



# The Concordian

A Newsletter of Concordia Lutheran Church – ELCA  
Superior, WI      February 2023      Vol 44 No. 2

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

## *From the Pastor:*

Grace to you and peace.

February is a beautiful month, even though it always seems to me to be the coldest month of the year! This month we honor those who have served in the presidential office of the USA. This month many celebrate amorous love. Almost always, Transfiguration Sunday is in February, and almost as often, so is Ash Wednesday. This year, Ash Wednesday is on the last Wednesday in the month: February 22.

As I was working to determine the theme for our Lenten series this year, I ran across a new series that is woven around a hymn that is a favorite of many, “Amazing Grace.” That series claimed this to be the perfect time to do this, because it was the 250<sup>th</sup> anniversary of the writing of its words. However, that writing must be a year old, because the words were written in 1772!

After studying the sample from that series, I also realized that that series’ format would be difficult to weave into our setting. Instead, we’re going to use the hymn as an anchor for each one of our Wednesday gatherings, along with a Scripture Reading and a dramatic monologue based on particular characters of the Bible.

On Ash Wednesday we’ll

hear from the **paralytic** who was let down through the roof to see Jesus, and on March 1 **Peter’s mother-in-law** will speak to us.

March 8 will bring **Mary Magdalene**, followed by **Thomas** on March 15. That last two Wednesdays in Lent will bring **Martha** and her brother **Lazarus**, respectively.

Each of these people from our Bibles will speak of the amazing grace they received from their encounters with Jesus, and encourage us as well to recognize God’s amazing grace in our lives.

Before the Lenten season begins, we will offer an opportunity for the people to learn a bit more about what inspired John Newton’s writing of “Amazing Grace,” and how William Wilberforce was inspired to work to end the slave trade in Britain. On Transfiguration Sunday, February 19, we will show a movie in the fellowship hall downstairs after worship. Our video license does not allow us to publish the name of that movie, but you can ask one of the staff if you want to know what it will be. (It is PG, not particularly child friendly, but we can open the youth room for the day if needed, and if we obtain a responsible volunteer.)

However, there’s a lot of



February before Lent begins on its last day! February is the shortest month of our year, and the one that varies every four years to account for the bit of asynchronization of our earth’s daily rotation and its yearly revolution around the sun. That’s one of the things I like about it. It’s unique, and it uses its uniqueness to take care of all the rest that doesn’t fit!

Each one of us is also unique, though we are not required to fix whatever goes wrong around us. We can, however, use our uniqueness to gift the world around us in various ways. Our gifts can multiply with similar gifts of others, and complement differing gifts of others to create something of grace and beauty.

May your gifts be multiplied and complemented to grace all those whose lives you touch. In Jesus’ name.      Pastor Michelle



## PARISH NURSING NOTES

February is American Heart Month, and February 5<sup>th</sup> is “Red Dress Sunday.” Do you know that in Douglas County 13.9% of the population has heart problems, while in the state as a whole only 4.9% do? And in Douglas County the stroke rate is 4.5% compared to 2.2% in the state as a whole. Other than the fact that it is located in your chest, slightly to the left of the midline, what do you know about your heart and how it functions?



### DO YOU KNOW.....

Your heart has the ability to initiate impulses causing it to contract an average of 72 times every minute, 60 minutes every hour, 24 hours every day (waking and sleeping), 365 days every year, every year of your life for as long as you live. And how many years that is, depends largely on how well you take care of your heart! And calculating the number of contractions is more math than I want to attempt! What other electrical system do you know of that will work that well for that length of time?!

Not only that, but it will also pump harder or faster depending on the need, based on activity, altitude, temperature, body conditions, or emotions. The blood vessels will also expand or contract to enhance or decrease the blood flow depending on those factors. You don’t have to think about it, or decide what or when it should make those adjustments – it

happens automatically. How many pumps do you know of that will work that well for that long?

In addition, it has to coordinate four chambers and four sets of valves to keep the blood flowing in the right direction, at the right rate of flow. You know what it is like to coordinate an event for even a short time span. How would you like having to, consciously, control that activity for that length of time?

God was a masterful engineer when He created us in His image. He created us to live a certain time span. So some functioning changes occur as we age. But He also gave us the freedom of choice. And the choices we make can speed up or accentuate those natural changes.

