

The Concordian

A Newsletter of Concordia Lutheran Church – ELCA
Superior, WI July 2021 Vol 40 No. 07

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

From the Pastor

The book of Ecclesiastes says in the song recorded at the very beginning of the book, “There is nothing new under the sun.” It seems, at first, to be the epitome of pessimism, as, often, when people say this, they are complaining about the monotony of life. Yet there is also promise in these words, because they reassure us that since we’ve gotten through this before, we’ll get through it again.

The day before the writing of this article, rain was coming down fast and hard, flooding the sidewalks and the streets because it came so fast. An inch-and-three-tenths fell in my yard within about half an hour. We were somewhat concerned (while it was happening) that more severe flooding could occur, but it didn’t last, and by later in the evening the great puddle that filled the whole road south of the bus barn had receded to a few feet across.

If there had been a flood more along the lines when the entire church basement had to be redone, we would have had to deal with it, but I am very pleased there wasn’t.

Why does God allow tragedies to happen? Why do flood waters or high winds sometimes destroy or carry away whole structures (or living beings)? Why does a pandemic kill hundreds of thousands in this country, and millions around the world? Why does a condominium topple to the ground, instantly burying people who had been asleep in their beds?

In the story of the great flood at the time of Noah, reason is given indicating the transgressions of the people... but there is also a promise that such an event would not happen ever again. Yet floods covering huge portions of the land still occur. People still die in tragic disasters that seem to have no easy explanation.

Of course, we can point to sin as the cause of many disasters, even those which create harm for others rather than the perpetrator. Diseases caused by asbestos or other chemicals we unknowingly inhale are but one example. But that goes only so far, because we can’t really fix that. We’ve tried. Some situations arise where no matter what you do, someone suffers harm.



So we trust in the God who walks with us through life and through death, the God who promises not only resurrection but abundant life here and now. We trust, hoping for the time when our own suffering is eased, and the suffering of others ends, too.

Until our suffering ends, we remember that there is nothing new under the sun, and since people have gotten through this before, we can get through it this time. We can do our best to ease the suffering of others and ourselves. We can remind each other that God is with us in our suffering (and in our joys!).

Let your heart be eased with the never-failing love of God. In Jesus’ name.

Pastor Michelle R. Rowell



PARISH NURSING NOTES...

"The waters fed it. Deep springs made it grow tall." Ezekiel 31:4 (NIV). How much water did you drink today? Yesterday? Do you drink enough water to nourish your body and "make it grow tall?" I don't think I am likely to grow any taller no matter HOW much water I drink! But my body does function better with adequate water intake, and I certainly get more exercise from running to the bathroom more often!

Approximately 60% of our body weight is due to water content in our body. That's more than our skeletal and muscular systems combined (which also contain considerable amounts of water). Every system in our body depends on water to function. Water flushes out toxins, carries nutrients to cells, and provides a moist environment for tissues. Severe dehydration can affect blood pressure, circulation, digestions, kidney function, your joints, and even mental function. Even mild dehydration can lead to fatigue, dry skin, headaches, and constipation.

How much water you need on a daily basis depends on your health status, activity level, and the climate. Water is lost through perspiration, urination, breathing, and other body processes. So in hot weather, or when exercising, you lose even more fluids through your skin and respirations than when you are relaxing, or when the air is cooler.

Dehydration can occur quickly and without

warning. Young children are at a greater risk because of their fluid volume and small body weights. Especially if they develop vomiting or diarrhea. The elderly are also at a greater risk since the aging process decreases their sense of thirst. They also live alone, eat poorly, and often forget to drink. Chronic conditions can also affect their ability to conserve water. And multiple medications can add to the problem.

Since thirst is not an accurate sign of your body's water level, how do you know if you are properly hydrated? Be proactive and drink water throughout the day. Some tips: drink an 8 oz. glass



of water at and between each meal; drink before/ during/after any exercise; eat fruits and vegetables which are high in water content. Monitor the color of your urine. It should be clear and colorless or light yellow.

