



June 2022

the
SPIRIT

Salem Lutheran Church

shalom - salaam - salem - peace

A Reconciling in Christ (RIC) Congregation

HOW DOES YOUR GARDEN GROW? (year 2)

I spent Memorial Day weekend planting our garden. My husband tells me that we spend far more in the planting than we often reap in the harvesting, but that does not deter me. Maybe our garden is not the most profitable economically, but for me, it's well worth the effort because it brings me joy. There is nothing like stepping out into the garden to pick fresh, leafy lettuce for a salad, or ripe, sweet tomatoes for a tomato, basil, mozzarella salad, or pungent, fragrant basil to make pesto pasta – delicious, healthy food, right in our own backyard!

Thinking about my garden made me think of the article I wrote for last year's June edition of the newsletter. So I decided to write a follow-up article, reflecting on the same question: how does your garden grow?

The way I imagine it is that our lives are the gardens in which God plants seeds, and then God partners with us to take care of our gardens so that we might produce delicious, healthy spiritual food that can bring joy to those who partake of its bounty.

God creates our gardens, plants the seeds, and provides everything we might need to care for them, but it's up to us to take what God provides and put it to good use. So how do we take care of our spiritual gardens? Let me offer a few tips.

Praise and Worship – be grateful for your garden, for the seeds that have been planted, for everything that God has provided. Worship is not about showing up at a certain time and going through prescribed rituals with other worshippers. That kind of human activity, although meaningful in other areas of life, is not what worship is about. Worship is not about us. It's not about our rituals or routines or religious traditions – not about the liturgies we love or the hymns we favor. The prophets said God despised such things, and Jesus agreed. Worship comes from the word Worth-ship, which is centered not on us but on God, because God is Worthy to be praised. Worship is about entering into the very presence of the living God, about telling God how much we love and adore our Creator and Redeemer and Sustainer, about telling each other and the world about all the great things God has done for us.

Prayer – spend more time in prayer, not because you should, but because you can! Prayer is not presenting an Aladdin-type servant with our list of requests for goods and services. Prayer is 2-way conversation with the One who loves us more than anyone in the entire world, the One who gave us life, the One who knows and wants the best for us, the One who has promised to shape us into the most beautiful people that we were meant to be, the One who is the Source of all that we desire. And prayer is that place where we meet the One that we have fallen totally, completely, head-over-heels in love with, the One who understands us better than anyone else, the One who is always there when we are in the most need, the One in whom we find joy and delight. Pray by yourself, but pray with others, too. You can

pray written prayers, but pray from your heart as well. Pray at regular times – when you get up and when you go to bed, before you eat, at worship and Bible study and prayer gatherings – and whenever else you think of it.

Bible Study – study the Bible but study it as God's Word. The purpose of Bible Study is not to learn *about* God, but to hear *from* God. We could study the Bible our entire lives, we could major in it at college, take courses in it at seminary, and get our doctorate in Biblical studies and it wouldn't make a bit of difference as far as God is concerned. Whenever you read the Bible or engage in Bible Study, begin by asking God to speak to you personally and directly and obviously. Expect to hear something that will make a difference in your everyday life. Know that the Word of God is life-giving and life-saving and life-changing. When Bible Study is done rightly, we walk away changed, with our minds and hearts transformed in some way – maybe in a small way, maybe in a huge way.

Witness – we cannot call ourselves Christians if we are not witnesses to Christ. A Christian is not defined by membership in the human institution of the Church, but in the living, breathing, physical body of Christ in the world. Jesus gave us the Great Commission – to tell everyone about the awesome God Jesus came to earth to embody. We were not instructed to bring members into the congregation; we were commanded to make disciples, people who love Jesus enough to take up their cross and follow him, even to death. If we can't bring ourselves to even tell people about Jesus, then nothing else we do in Jesus' name matters.

Service – we are called not merely to love in word but in deed; we are called to serve. But that service begins on our knees, in utter humility as we look up into the face of those whose feet we wash. Serving from a place of power is not service, but patronage. Instead, our service must always begin with a relationship of mutuality, in which we acknowledge our strengths and weaknesses, share our gifts and our needs, and listen as much as we talk.

