A Reconciling in Christ (RIC) Congregation

"If You Had Faith..."

Jesus said to his disciples,

"Very truly I tell you, the one who believes in me will also do the works that I do

and, in fact, will do greater works than these, because I am going to the Father." [John 14:12]

How would you like to do impossible things? How would you like to perform signs and wonders? How would you like to work miracles? Well, if you believe what the Bible says, then you will understand that you actually do have the power to do these amazing things.

I can almost hear your response. "If you and I could perform miracles, then wouldn't we be doing the things that Jesus did? Wouldn't we be providing enough food for everyone and finding that there is more than enough? Wouldn't we be calming the storm to prevent destruction, devastation and death? Wouldn't we, as everyday Christians, be healing the sick? Wouldn't we be raising the dead? Jesus said we could do these things and if Jesus not only speaks the truth, then why is it that we are not doing what Jesus clearly says we can do?"

Well, as it turns out, the disciples had the same problem. A man brought his epileptic son to the disciples to be cured but they could not cure him, and so the man asks Jesus to heal him and Jesus does – instantly. "Then the disciples came to Jesus privately and said, "Why could we not cast out the demon?" And Jesus said, "Because of your little faith. For truly I tell you, IF YOU HAVE FAITH the size of a mustard seed, you will say to this mountain, 'Move from here to there, and it will move, and nothing will be impossible for you."

So the secret to performing impossible miracles is faith and that's what I want to talk about with you today. It's a huge subject and entire books have been written on it, but for now let's just look at the basics: What is faith? And how does faith work?

So if I asked you if you had faith, I'm sure most of you would say, "Yes!!!" After all, you believe in God, right? And Jesus? And the Holy Spirit? And the Bible? That's why you go to worship. That's why you help out at church. That's why you give to the church. That's why you help those less fortunate than you. Right? But actually it doesn't take faith to do any of those things.

For you see, faith is not about believing in God, or believing in Jesus, or believing in the Spirit, or believing in what the Bible says. Faith is not assent to an intellectual proposition. If that were true, then the devil would have faith, because certainly the devil believes in God and Jesus and the Spirit and Scripture. Faith in God is not the same as faith in the idea of God. You could know more about God than anyone in the world, but that would not mean you had faith. Faith is not the belief in some-

THING; faith is trust in someONE, and Christian faith is faith in the God made known to us in Jesus Christ through the power of the Holy Spirit

Knowing ABOUT God does not require faith. But actually KNOWING God in a personal and intimate way engenders faith. So faith is not something that is confined to what the mind knows, but is based upon what the heart has experienced, and to what action that experience leads. Faith is not something that is confined within one's mind, but is instead dependent upon a relationship, and the deeper the relationship, the deeper the understanding, and the deeper the faith and trust.

As Christians we are called to lay aside everything to which we cling, and submit our will entirely to what it is that God wants of us. **It's not up to us to decide** the purpose of our personal life or our mission as a congregation; **rather it's up to us to discern** what it is that God is calling each of us to do in our individual lives, and what God is calling us to do together. Whatever that is, it will be something beyond what we are able to do on our own – because God only ever calls us to do things that are greater than we could do by ourselves. God calls us to do hard things and great things and miraculous things. Why? Because God's whole purpose is to develop within us faith in the God who made us and who loves us and can do all things through us.

And what this all means is that as Christians, we must never say that anything is impossible, because Jesus clearly says that "Nothing is impossible with God".

Faith will allow us to move mountains, or calm the storm, or walk on water, or feed thousands, but not because we have decided we want to move mountains or calm the storm or walk on water or feed thousands. Faith will only allow us to do those things when those are the things that God has called us to do. And if God has called us to do them, and we trust God will enable us to do them, then we WILL be able to do them.

The God that I know is a God of boundless power and endless love. And I know that because I have experienced signs and wonders and miracles abundant. And the best thing of all, is that the more faith you have, the more signs and wonders you get to experience, and then the more faith you have!

My prayer for each and every one of you is that you will be drawn deeper into relationship with the God who loves you, who desires your love, and who can't wait to grow your faith so that you can do even greater things than Jesus! May it be so! Amen!

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 Bill Winter



"So, who did you learn about in Sunday School today?"