Plain tap water is the best, and cheapest way to maintain your fluid intake. You don't need the extra sugars and additives in flavored and bottled water. Some products claim to have extra vitamins and minerals. But, again, you are better off getting them in their natural state in fruits and vegetables.

And don't forget about the spiritual water offered to us for eternity, through God. That, too, is offered free to all – not bottled or flavored and sold in a supermarket. "The Lord will guide you continually, giving you water when you are dry and restoring your strength. You will be like a well-watered garden, like an ever flowing spring." Isaiah 58:11 NIV.

Stay happy, healthy, and hydrated.....Jean

We ♥ Volunteers



If you're interested in helping with worship by reading, being a communion assistant, ushering, or providing special music, please call the office and let us know. We will do our best to connect you in ways that will support the faith of the people.

Memorials

No memorials to publish this month.

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:

July 4	Dottie Anderson
July 11	Lois Renoos
July 18	Nancy Tester & Sue Rink
July 25	Rhoda Pearthree

In Memory Of:

Duane "Andy" Anderson
Carl, Nancy, Heather & Kaiden
Linda Ness
Cliff Pearthree & Loved Ones



Worship Aids for the Coming Weeks

Sunday, July 4, 6th Sunday after Pentecost

Jesus does great deeds of power and gives his disciples authority over demons. Yet none of this power is unilateral; it all must be received by faith. Jesus asks his disciples to go out without money or supplies, so that they will be dependent on how others receive them. When we are sent from the assembly to witness and to heal, we are asked to be vulnerable, to be dependent on the reception of others. The Spirit always operates in the “between”: between Jesus and his Abba, between Jesus and us, between you and me, between us and those to whom we are sent.

Prayer of the Day: God of the covenant, in our baptism you call us to proclaim the coming of your kingdom. Give us the courage you gave the apostles, that we may faithfully witness to your love and peace in every circumstance of life, in the name of Jesus Christ, our Savior and Lord. Amen

Readings

Ezekiel 2:1-5, *The call of Ezekiel*

Psalm 123, *Our eyes look to you, O God, until you show us your mercy.*

2 Corinthians 12:2-10, *God's power made perfect in weakness.*

Mark 6:1-13, *Sending of the Twelve to preach and heal.*

Sunday, July 11, 7th Sunday after Pentecost

When Amos reports his vision of God judging Israel for its mistreatment of the poor, he becomes a threat to the power of the priests and the king. John the Baptist also speaks truth to power, and Herod has him killed. In Herod's fear that Jesus is John returned from the dead, we may hear hope for the oppressed: all the prophets killed through the ages are alive in Jesus. We are called to witness to justice in company with them, and to proclaim God's saving love.

Prayer of the Day: O God, from you come all holy desires, all good counsels, and all just works. Give to us, your servants, that peace which the world cannot give, that our hearts may be set to obey your commandments; and also that we, being defended from the fear of our enemies, may live in peace and quietness, through Jesus Christ, our Savior and Lord. Amen

Readings

Amos 7:7-15, *The sign of the plumb line: God's judgement on Israel.*

Psalm 85:8-13, *I will listen to what the Lord God is saying.*

Ephesians 1:3-14, *Chosen in Christ to live to the praise of God's glory.*

Mark 6:14-29, *The death of John the Baptist.*

Worship Aids for the Coming Weeks

Sunday, July 18, 8th Sunday after Pentecost

Mark's gospel makes clear how great is the press of the crowd, with its countless needs to be met, on Jesus and his disciples. Yet in today's gospel Jesus advises his disciples to get away and rest, to take care of themselves. Sometimes we think that when others are in great need we shouldn't think of ourselves at all; but Jesus also honors the caregivers' need. We are sent from Christ's table to care for others and for ourselves.

