



March 2023

the
SPIRIT

Salem Lutheran Church

shalom - salaam - salem - peace

A Reconciling in Christ (RIC) Congregation

I Believe in the God of Life, the God of the Impossible, the God of Miracles! (Do You?)

It's March, the month in which almost all of Lent falls this year, and the month when spring begins. What do you think about at this time of year? Seriously. Stop reading for a minute and write down what comes to mind.... Finished? Ok, then you can continue reading! I think of new birth, rebirth, new beginnings, growth, resurrection, new life, abundant life, Life with a capital "L".

LIFE. Read this next section and then try it out. Close your eyes and take a few deep breaths – in... and out... in... and out.... Then focus your attention on each part of your body, starting with your toes and moving up to your chest, and then from your fingers up to your shoulders and neck and head. Since your body is made up of atoms and since atoms are 99.99999% empty space, so are you. But inside every one of those atoms there are electrons zipping around creating electrical energy. That energy allows you and everything else to exist. And then there's that mysterious breath of life which we can't really explain. We can sometimes breathe life into someone who has just died, but there comes a point when that doesn't work anymore and the body remains dead and lifeless. So as you focus on your body, try to feel that electrical energy lighting up your cells. And be conscious of your breath which oxygenizes your blood and flows to every part of your body.

When I go for community acupuncture, I can feel that life energy so strongly that it makes my entire body tingle. And I can also feel something like wind (the Spirit!) blowing around inside my body. I love that experience because it puts me in touch with what I really am - not just a mere plain physical body, but a vibrant sparkling spiritual one. Or another way to say it is that I'm a powerful energy field, vibrating with LIFE.

I say all this to remind you that you are more than just your mere physical body sitting there reading this. You are an amazing, complex, mysterious, spectacular energy field that exists in the spiritual as well as the physical realm. And your energy field effects every other energy field. Moreover, each & every one of our energy fields is connected by the Spirit, the Energy, of God.

Why is that important? Well, for one thing, that's how prayer works. When I prayed for a miracle back in the fall of 2020, at a time I was looking for money for air cleaners, God spoke to a man in a different country whom I had never met and never seen and told him to give me his tithe, and the man me \$3500 – not merely enough to buy air cleaners for our church, but for a second one as well! It's because we are spiritual beings that God can work through one person to answer the prayer of another.

Sometimes when I talk to someone about listening to God and hearing

God and receiving signs from God, I can see recognition in their eyes and I can tell they know exactly what I'm talking about. But sometimes when I look into peoples' eyes I see incomprehension, or confusion, or doubt, or even scorn or ridicule - as if the person doesn't know what I'm talking about, or can't relate, or simply doesn't believe.

But here's the thing. It's what the Bible teaches. It's what Jesus taught and preached and demonstrated. It's what the disciples and apostles gave their lives for. It's why the church has survived for 2000 years despite itself! It's what WE say we believe!

Just as you are not simply a physical being but a spiritual one, so the Church is not just an institution or organization or business, but a living, breathing spiritual reality connected with God, in communication with God, and empowered by God.

My only goal in life and in ministry is to listen to God and do what God asks. I believe with all my heart that God is not finished with Salem in Bridgeport yet. I believe that God has something amazing in store for us. Maybe we won't get there in the next few months or even this year, but we will get there, if we wait and listen and follow. In the meantime I know that God continues to work in us, for us, through us, and even in spite of us, to get us to that promised land where we will experience an abundance and an excitement and a joy that is far beyond anything we have yet known or even imagined.

You may think that is impossible, but I don't - because **I believe in a God who specializes in the impossible** - a God who hears prayers, who sends signs and miracles, who defeats enemies, who parts seas, and who raises the dead.

It doesn't matter if we've been in decline for decades. Sometimes God intentionally waits for things to become impossible - so that it will be obvious that it was indeed God who worked a miracle.

I KNOW that God has more - MUCH MORE - in mind for Salem. I pray that God will plant that same hope and faith in your hearts and minds: that someday we will be praising our Awesome God for the Miracle at Salem Bridgeport!

Abundant Blessings Be Yours!

