



November 2023

the SPIRIT

Salem Lutheran Church

shalom - salaam - salem - peace

A Reconciling in Christ (RIC) Congregation

Join Us for a Special Worship & Celebration on Sunday 5 November 2023!

On All Saints Sunday we celebrate all those living and dead who have been buried with Christ through baptism into death and raised from the dead through the glory of God that they might live a new life.

It is these souls who are individually members of the Body of Christ and who together comprise the whole Christian Church that exists beyond time and space. If it were not for those who have shared their faith with us, we would not be here today. The custom of commemorating all the saints of the church on a single day goes back to at least the 3rd century.



This year we remember especially...

***Iris Murphy
Hazel Pasqua
Josephine Hahn
Frank & Grace Dukenski
Philip Raschke***

All those others whom we mourn this day.

We praise and bless you, O holy Trinity. You have taught your church that it is an ageless communion of saints. We thank you for gathering those who faithfully waited in hope for the redemption you promised, and now for adding us who celebrate the love of Christ for the redemption of the world. Prepare a place for us among those who are already with you. Help us remember them as an encouragement to saintly living, exciting us to love, in anticipation of an eternal reunion. Amen

On November 5th, we join Pastor Marjo in celebrating the 40th anniversary of her ordination. She is grateful that she has had the opportunity to serve as pastor at Emmanuel in Norwood, MA, at Saint John's in New Britain, at Tabor in Branford, and here at Salem, and she looks forward to seeing where God calls her next!

Pastor Gabrielle Beam of Mary of Bethany Church in Bridgeport will be bringing God's Word to us at worship, and there will be a special coffee hour afterwards for all members and guests.



God of boundless power and endless love, we thank you, that through baptism and the Holy Spirit you make us one spiritual body in Christ. We thank you for all pastors you have called, and especially for Pastor Marjo Anderson on this anniversary of her ordination. Continue to fill her and all pastors with the gifts of your Holy Spirit – the gifts of wisdom & understanding, counsel & might, knowledge & reverence for you, & joy in your presence. Cultivate in all of your children the fruits of the Spirit – love & joy, peace & patience, kindness, goodness, generosity, faithfulness & self-control. May we see your face in the face of every other child of God & understand that each of us as part of Christ's body needs every other part to be an effective witness to who you are & all that you have done. We pray this in the Name of Jesus and by the Power of the Spirit. Amen

Blessings Abundant Be Yours Today and Always

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
salemsec123@sbcglobal.net

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
Cindy Roberts, President
Sandra Brown, Vice-President
Nancy Headford, Secretary
Rich Kenyon, Treasurer
Ray Anderson
John Bryk
Cake Elie
Steve Kuczo
Carol Lansing
Rich Lansing
Tom Larson
Bill Winter

New Covid Variant Appears

The Huffington Post reports that the new BA.2.86 variant (the latest Omicron strain) nicknamed "Pirola" has sparked concern as it has 34 more variations, which could make it easier to avoid vaccines. It has been detected in 15 countries so far including the US. The main symptoms are aches and pains, a continuous cough, change and taste/smell, fever, fatigue, a runny nose, a sore throat, diarrhea, eye irritation, and rashes.

Please continue to get updated vaccines, and as the change in season drives us to spend more time indoors, continue use of air-cleaners. If you are over 65 or have any chronic health condition, you are encouraged to wear a mask, which will offer additional protection against all airborne viruses, including Covid, RSV, and the flu.

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

Next deadline date is **November 15th** for the December issue!

Email submissions to
salemsec123@sbcglobal.net



November 2023 Salem Lutheran



SUN

MON

TUE

WED

Nov 1

THU

2

FRI

3

SAT

4

Call in to our prayer line at 681-999-0232, using access code 673980#, at noon Mon-Fri for a brief time of prayer. You can remain silent and anonymous, ask for particular prayers, or offer your own prayers.

