



September 2021

the
SPIRIT

Salem Lutheran Church

shalom - salaam - salem - peace

A Reconciling in Christ (RIC) Congregation

Change and the Church

You have probably all heard the old jokes about how change is handled in the different denominations....

How many Episcopalians does it take to change a lightbulb?

10 – 1 to actually change the bulb and 9 to say how much they like the old one!

How many members of the Church of Christ does it take to change a lightbulb?

5 – 1 to change the bulb and 4 to serve refreshments!

How many Calvinists does it take to change a lightbulb?

0 – God has predestined when the lights will be on!

How many Presbyterians does it take to change a lightbulb?

Well, it should require about 5 committees to review the idea first

and if each is staffed with half a dozen members, that's what ... 30?!

How many in an independent Christian congregation does it take to change a lightbulb?

1– Any more than that would be considered ecumenical.

How many TV evangelists does it take to change a lightbulb?

1– But for the message of hope to continue to go forth, send in your donation today....

How many Lutherans does it take to change a lightbulb?

CHANGE?????!!!!!!

Let's face it. Change is not easy for any of us. Change requires that we...well...that we CHANGE...and that means we can't just coast through our lives on automatic pilot. We have to grow and learn and adapt and acquire new skills. And that takes work...or faith...or actually both.

Do I enjoy having to learn how to use a new phone or a new computer program or adjust to the newly installed updates on programs that I used to be able to use without thinking? No, it's annoying and irritating and I resent having to learn a new way of doing something instead of just being able to get on with the task of doing it. And yet when I think back to all the things that I can now do

that I couldn't do 1 year or 5 years or 10 years or 20 years ago, I am grateful for all the things I have been forced to learn. Yes, I am GRATEFUL for all those challenges that required me to change because now I can do things I never even imagined doing and I can serve God in ways I never dreamed possible.

The truth is this: as long as we are alive we are growing and changing, and as soon as we stop growing and changing we die. If something is dying, it is because it is no longer growing and changing.

Jesus put it like this:

"I am the true vine, and my Father is the vinegrower. He removes every branch in me that bears no fruit. Every branch that bears fruit he prunes^[a] to make it bear more fruit. [John 15.1-2]

Jesus, the true Vine, is living, growing, changing, and if we are attached to the vine, we will be growing and changing and full of life. But every time we refuse to grow and change, we cut ourselves off from the vine, from the source of life itself, and we die. We may not die right away, but we will shrivel and dry up, and eventually we will die. We will die.

God NEVER calls us to go back to what was. We can't go back in time. We can't try to recapture the past. God ALWAYS calls us to move forward into what will be. God calls us to move forward with gratitude instead of grumbling, with faith instead of fear, with humility instead of hubris. God calls us to listen and learn, to see and to celebrate, to invite and encourage.

As we move forward in this new program year, let us open ourselves to the transforming power of the Spirit. Yes, if we stay connected to the Vine, we will change, but it will be a change for which we will be forever GRATEFUL!

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

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

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

Joan B	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.
Mike R	Hazel P
Jane M	Katherine P
Jana B	
William S	



LEADERSHIP AT SALEM

COUNCIL

Marjo Anderson, Pastor
Ray Anderson, President
Tom Larson, Vice-President
Nancy Headford, Secretary
Rich Kenyon, Treasurer
Liz Bales
Sandra Brown
John Bryk
Frank Dukenski
Steve Kuczo
Rich Lansing
Judi Nielsen
Diane Tomasko

We Are Grateful



Capital Improvements

Barbara Howard

Food Assistance

Marjo Anderson, Stop&Shop Bloomin' 4 Good Program

Memorials

Merlee Lange (In Memory of Marian Lansing)

Outreach

Sandra Brown

World Hunger

John & Linda Bryk, Tom & Jean Larson

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

Next deadline date is **September 15th** for the
October issue!

