



# The Concordian

A Newsletter of Concordia Lutheran Church – ELCA

Superior, WI

July 2022

Vol 43 No. 7

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

## *From the Pastor:*

Greetings in the name of our God, who is revealed to us as Trinity: Father, Son, and Holy Spirit!

By the time you read this, the first of our outdoor worship events this summer will have taken place. Weather permitting, three more are planned. July 17 will again be here on the lawn. August 14 we'll meet early, at 9:00, in Billings Park, along with several other local congregations, and the Paul Family Bluegrass Band will be leading us that day. Then, on September 11, we'll gather once more here on the lawn.

I give thanks to all who are helping with the extra activities that are involved in these events: setting up, preparing the food, clearing up, etc. I also give thanks for the opportunity to gather outside of enclosed spaces, as many find the open air to be inspiring and uplifting.

We need uplifting inspiration. This summer, our rostered leaders are invited to participate in a book each month. The book we read for June was uplifting for many of the participants, but my experience with it was less so. Because of this, I was more quiet during the discussion than what is usual for me, and one person asked about that, so I was able to explain my different experience with it.

Different things will inspire different people, and this is okay, as long as those things which inspire us are not detrimental to others.

There is the difficulty. It is at the heart of the issues filling our news broadcasts each evening. Nearly every issue can be parsed in terms of those who benefit and those who suffer: the military action of Russia in Ukraine, weapons legislation, women's healthcare, childcare, wages, racism, healthcare costs, and what we term recreational drugs, to name just a few. Who benefits, who is inspired, and who suffers?

On vacation, I read a new novel placed in a small fictional town where the power was centered primarily in the hands of the man who owned the lumber mill alongside the pastor who seemed to preach hatred and control more than anything else. Then there was the violent father who thought that his violence was godly... What I found most disturbing was the familiarity of it all, how believable the events were, because we've seen it. We've seen family violence right next door. We've seen pietistic hatred and we've seen the autocracy of the powerful.

It's tempting, isn't it? We see the stories plastered on the airwaves and movie screens



where even the humble can seize power and overcome what is evil... but rarely do we see what happens when that seized power is not tempered with something to keep it honest. All we see is the power and what **good** can come from it. We don't expect to become that which we fought.

Power in itself is not evil, even in the hands of those who were raised to cede power to others, because they were girls, or because they weren't white enough or rich enough or of the right family... Power can be used for good, to allow the vulnerable to thrive, especially if they are recovering from abuse.

However, let us take care that we do not deem to decide for that person what it means to thrive. Activities that inspire one may not inspire another. Instead, let us love one another, as we are.

In Jesus' name.

Pastor Michelle



## PARISH NURSING NOTES

Did you take your prescribed medications today? You have? Good for you! Have you laughed yet today? Why not? Laughter is as good for your health as many of your medications. It can't replace them, but it can help them work better.

Tibetan Monks started practicing laughter meditation some 5,000 years ago, and health advocates have long known that a good belly laugh is great medicine. Norman Cousins brought the idea to public attention with his book, Anatomy of an Illness, in which he described how watching Marx Brothers movies helped him beat a life-threatening illness. Even the Bible supports the benefits of laughter in Proverbs 17:22: "A merry heart does good like medicine; but a broken spirit dries the bones." Today many areas around the country have established laughing clubs, and there are laughter therapy groups in many health clinics around the world. In the last decade, laughter has become especially popular due to lab studies proving it has positive effects.

Researchers at universities around the country have shown that laughter can:

- **promote heart health.** Studies at the Maryland Medical Center found that people who laugh often are less likely to develop heart disease.
- **improve blood flow.** The same university found that laughter causes the blood vessel lining to expand, increasing blood flow by as much as 22%.

- **keep you svelte.** The University Medical Center in Nashville found that laughter increases energy expenditure and heart rate up to 20%. "If done vigorously, laughter can burn 300 to 400 calories per hour." Compare this to walking (180 calories per hour), cycling (240 calories), or high-energy dancing (270 calories).
- **boost immunity.** The University in Loma Linda, CA found that laughing increases the number of white blood cells and antibody levels, increasing protection against viruses and bacteria. It also reduces levels of cortisol, a stress hormone that interferes with the body's immune response.
- **ease pain.** Studies at Arizona State University gave evidence that patients are better able to manage and conquer pain with a positive frame of mind, and a sense of humor was a large part of that.

