



The Concordian

A Newsletter of Concordia Lutheran Church – ELCA
Superior, WI October 2017

“Called to Nurture and Live our Faith, Encourage our Service, and Actively Share the Gospel”

From the Pastor:

A few months ago, in the July/August newsletter, my article began to explore WHO WE ARE as members and friends of Concordia. In it, I mentioned recent stresses that are revealed by various members, along with hidden history that informs who we are but is not usually shared.

Then, I spoke of the meaning of our name, that Concordia is a word that means “with one heart,” and how that might influence who we are and what we do.

My intention was to continue that exploration in succeeding newsletters, but last month I side-tracked a bit with building issues and how they can lead to fear. That kind of thing can also influence who we are as a congregation.

You may have noticed in the calendar that the council has added earlier meetings in addition to the regular business meeting (usually) on the fourth Thursday of each month. We are using these additional gatherings to improve our understanding of the finances of the congregation, and to explore the kinds of things we might do to carry our mission into the future.

As we do this, we will need to consider not only who we are today, but who we are called to be as people of God.

Last month, I mentioned how scary it can be when things happen that cause us to change plans because something breaks and has to be fixed NOW. However, it might be even scarier to realize that continuing just as we are will not carry the mission

entrusted to us by our Lord into the future generations through this congregation.

Concordia is not immune from the trends we all read about concerning the Christian Church in the United States of America. People are gathering for worship less often (fewer Sundays), though many still worship regularly. Few make up for the Sundays they missed by multiplying their offerings accordingly when they are in the building. Many things affect what people contribute financially, including family, health, employment, age, education, and personal priorities. Some spread their charitable contributions among many causes, and some offer primarily time and skills and presence with the gathered congregation. All these, of course, are generalizations across the church. How closely they apply to us here at Concordia is up to each individual to self-evaluate.

One thing we do have at Concordia that is not shared by the general church across the country is a significant endowment that was created years ago for building maintenance (so that the building would not be a drain on the ministry of the congregation). People see that fund, and some might believe that their own offerings are not significant as they are reflected against the endowment. Because of this, in recent years we have needed to access the endowment fund for needs *not* related to the building.

The gifts given to us to relieve us from the fears of maintaining



the building were never meant to replace the funding of our mission, nor were they intended to interfere with the ways people give of themselves in response to the goodness God provides. They were gifted to enhance our possibilities of what we *can* do!

As we anticipate the future of our mission, we have many opportunities for change. Trying to go backward will not work, because the world of yesterday is not the world of today. We need to move forward. We need to figure out what ways we can best express God’s love for this community.

We have choices. One of them is to refuse all change. That choice will eventually lead to an end of this particular mission post.

We are Concordia, the people of one heart. We strive for that heart to reflect the heart of Jesus Christ, who gave his life for the lives of sinners. What choices will we make to move forward? Can we risk death as Jesus did for the promise of new life that Jesus gives?

I certainly hope so.

In Jesus’ name. Amen



PARISH NURSING NOTES...

“Dry bones, dry bones, ‘dem’ dry bones....” National Bone and Joint Health Week comes in the middle of October, so this is a good time to review how to avoid getting *“dry bones.”* 126.6 million (or 1 in 2 adults) is affected by a musculoskeletal condition. These can be very painful and debilitating conditions, and affect the quality of life, activity level, and productivity of a person.

Bones play many roles in the body---providing structure, protecting organs, anchoring muscles, and storing calcium. While it's important to build strong and healthy bones during childhood and adolescence, you can take steps during adulthood to protect bone health, too. Bones are continuously changing, and new bone is made and old bone is broken down. When you're young, your body makes new bone faster than it breaks down old bone, and your bone mass increases. Most people reach their peak bone mass around age 30. After that bone remodeling continues, but you lose slightly more bone mass than you gain.

Women are more likely than men to develop osteoporosis, or loss of bone tissue. Generally, they have smaller, thinner bones than men, and women can lose bone tissue rapidly in the first 4-8 years after menopause when there is a sharp decline in estrogen production. Although men do not undergo the equivalent of menopause in such a dramatic fashion, production of testosterone may decrease with age, and this can also lead to the develop of osteoporosis. Other factors that can affect bone health include the amount of calcium in your diet, physical activity, tobacco and alcohol use, body size, and family history.

One way to show gratitude for what we have been given is to take good care of the gift, and that includes our bones. The first way anyone thinks or are calcium supplements, but an adequate supply of calcium over a lifetime is really required. The body's demand for calcium is greatest during childhood and adolescence when the skeleton is growing rapidly. Older adults are less efficient at absorbing calcium, and may have chronic medical conditions or use medications that impair calcium absorption. Then, supplements may be necessary, as well as Vitamin D to help absorb the calcium.