Prayer of the Day O God, powerful and compassionate, you shepherd your people, faithfully feeding and protecting us. Heal each of us, and make us a whole people, that we may embody the justice and peace of your Son, Jesus Christ, our Savior and Lord. Amen

Readings

Jeremiah 23:1-6, *From David's line, a righteous shepherd for Israel.*

Psalms 23, *The Lord is my shepherd, I shall not be in want.*

Ephesians 2:11-22, *Reconciled to God through Christ, our peace.*

Mark 6:30-34, 53-56, *Christ healing the multitudes.*

Sunday, July 25, 9th Sunday after Pentecost

Today is the first of five Sundays with gospel readings from John 6, the first four of which focus on Jesus as bread of life. Today Jesus feeds thousands of people with five loaves and two fish. What we have, what we bring to Jesus' table, seems like it is not nearly enough to meet all the needs we see around us. But it is not the adequacy of our supplies or our skills that finally makes the difference: it is the power of Jesus working in the littlest and least to transform this world into the world God desires, a world where all the hungry are satisfied.

Prayer of the Day Gracious God, you have placed within the hearts of all your children a longing for your word and a hunger for your truth. Grant that we may know your Son to be the true bread of heaven and share this bread with all the world, through Jesus Christ, our Savior and Lord. Amen

Readings

2 Kings 4:42-44, *Elisha feeding a hundred people.*

Psalms 145:10-18, *You open wide your hand and satisfy the desire of every living thing.*

Ephesians 3:14-21, *Prayer for wisdom, strength, and Christ's indwelling.*

John 6:1-21, *Christ feeding the five thousand.*

Mentors & Donations Needed

Concordia Cares encourages participation in this needed (and effective) program for the people of our community!



The mission of Mentor North is to celebrate youth and support their families through one-on-one mentorship and community engagement.

Mentor North believes in the dignity of all people. We celebrate youth and families' individual stories and welcome mentors from a variety of identities and backgrounds.

Our goal is to create a vibrant and inclusive mentorship community.



Learn more: mentornorth.org

Mentor North was established in 2019 as a one-on-one, community based mentoring organization. Our guiding principles are outlined by the Elements of Effective Practice for Mentoring (4th Ed.). Mentor North's programs each have a rich and varied history for how they developed and came to serve the community.

- Mentor Duluth
- Mentor Superior

- Five Points (serving middle school youth in Duluth)
- Mutual Mentoring (launching fall 2021 in Duluth)

Mentor Duluth and Mentor Superior currently have about 120 active matches, and over 200 youth on the waitlist who are waiting to receive a mentor.

- Mentors spend 8-12 hours per month with their mentee
- At least a 1 year commitment to the mentoring relationship
- Matched based on shared interest and personality

Would you like to become a mentor in our Mentor Superior program?
Get started at mentornorth.org/mentor-superior/.



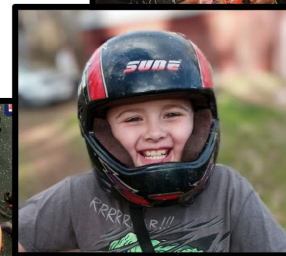
Find us @mentornorth on Instagram and Twitter and @mentorduluth and @mentorsuperior on Facebook.

If you would like to volunteer and make a difference in a young person's life, please go check out the website at mentornorth.org, or feel free to send in a donation to:

Mentor North
Attn: Katie Pease
206 W 4th Street, Ste 202
Duluth, MN 55806

Mentoring, at its core, guarantees young people that there is someone who cares about them, assures them they are not alone in dealing with day-to-day challenges, and makes them feel like they matter.

→ Want to become a mentor?
Get started at mentornorth.org.



Find us @mentornorth on Instagram and Twitter and @mentorduluth and @mentorsuperior on Facebook.



Mentoring Provides Meaningful Connections



- For those who are being mentored, mentoring is linked to improved academic, social, and economic prospects.
- For those who are mentoring, the mentoring relationship can build leadership and management skills, expand a mentor's professional network, and provide an empowering opportunity to give back to the community.