Another finding of this research is that giggles don't even have to be genuine to have a positive effect. Evidently the body doesn't know the difference between simulated and spontaneous laughter. The body still responds in the same way. This is why it is so often used at Cancer Treatment Centers, where participants don't have much reason to laugh. Laughter is contagious – it's meant to be shared! If one person in a room starts chuckling, others soon begin joining in – even if they don't know what the joke is. That is the basis for the many laughter clubs and therapy groups. Begin forcing a laugh in a group, and soon it becomes real and others join in the laughter. I experienced this at a workshop, and it really works! We ended up holding our sides, stumbling around, with tears streaming down our cheeks!

The verse in Proverbs is true – laughter does appear to be the best medicine! So read your Bible, laugh often with others, and enjoy a long, happy life!.....Jean



*Picture from Concordia Centennial 1987*

**IN MEMORIAM:  
HELEN FRYE HANKEY**

From her sons:

Kurt Hankey and Paul Hankey

Helen Lillian Frye Hankey, retired organist for Concordia, died last November of 2021 from head injuries she sustained from an accidental fall in her home. She was 98 years “young.” Helen began playing church services in Concordia at Christmas time in 1958, and retired in 2016, at the age of 93 years. Her lifetime in music began early: She started playing publicly on recitals and programs as a young girl, and then continued musically for the rest of her life. When she was older, Helen entertained at the piano for private parties. With her husband Kendall on drums, she also played popular band music at public social gatherings and charitable functions for years. She also taught piano at Braman Studios in Superior: many of her students subsequently found professional careers in music.

In retirement, Helen would sometimes reminisce about her years at Concordia: the choir rehearsals, accompanying soloists, weddings and funerals, and playing for the Sunday School and Sunday morning

services...and how much preparation there was during Advent, Christmas, Lent, and Easter, for all of Concordia’s musicians and office staff. One of her special joys were the visits of Concordia’s young children to the “big pipe organ” for a closer look...which brought forth many smiles...she kept their school pictures taped up at the organ console for many years until retirement day.

At home, Helen committed herself to researching, acquiring, and selecting special organ music for the Preludes and Postludes of the church services. She was always sending away for new church-music to play. So at home, there were always piles of music on top of the piano. But, as was her habit most of the time, she would just read the music and “practice it in her head.” She could “sight-read” just about anything put down in front of her.

Helen was also keenly aware of the importance and emotional impact of the well-known and familiar hymns that the congregation loved to hear and sing. She used to say “I want to play music that makes people feel good in Church.” Helen remembered their favorites: if she saw a familiar face in the pew, and she knew a favorite hymn, or special wedding music from long ago, she would play it again for them...she could remember so many songs by heart.

We would like to thank everyone for the thoughtful cards, letters and gifts she received over the years: those sentiments were deeply appreciated...she saved them all. Please make any memorials to the Organ Fund and the musical programs of Concordia. We will miss our mother forever....



**I'm over 50 and  
I'm vaccinated and healthy.  
Do I really need a booster?**



**Yes.**

With omicron and possibly other variants, two doses of an mRNA vaccine may not be enough to protect you from infection or severe disease—even if you're in tip-top shape.



This information comes from Johns Hopkins Bloomberg School of Public Health.

**But if I can still catch COVID,  
what's the point of a booster?**

A booster gets you back on your feet faster and will likely keep you out of the hospital.

If you are boosted and exposed to COVID-19, it will take about 4-5 days for your immune response to fully kick in. The omicron variant has a shorter incubation period than other variants and can make you sick in as little as 2-3 days. This means that even if you catch omicron, you might only be sick for a day or two before your immune system fights it off.

Without a booster, you could be sicker for much longer and even get more seriously ill.

**What if I got vaccinated  
and then got COVID?  
Do I still need a booster?**



While you can gain some extra immunity from having COVID, evidence shows that a booster will provide the added protection needed to reduce the risk of infection with less risk.

Plus, we don't really know how long immunity from COVID lasts.

"Getting a booster means you have one less thing to worry about."



COVID-19 Vaccinations  
are available for most  
people in this country.

### What can I expect in terms of **side effects** from a COVID-19 booster?



Some people noticed no side effects and some had about the same or slightly more intense side effects than their first two doses.

