



The Concordian

A Newsletter of Concordia Lutheran Church – ELCA
Superior, WI April 2021 Vol 40 No. 04

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

From the Pastor

Easter blessings as we celebrate new life in Christ this season. The anniversary of the discovery of Jesus’ resurrection is April 4 this year, as we follow somewhat closely the Hebrew calendar by which the Jews have measured the passing of the seasons.

For this message, I’ve chosen a photo that is about a year-and-a-half old, chosen firstly because in it I am wearing a color often associated with the spring season. However, the photo was not taken in the spring, though it did feature a recognition of some kind of new life. I was just over a year past the surgeries that excised cancerous growths from my body, and wearing pink to raise awareness of that disease.

Now, we are living with another kind of disease threatening the world with respiratory distress and possible death. No, Covid19 has not killed as many as statistically die from the various forms of cancer each year, but it has added to them!

I am encouraged that our gifted scientists have been able to develop several different vaccines that appear

to be effective against the pandemic that so interferes with life as we’ve become accustomed to it. It is discouraging, however, how so many people seem to be hesitant about receiving one of them, even though they meet the qualifications of those who should receive a vaccine to protect themselves because of increased exposure because of their work, or increased risk because of their personal circumstances.

I must admit that I hesitated myself as well, though not for the reasons mentioned above. I did not wish to jump in front of people I believed to be more at risk than myself. Plus, it seems that each state—and various counties within each state—seem to follow differing protocols, and Douglas County did not add clergy to the list until very recently.

Once we reach a point where a majority of people are protected at least to some extent from the effects of this virus, I wonder if people will experience a kind of resurrection allows them to see what a wonderful creation God has given to us. Will people begin to see others as neighbors rather than as enemies? Will we learn to



love one another as God loves us? Or will we focus primarily on ourselves, fighting for personal gains without a thought for those whose lives we belittle as somehow less worthy than our own?

Let the resurrection of Jesus inspire you to see all nations as people who benefit from God’s love, and from God’s promise. Let us proclaim from the mountains and in the valleys the God who lives and who grants life to this creation now and forever.

Let us live as Easter people, celebrating new life in the spring, fall, summer, and winter; and accepting death when it comes—along with God’s resurrection promise of hope. In Jesus’ name,

Pastor Michelle R. Rowell



PARISH NURSING NOTES...

April is designated as National Nutrition Month, this year – that will be our focus here. As you may have noticed, reports of what is “good” for you or “bad” for you seems to change quite a bit. What is “good for you one year is often “bad” for you a year or two later. This year, most reports seem to focus on overall diet habits rather than special foods or food groups.

A few years ago, I wrote about a book I found in our church library entitled, What Would Jesus Eat? If we look back in the Bible, we can get an idea of what and how people ate way back then. We can also learn what God’s intent was at the Creation. He created our bodies and the way He intended for them to satisfy nutritional requirements, so that we might have a long and healthy life. Initially God said (in Genesis 1:29), “See I have given you every herb that yields seed; to you it shall be for food.” Later on in Genesis 9:3, He says, “Every moving thing that lives shall be food for you; just as I gave you the green plants, I give you everything.” While our bodies can break down and metabolize both plant and animal products, they are much better suited for consuming plant products than animal ones. We have 20 teeth suited for grinding and crushing plant foods, and only 4 canine teeth designed for eating meat. Our longer intestinal tract favors the ingestion of plant foods; and our saliva and stomach secretions are most efficient at breaking down carbohydrates (plants). Our bodies have not been created to handle a diet high in meat or fats. Whereas the fiber from plants is mainly excreted, the fat from meat products tends to remain in the body, clogging the liver and blood vessels, and collecting in

fat deposits where we don’t want them.

Today, a lot of popular diets advocate “counting carbs,” and that is very effective. But there are many types of “carbs.” All foods are composed of fats, proteins, carbohydrates, vitamins and minerals, and water. Most foods that we eat are a combination of several of them, so while white sugar is a carbohydrate, so are fruits, vegetables, and whole grains. This means when “counting carbs,” it is a good idea to read labels, and select carbohydrates which supply *more* vitamins, minerals, and fiber and *less* fat – rather than carbohydrates that supply simply sugars (or empty calories), or more fat.

So what did Jesus eat? From reading the Bible, we know He ate fish, whole grains, olive oil, red wine, fresh fruits and vegetables, and grains. In other words, whole foods, fresh fruits and vegetables, pure water – foods without pesticides, fungicides, chemical preservatives, or infused with added sugar, fat or salt. He also exercised.

