



March 2022

the
SPIRIT

Salem Lutheran Church

shalom - salaam - salem - peace

A Reconciling in Christ (RIC) Congregation

Lent: Time for our Annual “Spiritual” Exam

“Return to God, for God is gracious and merciful, slow to anger, and abounding in steadfast love.”

Today is March 1st and tomorrow, on Ash Wednesday, the season of Lent begins. Tomorrow we will hear in worship the “Invitation to Lent”, which makes three points:

1. Because we, as human beings, are in bondage to sin and cannot free ourselves, our relationships with God, with other people, and with the earth are broken, and hence we do not enjoy the abundant life God intends and desires for us.

2. The good news is that there is a way to be set free from our bondage to sin, a way for our relationships with God, with other people, and with the earth to be healed, a way to experience that abundant life God offers. That way is through the “discipline of Lent” – which involves self-examination, repentance, prayer, fasting, sacrificial giving, and works of love. The trouble is ... that all sounds pretty gruesome. Who wants to look at one’s faults and fears and failures? Who wants to change one’s ways? Who wants to take the time to pray or give up the things we enjoy? Who wants to give until it hurts? Who wants to do what others would like us to do for them instead of what we think they need? I’m sorry, but on the surface at least none of those things sounds very attractive or inviting!

3. But here’s the thing. Think of Lent as a kind of annual visit to your primary care physician. You haven’t been feeling 100%, you have more aches and pains than you used to have, you haven’t had the energy you once had, and there are things you used to enjoy that you can no longer do. Your doctor performs the physical exam and takes your blood for analysis (the self-examination of Lent), and calls you back with the results. The exam and blood tests show that there are reasons that you are not experiencing the abundant life you once had, but there’s nothing that can’t be fixed. The doctor prescribes a fairly drastic change of diet (the fasting of Lent) and 3 hours of exercise with a trainer at a gym each week (the sacrificial giving of Lent). She also prescribes an hour of meditation (the prayer of Lent) and tells you to reach out to do something for another person each day (the work

of love of Lent). It sounds pretty daunting and overwhelming. Do you really want to fast? Do you really have time meditate? Do you really have the money to join a gym? Do you really have the time to reach out to someone every day? Do you really want to make all these changes (the repentance of Lent)?

Obviously you have 2 choices. The easier course is to keep living the way you’ve been living. The harder course is to make all those 4 major changes of diet, gym, meditation, and reaching out. We all know how easy it is to succumb to the temptation to continue as we are, to remain in bondage to our habitual routines and rituals. If we are honest with ourselves we also know that to continue to live the way we’ve been living will only lead to greater decline in our quality of life. So if we want that better quality of life, if we want greater health, if we want more abundant joy, we will have to change and commit ourselves to a new way of life.

Is it easy to do so? No. Or at least not at first. The first time you go out to walk after not walking for years, it will be hard and you won’t get very far. But each time it will get easier and you’ll get stronger, and pretty soon you will feel healthier and you will find you not only need to walk, you want to walk because it makes you feel good and brings you joy!

The same thing is true with spiritual exercise. I don’t see a lot of joy in the lives of most of the people I know – whether they are in or outside of the church. But I know that it doesn’t have to be that way. The disciplines of Lent – growing through prayer, fasting, giving, and loving are the ways we repent and turn our life around in order to discover the abundant life Jesus offers.

On the next page you will find some Lenten paths to that abundant life of joy that Jesus offers. I invite you to join me!

Abundant Blessings Be Yours!

Pastor Marjo

Pastor Marjo Anderson

LENT 2022

Ash Wednesday, March 2nd – Traditional Ash Wednesday worship IN-PERSON at 7:30 at Our Saviour's Lutheran Church, 160 Hill Farm Road, Fairfield, with Pastor Harvey Weitzel as the preacher and Pastor Marjo as the musician.

Wednesdays in Lent – On the 5 Wednesdays during Lent – March 9th, 16th, 23rd, 30th, and April 6th – we'll gather ONLINE with other congregations from our conference for a Virtual Dinner Theatre Worship experience. Bring your dinner to your desk - or your laptop to the dinner table - and enjoy your meal while participating in a kind of dinner church/ cabaret theatre.



