



The Concordian

A Newsletter of Concordia Lutheran Church – ELCA

Superior, WI

August 2021

Vol 40 No. 08

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

From the Pastor

It is said, “If you can’t stand the heat, then stay out of the kitchen!” The house in which my mother was born was a two-room structure, but I am unsure whether there was a wall to separate those rooms, or just a curtain. Eventually, when my grandmother and one of my mother’s older brothers (the one who stayed on the farm) moved out of that house, it became known as “the summer kitchen,” and I’m assuming that meant that meals (during the summer) were cooked there so that the other houses on the site would not be overheated by the cook stove.

Today, many places that used to be fairly comfortable (or at least bearable) through the summer without the added benefit of air conditioning units are so no longer. I read the other day of a man, I believe his age was listed as 61, who “slowly died” because the heat in his home was too much for his body to handle. Is this a natural cycle of creation, or are the people who say this is a result of our actions (particularly the burning of fossil fuels) correct? Are we slowly turning much of the world into a heat-filled kitchen that is not compatible with life as we’ve learned to live it? I read recently that though all living spaces need to have access to reliable heat (by law), apparently

not all living spaces need (by law) to have windows that can be safely opened, let alone air conditioning.

The month of August, in my experience, has seemed to be the one most susceptible to extremes of heat. I am praying that this August will be bearable, particularly for those without access to that which can cool the air and the body.

There is, however, another kind of heat, one that’s related to the adage with which I began this article. It’s the heat that is raised concurrently with emotion. People become angry, and believe they’ve been cheated, or treated with disrespect, and they lash out—either at the source of their anger, or at the closest thing available to them. Spouses often suffer the brunt of this kind of anger when the aggrieved person arrives home from an encounter they feel powerless to change.

We, in this country, have often tried to avoid conflict by refraining from discussing certain things in public, because we know that people will disagree, and the “heat” will be raised in the room. So, we don’t talk about religion or politics within certain spaces. Yet, how does one separate one’s faith from what one believes is the right thing to do, in politics, or daily living? Is it really helpful to refrain from discussing these



things, just to avoid conflict? Have we forgotten how to deal with conflict merely by “staying out of the kitchen”?

How do we love the neighbor who refuses to act in loving ways in community? How do we calmly discuss things on which we disagree? How do we reduce the heat in the kitchen, so we can all be nourished?

One way is to remember that we are all created by the same God, all loved by the same God, even those who differ greatly from ourselves. Even those who do not share our faith are loved by God. Sinners are loved by God (thankfully, since that includes us!).

So let’s do what we can that may reduce the heat, either in our environment, or in our society. This is how we love our neighbor. This is how we love God. In Jesus’ name.

Pastor Michelle R. Rowell



PARISH NURSING NOTES...

Parish Nursing Notes—Importance of BP.

Blood pressure checks are a very easy diagnostic test to get, but not checked often enough by most adults. BUT—here in Concordia, you are lucky to have that done the first Sunday of every month, in the hour before the church service starts (9-10 AM) in the Parish Nurse Office. Proverbs 4:23 says, "Guard your heart above all else, for it determines the course of your life."

Approximately ½ of American adults have elevated blood pressures, and many are unaware of this. And an elevated blood pressure increases the risk for several health problems, such as stroke, and heart attacks. You should get your blood pressure checked regularly (at least once a year) starting at age 18. And at least 4 times a year for those over the age of 40—and more often than that if it is elevated.

An elevated blood pressure is an increased risk among those who:

- Are overweight or obese
- Have decreased physical activity
- Have increased alcohol intake
- Smoke
- Don't eat a healthy diet
- Have kidney disease, diabetes, or other heart diseases.

The term "blood pressure" refers to how hard the heart is working to pump blood throughout the body.

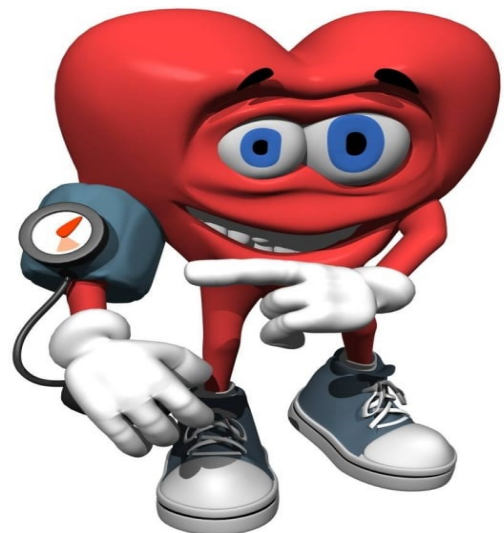
It is measured in 2 numbers: the first is the pressure exerted during the heart beat, and the 2nd is when the heart is relaxed between beats.

You can compare yours to what is considered "normal." A measurement of 120/80 or lower is considered to be normal. A "high" blood pressure is considered to be 130/80 or higher. A measurement between these 2 is considered to be "elevated" or "pre-hypertension."

