



May 2023

the  
SPIRIT

# Salem Lutheran Church

shalom - salaam - salem - peace

*A Reconciling in Christ (RIC) Congregation*

## Resurrection Life

**Christ is risen! Christ is risen indeed!** This is the joyous news of Easter – not just for Easter Day or Easter Week or for the week of weeks that we call the Easter season, but from now until the end of time.

So **what does it mean that Christ is risen?** That's not a simple question to answer because it means so many different things.

**First, it means that nothing is impossible with God.** (cf. Matthew 19:26, Mark 10:27). Jesus understood that God had the power to do all kinds of things through him – not only teach and preach, but heal, perform miracles, and even raise the dead. And if God could do those things like raising the dead THROUGH him, then Jesus knew he could trust God do that FOR him. That's why he could allow himself to be betrayed, denied, abandoned, tortured, and killed, and to experience the consequential human emotions of hurt, rejection, abandonment, loss, loneliness, doubt, depression, despair, pain, fear, and anguish, because despite all he was experiencing physically, mentally, emotionally and spiritually, he had an underlying trust in God's endless love and God's boundless power to save him. And because of what God did for and in and through Jesus by raising him from the dead, then you and I can trust that nothing in our lives is impossible for God either. There is nothing, absolutely nothing God CANNOT do and absolutely nothing that God WILL NOT do to work everything for good for those who love God and are called according to God's purpose (Romans 8:28).

**Second, it means that no matter how it seems, God has our backs.** It means that even when we suffer through the ordinary trials to which every human is subject or when we suffer because we have chosen to follow God's call "to ventures of which we cannot see the ending, by paths as yet untrodden, through perils unknown", God walks with us just as God walked with Jesus on his way through the cross and grave. Instead of blaming God for our suffering then, we, with Paul, can "rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us" (Romans 5:3b-5)

**Third, it means that we will live our lives in a totally different way from those who don't know Christ.** It means that if we allow ourselves to be "buried with Christ by baptism into death", then "we will be raised like him by the glory of the Father, so that we too might walk in newness of life" (Romans 6:4). And that means that we will no longer be living like people who do not know Christ, relying on our own wisdom, making our own decisions, following our own way, being "conformed to this world", but rather we will find ourselves constantly being "transformed" by the renewal of our minds in order that we may discern and do God's will, which is the only way we can know what is the good and acceptable and perfect thing to do in any given situation. (Romans 12:2)

**And fourth, it means that we will be empowered to do greater things than Jesus!** Those who follow the lectionary will be hearing that gospel this Sunday (John 14:12-14), and we'll look at that in next month's cover article when we focus on how the coming of the Spirit on Pentecost changed EVERYTHING!

But for now, let me encourage you to reflect on what those words, "Christ Is Risen", mean to you. Of course, it means that God has defeated the power of death and the grave, and so we, too, can live eternally with God. But what is SO much more important is how we live right here and right now. We can live ordinary lives, trying to use our human wisdom to lead good and moral lives, like all good, moral, religious people. OR we can live extraordinary lives in close partnership with the One who wants to take each one of us on the adventure of a lifetime, a life that is even better, richer, and fuller than the lives of those disciples who walked beside Jesus in Galilee.

**Christ is risen! And that means that nothing is impossible with God! It means that no matter what happens God has our backs! And it means that we can live lives that are far richer and fuller than those who do not know Jesus! So rejoice, for Christ is risen! Christ is risen indeed! Alleluia! Praise God!**

**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](http://www.salembridgeport.org)

Facebook - [www.facebook.com/SalemBridgeport/](http://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

