



June 2021

the
SPIRIT

Salem Lutheran Church

shalom – salaam – salem – peace

A Reconciling in Christ (RIC) Congregation

HOW DOES YOUR GARDEN GROW?

I was supposed to be planting my garden this weekend, but the weather did not see fit to cooperate. So it will be next weekend before that happens.... L

So instead of planting a garden today, I'd like to invite you to join me in contemplating what it takes to produce a bountiful garden. Now please realize that I am very much an amateur gardener, so if anything I say here about actually gardening is incorrect, I apologize in advance!

At any rate, the first thing Mark and I did the year we started our garden was to dig up what was already there. It was hard work digging up the lawn, but eventually a space was clear. What I have discovered about spiritual gardening is that we have to begin at the same place – by clearing a space. For me that means clearing time in my schedule and maybe also finding a physical space.

Once we had a clear space, my husband tilled the soil. The tines of the tiller cut into the earth and turned it over and over, breaking up the dry packed soil, pulling up roots and stones (and stones and stones and stones – welcome to New England!) and occasionally archaeological junk, and allowing air to penetrate. The same is true for our spiritual gardens. If we are going to be good soil, God must dig deep in us, breaking up our dry hard spirits and pulling up all the things that are buried below the surface, so that the air, the wind, the breath of the Spirit has a chance to penetrate and aerate our souls.

As we till our garden each year, we add fertilizer. We took a sample of our soil to the CT Agricultural Station near our home and had it analyzed, and they told us exactly how much and what kind of fertilizer our soil needed. What kind of fertilizer are you using for your spiritual garden? Is it the right kind and the right amount? The fertilizer that I am using is a mix of many things – monthly ecumenical gatherings, as well as weekly worship, prayer meeting, text study, and anti-racism group.

Next we completely covered the garden with sheets of weed-block fabric. We don't want to waste time pulling weeds – we want to prevent them from springing up in the first place! What do you do to keep the weeds out of your spiritual garden? For me, it's about maintaining certain disciplines – walking, exercising, praise dancing, reading spiritual books, and maintaining my gratitude journals.

Then it was time to put in the plants. For our garden at home we plant lots of tomatoes and lettuce and basil, as well as other vegetables and herbs. But what God plants in us are gifts that will grow and bear the delectable fruits of love and joy, peace and patience, kind-

ness and goodness, gentleness and faithfulness, and self-control.

Finally, once the plants were in, God took care of the sun, and we just had to make sure they got enough water. We even laid down soaker hoses and put them on a smart time so that the watering would occur automatically as needed. For me that daily water is prayer and conversation with God and with spiritual partners. The more I water my garden by growing in prayer, the more God shines sunlight into my garden. The more sunlight that comes into my garden, the more I notice its beauty and its growth and the more fruit it produces.

And then, just as our hard work begins to pay off and our garden starts to bear fruit, what happens? The squirrels come and abscond with the strawberries and the tomatoes! And sometimes insects or disease attack other the plants! And in just the same way, the enemy sends in creatures to steal our spiritual harvest – a demon of selfishness to steal our love, a demon of despair to steal our joy, a demon of hurt to steal our peace, a demon of fear to steal our patience, a demon of apathy to steal our kindness, a demon of greed to steal our goodness, a demon of violence to steal our gentleness, a demon of doubt to steal our faithfulness, a demon of reactivity to steal our self-control. When this happens – and it will happen – we must figure out how to prevent these pests from succeeding, which once again, drives us back to prayer, and deeper prayer, and even deeper prayer.

Gardening takes work. It takes dedication and commitment and perseverance. It's not for the lazy or the distracted or the undisciplined. But the good news is that we do not garden alone. God has given us the space within our spirits. Jesus has prepared that space. And the Spirit has planted within us all the fruit that will lead to life abundant.

As you enjoy these summer months, maybe as you spend time tending your actual vegetable and flower gardens, I encourage you to spend time in your spiritual garden as well. If you want to reap an abundant harvest, it will take some work. But if you do well, there will be not only enough fruit for you to taste, but there will be an abundance to share with all the world.

Here's to God's garden growing in you!

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

Sunday 9:30am In Person 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

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



Capital Improvements

Joan Crossman (In Memory of Marian Lansing)

Memorials

Sandra Brown (In Memory of Marian Lansing)
Dolores Kuczo (In Memory of Pamela Kuczo)

Outreach

Richard & Mary Ann Kenyon



"Because he works from home. That's why we never see God in person."