			<p>All Saints Day</p> <ul style="list-style-type: none"> 12pm Noon Prayer Call In 12pm Wednesday Weekly Prayer 7pm Bible Study on Romans 	<ul style="list-style-type: none"> 12pm Noon Prayer Call In 	<ul style="list-style-type: none"> 12pm Noon Prayer Call In 5pm Rostered Leaders - God at the Center 	
5	6	7	8	9	10	11
<p>All Saints Sunday</p> <ul style="list-style-type: none"> 9:30am Worship 	<ul style="list-style-type: none"> 12pm Noon Prayer Call In 4pm Anti-Racism Accountability Group 7:15pm Synod Anti-Racism Prayer Gathering 	<ul style="list-style-type: none"> 9:30am Rostered Leaders' Tuesday Talk and 12pm Noon Prayer Call In 	<ul style="list-style-type: none"> 12pm Noon Prayer Call In 12pm Wednesday Weekly Prayer 7pm Bible Study on Romans 	<ul style="list-style-type: none"> 12pm Noon Prayer Call In 	<ul style="list-style-type: none"> 12pm Noon Prayer Call In 5pm Rostered Leaders - God at the Center 	<ul style="list-style-type: none"> 9am The BREAKFAST Gathering!
12	13	14	15	16	17	18
<p>Pentecost 24</p> <ul style="list-style-type: none"> 9:30am Worship 	<ul style="list-style-type: none"> 12pm Noon Prayer Call In 4pm Anti-Racism Accountability Group 6:30pm Social Ministry Committee Meeting 	<ul style="list-style-type: none"> 9:30am Rostered Leaders' Tuesday Talk and 12pm Noon Prayer Call In 6pm Stewardship Committee Meeting 	<p>Golden Hill Community Supper</p> <ul style="list-style-type: none"> 12pm Noon Prayer Call In 12pm Wednesday Weekly Prayer 7pm Bible Study on Romans 	<ul style="list-style-type: none"> 12pm Noon Prayer Call In 7:15pm Synod Anti-Racism Prayer Gathering 	<ul style="list-style-type: none"> 12pm Noon Prayer Call In 5pm Rostered Leaders - God at the Center 6pm Pray CT Summit planning meeting 	<ul style="list-style-type: none"> 11am Inner-View Chat n Chew
19	20	21	22	23	24	25
<p>Pentecost 25</p> <ul style="list-style-type: none"> 9:30am Worship 	<ul style="list-style-type: none"> 12pm Noon Prayer Call In 4pm Anti-Racism Accountability Group 6:30pm Finance Committee Meeting 7:30pm Executive Committee Meeting 	<ul style="list-style-type: none"> 9:30am Rostered Leaders' Tuesday Talk and 12pm Noon Prayer Call In 	<ul style="list-style-type: none"> 12pm Noon Prayer Call In 12pm Wednesday Weekly Prayer 7pm Bible Study on Romans 	<p>Thanksgiving</p> <ul style="list-style-type: none"> 12pm Noon Prayer Call In 	<ul style="list-style-type: none"> 12pm Noon Prayer Call In 5pm Rostered Leaders - God at the Center 	
26	27	28	29	30		
<p>Christ the King</p> <ul style="list-style-type: none"> 9:30am Worship 	<ul style="list-style-type: none"> 12pm Noon Prayer Call In 4pm Anti-Racism Accountability Group 7pm Council Meeting 	<ul style="list-style-type: none"> 9:30am Rostered Leaders' Tuesday Talk and 12pm Noon Prayer Call In 	<ul style="list-style-type: none"> 12pm Noon Prayer Call In 12pm Wednesday Weekly Prayer 7pm Bible Study on Romans 	<ul style="list-style-type: none"> 12pm Noon Prayer Call In 		

Refill the Pantry

Refill the Pantry program concluded this fall with collections for five food pantries from September 2 through October 28 every other Saturday.

- * ~~**Sep 02 Nourish Bridgeport**, Stop&Shop 1160 Kings Hwy Cutoff, Fairfield~~
(Completed: 2,400 pounds of food and \$1,480 in cash)
- * ~~**Sep 16 Bishop Jean Williams**, Stop&Shop 4531 Main Steet, Bridgeport~~
(Completed: 2,455 pounds of food and \$691 in cash)
- * ~~**Sep 30 Sterling House**, Stop&Shop 200 E. Main St, Stratford~~
(Completed: 1,577 pounds of food, \$403 in cash, \$250 Thrivent gift card)
- * ~~**Oct 14 Trumbull Food Pantry**, Stop&Shop 110 Quality St, Trumbull~~
(Completed: 2,527 pounds of food, \$1,091 in cash, \$250 Thrivent gift card)
- * ~~**Oct 28 Operation Hope**, Stop&Shop 760 Villa Ave, Fairfield~~
(Completed: 1,637 pounds of food, \$1,151 in cash)

Totals for the collections for the year were 17,700 pounds and \$10,600 cash and gift cards!