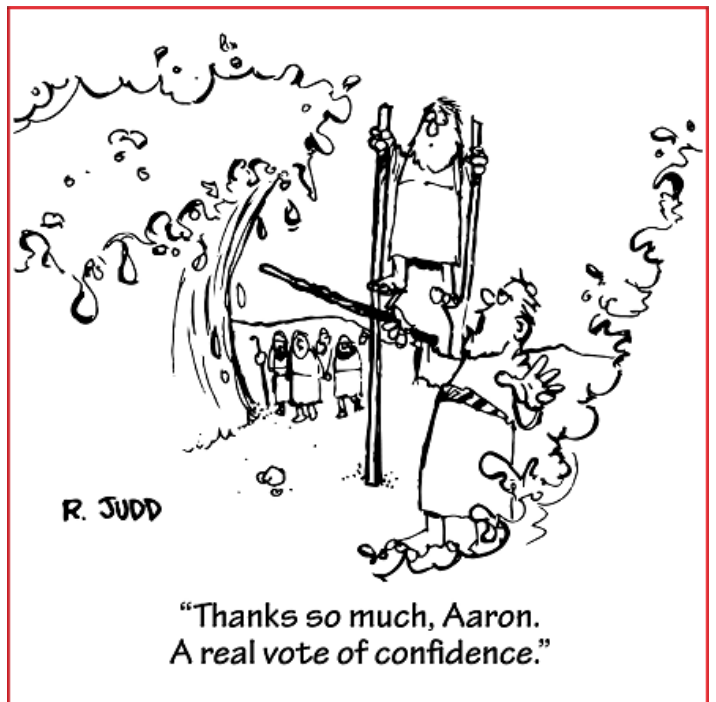
The Rev. Marjo Anderson, Pastor  
Cell Phone (203) 982-3441  
[marjoanderson@aol.com](mailto:marjoanderson@aol.com)

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  
Steve Kuczo  
Carol Lansing  
Tom Larson  
Cindy Roberts  
Bill Winter



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

Barbara  
Bernedette  
Dolores  
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 **May 15th** for the  
June issue!

Email submissions to  
[salemsec123@sbcglobal.net](mailto:salemsec123@sbcglobal.net)



# May 2023 Salem Lutheran Church



SUN	MON May 1	TUE 2	WED 3	THU 4	FRI 5	SAT 6
	<ul style="list-style-type: none"> <li>4pm S CT Rostered Ldrs Mtg on Anti-Racism</li> </ul>	<ul style="list-style-type: none"> <li>9:30am Rostered Leaders' Tuesday Talk and'</li> </ul>	<ul style="list-style-type: none"> <li>12pm Lord, Teach Us to Pray</li> <li>7pm Bible Study on I Corinthians 1-4</li> </ul>		<ul style="list-style-type: none"> <li>6pm Rostered Leaders - God at the Center</li> </ul>	
7 <b>Easter 5</b> <ul style="list-style-type: none"> <li>9am Contemporary Worship - First Presbyter</li> <li>10:30am Traditional Worship - First Presbyte</li> </ul>	<ul style="list-style-type: none"> <li>4pm S CT Rostered Ldrs Mtg on Anti-Racism</li> <li>6:30pm Social Ministry Committee Meeting</li> </ul>	<ul style="list-style-type: none"> <li>9:30am Rostered Leaders' Tuesday Talk and'</li> <li>6pm Stewardship Committee Meeting</li> </ul>	<ul style="list-style-type: none"> <li>12pm Lord, Teach Us to Pray</li> <li>7pm Bible Study on I Corinthians 1-4</li> </ul>	11	<ul style="list-style-type: none"> <li>6pm Rostered Leaders - God at the Center</li> </ul>	13 <ul style="list-style-type: none"> <li>9am The BREAKFAST Gathering!</li> </ul>
14 <b>Easter 6</b> <ul style="list-style-type: none"> <li>9:30am Worship - 3160 Park Ave</li> </ul>	<ul style="list-style-type: none"> <li>4pm S CT Rostered Ldrs Mtg on Anti-Racism</li> <li>6:30pm Finance Committee Meeting</li> <li>7:30pm Executive Committee Meeting</li> </ul>	<ul style="list-style-type: none"> <li>9:30am Rostered Leaders' Tuesday Talk and'</li> </ul>	17 <b>Golden Hill Community Supper</b> <ul style="list-style-type: none"> <li>12pm Lord, Teach Us to Pray</li> <li>7pm Bible Study on I Corinthians 1-4</li> </ul>	18 <b>Ascension</b>	<ul style="list-style-type: none"> <li>6pm Rostered Leaders - God at the Center</li> </ul>	20 <b>Refill the Pantries - S&amp;S Stratford</b> <ul style="list-style-type: none"> <li>11am Inner-View Chat n Chew</li> </ul>
21 <b>Easter 7</b> <ul style="list-style-type: none"> <li>10am Worship - Our Saviour's, Fairfield</li> </ul>	<ul style="list-style-type: none"> <li>4pm S CT Rostered Ldrs Mtg on Anti-Racism</li> <li>7pm Council Meeting</li> </ul>	<ul style="list-style-type: none"> <li>9:30am Rostered Leaders' Tuesday Talk and'</li> </ul>	<ul style="list-style-type: none"> <li>12pm Lord, Teach Us to Pray</li> <li>7pm Bible Study on I Corinthians 1-4</li> </ul>	25	<ul style="list-style-type: none"> <li>6pm Rostered Leaders - God at the Center</li> </ul>	27
28 <b>Pentecost</b> <ul style="list-style-type: none"> <li>9:30am Worship - 3160 Park Ave</li> </ul>	<ul style="list-style-type: none"> <li>4pm S CT Rostered Ldrs Mtg on Anti-Racism</li> </ul>	<ul style="list-style-type: none"> <li>9:30am Rostered Leaders' Tuesday Talk and'</li> </ul>	31 <ul style="list-style-type: none"> <li>12pm Lord, Teach Us to Pray</li> <li>7pm Bible Study on I Corinthians 1-4</li> </ul>	<p>There will be no service at 3160 Park Avenue on Sundays when our congregation will be worshipping with other congregations.</p>		