There are many good food sources of calcium including low-fat dairy products, almonds, broccoli, kale, canned salmon with bones, sardines, and soy products, such as tofu. In addition, many foods are fortified with calcium, such as orange juice, cereals, and breads.

Other preventive measures include exercise. Like muscle, bone responds to exercise by becoming stronger. Weight-bearing exercise (such as walking, jogging, climbing stairs, tennis, and dancing) is the best for your bones because it forces you to work against gravity. The recommendation is for 30 minutes, 5 days a week, but it can be broken up into 5-10 minute sessions if that is easier for you. Avoid substance abuse. Don't smoke. And avoid drinking more than two alcoholic drinks a day. Fall prevention measures, while important for everyone, are of particular importance for men and women with osteoporosis. Check with Senior Connections for “Matter of Balance” fall prevention workshops.

We may not be able to bring dead, dry bones back to life as in the Bible, but we sure can work on keeping them from drying out in the first place!

So stay healthy, happy, and grateful for the gifts we have been given.....Jean



Library Board Celebrating 50 Years!

On October 21, 1967 Concordia's Library became an important part of the ministry of the church! Yes, 50 years ago! When it first opened, the library's (located in the current Parish Nurse's office.) collection consisted of 245 books. Through the years many books have been added and others weeded out, in keeping with the library's policy and subject relevance. The current number in our accession book is 8700+!

The library strives to keep its collection up-to-date. The Library Team will be hosting the coffee fellowship on Sunday, October 15th, to commemorate this milestone in the library's ministry! Come check out the displays, pictures and other items the library will have out

for a little trip down memory lane! We are blessed to have such a lovely library and give THANKS to our Heavenly Father and to all the devoted members, past and present, that helped to make Concordia's Library what it is today. Please read the HERITAGE article for more information on the library's history. (Thank-you, Patsy!)

The Fall meeting of the Lake Superior Church Library Association was held on Saturday, September 30, 2017, at the Spirit of God Lutheran Church (formerly Zion Lutheran Church) located at 2431 W 3rd St., Duluth, MN. The meeting was informative with much discussion and ideas on topics relating to the functions and plans of the Church Library. Author and Northeastern Minnesota District Court Judge,

Mark Munger, was the guest speaker. Visit him at: www.cloquetriverpress.com.

The library team greatly appreciates your donations of books and any non-print items (DVD's, etc.). Most of the times these are materials we can add to the library's collection. But, on occasion, the materials do not meet the library's book selection guidelines or we may already have a copy. In either situation, the library team will contact you, the donor, about where you would like the book to go. So, PLEASE leave your name and phone # with the book so we can either list you as the donor or contact you if the book is not needed. Thank-you for your help in this matter.

May you have a Blessed and Colorful Fall!

See YOU in the library!
KEEP ON READING!

HERITAGE The Concordia Library: Celebrating 50 Years

The Concordia Library was organized in October of 1967. Since then, it has become an important part of our church's ministry. The library started at a request of the CLCW and the Parish Board of Education. It was formerly located on the second floor. The first library workers were Olive Brandser, Lucy Christianson, Marjorie Engebretson, Florence Holter, Clara Johnson, Margaret Lien, Hazel Hault, Linda Ness, Fern Thompson, and Muriel Verville. The library was then moved to the former Organization Room, where it still stands today.

In January of 1968, the library group joined the Lutheran Church Library Association, Lake Superior. On April 21, 1968, the library opened its door to the congregation in the former Organization Room. This

location increased the use of the library to the congregation. In the early years, the library was supported solely by memorials and donations by interested people and church groups. In 1973, the library was placed on the church budget.

In 1975, Sharon Lidberg, Dennis Christianson, Michelle and Jim Brown, and Carolyn Engholm joined the library board.

The first budget given to the Library Board was used to purchase eight copies of the Living Bible which was a wise investment as these are still used by many members of the church.

The Library Board has instituted many programs to encourage use of the library. Some of these have been the Christmas Family Reading Program, The Lenten Reading Program on Parables, A Picture of Family Life, and Church Libraries Bring Families Together.

In 1978, the year of its tenth anniversary, the library had a circulation between three and four thousand books.

If you have walked down the hallway to the library, you have probably noticed some very fine bulletin boards on the left which have been created and posted by Ann Marie Novak. Also, to the far east in the library is a lovely couch for children to use. This was made by Jeane Sword.