**Refill the
Pantry**

The Feeding of the Tens of Thousands!

*Come, Lord Jesus, be our guest and let these gifts to us be blessed.
Blessed be God who is our bread. May all the world be clothed and fed.*

We have prayed that prayer every week for the last 12 years, and just look how God has answered!

Several years ago, a Mission Task Force was formed at Salem to look at how our congregation might collaborate with other congregations to do ministry together. We went through a whole variety of options as to what that ministry could and should be. Given the talent and the experiences that our congregation has had in dealing with food insecurity in our community, we continued old programs and established new ones, serving at Golden Hill United Methodist's Community Dining Room, packaging food for delivery at the Bishop Jean Williams Food Pantry, sponsoring food collections, and growing food in our garden, work that has included almost every one of our able-bodied members.

So far, in 2023, we've:

Created and made the food for delivery at **Golden Hill United Methodist Church's Community Dining Room** once every other month for roughly 50-70 people. Since Covid, that's as close as we get right now to getting hot meals directly to people.

Packaged between 300-400 bags of food for delivery at the **Bishop Jean William Food Pantry** every week, thanks to a team of a dozen dedicated people, half of whom are from Salem. ***That Pantry has served up to 900 families in a single week, and they have told us that our team puts together 90% of what they distribute***

Collected food to stock food pantries, with 4 collections in the spring, and 5 more in the fall. Not including our 9th event, we have collected 16,060 pounds of food (that's over 8 tons!) and \$8,100 in cash that went to those food pantries. 1 pound of food, or 50 cents, are each roughly equivalence to a single meal, so that means ***our food collections have supplied 32,000 meals! We are very proud of the 5 congregations and grateful to the 72 individuals who have made this all possible. None of this would have happened without Rich Lansing's initiative and Salem's commitment.*** In addition to the food and cash collected, each of the 9 events provided a \$250 grant from Thrivent. AND...pantries that submit their paperwork in time may receive an additional \$500 from Thrivent!

And as if that were not enough, God worked through Salem in another quite incredible way....

Ever since the Ephraim French Seventh Day Adventist Church purchased our building at 3160 Park Avenue, they have wanted to start a food pantry, but they were not permitted to do so, because Connecticut Food Share said there were already too many pantries in the community. Since there seemed like nothing else we could do on a human level, people at Salem and people at Ephraim turned this problem over to God.

About three years ago, the church in which the Bishop Jean Williams Food Pantry was located was sold, and the new church buying the building agreed to allow the pantry to stay for three years as they estimated that would be about how long it would take them to grow their church to the size where they would need the entire building. Knowing that they needed to find a new location, the Food Pantry decided to buy a temple on Park Avenue, and they were all geared up and ready to go when the deal fell through. Now they were stuck between a rock and hard place, having promised to vacate their current premises, but now having no place to go.

And here is how God answered prayer....

It just so happened that of all the food pantries that Salem could have been helping, it was the one that needed a place. And out of all the churches that could have purchased Salem's building, it was one that desired a food pantry. And so it was that Rich Lansing was able to connect the two organizations. They got together for an initial meeting and both were excited about the partnership. Then a party from Ephraim French SDA church and a party from Bishop Williams pantry met with Joe Bales and Connecticut Food Share to begin working out the details. So please give thanks to God for using Salem to make this vital connection, and pray that the rooms will get emptied out and the electrical work will get done in time for the new pantry to be operational at 3160 Park Avenue by Thanksgiving!

Steve Kuczo.....	1
Nancy Kidwell	2
Aidan Palmieri.....	7
Augustine Palmieri.....	7
Carl Horton	10
Nicholas Roberts	13
Larson Palmgren	13
Tiana Rose	14
Christoph Dow	15
Carter Gulyas.....	15
Katrina Cotter.....	16
Sienna Cotter.....	17
Jaxon Gulyas.....	18
Dorothy DeWalt	21
Justin Claus	27



We are collecting for “Seafarers Christmas at Sea” now through December 3rd. A packing party will be held on Saturday December 9th, following the Lutherans & Friends breakfast at 9:00 at Grace Lutheran Church, 150 Chapel Street, Stratford. If you have questions contact Carol Lansing at 203-520-3752

Seafarers

Christmas at Sea

Collection dates: **September 10 – December 3**

Gift Suggestions:

- Woolen caps
- Sweatshirts (L-XL)
- Thermal or White Socks
- Chocolates
- Canned Nuts
- Hard Candy
- Christmas Cards
- Money



If you have questions, contact Carol Lansing at (203) 520-3752

Please place items in the marked box in the Narthex

Health Advice You Should Ignore (and What to Do Instead)

Myth: Chugging baking soda and water will cure a urinary tract infection (UTI). UTIs are painful, but drinking a lot of baking soda and water does not make your urine less acidic and does not reduce symptoms. This fake treatment gives time for the UTI to spread to the kidneys.

