



May 2021

the
SPIRIT

Salem Lutheran Church

shalom - salaam - salem - peace

A Reconciling in Christ (RIC) Congregation

Waiting...

"...Everything that is happening to you is in answer to your prayers. You wanted to leave Egypt, you wanted to be free, you wanted to get to the promised land. I have taken you out of Egypt, I have freed you from your bonds, I have set you upon your journey. Keep an eye on your dreams and walk towards them, one step at a time. And don't be in a hurry – the promised land isn't ready for you yet and you're not ready for it. Every step you take is one of purpose and value. The world is a beautiful place and you will never pass this way again. Enjoy the journey. It is as important as the destination...."

How do you feel about waiting? Whether it's waiting in line, waiting in traffic, waiting to hear the results of a that recent medical test, waiting to recover from surgery, waiting to go on vacation, waiting for the pandemic to be over, waiting for life to get back to normal, it often seems that we spend a lot of our time ... waiting....

After they boarded themselves up in the ark, Noah and his family waited 40 days for the rain to stop and the rest of the year for the waters to subside. At age 75, after God promised them a son, Abraham & Sarah waited 25 years for the birth of Isaac. After the Exodus, the Hebrews waited 40 years to get into that promised land. Jesus waited 30 years before beginning his ministry. He waited 40 days fasting in the desert. He waited 3 days dead in a tomb.

The worst pandemics in history have lasted anywhere from 1 to over 20 years. A pandemic worse than anything any of us can remember has kept us waiting for over 1 year now. We've waited for the numbers to go down, we've waited to be able to travel, we've waited to return to the church building, we've waited to hug the people we love.

And let's be honest: we hate to wait. And the reason we hate to wait is because we want to get to the destination and be done with the journey. We want to be "there" instead of "here". We want the future dream instead of the present reality. Which is exactly why we suffer, why we feel anxious or depressed, why we experience frustration and anger and resentment.

But we can learn to wait well. I used to hate waiting in traffic, until I read Eckert Tolle's book, The Power of Now, in which he talks about finding joy in the present moment. If someone says, "I'm sorry to have kept you waiting", what you want to be able to say is this: "It's okay. I was just sitting here "enjoying (meaning "in joy in") myself". Now when I get stuck waiting in traffic, I don't get frustrated. Instead I'm grateful that I get to hear more of my book, or more of my music,

or spend more time in prayer!

And we can also learn to wait well by taking to heart the good news of the gospel: when we trust in God's power and in God's love, when we trust that if we follow where God leads, we'll end up exactly where we are supposed to be, when we give our future over into God's hands and allow God to shape our lives in the present moment, then all of the sudden we're experiencing the abundant life Jesus promised, the abundant life that is marked by a peace that is deeper, a love that is wider, and a joy that is fuller than anything we've ever known. All of the sudden we will have stepped out of the dimness of the kingdom of this world into the brightness of the kingdom of God. We will be experiencing a life that is richer and more abundant than anything we've ever known before.

After Easter, Jesus told his disciples that he would be sending them an amazing, powerful, life-changing gift, but they would have to wait for it. And so they waited. And while they waited they worshiped, they prayed, they talked about the Hebrew scriptures and Jesus, and they talked about their lives and what it all meant. And as they did those things, God worked in them to prepare them for the gift they had been promised, a gift that would empower them on the next stage of their journey.

We, too, wait. We wait in this time between Easter and Pentecost, we wait in this time between owning our property and its possible sale, we wait in this time between the beginning and the end of the pandemic. We wait. And we needn't hate to wait. Instead we can do what the disciples did; we can devote ourselves to the 4 basic spiritual disciplines – to worship, to prayer, to reading the scripture, and to talking with others about where we are on our faith journeys. And as we do those things we can trust that God is even now at work within us, preparing us for whatever comes next.

As we wait, I urge you with all my heart to recommit yourself to those 4 spiritual disciplines. And as we wait, I ask you to pray with me now:

"Take my mind, inform it; take my heart, transform it; take my will, conform it to yours, dear God".

Abundant Blessings Be Yours!

