



September

the
SPIRIT

Salem Lutheran Church

shalom - salaam - salem - peace

A Reconciling in Christ (RIC) Congregation

The Spirit Is on the Move in Bridgeport!!!

A major shift in understanding has occurred in the Church over the last 20 years. We have learned that the Spirit of the Living God is not confined within the Church, but is alive and moving **outside** our buildings, **outside** our congregations, and even **outside** our imaginations! The Spirit that moved across the face of the waters of chaos at the beginning of creation, the Spirit that drove the prophets, the Spirit that anointed Jesus, and the Spirit that fell on those first disciples at Pentecost cannot be tamed or chained or contained! That means that the task for us Christians, both individually and collectively, is to discern where the Spirit is working, discern how the Spirit is inviting us into that work, and then to jump in and give it our all. With that as background, let me tell you that I have never in my life seen the Spirit working as powerfully as I have this summer here in Bridgeport and its environs.

On Saturday July 23rd, 150 Christians gathered to ensure that all 1,081 streets in the City of Bridgeport were walked & prayed over.

The **Prayer Walk** was organized with the help of Saturate Bridgeport, part of Saturate USA, an organization whose purpose is to help Christians carry out Jesus' Great Commission to spread the Gospel to all the world. After the Prayer Walk, those 150 people assembled in Washington Park for a **Prayer Gathering**. The fire chief, police chief, city councilman, state representative, city clerk, and mayor joined us. The police chief testified to her faith, sharing that as she began her job she and her spiritual support team discerned through prayer that they needed to pray at 7 locations in the city, the last of those being the very spot at which we then stood. The mayor arrived late, and as he entered the park he heard someone praying for him and his family and was moved to tears. We pastors had signed a prayer certificate which was presented to the mayor, and as it was read to him, he broke down, sobbing in the arms of Pastor Gabrielle Beam, as they sank to the ground on their knees. Since that day the mayor has been telling everyone about his "God-encounter" and has been in nearly constant contact with pastors as he discerns where God is leading him and Bridgeport.

That next week, many volunteers including our own **Jean Larson, Nancy Headford, Sandra Brown, Bruce & Diane Tomasko, & me,**

gathered every morning at 10:00 to set up in Washington Park for a **Vacation Bible Camp** from 12:00-4:00, offered free to any child age 4-12 in Bridgeport. It was sponsored by 4 faith and education non-profit organizations brought together by the Luis Palau Association's CityServe initiative – Rise to Read, Elevate, FaithActs for Education, and the Faith and Education Coalition. The theme was Powering Up – and taught the children that God is able to work through even the least of us to accomplish amazing things, the perfect message for these children who hear a very different message from society. The content was Christian and it was also educational, moving children through 4 different reading stations (phonics, sight words, etc.), math, and fun and games. The goal was to reach 100 children and their families, and it exceeded that goal. Over half of those 100 children had never heard the good news of God's love made known to us through Jesus Christ, but all heard it there and they and their families were provided with

connections to local congregations. Another Vacation Bible Camp was offered a few weeks later for those whose primary language was Spanish.

Then on Saturday-Sunday August 27th-28th, there was **CityFest** at Seaside Park in Bridgeport, a region-wide movement focused on serving the region and proclaiming the Good News through an outdoor, family festival to celebrate and share the gospel! It came about as a result of years of prayer & planning by dozens of leaders in Fairfield and New Haven Counties and the surrounding Southwestern Connecticut area. The vision is to see the Christian community come together in greater unity, service, and proclamation – showing the community the joy, peace, and love of Jesus Christ.

