A Reconciling in Christ (RIC) Congregation

Let Go and Let God: "Not My Will, But Yours Be Done"

Like the seasons here in our northeast corner of the country, the liturgical year follows its annual circular route, from Advent to Christmas to Epiphany, then to Lent to Easter to Pentecost, and around again and again, allowing us to appreciate beauty in the different sights and sounds and fragrances and feelings of each. As you receive this on April 1, we begin the Great Triduum, the Great Three Days, when we celebrate the move from Lent to Easter, from darkness to light, from despair to hope, from death to life!

It's so easy for us to want to jump from wherever we are right into Easter joy. After all, we are able to do that --because you and I know the end of the story! But in real life it's not so simple because in real life we don't know the end, or the middle, or even what's on the next page. While God knows what's coming, and while we can have trust in the God who loves us, we experience time moment by moment.

Think about Jesus entering Jerusalem to the acclaim of the crowds, all the while knowing that he was entering the gates of death. That's right. Close your eyes and think about it. Imagine that you are he.... And now imagine that you are celebrating a Passover or pre-Passover dinner with your best friends, and the whole time you know that this will be the last time you will all be doing this together. Yes. Close your eyes and imagine the warm dry desert air on your skin, the sound of your friends' animated conversation, the mixed fragrances of the many kinds of foods and wine, and how you are committing the scene to memory. And now imagine that you are in that beautiful garden, and you are pouring out your heart to God because you love this life that you've been given and you've lived it to its fullest and you don't want it to end with only 33 years. You certainly don't want it to end the way it looks like it is going to end -with betrayal and denial and accusation and judgment and pain and suffering and death. "Please, God, take this cup from me! Please! Please don't make me drink it. I don't want to die. I know you said to trust in you, that you can bring life out of death. I want to trust in you, God, but I can't keep the doubts and fear from arising. So in the midst of all the anguish and anger, all the doubt and despair, and all the feelings of failure and fear that are swirling around inside my mind, I want to believe in you, God. I want to believe. So here I am, saying, 'I believe; help my unbelief'. Not my will, but yours be done."

There, in the garden, Jesus gave up everything he had worked for, every dream he had ever had, every relationship he held dear, everything that he wanted out of this life, and yielded to what God wanted. There, in the garden, Jesus gave up his freedom, his security, his health, his strength, his future, his life, and submitted to God's will. There, in the garden, Jesus laid aside every work and every relationship in his earthly life, because he knew that there was only one thing that was of ultimate importance: that he love God with ALL his heart and mind and spirit and body.

To me, that is what the Christian faith is about. It's about being willing to do whatever God asks us to do, and being willing to give up whatever it is that God asks us to give up. If God asks us to do something that is totally outside of our comfort zone, we need to do that. If God asks us to do something that seems illogical and crazy, then we need to do that. If God asks us to throw away the work we've been doing and start again from the beginning, then we need to do that. Will we succeed? Probably most of the time we will not. At least I know I will fail at this kind of trust - again and again and again. But I also know that the times when I have trusted the most are the times when I have felt God's love and experienced God's faithfulness the most. It is when I yield to what God wants that God is able to turn my despair into hope, my darkness into light, and my sorrow into overflowing joy. It is when we are willing to let go of the steering wheel of our life and turn the control over to God that we are brought out of death to life.

This Lent we discussed "Y PRAY". And so at this most holy time of the year I invite you to Pause, Rejoice, Ask, and Yield. And when God answers your prayer, I invite you to share the joy of resurrection with your family and friends and faith community so we can all shout with Easter joy: "Hallelujah! Praise the Lord!"

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

Facebook - 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

Karl Kraft, Office Manager Office Phone (203) 336-3300 salemsec123@sbcglobal.net

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

SAVE THE DATE

The Council of Churches will hold a Virtual Spring Fling on Tuesday, May 25, 2021. Musicians Chris Coogan and Michele Grace will provide entertainment throughout the event.

There will also be an opportunity to make contributions to support the Council's programs.

