



June 2023

the
SPIRIT

Salem Lutheran Church

shalom - salaam - salem - peace

A Reconciling in Christ (RIC) Congregation

“What God Has Planted in Your Pastor’s Heart”

Hallelujah! Christ is risen! And the Spirit will bring new & abundant life to ALL who submit their own will to God’s!

So what does that mean for Salem, and for you, and for me? While I believe that God will give us a vision, I don’t know when that will happen. That’s up to God, not us. **What God has done, however, is to plant these goals in my heart.**

1. To love God, follow Jesus, and obey the promptings of the Spirit regarding Salem, no matter what the personal cost might be to me.
2. To pray for Salem daily that the Holy Spirit draw each and every member into deeper relationship with God that together we might discern God’s will for Salem, not solely through meetings, but through joint prayer and Bible study, and be united in the carrying out of that will.
3. To set some of our feelings and consequential actions in context, namely:
 - A. We sold the property in order to continue as a congregation at the same location. So what changed?
 - B. Because of the pandemic, we found ourselves in decline and fear set in and there was a desire to apply a technical fix* – that of moving to a different space.
(“technical fixes” do NOT fix systemic problems; those require “adaptive changes”)*
Thankfully that technical fix was not applied, or we would have lost half of our members.
 - C. We still had not recovered from Covid and now we were also grieving the sale of our property – so that meant we’ve been going through the compounded grief of at least 2 different grief processes – the pandemic and the selling of our property.
So fear was compounded which led to the attempt to apply a second technical fix – merging or closing.
 - D. At this point I believe we are just starting to recover from the pandemic (coffee hour for example) and we are still building relationships with the congregation that owns the building, and I’m excited about the increased energy, positivity, and hope that I see.
 - E. While God may have merger or closing in mind for Salem at some point in the future, I don’t believe that time is now.

4. To allow every member present at the adult forum on 6/11 to express their desires/opinions freely in a totally safe environment.
5. To make sure that every opinion is heard and that any summary of the meeting includes all those opinions.
6. To make sure that everyone in the group understands that ALL options are on the table – radical revitalization, partnership merger, consolidation merger, holy closure, and continuing as we are until such time as the Spirit leads us forward.
7. Since following the Spirit means following ONLY when and where the Spirit leads, to make sure that everyone in the group understands that there is absolutely NO urgency for us to make a decision now and that part of faith development is learning to wait for God to act.
8. To make sure we give thanks for and celebrate all of the partnerships with other congregations that have been established and/or grown over the past 2 years and that we understand that they all can and should continue, whether we end up merging or not.
9. To make sure that any decision that we make does not harm our relationships with other congregations in our city, particularly those who are different from us.
10. To leave the meeting on 6/11 with a clear understanding of proper procedure for congregations in our synod, and a clear understanding of what will and will not happen at the semi-annual meeting and beyond.

May the Abundant LIFE of the Spirit Be Yours!

Pastor Marjo

Pastor Marjo Anderson

SALEM LUTHERAN CHURCH

3160 Park Avenue
Bridgeport, Connecticut 06604
Phone (203) 336-3300 ▪ Fax (203) 336-8813

Website - www.salembridgeport.org

Facebook - www.facebook.com/SalemBridgeport/

Church Office Hours

Thursday 9:00 a.m. to 1:00 p.m.

Worship Services

Sunday 9:30am In Person Worship

Salem's Staff

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

Karl Kraft, Office Manager
Office Phone (203) 336-3300

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

Barbara
Bernedette
Dolores
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
Steve Kuczo
Carol Lansing
Tom Larson
Cindy Roberts
Bill Winter

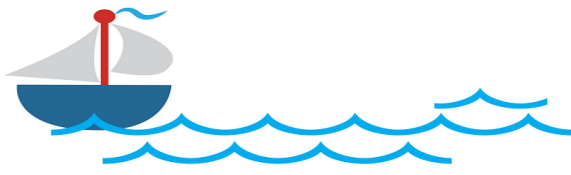
Many thanks to all the Salem members who supported the Council of Churches Spring Fling fundraiser on May 4 by attending the Downtown Cabaret's performance of "Cabaret". Special thanks to Tom and Jean Larson, who contributed several raffle items, to Nancy Headford for assisting with check-in and to Cindy Roberts for selling raffle tickets. The funds raised by this event are used by the Council to continue the programs that "leverage hope and change lives". Our strong support is very much appreciated by the Council and its clients.