The CityFest event was a monumental extravaganza that far exceeded my already huge expectation. How big was it? Well.... there were THOUSANDS there – including Mayor Ganim, State Senator Richard Blumenthal, and Governor Ned Lamont! There were top-drawer musical artists and bands, Evil Kneival-type motorcycle stunts, a Kids' Blitz stage show like something you'd see on television, a fun zone with inflatables, face-painting, and other fun and games, & all kinds of food & other vendors. And on top of all that, the gospel was preached, and just like in the book of Acts, people were invited to follow Jesus. There were hundreds of people who raised their hand for prayer each night, & there were volunteers to meet everyone, to pray for their needs, & to make sure they were put in contact with a church who could continue to minister to them. How did all of this happen? Through the power of the Holy Spirit, of course! The Spirit has worked through the Luis Palau Association to bring together 175 congregations across racial, ethnic, & denominational lines, along with social service agencies, justice advocacy groups, governmental departments, & businesses, including Coca-Cola, Buttafuccho, Splash Car Wash, Beverages Northeast, Valley Container, Eingedi Spring, K-Love, RD Scinto, 96.7 Air1 Worship Now, and Rep the Gospel, a clothing company founded by Pastor Dexter Upshaw of New Vision International Ministries. Yes, if you have any doubt that the Spirit was at work, just ask **Cindy Roberts** or me or anyone else who was there. It was POWERFUL!

But here's the best news of all, CityFest was not the culmination of all this work, but simply the "launch party" for **CityServe**, through which we with all of these congregations and partners will continue our work of bringing the love of God through Christ Jesus through the power of the Holy Spirit to each and every one of God's children in Bridgeport and beyond! Together, as the Body of Christ, we can celebrate and accelerate the work of the Church, influencing culture, changing lives, and setting hearts ablaze with the fire of the Spirit.

Hallelujah! Praise God! And 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

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.



LEADERSHIP AT SALEM

COUNCIL

Marjo Anderson, Pastor
Rich Lansing, President
John Bryk, Vice-President
Nancy Headford, Secretary
Rich Kenyon, Treasurer
Sandra Brown
Frank Dukenski
Steve Kuczo
Carol Lansing
Tom Larson
Cindy Roberts
Diane Tomasko
Bill Winter



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 2022 Salem Lutheran Church



SUN

MON

TUE

WED

THU

FRI

2

- 6pm Rostered Leaders - God at the Center

SAT

3

4	5	6	7	8	9	10
Pentecost 13 <ul style="list-style-type: none"> 9:30am In Person Worship 10:30am Forward on the FIRST 	Labor Day <ul style="list-style-type: none"> 4pm S CT Rostered Ldrs Mtg on Anti-Racism 	<ul style="list-style-type: none"> 9:30am Rostered Leaders' Tuesday Talk and Prayer 12pm Book Club 	<ul style="list-style-type: none"> 12pm Lord, Teach Us to Pray 6:30pm Bible Study on ACTS 		<ul style="list-style-type: none"> 6pm Rostered Leaders - God at the Center 	<ul style="list-style-type: none"> 8am The BREAKFAST Gathering!
11	12	13	14	15	16	17
Pentecost 14 <ul style="list-style-type: none"> 9:30am In Person Worship 4pm Southern CT Conference COLLABORATION 	<ul style="list-style-type: none"> 4pm S CT Rostered Ldrs Mtg on Anti-Racism 	<ul style="list-style-type: none"> 9:30am Rostered Leaders' Tuesday Talk and Prayer 6pm Stewardship Committee Meeting 	<ul style="list-style-type: none"> 12pm Lord, Teach Us to Pray 6:30pm Bible Study on ACTS 		<ul style="list-style-type: none"> 6pm Rostered Leaders - God at the Center 	<ul style="list-style-type: none"> 11am Inner-View Chat n Chew
18	19	20	21	22	23	24
Pentecost 15 <ul style="list-style-type: none"> 9:30am In Person Worship 	<ul style="list-style-type: none"> 4pm S CT Rostered Ldrs Mtg on Anti-Racism 6:30pm Finance Committee Meeting 6:30pm Social Ministry Committee Meeting 7:30pm Executive Committee Meeting 	<ul style="list-style-type: none"> 9:30am Rostered Leaders' Tuesday Talk and Prayer 	Golden Hill Supper <ul style="list-style-type: none"> 12pm Lord, Teach Us to Pray 6:30pm Bible Study on ACTS 		<ul style="list-style-type: none"> 6pm Rostered Leaders - God at the Center 	
25	26	27	28	29	30	
Pentecost 16 <ul style="list-style-type: none"> 9:30am In Person Worship 6pm Sunday Night Alive! 	<ul style="list-style-type: none"> 4pm S CT Rostered Ldrs Mtg on Anti-Racism 7pm Council Meeting 	<ul style="list-style-type: none"> 9:30am Rostered Leaders' Tuesday Talk and Prayer 	<ul style="list-style-type: none"> 12pm Lord, Teach Us to Pray 6:30pm Bible Study on ACTS 		<ul style="list-style-type: none"> 6pm Rostered Leaders - God at the Center 	