Howard Swanson .....	1	Deborah Palmieri.....	18
Gilbert Sidoti.....	2	Maria Caragol.....	18
Hannah Dollhopf.....	3	Karen Andrews .....	25
Bonnie McWain .....	4	Michael Caragol.....	27
Robert Roehrich .....	5	Rita Johnson.....	28
Joan Bromley .....	7		
Jackson Sokoloski.....	7		
Isaiah Vazquez.....	8		
Nancy D'Andrea .....	9		
Beverly Marshall.....	9		
Ray Lansing .....	14		
Andy Andrews .....	18		



**BIRTHDAYS**

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

**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 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:**

May 7	9:00	First Presbyterian Church ( <b><i>Contemporary Service</i></b> ), 2475 Easton Turnpike, Fairfield
May 7	10:30	First Presbyterian Church ( <b><i>Traditional Service</i></b> ), 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 – Adult Forum 10:15
June 18	9:30	at 3160 Park Ave, Bridgeport ( <b><i>Semi-annual meeting</i></b> )
June 25	9:30	at 3160 Park Ave, Bridgeport

Thank you for your contributions to the March Diaper and Wipe Drive. The diapers and wipes Salem purchased were given to Nourish Bridgeport for distribution to needy families in our area. Cindy Roberts got 36 boxes of diapers in sizes 3 through 7 and eighty packages of wipes at a discount. We also had two packages of donated diapers.

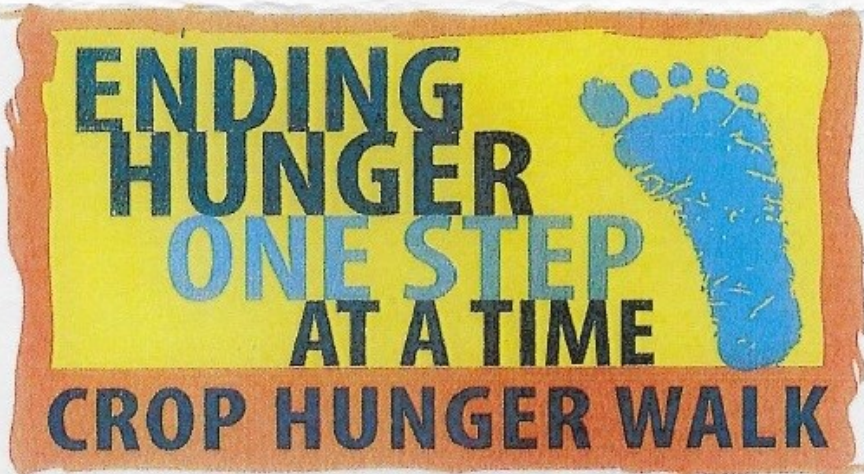
We received a Thrivent grant of \$250 that Nourish Bridgeport used to buy eight boxes of diapers.

We encouraged three other Lutheran churches to join us in collecting diapers and wipes for Nourish Bridgeport. Holy Trinity collected nine boxes of diapers and seven packages of wipes. Our Saviour's collected fourteen boxes of diapers and eleven packages of wipes. Grace collected a package of diapers and contributed \$70 towards our collection.

Wow! That is a lot of diapers and wipes for needy children.



Walk With Us ... It's Our 49<sup>th</sup>!