Pastor Marjo

Pastor Marjo Anderson

SALEM LUTHERAN CHURCH

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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
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

Upcoming Lenten Services Include:

Midweek Lenten services – 7:30 pm Wednesdays in March on zoom with Our Saviour's Join Zoom Meeting
<https://us06web.zoom.us/j/83306188018?pwd=c2t5QkV1aXpja0VvMzkwdlVjQ3U3QT09>
Meeting ID: 833 0618 8018
Passcode: 213993

Palm Sunday – 9:30 am Sunday April 2 RIGHT HERE AT SALEM

Maundy Thursday – 6:00 pm Thursday April 6 @ Grace Lutheran, 150 Chapel St, Stratford

Good Friday – 7:30 pm Friday April 7 @ Our Saviour's Lutheran, 160 Hill Farm Rd, Fairfield

Easter – 9:30 am Sunday April 9 RIGHT HERE AT SALEM

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



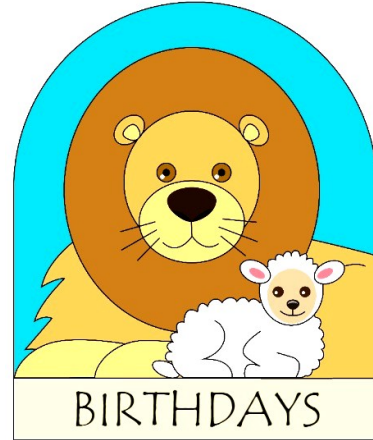
March 2023 Salem Lutheran Church



SUN	MON	TUE	WED 1	THU 2	FRI 3	SAT 4
5	6	7	8	9	10	11
<p>Lent 2</p> <ul style="list-style-type: none"> 9:30am Worship 	<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 	<ul style="list-style-type: none"> 12pm Lord, Teach Us to Pray 6:30pm Bible Study on ACTS 7:30pm Our Saviour's Lent Bible Study 		<ul style="list-style-type: none"> 6pm Rostered Leaders - God at the Center 	<ul style="list-style-type: none"> 9am The BREAKFAST Gathering!
12	13	14	15	16	17	18
<p>Lent 3</p> <ul style="list-style-type: none"> 9:30am Worship 	<ul style="list-style-type: none"> 4pm S CT Rostered Ldrs Mtg on Anti-Racism 6:30pm Social Ministry Committee Meeting 	<ul style="list-style-type: none"> 9:30am Rostered Leaders' Tuesday Talk and 6pm Stewardship Committee Meeting 	<ul style="list-style-type: none"> 12pm Lord, Teach Us to Pray 6:30pm Bible Study on ACTS 7:30pm Our Saviour's Lent Bible Study 		<ul style="list-style-type: none"> 6pm Rostered Leaders - God at the Center 	<ul style="list-style-type: none"> Refill the Pantries - S&S Bridgeport 11am Inner-View Chat n Chew
19	20	21	22	23	24	25
<p>Lent 4</p> <ul style="list-style-type: none"> 9:30am Worship 	<ul style="list-style-type: none"> 4pm S CT Rostered Ldrs Mtg on Anti-Racism 6:30pm Finance Committee Meeting 7:30pm Executive Committee Meeting 	<ul style="list-style-type: none"> 9:30am Rostered Leaders' Tuesday Talk and 	<ul style="list-style-type: none"> 12pm Lord, Teach Us to Pray 6:30pm Bible Study on ACTS 7:30pm Our Saviour's Lent Bible Study 		<ul style="list-style-type: none"> 6pm Rostered Leaders - God at the Center 	
26	27	28	29	30	31	
<p>Lent 5</p> <ul style="list-style-type: none"> 9:30am Worship 	<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 	<ul style="list-style-type: none"> 12pm Lord, Teach Us to Pray 6:30pm Bible Study on ACTS 7:30pm Our Saviour's Lent Bible Study 		<ul style="list-style-type: none"> 6pm Rostered Leaders - God at the Center 	

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



March Diaper and Wipe Drive

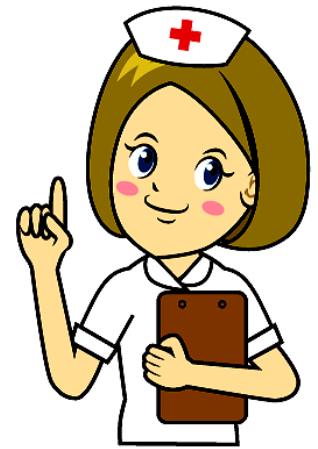
Diaper need is real, and in the Bridgeport area, nearly 1 in 3 families struggle to afford diapers and wipes to keep their babies clean, dry, and healthy. Diapers can cost \$100 to \$150 per month. A lack of diapers can impede a child or family's education and ability to work. Most daycares and early education programs require a full day's worth of disposable diapers.