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



June 2021

Salem Lutheran Church



SUN	MON	TUE Jun 1	WED 2	THU 3	FRI 4	SAT 5
		9:30am Rostered Leaders' Tuesday Talk and Tex 12:30pm Book Club	12pm Lord, Teach Us to Pray		6pm Rostered Leaders - God at the Center	9am CPC - Kid's Party on Hill
6	7	8	9	10	11	12
Lectionary 10 / Second Sunday after Pentecost 9:30am In Person Worship 10:30am Forward on the FIRST 10:30am Christ Presbyterian Church	4pm Southern CT Rostered Leaders Mtg on Anti 6:30pm Social Ministry Committee Meeting	9:30am Rostered Leaders' Tuesday Talk and Tex 6pm Stewardship Committee	12pm Lord, Teach Us to Pray		BSA 103 Campout 6pm Rostered Leaders - God at the Center	8am The NO BREAKFAST Gathering!
13	14	15	16	17	18	19
BSA 103 Campout Lectionary 11 / Third Sunday after Pentecost 9:30am In Person Worship 10:30am Christ Presbyterian Church 4pm 103 Bridging	4pm Southern CT Rostered Leaders Mtg on Anti 6:30pm Finance Committee Meeting 7:30pm Executive Committee Meeting	9:30am Rostered Leaders' Tuesday Talk and Tex	12pm Lord, Teach Us to Pray		6pm Rostered Leaders - God at the Center	11am Inner-View Chat n Chew
20	21	22	23	24	25	26
Lectionary 12 / Fourth Sunday after Pentecost 9:30am In Person Worship 10:30am Christ Presbyterian Church	4pm Southern CT Rostered Leaders Mtg on Anti 7pm Council Meeting	9:30am Rostered Leaders' Tuesday Talk and Tex	12pm Lord, Teach Us to Pray		6pm Rostered Leaders - God at the Center	
27	28	29	30			
Lectionary 13 / Fifth Sunday after Pentecost 9:30am In Person Worship 10:30am Christ Presbyterian Church 6pm Sunday Night Alive!	4pm Southern CT Rostered Leaders Mtg on Anti	9:30am Rostered Leaders' Tuesday Talk and Tex	12pm Lord, Teach Us to Pray			

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



ELCA WORLD HUNGER APPEAL

The ELCA World Hunger Appeal not only provides food for hungry people, it also works to alleviate the root causes of hunger and poverty. To participate in this effort, Salem received a request that is focused on specific projects in Malawi and Rwanda—including providing food, school supplies and mattresses for orphans and vulnerable children (at a cost of \$6. per child). Also included is training in welding, tailoring, entrepreneurship and cooperatives.

Pastor David and Doreen Rinas for the World Hunger Team will match the first \$100 that each congregation in the New England Synod contributes to the World Hunger Appeal this year.

Please consider making a contribution to the World Hunger Appeal. If you do this by check, make it payable to Salem and on the memo line note WH Rwanda & Malawi 2021. If you contribute to Salem online, use the ELCA World Hunger option. We are asking that contributions be made by July 31. Contributions will be sent on to Synod as a total amount from Salem.

Social Ministry Committee

Thank you, Salem family, for all your prayers, cards, and donations in memory of my mother. They are heartfelt and greatly appreciated.

Rich, Carol and Family

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



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.



Have You Had Your Vaccination Shots?

Medical Mission at Home

St. Vincent's Medical Center will be holding our 6th annual Medical Mission at home on Saturday, June 5, 2021 from 9am-2pm at The Thomas Merton Center 43 Madison Avenue, Bpt. Services for 100 adults with scheduled appointments include medical exams, vaccinations, foot washing and podiatry services, behavioral health services, connections to community providers, follow up care and more.

To Schedule an Appointment Contact: Marilyn Faber, Parish Nurse Coordinator, (203) 576-5716 at St. Vincent's Medical Center

June 2021 Covid-19 News

- If outside, you do not need to wear a mask unless in a crowded situation.
- The Salem council decided to discontinue social distancing inside the church. You may sit with a friend besides family if you know you are both fully vaccinated.
- The Salem council decided that masks are recommended but not required inside the church. If you are immuno-compromised, you may want to wear a mask inside the church. If you are not vaccinated, you should wear a mask inside the church.
- The Governor had extended Telehealth services for another two years.
- Assistance for rent and electricity expenses is available for those in need through UniteCT, a program of the CT Department of Housing.
- If you are fully vaccinated, you do not need to get tested before or after travel within the US. You also do not need to self-quarantine after US travel. You will need to wear a mask at airports and stations and on planes, buses, and trains.
- If you are traveling internationally and are fully vaccinated, you do not need to get tested before leaving the US unless your destination requires it. When you are reentering the US from abroad, you will need a negative Covid test result before boarding the plane. You need to get tested 3-5 days after international travel, but you do not need to self-quarantine.
- If you are fully vaccinated and have been around someone who has Covid-19, you do not need to stay away from others or get tested unless you have symptoms.
- If you lost a family member due to Covid-19, there is financial assistance available to help pay for funeral expenses. FEMA has created a funeral assistance program to reimburse up to \$9000 of the cost.

Carol Lansing, RN

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.

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.



Evangelical Lutheran Church in America

God's work. Our hands.