The theme is "Looking for Joy in Lent", and each week's worship will incorporate a play, scripture, music, prayer, and some time to get to know one another. Each week's play will be self-contained but the same characters will return each week. We're looking for volunteers to read a part in the play. Please let Jeanette "Momma J" know if you can play a part. You can call or text her at 203-366-6778 or email her at jharris524@yahoo.com.

The worship will be streamed live to Facebook so if you can't join us in real time you can watch it later. Please invite your family and friends to this novel Lenten experience.

The zoom link is on Salem's calendar under the Resources tab on our website Salem-Bridgeport.org.

Or just click here: <https://us02web.zoom.us/j/87987712617?pwd=eDFqZVBoTm0zYUtkTU04MDQ5U0tJQT09>

Meeting ID: 879 8771 2617, Passcode: 668342,
Dial by your location – +1 929 205 6099 US (New York)



Palm Sunday, April 10th at 9:30 – IN-PERSON at 3160 Park Avenue and streamed live to Facebook

Maundy Thursday, April 14th – IN-PERSON at Our Saviour's Lutheran Church, 160 Hill Farm Road, Fairfield

Good Friday, April 15th – IN-PERSON at Our Saviour's Lutheran Church, 160 Hill Farm Road, Fairfield

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

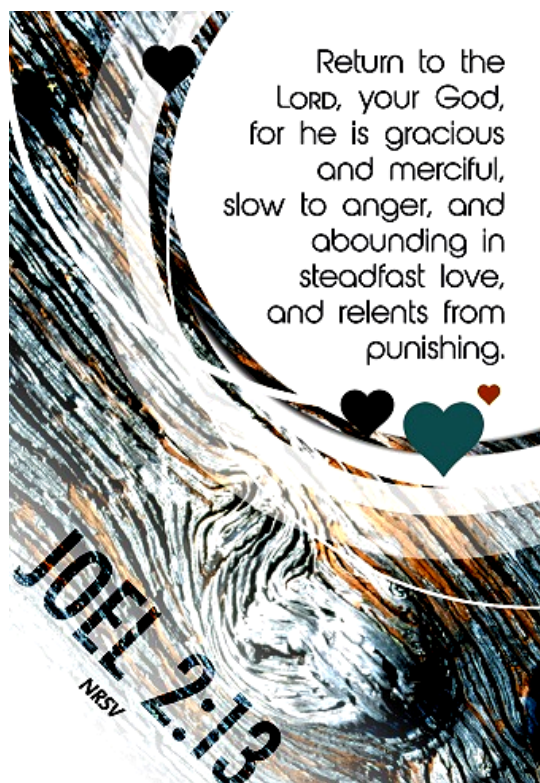
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Pablo, Cruz, Sexton
Office Phone (203) 336-3300, ext. 10

LEADERSHIP AT SALEM

COUNCIL

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



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
William S	



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

Next deadline date is **March 15th** for the April issue!

Email submissions to
salemsec123@sbcglobal.net



March 2022 Salem Lutheran Church



SUN



MON

TUE
Mar 1

9:30am Rostered Leaders' Tuesday Talk and Tr
12pm Book Club

WED
2

Ash Wednesday
9:30am Bible Study
12pm Lord, Teach Us to Pray

THU
3

FRI
4

6pm Rostered Leaders - God at the Center

SAT
5

6

Lent 1
9:30am In Person Worship
10:30am Forward on the FIRST

7

4pm Southern CT Rostered Leaders Mtg on An
6:30pm Social Ministry Committee Meeting

8

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

9

12pm Lord, Teach Us to Pray
6:30pm Lenten Virtual Dinner Theatre Worship

10

11

6pm Rostered Leaders - God at the Center

12

8am The BREAKFAST Gathering!

13

Lent 2
9:30am In Person Worship
4pm Southern CT Conference COLLABORATE!