Email submissions to
salemsec123@sbcglobal.net



September 2021

Salem Lutheran Church



SUN	MON	TUE	WED Sep 1	THU 2	FRI 3	SAT 4
			12pm Lord, Teach Us to Pray 5pm Pre-Marital Counseling 6:30pm Bible Study		6pm Rostered Leaders - God at the Center	
5 Pentecost 15 9:30am In Person Worship 10:30am Forward on the FIRST 10:30am Christ Presbyterian Church	6 Labor Day (Office Closed) 4pm Southern CT Rostered Leaders Mtg on Anti	7 9:30am Rostered Leaders' Tuesday Talk and Tex 12pm Book Club 7pm STEPP Group - CR	8 12pm Lord, Teach Us to Pray 5pm Pre-Marital Counseling 6:30pm Bible Study	9	10 6pm Rostered Leaders - God at the Center	11 8am The BREAKFAST Gathering!
12 Pentecost 16 9:30am In Person Worship 10:30am Christ Presbyterian Church	13 4pm Southern CT Rostered Leaders Mtg on Anti 6:30pm Social Ministry Committee Meeting	14 9:30am Rostered Leaders' Tuesday Talk and Tex 6pm Stewardship Committee 7pm STEPP Group - CR	15 12pm Lord, Teach Us to Pray 5pm Pre-Marital Counseling 6:30pm Bible Study	16	17 6pm Rostered Leaders - God at the Center	18 11am Inner-View Chat n Chew
19 Pentecost 17 9:30am In Person Worship 10:30am Christ Presbyterian Church	20 4pm Southern CT Rostered Leaders Mtg on Anti 6:30pm Finance Committee Meeting 7:30pm Executive Committee Meeting	21 9:30am Rostered Leaders' Tuesday Talk and Tex 7pm STEPP Group - CR	22 12pm Lord, Teach Us to Pray 5pm Pre-Marital Counseling 6:30pm Bible Study	23	24 6pm Rostered Leaders - God at the Center	25 CPC Fall Kids' Party - hall, playground, hill
26 Pentecost 18 9:30am In Person Worship 10:30am Christ Presbyterian Church 6pm Sunday Night Alive!	27 4pm Southern CT Rostered Leaders Mtg on Anti 7pm Council Meeting	28 9:30am Rostered Leaders' Tuesday Talk and Tex 7pm STEPP Group - CR	29 12pm Lord, Teach Us to Pray 5pm Pre-Marital Counseling 6:30pm Bible Study			

In-Person Salem Lutheran Church Worship Participation Guide as of August, 2021

These guidelines will help you to plan and make the most of your in-person experience.

1. Do not come to church if you are feeling sick. If you are not fully vaccinated, do not come to church if you have been exposed to someone with Covid.
2. If you are outside, you do not need to wear a mask unless in a crowded situation.
3. Because of the Covid variants, if you are inside the church and fully vaccinated, it is recommended that you wear a mask, especially if you are immunocompromised. If you are not fully vaccinated, you should wear a mask.
4. Hand sanitizer is available at the entrances to the church.
5. A Greeter will drop a communion kit into your hands. Hold on to the kit until communion.
6. A Greeter will hand you a bulletin and put your name on an attendance sheet.
7. An offering box is available upon entering the Sanctuary. Offerings may also be made virtually or mailed in.
8. The worship service will follow a different format that will limit the amount of the congregation's participation. There will be no singing by the congregation indoors.
9. During communion, you may take your communion elements in church or hold on to your kit until you get home. If you take the elements in church, open the kit over the pew to prevent spilling on the carpet. You will take the empty kit after the service to the waste basket in the back of the church.
10. If you need to use the bathroom, only one person is allowed in the rest rooms at a time. The restrooms in the Narthex will be available for use. Please use the sanitizers in the rest rooms to clean up after use. There will be wastebasket located outside the restrooms for paper towels and sanitizers.

WEEKLY AND MONTHLY EVENTS

Mid-Week Wednesday Worship through Prayer! If ever we needed prayer, it's now! Agreed? While we can (and should!) pray on our own, scripture teaches us that there is power in group prayer. Jesus says, "I tell you truly that if two of you on the earth agree about anything you ask for, it will be done for you by My Father in heaven." Author Frank Peretti writes that it is our prayers that empower the angels to fight the spiritual battles which are where the real battles are fought and won. If there is something you or your family or congregation needs, then the more people you have praying for it, the more power that prayer wields. You don't have to pray out loud, if you don't want to, but your presence with us will mean more than you know. So please, join us on **Wednesdays at noon** on zoom for a half-hour as we turn our worries and cares over to the Lord in prayer. The zoom link will be on the calendar on Salem's website at Salembridgeport.org under the Resources Tab. Or you can simply click on [this link](#).

