



The Concordian

A Newsletter of Concordia Lutheran Church – ELCA

Superior, WI

September 2021

Vol 41 No. 09

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

From the Pastor

How long, O Lord, how long? Psalm 13 is filled with this question, and so am I (along with a great many other people, I suspect). In the psalm, the writer accuses God of forgetting the individual, of hiding God’s face. How long will we be faced with perplexity and grief—day after day!? How long will those who disagree seem to have the upper hand?

I was looking for other examples of people addressing this question in light of what we are experiencing today, and started watching a sermon online... I soon realized that that preacher was preaching in May of 2020, mere weeks into what has now hung on and morphed through several variants for over a year-and-a-half. Should I feel more entitled to query God as to how long this will continue to turn parts of our existence upside down?

Of course some will advise me not to worry so much, to trust people to behave responsibly as pertains to their neighbors, and particularly as pertains to myself. Four years ago, when I was diagnosed with breast cancer, and the lump was surgically removed, I was given the option of further treatment to reduce the chances of that

cancer returning. Chemo-therapy and radiation were both available to me ... I confess that when others, members of congregations I’ve served through the years, have been faced with this question, I had always advised them to go ahead with the treatment. It was worth living longer. Much of that might have come from losing my mother to the disease at a very young age.

However, the oncologist who met with me after my surgery was of a different mind, because of the many variables, including my age, the stage and size of the cancer, and the side effects that could be expected from pursuing those treatments. In short, he showed me that the risk of the side effects of either chemotherapy or radiation was either nearly equal to or greater than the risk of the cancer returning if I did not pursue those treatments.

A couple years later, I had switched clinics, and consulted with a different oncologist, who seemed not to believe that I could possibly have understood correctly. This doctor insisted on entering all that data into a kind of calculator that would weigh this data and prove that I actually should submit to those treatments.

The data was entered, and the results came in that my life expectancy would be 25 years



without the treatments, and 26.5 years with them...Twenty-five years from now, that might seem much more significant than it seems now. However, many other things could happen in those years that would make either one moot...

That decision was not one that would risk the health of those who surround me. Cancer is not contagious.

How long, O Lord, must we deal with a contagion that threatens to ride in our bodies to wreak havoc in those more vulnerable? How long must long hospitalizations sap the energy of your people, and the resources of our economy? How long, O Lord, will this virus continue to mutate?

And how long will you walk with us through this time of trial? How long? Certainly, as long as it takes. In Jesus’ name.

Pastor Michelle R. Rowell



PARISH NURSING NOTES...

Here it is—September! The end of summer! But one thing good about this time of year, is eating all the produce from the garden. I think it is no coincidence that one of the National Health Observances for September is “Fruits and Vegetables—More Matters.” What a great time to be eating fresh fruits and

vegies, and also all the fresh herbs. I love to plant them because they not only make things taste so much better, but they also smell so good when I brush against them. And they make the whole house smell good when I cook with them. I miss our garden so much

We all know that fruits and vegies are great sources of many vitamins, minerals, and natural substances such as fiber, folate, magnesium, potassium, and vitamins A and D. These may help protect you from chronic diseases such as stroke, type 2 diabetes, some types of cancer, heart disease, and high blood pressure. Some contain iron and calcium to help avoid anemia and osteoporosis, and the high fiber content helps us feel full faster, so we don’t need as many other foods that are higher in fat and cholesterol. They make your plate look much more colorful and attractive. They are convenient and they are available in an almost infinite variety. There are sure to be **some** that you like!

Herbs also have health benefits. For one thing, they add lots of flavor so you don’t need as much salt. In

studies **sage** has been shown to improve attention and decreased symptoms in Alzheimer’s patients, and to help younger participants remember things better and feel more calm and alert. **Thyme** has antimicrobial properties. **Rosemary** has been associated with memory since ancient Greece. One of it’s components has been shown to protect the brain from free-radical damage, and lower the risk of strokes and Alzheimer’s. It is also full of antioxidants. **Basil** has long been used in India to treat asthma, stress, and diabetes, and has strong antiviral and anti microbial properties. And when you use these in combination, they actually have even more benefits! And they can be used to flavor **all** foods, not just fruits and vegies.

