



April 2023

the
SPIRIT

Salem Lutheran Church

shalom - salaam - salem - peace

A Reconciling in Christ (RIC) Congregation

“The Secret Gift in Jesus’ Crucifixion, Resurrection and Ascension”

This week we celebrate the central mystery of our faith. We follow Jesus as he rides into the great city of Jerusalem and the crowds go wild! They have been praying for a Messiah to overthrow the detested Roman occupiers and surely this rabbi – who rumor says can raise the dead! – could be that savior! Sadly they’ve got it wrong. That is not who Jesus is. That is not what he’s going to do. That is not the way God plans to change their lives. They were looking for Jesus to do what they wanted, to meet their expectations, to change their lives the way they wanted their lives changed. But that’s not what happened.

God had not sent Jesus to change other people in their external world, but to change THEM – and from the inside out. **Jesus was not there to confront the Romans. He was there to confront the religious establishment of his day. And he is here to confront the religious establishment of our day also. For we are guilty of acting in the same way that Jesus accused the scribes and Pharisees of acting.**

The scribes and Pharisees were good, religious people, after all. They had their scriptures, they had their traditions, they had their weekly worship and their annual festivals, they had their good works and their service to others, and they were dedicated, committed, and faithful. We, too, have our scriptures, our traditions, our weekly worship and annual festivals, our good works and our service to others, and we, too, are dedicated, committed, and faithful. But we, like the religious people in Jesus’ day, have gotten it backwards. Because that’s not what God wants!

What God wants is for us to love him with all our heart and mind and soul and body. What God wants is for us to worship and pray, not with our minds in an intellectual exercise, but with hearts so full of awe and gratitude and love and joy that we can’t contain our emotions! What God wants is for us to devote our minds to reading and reflecting on scripture, not as if we’re reading just some book of history or philosophy or psychology, but as if we’re reading a personally addressed letter that we have just received from the God of all creation! What God wants is for us to stop the busy, mindless, endless good works that we do - to prove to God and/or other people what good Christians we are – and simply be still and KNOW that he is God. We need to be still until our spirits are tuned to God’s and we are able to hear which good works God wants us to do and which good works God does NOT want us to do – for reasons he may or may not tell us.

God sent Jesus not to confront secular society but to confront

the very people who believed they were loving and serving God. And that is what the risen Christ is still doing. The 19th century Scottish pastor, Oswald Chambers, once wrote, **“The greatest competitor to devotion to Jesus is ... service for him.”** In other words, if you are too busy serving Christ to come to worship or Bible Study or prayer gathering or to call in to the prayer line, then your service is an idol that is keeping you trapped in the old life that leads to death, a life that will leave you tired and drained and burned out, a life of stress that will sap your spiritual strength and can eventually affect your physical health.

God wants so much more for you than that never ending treadmill of busy service. God sent Jesus to suffer and die and be raised again so that in Christ, you, too, might be raised to a whole new life, a life that is as different from your old life as day is from night, a life filled with overwhelming love for God, peace that passes human understanding, joy that springs up and sparkles like an ever-flowing fountain, and faith that keeps you safely afloat in the midst of every storm.

But that new, abundant life doesn’t start with being a good Christian and showing up for the required worship or performing the expected good works. It starts with your personal relationship with God (Father, Son, or Holy Spirit - whichever is easiest for you); it starts with putting all your “doing” on the back burner, and just “being” with the God who loves you. Once you’re in tune with God, then your life will be in balance, and your serving will be more effective and impactful, and it will actually energize you and bring overflowing joy to you and others.

Jesus didn’t suffer and die so that you could live your life like any other good, kind, religious person. Jesus suffered, died, was raised, and ascended in order that you might experience an entirely new and different kind of abundant life. And that abundant life will never be found anywhere but in Jesus. And so, all of you “Marthas” out there, it’s time to come out from the kitchen and join your sister Mary - at the feet of Jesus.

And that, my friends, is the gift of Holy Week and Easter - abundant life, overflowing with peace and love and faith and hope and joy, found only in the God made known to us in Jesus through the power of the Spirit.

Abundant LIFE 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

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

Nourish Bridgeport's Hydroponic Farm is now open to the public. Hours are Monday and Wednesday 11 a.m. to 1 p.m. Come and purchase leafy greens and herbs at 1895 Stratford Avenue, Stratford CT.

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.



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

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

Email submissions to
salemsec123@sbcglobal.net



April 2023 Salem Lutheran Church



SUN

MON

TUE

WED

THU

FRI

SAT
Apr 1

There will be no service at 3160 Park Avenue on Sundays when our congregation will be worshipping with other congregations.

