

The Concordian

A Newsletter of Concordia Lutheran Church – ELCA
Superior, WI February 2018 Vol 37 No. 2

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

From the Pastor:

Ash Wednesday this year is February 14... yes, the same day that people celebrate love and romance, St. Valentine's Day. Easter will be on April 1... yes, the same day that people commemorate fools.

Plans for February 14 do include an Ash Wednesday service that will incorporate some of the other themes of the day, though I promise there will be no chocolate coated with ashes... that would just be wasteful!

Plans for Easter will of course include something about the great joke that God accomplishes with the resurrection, but there will be plenty of time for that later.

Now, what do we do with our Lenten season in 2018? Many people observe the season by giving something up, and this year our parish nurse is advocating adding something good.

We can add some exercise, as the sanctuary will again be open on Wednesdays for walking before and after worship services.

We can add time for fellowship with other worshipers, as lunch will be served after the services again. Our Wednesday schedule will be: Worship at noon, lunch at 12:30, Worship at 5:30, lunch at 6:00.

We can add prayer for church, community, country, and creation...

and we can work toward the betterment of all of these.

Recently, an act of community vandalism against a Little Free Library in Superior was publicized on Facebook and in the local newspaper. The response seems to be that there will be more Little Free Libraries across the community. Many have volunteered to donate not only books, but building materials and even labor to construct them. Maybe we can also find ways to encourage those who have been destructive in the community to turn around, and be supportive instead... but it's difficult to do that when we are unaware of where to direct that inspiration!

When addressing the practice of giving something up for Lent, usually we focus on things that give us pleasure, so that when we avoid those things, we can remind ourselves of the life Jesus gave on the cross for us. My friends in school would often give up things like chewing gum, or chocolate.

This year, I have decided to advocate giving up something else. Maybe we can find something in ourselves that ought to be given up, not because it gives us pleasure, but because it contributes negativity either in our personal lives or in the community at large. Maybe we could look at it like giving up a bad habit for the benefit of all.



One thing people might consider giving up is the tendency to prejudice people based on their clothing, the color of their skin, or the way they use the spoken language.

Might we consider giving up the tendency some of us have to avoid gathering for worship on Sunday mornings? (Or maybe it's a tendency to sleep in. Is it that there is someone else who may be there that we don't want to see?)

Some might consider giving up the practice of contributing to charity out of what's left over, and instead begin to give first, trusting that other adjustments will be possible if necessary to make all things come out right at the end of the month.

Finally, let us embrace all the good that is given us through faith, that we may share God's light with all the world. In Jesus' name. Amen



PARISH NURSING NOTES...

Parish Nursing Notes.....

As we begin our Lenten journey this month, we can use this time to reflect upon our physical activity. Perhaps this Lent, we can consider adding something to our lives rather than giving up something. *"Do you not know that your body is a temple of the Holy Spirit, who is in you. You are not your own, you were bought at a price. Therefore, honor God with your body."* (1 Cor. 6:19-20).

Research has shown that people who do regular exercise live longer and feel better than those who do not. Physical activity reduces weight, and the risk of cancer and heart disease. Even those who exercise moderately

reap health benefits. Some of the top reasons to be physically active are stated in the ELCA Wellness Wheel materials.

- **God invites** us to be active participants in caring for this awesome gift of life.
- People who are physically active **live longer and feel better**.
- It's **fun!**
- **Fights chronic pain** and promotes relaxation.
- **Enhances mood** and self-esteem.
- **Fights off chronic illnesses**.
- **Boosts** our **energy** levels.
- Increases alertness and can help us to **be more productive**.
- Helps us to **look better**.
- Helps us to **feel younger**.

All of these are good reasons. But I particularly like the one about helping us to **be more productive**. Rather than simply making a New Year's resolution that will soon be forgotten, we would do better to **commit our health and lifestyle choices to the Lord** and ask for His strength to make and live out these choices. Consider exercise as one part of an overall plan of stewardship and aim for balance in the physical and psychosocial

dimensions as they relate to your relationship with Christ. Then we can be **more active and productive in helping others!**

And all exercise doesn't have to be done in a gym. It can be done at home, in a park, and even in church. We can help with projects at church, take a walk to visit with someone who is homebound, help with Sunday School and youth activities, offer to help someone who needs assistance in going to church, take someone to the park to enjoy nature and children's activities, offer to do errands for those who aren't able to run around on their own. Special exercises sometime have to be done to heal or strengthen certain muscles or joints. But simply walking 2 miles a day is associated with a significantly lower risk of death in older adults. And the exercise doesn't all have to be done at one time.