14

4pm Southern CT Rostered Leaders Mtg on An

15

9:30am Rostered Leaders' Tuesday Talk and Tr

16

Golden Hill Community Supper
9:30am Bible Study
12pm Lord, Teach Us to Pray
6:30pm Lenten Virtual Dinner Theatre Worship

17

18

6pm Rostered Leaders - God at the Center

19

11am Inner-View Chat n Chew

20

Lent 3
9:30am In Person Worship

21

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

22

9:30am Rostered Leaders' Tuesday Talk and Tr

23

12pm Lord, Teach Us to Pray
6:30pm Lenten Virtual Dinner Theatre Worship

24

25

6pm Rostered Leaders - God at the Center

26

27

Lent 4
9:30am In Person Worship
6pm Sunday Night Alive!

28

4pm Southern CT Rostered Leaders Mtg on An
7pm Council Meeting

29

9:30am Rostered Leaders' Tuesday Talk and Tr

30

12pm Lord, Teach Us to Pray
6:30pm Lenten Virtual Dinner Theatre Worship

31



Carlee Claus	2
Bonnie Baronavski	3
Lowell Claus.....	3
Bryana Johnson	6
Dennis Pittu.....	7
Timothy Cotter	9
Tracy Hintz.....	10
Josephine Hahn	12
Todd DeWalt	14
David Lazarini	14
Noah Lansing.....	16
Elizabeth Watts	16
Laila Hietala	18

Jonathon Rosa	19
Joseph Bales	23
Stephan Dow	23
John Bryk.....	29



UPDATE ON BUILDING SALE

The closing date of the sale of the building has been delayed for probably a week or two! After the closing, Salem will be renting back space from the new owners at least through April. We will be worshipping at 3160 Park Avenue during that time. We will be having Easter in familiar settings!



"My whole family's giving up something for Lent. Mom's giving up cookies, Dad's giving up cake, and I'm giving up squash."

March is National Nutrition Month

YOU CAN HELP KEEP YOUR BRAIN SHARP BY FOLLOWING THESE AMERICAN HEART ASSOCIATION DIETARY RECOMMENDATIONS:

1. Eat a variety of nutritious foods from all food groups.
2. Limit salt, sweets, sugar-sweetened beverages, saturated fats, trans fat, sodium and red meat.
3. Eat lots of fruits, vegetables and fiber-rich whole grains.
4. Consume low-fat (1 percent) and fat-free (skim) dairy products.
5. Eat skinless poultry and fish.
6. Eat nuts and legumes.
7. If you drink, do so in moderation.

Two eating plans have proven to benefit brain health:

The DASH (Dietary Approaches to Stop Hypertension) diet focuses on foods that are:

- Low in saturated fat, total fat and cholesterol
- High in fruits, vegetables and low-fat dairy foods
- Whole grains
- Poultry, fish and nuts
- Low amounts of fats, red meats, sweets and sugared beverages

While Mediterranean dietary patterns vary around the world, common characteristics include:

- High consumption of fruits and vegetables
- Bread and other cereals
- Potatoes
- Beans
- Nuts and seeds
- Olive oil
- Dairy products, fish, poultry and wine in low to moderate amounts
- Minimal red meat



It's never too late to start your journey towards better brain health!



This seal signifies that the American Heart Association-National meets the BBB Wise Giving Alliance's Standards for Charity Accountability.

call 1-800-AHA-USA1 (1-800-242-8721) or visit www.heart.org/help.
Thank You for Supporting the American Heart Association!



March is National Nutrition Month

Ten Foods You Should Eat Often

1. **Apples, berries, and citrus.** These fruits contain fiber and vitamin C. They are inexpensive and easy to find. Frozen berries are a good choice if fresh are hard to find.
2. **Beans and other legumes.** Legumes can lower cholesterol and contain iron, fiber, and zinc. They are inexpensive and easy to find.
3. **Yogurt, milk, and cheese.** Dairy products are high in calcium and vitamin D and are good for bones. Look for fat-free or low-fat dairy products.
4. **Fish.** Fish contain omega 3 fatty acids which are good for the heart and brain. Salmon (preferably not farm raised), sardines, and herring are especially good for you.
5. **Nuts.** Nuts are a good source of omega 3 fatty acids and also vitamin E, iron, zinc, and potassium. Unsalted nuts are best.
6. **Onions and garlic.** These bulb plants can reduce inflammation and may help prevent some cancers. They are heart healthy foods.
7. **Olive oil.** This oil can lower bad cholesterol and can help protect the heart.
8. **Soy.** Soy is a good source of protein. Soy protects the heart and may lower your cancer risk.
9. **Vegetables.** Eat vegetables of every color. Vegetables are good for your brain, heart, and eyes.
10. **Whole grains.** Whole grains contain fiber and vitamins E and B. Look for bread and cereal made from whole grain wheat, oats, rye, and corn.