How can we show gratitude for, and take care of our heart? Proverbs 4:23 says, “*Guard your heart above all else, for it determines the course of your life.*” The greatest threats to our heart health--cigarette smoking, high blood cholesterol levels, hypertension, obesity, lack of exercise-- result from our life style choices.

If our hearts could talk, they would say;  
“*I love to exercise! Take me out for at least 30 minutes of physical activity most days of the week.*” Regular exercise keeps your heart strong so that it can pump more blood with less effort.

“*I work best on a healthy diet.*” Foods such as fruits, vegetables, and whole grains, and the avoidance of saturated and trans fats, help protect against heart disease.

“*Smoking makes me sick!*” Smoking damages the blood vessels and heart tissue, increases blood pressure, and decreases the capacity for exercise.

“*When you are overweight, I suffer.*” Excess body weight makes the heart work harder to pump blood, which can cause the heart tissue to thicken and become stiff.

“*I need regular check-ups!*” Get your cholesterol and blood pressure checked regularly. (First Sunday of every month in my office!)

Proverbs 14:30 says, “*A peaceful heart gives life to the body.*” Help keep your heart peaceful, and show gratitude to God, by taking good care of it.

.....Jean

## Memorials

### In Memory of Jeanne Downs:

*Gary & Carol Banker (Concordia Cares)*  
*Bill & Lois O'Neill (Altar Guild)*  
*Rhoda Pearthree*  
*Marie Peterson*

### In Memory of Ed Nelson:

*Lawrence & Barbara Rivers*  
*Kathleen & William Holton*  
*Gary & Barbara Milton*

### In Memory of Jean Stensland:

*Rhoda Pearthree*

### In Memory of Eunice Grimsrud:

*Bill & Lois O'Neill (Altar Guild)*  
*Ken & Debi Harmer (Altar Guild)*  
*Carol & Gary Banker (Concordia Cares)*  
*Marie Peterson*  
*Janice Lagesse (CLCW)*  
*LePage/Jokela Families (Altar Guild)*  
*Altar Guild*  
*Tom & Patricia O'Brien (Altar Guild)*  
*Joe & Jeanie Charbonneau (Altar Guild)*  
*Rhoda Pearthree*  
*Lois & John Renoos*

### In Memory of Betty Ursin:

*Bill & Lois O'Neill (Altar Guild)*  
*Rhoda Pearthree*  
*Marie Peterson*  
*Lucille Allen*  
*Brenda Allen*  
*Brian & Vici McCusker*  
*Glenn & Sue Solin*  
*Randy & Denise Stalker*  
*Mike & Jeanie Soyering*  
*Roger & Sue LePage*  
*Glenn Billmeyer*  
*Jim, Don & Robin Shabert*  
*Doug & Kirsten Standen*  
*Arlette Degrio*  
*Linda Eliason*  
*Muriel Jacobson*  
*Kathryn Sislo*  
*Lee & Dolly Hawley*  
*Betty Sislo*

## LENTEN SERVICES

Lenten Services start on Wednesday, February 22, 2023 at 12:15 p.m. with Ash Wednesday. We will be having soup lunch at 11:45 a.m. before the Lenten Services. If anybody or any committee is interested in serving a soup luncheon, please let the Church Office know.

The Sunday before Ash Wednesday, February 19, 2023 we will be showing a movie after worship that brings us into the Lenten Season. Because of the license that we have we cannot publish what the movie is going to be, but you can ask any of the staff and we can tell you. It is a PG movie so younger children might not be particularly entertained.

### Community Calendar

Bethel is having a spaghetti dinner on Mardi Gras (Tuesday, 2/21) from 4-6 p.m.

### Ash Wednesday

Bethel	5:00 soup, 5:30 service
Concordia	11:45 lunch, 12:15 service
Our Saviors	Services at 6:30 p.m.
Pilgrim	6:30 services
Zion	5:45 dinner, 6:30 service

### Lent Wednesdays

Bethel	5:00 soup, 5:30 service
Concordia	11:45 lunch, 12:15 service
Our Saviors	Services at 6:30 p.m.
Pilgrim	no services
Zion	5:45 dinner, 6:30 service

## Offering Envelopes for 2023

We are still waiting on our offering envelopes for 2023. The place we ordered them had a few presses break down and had to wait for parts to fix them. We should receive them sometime in February 2023. As soon as we receive them we will let you know.