One of the many benefits of planting your own garden (or visiting the farmer’s market) is that you can try new things every now and then. A few years ago, I tried, and fell in love with, Swiss Chard. It’s great in salads of all kinds, scrambled eggs, soup, or any place you would use spinach. And the stems can be used in place of celery. This year I tried Kale. Same experience! I love it! Sautéed kale is a great base for fish, sliced steak, or kebobs. I recently found a recipe for “Warm Kale Salad.” My husband declared it a definite “keeper!”

So here we are, thinking that we have discovered all these healthy and tasty things. When all we had to do is look in the Bible! To cite just a couple of **many** verses, “*Behold, I have given you every plant yielding seed that is on the face of the earth, and every tree with seed in its fruit. You shall have them for food.*” (Genesis 1:20). And, “*Give me your vineyard, that I might have it for an herb garden....*” (1 Kings 21:2). Of course, we know a healthy diet also includes whole grains, lean meats and fish, and a few other things. But God created us! He knows our bodies and their needs, and he gave us some good directions on how to take care of them. Adding some more fruits and vegies to your diet is a pretty good (and tasty!) way to start.

So take care of your “temple” by feeding it nutritious fruits, vegies, and herbs, and stay healthy, happy, and grateful.....Jean

Memorials:

In memory of Irene Parenteau:

Ken & Linda Watters
Melisa DeToffol
Tim & Erin Helenius
Russ & Millie Tuura
Patsy Luder
Dale & Lin Helenius
Don & Sue Gustafson

Dean & Joanne Salo
Mary Godfrey
Ernie & Liz Pellman
Mark & Marsha Burdick
Mary Markon
Doris Haukkala

In Memory of Roy Peterson:

Marie Peterson

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:

September 5	The Altar Guild
September 12	Mike & Joyce Olson
September 19	Dick & Jean Riedasch
September 26	The Ketola Family

In Memory Of:

Millie Score
Ken & Mildred Olson, Ray Nurmi
Martha & Joel Dahl
Mae & Dick Riedasch
Robert & Jean Allen
Ted & Eileen Ketola



Worship Aids for the Coming Weeks

Sunday, September 5, 15th Sunday after Pentecost

As we prepare for worship this morning, look around. What does God's kingdom look like here? As always, God's people are a mixed group: we are of different faith traditions, come from many walks of life, some wealthier, some struggling with sorrow and grief; some unemployed; some overworked. Yet Christ invites us all to come and know God's presence revealed to us in Jesus the Christ. In Christ's healing presence, we see the world in new ways of hope and possibility.

Prayer of the Day: Gracious God, throughout the ages you transform sickness into health and death into life. Open us to the power of your presence, and make us a people ready to proclaim your promises to the whole world, through Jesus Christ, our healer and Lord. Amen

Readings

Isaiah 35:4-7a, *The Return of the Redeemed Zion*

Psalms 146, *Praise for God's Help*

James 2:1-17, *Warning against Partiality*

Mark 8:22-30, *Jesus Cures a Blind Man at Bethsaida*

Sunday, September 12, 16th Sunday after Pentecost

In this week's texts, the role of teacher is emphasized. In Isaiah we hear of the tongue of the teacher, the gift of explaining things and the willingness to suffer on behalf of the other. In James we hear cautionary words emphasizing the responsibility that teachers have for the care of their students. And in the gospel, Mark tells us of Jesus teaching his disciples and the crowd "the way of the cross." As our school year begins, let us think about the examples of teachers in our lives.

Prayer of the Day: O God, through suffering and rejection you bring forth our salvation, and by the glory of the cross you transform our lives. Grant that for the sake of the gospel we may turn from the lure of evil, take up our cross, and follow your Son, Jesus Christ, our Savior and Lord. Amen

Readings

Isaiah 50:4-9, *The Servant's Humiliation and Vindication*

Psalms 116: 1-9 *Thanksgiving for Recovery from Illness*

James 3:1-12 *Taming the Tongue*

Mark 8:31-9:1, *Jesus foretells His Death & Resurrection*

Worship Aids for the Coming Weeks

Sunday, September 19, 17th Sunday after Pentecost

Today we hear James warn against selfish ambition, while the disciples quarrel over which one of them is the greatest. Jesus tells them the way to be great is to serve. Then, to make it concrete, he puts in front of them a flesh-and-blood child. We are called to welcome the children God puts in front of us, to make room for them in daily interaction, and to give them a place of honor in the assembly.