Side effects from vaccines can also vary for individuals depending on a lot of factors including how well-rested and hydrated someone is, if they are fighting off other infections like colds or flu.

### Does it matter **which booster shot I get?**

Booster shots here →



In short, no.

If you got two shots of an mRNA vaccine like Pfizer, you can get a booster from Moderna and vice versa.

However, if you received only one dose of Johnson & Johnson, there's evidence that you could gain higher protection from getting an mRNA booster. If it's been at least three months from your J&J shot, you could opt for the double dose of Pfizer or Moderna to really secure a high level of immunity.

The Polio virus has  
recently been  
detected again in  
the United Kingdom.

### Will we **need boosters again** in another 6 months?



We don't know yet.

Because the pandemic is still infecting people in large numbers all over the globe, there's a possibility for more variants that might challenge our existing immunity.

Once the pandemic is under control, some experts think that COVID-19 shots could be part of a yearly plan and some companies are working on a combination COVID-19/flu vaccine.

## Bishop Eaton issues pastoral message on SCOTUS ruling regarding Roe v. Wade

6/24/2022 12:25:00 PM

Dear church,

Whatever personal perspective one might take on the June 24 abortion ruling from the Supreme Court, it is the legal framework in which we now minister, and I wish to speak a pastoral word at this time.

The Supreme Court has voted to overturn Roe v. Wade, removing federal constitutional protection for safe and legal abortion and leaving decisions about abortion law largely to the states. As a result, safe and legal abortion will likely not be [accessible in every state](#). This church's 1991 social statement [Abortion](#) argues that "the number of induced abortions is a source of deep concern" but teaches that the practice should be legal (pp. 3, 9-10). In other words, "Laws should be enacted and enforced justly for the preservation and enhancement of life, and should avoid unduly encumbering or endangering the lives of women" (p. 9). Overturning Roe v. Wade and placing decisions about abortion regulation at the state level encumbers and endangers the lives of all persons who need to make decisions about unexpected pregnancies.

First, as a pastor of this church, I want to acknowledge that this decision affects many people, especially those whose pregnancies unfold in complex situations and the people who love them. Many now find their moral agency restricted because federal law no longer guarantees access to legal and safe abortion. They already face difficult moral questions, and the Supreme Court decision only adds to their anguish. As our social statement reminds us, we have both the freedom and the obligation to serve neighbors in complex situations. As a church, we are called at this moment to recognize and spiritually support people who are struggling with decisions around pregnancy.

Second, as presiding bishop, I want to remind this church that, despite this new legal landscape, we continue to depend on our social teaching for guidance. Our social statement provides the moral framework for our church's communal discernment and ministry, holding in tension both the strong Christian presumption to preserve and protect all life as well as the complex moral situations in which pregnancy sometimes occurs. Our social teaching is complex and does not hew to clear categories or labels such as "pro-abortion" or "anti-abortion."

That complexity is reflected in several points. The statement recognizes that pregnant persons have

moral agency; they are the ones to make decisions about a pregnancy (see pp. 5-6). This church and its ministers trust them to decide but expect them to make such decisions in relationship—with God, self, partner, family, ministers and others.

I also want to underscore for the whole body of Christ the statement's exhortation "that those who counsel persons faced with unintended pregnancies respect how deeply the woman's pregnancy involves her whole person—body, mind and spirit—in relation to all the commitments that comprise her stewardship of life" (p. 5).

Further, our church teaching holds that there are no exclusive rights in pregnancy. A pregnant person does not have an exclusive right to abort a fetus at all points during the pregnancy. A developing life does not have an exclusive right to be born (p. 2). This church does not support abortion as a normative form of birth control but rather understands it as necessary in some morally responsible circumstances. This church does not condone late-term abortions except in extreme circumstances, which must be determined by the individual with their medical caregivers (p. 7).

This church acknowledges that individuals and religious traditions hold divergent viewpoints over when life begins. These divergent views are not only scientific but also biblical and cultural. The ELCA social statement acknowledges these ethical ambiguities and states that "the closer the life in the womb comes to full term the more serious such [moral] issues become." (p. 7).

As we live into this new legal framework, we can respond to and minister in the current situation, for instance, by ministering to individuals who seek abortions; advocating for laws that provide free or affordable health care, child care and education; providing and promoting sex education; continuing to be a community of discernment where thoughtful and diverse perspectives can be shared and heard; and advocating for state laws that provide legal, safe and affordable abortions, and against legislation that would outlaw abortion in all circumstances (p. 9).

