



# The Concordian

A Newsletter of Concordia Lutheran Church – ELCA  
Superior, WI      April 2023      Vol 44 No. 4

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

## *From the Pastor:*

We begin the month of April with Holy Week, and we move from the joyous celebration of Palm Sunday into the solemn observation of Jesus’ last supper with his disciples, his caring act of washing their feet, the institution of the sacrament of Holy Communion, and his betrayal into the hands of those who would kill him out of fear.

**Holy Week** then takes us through his trials before the courts of both Israel and Rome, as Jesus is sentenced to death, abused, mocked, and nailed to the tool of his execution.

The first Friday in April this year, the day we call **“Good Friday”** will be marked by Christians around the world as the anniversary of Jesus’ death. There would be nothing good about that day were it not for what happened the following Sunday morning.

In Paul’s letter to the Romans we read that God works for good in all things (Romans 8:28), and that is certainly true in Jesus.

**On that blessed Sunday God raised Jesus from the grave into life no longer threatened by death and the grave!**

Because of that resurrection, and because of the promises made by Jesus to us after that resurrection, we can live our lives without fear of death,

knowing that God will not abandon us in this life or in the grave after we die.

Fear of death is not the basis of our lives, though—at least not for most of us! Other fears often take precedence. We might fear people who hold different values, or who speak different words, or who eat different foods, or who wear different clothing.

Sometimes we even claim support for our fears in the pages of our Bibles, particularly Old Testament passages that condemned entire peoples for one reason or another. Yet even in the Old Testament we have stories in which the feared enemy also receives the favor of God (Ninevah, for example).

In the Gospels, we find even greater favor, and greater love. Jesus accepts the ministrations of a woman known as “a sinner” without complaint as she washes his feet with her tears and dries them with her hair. Jesus defends a woman caught in adultery, and does not condemn her (though he does tell her to “sin no more”). Jesus calls one who had been a known cheat (a tax collector) to be one of his closest disciples. And Jesus tells us to love our enemies, to do good to those who hate us, and not to expect reciprocation.

As we grow from childhood to maturity, we are often given



the Ten Commandments as God’s specific expectations of us. Most of the commandments are given in the negative, stating what we are *not* to do, so they tend to be viewed particularly as rules that we must follow in order to be acceptable to God.

But when Jesus was asked which commandment was the greatest, he chose none of these. Instead, he referred to that upon which they are based. He referred us to the love for God and the love for our neighbors.

It is God’s love for the world (all the world) that leads to the resurrection of Jesus. And it is love for all the world that has Jesus sending us out to proclaim **God’s love and forgiveness** to those who suffer the most from hatred. God loves the world, and with God, we love the world, too.

Blessings! *Pastor Michelle*



## PARISH NURSING NOTES

The book of Genesis tells us that on the seventh day, **God rested**. Even God needed rest! When Moses led the people of Israel on their journey through the dessert, the Spirit of God that was leading them paused each evening over the place where they were to **rest and sleep**.

As parents, we have all likely observed the changes in our children when they don't get enough sleep. They're cranky and crabby, either groggy or hyperactive, and not interested in doing whatever you may want them to do. They are just not themselves! How do you feel and react when **you** don't get enough rest?

The exact mechanism of how sleep actually rejuvenates the body and mind is still being studied, but sleep experts and scientists agree that adequate sleep is necessary for healthy functioning. Research shows that all mammals need sleep, and that sleep regulates mood and is related to learning and memory functions as well as physical functions. Getting enough sleep cannot only help you perform on a test, learn a new skill, and stay on task, but it can also be a critical factor in your energy level, maintaining a healthy weight, and preventing diabetes, heart disease, and other medical problems.

Research has shown that there is a direct relationship between obesity and sleep problems. Sleep deprivation can lead to a decreased energy level, making it difficult to exercise. It can also lead to a bigger appetite and snacking on caffeine, sodas, or candy in an effort to "up" the energy level. And the resulting obesity can make it more difficult to get enough exercise. It can also lead to

compromised respiratory function and nighttime heartburn, which can cause sleep problems. It's a vicious cycle.