I remember reading in the book that I mentioned that in Jesus’ short life, he walked the equivalent of the distance around the world at the equator – 24,901.55 miles – and that is based only on the travel records in the Bible!



Now for the big finale! Guess what all the health experts today recommend?? Exactly the kind of diet that Jesus ate! Different experts may emphasize one diet over another, but they all recommend: more fruits and vegetables and whole grains; reduced intake of saturated fat, trans fat and cholesterol; limiting salt and sugars; alcoholic beverages in moderation, if at all; controlling portion sizes; and including physical activity in your daily routine.

Jesus knew about healthy living in all aspects. So think about it. What would Jesus do? What would Jesus eat? And remember your spiritual nutrition as well Psalm 34 says, “O taste and see that the Lord is good...”

Stay healthy and happy..... Jean

Rev. Debra Benson, Obituary

Rev. Debra (Renee Hanson) Benson, was born on March 12, 1959, in Rock Rapids, Iowa, to Romelda (Braaten) Hanson and Lyle Hanson. Debbie grew up in Pelican Rapids, Minnesota, with her two brothers, Larry and Jon. The family moved to Moorhead, Minnesota, where Deb graduated from Moorhead High School in 1977. She attended Concordia College graduating with a degree in Psychology in 1981.

Deb's first call was as the youth director at Concordia Lutheran Church in Superior, Wisconsin. After three years, she attended Luther Northwestern Seminary in St. Paul, Minnesota, where she met and married Lewis Benson and graduated from Luther Seminary in May 1988. Deb was ordained as an ELCA Lutheran pastor, and took her first call to Grace Lutheran Church in Ada, Minnesota.

In 1993, the family moved to Mount Vernon, Washington, where Deb and Lewis shared a call at Salem Lutheran Church. In 1999, Deb took a call at Oak Harbor Lutheran Church working with youth and leading confirmation.

In 2002, Deb accepted a call to serve as the lead pastor of Anacortes Lutheran Church, where she fulfilled one of her life's greatest callings, ministering to her congregation through their life's greatest milestones.

In August 2019, Deb was diagnosed with cholangiocarcinoma. Debra passed away peacefully, on March 2, 2021, surrounded by family and wrapped in the love of the Holy Spirit.

She is survived by her husband, Lewis Benson of Mount Vernon, WA; daughters Kayla (Ryan) Hoel of Minneapolis, MN, and Kathryn (Greg) Benson of San Francisco, CA; parents Romelda and Lyle Hanson of Moorhead, MN; grandsons, Jackson and Soren Hoel; brothers Larry (Shannon) Hanson and Jon (Linda) Hanson; brother-in-law Em (Lorretta) Benson and sister-in-law Christine (Kent Barringer), nieces Emily, Anna, Hanna, Calli, Felisha and nephews Patrick, Trevor, and Erik; and over twenty, first cousins and their families. She is preceded in death by her brother Bruce and nephew Andrew.

She was laid to rest at Grand View Cemetery in Anacortes, Washington.

Memorials

In memory of Millie Score

Bus Fund
Concordia Cares

Given By: Signe & Luise Drolson
Given By: Mark Thompson

In memory of Bob Benson

Riverside Cemetery

Given By: Donna & Pete Quist

Flowers

The Altar guild appreciates everyone's donations to the flower fund throughout the year whether you contribute to lilies, poinsettias or the weekly Altar flowers in honor or memoriam.

Given by:

| | |
|----------|------------------------|
| April 4 | The Lippitt Family |
| April 11 | Gary & Carol Banker |
| | Craig & Amy Banker |
| April 18 | Robert & Traci Strauch |
| April 25 | Patsy Luder |
| | Shirley Brandser |

In Memory Of:

| |
|--------------------------|
| Edward & Dorothy Hoffman |
| Erika Margaret Banker |
| |
| Loved Ones |
| Esther J. Nelson |



Limited In-Person Worship

is available by reservation each Sunday. (Bus *may* be available.)

One household may be seated at each labeled position on the map.

Call the church at 715-394-3762.

If there is no answer, leave a message with a phone number.