Five Ingredients You Should Reduce Consuming

1. Saturated and trans fats or partially hydrogenated fats or oils. Limit eating cheese, butter, and red meats.
2. Added sugars such as in junk food.
3. Salt. Low sodium is defined as 140 mg of sodium per serving. Limit salty foods such as cold cuts and canned soups.
4. Refined Grains such as white flour and white rice.
5. Alcohol (except in small amounts).

Make a point to read labels to check foods for fats, sugars, salt, and types of grains. Always be aware of foods to avoid if you are allergic to them.



**In our continuing quest to fight back against the power and fear of racism,
especially in those who say they are followers of Christ,
we present these opportunities of performance and dialogue
at Fairfield University's Regina A. Quick Center:**

Tuesday, March 8, 2022 – 7:30pm (\$30, \$15 Member)

Open VISIONS Forum and The Common Ground Series presented by the College of Arts & Sciences

"Race, Liberty & Justice: Diverging Perspectives with Eyes on the Prize"

by Michael Eric Dyson, PhD & John H. McWhorter, PhD

Wednesday, March 23, 2022 – 7:30pm (\$30, \$15 Member)

Open VISIONS Forum and The Common Ground Series presented by the College of Arts & Sciences

The Annual Student Forum: **"Democracy: Choices and Challenges"**

by David Brooks

Thursday, April 28, 2022 8pm (\$30, \$15 Member)

Open VISIONS Forum

"Caste: Examining Race, Culture, & Consequences"

by Isabel Wilkerson

Pastor Marjo Anderson and Jeanette Harris

will host a discussion of this presentation and of the book in general

on Sunday May 1st at 4:00 on zoom at this link:

<https://us02web.zoom.us/j/89975646418?pwd=ZG5nSVVmR3NVTXc5dTAWbWtqTWdrZz09>

or go to SalemBridgeport.org/Resources/Calendar and click on the event for more information

Tickets and additional information is available at: <http://www.quickcenter.com>

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, has normally been held on the 2nd Saturday of the month at 8:00 am. With the sale of the building happening soon, we are looking at ways to continue the breakfast. If anyone has suggestions, please contact Bruce Tomasko.

Inner-View Chat'n'Chew meets the **3rd Saturday of the month at 11:00, so mark your calendars**. 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](#):**



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Debra A. Greenwood

January 20, 2022

Pastor Marjo Anderson
Salem Lutheran Church
3160 Park Ave
Bridgeport, CT 06604

Dear Marjo,

Thank you for your generous in-kind donation of **winter clothing** received on **1/11/2022**. Your gift makes an immediate impact on restoring the lives of victims and survivors of domestic and sexual violence and child abuse by providing them with the means to live a self-sufficient life, free from abuse.

Each year, CFJ helps more than 4,500 adults and children in our communities who have been impacted by the trauma of abuse. The Covid-19 pandemic and its impact on our communities has only made the need for our services more critical than ever. With your support, we can continue to meet the demand for these essential, life-saving services and carry out our mission of transforming victims into survivors.

Thank you for letting them know that **Hope Starts Here**.

Sincerely,

Debra A. Greenwood
President and CEO
dgreenwood@centerforfamilyjustice.org
www.centerforfamilyjustice.org

The Center for Family Justice, Inc. is a non-profit charitable organization pursuant to Section 501(c)3 of the Internal Revenue Code, **EIN No. 06-0646991**. No goods and services were provided in exchange for this gift.



Hope Starts Here

753 Fairfield Avenue, Bridgeport, Connecticut 06604 • Tel: 203/334-6154 • Fax: 203/579-8882 • www.centerforfamilyjustice.org





Evangelical Lutheran Church in America

God's work. Our hands.