2	3	4	5	6	7	8
Sunday of the Passion / Palm Sunday ● 9:30am Worship - 3160 Park Ave	● 4pm S CT Rostered Ldrs Mtg on Anti-Racism	● 9:30am Rostered Leaders' Tuesday Talk and	● 12pm Lord, Teach Us to Pray ● 6:30pm Bible Study on ACTS	Maudy Thursday ● 6pm Worship - Grace, Stratford	Good Friday ● 6pm Rostered Leaders - God at the Center ● 7:30pm Worship - Our Saviour's, Fairfield	
Easter Sunday ● 9:30am Worship - 3160 Park Ave	● 4pm S CT Rostered Ldrs Mtg on Anti-Racism ● 6:30pm Social Ministry Committee Meeting	● 9:30am Rostered Leaders' Tuesday Talk and ● 6pm Stewardship Committee Meeting	● 12pm Lord, Teach Us to Pray ● 6:30pm Bible Study on ACTS		● 6pm Rostered Leaders - God at the Center	Refill the Pantries - S&S Trumbull ● 11am Inner-View Chat n Chew
Easter 2 ● 9:30am Worship - 3160 Park Ave	● 4pm S CT Rostered Ldrs Mtg on Anti-Racism ● 6:30pm Finance Committee Meeting ● 7:30pm Executive Committee Meeting	● 9:30am Rostered Leaders' Tuesday Talk and	● 12pm Lord, Teach Us to Pray ● 6:30pm Bible Study on ACTS		● 6pm Rostered Leaders - God at the Center	● 4pm Worship - Holy Trinity, Trumbull
Easter 3 ● 10am Worship - Holy Trinity, Trumbull	● 4pm S CT Rostered Ldrs Mtg on Anti-Racism ● 7pm Council Meeting	● 9:30am Rostered Leaders' Tuesday Talk and	● 12pm Lord, Teach Us to Pray ● 6:30pm Bible Study on ACTS		● 6pm Rostered Leaders - God at the Center	
Easter 4 ● 9:30am Worship - 3160 Park Ave						

David Albers	1
Timothy Genster	1
Reinhard Reichelt	3
Marjo Anderson	4
Bert Andren	8
Miles Wilkins	8
Marija Kolar	8
Kristen Kulakowski.....	8
Carissa Gulyas	10
Grace Dukenski	11
Liz Frohrip.....	12
Liliana Vasquez	13
Linda Bryk.....	15
Victoria Roehrich	16
Joseph Sokoloski.....	18
Gabriella Rosa	19
Barbara Davis	20

Domenick D'Andrea.....	24
John Watts	24
Judi Nielsen	25
Julia DeWalt.....	25
Ian Dow.....	26
Tracey Wilkins.....	30



Birthdays

Salem is sponsoring monthly Food Collections at the following times & places:

April 15 for Trumbull Food Pantry at Stop & Shop on Quality St in Trumbull

May 20 for Sterling House Food Pantry at Stop & Shop on East Main St in Stratford

June 17 for Operation Hope at Stop & Shop on Kings Hwy Cutoff in Fairfield

The Monday morning team that helps at Bishop Jean Williams Food Pantry will help deliver the collections on the following Mondays. See Richard Lansing to sign up!

On Thursday, May 4 the Council of Churches will once again hold its Spring Fling fundraiser at the Downtown Cabaret Theatre in Bridgeport. The show is "Cabaret." The \$85 cost per person includes a reception and the show. Salem has always been a strong supporter of this event and we hope we will again have good representation for this major fundraiser. For more information see Sandra Brown, Bonnie McWain or Tom Larson.

Worship Locations for April, May, and June

We are a congregation that gathers to worship the Lord and receive His word. We are a congregation that serves the Lord and supports our neighbors in need. That we do gather together to worship, hear the Word, and serve is more important than where we gather together.

This quarter, the Salem congregation will worship at four churches other than the Ephraim French SDA Church building at 3160 Park Ave. During these visits, Salem will not have a worship service at Park Ave.