Tell us how many people to expect for your household

Tell us how many will participate in communion

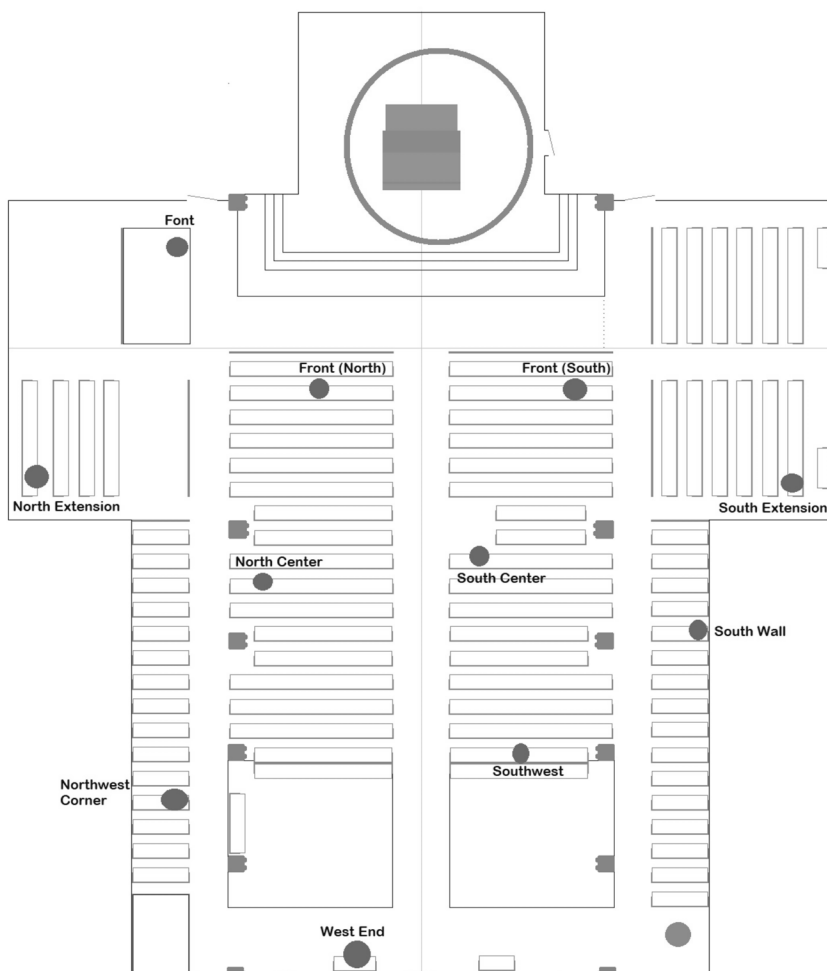
(is juice needed instead of wine?).

Tell us your requested space.

If the reservations for that Sunday are already filled, we will call to arrange for a different Sunday.

If your requested seating space is not available, we will call to suggest a different space that is available.

Please call any time during the week, or by 10 a.m. on Saturday.



As of this printing, we have just a few spaces still available for Easter worship at 8:00 a.m. (no 10:00 gathering).

Please call and leave a message if you'd like to reserve a space.

(The newspaper ad does say, "online only," as we will not be prepared for people to walk in without having made a reservation.)

Worship Aids for the Coming Weeks

Sunday, April 4, 2021 Resurrection of Our Lord: Easter Day

Christ is risen! Jesus is alive, and God has swallowed up death forever. With Mary Magdalene, Mary the mother of James, and Salome, we may feel astonished and confused, unsure of what to make of the empty tomb. But this is why we gather: to proclaim, witness, praise, and affirm the liberating reality of Christ's death and resurrection. In word and feast, we celebrate God's unending love, and depart to share this good news with all the world. Alleluia!

Prayer of the Day: O God, you gave your only Son to suffer death on the cross for our redemption, and by his glorious resurrection you delivered us from the power of death. Make us die every day to sin, that we may live with him forever in the joy of the resurrection, through your Son, Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen

Readings

Acts 10:34-43 *God raised Jesus on the third day*

Psalm 118:1-2, 14-24, *This is the day that the Lord has made, let us rejoice and be glad in it.*

1 Corinthians 15:1-11 *Witnesses to the risen Christ.*

Mark 16:1-8, *The resurrection of Jesus is announced, and the response is one of terror and amazement.*

Sunday, April 11, 2021 Second Sunday of Easter

The Easter season is a week of weeks, seven Sundays when we play in the mystery of Christ's presence, mostly through the glorious Gospel of John. Today we gather with the disciples on the first Easter, and Jesus breathes the Spirit on us. With Thomas we ask for a sign, and Jesus offers us his wounded self in the broken bread. From frightened individuals we are transformed into a community of open doors, peace, forgiveness, and material sharing such that no one among us is in need.