The Library Board spends time every year "weeding" through books. Books which are not kept are given to anyone who wants one. The board also promotes the library by having books relevant to the seasons of the church year as well as the calendar year.

The present board members are Karla Hanson, Laurel Marvin, and Ann Marie Novak. If you have a chance, thank the members for their loving care of our library.

Meet our Custodians!

We would like to give a big welcome to Norm Saenger (left) and Casey Braasch (right). We asked them a few questions for you to get to know them.



Norm's favorite color is purple (no he is not a Vikings fan), he loves Chuck Norris movies, and he loves Chinese food, camping and biking. You will find his awesome bike outside the Tower doors when he is here working. Norm would like to someday travel to the Boundary Waters. What is the one thing most people don't know about Norm? He is a skydiver!

Casey's favorite color is Blue and her favorite TV show is Full-House. She loves to go to the Village Pump for pizza, and when she is at home she watches movies on Netflix. Someday she would like to travel to Hawaii. Casey has an older brother and a yellow lab named Blaze. Her favorite holiday



is Christmas so she will fit in just fine around here.

The next time you see Norm or Casey say HI and introduce yourself!

We Honor our Graduates and Scholarship Recipients!

Earlier this year we honored our members who graduated from high school. Graduates received quilts to convey the "hugs and love" from everyone at Concordia Lutheran Church.

Hugs & Quilts

Hugging is healthy. It helps the immune system.

Hugs help cure depression,

Reduce stress,

Induce sleep,

and show love.

A quilt can give you a hug.....
even when you are all alone!



Graduates: Christina Barnaby, Kennedy Jo Grimstad, Audra LePage, Benjamin Tully, and Shaye Toya



Each year Concordia offers the Boe Engebretson Student Award to those who will be attending higher educating in the next year. This year's recipients were David Gramstrup, Tony Ledin, and Audra LePage.

Please note: Individuals applying for the Boe Engebretson Student Award next spring, 2018, will be required to show at least 5 hours of service to Concordia, or a church near them if they are away at school. More details are available in the office.

P.S. Teaching Sunday School would be a great way to do this!

Happenings and Announcements

The following memorials are acknowledged by the church office:

In Memory of: Clarise Anderson
Given by: Ed & Luise Drolson (Bus Fund)

We are looking to replace our old rugs in the entrance of the church and in the hallway outside the offices. Please help us by donating towards this project.

We will now be accepting donations for the CLCW Annual Rummage Sale year round! Please limit to items that fit on a shelf or countertop. We have already received a few items and we have plenty of room for more!



Helen Frye Hankey Concert Series
October 22
4:00 pm

Childhood Dreams
 Vicki Fingalson, Soprano
 Sarah Lawrence, Soprano
 Calland Metts, Tenor
 Jeffrey Madison, Baritone
 Beth Sobczak, Piano



Night Out!

October 25th

Women: 5:00 at Ace's
 2827 Oakes Ave

Men: 5:30 at Who's Bar & Grill
 1114 Tower Ave



Concordia Lutheran Church's annual Trunk-or-Treat: A fun and safe way for families to enjoy a night out and collect Halloween treats. Tuesday, Oct.31 in the Concordia parking lot from 5-7 p.m.

Volunteers needed! Join us with your car to hand out Halloween treats to neighborhood kids and enjoy a night out. Benevolence Committee will provide treats, or you can bring your own pre-packaged candy. Come in costume and decorate your car! Contact John Gronski ([218-340-1813](tel:218-340-1813)).

Trunk or Treat



Movie Night!

Join us for Movie Night on Thursday, October 5. This month's movie is Sing, an animated film about a singing competition in a city of humanoid animals. Pizza and popcorn will be available for those who attend. Please sign up at the bulletin board outside the church office.



Thank you for all of the donations of socks, underwear and school supplies. They will be distributed across all of the schools in the district.
 The Benevolence Committee

Time to get out those knitting needles! The Benevolence Committee will be collecting hats and waterproof mittens for the hat& mitten tree in December. Our goal is to donate 100 hats to the local Head Start.