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

Next deadline date is October 15th for the November issue!

Email submissions to salemsec123@sbcglobal.net



October 2022 Salem Lutheran Church



TUE WED THU SAT Oct 1 2 6 7 8 Pentecost 17 • 4pm S CT Rostered Ldrs Mtg on Anti-Racisr • 9:30am Rostered Leaders' Tuesday Talk and • 12pm Lord, Teach Us to Pray 6pm Rostered Leaders - God at the Center 8am The BREAKFAST Gathering! 9:30am In Person Worship 12pm Book Club 6:30pm Bible Study on ACTS 10:30am Forward on the FIRST 11 12 13 14 15 Pentecost 18 4pm S CT Rostered Ldrs Mtg on Anti-Racisr
 9:30am Rostered Leaders' Tuesday Talk and
 12pm Lord, Teach Us to Pray 6pm Rostered Leaders - God at the Center 11am Inner-View Chat n Chew • 9:30am In Person Worship 6:30pm Social Ministry Committee Meeting 6pm Stewardship Committee Meeting 6:30pm Bible Study on ACTS 4pm Southern CT Conference COLLABORA 16 17 18 20 21 22 • 4pm S CT Rostered Ldrs Mtg on Anti-Racisr | • 9:30am Rostered Leaders' Tuesday Talk and | • 12pm Lord, Teach Us to Pray Pentecost 19 6pm Rostered Leaders - God at the Center 9:30am In Person Worship 6:30pm Finance Committee Meeting 6:30pm Bible Study on ACTS 7:30pm Executive Committee Meeting 23 24 25 26 27 28 29 Pentecost 20 4pm S CT Rostered Ldrs Mtg on Anti-Racisr
 9:30am Rostered Leaders' Tuesday Talk and
 12pm Lord, Teach Us to Pray 6pm Rostered Leaders - God at the Center 9:30am In Person Worship 7pm Council Meeting 6:30pm Bible Study on ACTS 30 31 Reformation Sunday • 4pm S CT Rostered Ldrs Mtg on Anti-Racisr 9:30am In Person Worship • 6pm Sunday Night Alive!

Marissa Luciani Brandon DeWalt	
Peggy Claus	
Joel Hintz	
Leah Hintz	16
Philip Raschke	16
John Wilkins	
Wes Murphy	18
Erin McPadden	
Mary Ann Kenyon	20
Edith Larson	20
Scott DeWalt	21
Karen McPadden	21
Merlee Lange	21
Frank Claus	27
Megan Watts	28
Katherine Larson	31



Christmas at Sea

Collection dates:

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

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

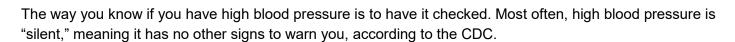
gracelutheranstratford.org

Symptoms and Causes of High and Low Blood Pressures

Possible causes of high blood pressure are Obesity, Diabetes, Genetics/family history, High-sodium, low-potassium diets, Lack of exercise, and Alcohol or tobacco abuse. As adults age, their odds of high blood pressure increase. Non-Caucasian people tend to develop high blood pressure more often and earlier in life compared to white people.

Symptoms of high blood pressure can be:

- fatigue or confusion
- trouble breathing
- chest pain
- irregular heartbeat or pounding in your chest, neck, or ears,
- · severe headache
- blood in your urine and
- vision problems.



If your blood pressure suddenly rises above 180 systolic and/or 120 diastolic, it could lead to a Hypertensive Crisis. If your blood pressure goes that high, get medical attention. It could lead to an ischemic stroke, encephalopathy, or acute pulmonary edema.

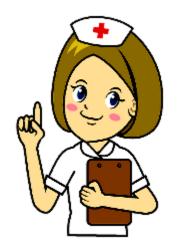
Depending on your high blood pressure, lifestyle changes and/or medications may be helpful in maintaining normal blood pressure. Some common lifestyle recommendations include:

- Eat heart-healthy foods, particularly those low in sodium.
- Abstain from alcohol or limit your use.
- · Get and stay active.
- Keep an eye on your weight.
- Quit smoking.
- Practice relaxation and use healthy stress relievers, such as exercise and prayer/ meditation.
- Make quality sleep a priority and focus on sleep hygiene.