Nancy Sidoti.....2
Bennett Guadagno.....2
Dennis Norberg.....3
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Eileen Anderson11
Al DeWalt.....12
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Susan Molnar.....22
Jenna Llanos22
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Jennifer Reyes.....29
Samantha Baronavski.....30



Special thanks to Dave Albers for moving the paraments to a new storage area. Dave disassembled the old storage cabinet and moved the rods and racks to a closet in the music room.

Understanding Blood Pressure Readings

Your blood pressure is a measurement of the pressure your blood applies across your artery walls. Your blood pressure lowers when you relax and increases when you move around or feel stressed. Serious health risks can occur such as heart, brain, and eye damage, if your blood pressure is high over a long period of time. Likewise, chronic low blood pressure can possibly cause health risks. Fortunately, there are helpful ways to manage both high and low blood pressure.



Your blood pressure comes with two numbers: **systolic** blood pressure and **diastolic** blood pressure.

Systolic blood pressure is the highest blood pressure exerted when your heart beats or contracts and puts pressure on your blood vessels. **Diastolic** blood pressure is the lowest blood pressure put on your blood vessels. Your vessels dilate or expand when your heart rests between beats. Systolic and diastolic blood pressures are usually measured with a blood pressure cuff. Blood pressure measurements are recorded as systolic pressure/diastolic pressure in mm Hg.

Blood pressure readings vary by sex and age. The younger you are, the lower your average blood pressure reading. Up to age 65, men have a higher average blood pressure reading. At 65, a normal man's blood pressure is 143/76 while a normal woman's blood pressure is 130/77.

Blood pressure readings are divided into five categories, per the American College of Cardiology:

Normal	in adults - any blood pressure below 120/80
Elevated	in adults under 56 - systolic of 120-129 and a diastolic below 80
Hypertension stage I	in adults under 56 - systolic of 130-139 or diastolic 80-89
Hypertension stage II	systolic above 140 or diastolic above 90
Hypertensive crisis	systolic above 180 and/or diastolic above 120 and associated with new or worsening organ damage



Blood pressure readings that stay too high or too low over a period of time should be discussed with your doctor. Your parish nurses will be happy to take your blood pressure readings by appointment.

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.



Christmas at Sea

Collection dates:

September 11 – December 4

Gift Suggestions:

- Woolen caps
- Sweatshirts (L-XL)
- Thermal or White Socks
- Colored T-Shirts (L)
- Chocolates
- Canned Nuts
- Hard Candy
- Christmas Cards
- Money



If questions, contact Carol Lansing (203) 520-3752

Please place items in the marked box in the Narthex

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

CITY CT FEST



PRAISE GOD! HE MOVED MIGHTILY AT SEASIDE PARK LAST WEEKEND . . .

Together we saw . . .

- More than 22,500 attended the festival
- 550 attended pre-festival Gospel events
- 175 churches united in partnership
- 750 Festival Friends trained
- 400 volunteers for the festival
- Hundreds mobilized to serve the region in long-term initiatives.
- Over 800 people indicated a commitment to Christ during festival week

And the movement isn't over! Through CityServe, you can serve your region through united, long-term efforts focused on Southwest Connecticut's greatest needs.