These actions – Praise and Worship, Prayer, Bible Study, Witness and Service – are the major things that will help our spiritual gardens grow. And if we perform these actions with the right spirit, our gardens will indeed grow and thrive and flourish. Next month we will look at the 2 ways we can tell how our community garden is growing, but for now I send you out to tend your garden. May it bring you satisfaction, delight, and joy!

Abundant blessings be yours!

Pastor Marjo

Pastor Marjo Anderson

SALEM LUTHERAN CHURCH

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Bridgeport, Connecticut 06604
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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

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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
Diane Tomasko



"No one said, 'Simon says chase Moses through the Red Sea.'"

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

Barbara
Bernedette
Christiane
Dolores
Frank
Grace
Jonathan
Linda
Steve
and all we name in our hearts.



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 2022

Salem Lutheran Church



SUN	MON	TUE	WED Jun 1	THU 2	FRI 3	SAT 4
			9:30am Bible Study 12pm Lord, Teach Us to Pray 6:30pm Bible Study		6pm Rostered Leaders - God at the Center	
5 Day of Pentecost 9:30am In Person Worship 10:30am Forward on the FIRST	6 4pm Southern CT Rostered Leaders Mtg on An	7 9:30am Rostered Leaders' Tuesday Talk and Tr 12pm Book Club	8 12pm Lord, Teach Us to Pray 6:30pm Bible Study	9	10 6pm Rostered Leaders - God at the Center	11 8am The BREAKFAST Gathering!
12 The Holy Trinity 9:30am In Person Worship 4pm Southern CT Conference COLLABORATE!	13 4pm Southern CT Rostered Leaders Mtg on An 6:30pm Social Ministry Committee Meeting	14 9:30am Rostered Leaders' Tuesday Talk and Tr 6pm Stewardship Committee Meeting	15 9:30am Bible Study 12pm Lord, Teach Us to Pray 6:30pm Bible Study	16	17 6pm Rostered Leaders - God at the Center	18 11am Inner-View Chat n Chew
19 Pentecost 2 9:30am In Person Worship	20 4pm Southern CT Rostered Leaders Mtg on An 6:30pm Finance Committee Meeting 7:30pm Executive Committee Meeting	21 9:30am Rostered Leaders' Tuesday Talk and Tr	22 12pm Lord, Teach Us to Pray 6:30pm Bible Study	23	24 6pm Rostered Leaders - God at the Center	25
26 Pentecost 3 9:30am In Person Worship 6pm Sunday Night Alive!	27 4pm Southern CT Rostered Leaders Mtg on An 7pm Council Meeting	28 9:30am Rostered Leaders' Tuesday Talk and Tr	29 12pm Lord, Teach Us to Pray 6:30pm Bible Study	30		

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



**The Lord
Make His
Face Shine
Upon You &
be Gracious
to You.**

Numbers 6:24-25

Substance Abuse

With the anxiety and loneliness of the Covid lockdown, substance abuse has increased to high levels. Particularly, Fentanyl is of great concern as it can be obtained illegally. Two suggestions that help in your own home.

First, lock up pain relievers. Do not leave these medications in the medicine cabinet. There are locked boxes you can buy to lock up medications.

Second, dispose of medications safely. You can take medications to a police station where there are boxes in the lobby to put them in. Please do not put your unused medicines in the garbage or down the sink or toilet.

Substance use disorder is a treatable disease. It requires the support of professionals, family, and friends. Substance abuse is a crisis we all must try to help stop.

From our Parish Nurse

Heat Stroke: Symptoms and Treatment

Heat Stroke results from prolonged exposure to high temperatures, usually in combination with dehydration. Heat stroke is the most serious form of heat injury and is considered a medical emergency. If you suspect that someone has heat stroke -- also known as sunstroke -- call 911 immediately and give first aid until paramedics arrive.