There are some things you can do to help deal with the problems. **Stick to a schedule.** Go to bed and wake up at the same time each day, including weekends. **Relax before bedtime.** Take a warm bath, read a book, or meditate and say a prayer. My mother-in-law had a plaque that said, "*Turn your problems over to God for the night – He's awake all night anyway.*" **Exercise regularly.** Get at least 30 minutes of exercise daily, but not right before going to bed! **Avoid caffeine, alcohol, and nicotine** – again, at least within 3-4 hours of bedtime. But don't go to bed hungry either. Whereas a big meal may keep you awake with heartburn, a glass of milk and small sandwich an hour before bedtime may make you relax and feel sleepy. **Check your medications.** Ask your doctor or pharmacist if any of them may contribute to insomnia, or should be taken at a different time of day. **Don't try too hard.** If you don't fall asleep within 20-30 minutes, get out of bed, and do a quiet activity, such as reading, until you feel sleepy. You can check out the website, [www.sleepfoundation.org](http://www.sleepfoundation.org) for more information.

You know your health is complex – if one part of the body system suffers, you're likely to see consequences in other areas of your life. God designed us in a magnificent manner! Psalm 139:14 says, "*I am fearfully and wonderfully made. Wonderful are your works.*" All we have to do is try to maintain a balance in all the parts of our lives – which is easier said than done. But we can ask for God's help. Psalm 127:2b reminds us, "*God gives his beloved ones sleep.*"

Stay healthy, happy and **well-rested**.....Jean





## Memorials

In Memory of Dick Riedasch:

*Mike & Joyce Olson (Parish Nurse))*

*Evelyn Hagfeldt (Benevolence)*

*Marie Peterson (Altar Guild)*

*Bill & Lois O'Neill (Altar Guild Flowers)*

*Rhoda Pearthree*

*Dan & Carol Gucinski (Parish Nursing)*

*Ann Marie Ott*

In Memory of Eunice Grimsrud:

*Mike & Joyce Olson (Altar Guild)*

## HOLY WEEK SERVICES

Maundy Thursday Service (April 6) and Good Friday Service (April 7) will be at 12:15 p.m. at Concordia with no lunch before the services.

On Good Friday, we will be joining with an ecumenical group with a service at 6:30 p.m. at Central Assembly.

## Concert at Zion Lutheran Church

Zion Lutheran Church is holding a concert on Friday, May 5 at 7 p.m. to benefit their food shelf, with either a free will offering and/or bringing a non-perishable food item. They will have dessert, coffee and punch in the Fellowship Hall following the concert. If you would like to represent Concordia (either by voice or instruments) please contact Vicky Holm by April 15 at [vicklippers@yahoo.com](mailto:vicklippers@yahoo.com) or 218-591-7842. They are hoping to get enough groups to have the concert last about an hour, if each group does one song.

## Gluten Free

Gluten Free Communion Wafers are available for anyone who needs them.

## Church Directories

The Church directories are here. If you had your picture taken or submitted a photo we have a copy for you for free. If you didn't submit a photo or have your picture taken you can purchase a directory for \$15.

## Offering Envelopes for 2023

After a lengthy delay, we have just received the offering envelopes for 2023. You can pick them up in the back of the Sanctuary.

## CLCW Boe-Engebretson Student Award Application

The Boe-Engebretson Student Award Application for 2023 is available for members who are or will be full time students at a college or technical school. The deadline to submit the application is June 1, 2023. A requirement is to have 3 hours of service done at Concordia Lutheran Church or you may also meet with Pastor Michelle in person or by zoom for an appropriate service option. Please contact the Church Office to get an application.



# Easter Message from Bishop Laurie Skow-Anderson, April 2023

*Matthew 28 After the Sabbath, as the first day of the week was dawning, Mary Magdalene and the other Mary went to see the tomb. And suddenly there was a great earthquake, for an angel of the Lord, descending from heaven, came and rolled back the stone and sat on it... the angel said to the women, "Do not be afraid, for I know that you are looking for Jesus who was crucified. He is not here, for he has been raised, as he said... go quickly and tell his disciples."*

Dear Northwest Synod of Wisconsin,

Join me and that great cloud of witnesses this Easter in the acclamation:  
Christ is Risen.  
He is Risen indeed, Alleluia!