Prayer of the Day: Almighty God, with joy we celebrate the day of our Lord's resurrection. By the grace of Christ among us, enable us to show the power of the resurrection in all that we say and do, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen

Readings

Acts 4:32-35 *The believers' common life*

Psalm 133, *How good and pleasant it is to live together in unity.*

1 John 1:1-2:2, *Walking in the light*

John 20:19-31, *Beholding the wounds of the risen Christ.*

Worship Aids for the Coming Weeks Continued

Sunday, April 18, 2021 Third Sunday of Easter

The gospel for the third Sunday of Easter is always one in which the risen Christ shares food with the disciples, meals that are the Easter template for the meal we share each Sunday. In today's gospel, Jesus both shares the disciples' food and shows them the meaning of his suffering, death, and resurrection through the scriptures, the two main elements of our Sunday worship

Prayer of the Day

Holy and righteous God, you are the author of life, and you adopt us to be your children. Fill us with your words of life, that we may live as witnesses to the resurrection of your Son, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen

Readings

Acts 3:12-19 *Health and forgiveness through the risen Jesus.*
Psalm 4, *The Lord does wonders for the faithful.*
1 John 3:1-7 *The revealing of the children of God.*
Luke 24:36b-48 *Eating with the risen Christ.*

Sunday, April 25, 2021 Fourth Sunday of Easter

The image of the good shepherd shows us how the risen Christ brings us to life. It is the relationship between the shepherd and the sheep, one of mutual knowledge and love, that gives the shepherd authority. The shepherd's willingness to lay down his life for the sheep shows his love. First John illustrates what it means to lay down our lives for one another by the example of sharing our wealth with any sibling in need.

Prayer of the Day Everlasting God, in your endless love for the human race you sent our Lord Jesus Christ to take on our nature and to suffer death on the cross. In your mercy enable us to share in his obedience to your will and in the glorious victory of his resurrection, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen

Readings

Acts 4:5-12 *Salvation in the name of Jesus*
Psalm 23, *The Lord is my shepherd, I shall not be in want.*
1 John 3:16-24 *Love in truth and action.*
John 10:11-18 *Christ the shepherd.*

Crosses We Don't Choose

Then Jesus told them, "... take up their cross and follow me." Matthew 16:24b

Dear Members and Friends of the Northwest Synod of Wisconsin,

My friend Julie's mom had dementia. Julie picked up that cross and carried it as her beloved mother faded away. Paul was in second grade when he was diagnosed with diabetes. It was a cross he would carry for the rest of his life. Erica's drug addiction was a cross she and her family carried for years until she found sobriety. They were all crosses they didn't choose.

Jesus carried his cross on the road to his crucifixion. Along the way he falls, and a man named Simon of Cyrene is forced to pick up Jesus' cross and carry it the rest of the way to Calvary. Simon was most likely a reluctant cross bearer. Most of us are reluctant cross bearers. We don't choose the pain or suffering we've been dealt, and yet we carry the load. We don't choose to carry another person's cross when they are too weak to carry it themselves, but we are at times compelled by love to do so.

This month marks the one year anniversary of the pandemic. It is a cross that we've all carried to one degree or another. For some it has been an inconvenience and for others a heavy burden of suffering and profound grief. Theologically there is no way to put a positive spin on the coronavirus or 2020. It has been a cross we didn't choose. The strain of carrying this cross is evident in our country and congregations. We are all weary of it.

On Palm/Passion Sunday and Good Friday we are drawn into the story of Jesus' arrest, trial, and death. We walk alongside him in the crowd as he carries his cross, our cross, compelled by love. We walk with a suffering Jesus straining under the weight of this cross, stumbling, falling, getting back up and finally letting go, letting another carry it. Jesus knew pain in his human body, and so Jesus knows our every weakness. Jesus himself was beaten, knew suffering and was unable to carry the weight this cross. He falls to the ground under the weight of his love for us.

As a church we invite others to walk in the way of Jesus knowing that they are carrying crosses they didn't choose for themselves. We invite others to walk in the way of Jesus because as a community of faith we shoulder the burden and carry it all together. We help another carry their cross out of love. We are Simon of Cyrene.