STORIES OF FAITH IN ACTION

Perspective: Hope amid stopping Asian hate *ELCA Association of Asians and Pacific Islanders publishes history*

By Lily T Wu and Edmond Yee

Two older Asian women were stabbed recently in San Francisco. Shortly before that in the same city, an Asian man in his 80s died after being assaulted. Today, countless Asian people worldwide endure blatant COVID-related racism, ranging from verbal abuse to physical attacks. In the United States, the Pew Research Center reports that eight out of 10 Asian Americans attest to a recent rise in violence. Stop AAPI Hate reports 6,603 hate incidents from March 2020 to March 2021.

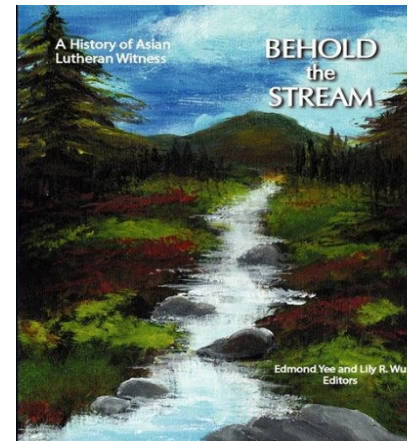
Anti-Asian violence has a long history in the United States, dating back to the 19th century, when Asians were lynched and massacred and their communities burned. Chinese immigrants were excluded from entering the country. In the 20th century, Japanese Americans were sent to internment camps across the country. Asian Americans are often perceived as “perpetual foreigners” and have been blamed by some for the COVID-19 outbreak that has afflicted people of every background, including us.

Racism, like a virus, infects people. Suddenly, it can erupt into acts of aggression. Vandalizing Asian American churches and businesses with ethnic slurs. Shouting “Go back to China!” in public spaces. Bullying schoolchildren and their parents. Shoving older people on the street. Choking and beating people, and throwing acid into women’s faces. Attacking Asian American health care workers, who put their lives on the line for others.

Since 1992, May has been designated Asian Pacific American Heritage Month in the United States. This year the celebration has an added urgency. Our hope is that people of faith, through action, will learn and share key points of our history and contributions, hear our diverse voices as Americans—beyond stereotypes—and join us to stop the hate.

On behalf of the Association of Asians and Pacific Islanders—Evangelical Lutheran Church in America (AAPI-ELCA), we have co-edited a large-format pictorial book to tell our Asian Lutheran story. *Behold the Stream: A History of Asian Lutheran Witness* offers a history of how Lutheran church bodies in the United States first greeted Asians and how Asian ministries persisted despite institutional racism.

Through historical essays, congregational profiles and brief biographies, *Behold the Stream* tells the story of how Asian congregations uniquely serve, and introduces many Asian leaders and their life-work. It charts the growth of our association, conferences and publications. And it offers a glimpse into the future. Two theological essays are included: on Bible-reading in Asian contexts and cultures, and on migration as a metaphor for Christian faith.



In March, anti-racism statements were issued by the AAPI-ELCA and by Elizabeth Eaton, presiding bishop of the ELCA. On May 1, the AAPI-ELCA posted an educational resource, “Hidden Gems: Educational Tools for Combating Anti-Asian Racism,” on its Facebook page.

Come, sit with us by the stream and learn about us, as we learn about you. Together let us act as people of God against hatred.

Some say there is no vaccine for the virus of hate, but we can show that there is when we combat racism against Asian Americans, against Black and Brown people—against anyone being dehumanized. How can we show that we care, so that justice, righteousness and healing can roll down like waters of an ever-flowing stream (Amos 5:24)?

Lily R. Wu is a church communicator from New York City and a former vice president of the Association of Asians and Pacific Islanders—ELCA.

Edmond Yee is professor emeritus of Asian studies at Pacific Lutheran Theological Seminary, Berkeley, Calif., and a former member of the core doctoral faculty for the Graduate Theological Union, Berkeley.

Clean Drinking Water Even When Water Is Abundant

The Brahmaputra River, one of the great waterways of India, flows through the state of Assam and into Bangladesh. But this doesn't mean the people living along it are blessed with water. The Bodo Evangelical Lutheran Church (BELC) reports devastating floods during the monsoons, droughts during the dry seasons and a general lack of clean, safe water at all times.

The people of Konsaigaon, in particular, have always had to walk far from their homes to get water. Many are day laborers with limited time for this. They are often compelled to drink unsafe water, which causes gastrointestinal diseases. Due to a lack of knowledge and poor medical facilities, most of these diseases can turn fatal. Children who survive face chronic, incurable illnesses as they grow up.

Digging a well might seem relatively simple. However, gaining access to the best water source meant building a road into the hills for equipment to be brought in, and pipes had to be laid to reach the village. Added to this were delays caused by a COVID-19 outbreak.

Work finally commenced in mid-May 2020, with a young volunteer, Cholita, managing the project. Within days, workers struck water almost 800 feet below ground. The water is pure, reported BELC Bishop Ichahak Muchahary. "It's been a great day of blessing to those living in that place. Hallelujah," he said.

This new water source will directly affect 300 villagers. But the effects will reach much further, with some 10,000 indirect beneficiaries, including those attending church trainings, meetings and seminars at the church mission point there.