Finally, I wish to remind everyone that this church supports peaceful means of expression within a diverse society. Peaceful protest is a crucial element of civic engagement; violent protest is not, and this church reproves it. Likewise, this church is on record against hate speech. Let us be instruments for peace where there is none. Let us listen to one another. Let us serve the needs of neighbors in all the complexities life presents. God calls us to be *for* others, just as God in Christ is for us.

In Christ,  
The Rev. Elizabeth A. Eaton, Presiding Bishop  
Evangelical Lutheran Church in America



## Memorials

In Memory of Edith Warner.

*Carol & Gary Banker (Bus Fund)*

*Bill & Lois O'Neill (Bus Fund)*

*Shirley Brandser (Bus Fund)*

In Memory of Ruby Lien:

*Tyrant & Elizabeth Lien      Marie Peterson*

*Rich & Jennifer Larson      Joseph Grube*

*Shirley Brandser (Bus Fund)*

*Pete & Donna Quist (Riverside Cemetery)*

In Memory of Jean Weber:

*Shirley Brandser (Bus Fund)*

## Bus Day Trip up the Northshore

Join us. On Wednesday, July 13 we will leave from the church at 10:00 a.m. We will arrange for rides to Church if anyone needs them.

Tentative plans: Take scenic Hwy 61 drive, visit Kendall's Smokehouse, Great Lakes Candy Kitchen both in Knife River then drive to Rustic Café in Castle Danger for lunch or pie. After lunch we will drive to Gooseberry Falls, People can walk to view the bridge and river, or we can drive down to the lake. We will drive straight back to the Church and tentatively arrive at about 3:30 p.m. Please call the Office so we know how many to expect.

## Donation Opportunity

The air conditioner still works in Pastor's Office, but we would like to get one with a remote so Pastor doesn't have to climb a stepstool to turn it on and off. The air conditioner should be no wider than 20 inches. Contact the Church Office if you would like to donate one (so we don't end up getting more than one donated).

## Outside Worship Services

On July 17 and September 11 at 10:00 a.m. we will be having outdoor Worship Services on the lawn under the tent. A picnic lunch will be provided after the services. On August 14, 2022 the Worship Service will be held in Billings Park **at 9:00** with other Lutheran Churches in Superior.

## Concordia Cares Committee

The Concordia Cares Committee is looking for volunteers to be on the Committee.

Designated earnings within the Concordia Lutheran Investment Fund provided gifts to the following organizations through Concordia Cares Fund (formerly known as Benevolence Fund) Board in 2021: Head Start Books, Superior Fire Department (Toys for Tots), St Luke's Birthing Center, Faith United Methodist Church (Food Pantry), Lake Superior Community Center (Children's waiting area) and the School District Angel Fund;

Another one of the projects that the committee works on is **obtaining and distributing coats, snowsuits and boots** for Family Forum Head Start.

They need someone to go Rummage Sale Shopping to buy Coats, Snowsuits and Boots for Head Start children. (They will be reimbursed from the Committee) Someone needs to step up and take charge of this project or it won't happen this year.

Please talk to anyone you know who would be good at doing this, and call the Church Office to let us know. Also let us know if you are interested in being on the committee and if you have any new ideas that the committee can explore.



# Worship Aids for the Coming Weeks

## Sunday, July 3, 4th Sunday after Pentecost

God is the source of our nourishment. Jesus' invitation to "take and eat . . . take and drink" is a repeated one. In holy communion, in the word read and proclaimed, in the assembly of the people of God, the dominion of God has come near. Rejoice! Your name is written in heaven.

**Prayer of the Day:** O God, the Father of our Lord Jesus, you are the city that shelters us, the mother who comforts us. With your Spirit accompany us on our life's journey, that we may spread your peace in all the world, through your Son, Jesus Christ, our Savior and Lord. Amen

### Readings

Isaiah 66:10-14 *Jerusalem, a nursing mother giving life to her children*

Psalms 66:1-9 *All the earth bows down before you and sings out your name*

Galatians 6:[1-6], 7-16, *Do what is right now and reap at the harvest time*

Luke 10:1-1, 16-20 *Jesus sends out seventy disciples into the harvest*

## Sunday, July 10, 5th Sunday after Pentecost

To love the Lord your God with all your heart, soul, strength, and mind is to reflect God's mercy in responding to one's neighbor. That mercy found its most profound expression in the "gospel that has come to you"—namely the life, death, and resurrection of Jesus Christ. That gospel mercy comes to us again today: at the font, at the table, and from the pulpit. It is very near to you.

