



The Concordian

A Newsletter of Concordia Lutheran Church – ELCA
Superior, WI October 2021 Vol 42 No. 10

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

From the Pastor

Are you ready to **check out**?
Or have you done that already?

The question sounds like something you’d hear at the store, or at the library, where you’ve been browsing for books to read, either for increasing one’s knowledge, or for pleasure. But the question could also be asking if you’ve quit.

The church today is confronted with larger numbers of people in our communities who no longer consider us (the church) to be relevant to daily life. The deaths of friends and family are often acknowledged with a “celebration of life” that makes no mention of God (by any name). Marriages either avoid the church altogether, or ask for the space as a venue disconnected from the message we preach. Sunday School is coopted by other events or falls victim to busy-ness fatigue.

And the people who have remained actively working through their congregational charitable activities are exhausted... or maybe they feel betrayed by the many other “helpers” who are no long “helping.”

Of course, right now, it’s difficult to know how much of the emptiness we experience in the buildings is due to

pandemic restrictions, or to safety concerns of those who might otherwise be involved.

Yet, even before we had a pandemic, groups were markedly smaller than they had been in the years leading up to the safety measures enacted in March of 2020.

Here at Concordia, we are receiving materials in the mail, as well as electronically, that are focused on “inviting people back to church.” These materials seem to be primarily centered on getting back to the way things were before the pandemic changed almost everything. I believe, however, that we in the church are called to engage in ministry in ways that enact God’s love in the midst of whatever faces us, not that we merely try to recreate what once was.

So, here are some other ways to check out and reengage with what really matters.

Check out the take-home bags that Audra LePage created with Thrivent funds for Sunday School youth who are not able at this time to gather for classes. (They are free.) (**See page 6**)

Check out the free Collage Concert by UWS students and faculty on Tuesday, October 5 at 7:30 in our worship space. (**See page 11**)

Check out worship. We are gathering in the building



(masked at this time, because we sing...) and we are live-streaming, so that those unable to gather for safety reasons—or because they’re on vacation or away on business—may join us either in real time or later. (**See** www.facebook.com/ConcordiaSuperior)

Check out ways that you can be the face and the hands of God in your own living space or in your neighborhood. (It would be fun for us to hear what you do with this!) How might you share the good news of God’s love for this creation?

Check out ways that you might enhance what we do in God’s name here at Concordia. Can you offer skills of any kind for worship or special events? Give us a call or shoot us an email. We’d love to hear what God is doing through you.

In Jesus’ name.

Pastor Michelle R. Rowell



PARISH NURSING NOTES...

“Dry bones, dry bones, ‘dem dry bones.....”

National Bone and Joint Health Week comes in the middle of October, so this is a good time to review how to avoid getting “dry bones.” 126.6 million (1 in 2 adults) is affected by a musculoskeletal condition. These can be very painful and debilitating conditions, and affect the quality of life, activity level, and productivity of a person.

Bones play many roles in the body---providing structure, protecting organs, anchoring muscles, and storing calcium. While it is important to build strong and healthy bones during childhood and adolescence, you can also take steps during adulthood to protect bone health. Bones are continuously changing, and new bone is made and old bone is broken down. When you’re young, your body makes new bone faster than it breaks down old bone, and your bone mass increases. Most people reach their peak bone mass around age 30. After that, bone remodeling continues, but you lose slightly more bone mass than you gain.

Women are more likely than men to develop osteoporosis, or loss of bone tissue. Generally, they have smaller, thinner bones than men, and women can lose bone tissue rapidly in the first 4-8 years after menopause when there is a sharp decline in estrogen production. Although men do not undergo the equivalent of menopause in such a dramatic fashion, production of testosterone may decrease

with age, and this can also lead to the development of osteoporosis. Other factors that can affect bone health include the amount of calcium in your diet, physical activity, tobacco and alcohol use, body size, and family history.

One way to show gratitude for what we have been given is to take care of the gift, and that includes our bones. The first way anyone thinks of is calcium supplements, but an adequate supply of calcium over a lifetime is really required. The body’s demand for calcium is greatest during childhood and adolescence when the skeleton is growing rapidly. Older adults are less efficient at absorbing calcium, and may have chronic medical conditions, or use medications that impair calcium absorption. Then, supplements may be necessary, as well as Vitamin D to help absorb the calcium. There are many good food sources of calcium including low-fat dairy products, almonds, broccoli, kale, canned salmon with bones, sardines, and soy products, such as tofu. In addition, many foods are fortified with calcium, such as orange juice, cereals, and breads.

Other protective measures include exercise. Like muscle, bone responds to exercise by becoming stronger. Weight-bearing exercise (such as walking, jogging, climbing stairs, tennis, and dancing) is the best for your bones because it forces you to work against gravity. The recommendation is for 30 minutes, 5 days a week. But it can be broken up into 5-10minute sessions if that is easier for you. Avoid substance abuse. Don’t smoke. And avoid drinking more than 1-2 alcoholic drinks a day. Fall prevention measures, while important for everyone, are of particular importance for men and women with osteoporosis.