A blood pressure takes only a couple minutes to measure, and you get the results immediately. Your blood pressure typically goes up and down on a regular basis. So get it checked frequently. To help control your blood pressure:

Eat a healthy diet (low in saturated fat and salt) Get active (at least 150 minutes of aerobic activity each week)—walking, dancing, riding bikes, swimming, aerobics Watch your weight Take your medications as prescribed Check your blood pressure regularly, and keep a record of the levels Manage stress in your life.

That last item can be helped by attending church regularly, prayer, music, a supportive family and friends. Proverbs 14:30 says, "A peaceful heart gives life to the body." Keep your heart peaceful, and show gratitude to God, by taking good care of it.....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:

Millie Score : By Essentia Health

Irene Parenteau : By Robt & Janice Wittaker
Rhoda Pearthree, Patti Johnson & Family
Jean Stensland, Lois Hunansn, Donna, Joan,
Lorrie, Ann, Bonnie & Shirley

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:

August 1	Jane Pietrowski
August 8 & 15	Altar Guild
August 22	Bill & Lois O'Neill
August 29	Nancy Spiering

In Memory Of:

Kurt & Elaine Pietroski
Loved Ones
Loved Ones



Worship Aids for the Coming Weeks

Sunday, August 1, 10th Sunday after Pentecost

How often have we wished God would just come down and take care of it all—all the pain, the injustice, the sorrow and grief! In today's readings we hear the cry of the Israelites calling for God to do just that. In Ephesians we hear God has already come and knit us into an amazing gift of wholeness that Christ offers but instead defile the gift and find ways to promote self-interest disregarding what is outside..

Prayer of the Day: O God, eternal goodness, immeasurable love, you place your gifts before us; we eat and are satisfied. Fill us and this world in all its need with the life that comes only from you, through Jesus Christ, our Savior and Lord. Amen

Readings

Isaiah 64:1-6, *A prayer of Penitence*

Psalm 139, *The Inescapable God.*

Ephesians 4:1-6, *Unity in the Body of Christ*

Mark 7:14-23, *The Tradition of the Elders*

Sunday, August 8, 11th Sunday after Pentecost

In today's Old Testament and Gospel readings we witness the love and persistence of mothers and what they are willing to do for their children. We witness their faith and their courage that defy the powers of the world and challenge God. Persistence is shown to be a holy attribute. The people of Ephesus are assured of God's love and encourage to care for one another, to be imitators of God.

Prayer of the Day: Gracious God, your blessed Son came down from heaven to be the true bread that gives life to the world. Give us this bread always, that he may live in us and we in him, and that, strengthened by this food, we may live as his body in the world, through Jesus Christ, our Savior and Lord. Amen

Readings

2 Kings 4:17-, *Elisha and the Widow's Oil*

Psalm 146 *Praise for God's Help*

Ephesians 4:25-5:2 *Rules for the New Life*

Mark 7:24-30, *The Syrophoenician Woman's Faith*

Sunday, August 15, 12th Sunday after Pentecost

Today in 1 Kings and Mark, God comes to us in silence and speaks to us in ways that we can hear. In Ephesians we are told to be thankful at all times. God does not always come to us in ways we expect, but we are to live our lives being prepared for God's presence and in thanksgiving.

Worship Aids for the Coming Weeks

Prayer of the Day: Ever-loving God, your Son gives himself as living bread for the life of the world. Fill us with such a knowledge of his presence that we may be strengthened and sustained by his risen life to serve you continually, through Jesus Christ, our Savior and Lord. Amen

Readings

1 Kings 19:11-13-, *Elijah Meets God at Horeb*

Psalm 61 *Assurance of God's Protection*

Ephesians 5:15-20 *Renounce Pagan Ways*

Mark 7:31-37, *Jesus Cures a Deaf Man*

Sunday, August 22, 13th Sunday after Pentecost

In today's readings, we are confronted with people who believe we live in a world of scarcity, that there is not enough to go around. Elisha and Jesus both say trust in God and serve the people. There isn't enough until you serve them. God's abundance begins in service. In Ephesians we are told to put on the armor of God so that in the Spirit we may act boldly. All things are possible in Christ Jesus..

Prayer of the Day Holy God, your word feeds your people with life that is eternal. Direct our choices and preserve us in your truth, that, renouncing what is false and evil, we may live in you, through your Son, Jesus Christ, our Savior and Lord. Amen

Readings

2 Kings 4:42-44, *Elisha Feeds One Hundred Men.*

Psalm 92

Ephesians 6:10-20, *The Whole Armor of God.*

Mark 8:1-13, *Feeding the Four Thousand.*

Sunday, August 29, 14th Sunday after Pentecost

In today's texts we learn God's law is not external to us but part of the very fabric of our lives. God's law and wisdom for us is revealed in the way we live with our neighbors, implanted in our hearts for deeds and words of love and concern. God's word for us is not something to be withheld or treated as a finite commodity but shared with extravagance for the sake of the world. With the very little that we have, God's abundance continues to overflow the baskets of our lives..