Become a mentor today!
Get started at mentornorth.org/mentor-superior/.



Find us @mentornorth on Instagram and Twitter and @mentorduluth and @mentorsuperior on Facebook.

~ July 2021 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 Independence Day 10a-11a Worship Happy Independence Day!	5	6 9a-9:30a Staff Meeting 11a-12p Pastor's Text Study	7	8	9	10
11 10a-11a Worship 11:15a-12:15p Council (Library)	12 6p-7p Property Management Committee (Library)	13 9a-9:30a Staff Meeting 11a-12p Pastor's Text Study	14	15	16 11a Karla Hanson Funeral	17
18 10a-11a Worship	19 6p-7p Worship and Music Committee (Library)	20 9a-9:30a Staff Meeting 11a-12p Pastor's Text Study	21 12p-Irene Parenteau Funeral	22	23	24
25 10a-11a Worship	26	27 9a-9:30a Staff Meeting 11a-12p Pastor's Text Study	28	29	30	31
Ushers: July 4: Ken Harmer July 11: Joyce Olson July 18: Eric Sewall July 25: Ken Harmer						
Bus Drivers: July 4: Ken Harmer July 11: Kris Hanson July 18: Brett Quist July 25: Pete Quist						

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Coming Back to the Building!

With the availability of vaccines for most of the people of our community, we are inviting people into the building for worship *without reservations!* Seating will be limited to where pews have cushions (see map elsewhere in this newsletter).

People who see one another regularly outside this space may share pew cushions, but households are encouraged to remain distanced because singing, praying, and confessing in unison are riskier than general conversation.

Masks are still required

There are **exceptions** for meetings of small numbers in other areas of the building. We are looking into adding screening to some windows in the offices, the library, and the chapel so that they can be open *without inviting flies!* In these spaces, the vaccinated may remove their masks (unless special circumstances require them).

Please encourage others to become vaccinated

We may be able to remove (or alter further) the mask requirements if the percentage of people in the area who are vaccinated rises to a safer level, and if the vaccinations prove effective against rising variants. .

Concordia Lutheran Council and Membership

Council met long enough after the Annual meeting to determine current officers, but has not yet determined committee relationships. Kaleb Ullan 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	Matt Ketola 715-363-2567
Vice President	Michael Olson 715-398-0343	Mark Thompson 715-392-3166
Secretary	Ken Harmer 218-390-8218	Kaleb Ullan
Treasurer	Doug Score 218-260-0657	



Parish Nursing Announcement:

Starting August 4th, the first Sunday of the Month, Jean will be checking blood pressures in the Parish Nurse's office before morning worship from 9-10:00 .



The ELCA Youth Gathering for students finishing grades 8-12 in 2022 will be July 24-28, 2022.

Getting Ready materials are available, and we will need to get started soon for the students who are interested.

This gathering will take place in Minneapolis, Minnesota, and is themed around the boundless grace of God. Registration costs are \$350, \$390, or \$440, depending on how soon they are paid. (Housing costs are additional.)

Interested students (or adult companions) should contact Pastor Michelle so that we can begin getting ready for the gathering, and purchase registrations when prices are as low as possible.