Low blood pressure (hypotension) is defined as 90/60 mm HG (or lower) and is not necessarily unhealthy. Some people always have low blood pressure. However, a sudden drop in blood pressure may be a warning sign of more serious health problems. Causes of low blood pressure include Parkinson's Disease, Medicines, Bleeding, Aging, Dehydration, Pregnancy, Diabetes, and Heart Problems.

Symptoms of low blood pressure may include dizziness, fainting, falling, light-headedness, confusion, tiredness, weakness, blurry vision, headache, neck or back pain, nausea, and/or heart palpitations. Some of these symptoms are more common in older adults. However, a sudden drop in usual blood pressure, especially with symptoms, may indicate a serious medical condition.

For most people with low blood pressure, no treatment is needed. However, in some cases, your doctor might encourage you to drink more fluids, take blood pressure-raising medicines, and/or change your standing/sitting habits.



Breast Cancer Awareness

Breast cancer is the most common cancer among American women, except for skin cancers. A woman has around a 12% chance to develop invasive breast cancer in her lifetime. Breast cancer is the second leading cause of cancer deaths in women, exceeded only by lung cancer.

Breast cancer is a malignant (cancerous) tumor that starts from cells of the breast. These cancer cells may grow into (invade) surrounding tissues or spread (metastasize) to distant areas of the body. The disease occurs almost entirely in women, but men can get it too.

There are breast cancer risks factors that cannot be changed such as: older age, being female, genetic factors, family or personal history of breast cancer, white race, dense breast tissue, and menstrual periods before age 12 or lasting after age 55. Even without risk factors, a woman can still get breast cancer.

Factors that could lower your chance of getting breast cancer are:

- Having children before age 30
- · Breast feeding for several months
- Not using birth control pills
- Not using hormone therapy after menopause
- Not drinking more that one alcoholic drink per day
- Not being overweight or obese
- Exercising around 1 1/2 2 1/2 hours per week keeping a healthy weight

Don't forget to get your flu shot and the new updated Covid booster shot this fall.





The Fairfield Health Department offers a free 13-week healthy lifestyle program focusing on weight loss, heart disease, diabetes, pre-diabetes, and high blood pressure prevention/management. See the flyer for the program. Participants are welcome from all surrounding areas, not just Fairfield. Please contact Santina directly.

ARE YOU READY TO MAKE A LIFESTYLE CHANGE?



The Fairfield Health Department is offering a

FREE 13-week Healthy Lifestyles Program

to help you make the changes you want to live a healthier life.

Program focuses: weight loss, heart disease, diabetes and pre-diabetes, and high blood pressure prevention and management.

Runs every Wednesday starting on

Wednesday, October 12th from 6:30-7:30pm

at the Fairfield Regional Fire Training School located at 205 Richard White Way

Registration is required and space is limited.

To register, please contact: Santina Jaronko, Fairfield Health Department at 203-256-3150 or email at sjaronko@fairfieldct.org

News from the Council of Churches of Greater Bridgeport



"Faith Leaders for Racial Justice", the inaugural lecture for Fairfield University's Quick Center for the Arts' Mission and Ministry series will be on Thursday, October 13th at 7:00pm. The speaker will be Wilton Cardinal Gregory. Cardinal Gregory is the seventh Archbishop of The Roman Catholic Archdiocese of Washington, D.C., and the first African American Cardinal in the Roman Catholic Church. Cardinal Gregory grew up in Chicago, where he was ordained a priest of the Archdiocese of Chicago on May 9, 1973, and three years after his ordination, began graduate studies at the Pontifical Liturgical

Institute (Sant' Anselmo) in Rome. There, he earned his doctorate in sacred liturgy in 1980. Cardinal Gregory has served in many leading roles in the Catholic Church including as President of the U.S. Conference of Catholic Bishops (USCCB) from 2001 to 2004. Cardinal Gregory has written extensively on church issues, including pastoral statements on the death penalty, social justice, euthanasia/physician-assisted suicide, and interreligious and ecumenical affairs.