VOLUNTEER AND SERVE CONNECTICUT



All funds raised in Southwestern Connecticut, stay in Connecticut.
Please consider a gift to support CT CityFest.

GIVE A GIFT TODAY

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The Country Store



Fair and Tag Sale

Saturday, October 15, 2022
9am to 3pm

Featuring: Huge Tag Sale, Book Nook,
Bake Shop with homemade goodies,
Gift Basket Raffle, Crafts & Country Café
serving a delicious menu.

Grace Lutheran Church 150 Chapel Street Stratford

FREE ADMISSION & PARKING HANDICAPPED ACCESSIBLE RAIN OR SHINE EVERYONE WELCOME

gracelutheranstratford.org

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

I'm a Lutheran: Daniel Werts

By Megan Brandsrud

I was baptized at Summer Memorial in 1989. Four generations of my family currently attend this congregation. Since our marriage in 2016, my wife and I split time between Summer Memorial and [Mount Tabor Lutheran Church](#) in Little Mountain, S.C., where four generations of her family attend church. We rotate weeks between the two as both our memberships are still at our home churches. We take great pride in being raised in strong Lutheran churches alongside our families.

In my 33 years at Summer Memorial, I've had both good and bad times. One of the bad times was while I was attending Clemson (S.C.) University, when my house burnt to the ground. My church family quickly responded to assist me in getting back on my feet. I was completely overwhelmed by the assistance and love that was shown. This small-town church is a close-knit group. They were there for me and my wife, Katie, as we lost our first child last year. They were also there while we were getting married to offer their support. Life is full of ups and downs, especially in today's world, so your church family should always be there—not just in the good and fun times but also in those not-so-fun times.

My family has always emphasized that God is first in your life. You must always have faith at the forefront of your life, whether it's in those good times or bad times. Over the years I've had several mentors in church members, and our church community has always played a big part in my family's life. A lot of our closest friends are in my or my wife's church family.

I began volunteering in the fire service in 2007 at the Newberry Fire Department. When I moved to Clemson for school, I was involved in the Corinth-Shiloh Volunteer Fire Department, where I worked my way up to captain. I later moved back home and started as a career fireman at the Newberry department in 2014. I spent six years as a career fireman, working my way to senior engineer.

On my days off I assisted my father with our family septic tank business that my grandfather started more than 50 years ago. After much change in the career fire service, I decided to step away to be of more assistance to the family business. During my time as a paid fireman, I also volunteered with the Friendly Fire Department in Newberry County and now have been the chief there for two years. I'm also vice chair on the [Board of Rural Fire Control](#) for Newberry County. I've received Fireman of the Year for the Corinth-Shiloh and Friendly fire

In my free time, I enjoy being outdoors. I love to spend time in God's great creation. When I'm not working or volunteering with the fire service, you can find me turkey hunting, deer hunting, fishing or cheering on the [Clemson Tigers](#). I assist with the Dutch Fork Chapter of the [National Wild Turkey Federation](#). Prior to the pandemic, we hosted two turkey hunts a year and a deer hunt for people with disabilities. You may also find me taking youth fishing, as I love to share my hobbies with those willing to learn.

God has shown me that he will never leave, no matter how bad you may think things are in the moment. He has blessed me with a great family, and now my wife and I are expecting a daughter in the coming months.



I'm a Lutheran because my wife and I each come from a long line of Lutherans and also because I trust in the sacraments of baptism and communion being the bridges between God and people.

At Summer Memorial, I was the second youngest person to serve on the council, and I assist with various special projects when needed. I'm also active in [Lutheran Men in Mission](#), as my father has been for many years. I've received its Lutheran Man of the Year award at Summer, as well as the Heartland Conference Lutheran Man of the Year award.