Please mark your calendar for the location and times of our services through June:

April 6	6:00	Maundy Thursday at Grace Lutheran Church, 150 Chapel Street, Stratford
April 7	7:30	Good Friday at Our Saviour's Lutheran Church, 160 Hill Farm Rd, Fairfield
April 9	9:30	Easter at 3160 Park Ave, Bridgeport
April 16	9:30	at 3160 Park Ave, Bridgeport
April 22	4:00	(Saturday) at Holy Trinity Lutheran Church, 406 White Plains Rd, Trumbull
April 23	10:00	(Sunday) at Holy Trinity Lutheran Church, 406 White Plains Rd, Trumbull
April 30	9:30	at 3160 Park Ave, Bridgeport
May 7	9:00	First Presbyterian Church (Contemporary Service), 2475 Easton Turnpike, Fairfield
May 7	10:30	First Presbyterian Church (Traditional Service), 2475 Easton Turnpike, Fairfield
May 14	9:30	at 3160 Park Ave, Bridgeport
May 21	10:00	Our Saviour's Lutheran Church, 160 Hill Farm Rd, Fairfield
May 28	9:30	at 3160 Park Ave, Bridgeport
June 4	9:30	at Grace Lutheran Church, 150 Chapel Street, Stratford
June 11	9:30	at 3160 Park Ave, Bridgeport
June 18	9:30	at 3160 Park Ave, Bridgeport (Semi-annual meeting)
June 25	9:30	at 3160 Park Ave, Bridgeport

The Interdenominational Alliance of Greater Bridgeport and Vicinity

Holy Week Services

April 2-7 Nightly
7:00PM

Cathedral of Faith
2319 Fairfield Ave
Bridgeport, CT 06605

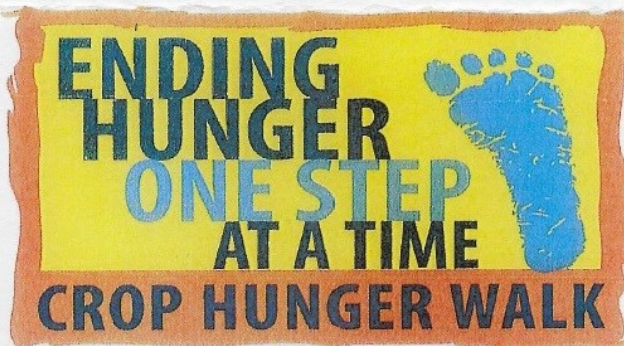
 <p>Sun. Apr. 2 *6:00PM</p> <p>Pastor William Sutton- First Baptist Church of Stratford</p>	 <p>Mon. Apr. 3</p> <p>Pastor Michon White-Bernard- Cathedral of Praise COGIC Int'l</p>	 <p>Tues. Apr. 4</p> <p>Bishop Danny Bland- Revival Church</p>	 <p>Wed. Apr. 5</p> <p>Pastor Jarvis Tracy- Faith and Hope Apostolic Ministries</p>	 <p>Thurs. Apr. 6</p> <p>Pastor Brenda J. Barnes- Vice President Faith Gospel Assembly Church</p>	 <p>Fri. Apr. 7</p> <p>Pastor William D. McCullough- President Russel Temple CME Church</p>
--	--	---	--	---	--



www.facebook.com/ima.bridgeport
[www.youtube.com- IMA Bridgeport](http://www.youtube.com-IMA Bridgeport)



Walk With Us ... It's Our 49th!



CROP Hunger Walk No. 49

Sunday, May 7, 2023

at 1:30 – 4:00 pm for 2+ mile walk (Rain or Shine)

at United Congregational Church
2200 North Avenue, Bridgeport, CT

25 % of monies raised goes to hunger related programs in the Bridgeport Area.

For more info, call 203-375-1284 or go to www.crophungerwalk.org/bridgeportct



CHURCH WORLD SERVICE



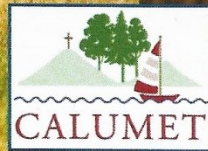
Gather

Play

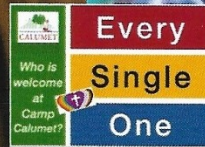
Wonder

Grow

Explore



2023



- All year long —
- **Conference Center rooms & Village Cabins**
 - **Lakeside Bunk Cabins (heated or unheated)**
 - **Retreat Lodge & Staff House on the Lake**
 - **Great Home-Cooking & Superb Hospitality**

Whether you're taking time for quiet, self-care or enjoying retreat time with others ...
We're ready for you!

Calumet's iconic *Resident Camp for Kids* has been impacting lives of campers and staff for over 60 years. From the very beginning, way back in 1960, Calumet has been able to point to the life-long relationships and authentic connections made here as evidence that Calumet and the Calumet Spirit is simply unique. We're ready for you!

The 65-site *Family Campground* is open May-October. Adults & Families visit here and enjoy the outdoors while getting to know their campsite neighbors.

- ** RVs, Pop-ups, Tent-camping, & Platform rentals **
- ** Walks, campfires, lake-plunging, & beachtime **

Laughter & Conversation! Connections & Learning!
We're ready for you!