**Prayer of the Day:** O Lord God, your mercy delights us, and the world longs for your loving care. Hear the cries of everyone in need, and turn our hearts to love our neighbors with the love of your Son, Jesus Christ, our Savior and Lord. Amen

### Readings

Deuteronomy 30:9-14 *The Lord will take delight in your fruitfulness*

Psalms 25: 1-10 *Show me your ways, O Lord, and teach me your paths*

Colossians 11:1-14 *The gospel is growing, bearing fruit in the whole world*

Luke 10:25-37 *The parable of the merciful Samaritan*

## Sunday, July 17, 6th Sunday after Pentecost

Perhaps the church, at its best, is "all ears." God urges the faithful, again and again, to "listen up!"—to heed the word that gives life. So it was with Abraham and Sarah, Mary and Martha, and the early church at Colossae. So it is today as we join the assembly to hear the word of God, the word of life.

**Prayer of the Day:** Eternal God, you draw near to us in Christ, and you make yourself our guest. Amid the cares of our lives, make us attentive to your presence, that we may treasure your word above all else, through Jesus Christ, our Savior and Lord. Amen

### Readings

Genesis 18:1-10a, *The hospitality of Abraham and Sarah to three visitors of the Lord*

Psalms 15 *Lord, who may abide upon your holy hill?*

Colossians 1:15-28 *Hymn to Christ, the firstborn of all creation*

Luke 10:38-42 *Jesus says: Martha, your sister Mary has chosen the better part*



## Sunday, July 24, 7th Sunday after Pentecost

Persistence in prayer is encouraged by Jesus and wins the attention of God when Abraham intercedes for Sodom. The life of the baptized—to be rooted and built up in Christ Jesus—is to be nurtured with prayer. God hears and answers prayer and so strengthens God’s own. “When I called, you answered me; you increased my strength within me.”

**Prayer of the Day.** Almighty and ever-living God, you are always more ready to hear than we are to pray, and you gladly give more than we either desire or deserve. Pour upon us your abundant mercy. Forgive us those things that weigh on our conscience, and give us those good things that come only through your Son, Jesus Christ, our Savior and Lord. Amen

### Readings

Genesis 18:20-32 *Abraham bargains with God for the righteous of Sodom and Gomorrah*

Psalms 138 *Your steadfast love endures forever; do not abandon the works of your hands*

Colossians 2:6-15 [16-19], *Buried with Christ in baptism, raised with him through faith*

Luke 11:1-13 *Jesus teaches the disciples to pray*

## Sunday, July 31, 8th Sunday after Pentecost

Today’s texts offer instruction and encouragement for all who are occasionally overwhelmed by the “unhappy business” of life. Jesus urges us to take care and be on guard against all kinds of greed. We who have died with Christ in holy baptism have also been raised with him and are encouraged to elevate our thinking, seeking the “things that are above.” To that end we seek the sustenance of the Lord’s supper and the encouragement of God’s word.

**Prayer of the Day.** Benevolent God, you are the source, the guide, and the goal of our lives. Teach us to love what is worth loving, to reject what is offensive to you, and to treasure what is precious in your sight, through Jesus Christ, our Savior and Lord. Amen

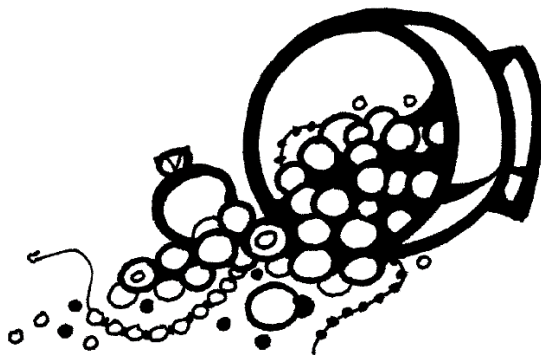
### Readings

Ecclesiastes 1:22, 12-14, 2:18-23 *Search out wisdom, for all is vanity*

Psalms 49:1-12 *My mouth shall speak of wisdom*

Colossians 3:1-11 *Clothes in Christ, your life is hidden with him in God*

Luke 12:13-21 *Jesus says: Be on guard against greed; be rich toward God, your treasure*