Working or volunteering in the fire service can be very overwhelming but also very rewarding. Most of the time we are showing up to what the caller believes is the worst time of their life. One thing I always try to relay to those we serve is that I have been on both sides of the fence. I'm on the helping side when you're in need, but I've also suffered from losing everything I owned in a fire. I must say that when you thank a volunteer or career first responder, you should also thank their spouse, children and family. They are the ones who suffer from the first responder being gone all hours of the night or on holidays or leaving in the middle of hot meals, not knowing how long they will be gone to help a stranger in need.

I've learned from my vocation to always be patient because someone is always having a worse day than you. I've also learned about the dedication you must have to help your fellow community members.

Some of my favorite church memories are around the Lutheran Men in Mission yearly turkey stews. When I was young, my grandfather would lead the way on cooking, using his recipe, so we would always be involved. During these gatherings you hear a lot of good stories about the "old times" and "how things used to be." The event is a fundraiser that allows us to help others in the community.

To me, hope is something that gives you passion in life. I find that in the great outdoors and also in helping those in need. My wife, family, nieces and nephews also give me hope. They mean so much to me, which gives me encouragement to be a great mentor and example to them in life.

Megan Brandsrud is a content editor of *Living Lutheran*.



Poland: First nine women ordained as pastors

The Evangelical Church of the Augsburg Confession in Poland took a historic step on 7 May, as Presiding Bishop Jerzy Samiec ordained nine women to the priesthood at a service in Warsaw's Holy Trinity church. The event marked a concluding milestone in the discussion about women's ordination which has been ongoing in the Polish church for decades.

The Lutheran World Federation (LWF) vice president for Europe, Archbishop Urmas Viilma represented the global communion of Lutheran churches at the ordination service, saying: "The whole Lutheran communion celebrates and rejoices with you today!" He noted that the LWF's commitment to women's participation in the ordained ministry "has been articulated as a clear goal at six consecutive Assemblies" and that "impressive progress has been made toward this goal in recent decades."



Last October the Synod of the Polish church voted to allow women's ordination, opening the way for them to run parishes and stand for the ministry of bishop. Women have been serving as deacons, leading services and administering the Sacrament of Baptism since 1999 and Holy Communion since 2016.

Addressing the newly-ordained pastors, Archbishop Viilma thanked them "for not giving up your calling over the years in the midst of many challenges." He also acknowledged the "many other women in Poland who have served the Lutheran Church throughout their lives as theologians, deacons, catechists, Sunday school teachers, youth workers and in many other capacities."

In her sermon, one of the newly ordained pastors, Rev. Halina Radacz, reflected on the true marks of Christian discipleship. "We want to speak about love and bear witness to it; we want to speak about equality for all and show that it is possible; we want to teach mutual respect and show how to do it," she said. "So perhaps we are getting closer to the idea of Dietrich Bonhoeffer, who wrote: 'The Church is the Church only when it exists for others'."

Rev. Izabela Sikora, another of the newly ordained women from Szczecin in north-western Poland, said the event marked a transformative occasion for her, but was also a "symbolic moment for those who walk after us." Her ordination, she said, "is about listening to God's word, to the story of our beginnings, when God created man and woman in his image."

Rev. Karina Chwastek-Kamieniorz, who works in the largest country parish of Goleiszów in southern Poland, noted that from a practical perspective, she will continue doing the same pastoral work she has done for many years, leading worship, conducting weddings, baptisms and funerals, teaching and visiting parishioners at home. But she said she hoped the decision to ordain women would bring equality of salaries and an end to discrimination against women in the church.

LWF's Program Executive for Gender Justice and Women's Empowerment, Rev. Dr Marcia Blasi said: "We rejoice as a communion with these women who have prepared, worked and waited hopefully for this day, as well as with the church leadership that took this step forward." Moving towards gender justice in the church and in society is our shared commitment and witness to the love of God in the world."