# Worship Aids for the Coming Weeks

## Sunday, February 5, Fifth Sunday after Epiphany

Light shines in the darkness for the upright, the psalmist sings. Isaiah declares that when we loose the bonds of injustice and share our bread with the hungry, the light breaks forth like the dawn. In another passage from the Sermon on the Mount, Jesus, the light of the world, calls his followers to let the light of their good works shine before others. Through baptism we are sent into the world to shine with the light of Christ.

**Prayer of the Day:** Lord God, with endless mercy you receive the prayers of all who call upon you. By your Spirit show us the things we ought to do, and give us the grace and power to do them, through Jesus Christ, our Savior and Lord. Amen

### Readings

Isaiah 58:1-9a [9b-12] *The fast God Chooses*

Psalm 112:1-9[10] *Light shines in the darkness for the upright*

1 Corinthians 2:1-12[13-16] *God's wisdom revealed through the Spirit*

Matthew 5:13-20 *The teaching of Christ salt and light*

## Sunday, February 12, Sixth Sunday after Epiphany

In today's reading from Deuteronomy we are called to choose life by loving and obeying God. Much of today's gospel reading echoes portions of the Ten Commandments. Jesus' instructions to the crowd reveal a pattern of behavior that honors both God and the neighbor, resulting in life and health for the whole community. We too are invited to embrace these commandments, not out of fear of retribution, but because God has promised that to do so means life for us.

**Prayer of the Day:** O God, the strength of all who hope in you, because we are weak mortals we accomplish nothing good without you. Help us to see and understand the things we ought to do, and give us grace and power to do them, through Jesus Christ, our Savior and Lord. Amen

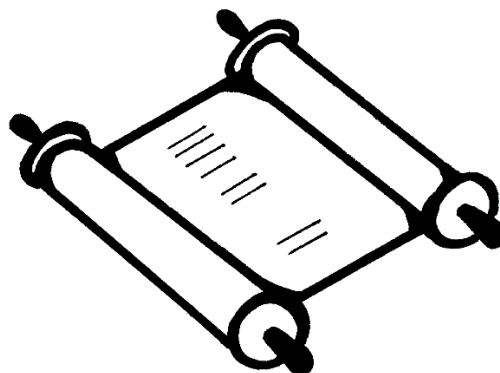
### Readings

Deuteronomy 30:15-20 *Choose life*

Psalm 119:1-8 *Happy are they who follow the teaching of the Lord*

1 Corinthians 3:1-9 *God gives the growth*

Matthew 5:21-37 *The teaching of Christ forgiveness*



## Sunday, February 19, Transfiguration of our Lord

Today's festival is a bridge between the Advent-Christmas-Epiphany cycle that comes to a close today and the Lent-Easter cycle that begins in several days. On a high mountain Jesus is revealed as God's beloved Son, echoing the words at his baptism. This vision of glory sustains us as Jesus faces his impending death in Jerusalem. We turn this week to Ash Wednesday and our yearly baptismal journey from Lent to Easter. Some churches put aside the alleluia at the conclusion of today's liturgy. This word of joy will be omitted during the penitential season of Lent and will be sung again at Easter.

**Prayer of the Day:** O God, in the transfiguration of your Son you confirmed the mysteries of the faith by the witness of Moses and Elijah, and in the voice from the bright cloud declaring Jesus your beloved Son, you foreshadowed our adoption as your children. Make us heirs with Christ of your glory, and bring us to enjoy its fullness, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen

### Readings

Exodus 24:12-18, *Moses enters the cloud of God's glory on Mount Sinai*

Psalms 2 *You are my son, this day have I begotten you*

2 Peter 1:16-21 *The apostle's message confirmed on the mount of transfiguration*

Matthew 17:1-9 *Revelation of Christ as God's beloved Son*

## Sunday, February 26, First Sunday in Lent

Today's gospel tells of Jesus' temptation in the desert. His forty-day fast becomes the basis of our Lenten pilgrimage. In the early church Lent was a time of intense preparation for those to be baptized at the Easter Vigil. This catechetical focus on the meaning of faith is at the heart of our Lenten journey to the baptismal waters of Easter. Hungry for God's mercy, we receive the bread of life to nourish us for the days ahead.