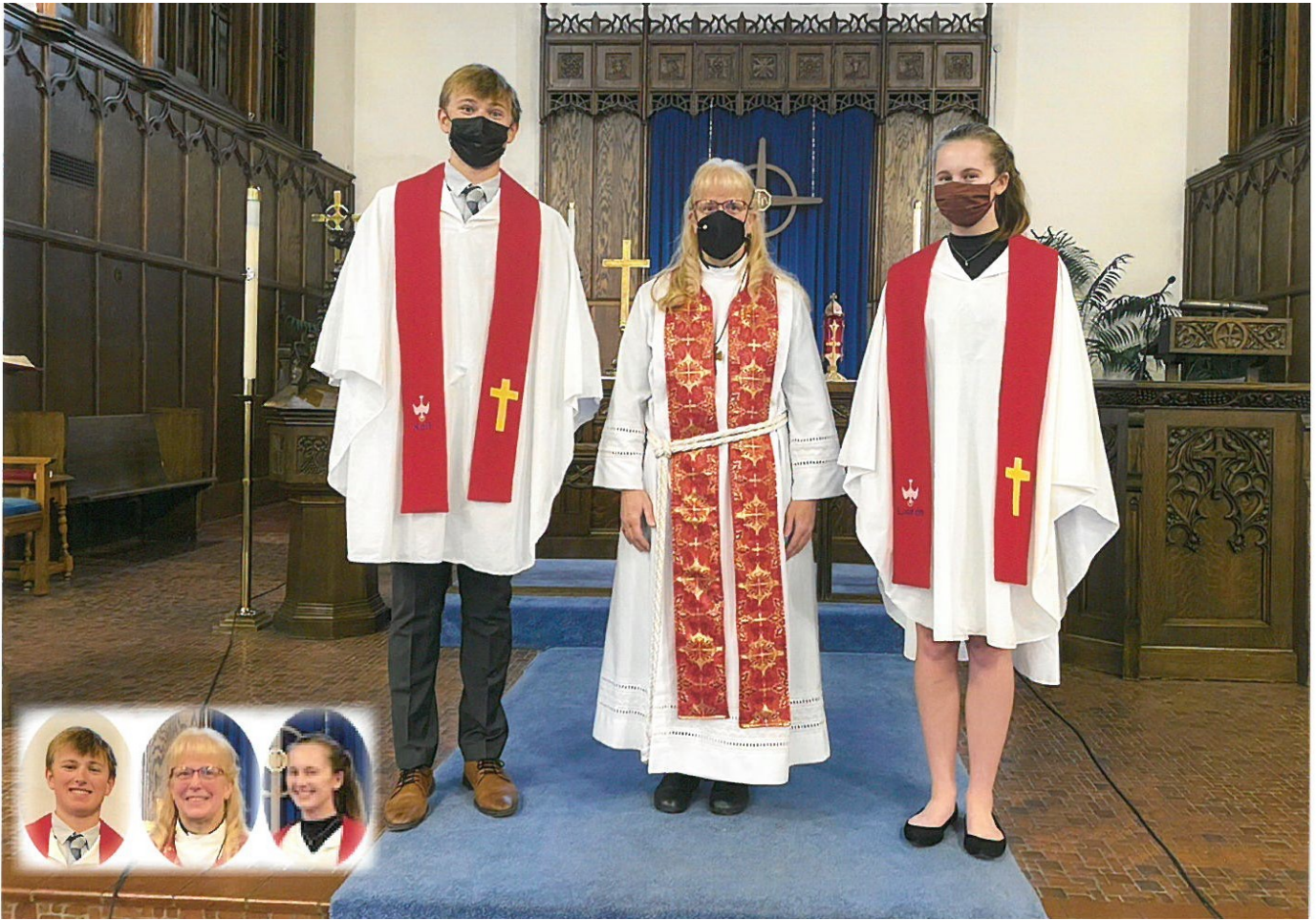
Maybe that is what this past year has taught us; that we need each other; we aren't alone. We've been isolated, quarantined, but not alone. We can't take our congregations for granted. We need our faith communities and the relationships with other believers because we can't carry our own crosses. We follow the way of Jesus together bearing our neighbor's crosses out of love.

It is in the cross that Jesus carried and on which he was crucified that we can know the love of God and salvation. This is Luther's Theology of the Cross. It is in the crosses that we as a community of faith carry together as we follow in the way of Jesus that we too see and know the love God.

