



January 2021

the  
SPIRIT

# Salem Lutheran Church

shalom - salaam - salem - peace

*A Reconciling in Christ (RIC) Congregation*

## Follow Your Star

Dear Friends,

What a devastatingly dark year 2020 has been. We are in the middle of a world-wide pandemic and in our country alone we have had 20 million cases of Covid-19 resulting in 346,000 deaths. Just halfway through the year over 7 million people had lost their jobs due to the pandemic. Countless businesses including churches will likely not survive. We have had probably the most hotly contested presidential race in our lifetimes. The underlying racial injustice which has lurked under the surface for the entire history of our country has erupted in an extremely visible and violent way. We have watched as the gap between the wealthy few and the struggling rest increases at an exponential rate. Fires and storms have ravaged the countryside with increasing frequency and fury. And with all of these challenges, mental and emotional health, substance abuse, and addiction have increased dramatically.

There are some Christians who believe all these things signal that we are coming to the end of human history. And while they might be correct, personally I think that these things, too, will pass. But the question remains, how do we live in the midst of such stress and strain, such anxiety and anger, such depression and despair? How do we live into this coming year?

Well, as Christians, we live with hope. We live with hope because of our faith in a God who is powerful enough to do absolutely anything. We live with hope because of our trust in a God who loves us enough to be involved in each and every moment of our lives. We live with hope because the Spirit of the living Christ has been planted in our hearts to empower us to face every challenge that comes our way.

I believe that you and I were put on this earth to fulfill our destiny. That destiny is not something that was arbitrarily assigned to us by some impersonal deity. Rather, that destiny, that drive, that passion was planted in our hearts from the very beginning, and there is nothing that pleases God more than to fulfill the deepest desires of our hearts. Every talent we were given at birth, everything we've learned, and every experience we've had, God uses to move us forward to that destiny.

God showed Abraham the stars in the sky and promised

him descendants just as numerous, if he would leave his home and all that was familiar and move to an unknown country at the age of 75. God showed 3 astronomers from Persia a star & led them on a journey to see the One born to be King of the Jews. I believe that God calls each and every one of us to journey towards our deepest desire, our most daring dream, our most dazzling delight.

The journey is not meant to be smooth and easy or simple and direct. The journey is meant to be exciting and challenging and to test us to the limits of our endurance because it's in overcoming the challenges that we develop the strength and character to grow into our fullest potential, the people that God created us to be, the people God has called us to be.

What is the deepest desire of your heart? What is God calling you to do and to be? Where do you want to get before your life on this planet ends? I hope that this year you will not only contemplate those questions but that you will make progress towards your dreams.

I know that for myself the key is to hold onto the dream, no matter how impossible it is, and to trust that if I watch and listen for God, if I pay attention to how God is working in my life, if I do what God calls me to do, God will fulfill the deepest desires of my heart, God will help me to grow into my fullest potential, and God will get me to exactly the place I'm supposed to be.

I pray that you will hold onto whatever promise God has made to you, whatever vision God has shown you, whatever dream God has planted in your heart. And I pray that you will continue to move forward in faith, following your star, trusting that God is guiding your every step, and believing that one day soon you will find everything that you seek.

Abundant Blessings Be Yours!

*Pastor Marjo*

Pastor Marjo Anderson

## 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

Thursday 9:00 a.m. to 1:00 p.m.

### Worship Services

9:30am Zoom Worship

### Salem's Staff

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

Karl Kraft, Office Manager  
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Jennifer Reyes, Sexton  
Pablo, Cruz, Sexton  
Office Phone (203) 336-3300, ext. 10

## LEADERSHIP AT SALEM

### COUNCIL

Marjo Anderson, Pastor  
Ray Anderson, President  
Tom Larson, Vice-President  
Nancy Headford, Secretary  
Rich Kenyon, Treasurer  
Liz Bales  
Sandra Brown  
Judi Nielsen  
Emily Sokoloski  
Diane Tomasko  
Bill Winter

## We Are Grateful



### Memorial

Pauline Boyum, Sandra Brown, Rich & Carol  
Lansing, Ann Martin (all in Memory of Marge  
Shapleigh)

### Outreach

Richard & Mary Ann Kenyon

Thank you to Salem Members and Thrivent from  
Seafarers and Scouts

Taking advantage of the Thrivent Action Team Projects,  
Salem Church was provided with two Thrivent Grants of  
\$250 each.

One grant went to provide 23 New Haven Seafarers  
with Christmas gift bags. Each gift bag contained a  
sweatshirt, a Thrivent t-shirt, 3 pairs of socks, a wool  
hat, candy or nuts, and a Christmas card. Salem parish-  
ioners also donated money to help complete the bags.  
Ruth Setaro, the New Haven Seafarer minister, pur-  
chased, assembled, and distributed the gift bags to the  
sailors.