Pastor Marjo

Pastor Marjo Anderson

**from "Answers in Disguise" by Marjo Anderson, 2020*

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

Jennifer Reyes, Sexton
Pablo, Cruz, Sexton
Office Phone (203) 336-3300, ext. 10

LEADERSHIP AT SALEM

COUNCIL

Marjo Anderson, Pastor
Ray Anderson, President
Tom Larson, Vice-President
Nancy Headford, Secretary
Rich Kenyon, Treasurer
Liz Bales
Sandra Brown
Judi Nielsen
Emily Sokoloski
Diane Tomasko
Bill Winter

We Are Grateful



Memorials

Pauline Boyum, Ann Martin (all in Memory of Fran Zold)

Outreach

Richard & Mary Ann Kenyon

SAVE THE DATE

The Council of Churches will hold a Virtual Spring Fling on Tuesday, May 25, 2021. Musicians Chris Coogan and Michele Grace will provide entertainment throughout the event.

There will also be an opportunity to make contributions to support the Council's programs.

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



May 2021

Salem Lutheran Church



SUN	MON	TUE	WED	THU	FRI	SAT May 1
2 Fifth Sunday of Easter 9:30am In Person Worship 10:30am Christ Presbyterian Church	3 4pm Southern CT Rostered Leaders Mtg on Anti	4 9:30am Rostered Leaders' Tuesday Talk and Tex 12:30pm Book Club	5 9:30am Wednesday Bible Study 12pm Lord, Teach Us to Pray	6	7 6pm Rostered Leaders - God at the Center	8 8am The NO BREAKFAST Gathering!
9 Sixth Sunday of Easter 9:30am In Person Worship 10:30am Christ Presbyterian Church	10 4pm Southern CT Rostered Leaders Mtg on Anti 6:30pm Social Ministry Committee Meeting	11 9:30am Rostered Leaders' Tuesday Talk and Tex 6pm Stewardship Committee	12 9:30am Wednesday Bible Study 12pm Lord, Teach Us to Pray	13 Ascension of Our Lord	14 6pm Rostered Leaders - God at the Center	15 11am Inner-View Chat n Chew
16 Seventh Sunday of Easter 9:30am In Person Worship 10:30am Christ Presbyterian Church	17 4pm Southern CT Rostered Leaders Mtg on Anti 6:30pm Finance Committee Meeting 7:30pm Executive Committee Meeting	18 9:30am Rostered Leaders' Tuesday Talk and Tex	19 Golden Hill Supper 9:30am Wednesday Bible Study 12pm Lord, Teach Us to Pray	20	21 6pm Rostered Leaders - God at the Center	22
23 Day of Pentecost 9:30am In Person Worship 10:30am Christ Presbyterian Church	24 4pm Southern CT Rostered Leaders Mtg on Anti 7pm Council Meeting	25 9:30am Rostered Leaders' Tuesday Talk and Tex	26 9:30am Wednesday Bible Study 12pm Lord, Teach Us to Pray	27	28 6pm Rostered Leaders - God at the Center	29
30 The Holy Trinity / First Sunday after Pentecost 9:30am In Person Worship 10:30am Christ Presbyterian Church 6pm Sunday Night Alive!	31 4pm Southern CT Rostered Leaders Mtg on Anti					

Howard Swanson	1
Gilbert Sidoti	2
Hannah Dollhopf	3
Bonnie McWain	4
Robert Roehrich	5
Joan Bromley	7
Jackson Sokoloski	7
Isaiah Vazquez	8
Nancy D'Andrea	9
Beverly Marshall	9
Ray Lansing	14
Andy Andrews	18
Deborah Palmieri	18
Maria Caragol	18
Karen Andrews	25
Roland Carlberg	26
Michael Caragol	27

Rita Johnson	28
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Wednesday Morning Bible Study

The Wednesday morning Bible Study is currently studying Matthew. They are a welcoming group and would love to have you join them. They meet via ZOOM at 9:30 Wednesday morning. [Click here for the ZOOM link.](#) The meeting id is 844 5429 2341

Let's see if we get new members!