Dear friends of the Northwest Synod of Wisconsin, I am grateful for you, that during the pandemic, we were able to walk in the way of Jesus together. May you each know the joy of Easter! Christ is Risen. He is risen indeed.

Bishop Laurie Skow-Anderson

Inspired by an article titled Crosses we don't choose in March 10, 2021 Christian Century by Debie Thomas
Simon of Cyrene Matthew 27:32



Affirmation of Baptism

On October 24, 2020, Lauren Ketola and Kell Piggot affirmed their baptism in a masked and distanced rite at Concordia in the presence of their families. The next day, a recording of the rite was shown during our worship service, so that the congregation members present in the building and those present online could participate.

Shown here is our photo that will likely be rather unique for our picture board!

We celebrate with Kell and Lauren as they pledge their commitment as people of God in Christ Jesus, and deepen their relationship with Concordia Lutheran Church.



ELCA Youth Gathering, now 2022

Gathering leadership continues to monitor the COVID-19 pandemic and how it may impact the 2022 ELCA Youth Gathering, the Multicultural Youth Leadership Event (MYLE) and the tAble. Many of those impacts remain unknown this far in advance of the event dates. We plan to provide an update on the Gathering's viability later this summer (before registration opens) and again in late November or early December. We will continue sharing updates through Gathering communication as we learn more about the

Easter Worship, April 4

will be online at an earlier hour, **live at 8:00 a.m.** rather than ten.

Maundy Thursday will be online at noon on Thursday, April 1

Good Friday will be online only at noon on Friday, April 2


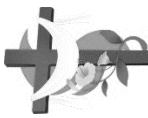


Concordia Lutheran Council and Membership

Council met long enough after the Annual meeting to determine current officers, but has not yet determined committee relationships. Caleb Ulen is the only new member elected, according to an understanding from last year. No other new members were elected for 2021.

| | |
|----------------|--------------------------------------|
| President | Kris Hanson 715-977-1260 |
| Vice President | Michael Olson 715-398-0343 |
| Secretary | Ken Harmer 218-390-8218 |
| Treasurer | Doug Score 218-260-0657 |

| |
|--------------------------------------|
| Matt Ketola 715-363-2567 |
| Mark Thompson 715-392-3166 |
| Kaleb Ullan |

~ April 2021 ~

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|--|---|--|---------------|
| | | | | 1 | 2 Good Friday Office Closed  | 3 |
| 4 Easter 8a-9a Worship  | 5 | 6 9a-9:30a Staff Meeting 10:30a-11:30a Pastor's Text Study (Pilgrim) | 7 1p-2p Concordia Confirmation Class | 8 | 9 Office Closed | 10 |
| 11 10a-11a Worship 11:15 a.m. Council by ZOOM | 12 6p-7p Property Management Committee | 13 9a-9:30a Staff Meeting 10:30a-11:30a Pastor's Text Study (Pilgrim) | 14 1p-2p Concordia Confirmation Class | 15 Tax Day (Taxes Due) 9:30a-12p Lake Superior Conference Pastors (TBD)  | 16 Office Closed | 17 |
| 18 10a-11a Worship | 19 6p-7p Worship and Music Committee | 20 9a-9:30a Staff Meeting 10:30a-11:30a Pastor's Text Study (Pilgrim) | 21 Administrative Professionals 1p-2p Concordia Confirmation Class | 22 Earth Day  | 23 Office Closed | 24 |
| 25 | 26 | 27 9a-9:30a Staff Meeting 10:30a-11:30a Pastor's Text Study (Pilgrim) | 28 1p-2p Concordia Confirmation Class | 29 | 30 Arbor Day Office Closed | Notes: |

Concordia Lutheran Church
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Superior, WI 54880

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by:*

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Synod website: www.nswi.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
Dr. Héctor Landa, Keyboards
Vanessa Johnson, Office Manager
Jean Riedasch, Parish Nurse
David Eastman, Custodian
Matt Eastman, Technologies

Contributors: Many
Assembly/mailling: Our faithful volunteers

The Concordian

April

Vol. 40 No. 04 A newsletter of Concordia Lutheran
Church
Superior, Wisconsin
715.394.3762
www.concordiasuperior.org

Sunday Worship Schedule

10:00 am Worship

Online at: facebook.com/ConcordiaSuperior

Limited in-person worship by reservation

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.

NOTICE

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.