We may not be able to bring dead, dry bones back to life as in the Bible, but we sure can work on keeping them from drying out in the first place!

1 Corinthians 6:19-20 tells us, “*Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and your spirit, which are God’s.*” Stay healthy, happy, and grateful for the gifts we have been givenJean

In Memory...

Memorials:

In memory of Janis Quist Hillila:

Fritz & Bunchy Thomson—for Riverside Cemetery
Edith Warner—Bus Fund

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:

October 3	Dan & Carol Gucinski & family
October 10	Patricia, Ada, Les & Billy
October 17	Edith Warner
October 24	Altar Guild
October 31	Altar Guild

In Memory Of:

Robert & Prudy Hanson
William J. Luder
Robert Warner



Worship Aids for the Coming Weeks

Sunday, October 3, 19th Sunday after Pentecost

Today's gospel combines a saying that makes many of us uncomfortable with a story we find comforting. Jesus' saying on divorce is another of his rejections of human legislation in favor of the original intent of God's law. Jesus' rebuke of the disciples who are fending off the children should challenge us as well. What does it mean to receive the kingdom of God as a child does?

Prayer of the Day: Sovereign God, you have created us to live in loving community with one another. Form us for life that is faithful and steadfast, and teach us to trust like little children, that we may reflect the image of your Son, Jesus Christ, our Savior and Lord. Amen

Readings

Genesis 2:18-24, *Created for relationship*

Psalm 8, *You crown us with glory and honor*

Hebrews 1:1-4, 2:5-12, *God has spoken by a son*

Mark 10:2-16, *Teaching on marriage*

Sunday, October 10, 20th Sunday after Pentecost

The rich man who comes to ask Jesus what he should do to inherit eternal life is a good man, sincere in his asking. Mark's gospel is alone in saying that Jesus looked on him and loved him. Out of love, not as judgment, Jesus offers him an open door to life: sell all you own and give it to the poor. Our culture bombards us with the message that we will find life by consuming. Our assemblies counter this message with the invitation to find life by divesting for the sake of the other.

Prayer of the Day: Almighty and ever-living God, increase in us your gift of faith, that, forsaking what lies behind and reaching out to what lies ahead, we may follow the way of your commandments and receive the crown of everlasting joy, through Jesus Christ, our Savior and Lord. Amen

Readings

Amos 5:6-7, 10-15, *Turn from injustice to the poor, that you may live*

Psalm 90: 12-17 *So teach us to number our days that we may apply our hearts to wisdom*

Hebrews 4:12-16 *Approach the throne of grace with boldness*

Mark 10:17-31, *Teaching on wealth and reward*

Sunday, October 17, 21st Sunday after Pentecost

Today's gospel starts with disciples obsessing over who will be closest to Jesus, leading to Jesus teaching his followers about God's take on importance and power. Here Jesus makes it explicit that the reversal of values in God's community is a direct challenge to the values of the dominant culture, where wielding power over others is what makes you great. When we pray "your kingdom come" we are praying for an end to tyranny and oppression. We pray this gathered around the cross, a sign of great shame transformed to be the sign of great honor and service.

Prayer of the Day: Sovereign God, you turn your greatness into goodness for all the peoples on earth. Shape us into willing servants of your kingdom, and make us desire always and only your will, through Jesus Christ, our Savior and Lord. Amen

Worship Aids for the Coming Weeks

Readings (for October 17)

Isaiah 53:4-12, *The suffering servant*

Psalms 91:9-16 *You have named the Lord your refuge, and the most high your habitation*

Hebrews 5:1-10 *Through suffering Christ becomes the source of salvation*

Mark 10:35-45, *Warnings to ambitious disciples*

Sunday, October 24, 22nd Sunday after Pentecost

Can we pray the way Bartimaeus prays? People try to hush him up because by addressing Jesus as “Son of David” he is making a politically dangerous claim that Jesus is the rightful king. Could our prayers ever be heard as a threat to unjust powers that be? Bartimaeus won’t give up or go away quietly, but repeats his call for help more loudly. Do we ask so boldly? And are our prayers an honest answer to Jesus’ question, “What do you want me to do for you?”

Prayer of the Day .Eternal light, shine in our hearts. Eternal wisdom, scatter the darkness of our ignorance. Eternal compassion, have mercy on us. Turn us to seek your face, and enable us to reflect your goodness, through Jesus Christ, our Savior and Lord Amen

Readings

Jeremiah 31:7-9, *The Lord gathers the remnant of Israel*

Psalms 126 *Those who sowed the tears will reap with songs of joy*

Hebrews 7:23–28, *Christ the merciful high priest*

Mark 10:46-52, *Christ healing the blind man Bartimaeus* .