The gospel reading for this Easter is from the book of Matthew. Matthew is the only gospel writer that records an **earthquake** on Easter morning. The women arrive at the tomb and are greeted by an earthquake, an angel rolling back the stone, and the news that their Lord and Savior wasn't there. **JESUS HAD BEEN RAISED FROM THE DEAD.** What? The women were filled with shock and fear. The aftershocks of this earthquake are still felt. The news that death doesn't win and is defeated by the power of God in Christ Jesus continues to shock and amaze us.



What if we imagined Easter not as a lovely spring ritual filled with pastel-colored eggs and candy but as the violent earthquake that it is? Few living in the Midwest have experienced an earthquake. A pastor born in California remembers her mother putting rubber bands on the kitchen cupboard handles so the china dishes wouldn't fall out when there was an earthquake. When has a death of a loved one shaken the foundation of your world? When have you realized how fragile life can be? Christ's resurrection from the dead, his victory over sin, death, and the devil shakes up everything. It is the good news that can even shake us loose from our grief.

What if we experienced Easter as a violent earthquake more like a fresh egg dropped to the floor than one hard-boiled and beautifully decorated? What if the Easter Earthquake shakes us awake, shakes everything out of the cupboards and closets so we are forced to do spring cleaning and decide what to put back and what to throw out? What if we get rid of stuff that doesn't work and give more space to what's important? What is really important? What is God's will for you? What are our Easter priorities?

What if this year the Easter Earthquake cracks open and rolls away the stone from our hearts, shakes loose old ideas, breaks down rock-hard prejudices, and opens us up to new ways to love our neighbor and to share this amazing good news that Jesus lives? What new life might rise up from the rubble? What new relationships might develop? Like a chick struggles to break free of the egg's shell, new beginnings are rarely easy, but they are worth it.

The good news is that Christ's resurrection from the dead and his victory over death is good news even to those who have experienced a literal shifting of tectonic plates beneath the earth. On February 6, 2023, a 7.8 magnitude earthquake hit Turkey and Syria leaving over 50,000 people dead and hundreds of thousands more wounded, displaced, or homeless. More than 10,000 aftershocks have been felt since February 6 leading to more deaths, fear, and trauma. The aftershocks will continue for a long time.<sup>1</sup>

This Easter, in response to the earthquake that opened the tomb and to the good news that Jesus has been raised from the dead, I encourage you to give a gift to the Lutheran Disaster Response to help the victims of the Earthquake in Turkey and Syria. Here is a link to help you do that.

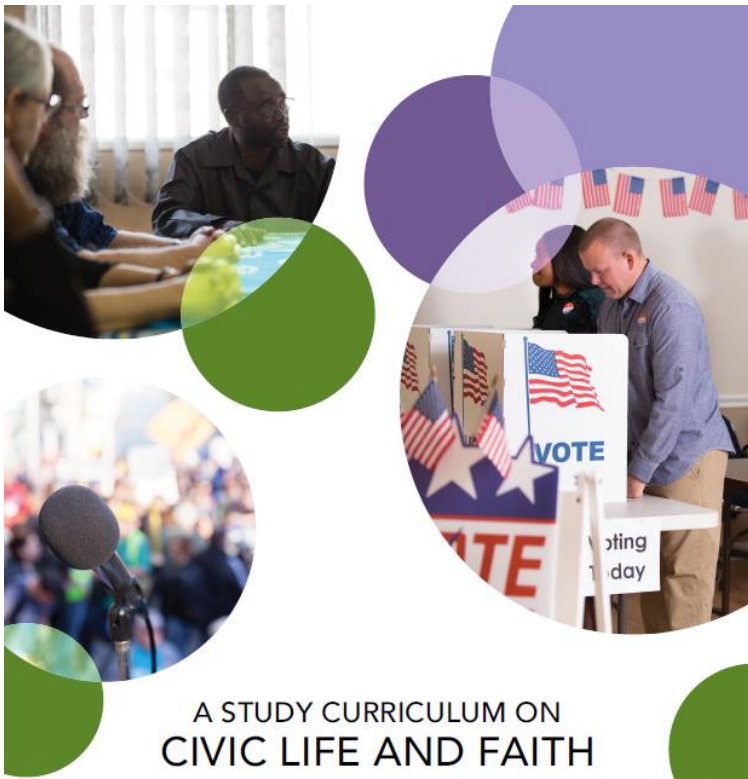
[https://community.elca.org/middle-east-crisis?\\_ga=2.89763675.1129066314.1679579365-256581953.1608055964](https://community.elca.org/middle-east-crisis?_ga=2.89763675.1129066314.1679579365-256581953.1608055964)

Suddenly there was a great earthquake...