**Prayer of the Day.** Lord God, our strength, the struggle between good and evil rages within and around us, and the devil and all the forces that defy you tempt us with empty promises. Keep us steadfast in your word, and when we fall, raise us again and restore us through your Son, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen

### Readings

Genesis 2:15-17, 3:1-7 *Eating of the tree of the knowledge of good and evil*

Psalms 32 *Mercy embraces those who trust in the Lord*

Romans 5:12-19 *Death came through one; life comes through one*

Matthew 4:1-11 *The temptation of Jesus in the wilderness for forty days*

~ February 2023 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> 4p-5p Confirmation Class	<b>2</b> Groundhog Day	<b>3</b>	<b>4</b>
<b>5</b> Super Bowl 10a-11a Worship	<b>6</b>	<b>7</b> 9a-9:30a Staff Meeting 11a-12p Pastor's Text Study	<b>8</b> 1:30p-2:30p Harmony House Worship 4p-5p Confirmation Class	<b>9</b>	<b>10</b>	<b>11</b>
<b>12</b> 10a-11a Worship 11 Church Council Meeting	<b>13</b> Presidents Day 5:00 Superior Area Ministry Meeting (Our Saviors) 6p-7p Property Management Committee	<b>14</b> Valentine's Day 9a-9:30a Staff Meeting 11a-12p Pastor's Text Study	<b>15</b> 10a-11a Altar Guild Meeting 4p-5p Confirmation Class	<b>16</b> 6:30p-8p Pastor's Conference Annual Meeting (Good Shepard Church\, Ashland\, WI)	<b>17</b>	<b>18</b>
<b>19</b> 10a-11a Worship 11a-12p Movie Shown	<b>20</b> 6p-7p Worship and Music Committee	<b>21</b> 9a-9:30a Staff Meeting 11a-12p Pastor's Text Study	<b>22</b> 11:45a-12:15p Lunch before Lenten Service 12:15p-1:15p Ash Wednesday Service in Chapel 4p-5p Confirmation Class	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b> 10a-11a Worship	<b>27</b>	<b>28</b> 9a-9:30a Staff Meeting 11a-12p Pastor's Text Study	<b>Notes:</b>			





## Altar Flowers for February

February 5

In Memory of Jeanne Downs, William Downs, Jr. & Billy Downs IV given by the family of Jeanne Downs

February 12

In Memory of Jane Bentley given by Robert Bentley

February 19

In Memory Tony Novack & Rick Nelson given by Ann Novack

February 26

Altar Guild

## Serving in February

### **Ushers**

February 5

Team II Eric Sewall

February 12

Team III Joyce Olson

February 19

Team I Ken Harmer

February 26

Team II Eric Sewall

### **Bus Driver**

February 5

Pete Quist

February 12

Kris Hanson

February 19

Ken Harmer

February 26

Brett Quist

### **Communion Helper**

February 5

Shawn Quist

February 12

Joyce Olson

February 19

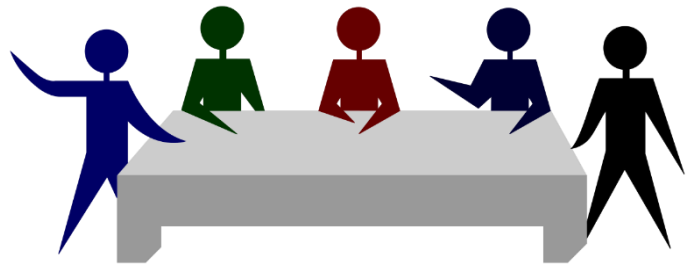
Debbie Harmer

February 26

Lori Sewall

### **Financial Assistants**

Kris Hanson



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

Council members for 2023. Officers have not yet been determined.

Mike Olson	715-398-0343
Mark Thompson	715-392-3166
Ken Harmer	218-390-8218
Treasurer, Doug Score	218-260-0657
Kris Hanson	715-977-1260
Rob Strauch	715-718-1226
Eric Sewall	715-392-1559
Tom O'Neill	218-391-6139

# Welcome

Let us welcome three new council members that were elected at the Annual Meeting which was held on January 22, 2023: Rob Strauch, Eric Sewall and Tom O'Neill.

# Bus Available

Please remember that the Church Bus is available for Sunday and Lenten Services. Please call the office if you want to be added to the list.

Concordia Lutheran Church  
1708 John Ave.  
Superior, WI 54880

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Websites:

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Synod website: [www.nswi.org](http://www.nswi.org)  
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  
Kent Peterson, Custodian  
Matthew Eastman, Technologies

Contributors: Many  
Assembly/mailling: Our faithful volunteers

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February

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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)

## 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.