The second grant went to buy items to help our nine  
Salem Scouts be more comfortable and warmer for  
their outside meetings this winter. Bruce Tomasko pur-  
chased a wool hat, a pair of wool gloves, 2 pairs of  
socks, HotHands Hand Warmers, Chapstick, and candy  
for each scout.

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

**Next deadline date is January 15th for the  
February issue!**

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



# January 2021

## Salem Lutheran Church



SUN

MON

TUE

WED

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

- 4pm Southern CT Rostered Leaders Mtg on #

- 9:30am Rostered Leaders' Tuesday Talk and '

- 12pm Lord, Teach Us to Pray

- 6pm Genesis Game Night for All

- 6pm God at the Center

- 8am Men's Breakfast
- 9am Degreening

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

- 4pm Southern CT Rostered Leaders Mtg on #
- 6:30pm Social Ministry Committee

- 9:30am Rostered Leaders' Tuesday Talk and '
- 6pm Stewardship Committee

- 12pm Lord, Teach Us to Pray

- 6pm Genesis Game Night for All

- 6pm God at the Center

- 11am Inner-View Chat n Chew

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

- 4pm Southern CT Rostered Leaders Mtg on #
- 6:30pm Finance Committee Meeting
- 7:30pm Executive Committee

- 9:30am Rostered Leaders' Tuesday Talk and '

- Golden Hill Supper
- 12pm Lord, Teach Us to Pray

- 6pm Genesis Game Night for All

- 6pm God at the Center

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

- 4pm Southern CT Rostered Leaders Mtg on #
- 7pm Council Meeting

- 9:30am Rostered Leaders' Tuesday Talk and '

- 12pm Lord, Teach Us to Pray

- 6pm Genesis Game Night for All

- 6pm God at the Center

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- 9:30am Worship
- 10:30am Adult Forum on the 2021 Budget
- 10:30am Christ Presbyterian Church
- 12:30pm New Directions Ministries
- 6pm Sunday Night Alive!



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



"Er, I don't think there is a patron saint  
of the internet ..."

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

Joan B  
Barbara B  
Sam B  
Erick D  
Grace D  
Hannah & Joseph  
Bob H  
Dennis H  
Sylvitha  
Jay  
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  
Katherine P



# WHAT ARE THE 12 DAYS OF CHRISTMAS?

By Cory Driver

Christmas, according to the liturgical calendar, isn't just a day, but a season. Many Christians know the song "The Twelve Days of Christmas" or recall that Shakespeare's *Twelfth Night* is about the last night of Christmas. But what defines the Christmas season?

The 12 days of Christmas are a reversal of the season of Advent. Traditionally, Christians have fasted during Advent as we await the celebration of the birth of our Savior. The period from Christmas Day to the day before Epiphany (the celebration of the magi visiting Jesus, the baptism of Jesus and the beginning of his earthly ministry) is a period of daily feasting. This is surprising, given the reason for celebrating several of the days.

The first day of Christmas, the Feast of the Nativity, is obvious enough as a reason to celebrate. The Messiah has been born into the world! The next day, however, is the feast of St. Stephan, the first Christian martyr, who was killed under the authority of Saul of Tarsus/Paul (Acts 8:1). The emotional whiplash of celebrating the birth of the Savior and then the next day celebrating the life and martyrdom of the first person to die for Christ is stunning. However, tradition calls for a joyful feast to celebrate the faithfulness of Stephen, even unto death.

The next day, the third of the 12, celebrates the life of St. John the Apostle. He was, traditionally, the only disciple who wasn't martyred. Tradition holds that John took care of Mary, the mother of Jesus, made disciples, grew old and finally died a natural death in Ephesus.

The fourth day of Christmas is the most shocking. The Feast of the Holy Innocents commemorates the death of all boys in Bethlehem, aged 2 and under, at the hands of Herod the Great's soldiers (Matthew 2:16-18). Again, we feel the emotional rollercoaster, as we're reminded that the Christian life isn't simply one of sweetness and joy, but also of pain, hardship and injustice. Nevertheless, the fourth day of Christmas is the Feast of the Holy Innocents, rather than a fast, because we celebrate the One who has conquered sin and death and doesn't surrender these precious little ones, or any others, to the grave forever.

The following days celebrate Archbishop of Canterbury Thomas Becket's resistance to injustice; the holy family; Pope Sylvester, who resisted the Donatist and Arian controversies (in many Germanic-speaking countries, New Year's Eve is still called "Sylvester"); the circumcision of Jesus; St. Basil the Great and St. Gregory Nazianzen, who defended the doctrine of the Trinity; Jesus' presentation and naming in the Jerusalem temple; the hermitage of St. Simon on the pillar; and even two American saints: Elizabeth Ann Seton and John Neumann.