Please contact your Parish Nurse Carol if you would like to call, or send a card or note to one of our shut-ins. Carol will let you know if the person would prefer a call or a note.

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

Joan B
Barbara B
Sam B
Erick D
Grace D
Hannah & Joseph
Bob H
Dennis H
Sylvitha
Jay
Mike R

Jane M
Jana B
William S
Daphne B
Peter K
Bobby W
Anna
Barbara
James S
Sarah R
Brooks A

Angie
Liz F.
Hazel P
Katherine P



TROOP 103

Our

22nd Annual

PASTA DINNER TAKE OUT

SALEM LUTHERAN CHURCH

3160 PARK AVENUE

BRIDGEPORT, CONNECTICUT 06604

SATURDAY EVENING, May 22, 2021

DINNER PICK UP From 6:00 PM to 7:00 PM

PASTA, Homemade "HOPCO: Sauce, Treva's old-fashioned Meatballs, fresh Salad, bread/butter, dessert, & bottled water.

Adults \$10

Family Pack \$30

(2 Adults/2 children- Three Full Meals)

Purchased tickets should be presented at Pick Up.

Tickets can be purchased electronically in advance of Saturday Pickup using the following three options

- **Zelle Payment Info:**
 - Name: Luis Valbuena
 - Phone: 203 536-2735
 - Memo: 103 Pasta Dinner
- **Venmo Payment Info:**
 - Name: Luis Valbuena
 - Phone: 203 536-2735
 - Memo: 103 Pasta Dinner
- **PAYPAL Payment Info**
 - Name: Wes Murphy
 - email: wmurphycpa@gmail.com
 - Memo: 103 Pasta Dinner

*For More Information, call or text WES MURPHY (203-892-9477),
ANGELA ARBOLEDA (203) 543-3056*

FEELING IN CRISIS?

When you're feeling overwhelmed, know that there are free options to help you talk through your crisis--and to send help when necessary.

Being a parent or caregiver during COVID can be extremely stressful. It is perfectly normal to be experiencing varying emotions and feel overwhelmed. No matter what you're feeling, we're here to listen. Parents and caregivers can call the toll-free Talk It Out line to discuss their feelings in a judgement-free environment.

Call: 1-833-258-5011 or visit www.talkitoutct.com

Resources for Mental Health:

If you or a loved one is struggling:

- **CT Information Hotline** 211 or go to www.211ct.org for mobile crisis support for individuals and/or children.
- **The Hub CT** is Southwest Connecticut's Regional Behavioral Health Action Organization. Check their website for useful resources for mental health, prevention and wellness. <https://www.thehubct.org/>
- **National Suicide Prevention Lifeline:** 800-273-TALK (8255)
- **Kids in Crisis** also has a 24-hour hotline for assistance 203-661-1911.
- **NAMI** (National Alliance on Mental Health): If you need to talk to someone, text NAMI to 741741 or call the NAMI Helpline at 1-800-950-NAMI (6264).
- **Alcoholics Anonymous** - Please contact your site to see if meetings are continuing in your neighborhood.
- **Bridgeport Hospital's REACH Program** is an intensive outpatient program (IOP) for children, adolescents, adults and seniors. REACH is accessible to anyone, and covered by Medicare, Medicaid, and most commercial insurance programs.
- **Fairfield Social Services** – (203) 256-3170.



Medical Mission at Home

St. Vincent's Medical Center will be holding our 6th annual Medical Mission at home on Saturday, June 5, 2021 from 9am-2pm at The Thomas Merton Center 43 Madison Avenue, Bpt. Services for 100 adults with scheduled appointments include medical exams, vaccinations, foot washing and podiatry services, behavioral health services, connections to community providers, follow up care and more.

To Schedule an Appointment Contact: Marilyn Faber, Parish Nurse Coordinator, (203) 576-5716 at St. Vincent's Medical Center

Healthy Diet Benefits

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

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

How to Treat Spring Allergies

Avoiding environmental allergens is impossible. Springtime is particularly difficult with high amounts of pollen and mold spores. Tree pollen has been especially high since last month. Medications can ease allergy symptoms. By the way, wearing a mask outside reduces the pollens you breathe in. Check with your doctor for the most appropriate treatment for you.