"Forward on the FIRST" adult forum on zoom! Now that we are worshipping in-person, we needed to come up for a new plan for adult forum and specifically for our Forward discussions. We realized that not everyone is able or comfortable meeting in person. Plus, since we used to have trouble hearing at Council meetings even when we were sitting side by side(!), trying to hear in the lounge with every one spaced 6' apart isn't going to work. So we want to meet by zoom. Yet as wonderful as zoom technology is, it doesn't work when you have more than one person in a small space on zoom – there's too much sound feedback. So here's the plan: if you want to participate in adult forum, please bring your laptop or tablet or smart phone with you, and after worship, we can spread out into different rooms – lounge, music room, music office, workroom, church office, narthex – or you can sit outside or in your car. For those who prefer, you may stay in the sanctuary and have that be your shared zoom room. And of course for those who are worshipping via Facebook live, simply join from the comfort of your own home – or wherever you are. We are also moving our Forward discussions to the FIRST Sunday of the month, since that follows our Council meeting and will allow us to bring you the most timely information possible. As always, the zoom link will be on the calendar at SalemBridgeport.org/Resources/Calendar. PLEASE JOIN US! :D

Salem and Friends Prayer Gathering & Take-out Breakfast, sponsored by the Salem Men, is held on the **2nd Saturday of the month at 8:00 am**. Although this used to be a men's event, it's now open to everyone, and we are most grateful for the men who sponsor it. (Thank you, Bruce for ensuring that this important time for talking informally about our faith lives continues even in the midst of a pandemic!) It's been outdoors until this month when we met in the lounge. We're working on figuring out how to make the sound work so we can offer this important time on zoom as well.

Inner-View Chat'n'Chew meets the **3rd Saturday of the month at 11:00**, so mark your calendars for **June 19th**. It's a time of fun and fellowship that gives us a chance to celebrate the gift that God has given us in one another. The theme for Evites are sent out to those on the Genesis mailing list but you can also find the Zoom link on Salem's calendar.

There are many ways to find the zoom link for worship and all other Salem events. The most reliable way is to go to our website - www.salembridgeport.org, choose the Resource tab, and click on Calendar. Then on the calendar, go to the day, the event, and when you click on it, it will open up the zoom invitation. You can click on the link, or copy and paste it into your browser. To see how to do this, [click here](#):

We also include the zoom links in our weekly email blasts, and in this announcement section of our Sunday bulletin. You can find links to Sunday worship materials like the bulletin, sermon, and donate page at www.salembridgeport.org/live. Or to see how to get there, [click here](#):

Rev. Marjo Anderson
 Salem Lutheran Church
 3160 Park Avenue
 Bridgeport, CT 06606

July 14, 2021

Dear Marjo and members of the congregation,

Please extend my thanks, on behalf of our Board, staff, and especially our clients, to your entire congregation for your generous donation of \$1,125.00 on June 17, 2021. Through this past year we have been grateful to all the congregations which have maintained and even increased their support, especially while dealing with the stress and uncertainties of the pandemic, and with your help we look forward to the coming year with great optimism!



- Our Janus Center case managers can provide intervention services for youth and their families.
- Howard, our Street Outreach Worker, can continue to connect with homeless youth, making sure they have essential needs met, getting them off the streets and into stable housing.

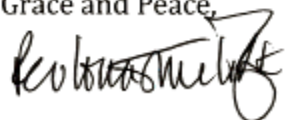


- Our FEED Center can keep food pantry shelves stocked for those who already depend on them, as well as the many who are struggling to get back to work and recover after a long, difficult year.

As you know, it is the poorest among us and especially people of color who have suffered most through the pandemic. It is these people who have to wait the longest to begin to feel the effects of the recovery.

THANK YOU for being part of this ministry, and helping us bring healthy food, safety, support, and new opportunities to those we serve!

Grace and Peace,



Rev. A. Iona Smith Nze
 President and Chief Executive Officer

*Dear Marjo,
 Thank you and the members
 of Salem Lutheran for your
 donation in support of CCB's
 programs. I look forward to getting
 to know you as the
 world re-opens
 and there are
 more opportunities
 to gather in person.
 Grace & Peace,
 Rev. Iona*

Nancy Sidoti	2
Bennett Guadagno	2
Dennis Norberg	3
Emily Sokoloski	8
Richard Kenyon	9
Eileen Anderson	11
Al DeWalt	12
Thomas Larson	15
Peter Mavilla	17
Ashley Rosa	21
Susan Molnar	22
Jenna Llanos	22
Dorothy Schrum	23
Kyle DeWalt	24
Olivia Mavilla	24
Kim Lange	25
Carol Mavilla	26
Stephanie Schott	26

Jennifer Reyes	29
Samantha Baronavski	30



Lutheran Disaster Response

Lutheran Disaster Response brings God's hope, healing and renewal to people whose lives have been disrupted by disasters in the United States and around the world. When the dust settles and the headlines change, we stay to provide ongoing assistance to those in need. [Learn more about Lutheran Disaster Response.](#)

- [Haiti Crisis](#)
- [U.S. Wildfires](#)
- [Asia-Pacific Disaster Response](#)
- [U.S. Severe Storms](#)
- [Hurricane Response](#)
- [Middle East Crisis](#)
- [Coronavirus Disease 2019 \(COVID-19\)](#)
- [U.S. Tornadoes](#)
- [U.S. Flooding](#)
- [South Sudan Relief](#)
- [Middle East and Europe Refugee Crisis](#)

Lutheran Immigration and Refugee Service

We are a church that does God's work in the world and in local communities pursuing justice, peace and human dignity for and with all people.