Let's think of ways we can be more active, more productive, and help others at the same time. We can **enjoy living an active and healthy life with God's blessings!**

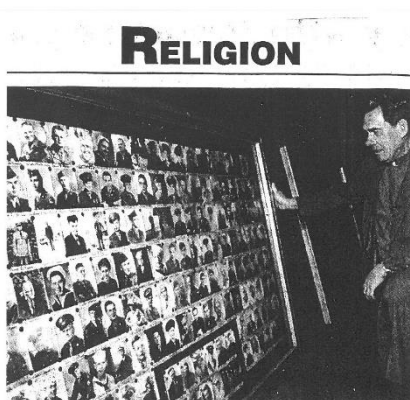
Stay happy, healthy, active, productive, and helpful!.....Jean

HERITAGE

Rev. Keith Beaver served at Concordia for just a short time during 1997. During his service here he discovered that over 293 men and women from our church had served in the armed forces during World War II.

The Daughters of Concordia wrote letters and sent packages regularly to those in the service.

As a result of Pastor Beaver finding the display in a closet, it was hung in the hallway. This display now includes all



Pastor Keith Beaver displays hundreds of pictures of men and women from Concordia Lutheran Church who served during World War II.

Concordia veterans who have served in all wars.

Since then the Heritage Committee brought the display to be professionally encased in glass in order to help preserve the photos. It now hangs in the Fellowship Hall.

At a special Church service honoring veterans, Rev. Beaver said, "We will thank God for the coming of His Son, the prince of Peace. We will thank our God for the brave men and women who have ensured our peace."

Altar Flowers for February

February 4

In Memory of Bill Downs Jr. and Billy Downs
given by Jeanne Downs

February 11

In memory of Jerry Parenteau
given by Irene Parenteau

February 18

In honor of the baptism of Hunter Allan
Verdoljak by his parents, Corey and Brianna

February 25

In memory of John Anunti
given by Frances Anunti,
Debra Anunti, and John Anunti

Upcoming open dates are:

March 4

August 12

September 2

November 18

Please contact the office if you would like one of
these dates.

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	218.340.1813
Carol Lindegren	218.590.8238
Jan Lippitt	715.394.9158
Nick Pristash	715.398.0488
Shawn Quist	218.343.6795
Eric Sewall	715.392.1559

The DEADLINE for articles in "The Concordian" is February 15.

Announcements are due by 9:00 am
February 22.

Thanks for marking this on your calendar!



Choir practice is at 9:00 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 February

Ushers

February 4

Team II

February 11

Team III

February 18

Team IV

February 25

Team I

Bus Driver

February 4

Brett Quist

February 11

Ken Harmer

February 18

Kris Hanson

February 25

Pete Quist

Scripture Readers

February 4

Steve Ledin

February 11

Audrey Dontje Lindell

February 18

Kristi Johnson

February 25

Ed Lindegren

Altar Servers

February 4

Joyce Olson

February 11

Joyce Olson

February 18

Joyce Olson

February 25

Joyce Olson

Coffee Kiosk Servers

February 4

Nancy Burley

February 11

Nick Pristash

February 18

John Gronski

February 25

Eric Sewall

Financial Assistants

Deb Harmer and Sue Martin

Communion Assistants

February 4

David Sloan and Gary Banker

Please note: Individuals applying for the Boe
Engbretson Student Award this 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!

Earn to make a quilt!

Saturday, March 10, from 9:00 to 2:00
(Lunch provided), all ages (male and female)
are invited to learn to make quilts. No
experience necessary. Come. It's fun!

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 2:00 Worship at Superior Rehab	2	3
4 9:00 Blood Pressure 9:00 Sunday School 9:00 Choir 9:30 Benevolence 10:00 Worship w/ Communion	5 6:00 BS Troop Committee 7:00 Boy Scouts	6 9:00 Staff Mtg. 10:00 Lydia Circle 4:00 Just for Kix	7 10:00 Altar Guild 3:45 Confirmation Class 6:30 Girl Scouts	8 9:00 Pastor's Conference Meeting at Chetek 2:00 Worship at Superior Rehab	9	10
11 9:00 Sunday School 9:00 Choir 9:00 CLCW general meeting 10:00 Worship w/ Communion	12 6:00 Property Management 7:00 Boy Scouts	13 9:00 Staff Mtg. 4:00 Just for Kix 5:00 Ladies' Night 5:30 Men's Night	14 Ash Wednesday 12:00 Worship 12:30 Lunch 5:00 Conf. Class 5:30 Worship 6:00 Lunch 6:30 Girl Scouts	15 March Newsletter Articles due	16 (9:30) New Brighton Youth Group at Concordia	17 New Brighton Youth Group at Concordia
18 9:00 Sunday School 9:00 Choir 10:00 Worship with Baptism 11:00 Game Day with lunch New Brighton Youth Group at Concordia	19 6:00 Worship and Music 6:00 Boy Scouts (and Court of Honor)	20 9:00 Staff Mtg. 11:30 Ministerium at St. Mary's 4:00 Just for Kix	21 9:30 Mary Circle 12:00 Worship 12:30 Lunch 5:00 Conf. Class 5:30 Worship 6:00 Lunch 6:30 Girl Scouts	22 9:00 March Newsletter Announcements due 6:00 Council	23 6:00 Movie night with Pizza and Popcorn	24 10:00 Prayer Shawl
25 9:00 Sunday School 9:00 Choir 10:00 Worship	26 9:00 Concordian Helpers 7:00 Boy Scouts	27 9:00 Staff Mtg. 4:00 Just for Kix	28 12:00 Worship 12:30 Lunch 5:00 Conf. Class 5:30 Worship 6:00 Lunch 6:30 Girl Scouts			Coming Saturday, March 10 9:00-2:00 (Lunch Provided) Learn to sew a quilt. All Ages. No experience necessary!