## 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](http://www.crophungerwalk.org/bridgeportct)



CHURCH WORLD SERVICE



- 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\*\***

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

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- \*\* Walks, campfires, lake-plunging, & beachtime \*\***

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We're ready for you!**

## Calumet

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# PREVENTING FALLS

Falls can happen anywhere to people of any age. Many situations can increase your risk of falling, such as:

- Being in a new, unfamiliar place
- Taking certain medications
- Problems with your eyesight or hearing
- Feeling weak or unsteady on your feet
- Trying to get on or off an exam table
- An urgent need to use the bathroom

Steps you can take at home to prevent falls:

- Begin an exercise program like walking that improves balance, coordination, and muscle strength. Check with your doctor about what exercises are best for you.
- Some medications affect you differently as you age. Some of your prescriptions could interact with other medicines. Have your healthcare provider or pharmacist review your medications to see if any would make you dizzy or sleepy, which could increase your risk of falling.
- Have your vision checked at least once a year. Developing glaucoma or cataracts can increase your risk of falling.

Make your home safer:

- Remove objects you might trip over, such as books, clothing, and shoes, especially on stairs.
- Remove throw rugs or use double-sided tape to keep them in place.
- Keep frequently used items in a low cabinet, so you do not need a step stool.
- Install grab bars near your toilet and in your tub or shower.
- Use non-slip mats in your tub or shower.
- Illuminate the path to the bathroom.
- Consider a personal safety alarm.

To prevent falls at the doctor's office, consider the following tips:

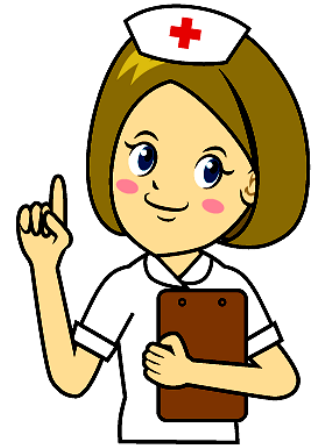
- Wear non-slip footwear when you visit.
- Bring your walker, cane, or scooter. Ask for help if you have trouble walking. Use a wheelchair if there is a lot of walking in the office.
- Wear clothes that will not make you trip.
- Wear eyeglasses or hearing aids if you need them.
- Let the office staff know if you have recently fallen.
- Have your personal items within easy reach in the exam room.
- Avoid dizziness by sitting on the side of the exam table or in your chair a few minutes before standing. If you feel dizzy, ask for help.
- Only use objects that will not move for support when you are walking.
- Tell the office staff if you see a danger, such as a spill on the floor.
- If you are confused at times, bring a family member or a friend with you to the office visit.

There are fall prevention services in your community. Yale New Haven Health System has:

- Dorothy Adler Assessment Center at Yale New Haven Hospital. Call 203-688-6361 for outpatient services.
- Geriatric Injury Institute at Bridgeport Hospital. Call 203-384-4390.

Online resources:

- Connecticut Collaboration for Fall Prevention at [fallprevention.org](http://fallprevention.org)
- NIH Senior Health at [nihseniorhealth.gov](http://nihseniorhealth.gov)





# 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 May 20th 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](http://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](http://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

## Quakes, fear and joy

By Lisa A. Smith

I'd always skimmed over the earthquake in Matthew's resurrection story (28:1-10) until I was in "a big one." I live in Alaska. There hadn't been "a big one" in my part of the state since Good Friday 1964, when a 9.2 shaker on the Richter scale destroyed homes, killed dozens and forced the relocation of Southcentral Alaska coastal towns decimated by tidal waves.

Scientists warned there would eventually be another big one here. I was making breakfast for my children in 2018 when it hit—a 7.1 quake. I was downstairs with the 2-year-old when the shaking started. I knew I was supposed to shelter in place—stop moving!—but my 5-year-old was somewhere upstairs alone, and he started screaming. I was filled with terror. Bookshelves flung their contents; photos sailed off the mantle. The shaking was the hardest I'd ever felt, and it just kept going.

I grabbed my toddler and tried to run upstairs, but the shaking made it difficult to walk. A massive chandelier was swinging wildly above my head, and I saw the folly in climbing the stairs under it while holding a toddler. Glass shattered upstairs. My 5-year-old was still screaming. Was he hurt? I was screaming. We were all afraid.

After less than a minute of shaking, which felt like an hour, everything was still. I went upstairs and stopped short: a sea of broken glass filled the hall and bathroom floor. A wall-mounted bathroom mirror had shattered and sent shards throughout the hall, nearly into my son's bedroom. My son, who I thought might have been in the bathroom, was safe on his bedroom floor. I felt a moment of joy amid the terror.