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



Food Assistance

Marjo Anderson, Ray & Eileen Anderson (all in Memory of Fran Zold)

Memorials

Jo-Anne Antalik, Sandra Brown, Rich & Carol Lansing (all in Memory of Fran Zold)

Outreach

Richard & Mary Ann Kenyon

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

Next deadline date is April 15th for the May issue!

Email submissions to salemsec123@sbcglobal.net

April 2021 Salem Lutheran Church

SUN	MON	TUE	WED	THU	FRI	SAT
	111116	- SA	1-	Apr 1	2	3
				Maundy Thursday	Good Friday 6pm Rostered Leaders - God at the Cente	
4	5	6	7	8	9	10
Easter Sunday	4pm Southern CT Rostered Leaders Mtg	9:30am Rostered Leaders' Tuesday Talk &	12pm Lord, Teach Us to Pray	6pm Genesis Game Night for All	6pm Rostered Leaders - God at the Cente	8am The NO BREAKFAST Gathering!
9:30am In Person Worship 10:30am CPC - Easter (on the hill)	6:30pm Social Ministry Committee	12:30pm Book Club				
11	12	13	14	15	16	17
Second Sunday of Easter	4pm Southern CT Rostered Leaders Mtg	9:30am Rostered Leaders' Tuesday Talk a	12pm Lord, Teach Us to Pray	6pm Genesis Game Night for All	6pm Rostered Leaders - God at the Cente	11am Inner-View Chat n Chew
9:30am Worship & Coffee Hour 10:30am Christ Presbyterian Church	6:30pm Social Ministry Committee Meeti	6pm Stewardship Committee				
18	19	20	21	22	23	24
Third Sunday of Easter	4pm Southern CT Rostered Leaders Mtg	9:30am Rostered Leaders' Tuesday Talk a	12pm Lord, Teach Us to Pray	6pm Genesis Game Night for All	6pm Rostered Leaders - God at the Cente	
9:30am In Person Worship 10:30am Christ Presbyterian Church	6:30pm Finance Committee Meeting 7:30pm Executive Committee Meeting					
25	26	27	28	29	30	
Fourth Sunday of Easter 9:30am Worship & Coffee Hour 10:30am Christ Presbyterian Church 6pm Sunday Night Alive!	4pm Southern CT Rostered Leaders Mtg (7pm Council Meeting	9:30am Rostered Leaders' Tuesday Talk a	12pm Lord, Teach Us to Pray	6pm Genesis Game Night for All	6pm Rostered Leaders - God at the Cente	

David Albers Timothy Genster Reinhard Reichelt	1
Marjo Anderson	
Bert Andren	
Miles Wilkins	
Marija Kolar	
Kristen Kulakowski	
Sarah Murphy	
Carissa Gulyas	10
Grace Dukenski	11
Liz Frohrip	12
Liliana Vasquez	
Linda Bryk	
Victoria Roehrich	16
Joseph Sokoloski	18
Gabriella Rosa	19
Barbara Davis	20
Domenick D'Andrea	
John Watts	

Judi Nielsen	25
Julia DeWalt	25
lan Dow	26
Tracey Wilkins	30



From our Former Members: Sarah and Isiah Rachid called and are doing fine in Charlotte. They miss Salem and wish everyone a Happy Easter and hope all are doing well. They have set up an online store at faithfullyflycharlotte.com where she is selling her book, shirts, earrings, and other goods.



Please contact your Parish Nurse Carol if you would like to call, or send a card or note to one of our shut-ins. Carol will let you know if the person would prefer a call or a note.

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

Joan B Jane M Barbara B Jana B Sam B William S Erick D Daphne B Peter K Grace D Hannah & Joseph Bobby W Bob H Anna Dennis H Barbara Sylvitha James S Jay Sarah R Mike R Brooks A

Angie Liz F. Hazel P Katherine P



COVID Vaccinations

The state set the following vaccine eligibility schedule:

March 1: expands to age 55 to 64

March 19: scheduling opens to ages 45 to 54

April 5 (tentative): scheduling opens to ages 16 to 44.

Please get vaccinated as soon as you can.

Just as you wear a mask to protect you and others, your vaccination will protect you and others around you.