Together we can help families get their needed diapers and wipes. The items will be collected during March and given to Nourish Bridgeport for distribution to needy families in our area. Nourish Bridgeport has a particular need for diapers in sizes 3-7.

You can place your diaper and wipe donation in the box in the narthex on Sundays in March.

Salem Lutheran Church is able to get a pallet of diapers and a pallet of wipes at cost. You can also help with a monetary contribution by giving Carol Lansing a check made out to Salem Lutheran Church and writing 'Diapers and Wipes Drive' on the memo line. You and your church will receive credit for your monetary donation.

5 Easy Ways to Find Healthier Options While Grocery Shopping



1. **Read food nutrition labels, even for so-called “healthier” foods.** Ingredients and nutrient content can vary a lot by brand and preparation. When there’s more than one choice, compare labels. Choose the item with the lowest sodium, saturated fat, trans fat, and added sugar.
2. **Beware of sneaky ingredients.** For example, sodium and added sugars go by many different names making it harder to tell just how much is in there.
3. **Choose frozen, canned, or dried produce when fresh isn’t available or practical.** It can be just as nutritious as fresh and will last longer. Choose canned fruit packed in water, light syrup, or its own juice. With canned and frozen vegetables, choose the product with the lowest amount of sodium. Heavy syrups and sauces can add unwanted ingredients to healthy fruits and vegetables.
4. **Choose whole-grain foods.** Many products claim to be, but there’s a simple way to know. Look for the word “whole-grain” (or “whole” followed by the grain name) as the first item in the ingredients. This includes bread, crackers, cereals, tortillas, pasta, and other grain foods.
5. **Look for the American Heart Association Heart-Check mark** to quickly and easily identify foods that can be part of an overall healthy eating plan. When it is on the label, you know the American Heart Association has certified the product to meet specific science-based nutrition requirements.



Moses misunderstands his doctor's orders.

Healthy Diet Benefits

The American Cancer Society suggests that eating a healthy diet and being physically active can help prevent cancer. Their guidelines are:

1. Eat a variety of healthful foods with an emphasis on plant sources. Five or more servings of a variety of vegetables and fruits each day is good. Choose whole grains instead of processed grains. Limit consumption of red meats. Choose foods that help you maintain a healthy weight. Cut back on your portion sizes. Reduce the fat and sugar in your diet by reading food labels.
2. Adopt a physically active lifestyle. Adults should be at least moderately active for 30 minutes or more on five or more days of the week. The 30 minutes of activity does not need to be continuous, and can be a variety of activities. Children and adolescents should get 60 minutes per day of moderate to vigorous physical activity at least five days per week.
3. Maintain a healthy weight throughout your life. Balance caloric intake with physical activity. Lose weight if currently overweight or obese.
4. If you drink alcoholic beverages limit your consumption. Men should limit their alcohol to two drinks a day and women to one drink a day. A drink is equal to 12 ounces of regular beer, 5 ounces of wine, or 1.5 ounces of 80 proof distilled spirits.

Opioid Crisis

The rise in opioid overdose deaths in the United States is alarming. Connecticut is among the top ten states with the highest rates of opioid-related overdose deaths. There is a new danger of Fentanyl being added to illegal opioids. This combination can kill a person in one dose.

If you think someone has overdosed on opioids, call 911. Symptoms of an overdose are:

- Small, constricted "pinpoint pupils"
- Falling asleep or loss of consciousness
- Slow, shallow breathing
- Choking or gurgling sounds
- Limp body
- Pale, blue, or cold skin

Narcan or Naloxone can reverse the effects of opioid overdose and can be life saving if administered in time. Salem's parish nurses have Narcan in the nasal spray form at Salem.

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 March 11th at Grace Lutheran Church, 150 Chapel Street, Stratford, at 9:00 (8:00 to help cook).

Please join Jeanette Harris and Genesis Gospel Café at the next Inner-View Chat'n'Chew, Saturday March 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](#):**