1. Corticosteroid nasal sprays and antihistamine nasal sprays are good choices for treating allergic rhinitis. These sprays relieve eye, throat, nose, and ear symptoms.
2. If you do not want to use a nasal spray, then a non-drowsy antihistamine like Zyrtec, Xyzal, Allegra, or Claritin can be helpful.

If your allergies are disrupting your life, see a board-certified allergist. The allergist can test you to find out exactly what you are allergic to and then develop a long-term treatment plan.

Source: "Allergy & Asthma Today" Spring/Summer 2019

"And God raised the Lord and will also raise us up by his power."

1 Corinthians 6:14



"Wrap the Capitol" - National Day of Prayer & Action - Streaming on FacebookLive

Please save the date for National Day of Prayer. On Thursday, May 6, 2021, FaithActs will wrap the State Capitol in prayer and action. Through outreach from hundreds of prayer warriors across the state, we'll make sure Governor Lamont and legislative leadership stand for education justice during their closed-door budget negotiations. When they go quiet, we'll go loud! And bring God to the negotiation table. Right now, we're planning for socially distanced, in-person participation from pastors and virtual participation from other members and supporters. Our team will keep you posted as we finalize the details.

[RSVP - https://faithacts.org/rsvp](https://faithacts.org/rsvp)

FaithActs for Education is a grassroots community organizing nonprofit based in Connecticut. We are people of faith building power to get our children the education they deserve. We believe that every child deserves the opportunity to graduate from college, take care of their family, and fulfill their God-given potential. We build relationships, we build leaders, and we build power through community organizing and civic engagement. Founded in October 2014, FaithActs is more than 500 members and 70 churches strong. We've turned out thousands of Bridgeport voters, demanded stronger governance from the Board of Education, prevented busing cuts for 2,300 elementary school students, and secured millions of additional dollars for Bridgeport public education.



Evangelical Lutheran Church in America

God's work. Our hands.

STORIES OF FAITH IN ACTION

At the edges of resurrection

Dietrich Bonhoeffer's subversive witness

By Paul Lutter

On Monday, April 9, 1945, Dietrich Bonhoeffer was hanged in a concentration camp in Flossenbürg, Germany, for his role in a conspiracy to assassinate Adolf Hitler. A week earlier, on April 1, the wider world had celebrated the news that Jesus “is not here; for he has been raised” (Matthew 28:6).

In his death and resurrection, Jesus announced a way of the world far more powerful than those people and things that threaten to undo creation. Neither a world power nor a dreaded illness could begin to loosen the hold God's love has on the world. Washed in the waters of death and resurrection, fed by Christ's body, which was broken for the sake of the world, the Christian community stands at the edges in order to look death in the face and proclaim good news. Come what may, “whether we live or whether we die, we are the Lord's” (Romans 14:8).

Bonhoeffer watched violence unfold against a people who had long since been called “chosen”—and those who stood with them. He couldn't remain silent. He would speak out against genocide in whatever ways he could. When the world fell apart at the seams, Bonhoeffer used his pen and voice to scream good news into its gaping wounds.

Convinced that God most closely identified with those who were beaten, broken and robbed of their livelihoods because of their ethnicity, disability, sexuality or political beliefs, Bonhoeffer set out to write and speak a hopeful word. “Only a suffering God can help,” he wrote in a 1944 letter.

The authorities did everything they could to silence Bonhoeffer, once cutting short a radio broadcast on which he was speaking about the treatment of Jews.

Still, Bonhoeffer continued to speak at the edges, into the deep abyss of death. In his lectures and sermons, the crucified and risen Christ could not be found with those who were powerful and used their power to destroy the lives of millions. Instead, Christ was present exactly when and where all hell broke loose. For Bonhoeffer, Christ stood at the edges, with those who looked into the grave and wondered, “My God, my God, why have you forsaken me?” (Psalm 22:1).