Do This Instead: See your doctor, who can prescribe antibiotics for your UTI. An over-the-counter product containing pyridium may reduce pain. Stay hydrated and take unsweetened 100% cranberry juice or supplements to help prevent UTIs.

Myth: Don't weight-train if you want a lean look. Lifting weights won't make the average person look too big or too muscular. To build noticeable large muscles, one must lift heavy weights five to six days a week and follow a meticulous diet.

Do This Instead: Start strength training by lifting weights to help maintain muscle mass and bone strength. Strength training supports mobility, flexibility, and heart health.

Myth: The best way to deal with anxiety is to avoid what causes it. Avoidance may make your anxiety worse. Not speaking up in relationships, procrastinating, and avoiding social interactions or bills have serious consequences.

Do This Instead: Practice acknowledging your anxiety. This will help you learn coping skills for the next time you feel anxious. You can also talk to a therapist about medication options. A common treatment is exposure therapy done in a safe environment where you can learn to handle the causes of your anxiety.

Myth: You don't need sunscreen under a t-shirt. Everyday tees allow about 20% of UV rays to penetrate your skin. The skin under your t-shirt is susceptible to sunburn, wrinkling, and skin cancer.

Do This Instead: When out in the sun, wear clothing (tops, bottoms, hats) with a built-in UPF of 50 or higher. For your skin still exposed (including the scalp, lips, eyelids, ears, and feet), use a broad-spectrum sunscreen with an SPF of 30 or more. Reapply sunscreen every two hours.

Myth: As long as food doesn't smell bad, it's safe to eat. Smell alone isn't enough. The most dangerous bacteria, like salmonella, norovirus, E. Coli, and listeria, cannot be detected by smell, taste, or sight.

Do This Instead: The safest way is to base food on how long it's been around. Temperature-sensitive food shouldn't sit out longer than two hours. Leftovers should be thrown away after three or four days. Cook eggs, meats, and seafood at the temperature recommended by USDA. Check the "use by" dates. If something smells or looks gross, toss it.

Myth: Getting vitamins from supplements is as good as obtaining them from food. Nutrients are absorbed differently coming from whole foods than processed supplements. Take supplements as a backup if you're not getting what you need through the food you eat.

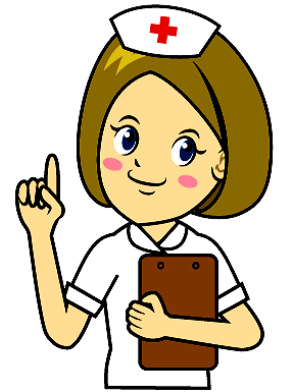
Do This Instead: Eat various whole foods like fresh vegetables and fruits, whole grains, healthy fats, and lean proteins. These foods contain an array of vitamins and minerals. If you have a specific deficiency, talk with your doctor.

Myth: If you can walk on it, it's not broken. You may still have a fracture if you walked with a foot or ankle injury and did not get medical attention. The break may heal out of alignment, leading to future arthritis.

Do This Instead: If you are not in terrible pain and nothing looks deformed, stay off your feet and follow the RICE (Rest, Ice, Compression, Elevation) protocol for a few days. Apply ice for 20 minutes at a time, several times per day. Use compression with a light ace bandage and keep your leg elevated. If the injury is not better in a week, see a doctor who can use X-rays or an MRI to check for fractures.

Myth: It's fine to clean your ears with cotton swabs – just don't dig. If you use cotton swabs in your ears, you may injure the fragile ear canal skin or eardrum, and you may push the wax in deeper. This could lead to temporary hearing loss. Our ears need a little wax to help prevent bacteria, water, and other substances from getting into our ears.

Do This Instead: See your doctor if things sound muffled or you constantly feel something in your ear. The doctor can remove earwax or prescribe an over-the-counter wax softening kit.