Symptoms of Heat Stroke:

- Throbbing headache
- Dizziness and light-headedness
- Lack of sweating despite the heat
- Red, hot, and dry skin
- Muscle weakness or cramps
- Nausea and vomiting
- Rapid heartbeat, which may be either strong or weak
- Rapid, shallow breathing
- Behavioral changes such as confusion, disorientation, or staggering
- Seizures
- Unconsciousness or fainting
- Body temperature above 104 degrees Fahrenheit



First Aid for Heat Stroke

While waiting for the paramedics to arrive, initiate first aid. Move the person to an air-conditioned environment -- or at least a cool, shady area -- and remove any unnecessary clothing.

Try these cooling strategies:

- Fan air over the patient while wetting his or her skin with water from a sponge or garden hose.
- Apply ice packs to the patient's armpits, groin, neck, and back. Because these areas are rich with blood vessels close to the skin, cooling them may reduce body temperature. Do not use ice for older people, young children, or people with chronic illness.

Risk Factors for Heat Stroke

- Heat stroke is most likely to affect older people or children under age 4 especially who live in apartments or homes lacking air conditioning or good airflow. Other high-risk groups include people of any age who don't drink enough water, have chronic diseases, or who drink excessive amounts of alcohol. Also certain medications and illegal drugs can increase a person's risk.
- Heat stroke is strongly related to a high heat index.
- If you live in an urban area, you may be especially prone to develop heat stroke during a prolonged heat wave. Asphalt and concrete store heat during the day and only gradually release it at night.

Preventing Heat Stroke

When the heat index is high, it's best to stay in an air-conditioned environment with the curtains drawn. If you must go outdoors, you can prevent heat stroke by taking these steps:

- Wear lightweight, light-colored, loose-fitting clothing, and a wide-brimmed hat.
- Use a sunscreen with a sun protection factor (SPF) of 30 or more.
- Drink extra fluids. To prevent dehydration, it's generally recommended to drink at least eight glasses of water, fruit juice, or vegetable juice per day. Avoid fluids containing caffeine or alcohol which are dehydrating.
- Reschedule or cancel outdoor activity. If possible, shift your time outdoors to the coolest times of the day, either early morning or after sunset.

If you're a senior who either can't afford to buy or run an air conditioner, check with your local Area Agency on Aging for programs that can assist you. One such program is the Low Income Home Energy Assistance Program (LIHEAP).

Outlook for Heat Stroke

After you've recovered from heat stroke, you'll probably be more sensitive to high temperatures during the following week. So it's best to avoid hot weather and heavy exercise until your doctor tells you that it's safe to resume your normal activities.

WALK THE WALK 2022

Be part of a HUGE community of people walking for Calumet by signing up for Walk the Walk 2022. It's easy! Everyone who registers (dogs are welcome, too) joins a team. Lots of Congregations will have their own Congregation teams (last year, there were about 70 congregations teams). One person from the congregation will serve as team Captain collecting miles periodically from all the team Members ... and then the Captain will report the total miles of the whole team to Calumet. It is wicked easy.



A Calumet team might be a good option for people who aren't connected to a congregation. There are many fun options available. There are lots of great Calumet teams like Team Campfire, Team Outdoor Chapel, Team Ice Cream Social, Team Jackman Ridge, and more. See the list when you register and pick a team that seems like it's a good fit for you.

Each team will have a Captain. We hope those serving as team Captains in 2021 will volunteer to do it again. Congregations organizing a team for Walk the Walk 2022 will want to identify one person who can serve as Captain. It's not a wicked hard job, by any means. But it's best if the Captain is good at sending, checking, and reading their emails.

During the summer you'll be contacted by your team Captain who will ask you, "Hey, I'm going to report our team's mileage so far this summer. How many miles have you logged?" team members will be expected to log their miles four times throughout the 62 days of July and August. Mileage from July 1-15 will be submitted to Captains beginning on July 16. Mileage from July 16-31 will be submitted beginning August 1. Mileage trekked between August 1-15 will be shared with the Captain starting on August 16. And miles from August 16-31 will get to the Captain on September 1.