You can book appointments through:

- 1. MyChart (Yale-New Haven Health) at www.ynhhs.org/covidvaccine or call 1-833-275-9644
- 2. MyChartPlus (Hartford Health) at www.mychartplus.org or call 1-833-621-0600
- 3. V.A.M.S. (Vaccine Admin Mgt System) at portal.ct.gov/Vaccine-Portal
- 4. Calling (877) 918-2224 open 7 days a week from 8 am to 8 pm.
- 5. Contact your local town health department. Bridgeport (203) 576-7993, Fairfield (203) 256-3020
- 6. Some pharmacies are now offering shots. CVS at <u>www.cvs.com</u>, Walgreens at <u>www.walgreens.com</u>, Walmart at <u>www.walmart.com</u>. Scheduling is online only.

If you need help with getting scheduled, please contact Carol Lansing at (203) 520-3752.

For CT up-to-date information on COVID-19, visit www.ct.gov/covidvaccine . For general questions 24 hours a day, CT residents can call 2-1-1.

COVID Scams!

Governor Ned Lamont and Attorney General William Tong are warning Connecticut residents to be on alert for potential scams related to COVID-19 vaccines.

- Scam #1: Fraudsters, posing as COVID-19 vaccine manufacturers Moderna and Pfizer, sent consumers a "COVID-19 survey" offering rewards for their opinions about the vaccine.
- Scam #2: Fraudsters sent a letter impersonating the governor's office that suggests the vaccines are dangerous and directing consumers to a website that attempts to capitalize on people's fears
- Scam #3: Fraudsters posed as vaccinators and ask for sensitive information, such as Social Security numbers and bank information.

Do not pay anything to sign up for the COVID-19 vaccine. Sign-up is free.

Ignore sales ads related to the vaccine. The vaccine cannot be bought anywhere.

Beware of unsolicited emails or texts concerning the vaccine, including offers of rewards or payments.

Do not share personal, financial, or health information with unfamiliar people.

5 Myths about Heart Health

Myth #1: I need to avoid all cholesterol

Your body makes cholesterol to help your brain and organs function normally. You don't need to get it from food, but that doesn't mean that foods high in cholesterol are bad for you. Saturated fats are a bit more harmful because they can convert to bad cholesterol that can build up in your arteries.

Myth #2: Sugar isn't really worth watching compared to fat and salt

While we don't know exactly how sugar affects the heart, research shows that sugary beverages can raise your blood pressure and increase chronic inflammation. Try to replace some of those drinks or dilute them with seltzer. Over time, you'll become more sensitive to sweetness and crave them less.

Myth #3: Weight loss is the key to heart health

The number on the scale doesn't tell the whole story. You could need to lose weight and be healthier than you think, or fit into your clothes but still be at risk. Make sure you are not hypertensive or have diabetes, and talk with your doctor about starting regular exercise.

Myth #4: Kids aren't at risk until they're older

Because of the rise of obesity rates in children, the American Academy of Pediatrics recommends that children between ages nine and eleven take a blood test to check cholesterol levels. Checking early helps prevent heart disease later in life. Kids also set their habits very early. Let's get them on the right path by setting good examples for them and encouraging their play.

Myth #5: Intense exercise will do more for my heart health

You don't need to be lifting weights or walking 20,000 steps a day. Just make small changes and adapt them to our lifestyle. Park farther away at the store or take the stairs instead of the elevator. Do a ten-minute dance or yoga video. Getting up to 30 minutes of exercise a day for about 5 days a week will really limit your risk of heart disease.

5 Things to check off your health care list this year

With everything going on in our lives, it may be easy to put off appointments for preventive screenings, check-ups, and immunizations. But as you get older, these visits become even more important and many of them come at no additional cost under your Medicare plan.

In light of the pandemic, clinics, doctor's offices, and pharmacies have health and safety protocols in place to help keep patients safe during their appointments. Make it a priority to add the following appointments to your 2021 calendar. Your long-term health may thank you.