Happenings and Announcements

**The world is changing,
so our Lenten Series will
address various changes that
come in our lives**

Change of Season (February 21)

“For everything there is a season.” We hear those familiar words telling us that life is full of changes. Jesus’ parables are also filled with images of life transformed. Just as the mustard seed grows into a tree or yeast turns flour into bread, we too are called to be agents of change in the kingdom of God. Christ did not come to earth to maintain the status quo, but rather to usher in a change of season.

Change of Habit (February 28)

Bad habits are hard to break. The letter to the Galatians urges us to replace them with the fruits of the Spirit. Love, patience, generosity, and self-control are just some of the good habits practiced by those whose foundation is built on Christ.

Change of Circumstances (March 7)

We move from elementary to middle school, or from our hometown to a new community. We lose a job, or gain a child, or accomplish a goal, or relinquish a dream. Through it all, we learn to give thanks to God in all circumstances.

Change of Heart (March 14)

Jesus’ words to the Pharisees give us pause: “You honor me with your lips, but your hearts are far from me.” Jesus invites us to experience a change of heart that will in fact change every part of our lives.

(Song of Solomon 8:6, Psalm 139:23-24)

Change of Plans (March 21)

God’s ways are not our own. We expect a conquering king and hero, but Jesus instead leads us down the road to Jerusalem and humbles himself on the cross. God changes our plans and replaces them with a love broader and deeper than anything we could imagine.

***The following memorials are acknowledged
by the church office:***

In Memory of Elizabeth Johnson

Eunice Grimsrud – Altar Guild

In Memory of Edward Drolson

Betty Ursin – undesignated

Movie Night!

Friday, February 23

Captain Underpants!
rated PG will be shown in
the youth room for those of
all ages.

The Shack
rated PG-13 will be shown
in the fellowship hall for
those of appropriate ages.



Night Out February 13

5:00 Ladies’ (Place TBD)

5:30 Men’s (Place TBD)



Personnel Committee

We are looking for volunteers to help with some office tasks. Please let us know what type of tasks interest you.

Serving Groups for Lenten Meals

February 14, Staff

February 21, Library Board

February 28, Worship and Music

March 7, Property and Management

March 14, Council

March 21, Youth and Family

March 29, (Maundy Thursday)

Noon, Altar Guild

Evening, CLCW

We are now accepting donations for the Annual CLCW 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!

Concordia Lutheran Church
1708 John Ave.
Superior, WI 54880

Non-Profit Organization
U.S. Postage Paid
Superior, WI
Permit No. 254

Address Service Requested

Place label here

The Concordian is published monthly since 1981 by:

Concordia Lutheran Church
1708 John Avenue Superior, WI 54880
(715) 394-3762 – Office
(Formerly Concordia Churchman 1961-1981)

e-mail:

Pastor Michelle: rowell.michelle.r@usa.net
Church Office: concordiasuperior@gmail.com

Websites:

Church website: www.concordiasuperior.org
Synod website: www.nwswi.org
ELCA website: www.elca.org
Luther Point Bible Camp website: www.lutherpoint.org
Resource Center website: www.synodresourcecenter.org

Michelle R. Rowell, Pastor
Beth Sobczak, Keyboards
Gary Banker, Assistant Keyboards/Choir Director
Nancy O'Neill, Financial Secretary
Jean Riedasch, Parish Nurse
Matthew Eastman, Custodian & Technologies
Audrey Dontje Lindell, Youth & Family Coordinator

Editor: Jennifer Kloss (beginning next month)

Contributors: Many

Assembly/mailling: Our faithful volunteers

The Concordian

February

Vol. 37 No. 2

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 Sundays.
Fellowship (coffee & goodies) in the church library
after the worship service (when scheduled).

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.