~ July 2022 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Canada Day	2
3 9a Blood Pressure Checks 10a-11a Worship	4 Independence Day	5 9a-9:30a Staff Meeting 11a-12p Pastor's Text Study	6	7	8	9
10 10a-11a Worship 11a-12p Council Meeting	11 6p-7p Property & Management Committee	12 9a-9:30a Staff Meeting 11a-12p Pastor's Text Study	13 10:00 Bus Day Trip	14 1:30p-2:30p Harmony House Worship	15	16
17 10a-11a Worship outside on the lawn with picnic lunch to follow	18 6p-7p Worship and Music Committee	19 9a-9:30a Staff Meeting 11a-12p Pastor's Text Study	20	21	22	23
24 10a-11a Worship	25	26 9a-9:30a Staff Meeting 11a-12p Pastor's Text Study	27	28 World Hepatitis Day	29	30 Int'l. Friendship Day
31 10a-11a Worship	Notes:					



## Altar Flowers for July

July 3

Altar Guild

July 10

In Memory of Carl, Nancy, Heather & Kaiden by Lois Renoos

July 17

In Memory of Linda Ness by Daughters  
Nancy Tester and Sue Rink

July 24

In Memory of Cliff Pearthree & Loved Ones  
by Rhoda Pearthree

July 31

Altar Guild

## Serving in July

### **Ushers**

July 3

Team III Joyce Olson

July 10

Team I Ken Harmer

July 17

Team II Eric Sewall

July 24

Team III Joyce Olson

July 31

Team I Ken Harmer

### **Bus Driver**

July 3

Kris Hanson

July 10

Ken Harmer

July 17

Brett Quist

June 24

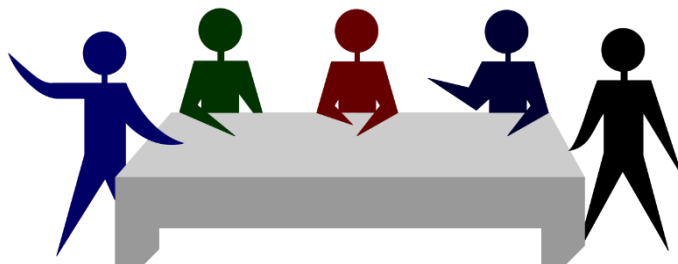
Pete Quist

July 31

Kris Hanson

### **Financial Assistants**

Deb Harmer & Sue Martin



**Your Church Council members, working  
together with you in ministry:**

Council met long enough after the Annual meeting to determine current officers, but has not yet determined committee relationships. No other new members were elected for 2022.

President, Mike Olson	715-398-0343
Vice President, Mark Thompson	715-392-3166
Secretary, Ken Harmer	218-390-8218
Treasurer, Doug Score	218-260-0657
Matt Ketola	715-363-2567
Kris Hanson	715-977-1260

**We have distanced seating in Church.  
Please sit where there are pew cushions.**



Concordia Lutheran Church  
1708 John Ave.  
Superior, WI 54880

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***The Concordian is published monthly since 1981 by:***

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ELCA website: [www.elca.org](http://www.elca.org)  
Luther Point Bible Camp website: [www.lutherpoint.org](http://www.lutherpoint.org)  
Resource Center website: [www.synodresourcecenter.org](http://www.synodresourcecenter.org)

Michelle R. Rowell, Pastor  
Beth Sobczak, Keyboards  
Dr. Héctor Landa, Keyboards  
Carol Lindegren, Office Manager  
Jean Riedasch, Parish Nurse  
Amy King, Custodian  
Matthew Eastman, Technologies

Contributors: Many  
Assembly/mailling: Our faithful volunteers

# The Concordian

July

Vol. 43 No. 7

A newsletter of Concordia Lutheran Church  
Superior, Wisconsin  
715.394.3762

[www.concordiasuperior.org](http://www.concordiasuperior.org)

## 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.**

## Sunday Worship Schedule

**10:00 am Worship**

Online at: [facebook.com/ConcordiaSuperior](https://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.