Mary Magdalene and the other Mary who walked to the tomb went there expecting death. They were already traumatized by the terror of seeing their beloved Jesus beaten and executed. Then the earth began to quake, and they were afraid all over again.

Instead of broken glass, they saw blinding light and an angel, who shone with painful brightness. Do not be afraid, the angel said, he has been raised. The women were still filled with terror but something else crept in—great joy. They ran to tell the disciples and met the risen Lord on the way.

The Easter story is one of interwoven fear and joy—the same is true in our lives. We don't have to live on a fault line to feel the ground move beneath our feet. We have all felt the earth quake, so to speak. It's the phone call that begins with "sit down." It's the doctor with bad news from the PET scan. It's the realization that you can't fix the relationship. It's the realization that you can't fix your child. It's another month when the money runs out before the month does. We have all lived through some kind of earth-quaking experience. We have all felt fear.

Yet sometimes it is precisely in the shaking that we get a glimpse of great joy. Someone you love is holding your hand. A member of your church brings a hot meal. A Scripture verse brings a word of comfort. God's peace comes unexpectedly. Someone offers you forgiveness. Someone sits quietly beside you.

The women at the tomb didn't suddenly drop their fears when they learned that Jesus was alive. The women ran to tell the good news while they were full of fear and joy. The same may be true for us. They were afraid, but they went anyway. They didn't go alone—they had each other—and as they went, they found Jesus. I can think of worse metaphors for the life of a disciple.

Right after the quake of 2018, my children and I were together on the floor of my older son's room when the first big aftershock came, a 5.7. Aftershocks always come after a big quake, and you can't predict them. The aftershock was another big jolt, but this time it was different. We sat with our arms around each other and a few stuffed animals thrown in for good measure. We were afraid but thankful to be together.

"No storm can shake my inmost calm" read the words of the hymn "My Life Flows On in Endless Song" (Evangelical Lutheran Worship, 763). This is not entirely true when I'm relying on a calm I must manufacture. I can't manufacture it. But God can. Our inner calm is God's own peace, given by the Spirit.

What I know from Christ's death and resurrection is that God doesn't promise a life of steady ground. God promises God's presence in the shaking and the joy of God's loving embrace.

God says to us what Jesus said to those fearful and joyful women at the tomb: you will see me. It's a solid foundation on which to rest.

Lisa A. Smith is a writer and an ELCA pastor in Anchorage, Alaska, where she serves as the Alaska Synod director for evangelical mission.



Evangelical Lutheran Church in America  
God's work. Our hands.

# ELCA GLOBAL LINKS

Stay informed. Be inspired. Get involved.

## Papua New Guinea

About three hours from Lae, Papua New Guinea, a water project in Sokam village has yielded unexpected and surprising outcomes. The village lacks sufficient water, and though the distance to Lae, the country's second largest town, is not terribly far, rough roads into the mountains make travel and transportation difficult.



Frieda Wangon



Elsie Foyang (left)

Lutheran Development Service (LDS) of the Evangelical Lutheran Church of Papua New Guinea initiated the project, supported by ELCA World Hunger, by first organizing a project committee with local leadership. LDS provided the material and a plumber, whereas the village provided the labor, contributed toward the cost of a vehicle to haul the material and constructed a guesthouse.

Water taps at every home eliminate the need for people (usually children) to haul water from the stream every morning and afternoon for cooking, washing and irrigation. Now children can get to school on time. All this has opened up other new opportunities.

Elsie Foyang is the pastor's daughter and an extension worker in the village. A better source of water offered her the opportunity to start a demonstration greenhouse, which has expanded into a business. She now has 12 farmers working for her, growing vegetable seedlings and producing chicken feed and fish feed. "With bad roads, especially when it rains, it's difficult to get feed materials from town," she says. "So we've created a process here, using some purchased feed, and combine this with ground-up cassava and other materials." These are pressed into small pellets and sun-dried.

Now villagers can grow vegetables to eat and sell at the market. They have a steady stream of feed for chickens and fish. Beyond this, other income-generating crops such as coffee and vanilla (which is labor-intensive) have helped improve life.

Frieda Wangon, one of the farmers, is proud of the certification she received for quality coffee beans. "With the extra cash income, I can pay my children's school fees and can buy various household materials," she said. "I also was able to contribute toward the water supply program." Wangon was able to build her own house and next wants to install solar power. "I used to live in poverty. Now I am more resilient, though I hope to move to more sustainability in income."