In Christ,

Bishop Laurie Skow-Anderson

<sup>1</sup> <https://www.reuters.com/graphics/TURKEY-QUAKE/AFTERSHOCKS/dwpkdzklevm/>



## Opportunity to Participate in the Development of a New Social Statement

Our ELCA is developing a social statement on government, civic engagement, the relationship of church and state and related matters, as called for by the 2019 ELCA Churchwide Assembly.

Social Statements are the ELCA's primary documents to address significant social issues. They are intended to aid reflection and shape conscience and to set forth the ELCA's teaching and policy on the major social issues and questions of contemporary life.

A six session study curriculum is now available for use throughout our church. Each session includes a video portion, as well as a guide into the issues. The study period (if we want our responses included in development of the statement) ends October 15 of this year.

If you are interested in participating in a group study here at Concordia, please call the office and let us know what times you would be available to gather. We will work out a time that will work for those who are interested. (Rides can be arranged for those without transportation.)

Each session invites responses, either online or on a printed form that we can mail. We can respond as a group and/or individually.

**Please contact us by April 15, and we will schedule sessions for interested participants according to availability.**

# Worship Aids for the Coming Weeks

## Sunday, April 2, Palm Sunday

Today, we encounter the paradox that defines our faith: Jesus Christ is glorified king and humiliated servant. We too are full of paradox: like Peter, we fervently desire to follow Christ, but find ourselves afraid, denying God. We wave palms in celebration today as Christ comes into our midst, and we follow with trepidation as his path leads to death on the cross. Amid it all we are invited into this paradoxical promise of life through Christ's broken body and outpoured love in a meal of bread and wine. We begin this week that stands at the center of the church year, anticipating the completion of God's astounding work.

**Prayer of the Day:** Everlasting God, in your endless love for the human race you sent our Lord Jesus Christ to take on our nature and to suffer death on the cross. In your mercy enable us to share in his obedience to your will and in the glorious victory of his resurrection, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen

### Readings

Isaiah 50:4-9a *The servant of the Lord submits to suffering*  
Psalm 31:9-16 *Into your hands, O Lord, I commend my spirit*  
Philippians 2:5-11 *Humble to the point of death on a cross*  
Matthew 27:11-54 *The passion of the Lord*

## Sunday, April 9, Easter Sunday

This is the day the Lord has made! Christ is risen, and through him all creation is made new! Indeed, "God shows no partiality" (Acts 10:34): Christ's resurrection truly brings life to everyone. We sing hymns of praise, gather around sacred words, and proclaim God's faithfulness, power, and love in the feast of holy communion. With the women at the tomb, we are astonished, elated, and grateful. We depart with joy to proclaim the good news of God's endless love.

**Prayer of the Day:** O God, you gave your only Son to suffer death on the cross for our redemption, and by his glorious resurrection you delivered us from the power of death. Make us die every day to sin, that we may live with him forever in the joy of the resurrection, through your Son, Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen

### Readings

Acts 10:34-43 God raised Jesus on the third day  
Psalm 118:1-2, 14-24 *This is the day that the Lord has made, let us rejoice and be glad in it*  
Acts 10:34-43 *God raised Jesus on the third day*  
Matthew 28:1-10 *Proclaim the resurrection*

## Sunday April 16, Second Sunday of Easter

In today's gospel the risen Christ appears to the disciples and offers them the gift of peace. Even amid doubts and questions, we experience the resurrection in our Sunday gathering around word and meal, and in our everyday lives. Throughout the coming Sundays of Easter the first two readings will be from the Acts of the Apostles and the first letter of Peter. Even as the early Christians proclaimed the resurrection, we rejoice in the new birth and living hope we receive in baptism.

