

The Concordian

A Newsletter of Concordia Lutheran Church – ELCA
Superior, WI March 2023 Vol 44 No. 3

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

From the Pastor:

The season of Lent has begun. Ash Wednesday begins the season, and the following Sunday brings us the stories of Jesus in the wilderness for 40 days and forty nights. We learn that Jesus is tempted there in the wilderness, but we have few details. Mark gives us only the most general description, and while both Matthew and Luke give a more detailed description with specific temptations, those stories are not written in a way that indicates they took any real length of time. So what is it like to be in the wilderness—particularly for an extended period of time?

The photo included with today’s message doesn’t really fit the winter season of snow and ice. I took the photo on Labor Day in 2020, as I walked in the shallow waters on the shore of Lake Superior on Wisconsin Point. (I used this same photo for my January article of 2021, but with a different topic.)

You see my shadow in this photo extending from my feet as they displace the waters just a bit. You see the many colors of the sand mixing to create what appears to be a rather smooth tan background. If not for the water, this sand could be desert—it could be wilderness... but there is water.

Yet for some people, the waters of Lake Superior create a substantial discomfort, as their vastness signifies possible dangers (which are certainly real). For some people, this lake may be wilderness.

Disturbing for me was the story shown on the large screen in 2015 of the 1996 disastrous ascent of Mount Everest. The kind of wilderness that exists on the high mountains where there is no way to come in from the cold is alarming to me.

Recent news reveals the destruction of a boat off the coast of Italy carrying nearly 200 migrants. More than a quarter of them are confirmed dead, and the toll is rising. Yet the dangers of an unseaworthy craft apparently could not outweigh the dangers of staying in the lands they had fled (Syria, Pakistan, and Bangladesh). The wilderness of the Mediterranean Sea...

Some have termed the prairies of the lands of my childhood to be a wilderness, with miles and miles between the remaining farmsteads, and horizons almost as low as that of the seas.

Also, there is another kind of wilderness marked by large numbers of the people—crowds and crowds of people. Large metropolitan areas can be as much of a wilderness as the



desert, depending partly on the comfort level of the person experiencing it.

All of us experience wilderness differently, and places where I am comfortable might be the same places that would drive you crazy! Conversely, there may be places where you are comfortable and I am not.

Yet, none of these wilderness places are too remote or too crowded for the one who created us and loves us beyond measure. God will be with us each day, even when we venture or retreat into wilderness areas for whatever reason. God is with us in the discomfort and in the peace, in the unknowing and in the known.

May God grant you every blessing this Lenten Season, nourishing you well.

Blessings! *Pastor Michelle*



PARISH NURSING NOTES

We're now heading into the second half of this Lenten season. And also moving into March, which happens to be National Nutrition Month. So I am going to try to combine both into this article for our newsletter.

Rather than "giving up" a food you enjoy for Lent, this year "take up" the practice of preparing and enjoying healthy, delicious food. That is the focus of one of my favorite Lenten resources, Seasoning Lent. So often it seems easier to go out to eat, or pick up some take-out, or pop a frozen meal into the microwave than it is to start from scratch, and prepare a tasty, healthy meal yourself. But very often, those other options have additives or ingredients that are not particularly good for you. And after making those other options a habit, you tend to develop a little (or a lot!) of extra weight, and the likelihood of developing health problems as well.

In the book of Genesis, God gave man "every seed-bearing plant...every tree that has fruit...everything that moves" as food for us. But He didn't say He would pick them out, and prepare them for us on a daily basis. That chore is up to us! And it can feel very satisfying to do just that—to pick out some fresh veggies, some meat, a few herbs, and turn them into a tasty and fresh meal for yourself or your family.

Oftentimes we turn to foods to satisfy not our physical hunger needs, but to attempt to ease our

mental and social problems as well. And they might help take your mind off them a little on a temporary basis, but they won't solve the problems. And doing that too often can lead to physical health problems as well. Childhood obesity is a rising trend, and leads to heart problems in adulthood. "Why spend money on what is not bread, and your labor on that which does not satisfy? Listen to me, and eat what is good, and your soul will delight in the richest of fare." (Isaiah 55:2).