These 12 days help Christians remember that the life of faith is full of challenges and hardships but also contains plenty of reasons to celebrate as we remember the heroes and heroines of the church, and most importantly, our Lord and Savior.

Cory Driver is a minister of word and service, and the director of the Transformational Leadership Academy in the Indiana-Kentucky Synod. He earned his doctorate in Jewish religious cultures from Emory University, Atlanta. Cory lives with his family in Indianapolis.



# COVID-19 Vaccinations: What You Need to Know



## 8 Things You Need to Know About COVID-19 Vaccination Plans

- 1) The safety of COVID-19 vaccines is a top priority.
- 2) Many vaccines are being developed and tested, but some might be ready before others—CDC is planning for many possibilities.
- 3) At least at first, COVID-19 vaccines might be used under an Emergency Use Authorization (EUA) from the U.S. Food and Drug Administration (FDA).
- 4) There may be a limited supply of COVID-19 vaccines before the end of 2020, but supply will continually increase in the weeks and months that follow.
- 5) If there is limited supply, some groups may be recommended to get a COVID-19 vaccine first.
- 6) At first, COVID-19 vaccines may not be recommended for children.
- 7) Cost will not be an obstacle to getting vaccinated against COVID-19.
- 8) COVID-19 vaccine planning is being updated as new information becomes available.

To learn more, [click here](#). Content Credit: **CDC**



### Be Aware

Scammers are using the rollout of the Covid-19 vaccine and testing to try to con people out of money. Covid-19 vaccine and testing are free.

# Depression: Common and Treatable

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

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

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

There are seven general causes associated with Clinical Depression.

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

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

# This is what happens if you're not drinking enough water

## 1. Headache

Our noggins are often the first—or at least, the most obvious—part of our bodies to signal H<sub>2</sub>O deficiency, and they do so in the form of mild to severe pain. “The blood vessels around our brains are very sensitive, so if you do not drink sufficient water, they may react to the change in blood volume, and that may increase the likelihood of headache,” explains dietitian [Dana Hunnes, RD, PhD](#), an adjunct professor at the UCLA Fielding School of Public Health.

## 2. Constipation

When there's not enough water running through the digestive system, it can show signs of struggle, which typically manifest as constipation. “Not having enough water in the gastrointestinal tract can make stool drier and therefore more difficult to pass,” explains Hunnes. And the more fiber you take in, the more water you need to be drinking, as [fiber requires water in order to be properly digested](#). Without it, you may experience bloating and gas on top of the constipation. (Maya Feller, RD, also notes that water is required for the formation of saliva, which is also necessary for overall gut function. Digestion, after all, begins in the mouth.)

## 3. Fatigue

In 2020, you could be fatigued for any number of reasons, so it might be hard to connect this symptom to dehydration. Still, Hunnes says that not having enough water in the body can make you feel tired. She says this has to do, at least in part, with the changes in blood volume that result from water shortages. So if you're feeling the slump, having a glass of water might be a better first step than sipping a caffeinated drink, which could further dehydrate you.

## 4. Hunger

Dehydration can also make you feel hungry before you even register that you're thirsty, say Feller and Hunnes. This is because both signals come from the same part of the brain—the hypothalamus—and wires can get crossed, so to speak. The result might be unnecessary snacking, so it's worth drinking water before eating if you know you've recently eaten and shouldn't be hungry again.

*Plenty of foods are hydrating if you're worried about drinking enough water:*

## 5. Impaired brain function

Neuroscientist Lisa Mosconi, PhD, the author of [Brain Food: The Surprising Science of Eating for Cognitive Power](#), says [staying hydrated is her number one priority when it comes to brain health](#). In fact, even a 2 to 4 percent decrease in your body mass due to dehydration can throw the brain off balance. One example of the problems that can result? [One study](#) found that mild dehydration produced a significant increase in minor driving errors during a long drive.

## 6. Bad mood

Not being properly hydrated can affect your mood, too, according to a [small study of young women](#) that showed how mild dehydration has negative effects. Feller notes that the body requires water to produce hormones and other neurotransmitters, so it makes sense that dehydration causes mood disturbances.

## 7. Overheating

Hydration helps to maintain a comfortable body temperature, notes Feller, which is why dehydration can make you feel overheated, especially in hot environments. If you're feeling the heat, you might want to try raising a glass before you lower the thermostat, because the problem may simply be that you need more coolant, so to speak.

From [wellandgood.com](#)