**Prayer of the Day** (for April 16) Almighty and eternal God, the strength of those who believe and the hope of those who doubt, may we, who have not seen, have faith in you and receive the fullness of Christ's blessing, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen

**Readings**

Acts 2:14a, 22-32 *Christ's resurrection: the fulfillment of God's promise to David*

Psalms 16 *In your presence there is fullness of joy*

1 Peter 1:3-9 *New birth to a living hope through the resurrection*

John 20:19-31 *Beholding the wounds of the risen Christ*

**Sunday, April 23, Third Sunday of Easter**

Today's gospel begins with two disciples walking to Emmaus, overcome with sadness, loss, and disappointment. They had hoped Jesus, who was crucified, would be the one to redeem Israel! Yet the risen Christ walks with them and then opens their eyes in the breaking of the bread. Each Sunday our hearts burn within us as the scriptures are proclaimed and Christ appears to us as bread is broken and wine is poured. The story of Emmaus becomes the pattern of our worship each Lord's day.

**Prayer of the Day.** O God, your Son makes himself known to all his disciples in the breaking of bread. Open the eyes of our faith, that we may see him in his redeeming work, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen

**Readings**

Acts 2:14a, 36-41 *Receiving God's promise through baptism*

Psalms 116:1-4, 12-19 *I will call on the name of the Lord*

1 Peter 1:17-23 *Born anew through the living word of God*

Luke 24:13-35 *Eating with the risen Christ*

**Sunday, April 30, Fourth Sunday of Easter**

Today is sometimes called "Good Shepherd Sunday." Jesus is called the "gate" of the sheep in today's gospel. The risen Christ opens the way to abundant life. He anoints our heads with oil and guides us beside the still waters of our baptism. Each Sunday he spreads a feast before us amid the world's violence and war. We go forth to be signs of the resurrection and extend God's tender care to all creation.

**Prayer of the Day.** O God our shepherd, you know your sheep by name and lead us to safety through the valleys of death. Guide us by your voice, that we may walk in certainty and security to the joyous feast prepared in your house, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen

**Readings**

Acts 2:42-47 *The believers' common life*

Psalms 23 *The Lord is my shepherd, I shall not be in want*

1 Peter 2:19-25 *Follow the shepherd, even in suffering*

John 10:1-10 *Christ the shepherd*

~ April 2023 ~

| Sun                              | Mon                                    | Tue   | Wed                                  | Thu  | Fri   | Sat          |
|----------------------------------|--|---|--------------------------------------|--|---|--------------|
|                                  |  |   |                                      |  |   | 1            |
| 2                                | 3                                      | 4   | 5                                    | 6  | 7 Good Friday   | 8            |
| 10a-11a Worship                  |  | 9a-9:30a Staff Meeting  | 10a-11a Altar Guild                  | 12:15p-12:45p<br>Maundy Thursday<br>Service  | 12:15p-12:45p<br>Good Friday Service<br>(at Concordia)  |              |
|                                  |  | 11a Pastor's Text Study   |                                      |  | 6:30p-7:30p Good Friday<br>Ecumenical Service<br>(Central Assembly of God\ 3000 Hammond Ave\ Superior\, WI 54880) |              |
|                                  |  | 7:30p UWS Faculty Recital<br>(Hector Landa)<br>(Thorpe Langley Auditorium\, 1710 Weeks Ave\, Superior\, WI 54880\,) |                                      |  |   |              |
| 9 Easter                         | 10                                     | 11  | 12                                   | 13   | 14  | 15           |
| 8a-9a Worship                    | 6p-7p Property<br>Management Committee | 9a-9:30a Staff Meeting  | 1:30p-2:30p Harmony<br>House Worship |  |   |              |
| 8:45a-9:45a<br>Easter Breakfast  |  | 11a Pastor's Text Study   |                                      |  |   |              |
| 10a-11a Worship                  |  |   |                                      |  |   |              |
| 16                               | 17 Tax Day (Taxes Due)                 | 18  | 19                                   | 20   | 21  | 22 Earth Day |
| 10a-11a Worship                  | 6p-7p Worship and Music<br>Committee   | 9a-9:30a Staff Meeting  |                                      | 9:30a-1p Pastor's<br>Conference Meeting<br>(Saron Lutheran Church<br>Ashland, WI)) |   |              |
| 11:15a-12:15p Council<br>Meeting |  | 11a Pastor's Text Study   |                                      |  |   |              |
|                                  |  |   |                                      |  |   |              |
| 23 World Immunization<br>Week    | 24                                     | 25 World Malaria Day  | 26 Administrative<br>Professionals   | 27   | 28 Arbor Day  | 29           |
| 10a-11a Worship                  |  | 9a-9:30a Staff Meeting  |                                      |  |   |              |
|                                  |  | 11a Pastor's Text Study   |                                      |  |   |              |
|                                  |  | 5p-6p Superior Area<br>Ministry Meeting<br>(Zion Lutheran church\ 2022 E 2nd St\ Superior\, WI 54880\)              |                                      |  |   |              |
| 30                               | Notes:                                 |   |                                      |  |   |              |
| 10a-11a Worship                  |  |   |                                      |  |   |              |
|                                  |  |   |                                      |  |   |              |