The Council of Churches' advocacy has translated into a huge win! We at CCGB joined a letter signed by over 100 other organizations calling for USDA to set aside a portion of relief funding for one-to-one business technical assistance. We are thrilled to report that our voices have been heard. Last week, USDA announced \$400 million in funding to support the creation of at least six Regional Food Business Centers through USDA's Agricultural Marketing Service. The purpose of the Centers is to provide technical assistance, coordination, and capacity-building to small and mid-sized farm and food businesses in order to increase the resilience of local and regional food systems.

The Council of Churches of Greater Bridgeport is pleased to announce that Noelia Ramos has joined the council as a new case manager for the Project New Life (PNV). Noelia is currently in school for her bachelor's degree in Human Service at the University of Bridgeport. Her goal is to be in the helping field helping those in need. She says "growing up in Bridgeport I didn't have the best resources so being able to give back and help those have been very rewarding to me." PNV serves over 260 returning citizens each year, providing birth certificate research and picture IDs, clothing, bus passes, toiletries and assistance finding housing and job placement. Clients are given gift cards to help purchase necessities such as clothing, socks, shoes & toiletries. They're so thankful for the help we are able to give them. For more info, please contact Rosa Rosa rosarosa@ccgb.org and/or Noelia Ramos noeliaramos@ccgb.org.

The Council of Churches of Greater Bridgeport extends a HUGE THANK YOU to Simon Herrera, Vice President, Cristian Castro, and Steven Wright of Enterprise-Rent-A- Car for their donation of 50 pre-filled backpacks with school supplies. Our Janus Center's Director, Carla Wright and Case Managers Fara Phetis and Corey Saulsbury continue to hand out these backpacks to those students who are in need of supplies.

Save the Date

October 27 – 29, 2022

New England Women 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 <u>ade234@msn.com</u>

Young Entrepreneurs Showcase Their Business Ventures



SPONSORED BY Genesis Gospel Café

Blue Sky Diner 273 Ferry Blvd





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CTKIDSBIZ.COM

There will also be urelts, pames, & bee piles for kids.

Story time & mosic performed by storeteller Gina Simpton

FB: @StratfordsChildrensBusinessFair

No admission fee

PARTNESSED WITH



Charlie & Mommy's Candles

& Lemonade

Join CWK Network and the Community of Fairfield for a Special Film Screening and Panel Discussion Featuring Stacey DeWitt (Defining US Director), Dr. Yolanda Sealey-Ruiz (Cast Member and Professor, Teachers College, Columbia University), and Friends.

DEFINING US

CHILDREN at the Crossroads OF CHANGE

Students and teachers inside the Nation's largest school systems share the untold story of why we need to acknowledge, discuss, and validate concerns about race and other vital issues that define our humanity.

Friday, **November 4th**

Doors Open at 5:00 PM | Film Begins 6:00 PM

Sacred Heart University Community Theater

1420 Post Road

Fairfield, CT 06825



















Luis Palau Association PO Box 50 Portland, OR 97207

An Unforgettable Week!

This is just the beginning for the region.

Together we made history...

- More than 22,000 attended the festival
- 550 attended pre-festival Gospel events
- 175 churches united in partnership
- 750 were trained as Festival Friends
- 400 volunteered for the festival
- Hundreds mobilized to serve the region in long term initiatives.
- More than 800 people responded to the Gospel

We are praying that Connecticut will never be the same. And this entire campaign never would have happened without people like you. From the bottom of our hearts, we say thank you!

Andrew + Wendy Palau
Andrew & Wendy Palau
2 Corinthians 2:12

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Salem Lutheran Church Pastor Marjo Anderson 3160 Park Ave Bridgeport, CT 06604-1103

Read the full report at www.cityfest.org

WEEKLY AND MONTHLY EVENTS

Welcome to WONDROUS WEDNESDAYS! On Wednesday we have 2 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.

- * 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 November 12th 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 October 15th 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

Golden ground

By Angela T. !Khabeb

We learn in Proverbs 18:21 that "death and life are in the power of the tongue." When I encounter this verse, I'm reminded that my words have impact and should be chosen carefully. Over the years, I've tried to adopt the practice of "when in doubt, speak life" (or at least keep the tongue quiet).