- 1. **Annual Wellness Visit** there's no additional charge under Medicare for your wellness visit.
- 2. **Vaccinations** –COVID-19 vaccinations are important in protecting you and those around you. Flu shots should be taken annually in the fall. Pneumonia vaccines are recommended for all adults over 65. Covid, flu and pneumonia vaccines are covered by Medicare. Shingrix vaccinations are recommended for all adults over 50 and are the best way to protect against shingles. Shingrix shots are not fully covered by Medicare.
- 3. **Preventive screenings and specialists** visits for heart health, diabetes and other chronic conditions may be crucial to your overall wellness. Check with your doctor to find out which preventive screenings you need.
- 4. **Dental exam** the American Dental Association recommends two dental checkups a year for your oral and overall health.
- 5. **Eye exam** eye exams not only help with how well you see but can detect issues like glaucoma. You should consider an eye exam each year.

Checking off these items can help ensure that you stay as healthy as possible for all the other to-dos on your calendar.



"And God raised the Lord and will also raise us up by his power."

1 Corinthians 6:14



"Wrap the Capitol" - National Day of Prayer & Action - Streaming on FacebookLive

Please save the date for National Day of Prayer. On Thursday, May 6, 2021, FaithActs will wrap the State Capitol in prayer and action. Through outreach from hundreds of prayer warriors across the state, we'll make sure Governor Lamont and legislative leadership stand for education justice during their closed-door budget negotiations. When they go quiet, we'll go loud! And bring God to the negotiation table. Right now, we're planning for socially distanced, in-person participation from pastors and virtual participation from other members and supporters. Our team will keep you posted as we finalize the details.

RSVP - https://faithacts.org/rsvp

FaithActs for Education is a grassroots community organizing nonprofit based in Connecticut. We are people of faith building power to get our children the education they deserve. We believe that every child deserves the opportunity to graduate from college, take care of their family, and fulfill their God-given potential. We build relationships, we build leaders, and we build power through community organizing and civic engagement. Founded in October 2014, FaithActs is more than 500 members and 70 churches strong. We've turned out thousands of Bridgeport voters, demanded stronger governance from the Board of Education, prevented busing cuts for 2,300 elementary school students, and secured millions of additional dollars for Bridgeport public education.

Congregations of the New England Synod,

Our pandemic winter continues. I, like you, feel the fatigue that is circling about our lives. The good news of vaccine distribution beginning is offset by concerns about variants of Covid19. While I remain hopeful for the longer term (next six to nine months), I remain vigilant and cautious in the near term.



We may be getting close to gathering in-person, but we are not there yet. Some of our states are beginning to relax their rules around some in-person gatherings, and this may, in some places such as Connecticut, include relaxation around gatherings for worship.

I would exercise extreme caution in moving too soon toward this practice!

Much of the reasoning behind state governments taking more relaxed positions in relation to houses of worship, versus other public spaces, is related to concerns around first amendment considerations. Earlier last year, the Supreme Court ruled in favor of a synagogue that believed it had the legal standing to hold worship services, even when the Governor stated, out of health and safety concerns, that they should not meet. Since that ruling, most states have adopted a "request approach" toward houses of worship. For instance, in Rhode Island, the governor asked churches to not hold in-person worship during a recent outbreak.

My point in this letter is this:

Just because a state government may grant permission or shift its language around holding in-person worship does not mean your congregation should. As my grandmother used to say, "just because you can....doesn't mean you should."

This letter serves as encouragement to be thoughtful, careful and mindful of our role as servants.

The ELCA has released "Considerations for Returning to In-Person Worship." You may view the full document here. Last year, I provided you with a letter offering suggestions on how to approach re-opening, which is copied below.

"As I review those documents, along with several news stories of churches that attempted to meet for worship and then had spread of this disease, I want to offer my own personal reflections. If I were serving as a pastor in a congregation, I would say the following to my church council:

"I see no upside to gathering in person for worship for the foreseeable future, and I think we should begin now to plan for many months without it. Let's put together teams of people that will work together on four areas.

Spiritual Life including Worship & Devotions - This group will plan worship and devotional opportunities for the congregation in ways that maximize engagement from as many in the congregation as possible.