## Altar Flowers for April

- April 2  
In Memory of Edward & Dorothy Hoffman  
given by The Lippitt Family
- April 9  
In Memory of Erika Margaret Banker given  
by Gary & Carol Banker, Craig & Amy  
Banker
- April 16  
In Memory of Loved Ones given by Robert  
& Traci Strauch
- April 23  
In Memory of Esther J. Nelson given by  
Shirley Brandser & Patsy Luder
- April 30  
Altar Guild

## Serving in April

### **Ushers**

- |                       |                      |
|-----------------------|----------------------|
| April 2               | Team II Eric Sewall  |
| April 9 (Easter 8 a)  | Team I Ken Harmer    |
| April 9 (Easter 10 a) | Team III Joyce Olson |
| April 16              | Team II Eric Sewall  |
| April 23              | Team III Joyce Olson |
| April 30              | Team I Ken Harmer    |

### **Bus Driver**

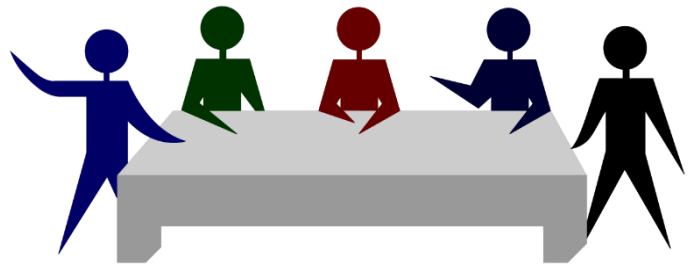
- |          |             |
|----------|-------------|
| April 2  | Pete Quist  |
| April 9  | Brett Quist |
| April 16 | Ken Harmer  |
| April 23 | Kris Hanson |
| April 30 | Ken Harmer  |

### **Communion Helper**

- |                       |                    |
|-----------------------|--------------------|
| April 2               | Lori Sewall        |
| April 9 (Easter 8 a)  | Debbie Harmer      |
| April 9 (Easter 10 a) | Mike & Joyce Olson |
| April 16              | Shawn Quist        |
| April 23              | Mike Olson         |
| April 30              | Ken Harmer         |

### **Financial Assistants**

Ken & Deb Harmer



**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 Holy Week  
Services. Please call the office if you want to  
be added to the list.



Concordia Lutheran Church  
1708 John Ave.  
Superior, WI 54880

Non-Profit Organization  
U.S. Postage Paid  
Superior, WI  
Permit No. 254

Address Service Requested

Place label here

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

Concordia Lutheran Church  
1708 John Avenue Superior, WI 54880  
(715) 394-3762 – Office  
(Formerly Concordia Churchman 1961-1981)

e-mail:

Pastor Michelle: [rowell.michelle.r@usa.net](mailto:rowell.michelle.r@usa.net)  
Church Office: [concordiasuperior@gmail.com](mailto:concordiasuperior@gmail.com)

Websites:

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

# The Concordian

April

Vol. 44 No. 4

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)

## 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.