Calumet

P.O. Box 236
West Ossipee, NH 03890
(603) 539-4773 www.calumet.org

NON-PROFIT
PRESORT AUTO
U.S. POSTAGE
PAID
N. CONWAY, NH
03860
PERMIT #160

Make a
Gift to
Calumet



Contact
Reservation
Staff



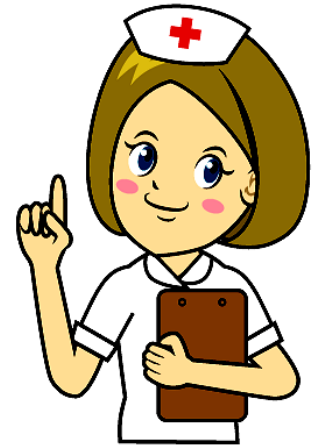
Peruse
Year-Round
Programs



Consuming Vital Nutrients for Strong Bones

Throughout your life, your body loses bone and then creates new bone. Bone mass peaks by the age of 30. After that, you lose bone mass, leading to osteopenia and then osteoporosis. Osteoporosis is a bone disease that occurs when the body loses too much bone, makes too little, or does both. Osteoporosis leads to weak bones that increase your risk of fractures.

You can help keep your bones strong with weight-bearing exercise, and a healthy diet that includes calcium and vitamin D. Vitamin D helps your body absorb calcium. You must take the correct amount of calcium and vitamin D to prevent osteoporosis. Talk to your doctor before taking any supplement.



Adults should get 1000 mg of calcium daily. Our body does not naturally create calcium. You need to get it from food sources and calcium pills. Calcium is found in cheese, seeds such as poppy and sesame, yogurt, sardines, canned salmon, almonds, dark leafy greens, and calcium-fortified foods and beverages such as cereals and fruit juices.

Vitamin D, the sunshine vitamin, is made when you expose your skin to sunlight. A vitamin D deficiency limits the amount of calcium your body can absorb. Low vitamin D levels can impair muscle function, weaken bones, increase the risk of falling, and cause bone and muscle pain. The NIH recommends 600 IU of vitamin D for most adults and children. If you are over 70, you need at least 800 IU. Besides sunshine, vitamin D sources are red meat, oily fish (like salmon, sardines, and herring), liver, egg yolks, and fortified foods.

If you cannot get enough calcium and vitamin D from your diet, ask your doctor about supplements. The two most common calcium supplements are calcium carbonate and calcium citrate. (1) Calcium citrate is easy to absorb, can be taken with or without food, and is a good choice for people who take medications to block stomach acid. (2) Calcium carbonate is easy to absorb but should be taken with food. You should not take calcium carbonate if you are on medications that block stomach acids, treat ulcers, or acid reflux. Vitamin D3 supplements are usually recommended. Vitamin D2 is a good alternative for people who are vegetarians or vegans.

Taking too much calcium or vitamin D can have adverse health effects. Too much vitamin D will trigger extra calcium absorption. Excess calcium can block arteries and has been linked to heart attacks or strokes. Other adverse effects include muscle pain, abdominal pain, mood disorders, and kidney stones.

It is best to get your calcium and vitamin through foods you eat. If you are vegan, lactose intolerant, or your body cannot absorb vitamin D effectively, balancing calcium and vitamin D is more challenging. Talk to your doctor about what supplements are right for you and what amounts you should take.

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 May 13th 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 April 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

UP Wild Brings Worship Outdoors

Located in the town of Marquette in Michigan's Upper Peninsula, UP Wild Church is among the newest ministries in the growing movement of "wild" outdoor worship communities. The church holds its worship and prayer services outdoors and hosts nature walks, wilderness reflection and field trips to explore God's creation amid the scenic beauty of the peninsula.

Church a wide social media network, a heart for social issues, relationships with local residents, history with the local Lutheran and Catholic communities, and boundless energy.

Jim Duehring, assistant to the bishop of the Northern Great Lakes Synod and a director for evangelical mission, supported Lantto in starting the ministry. "Knowing that Lanni has both life

Lantto providing prayers and reflections and encouraging worshipers to explore the outdoors. A recent gathering, for example, focused on how the Beatitudes relate to daily life. Other activities have included a "Wonder and Ponder" walk, a mobile prayer group and field trips to local operations supporting environmental sustainability (e.g. a thrift store).



UP Wild members hiking to a waterfall to do a reflection from Scripture. Year-round, UP Wild members participate in nature walks, hike together for reflection and gather around the bonfire for "Pine" Sunday Service.