Bonnie McWain, Sandra Brown and Tom Larson

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

Next deadline date is **June 15th** for the July/August issue!

Email submissions to
salemsec123@sbcglobal.net



June 2023 Salem Lutheran Church



SUN

MON

TUE

WED

THU
Jun 1

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2

SAT
3

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

4	5	6	7	8	9	10
<p>The Holy Trinity</p> <ul style="list-style-type: none"> 9:30am Worship - Grace, Stratford 	<ul style="list-style-type: none"> 4pm S CT Rostered Ldrs Mtg on Anti-Racisr 	<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 7pm Bible Study on I Corinthians 1-4 		<ul style="list-style-type: none"> 6pm Rostered Leaders - God at the Center 	<ul style="list-style-type: none"> 9am The BREAKFAST Gathering!
<p>Pentecost 2</p> <ul style="list-style-type: none"> 9:30am Worship - 3160 Park Ave 10:15am Adult Forum 	<ul style="list-style-type: none"> 4pm S CT Rostered Ldrs Mtg on Anti-Racisr 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 7pm Bible Study on I Corinthians 1-4 		<ul style="list-style-type: none"> 6pm Rostered Leaders - God at the Center 	<p>Refill the Pantries - S&S Fairfield</p> <ul style="list-style-type: none"> 11am Inner-View Chat n Chew
<p>Pentecost 3</p> <ul style="list-style-type: none"> 9:30am Worship - 3160 Park Ave 10:15am Semi-Annual Meeting 	<ul style="list-style-type: none"> 4pm S CT Rostered Ldrs Mtg on Anti-Racisr 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 7pm Bible Study on I Corinthians 1-4 		<ul style="list-style-type: none"> 6pm Rostered Leaders - God at the Center 	
<p>Pentecost 4</p> <ul style="list-style-type: none"> 9:30am Worship - 3160 Park Ave 	<ul style="list-style-type: none"> 4pm S CT Rostered Ldrs Mtg on Anti-Racisr 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 7pm Bible Study on I Corinthians 1-4 		<ul style="list-style-type: none"> 6pm Rostered Leaders - God at the Center 	

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

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!

Worship Locations for June

We are a congregation that gathers to worship God and receive God’s word. We are a congregation that loves God and are sent to witness to and serve God’s people. Where we gather together is not as important as that we do gather together to worship, learn, witness, and serve. We worship as Salem in the Ephraim French SDA Church building at 3160 Park Avenue in Bridgeport, CT.

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

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

June 4	9:30	at Grace Lutheran Church, 150 Chapel Street, Stratford
June 11	9:30	at 3160 Park Ave, Bridgeport <i>(Adult forum)</i>
June 18	9:30	at 3160 Park Ave, Bridgeport <i>(Semi-annual meeting)</i>
June 25	9:30	at 3160 Park Ave, Bridgeport

Treating Spring, Summer, and Fall Allergies

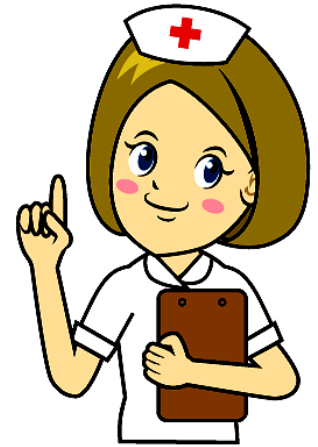
Plan Your Attack

Try a nasal steroid spray first. Medications, such as Flonase and Nasacort, decrease the amount of allergy-induced inflammation in the nose to ease congestion, sneezing, and a running nose.

Still suffering? Add an antihistamine, such as Claritin or Allegra, which are safe to take daily.

Allergy meds can dry out your eyes. If your eyes feel like sandpaper, try artificial tears. If your eyes are itchy, watery, or red, ask your doctor about prescription antihistamine eye drops.

Nothing working? Call your doctor, especially if you have coughing, wheezing, or chest tightness. Your doctor can recommend stronger prescription drugs or check to see if you have asthma that's triggered by allergies.