As the summer progresses, Calumet will hear from team Captains who will be able to report their team's mileage through a wicked easy Google Form (thanks to Amy Gillam O'Riley for her awesome leadership with this). Calumet will share the growing mileage total all summer long. The goal: 350,000 miles by the end of the day on August 31!

Calumet has a special Walk the Walk Facebook page which participants all over the place are invited to join. Though out the summer, there will be daily devotions, fun contests, photo sharing, and more. This Facebook group has been a fantastic way for people to get to know one another. We have a specific group of people led by Pat Mahoney with the job of managing the page and encouraging awesome connections -- a la Calumet Nation! Registration Starts on May 15, 2022! The registration fee is a \$25 donation to Calumet.

Click here to register for [WALK THE WALK!](#)

Join the WALK THE WALK! [FaceBook group.](#)



BOY SCOUT TROOP 103

23RD ANNUAL *PASTA DINNER*



SATURDAY JUNE 18, 2022 AT 6PM

**PASTA, Homemade “HOPCO” Sauce, Treva’s old-fashioned Meatballs,
Fresh Salad, bread/butter, dessert, &
bottled water to go, coffee for seated patrons.**

Admission is \$15

*Tickets available in advance
& Evening of the Dinner unless sold out.*

*For Advanced tickets & reservations call:
Mark Hopco (203)260-2139, or Wes Murphy (203) 892-9477,
or Angela Arboleda (203) 543-3056*



HOLY TRINITY GREEK ORTHODOX CHURCH

4070 PARK AVE, BRIDGEPORT, CT

203-374-5561

<https://holytrinitybridgeport.org/>



Save the Date

October 27 – 29, 2022

New England

Women ^{of the} **ELCA** 

Biennial Convention and Gathering

Camp Calumet, Freedom, NH



*Come with your stories and/or come to listen to other's stories.
Come and share the Love and/or come to be loved, give love or
Just Love.*

... and leave to share the love and tell the stories.

1 John 4:19 – we love because he first loved us

Ade Monareh – 603-866-6556 or ade234@msn.com

WEEKLY AND MONTHLY EVENTS

Welcome to WONDROUS WEDNESDAYS! On Wednesday we have 3 wonderful opportunities to live into our mission of Encountering God, Building Relationships, and Changing Lives. The links are all on the calendar on our website at SalemBridgeport.org under the Resources Tab.

*** First, on the 1st and 3rd Wednesdays of the month through June, we begin with a Morning Bible Study 9:30-11:00 on zoom, led by Grace Dukenski.** There is time for sharing before we launch into our study of the book of Galatians, and time for prayer at the end.

*** Every Wednesday at 12:00 noon we meet on zoom for prayer.** You can pray out loud if you want, or you can simply ask others to pray for you or for the concerns on your mind or heart. The more we talk with God and the more we listen to God, the more God is able to work through us. And the more we pray TOGETHER the more the power of prayer is multiplied.

*** And finally, every Wednesday at 6:30 pm we conclude with an Evening Bible Study 6:30-7:30 on zoom, led by Pastor Marjo and Jeanette Harris.** Join this diverse and interesting group of people for a study that is not simply informational but transformational. We continue our study of the book of Acts, concluding at 7:15 with a brief service of Holy Communion.

The next breakfast and faith discussion will be held on June 11th at Grace Lutheran Church, 150 Chapel Street, Stratford, at 8:00 (7:00 to help cook).

Please join Jeanette Harris and Genesis Gospel Café at the next Inner-View Chat'n'Chew, Saturday June 18th at 11:00 am. Details forthcoming.

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](#):**



Evangelical Lutheran Church in America

God's work. Our hands.

STORIES OF FAITH IN ACTION

Being home - Recognizing AAPI Heritage Month

By Herbert Shao

In recognition of Asian American and Pacific Islander ([AAPI](#)) Heritage Month, I share the journey of my achievements and struggles as a person of Asian descent in our church and in our nation. I immigrated to this country when I was 7 years old, and the kids teased me by telling me to go home.