In partnership with Lutheran congregations and Lutheran social ministry organizations, Lutheran Immigration and Refugee Service has welcomed more than 379,000 refugees to the United States since 1939. This ongoing partnership and work is driven by God's love for all people and a vision for congregations to be welcoming and generous centers for mission and ministry.

The work of the ELCA through Lutheran Immigration and Refugee Service includes responding to people caught in conflict and facing persecution, advocating for their needs and interests, helping people access resources for basic human needs, working with foster care programs for minors, legal assistance, developing new and innovative service programs and partnerships, and much more.

Join us in this courageous work of serving and loving our neighbors in the name of Jesus Christ. Learn more about Lutheran Immigration and Refugee Service today.

[Visit LIRS website](#)

Protect Yourself and Others

Protect ourselves and others by: regular hand-washing, covering our mouth and nose when coughing, etc, staying home if sick, and getting vaccinated such as with the flu vaccine. The CDC recommends flu vaccination for everyone six months of age and older. You should receive a flu vaccination even if you are healthy, because the virus can be transferred to others. Pregnant women should get the flu shot to protect themselves and their unborn child. Two new vaccines have been approved for egg allergic people. Talk to your doctor about what type of flu vaccine is right for you. There is a stronger vaccine for people over 65 years old.



Don't forget to ask your doctor about the diphtheria, pertussis, and tetanus vaccine. If you are over sixty, also check with your doctor about the shingles and the pneumococcal vaccines.

Any illness you have can make you more vulnerable for getting COVID-19. So get vaccinated.

WHAT TO DO

If you suspect that someone has ingested any amount of a plant, follow these guidelines:

1. Remove any plant parts from the person's mouth. Gently wipe mouth with a wet cloth.
2. Give the person a small amount of water to drink if they are conscious and can swallow.
3. Call the Connecticut Poison Control Center immediately — don't wait for symptoms to develop.

POISON
Help
1-800-222-1222

- 24 Hours a Day
- Free and Confidential
- Staffed by Poison Experts
- Interpreters Available in All Languages

Emergency Information

In a poison emergency:
Call 1-800-222-1222
Hearing impaired:
Call 1-866-218-5372

Tips for Healthy Vacation Feet

Ouch! Nothing ruins a summer vacation faster than a painful or injured foot.

From the airport to your hotel room, there are steps you can take to prevent foot and ankle pain and injury. The American College of Foot and Ankle Surgeons offers 10 tips for keeping your feet safe this summer:

1. **Avoid bringing new shoes on vacation.** They can be stiff and unforgiving. If you plan to dance the night away or do a lot of walking, wear shoes that will make your feet as happy as you are.
2. **Check your children's or grandchildren's shoes for fit and comfort.**
3. **Wear socks with those comfortable shoes.** Not only do socks protect skin from shoe friction that can cause blisters and calluses, they can also keep you healthy. You're required to remove your shoes before you enter the walk-through metal detectors at airports. Walking barefoot through an airport exposes your feet to bacteria and viruses that could cause plantar warts and athlete's foot.
4. **If you are traveling more than two hours,** be sure to stretch your legs and pump your feet. This will help circulate the blood to prevent deep vein thrombosis, or dangerous blood clots in the legs.
5. **Wear comfortable shoes to the airport.** You never know how long you will wait in line, how far you will walk to the terminal or if you will have to make a mad dash to make a connecting flight. Loose-fitting flip-flops and sandals increase your risk of tripping, falling and spraining your ankle. Sprains should be evaluated by a foot and ankle surgeon within 24 hours to ensure proper healing. Many people suffer repeated sprains because they didn't see a doctor for previous injuries.
6. **Consider wearing compression socks on the plane** to help prevent blood clots and deep vein thrombosis by pushing the blood through the legs and back to the lungs and heart.
7. **Pack flip-flops or sandals and use sparingly.** Use them in place of walking barefoot in locker rooms and around pools, where you may pick up athlete's foot, a plantar wart infection or toenail fungus.
8. **Place a towel on the floor before entering the shower or bathtub.** This can prevent slipping when you exit. The towel will also help dry toes and protect them from infections.
9. **Pack an antifungal cream or powder.** If you're staying in a hotel or using public pools, using an antifungal product can help prevent athlete's foot.
10. **Pack a small first-aid kit.** Chances are you'll develop a blister from that long walk through the shopping village or scrape your foot on a piece of coral at the beach. Clean your feet with saline (eye solution), apply a small amount of antibiotic cream and cover with a band-aid or gauze. If you suffer a puncture wound, see a foot and ankle surgeon within 24 hours for professional cleaning of the wound to prevent infections and other complications.