Your Personal Protection Kit

- ◇ **Sunglasses** Don oversized sunglasses as larger lenses help protect eyes from pollen.
- ◇ **Nasal Saline Rinse** A saline rinse clears out allergen-caused mucus in the nose. Keep a travel-size version, like the 1.5 oz Simply Saline Nasal Mist on you.
- ◇ **Tissues** Opt for a fragrance-free, dye-free pack as scented tissues may worsen symptoms.
- ◇ **Mask** A face mask reduces the amount of pollens entering your nose and mouth.
- ◇ **Hand Sanitizer** to reduce allergens from going from your hands to your eyes and nose.

Covid Update

Starting July 1, the following will begin transitioning to traditional health care coverage.

1. The costs of PCR tests for Covid-19
2. The costs of receiving Covid-19 vaccines and boosters
3. The costs of receiving treatments for Covid-19

The FDA is now recommending that Covid vaccines should be annual shots, preferably taken in the fall. This is for everyone over the age of 6 months. This dose is to restore protective immunity.

Warning Signs of Melanoma

from the American Cancer Society

Melanoma is the most serious type of skin cancer. Check your skin monthly for a new growth or a change in the size or color of a spot on your skin.

Follow the “ABCD Rule” when checking your skin spots for possible melanoma.

- A. **Asymmetry:** one half of the spot does not match the other half.
- B. **Border:** normal moles are round or oval in shape and have sharply defined borders. The borders of a melanoma may be uneven, blurred, or notched.
- C. **Color:** common moles are usually one color throughout. Melanomas may have several colors or an irregular pattern of colors.
- D. **Diameter:** common moles are generally less than $\frac{1}{4}$ inch across. Melanomas are often larger, but can also be smaller.

These warning signs are helpful to look for, but some melanomas and other skin cancers do not always have the ABCD signs. Other warning signs of melanoma may be:

- A sore that does not heal.
- The spread of pigment from border into nearby skin.
- A change in sensation like itchiness, tenderness, or pain.
- A change in the surface of a mole such as oozing, bleeding, or a new bump or nodule.
- A mole that stands out or looks really different from your other moles.
- A brown or black streak or spot underneath a nail.

Call your doctor if you notice a change in your skin.

Remember to try to prevent skin cancer by:

- Covering up when outside especially between 10:00 am and 2:00 pm. Also wear a hat and sunglasses.
- Avoid tanning salons.
- Moisturize your skin and drink plenty of water.
- Use a broad-spectrum mineral sunscreen on exposed body parts. See tips below for effective sunscreen use.

Tips for effective sunscreen use:

- Choose a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher.
- Apply sunscreen at least 15 minutes before sun exposure.
- Use enough sunscreen to cover your whole body (about an ounce for most adults), and apply it to all exposed areas, including ears, scalp, tops of the feet and legs.
- Ask someone else to help you apply sunscreen on hard-to-reach spots like your back.
- Reapply sunscreen at least every two hours, or immediately after swimming or sweating.

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.

* **Our Wednesday Evening Bible Study has resumed and the time is now 7:00 as we study 1 Corinthians 1-4.** The study is inspired by the book, *Basic Christian Leadership: Biblical Models of Church, Gospel and Ministry* by John Stott. As you know, Paul wrote to congregations who were facing challenges, and so we will be listening to how God is speaking to congregations today through Paul's words. What does it mean that the Bible is the inspired Word of God? How do we discern God's wisdom which is completely different from what seems reasonable and rational to us? This week we'll continue looking at 1 Corinthians 2 and begin chapter 3.

The next breakfast and faith discussion will be held on June 10th 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 June 17th 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

A conversation with Mary Chang

In celebration of Asian American and Pacific Islander Month

By Kelly Wilkerson

How are you connected to the ELCA?

I have been an ELCA pastor for 28 years. I was reached out to by the executive director of Lutheran Children and Family Service of Eastern Pennsylvania, Bill Erat. At that time, I was a volunteer mission worker for them for Southeast Asian refugees in Philadelphia. And Pastor Erat was so excited to talk with Dorothy Ricks and Bill Wong from the ELCA, wondering why a Lutheran was working in a Mennonite church. Pastor Wong and the Southeastern Pennsylvania Synod were looking for a Chinese-speaking, English-capable person to serve. They were so excited, and that's the basic reason the ELCA found me and started my process to become a Lutheran to serve the Lutheran Church in America. It took six years for me to become a Lutheran pastor.