“I hope to be a Christian”

While directing Finkenwalde, an underground seminary for preachers, Bonhoeffer helped students understand that, through Scripture, God spoke directly to the reader. The reader of Scripture is not alone—God is with them. It is no surprise that, when this seminary was unearthed by the Nazis, it was soon closed.

Bonhoeffer's voice echoed from the edges in other ways as well. He was a prolific letter writer. Whether he was in New York at Union Seminary or in a pastorate in London or in a concentration camp, his letters reached out to family, to friends but also to those who needed to hear a word of hope amid the world's chaos.

In Bonhoeffer's poetry, the themes of God's presence and of God's work in Christ for the sake of the world are interlaced with the reality of life in a world come undone. The subversiveness of his poetry may not be obvious. Yet, as Lutheran theologian Vitor Westhelle reminds us, poets name things to which others—including theologians—can only point.

In the myriad genres in which Bonhoeffer put pen to paper, even after his voice was silenced inside the walls of concentration camps, the hope of Christ's presence and work stands firm.

Some may commemorate Bonhoeffer as a saint, martyr or hero. Yet in a letter composed late in his life, he wrote simply, “I hope to be a Christian.”

Shortly before Bonhoeffer was executed, he wrote: “This is the end—for me, the beginning of life.” Facing powers that would defy the good news of Jesus Christ, that would separate him from God, confound him and drive him to despair, Bonhoeffer used his pen to write a different ending. As a pastor and theologian, he may have proclaimed the good news at the edges of people's lives, but when it came to his own life, he could only fall freely into the grace of God.

The most important question for Bonhoeffer was: “Who is Jesus Christ for us today?” The answer, finally, has to do with what happens when we reach an end. Christ brings us to the edges of resurrection.

Paul Lutter is an essayist, poet and ELCA pastor serving as interim pastor in the Southwestern Minnesota Synod.



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

ELCA GLOBAL LINKS

Stay informed. Be inspired. Get involved.

With Roma People and for Roma People

With the goal of seeking justice for marginalized groups, and in light of European resistance to all “people on the move,” Global Mission’s Europe Desk continues to focus on Roma communities. This has led to Global Mission providing several grants, made possible with support from ELCA World Hunger, to Lutheran churches in Hungary and Romania as well as to ecumenical humanitarian agencies in Serbia. Some of these projects aim to support women and children by providing drop-in centers where children and their families can receive educational and basic-needs support. Others are advocacy-oriented, focusing on community mobilization and income generation.

Accompaniment of churches in Central Europe as they relate to Roma communities has been a key feature of the Central Europe Young Adults in Global Mission program. In September, in Novi Sad, Serbia, Global Mission partnered with Eurodiaconia, Swiss Church Aid and the Ecumenical Humanitarian Organization to bring together agents for Roma inclusion. According to a Sept. 20 press release from Eurodiaconia, 56 representatives of projects supported by these organizations discussed “Roma participation and representation in civil society as well as in political decision-making processes. The meeting was based on the observation that Roma people have adapted to changing circumstances, patterns of discrimination and marginalization over decades. Moreover, policy efforts have often pictured Roma as a homogenous group and failed to acknowledge the desires of Roma people. The event stressed the need to change approaches and institutions by involving Roma people, as expressed in the ‘with Roma and for Roma’ paradigm.”



Representatives of ELCA-supported projects gathered for a dinner (clockwise from left): Monika Brandsch, Evangelical Church of the Augsburg Confession in Romania; Erzsébet Molnár and Róbert Oláh, Evangelical Lutheran Church in Hungary (ELCH); Jovana Kokir, Church World Service Belgrade; Marko Tosic and Mina Lukic, Center for Youth Integration, Belgrade; Viking Dietrich, ELCA's Global Mission unit; Sladjana Jovanovic and Stanka Jankovic, Ecumenical Humanitarian Organization, Novi Sad; Annamarie Fazekas, Evangelical Church of the Augsburg Confession in Romania; Katy Ajer, ELCA's Global Mission unit; and Mihály Györfi, ELCH.