Prayer of the Day O God, our teacher and guide, you draw us to yourself and welcome us as beloved children. Help us to lay aside all envy and selfish ambition, that we may walk in your ways of wisdom and understanding as servants of your Son, Jesus Christ, our Savior and Lord. Amen

Readings

Jeremiah 11:18-20, *Jeremiah's life threatened*

Psalms 54 *Prayer for Vindication*

James 3:13–4:3, 7-8a, *Two kinds of Wisdom*

Mark 9:30-37, *Jesus Again Foretells his Death and Resurrection*

Sunday, September 26, 18th Sunday after Pentecost

Someone who isn't part of Jesus' own circle is casting out demons in Jesus' name, and the disciples want him stopped. They appeal to Jesus, as Joshua did to Moses about the elders who prophesied without official authorization. Like Moses, Jesus refuses to see this as a threat. Jesus welcomes good being done in his name, even when it is not under his control. The circle we form around Jesus' word must be able to value good being done in ways we wouldn't do it, by people we can't keep tabs on.

Prayer of the Day Generous God, your Son gave his life that we might come to peace with you. Give us a share of your Spirit, and in all we do empower us to bear the name of Jesus Christ, our Savior and Lord. Amen

Readings

Numbers 11:4-6, 10-16, 24-29, *Complaining in the Desert*

Psalms 19:7-14, *God's Glory in Creation and Law*

James 5:13-20, *The Prayer of Faith*

Mark 9:38-50, *Temptations of Sin*

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 setting up will for the sale on 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.





Wisconsin Council of Churches

...

August 22 at 2:35 PM · 🌐

Is someone in your congregation or community struggling with rent?

The Wisconsin Emergency Rental Assistance Program (WERA) can assist qualifying households with up to 12 months assistance for current and/or overdue payments: of rent and/or Utility and home energy payments.

To learn more: contact your local Community Action Agency VISIT: wiscap.org/wera OR Energy Services, Inc.

CALL : 1-833-900-9372 EMAIL: support@wera.help

NEED HELP PAYING RENT?

The Wisconsin Emergency Rental Assistance Program (WERA) may be able to help.

May include up to 12 months of rental arrearages and/or rental assistance.

TO LEARN MORE VISIT: WWW.WISCAP.ORG/WERA



Wisconsin Emergency Rental Assistance Program

~ September 2021 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9 Altar Guild Meeting	2	3	4
5 10a-11a Worship	6 Labor Day	7 9a-9:30a Staff Meeting	8	9	10 9. Rummage Sale Set up	11 Patriot Day 8-2 Rummage Sale
12 10a-11a Outdoor Worship	13 6p-7p Property Management Committee	14 9a-9:30a Staff Meeting	15	16 9:30a-12p Lake Superior Conference Pastors (TBD)	17	18
19 10a-11a Worship	20 6p-7p Worship and Music Committee	21 9a-9:30a Staff Meeting	22	23	24	25
26 10a-11a Worship 4p-5:30p Feeding the People (Faith United Methodist)	27	28 9a-9:30a Staff Meeting	29	30	Notes: Ushers September 5 Eric Sewall September 12 Joyce Olson September 19 Ken Harmer September 26 Eric Sewall	

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.

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 for worship

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:

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.



If you're interested in helping with worship by reading, being a communion assistant, ushering, or providing special music, please email or 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.



September 12, 2021 we will be having an outdoor Worship Service on the lawn under the tent. Bring your own lawn chairs. If you don't have any and need a chair please call the Church Office to let us know.



DEDICATION OF SIGN

The Church sign will be dedicated on September 12, 2021 at the 10:00 a.m.
Church Service in memory of Maxine Florey



Concordia Lutheran Church
1708 John Ave.
Superior, WI 54880

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

Contributors: Many
Assembly/mailling: Our faithful volunteers

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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.