An ecumenical ministry of the Northern Great Lakes Synod and the Episcopal Diocese of Northern Michigan, UP Wild Church was started in 2019 to attract younger people and those disenchanted with traditional church, and to foster a deeper spiritual connection with God outdoors.

"It's a church outside the box," said Lanni Lantto, mission developer for the church. A lay minister and former fashion designer, she had grown up in the area and wanted to return there from upstate New York, where she and her husband ran a spiritual retreat house different from UP Wild.

Lantto is passionate about the outdoors and brought to UP Wild

experiences and passions for doing this work well—and the fact that she is a layperson and not a pastor—provides a model for the creative ways that the church can be church in today's day and age," he said. "One doesn't have to be a pastor to be a good mission developer."

Lantto said she dreamed up UP Wild Church while watching her son play in a park and talking to her high school friend Lydia Bucklin, canon of the ordinary for the local Episcopal diocese. Bucklin sought ways to partner with the ELCA in reaching younger Christians and those who had stopped attending church.

With 15 to 25 regular members, UP Wild holds services on the first Sunday of the month, with

Lantto added that pastors often come to experience the outdoors together. "People connect to the outdoors in so many different ways," she said. "What draws us closer to God outdoors is that God created it. It's a living cathedral. When we go outside, we step into God's world, full of mystery and wonder and awe. When we feel this, we have a connection to something higher than ourselves, and we feel loved. I find that people feel more at peace, loved and connected outdoors. There's healing there."

UP Wild Church is sustained by ELCA and Episcopal grants, donations and member gifts, especially your mission support dollars. Its five-year expansion plan includes starting a branch in the Rapid River area.



ELCA GLOBAL LINKS

Stay informed. Be inspired. Get involved.

Lutheran Church of Rwanda Hopes New Seminary Can Support Growing Faith

The ongoing construction of Rwanda's first Lutheran seminary is sparking excitement amongst church leaders, but with an important government deadline looming ahead, that excitement has been coupled with anxiety.

In 2018, the government of Rwanda proposed a law that all ordained pastors, across denominations, must have the equivalent of a bachelor's or master's degree in theology or education to continue to serve their congregations.

Part of the pastoral emergency stems from the difference in how Rwandan churches are led, said Evalister Mugabo, bishop of the Lutheran Church of Rwanda.

"You call them pastors," Mugabo said. "Here, we have evangelists and pastors. Evangelists are the people who are serving in their [congregations], but not ordained as pastors."

Right now, the LCR has 39 pastors, Mugabo said. But the church primarily is led by non-ordained evangelists, many of whom have been trained at Rwanda's Bible school, known as Theological Education and Leadership Development (TELD).

However, TELD is only a steppingstone for those who want to become ordained. What Rwanda desperately needs is its own seminary, Mugabo said – and fortunately, the LCR is in the process of building one.

"For Rwandan Lutheran evangelists, these new regulations are a surmounting challenge," Mugabo wrote in an email sent to

Lutheran leaders around the globe. "It means traveling to study in other countries such as Tanzania. This is not only cost-prohibitive for nearly all evangelists, but it also entails the hardship of being away from their congregations, communities and families. Thus, we feel the Holy Spirit is calling us to establish [the Lutheran Theological and Leadership College]."

In 2017, the ELCA agreed to monetarily support the Bible school, and TELD's leadership development program swelled. A 3-year program culminating with a certificate in Biblical studies was quickly established that year, and in 2019, one graduate was able to join Iringa University in Tanzania to pursue a bachelor's degree in theology.

In the Rukira Parish, membership jumped from 469 to 753 members after evangelists who had received training at TELD came back, said Ntidendereza David, a pastor and principal of TELD. Similarly, the Kirehe Parish saw its membership grow from 424 to 689 members.

While growing TELD has been a primary goal for years, word of the government's new regulations led the LCR to plan an expansion of its education system. Building and staffing a seminary is now of the utmost importance, said Mugabo.

In October 2019, a commemoration stone was laid on the land secured for the Lutheran Theological and Leadership College, Mugabo said. Soon after, an administration building was



One of the TELD buildings, with a plastic water tank.

completed, and the foundation of a four-story classroom building was laid. *Through your Mission Support dollars, the ELCA shares funding for these projects.*

"LCR is a small but mighty church," said Daudi Mssemmaa, the ELCA regional representative in East Africa. "As it grows, it needs more pastors and evangelists, and they need to have the skills to support the spiritual and emotional needs of congregations carrying the generational weight of violence, displacement, and even reconciliation from their histories."

As the ELCA, we come alongside LCR through support for their Bible school, seminary scholarships and other programs to help the church be at the center of community life. It's a perfect example of our emphasis on theological education aligning with theirs."