Sunday, October 31, Reformation Day

Rooted in the past and growing into the future, the church must always be reformed in order to live out the love of Christ in an ever-changing world. We celebrate the good news of God’s grace, that Jesus Christ sets us free every day to do this life-transforming work. Trusting in the freedom given to us in baptism, we pray for the church, that Christians will unite more fully in worship and mission

Prayer of the Day Almighty God, gracious Lord, we thank you that your Holy Spirit renews the church in every age. Pour out your Holy Spirit on your faithful people. Keep them steadfast in your word, protect and comfort them in times of trial, defend them against all enemies of the gospel, and bestow on the church your saving peace, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen

Readings

Jeremiah 31:31-34, *I will write my law in their hearts says the Lord*

Psalms 46: *The Lord of hosts is with us; the God of Jacob is our stronghold*

Romans 3:19-28-, *Justified by God’s grace as a gift*

John 8:31-36, *Jesus says, continue in my word and you will know the truth*

SUNDAY SCHOOL BAGS

Take home Sunday School Bags with Bibles, Lessons and activities are available in the back of the Sanctuary for both Younger and Older Children. Quantities are limited. If you would like a Sunday School Bag you can either call the Church Office and we can reserve one for you or you can pick one up on Sunday.



Thanks to Audra LePage, for putting these bags together.



Vanco Online Giving

The GivePlus Mobile App will no longer be available after September 30, 2021. You will need to download the free Vanco Mobile app and it is easy to use. Your GivePlus Mobile log-in credentials stay the same in Vanco Mobile. No need for a new user ID or password. If you have recurring gifts set up, they will continue to be made as scheduled. Vanco Mobile is available in the Google Play store and the Apple App store.



Rite of Confirmation (Affirmation of Baptism) will be October 31, 2021



Confirmation Classes will begin by ZOOM
on October 6 at 4:00 p.m.

We will decide whether we can switch to in-person classes (or hybrid) as we determine the best way to proceed.

Classes are generally for those in grades 7-8, but some participate either earlier or later due to individual circumstances.

Please contact Pastor Michelle Rowell
(rowell.michelle.r@usa.net or (715) 919-0472) or
the church office (715) 394-3762 in order to receive
the ZOOM invitation. Be sure to give us an email
address or a cell phone number to which we can
send the invitation. **NOTE: Student email addresses
do not work for us, because we are outside the
school systems. Whatever we send to those
addresses will not be received by the student.**



Please share this information with others who might be interested in joining our
class to explore how faith practices can shower good in the community and the
world.

~ October 2021 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 10a-11a Worship	4 (Rehearsals)	5 9a-9:30a Staff Meeting 7:30 p UWS Concert	6 4:00 Confirmation Class (by ZOOM)	7 2-3 Piano Lessons	8	9
10 10a-11a Worship	11 11 Columbus Day 4-6 Piano Lessons 6 Boy Scouts 6p-7p Property Management Committee	12 9a-9:30a Staff Meeting	13 4:00 Confirmation Class (by ZOOM)	14	15	16
17 10a-11a Worship	18 4-6 Piano Lessons 6 Boy Scouts 6p-7p Worship and Music Committee	19 9a-9:30a Staff Meeting	20 4:00 Confirmation Class (by ZOOM)	21 9:30a-12p Lake Superior Conference Pastors (Bayfield) 2-3 Piano Lessons	22	23
24 10a-11a Worship	25 4-6 Piano Lessons 6 Boy Scouts	26 9a-9:30a Staff Meeting	27 4:00 Confirmation Class (by ZOOM)	28	29	30
31 Halloween 10a-11a Worship Confirmation Day	Notes: Ushers October 5 Joyce Olson October 10 Ken Harmer October 17 Eric Sewall October 24 Joyce Olson October 31 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.

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 with Nancy Spiering 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.



UW-Superior to showcase Music Department in free concert

The University of Wisconsin-Superior will showcase several of the finest musicians from its Music Department in a free concert Tuesday, October 5, 2021 at 7:30 p.m. at Concordia Lutheran Church in Superior. Masks will be required and seating will be socially distanced.



The 50 minute concert will feature both faculty and student performance and include the UWS chorale ensembles, orchestra and percussion ensemble. Vocal and piano duets along with a brass quintet and jazz combo will round out the program. This Concert will be the first live Music Department production in the past 18 months and serve as a start to its season, which will feature multiple student performances and the popular University Recital Series. For questions or additional information, call (715)394-8115 or email music@uwsuper.edu.

Concordia Lutheran Church
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Superior, WI 54880

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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
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Matt Eastman, Technologies

Contributors: Many
Assembly/mailling: Our faithful volunteers

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October

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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.