It has been my experience that for talkative people (like me), the law of averages is squarely against us. We're bound to say something wrong sooner or later. Perhaps you've been there? And the longer I live, the less selective my internal filter has become. I sometimes find myself making inappropriate comments when my mouth seems to outpace my brain.

I remember making an especially egregious slip of the tongue many years ago. I'd registered for a quilting class. I wanted to sew my own design because most of the quilts I'd seen carried a rather strong country motif that didn't quite fit my style. Instead, I wanted to make a vibrant quilt from African fabrics I had brought back from Namibia. This blanket would better match the energy of our family.

Since I didn't have a sewing machine, I would need to stitch this quilt by hand. Now, I wasn't an experienced seamstress—quite the contrary—but I could follow instructions pretty well and was highly motivated. During the first session of the class, the teacher distributed the instructional guide. It was the size of a small telephone book—remember those?

This manual was meant to guide us through the process of making a simple lap quilt with nine basic squares. I began to flip through the detailed pages and grumbled aloud (but to myself, under my breath), "Dang, I'm gonna die."

The woman sitting next to me turned to me and said, "As a matter fact, I am dying. That's why I'm taking this class. I want to make this quilt so that my daughter will have something to remember me by."

I felt like an idiot. What a poor choice of words on my part. But not to worry, dear reader, I played it really cool. I turned to her, looked her directly in the eyes and simply burst into tears, exclaiming, "I'm sorry. I'm sorry. That was so flippant of me. Please forgive me. I should not have been so crass."

Would you believe that this precious woman then tried to comfort me? She even pulled back her wig, exposing her scalp and making jokes in an attempt to make me laugh.

My failure didn't stop there: after completing four of the nine squares, my work hours changed, forcing my class attendance to dwindle. Sadly, I never finished my African lap quilt.

I think about this compassionate woman from time to time. I think about how kind she was to me, how she returned grace upon grace in response to my cavalier quip. I'm embarrassed to admit that over the many years since our interaction, I've forgotten her name. But I can picture her face in my mind's eye at this moment. I'm certain her daughter treasures her mama's quilt.

When I think about that clumsy yet grace-filled encounter, I'm reminded of a popular gospel song, "Please Be Patient With Me." Many artists have recorded this tune, but one of my favorites is by the late-legend Albertina Walker, who recorded a live version in Chicago in 1979 that featured James Cleveland. This dynamic duet posits a simple plea: "Please be patient with me. God is not through with me yet."

The song continues: "When God gets through with me, I shall come forth, I shall come forth like pure gold."

Obviously, I'm no golden child—yet. But I imagine that gracious woman, who I met all those years ago, has indeed come forth as pure as gold. Her life is no longer under construction and her baptism is complete.

Angela T. !Khabeb is a pastor of Holy Trinity Lutheran Church in Minneapolis.



Horn of Africa Drought



The situation:

The Horn of Africa is in the midst of one of its worst droughts in recent history, severely impacting more than 15 million people across Ethiopia, Kenya and Somalia. Water is needed for drinking, cooking and hygiene, so the lack of water has greatly affected people's wellbeing. Food security is also a concern as the drought is causing families to lose livestock used for food and livelihoods. In some areas, men are moving their livestock herds to look for water and grazing elsewhere, leaving women and children behind to fend for themselves. Extreme droughts, such as this one, will become increasingly more common as changes in climate affect rainfall patterns.

Our response:

Lutheran Disaster Response is supporting an ACT Alliance appeal to address the humanitarian crisis resulting from the drought in the Horn of Africa. Through this appeal, implementing partners in Ethiopia, Kenya and Somalia will provide food aid, cashbased assistance, safe and accessible water, psychosocial support, livelihood improvement strategies

and climate-induced disaster risk reduction. To provide access to safe water, partners intend to bring in water to areas, repair existing water infrastructure and educate local communities in WASH (water, sanitation, hygiene) practices.

What you can do: Pray

Please pray for the people in the Horn of Africa in the midst of this humanitarian crisis. May God's healing presence give them peace and hope in their time of need. Please pray for the people in the Horn of Africa in the midst of this humanitarian crisis. May God's healing presence give them peace and hope in their time of need.

Give

Your gifts designated to "Africa Drought" will be used in full (100%) to support those affected by the drought in Africa.