Altar Flowers for October

- Oct 1** Albert & Margaret Banker by Gary Banker & Family
- Oct 8** Robert & Jean Allen and Ted Ketola by Eileen Ketola & Family
- Oct 15** Bob & Prudy Hanson by Dan & Carol Gucinski & Family
- Oct 22** Margaret (Moe)Schneider by Millie Score & Family
- Oct 29** Bob Warner by Eidith Warner

Your Church Council members, working together with you in ministry:

Gary Banker	715.392.2149
Nancy Burley	218.464.7086
Matthew Eastman	218.409.9174
John Gronski (Vice President)	218.340.1813
Carol Lindegren(Secretary)	218.590.8238
Jan Lippitt	715.394.9158
Tom O'Neill (President)	218.391.6139
Nick Pristash	715.398.0488
Eric Sewall	715.392.1559

The DEADLINE for articles in "The Concordian" is October 16.

Announcements are due by 9:00 am
October 25.

Thanks for marking this on your calendar!



Choir will begin on October 8th. We will be meeting at 9 am Sunday mornings next to the piano in the Sanctuary.

Please come join us at any time if you would like to add your voice to our choir!

Serving in October

Ushers

October 1	Team IV
October 8	Team I
October 15	Team II
October 22	Team III
October 29	Team I

Bus Driver

October 1	Kris Hanson
October 8	Pete Quist
October 15	Brett Quist
October 22	John Gronski
October 29	Ken Harmer

Scripture Readers

October 1	Gunnar Gronski
October 8	Ed Lindegren
October 15	Gloria Sloan
October 22	Kristie Johnson
October 29	Doug Score

Altar Servers

October 1	Eunice Grimsrud & Joyce Olson
October 8	Eunice Grimsrud & Joyce Olson
October 15	Eunice Grimsrud
October 22	Joyce Olson
October 29	Eunice Grimsrud & Joyce Olson

Coffee Kiosk Servers

October 1	John Gronski
October 8	Jan Lippitt
October 15	Carol Lindegren
October 22	Eric Sewall
October 29	Matthew Eastman

Financial Assistants

Deb Harmer & Sue Martin

Communion Assistants

October 1	Mike Olson & Joyce Olson
October 8	Ann Novack & Linda Aho

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9 am Sunday School 9 am BP Check 9:30 am Benevolence 10 am Worship w/ Communion Confirmation Sunday 11 am Coffee	2 7 pm Boy Scouts	3 2 pm Bible Study 4 pm Just For Kix	4 2 pm Lydia Circle 4 pm Confirmation 6:30 pm Girl Scouts	5 2pm Service at Superior Rehab 6 pm Movie Night! 6 pm Council	6	7
8 9 am Choir 9 am Sunday School 10 am Worship w/ Communion 11 am Coffee	9 6 pm Property & Management 7 pm Boy Scouts 	10 9 am Staff Meeting 2 pm Bible Study 4 pm Just for Kix	11 10 am Altar Guild 2 pm Lydia Circle 4 pm Confirmation 6:30 pm Girl Scouts	12 2pm Service at Superior Rehab	13	14
15 9 am Choir 9 am Sunday School 10 am Worship 11 am Coffee	16 6 pm Worship & Music 7 pm Boy Scouts November Concordian Articles Due	17 9 am Staff Meeting 2 pm Bible Study 4 pm Just for Kix 6 pm Prayer Shawl	18 9:30 am Mary Circle 4 pm Confirmation 6:30 pm Girl Scouts	19	20	21
22 9 am Choir 9 am Sunday School 10 am Worship 4 pm Childhood Dream Concert	23 7 pm Boy Scouts	24 9 am Staff Meeting 2 pm Bible Study 4 pm Just for Kix	25 9:00 am November Concordian Announcements Due 4 pm Confirmation 6:30 pm Girl Scouts	26 Concordian Helpers 6 pm Council	27	28 CLCW Craft & Vendor Sale
29 9 am Choir 9 am Sunday School 10 am Worship	30 7 pm Boy Scouts	31 9 am Staff Meeting 2 pm Bible Study 4 pm Just for Kix 5-7 pm Trunk or Treat 				Office Hours: Monday-Thursday 8:30-2:30

Concordia Lutheran Church
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October 2017

A newsletter of Concordia Lutheran Church
Superior, Wisconsin
715.394.3762
www.concordiasuperior.org

NOTICE

We are updating our mailing system. If you are receiving this newsletter and do not wish to, please contact the church office. If you know someone who should receive it or wishes to be added, please have them contact our office.

Worship Schedule

10:00 am on Sundays

Communion served on the 1st and 2nd Sunday.
Fellowship (coffee & goodies) in the church library after the worship service.

Mission Statement

As members of the body of Christ at Concordia, **we are called** to be God's forgiven, gifted, diversified and unified people. By the power of the Holy Spirit, we **nurture and live our faith** in Jesus Christ, **encourage our service** in His church, and **actively share the Gospel** in our community and the world.