STORIES OF FAITH IN ACTION

Love conquers

By Steve Lundeberg

Long before being targeted by hate, Grace Chinese Lutheran Church, Seattle, was demonstrating through a life-changing outreach program that “all you need is love.”

Continuing to live that motto through its Love Me Ministry for children with special needs and their families helped the congregation heal after anti-Asian slurs were found written in chaff in the congregation's parking lot late last winter.

“Grace Chinese Seattle was determined to continue this vital ministry of love for some of the most marginalized people in our society,” said Herb Shao, director for evangelical mission with the Northwest Washington Synod. “The long waitlist to attend the ministry's events is a testament to how they are valued by these families, who can connect and also serve in ways they may not otherwise be able to.”

The weekly ministry's premise is powerfully simple: Take up to 20 Asian children with autism, ages 5 to 13, and pair each one with a high school-aged partner for the day's activity—art, music, sports and more. While the children are engaged with the teen volunteers, families have an opportunity for respite, fellowship and Bible studies.

“We hope to stimulate the children's creativity as well as [provide] a safe environment for parents to share their struggles with one another and find healing in God's word,” said Wendy Cheung, a pastor of Grace Chinese. “It is a community that strives to mimic Jesus' teaching of loving one another regardless of who you are. All you need is love—these five words capture the heart of the ministry.”

Shao added, “It's an expression of God's love. Many of these people have never even heard the story of Jesus before. The ministry invites people to a conversation about God's love.”

Love Me Ministry began to take root a decade ago after a child in one of Cheung's church families was diagnosed with autism. “I, and several sisters in Christ, spent time praying for and with the family,” she said. “We stood beside them as they began to find resources to help them cope with the reality of having an autistic child. A lot of effort was put into this endeavor, but in the end we felt frustrated.”

Then a revelation came to Cheung early one morning after she had finished her daily devotion. “God plants the



seed of dreams into our hearts,” she said. “The Holy Spirit reminded me that we don't need anything but love. We would care not only for the special-needs child but also the parents, because they need to be loved and supported.”

The ministry didn't start overnight, but the seed germinated a few years later when the prayer group met an art teacher who shared their vision. In December 2017, Love Me Ministry hosted its first art workshop.

“Soon we found a young couple with musical talents as well as the heart for God's ministry,” Cheung said. “With their musical and mission development backgrounds, we began to find more ways to expand.”

The expansion has included what Jimmy Hao, also a pastor at Grace Chinese, called “healing services,” which focus on the children's parents and other family members.

“A lot of the families don't go to church but are open to what the church is doing,” Hao said. “They hear the good news, learn about love, have a place to belong.”

Cheung said the ministry's volunteers also receive a lot from the experience. “The high school kids are learning how to love, how to take care of someone, and [they're] learning about life—that it's not always peaceful and happy,” she said. “We're hoping to recruit more high school students, and then we could open the ministry to more children. And if some other church would like to join us, that would be wonderful.”

Steve Lundeberg is a writer for Oregon State University News and Research Communications in Corvallis.



Evangelical Lutheran Church in America
God's work. Our hands.

ELCA GLOBAL LINKS

Stay informed. Be inspired. Get involved.

COVID-19 Brings On New Forms of Ministry

Amid physical distancing and isolation, the diakonia department of the Protestant Christian Batak Church (HKBP) in Indonesia has initiated many new forms of ministry outreach.

There are already an estimated 81.87 million smartphone users in Indonesia, roughly a third of its population. Taking advantage of this, the diakonia department has produced materials for YouTube and Facebook and other virtual resources that can be used not just during the pandemic but at other times as well.

Among the many activities transpiring online are pastoral care training on Zoom, building awareness of gender-based violence, staging an online art competition for children, providing health care resources, posting video blogs from children and youth, and offering spiritual encouragement through music and song.

According to the Rev. Debora Sinaga, director of the diakonia department, "Many people have been economically affected by the pandemic, in addition to many women and children hit by the violence of the situation." These social media resources give people the opportunity to "freely express their situation."



Screenshots from YouTube, Protestant Christian Batak Church (HKBP).