We have all heard the advice of how to eat a healthy diet. Make half your plate fruits and vegetables. Make at least half your grains whole grains. Switch to low fat milk, yogurt and cheese. Cut back on sodium and empty calories from solid fats and sugars. Enjoy your food, but cut back on portion sizes. And be physically active! That portion size one is really important! They have been increasing greatly over the years! 1 Corinthians 6:12 says, "All things are lawful for me, but not all things are beneficial. All things are lawful for me, but I will not be dominated by anything." We have to keep that in mind.

We can also help ourselves to eat healthier by helping to feed others. Prepare a large recipe of something tasty. Then instead of sitting down and finishing it all yourself, share it with someone else. Invite someone unable to prepare food for themselves over to share. Or package it up and take it to a homebound, or disabled, or elderly neighbor. Everything tastes better when it is shared in love with others. "You shall eat the fruit of the labor of your hands; you shall be happy and it shall go well with you." (Psalm 128:2).

"So whether you eat or drink, or whatever you do, do all to the glory of God." (1 Corinthians 10:31)

Stay happy, healthy and serving
others.....Jean



ELCA Missionary The Rev. Kristin Engstrom

Kristin serves as a facilitator for leadership development and capacity building in Zambia in southern Africa. She is called to walk with the Evangelical Lutheran Church in Zambia, and in particular with pastors and lay leaders, as together they work to strengthen the church and grow in congregational and community leadership.

Kristin says “After serving for five years as the Young Adults in Global Mission (YAGM) country coordinator in Senegal, I look forward to the new challenge and opportunity of serving with the Evangelical Lutheran Church in Zambia. International service continuously shapes and stretches my faith in God who is more mysterious than we can comprehend and works in ways we could never imagine. Our global siblings help me to trust in God and in our shared humanity beyond my doubts and frustrations. We need one another to be faithful, and especially to be the church.”

Kristin’s home based States are Minnesota, Iowa and Wisconsin. Her hobbies include knitting, running, hiking, gardening, laughing, eating chocolate and still hoping to learn to play the drums.

Easter Lilies 2023

Lilies will be purchased by the Altar Guild to decorate the chancel for Easter. If you wish to donate (any amount) towards this, please use this form. You may make your donation in memory or in honor of a loved one if you wish. Please make your payment to Concordia Altar Guild and put Lily Fund in the memo line. A list of donations will be in the Easter bulletin



Donor: _____

In memory (deceased) of: _____

In honor (living) of: _____

(Make Checks payable to Concordia Altar Guild. The form and donation can be placed in the offering boxes in the Sanctuary or mailed to the Church Office). Lily donations will be accepted through Sunday, April 2, 2023.



Memorials

In Memory of Jeanne Downs:

Pete & Donna Quist (Riverside Cemetery)

Shirley Brandser (Bus Fund)

In Memory of Eunice Grimsrud:

Pete & Donna Quist (Riverside Cemetery)

Patricia Gannon (Altar Guild)

Jan & Bill Lippitt (Altar Guild)

In Memory of Betty Ursin:

Pete & Donna Quist (Riverside Cemetery)

LENTEN SERVICES

Lenten Services on Wednesdays begin with a soup lunch at 11:45 a.m. followed by worship at 12:15. If anybody or any committee is interested in serving please let us know.

Community Calendar

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

Gluten Free

Beginning March 5, 2023, Gluten Free Communion Wafers will be available for anyone who needs them.

(We will also have a gluten free option of soup upon request for our Wednesday lunch.)

Church Directories

The Church directories are not yet available. When they arrived, the covers (a night photo) were much darker than the image on the proof copy we had approved. We needed to send them back so that they could create new covers for them.

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 shortly. As soon as we receive them we will let you know.