Caregiving/Shepherding Ministry - Let's focus our energy on how we can connect our community via a shepherding group model.

Social Justice/Community Advocacy - Let's find ways to both serve our community and act on matters involving the most vulnerable in our communities and beyond.

Generosity Team – This team will work on ways to engage people on matters of Stewardship and Generosity. What can we do to help people see the value of increasing their giving during this time when our church is so important to so many people?

Let these four teams be the center of our energy. I as pastor will work with each of these teams, but I can't do it alone. I need you to step up and be involved. In many ways, by doing this, we are also setting the stage for a new way of being church that will be determined when we come through this time of change."

I still believe that is the best path forward.

It seems likely (though who can predict the future these days?) that we will be able to gather for in-person worship in 2021, certainly outdoors in warmer months. Therefore, let's be mindful of that coming opportunity and not rush too hastily into indoor worship.

I have great confidence in the patience and wise leadership so many of you are exercising. We are moving forward into a new day. I know it is hard, and I know the loss many have experienced during this pandemic is painful. Let us continue to exercise patience and wisdom!

Sincerely,

Bishop James Hazelwood



Evangelical Lutheran Church in America

God's work. Our hands.

STORIES OF FAITH IN ACTION

A rich history

Nation's oldest African American Lutheran congregation has served community for more than 130 years

By Karris Golden

Established in 1890, St. Philip Evangelical Lutheran Church in Baltimore is North America's oldest African American Lutheran congregation.

This fact is noted in ELCA documents, newspaper articles and The Lutheran Church and the Negro in America by Ervin E. Krebs (Board of American Missions, American Lutheran Church, 1950). These sources mention staff, membership totals and other information from 1889 onward.

Minutes from meetings attended by Lutheran pastors of European descent show they regularly discussed the need to devote resources to St. Philip. However, there are no official church records surviving from the congregation's early years.

Often labeled the "Negro mission" in those years, the church seemed to be intentionally kept outside the ELCA's predecessor bodies, said Louis R. Tillman IV, pastor of St. Philip.

"I firmly want this congregation to have its history authentically recorded, valued and respected by the ELCA as a whole," he said. "We would like to tell our rich and beautiful history and unique place within the church, the city of Baltimore and the denomination."

Current members hope to find documents that will confirm details of St. Philip's past, said Lynette Todd, a member since 1975. They also hope to get the church designated a landmark by the Maryland Historical Trust, though, as Todd explained, "It's an uphill battle."

The task requires records. If such documents exist, they weren't transferred to synod archives or ELCA Archives over the years, she added.

ELCA records mention church participation by people of African descent dating to the 1600s. Evangelism efforts focusing on such communities began in the late 1880s.

An 1892 record of the 31st Biennial Convention of the Evangelical Lutheran Joint Synod notes, "Nothing whatever was done by our synod for these neglected people." A Lutheran of African descent was regarded as a wonder in Baltimore.

The documents add that in 1889, Mortiz Heuer, a Germandescent Lutheran, bought a decommissioned grist mill on Ivy Lane in Baltimore and started Our Savior's Mission for Africandescent families. By January 1890, it was dedicated as the Evangelical Lutheran Church of Our Savior, later to be identified as the Negro Mission of St. Philip.

The congregation established itself as a hub for domestic mission efforts among African-descent communities. The Ivy Lane ministry offered a school and an orphanage.

Lutheran pastors of European descent retained administrative control of the mission. They called an African-descent pastor and schoolmaster, Taylor Johnson (a recently freed slave) and Nathaniel Carter respectively. Johnson later purchased the grist mill from Heuer, making it a Black-owned property.

Pastors wouldn't vote on Johnson's synod membership application.

"We would not, so far as his character and orthodoxy are concerned, hesitate to recomment [sic] his reception, but the circumstances are such that, in our judgement, it would be best to postpone definite action in this regard," note the 1890 convention minutes.

They tabled action in 1890 and 1891. Johnson departed the congregation before the 1892 convention.