The Thomas Merton Center
A PROGRAM OF CATHOLIC CHARITIES

43 Madison Avenue
Bridgeport, Connecticut 06604
Phone: 203-367-9036
Fax: 203-367-8828
www.TheMertonCenter.org

July 25, 2023

Salem Lutheran Church
3160 Park Avenue
Bridgeport, CT 06604

Dear Friends,

Thank you for your incredibly generous donation of \$25,000 to the Thomas Merton Center. Your gift will allow us to continue to provide the necessary services to our most vulnerable population in need. While providing a hot and nutritious breakfast and lunch is at the core of our mission, we go beyond feeding our guests to address a host of additional challenges they face on a daily basis. From case management, to showers and mail services, to healthy food pantry shopping, we are meeting the needs of our neighbors with respect and love.

However, we could not accomplish our mission without the generosity of our donors. I thank you for not only your financial support, but also your faith in us to provide these services to the Bridgeport community. It is truly an honor and privilege to serve our guests and I thank you for allowing us to fulfill our mission each and every day on your behalf.

I am truly grateful for the support from the Salem Lutheran Church, a fellow Bridgeport establishment that truly appreciates the struggles that so many of our neighbors endure on a daily basis. Love, compassion, and respect are always at the core of who we are and I thank you for being part of this vital mission to serve our community members in need.

With sincere gratitude,

Bill Colson
Director



The Council of Churches of Greater Bridgeport, Inc.
Leveraging Hope, Transforming Communities
*Service * Dialogue * Collaboration*

September 20, 2023

Rev. Marjo Anderson
3160 Park Avenue
Bridgeport, CT 06604

Thanks!

Dear Rev. Marjo,

On behalf of everyone at the Council of Churches of Greater Bridgeport, we thank you for your kind donation of \$825.00 on 9/7/2023. Your generosity means everything to us and to the community we serve. You have helped many people in Bridgeport who have great difficulties.

- You have provided intervention for youth and families in crisis through the Janus Center case managers.
- You reach into the schools and help students by providing much needed school supplies, toiletries, and counseling sessions.
- You are on the streets through our Street Outreach, with the gifts of food to homeless youth, and guidance to help get them off the streets and into stable housing.
- You reach returning citizens in our PNV program with toiletries, clothing, transportation, food vouchers, and other items that help them move forward in their lives with dignity. This is a life-changing program!
- You create congregational and community partnerships that support community groups and bring awareness and support to Bridgeport residents.
- And, you reach people through the FEED Center, which has distributed over fifty thousand dollars of meals, healthy produce, and rescued produce to the Hunger Outreach Network in the last 8 months.

You do all this through your generous support. Thank you again for your commitment and kindness! We value each of our supporters and are grateful for this and every contribution.

With gratitude,

Terry Schmitt
Interim President and Chief Executive Officer

We acknowledge that no goods or services were provided in exchange for your donation.

Advocacy * Food Access * Ecumenical & Interfaith * Re-Entry * Youth in Crisis

1718 Capitol Avenue · Bridgeport, Connecticut 06604-1531
Tel: 203.334.1121 · Fax: 203.367.8113 · www.ccgb.org

A life changing Journey to the

HOLY LAND

NEW ENGLAND SYNOD ELCA

With Bishop Jim and Pastor Lisa Hazelwood

JAN 15TH - 25TH, 2024

Boston, MA (BOS)

Package Price : \$4190



Package Price Includes:

- * Round trip Airfare
- * All nights accommodations in double occupancy luxury hotels
- * Breakfast, lunch and dinner daily
- * Ten days sightseeing in modern, air conditioned private bus
- * English speaking government licensed Christian tour guide
- * And much more ...

Bring the Bible alive in your life

New England Synod ELCA

20 Upland St, Worcester, MA
(508) 791 - 1530



Good Shepherd Travel

Toll Free: 1-844-659-5263
www.goodshepherdtravel.com



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 continues at 7:00 on zoom as we study Paul's letter to the Romans. Why Romans, you ask? Well, according to Martin Luther...** "This Epistle is really the chief part of the New Testament and the very purest Gospel, and is so worthy that not only should every Christian know it word for word, by heart, but feast on it every day as bread for the soul. It can never be read or pondered too much, and the more it is dealt with the more precious it becomes, and the better it tastes." While you may not be ready to memorize it or read it every day, we do invite you to study it weekly with us! This week we'll be looking at chapters 2 & 3. The zoom link is on Salem's calendar under the Resources tab at SalemBridgeport.org .

The next breakfast and faith discussion will be held on November 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 November 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](#):**