10:00

Introducing Six Currencies for a Missional and Sustainable Ministry

Walter Baires

Loving our Neighbors by Embracing Awkward Conversations

Rev. Libby Howe

Malawi: Ministry Updates, New Initiatives, & Strengthening Accompaniment

Deacon Laura Ramlow

11:00

Go Big or Go Home: How to supercharge your Green Team

Rev. Karen Behling

Loving our Neighbors by Embracing Awkward Conversations

Rev. Libby Howe

Gifts from Assets and Endowment Ministry in Your Congregation

Rev. Nancy Amacher

1:00

Help! We Don't Have Enough Volunteers Rev. Diane House

From Worry to Wonder Bishop Laurie Skow-Anderson

Mental Health & Ministry With Youth & Young Adults Deacon Laura Ramlow

2:00

Finished Not Failed Bishop Laurie Skow-Anderson

Living Stones and Ancient Sites Rev. Nancy Amacher

What Are Some Current Advocacy Opportunities in Wisconsin? Rev. Cindy Crane

3:00

Why Do We Advocate As People of Faith? Rev. Cindy Crane

Longing and Lament Rev. Diane House

JEDI training: Justice, Equity, Diversity and Inclusion is Learning to Walk in the Way, the Truth and the Light. Rev. Sara Bishop

Worship Aids for the Coming Weeks

Sunday, March 5, Second Sunday in Lent

During Lent we journey with all those around the world who will be baptized at the Easter Vigil. In today's gospel Jesus tells Nicodemus that he must be born of water and Spirit. At the font we are given a new birth as children of God. As God made a covenant with Abraham, in baptism God promises to raise us up with Christ to new life. From worship we are sent forth to proclaim God's love for all the world.

Prayer of the Day: O God, our leader and guide, in the waters of baptism you bring us to new birth to live as your children. Strengthen our faith in your promises, that by your Spirit we may lift up your life to all the world 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 12:1-4a *The blessing of God upon Abram*

Psalms 121 *I lift up my eyes to the hills; my help comes from the Lord*

Romans 4:1-5, 13-17 *The promise to those who share Abraham's faith*

John 3:1-17 *The mission of Christ to save the world*

Sunday, March 12, Third Sunday in Lent

In today's gospel the Samaritan woman asks Jesus for water, an image of our thirst for God. Jesus offers living water, a sign of God's grace flowing from the waters of baptism. The early church used this gospel and those of the next two Sundays to deepen baptismal reflection during the final days of preparation before baptism at Easter. As we journey to the resurrection feast, Christ comes among us in word, bath, and meal—offering us the life-giving water of God's mercy and forgiveness.

Prayer of the Day: Merciful God, the fountain of living water, you quench our thirst and wash away our sin. Give us this water always. Bring us to drink from the well that flows with the beauty of your truth 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 17:1-7 *Water from the rock in the wilderness*

Psalms 95 *Let us shout for joy to the rock of our salvation*

Romans 5:1-11 *Reconciled to God by Christ's death*

John 4:5-42 *Baptismal image the woman at the well*



Sunday, March 19, Fourth Sunday in Lent

Baptism is sometimes called enlightenment. The gospel for this Sunday is the story of the man born blind healed by Christ. “I was blind, now I see,” declares the man. In baptism God opens our eyes to see the truth of who we are: God’s beloved children. As David was anointed king of Israel, in baptism God anoints our head with oil, and calls us to bear witness to the light of Christ in our daily lives.

Prayer of the Day Bend your ear to our prayers, Lord Christ, and come among us. By your gracious life and death for us, bring light into the darkness of our hearts, and anoint us with your Spirit, for you live and reign with the Father and the Holy Spirit, one God, now and forever. Amen

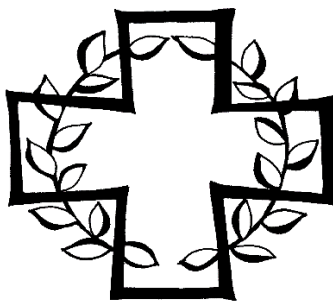
Readings

1 Samuel 16:1-13 *David is chosen and anointed*

Psalm 23 *You anoint my head with oil*

Ephesians 5:8-14 *Awake from sleep, live as children of light*

John 9:1-41 *Baptismal image: the man born blind*



Sunday, March 26, Fifth Sunday in Lent

In today’s gospel Jesus reveals his power over death by raising Lazarus from the dead. The prophet Ezekiel prophesies God breathing new life into dry bones. To those in exile or living in the shadows of death, these stories proclaim God’s promise of resurrection. In baptism we die with Christ that we might also be raised with him to new life. At the Easter Vigil we will welcome the newly baptized as we remember God’s unfailing promise in our baptism.