Evangelical Lutheran Church in America

God's work. Our hands.

STORIES OF FAITH IN ACTION

Walking toward hope

*Diana Pelletier's life was upended, literally, after a car accident, leaving her asking God the common question "Why?"
After time, though, she started asking God "How?"*

Diana Pelletier remembers nothing of her horrific car accident. She recalls waking up in an ICU room under the hallucinogenic impression that teenagers were attempting to take her life. She had been driving to a youth event in central Pennsylvania when she hit a median, overcorrected and rolled her car three times. Her then-husband, Mark, and children—Hannah, just shy of 2, and Cole, born three weeks earlier—were spared serious injuries. Diana's spinal cord wasn't severed, but the crash damaged two vertebrae in her neck, paralyzing her from the neck down.

Due to the trauma, she couldn't begin to grasp the severity of her condition until a month later. She found herself lost and angry at God. In her room at an inpatient physical therapy program, she believes she had a Spirit moment as she questioned the why of her situation:

"Why God?" she remembers wondering. "Why would you let this happen? I have these babies. I am in the prime of my life. Why would this happen?" But eventually the questions shifted from why to how: "How do I still be a mom? How do I still be a wife? How do I still be a diac-
onal minister? How do I still serve?"

Now, 14 years after the accident, she relies on a mantra introduced to her by her parents: "It is what it is, but it will become what you make it."

Pelletier set out on a journey to find her new self. Since moving to a suburb of Reading, Pa., three years ago, she has begun to thrive in this rediscovery process. Now she is around people who know her for who she is, not the person she was before the accident or in her post-

accident struggles.

"I long to be someone who, when you meet me, you know that you're loved, you know that anything is possible, you know that it's OK to have bad days," she said. "At my core, I'm a child of God that just wants everyone else to know that they, too, are children of God who have the potential to do and be anything, everything. I want my children to know that there is no obstacle too great."

As a mom, she faces serious challenges, but with them have come unique blessings. Her family has come to help in ways they may not have before, and she has had memorable experiences with her children, visiting Disney World and riding hot-air balloons. The family looks forward to a cruise to Iceland. Her physical limitations have not stopped her.

She realized that, while some people see her as a person in a wheelchair, this is her chance to make a difference.



St. Andrew's Refugee Services

In companionship with the ELCA's Global Mission unit, St. Andrew's Refugee Services (StARS) in Cairo, Egypt, works with refugees to enhance their quality of life and meet unaddressed needs. With regular grant support from ELCA World Hunger, StARS provides high-quality services and offers a safe, inclusive and supportive environment in which refugees can exercise their rights, pursue their aspirations and live with dignity. Refugees in Egypt come from many countries, including Ethiopia, Eritrea, Iraq, South Sudan, Sudan, Somalia, Syria and Yemen. The COVID-19 pandemic has brought on more challenges for refugees. They often work in the informal sector, and business restrictions during the pandemic have affected the livelihood of many refugees. In some cases, they are refused health care or have even been blamed for spreading the virus. StARS has been able to adapt regular programming to continue to provide quality services — for example, providing psychosocial support by phone rather than in person. As part of Lutheran Disaster Response's COVID-19 response, StARS was awarded an additional grant to distribute multipurpose cash payouts to families whose livelihoods have been impacted by the pandemic, and to supply the most vulnerable refugees with hygiene boxes and food.



A woman receives her psychoeducational package from Groups and Activities Programs. (Photo: Elhab Idriss/StARS)

During the government lockdown, StARS reached out to Sayyida Ezz el-Deen, a Yemeni mother of two children with special needs, aged 4 and 10. When asked about the assistance she received, el-Deen replied, "I am very happy and appreciative of StARS for making these creative activities that can be done at home. Simple things such as food preparation and making play dough are easy, do not cost a lot and help my children learn while also helping me out at the house."

Organizations such as StARS are crucial in assisting refugees now, and support from the ELCA's Global Mission unit is making a profound impact on their lives