Meanwhile, Carter prepared for ordination and became pastor. Documents from 1894 show that "Rev. Nathaniel Carter, colored" was accepted for synod membership and added to the clergy roster.

The congregation was said to grow and thrive during Carter's tenure. In 1897 he moved the church to Eden Street, where it remained until 1958.

Now located on North Caroline Street, St. Philip engages in ministries that are still rooted in faith formation, service and education, said lifelong member Earl Todd.

"For a long time, if you were Black and Lutheran in Baltimore, people assumed you went to St. Philip's," he explained. The community knows St. Philip as the birthplace of the African-descent Lutheran church. "Our church provided many activities over the years, and it helped start several African American congregations. St. Philip's was known for that.

Karris Golden is a professional writer-editor and a member of Bethlehem Lutheran Church in Cedar Falls. Iowa.

ELCA GLOBAL LINKS

Stay informed. Be inspired. Get involved.

Latin America and the Caribbean



Discussion of the participants in the south to south exchange. (Photo: Gustavo Driau)

South to South Exchange

In March, the Salvadoran Lutheran Church (SLS), Costa Rican Lutheran Church (ILCO), Evangelical Lutheran Church of Colombia (IELCO) and Lutheran Church of Peru (IL-P) participated in a "south-south" exchange on the CREST model for the treatment of trauma victims, especially migrants and refugees. The exchange was facilitated and accompanied by Global Mission's regional representatives in Latin America.

Pastors and lay leaders in Central America were the first to be trained in the CREST model (through the Wings of Hope Foundation in Germany), beginning with the SLS in El Salvador and expanding later to ILCO in Costa Rica. This south-south exchange included the Rev. Vilma Rodriguez, coordinator of the SLS Center for the Attention of Trauma Victims, and Ruth Quiros of Costa Rica, who completed the CREST training and now applies it to her work in ILCO's shelter for refugees fleeing from Nicaragua and other Latin American countries.

During the weeklong exchange in Colombia and Peru, Rodriguez and Quiros were able to interact with Venezuelan migrants currently served by the migrant ministry programs of IELCO and IL-P, and to hear from church staff and volunteers about the psychological traumas that Venezuelan migrants have experienced. Likewise, IELCO and IL-P leaders were introduced to the CREST model and its successful application in Central America. This south-south exchange laid the groundwork for both IELCO and IL-P future trainings on the effective treatment of trauma victims.

The COVID-19 Crisis

Suddenly, a global health crisis has exploded, changing everything. The pandemic has impacted the work of the Latin America and Caribbean Desk of Global Mission and the companions as well. As an immediate preventive measure to protect our missionaries and the companion churches, some of our missionaries returned to the United States while others remained in their country of service. Today, missionaries continue to serve alongside our companions but from a distance. Two of the 10 Young Adults in Global Mission (YAGM) country programs are in Argentina/Uruguay and Mexico. For the well-being of the volunteers and our host churches and organizations, all the YAGM programs around the world were closed this year. The young volunteers returned to their families in the United States.

In April and May, Global Mission supported over \$150,000 in emergency requests from companion churches in nine Latin American countries — Brazil, Chile, Cuba, El Salvador, Guatemala, Honduras, Nicaragua, Peru and Venezuela. These emergency projects provide food and basic hygiene supplies to support families in poor communities where COVID-19 infection rates are higher and the pandemic has made the economic situation even more precarious. Amid stringent quarantine measures, companion churches have identified responsible ways to deliver basic humanitarian assistance to affected families.

ELCA companions who now find themselves on the front lines of the COVID-19 response are also reaping the unexpected benefits of training experiences financed by Global Mission months before the pandemic began. As mentioned earlier in this report, three leaders of the Augustinian Lutheran Church of Guatemala (ILAG) participated in the EPES International School on popular health education in January. Within weeks of their return to Guatemala, the first cases of COVID-19 began to appear in remote rural areas, but there were no basic educational materials on the virus in the local Indigenous language. Two of the ILAG participants in the EPES school were able to find translated materials through the International Mayan League, edited those translations and began distributing those resources in Indigenous communities where the ILAG has a church presence.