Prayer of the Day. Almighty God, your Son came into the world to free us all from sin and death. Breathe upon us the power of your Spirit, that we may be raised to new life in Christ and serve you in righteousness all our days, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen

Readings

Ezekiel 37:1-14 *The dry bones of Israel brought to life*

Psalm 130 *I wait for you, O Lord; in your word is my hope*

Romans 8:6-11 *Life in the Spirit*

John 11:1-45 *Baptismal image: the raising of Lazarus*

~ March 2023 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 11:45a-12:15p Lunch (Church Library) 12:15p Lenten Service 4p-5p Confirmation Class	2	3 11 a Funeral for Dick Riedasch	4
5 10a-11a Worship	6	7 9a-9:30a Staff Meeting 11a-12p Pastor's Text Study	8 Int'l. Women's Day 11:45a-12:15p Lunch (Church Library) 12:15p Lenten Service 1:30p-2:30p Harmony House Worship	9	10	11 Walking Together From Nostalgia to New! Bethany Lutheran, Rice Lake, 8-4 (See Page 4)
12 Daylight Saving Begins 10a-11a Worship 11:15a-12:15p Council Meeting	13 6p-7p Property Management Committee	14 9a-9:30a Staff Meeting 11a-12p Pastor's Text Study	15 11:45a-12:15p Lunch (Church Library) 12:15p Lenten Service	16 9:30a-1p Pastor's Conference Meeting	17 Saint Patrick's Day	18
19 10a-11a Worship	20 Spring Begins (Northern Hemisphere) 5p-6p Superior Area Ministry Meeting (Pilgrim Lutheran Church\, 820 Belknap St\, Superior\, WI 54880\) 6p-7p Worship and Music Committee	21 9a-9:30a Staff Meeting 11a-12p Pastor's Text Study	22 11:45a-12:15p Lunch (Church Library) 12:15p Lenten Service	23	24 World Tuberculosis Day	25
26 10a-11a Worship	27	28 9a-9:30a Staff Meeting 11a-12p Pastor's Text Study	29 11:45a-12:15p Lunch (Church Library) 12:15p Lenten Service	30	31	Notes:



Altar Flowers for March

March 5

In Memory of Loved Ones given by Mike & Joyce Olson

March 12

In Memory of Roy & Jeane Grimstad given by Ken & Deb Harmer, Sue & Terry Martin & Families

March 19

In Memory of Leona Lindegren & Loved Ones given by Ed Lindegren & Family

March 26

Altar Guild

Serving in March

Ushers

March 5

Team III Joyce Olson

March 12

Team I Ken Harmer

March 19

Team II Eric Sewall

March 26

Team III Joyce Olson

Bus Driver

March 5

Pete Quist

March 12

Kris Hanson

March 19

Ken Harmer

March 26

Brett Quist

Communion Helper

March 5

Mike Olson

March 12

Ken Harmer

March 19

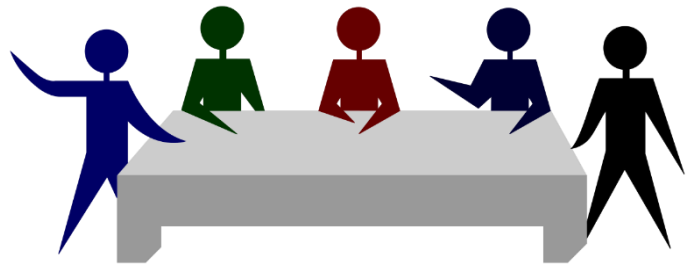
Shawn Quist

March 26

Joyce Olson

Financial Assistants

Eric Sewall & Brett Quist



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

Council members for 2023.

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

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.



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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
Jean Riedasch, Parish Nurse
Kent Peterson, Custodian
Matthew Eastman, Technologies

Contributors: Many
Assembly/mailling: Our faithful volunteers

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March

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Superior, Wisconsin
715.394.3762

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

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.