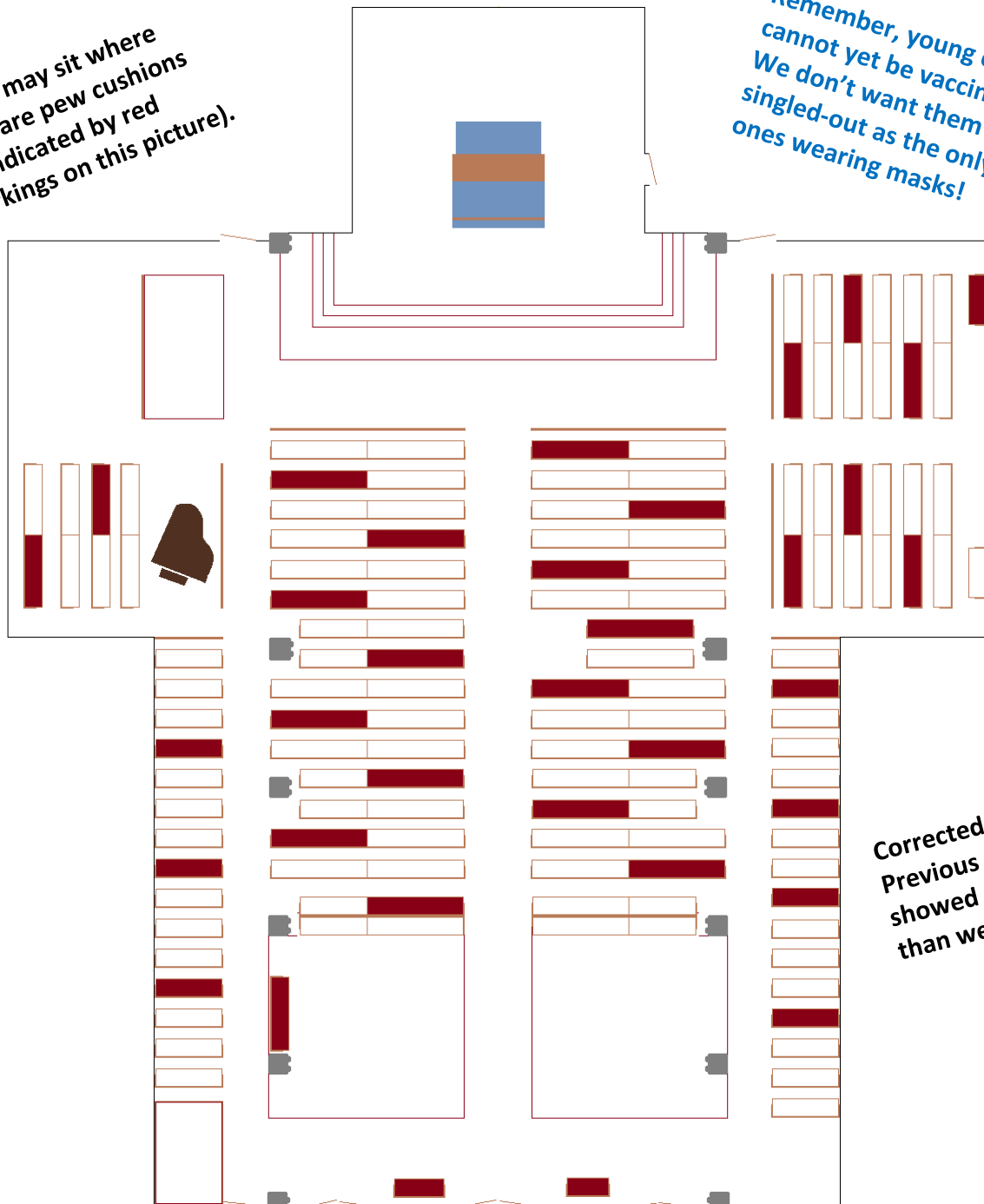


Property Management Committee
will meet in the Library
on Monday, July 12th from 6-7 pm.

Reservations are no longer required.
(Masks continue to be required.)

People may sit where
there are pew cushions
(as indicated by red
markings on this picture).

Remember, young children
cannot yet be vaccinated.
We don't want them to feel
singled-out as the only
ones wearing masks!



Corrected map...
Previous one
showed more pews
than we have!

Bus will be running (riders must be masked).
Please call if you want the bus to pick you up.
(715) 394-3762

Concordia Lutheran Church
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Superior, WI 54880

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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.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

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July

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715.394.3762
www.concordiasuperior.org

Sunday Worship Schedule

10:00 am Worship

Online at: facebook.com/ConcordiaSuperior

Distanced in-person worship now available!

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.