What aspects of AAPI culture do you see reflected in your church community?

About our ministry today, particularly after the pandemic, we are a multicultural congregation for outreach to the population nearby our community in Sunset Park Brooklyn. Most likely we have four dialects represented by the Chinese people with us, but we speak our Chinese worship service in Mandarin. After the pandemic, our newly built-up congregation has younger people with families, so we are teaching faith using our Lutheran basics of the Small Catechism, the creed and the Lord's Prayer to teach people about our heritage in the Lutheran tradition of the faith.

When do you feel most connected to yourself and your culture in a worship environment experience?

I love to use our language for Bible readings, hymn singing, sharing the message and testimony of our faith because 5,000 years of Chinese culture impacts our individual lives as well as the community of Chinese.

What gives you hope?

I think the openness of our church. As the ELCA we accept different cultures, but we have equivalent privileges as children of God in the same church so we have the same privilege and the heritage to explode Jesus Christ's gospel to the hearers to become children of God. That's the hope for the church and the church's mission to unreached, untouched people of God. Regardless of if our original is Chinese or not, that's the kingdom of God on this planet that's our mission for now and here.

How do you believe the ELCA can better support and uplift AAPI voices and perspectives?

I think the ELCA can better support AAPI as part of the ELCA, for we are under the same umbrella as Lutherans, we have a common language as a Lutheran with our faith, and even with our different accents we are having voices with our accent. We can make a bigger circle for the people in this advantage to become the inner circle as God's family as our church. I think that's the last call for today's church: our vision in action to make the kingdom of God here and now until we're back to Jesus' second coming to see the paradise in the future.

Kelly Wilkerson is a Content Strategist at the ELCA.



ELCA GLOBAL LINKS

Stay informed. Be inspired. Get involved.

Women reviving the local economy

In Akkar, a region of northern Lebanon, there is great potential for farming, but the area has been underserved for some time. Many people in Akkar live without access to basic necessities such as electricity and running water. Residents of the area call it “the forgotten north” because the lack of sufficient opportunities and resources means they struggle to maintain a steady source of income.

The Middle East Council of Churches (MECC), helped by your gifts to ELCA World Hunger, has been working to train women in Akkar to make such products as jams, spice mixes, olives, stuffed grape leaves and other local foods and to sell them in their communities and beyond. The training from MECC enables these women to create sustainable incomes for themselves and their families. The women of the area are not used to going outside their villages, so this project has been a significant opportunity for them to not only learn new skills but also gain access to larger markets for their products.

Julie, one of the women who participated in MECC's program, had already been trained to make jarred and dried food and skin care products. In the next phase of the project, also supported in part by your generosity to ELCA World Hunger, she learned best practices for sterilizing, packaging and labeling her products for sale. “I joined the project to gain experience and to develop my skills,” Julie shared. “This has helped me to learn and has opened a lot of nice opportunities.”

Akkar is a gateway to neighboring Syria, which makes the region susceptible to illegal trafficking of goods that stifles local economies. The MECC project aims to revive the agricultural movement in the area and enable farmers to sell some of their harvest while providing women with the opportunity to sell their self-made products.

The women have also received some training in marketing their projects through exhibitions and social media. The use of QR codes has helped their outreach tremendously, enabling them to find more customers.



Julie refers to the exhibitions as the “crown” of their success: they gain exposure in person and get a chance to promote their social media pages.

“I thank you very much, Middle East Council of Churches,” said Julie. “We really liked cooperating and working with you. We greatly benefited from the information you presented.” Equipped with new possibilities, these women dream of expanding their market outside Lebanon. Your support of ELCA World Hunger makes these dreams – and so much more – possible. Thank you!



Income-generating activities help families pay for essentials such as food, medical costs and school fees, whereas microloans enable them to start or upgrade small businesses. These and other sustainable solutions to ending hunger and poverty are central to the programs supported by ELCA World Hunger.