I learned to speak, dress and publicly act like the dominant culture, and people still told me to go home.

I graduated from college and became a productive citizen in our society, and people still told me to go home.

I graduated from seminary and served in a predominantly white denomination and church, and people still asked me, "When do you plan on going home?" I considered serving in an Asian church, but the immigrant Asian pastors and community elders felt I wasn't Asian enough because my voice and language weren't theirs. I felt they were telling me to find a new home.

I served this country as a military [chaplain](#) for 21 years and held the hands of brave warriors as they entered life triumphant, and people still tell me to go home.

I supported and defended the Constitution while rocket-propelled grenades exploded around me, and people in this country still tell me to go home. I moved up in the ranks of the military chaplaincy, higher than any other Asian in its history but one. Yet when I see that, among the 37 senior-ranking chaplains, there are only three of color, I hear people saying to me, it's time for you to go home.

When I disagree with siblings in our church who tell me that the historical Western theology, ecclesiology, vestment and style of worshiping is normative, I feel like they are telling me to go home.

But America and this church are my home—the



home I love, the home I've suffered in and I am willing to die for, the only home I really know.

When can I be home without people telling me to go home?

My story is one of many in the landscape of AAPI experiences in the ELCA and in our nation. The pandemic has simply confirmed how so many do not view us as fully American. In fact, the surge in anti-Asian harassment and assaults solidified how deeply this destructive view is still embedded in the American psyche. Yet, with deep roots in the history and culture of our nation, our voice and contributions are very much a part of the American experience.

Together we can build toward a world where people of every background can be safe and can thrive. May God's people show what "church together" means, in our actions for justice and for peace.

Pastor Herbert Shao is a director of evangelical mission in the Northwest Washington Synod. He is also a member of the Association of Asians and Pacific Islanders-ELCA, one of the six ethnic associations of the ELCA.



Companion Synod Relationships

The companion synod program continues to be an expression of accompaniment among synods and companion churches. The program has led to shared prayers (especially during these pandemic times), conference calls, newsletters, work on specific initiatives, participation in online webinars and more. The commitment to relationships and global work among the church's companions has filled the program with energy. Following are a few examples of the vitality of this program:

Africa

ELCA networks in the Africa region continue to meet quarterly for prayer, updates and sharing of strategic priorities, encouraging each other to keep relationships vibrant during the pandemic. Many synods have planned joint virtual-worship services. "It [was] so powerful when we were all online!" writes Heidi Cryer of the Northwest Intermountain Synod, which recorded a joint worship service with the Ulanga Kilombero Diocese in Tanzania for use by congregations at any time during the summer or fall. Each companion recorded components of the service, which were assembled into one and posted on YouTube. The service, including several musical numbers from UKD choirs, was recorded in both English and Swahili.

Companion Relationship: Northwest Intermountain Synod / Ulanga Kilombero Diocese (UKD) in Tanzania

Asia

Over several years, the Northern Illinois Synod chapter of Women of the ELCA has fostered a relationship with the women of the Arcot Lutheran Church in India. Recently the chapter sent two Global Gifts to support the companion church's gender justice and women's fellowship work. Likewise, during the United Nations' 16 Days of Activism, Northern Illinois women prayed virtually with students from Gurukul Theological Seminary and several leaders of companion churches in India. The chapter rejoices in the chance to build up its connectivity and spirit.

Companion Relationship: Northern Illinois Synod / Arcot Lutheran Church in India

Latin America and the Caribbean

The earthquakes in 1985 and 2017 severely impacted the foundation of the pastoral house of Santísima Trinidad, a congregation of the Lutheran Church in Mexico (Iglesia Luterana Mexicana, or ILM). The structural damages posed a threat to any inhabitant. Conversations among companions led them to take action in support of this main priority of the ILM, and today renovation of the pastoral house is almost complete. Soon it will be habitable again for the pastor of this congregation.

Companion Relationship: Grand Canyon Synod / Iglesia Luterana Mexicana (ILM)