo comienzo

By [Nelson H. Rabell-González](#)

Starting something new is never easy. Starting outreach to a community that's been neglected or ignored is even harder. I'm learning these lessons in my new call as associate pastor and Spanish ministry outreach minister at St. Paul Lutheran Church in Lodi, Calif.

Located in California's central valley, Lodi is 60 percent Caucasian and 38 percent Latino, with a growing population from Pakistan and members of the Sikh community. With an abundance of fresh produce, good wine, good weather and its close proximity to San Francisco and Sacramento, Lodi is a wonderful place to live. Nevertheless, the city has many challenges.



Nelson H. Rabell-González (left), a pastor at St. Paul Lutheran Church in Lodi, Calif., takes a selfie with his new congregants. Courtesy of Nelson H. Rabell-González

Six years ago, members of St. Paul and its senior pastor, Mark Price, began preparing their congregation to call a Spanish-speaking pastor to guide their outreach to the growing number of Latinos in Lodi. The process was long, but finally on Dec. 17, 2017, the congregation voted to call me as their associate pastor and guide for Spanish ministries.

This community of faith has worked hard to become a congregation that is welcoming to Lodi's LGBTQIA community, and now it is opening its doors to the Latino community and other minority voices. Even though Lodi has had a turbulent history regarding race relations, members of St. Paul are striving to make Lodi a welcoming and inclusive city for all.

Once, in the mid-1990s, there was a cross-burning incident at a high school after the city's first Martin Luther King Jr. celebration. Members of St. Paul and other community leaders organized a group called The Breakthrough Project to counter the hateful rhetoric of the local KKK chapter. Today, nearly half of the current membership of this civil rights and anti-racism organization is from St. Paul. As you can imagine, I'm now part of The Breakthrough Project as well.

Let me share some of the new things God is doing in our midst: After five months of ministry, we have close to 40 Latinos connected with our congregation. Forty percent of St. Paul's youth group attending the ELCA Gathering in Houston were people of color. In just a few months, our diversity has grown, and we are working to keep this momentum going.

We are also connected to American Indian culture groups and Mexican American folkloric dance groups that use our facilities. Thanks to Latino leaders in our community, we are connecting with groups of all kinds—crime victim support groups, multicultural awareness groups, Mexican and Latino culture groups, immigration advocates and migrant workers support groups and many others. As part of this new beginning, we have had baptisms, tutorial help for kids, provided food and water for kids walking home from school, Sunday bilingual worship services and outreach events.

Looking ahead to the start of the church year, I am excited we will offer Spanish first communion classes and Small Catechism for all ages. These opportunities are helping our congregation become an oasis for those who've been neglected.

I thank God for what we have done in the name of Jesus and for what we will continue to do in the future. May God bless our hands as we do the divine work to which we have been called at our baptism—God's work of loving and serving our neighbors.

Rabell-González is associate pastor of St. Paul Lutheran Church, Lodi, Calif. He was born and raised in Puerto Rico and is a graduate of Lutheran Theological Seminary at Philadelphia (2002).



ELCA Global Mission Updates

Asia Pacific

The fall 2017 Global Mission Updates noted developments in the Lutheran Church in Cambodia (LCC) which is a part of the Campaign for the ELCA. The Rev. Daniel Orn was ordained in November, as announced, and a relationship agreement between the LCC and ELCA was signed. While the Lutheran Church in Singapore helped “birth” this church, as ELCA we are blessed to be part of the further growth of the church in Cambodia.

The ordination in Cambodia occurred in conjunction with a meeting of the Mekong Mission Forum (MMF). The MMF is a consortium of churches and agencies that encourages mission in the Mekong River area, including Vietnam, Cambodia, Laos, Thailand and Myanmar. It is particularly supported by Lutheran churches in Hong Kong, Malaysia, and Singapore, plus other Asian churches and including those in Europe and the US that engage in mission in the region. It is through this forum that the ELCA has participated in the development of Lutheran churches in Cambodia, Myanmar and Vietnam; relationships with the Protestant churches in Laos and Vietnam; and community and sustainable development projects in various places.



Latin America and the Caribbean



Lutheran churches throughout the region actively participated in the celebration of the 500th anniversary of the Protestant Reformation. In Central America, the Lutheran Christian Church of Honduras (ICLH) ended the anniversary year with many activities, including a leadership training workshop on Lutheran identity. This was held for pastors and lay leaders from all ICLH faith communities and was co-facilitated by a group of teaching pastors from their companion synod, the Northeastern Minnesota Synod.

A bust of Martin Luther was unveiled in the middle of a major traffic intersection in downtown Tegucigalpa. The land for the plaza – now officially called the Luther Plaza – was donated by the mayor’s office and the unveiling ceremony was attended by representatives of the German Embassy and other invited guests. An ecumenical, open-air worship service celebrated in downtown

Tegucigalpa and attended not only by ICLH church members, but also by many passers-by who fill the city’s Central Park on a typical Sunday morning.