Prayer of the Day O God our strength, without you we are weak and wayward creatures. Protect us from all dangers that attack us from the outside, and cleanse us from all evil that arises from within ourselves, that we may be preserved through your Son, Jesus Christ, our Savior and Lord. Amen

Readings

Deuteronomy 4:1-2, 6-9, *Moses Commands Obedience*

James 1:17-27, *Hearing and Doing the Word.*

Mark 8:14-21-, *The Yeast of the Pharisees and of Herod.*

CLCW RUMMAGE AND BAKE SALE

The CLCW rummage and bake sale is scheduled for Saturday, September 11 from 8:00 a.m. until 2:00 p.m.

We need many helpers to make this work. Both ladies and guys needed. Contact the Church Office and leave a message if you are available to help, or contact Sue Martin at (218)269-0371 or Debi Harmer (715)392-6479.

The CLCW will be holding a work day on Monday, August 30th, beginning at 9:00 a.m. All are welcome to help. There are still many items to be marked. Set up will be Friday, September 10, beginning at 8:00 a.m. We have a lot to sell and will need many folks for set up. Donations for the rummage sale will be accepted until Thursday, September 2nd. Looking forward to seeing you to help and to shop. Dig out your favorite bake goods recipe and start baking for the Bake sale.



BETHEL LUTHERAN IS HOSTING VBS

Vacation **B**ible **S**chool

Bethel Lutheran is hosting VBS this year in a cross-generational format. All ages, all people, singles, families, etc. are encouraged to participate.

Monday, August 16 at Billings Park

Thursday, August 19 at Wisconsin Point

All willing to help plan or run stations are encouraged to attend a planning meeting on Thursday, August 12 at 3:00 at Bethel, or to contact Pastor Bridget Jones or Lynn at 715-392-2033 or 715-919-6312.

~August 2021 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10a-11a Worship	2	3 9a-9:30a Staff Meeting 11a-12p Pastor's Text Study (Outside)	4	5	6	7
8 10a-11a Worship	9 6p-7p Property Management Committee	10 9a-9:30a Staff Meeting 11a-12p Pastor's Text Study (Outside)	11	12	13	14
15 10a-11a Worship	16 6p-7p Worship and Music Committee	17 9a-9:30a Staff Meeting 11a-12p Pastor's Text Study (Outside)	18	19	20	21
22 10a-11a Worship	23	24 9a-9:30a Staff Meeting 11a-12p Pastor's Text Study (Outside) 4-7 pm Just for Kicks Openhouse	25	26	27	28
29 10a-11a Worship	30 9a-noon CLCW Rummage Sale Work Day	31 9a-9:30a Staff Meeting	Notes: Ushers August 1 Eric Sewell August 8 Joyce Olson August 15 Eric Sewall August 22 Joyce Olson August 29 Ken Harmer			
			Bus Drivers Pete Quist Kris Hanson Brett Quist Pete Quist Ken Harmer			

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 1st, 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.



Anyone interested in getting a youth group together to go to the ELCA Youth Gathering please call the Church Office.

Reservations are no longer required for worship.
(Masks continue to be required.)
Bus will be running (riders must be masked).
Please call if you want the bus to pick you up.
(715) 394-3762

LOOKING BACK

I was present at a Lutfisk dinner meeting in the Library and asked “why do you buy lefse? Why not make it?” Dorothy Hoven said, “Do you know how much work that involves”? I had retired the year before and had lots of energy. So it started! Can’t say my energy level is the same, but still enjoy being part of the Concordia Lefse League. Merrill Hoven came up with the idea of Lefse League Shirts.

Maries Memories: We started in 1997 using Potatoe Buds left over from another dinner (possibly Meatball). The lefse tasted good but difficult to roll thin. Margaret Leland visited the kitchen during one session, tasted the lefse and said “interesting”. She was so kind.

Muriel Viggiano and Marie went to a lefse making session at First Lutheran in Duluth just before the 1998 season. That’s where they got the recipe for lefse. Bea Ojakangas was the instructor. After that, no more Potato Buds!

They met on Sunday Mornings, before church to peel, cook and mash potatoes. Example: October 3 peel & cook 30#s of potatoes. October 5 roll and brown lefse. October 10 peel and cook 30#s of potatoes. We worked October and maybe one session in November just before the dinner. Usually meeting at 10:00 a.m. Asked for donations. Needed 120 lbs of potatoes, 7 lbs each of butter and oleo. The Lefse Lady could set up an evening or afternoon session if needed.

When I saw these notes realized I was 63 at the start and I was 77 last year. Same year I had my hip replaced. No wonder my energy level had started to decline.

Marie Peterson

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.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
Carol Lindegren, Office Manager
Jean Riedasch, Parish Nurse
David Eastman, Custodian
Matt Eastman, Technologies

Contributors: Many
Assembly/mailling: Our faithful volunteers

The Concordian

August

Vol. 40 No. 08 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

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.