



# The Concordian

A Newsletter of Concordia Lutheran Church – ELCA  
Superior, WI      October 2023      Vol 44 No. 10

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

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## The Architecture of Concordia Lutheran Church



When you look at the external view of the Church building, this article will explain the features present that were included in the construction of the building.

The Olive Branch symbolizes peace. The Flame represents zeal for Christ, while the Torch represents enlightenment through the Gospel. The Lyre represents music; the Grapes and Wheat the Lord's sacrament; the Fleur De Lys is a symbol of the Holy Trinity and also of the annunciation; the Crown represent Christ's kingly office; the Rose represents love and is also a symbol of our Lord. The Cross on three steps known as the Graded Cross is the Cross of Christ standing on the three steps, faith, hope and charity, reading from the top downward. The Shield of Luther represents his coat of arms, and is commonly understood among Lutherans. The Crossed Trumpets represent the day of judgment; and the Book, the Word of God.

Altogether these symbols tell the story of Christ and His work and will add very materially to the sanctity of the church when they are properly understood.

The rest of the building explains itself. An attempt has been made to provide practical rooms designed and furnished in good taste for the many activities of the church. The main thought of the architect, however, has been to produce a church which shall attract people to it and which shall in every way be a worthy place of worship.

This article was taken from the Dedication Book which is dated Sunday, September 28, 1930.



## PARISH NURSING NOTES

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

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

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

the amount of calcium in your diet, physical activity, tobacco and alcohol use, body size, and family history.

One way to show gratitude for what we have been given is to take care of the gift, and that includes our bones. The first way anyone thinks of is calcium supplements, but an adequate supply of calcium over a lifetime is really required. The body’s demand for calcium is greatest during childhood and adolescence when the skeleton is growing rapidly. Older adults are less efficient at absorbing calcium, and may have chronic medical conditions, or use medications that impair calcium absorption. Then, supplements may be necessary, as well as Vitamin D to help absorb the calcium.

There are many good food sources of calcium including low-fat dairy products, almonds, broccoli, kale, canned salmon with bones, sardines, and soy products, such as tofu. In addition, many foods are fortified with calcium such as orange, cereals, and breads.

Other protective measures include exercise. Like muscle, bone responds to exercise by becoming stronger. Weight-bearing exercise (such as walking, jogging, climbing stairs, tennis, and dancing) is the best for your bones because it forces you to work against gravity. The recommendation is for 30 minutes 5 days a week, but it can be broken up into 5-10 minute sessions if that is easier for you. Avoid substance abuse. Don’t smoke. And avoid drinking more than 2 alcoholic drinks a day. Fall prevention measures, while important for everyone, are of particular importance for men and women with osteoporosis. Check with Senior Connections for “Matter of Balance” fall prevention workshops. We may not be able to bring dead, dry bones back to life as in the Bible, but we sure can work on keeping them from drying out in the first place! I Corinthians 6: 19-20 tells us, *“Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; **therefore glorify God in your body** and your spirit, which are God’s.”* Stay healthy, happy, and grateful for the gifts we have been given.....Jean

## New Office Manager



Nancy Spiering is a retired Registered Nurse who is now working a part time in the church. Her office hours will 830-1230 Monday thru Thursday. In her spare time, she enjoys cooking, reading and sewing. Feel free and stop by the office to say hi.



### Hat & Mitten Tree

The Hat and Mitten tree will be going up on November 1, 2023. So it is time to get out those knitting needles, crochet hooks or sewing machines and start making hats and mittens. Concordia

Care Committee is hoping to donate 100 hats and 100 pairs of mittens to Head Start.

Yarn is available in the Church Office for anyone needing yarn to knit or crochet hats and mittens for the tree.



### From the Council:

A Congregational Meeting has been set for Sunday, October 15, 2023 following the worship service. An Open Discussion of Concordia's Future: Can we afford a full time or part time Pastor? What is our Spiritual Energy? Please attend this very important meeting.



### Trunk —n— Treat

We will again celebrate community by gathering in the parking lot to distribute goodies to those who traverse the neighborhood on Tuesday, October 31. Goodies will be provided, just show up (in costume if you'd like) and help us to share goodwill and good news! We'll be active from 5 to 7 that evening, and hope you'll stop by, even if you're unavailable to help serve!

# Worship Aids for the Coming Weeks

## Sunday, October 1, Eighteenth Sunday after Pentecost

Jesus' parable about two sons who don't do what they say reveals surprises in the reign of God. In the reading from Ezekiel the people claim the ways of the Lord are unfair, while God offers repentance and new life. Paul urges us to look to Christ as a model of humility, putting the interests of others above our own. Nourished by the broken bread and shared cup, we offer our lives for the sake of our needy world.

**Prayer of the Day:** God of love, giver of life, you know our frailties and failings. Give us your grace to overcome them, keep us from those things that harm us, and guide us in the way of salvation, through Jesus Christ, our Savior and Lord. Amen

### Readings

Ezekiel 18:1-4, 25-32 *The fairness of God's way*

Psalms 25:1-9 *Remember. O Lord, your compassion and love.*

Philippians 2:1-13 *Christ humbled to the point of death on a cross*

Matthew 21:23-32 *A parable of doing God's will*

## Sunday, October 8, Nineteenth Sunday after Pentecost

In today's gospel reading, Jesus tells a vineyard parable, which serves as an image of Israel, the prophets' mission, and Christ's death. For Christians, the vineyard also speaks of God's love poured out in the blood of Christ, given to us for the forgiveness of sin. Grafted onto Christ the vine at baptism, we are nourished with wine and bread so that we may share Christ's sufferings and know the power of his resurrection

**Prayer of the Day** Beloved God, from you come all things that are good. Lead us by the inspiration of your Spirit to know those things that are right, and by your merciful guidance, help us to do them, through Jesus Christ, our Savior and Lord; Amen

### Readings

Isaiah 5:1-7 *The Song of the vineyard*

Psalms 80:7-15 *Look down from heaven, O God; behold and tend this vine.*

Philippians 3:4b-14 *Nothing surpasses the value of knowing Christ.*

Matthew 21:33-46 *The parable of the vineyard owner's son.*

## Sunday, October 15, Twentieth Sunday after Pentecost

In Isaiah we are given a vision of the great feast to come, when God will wipe away death forever. In Jesus' parable about a great banquet, those invited do not come, so the invitation is extended to others. In our liturgy God spreads a table before us. Even amid anxiety and hardship we rejoice in the peace of God which surpasses all understanding. With great joy we feast at the table of the Lord, and we go forth to share the wonderful invitation with others hungering and thirsting for the abundant life of God.

**Prayer of the Day:** O Lord God, merciful judge, you are the inexhaustible fountain of forgiveness. Replace our hearts of stone with hearts that love and adore you, that we may delight in doing your will, through Jesus Christ, our Savior and Lord. Amen

## **Readings (October 15 Readings)**

Isaiah 25:1-9 *The feast of victory.*

Psalms 23: *You prepare a table before me, and my cup is running over.*

Philippians 4:1-9 *Rejoice in the Lord always.*

Matthew 22:1-14 *The parable of the unwanted guest at the wedding feast.*

## **Sunday, October 22, Twenty first Sunday after Pentecost**

In today's first reading God uses the Gentile ruler Cyrus to accomplish divine purposes. When the Pharisees try to trap Jesus, he tells them to give the emperor what belongs to him and to God what belongs to God. To gather for worship reminds us that our ultimate allegiance is to God rather than to any earthly authority. Created in the image of God, we offer our entire selves in the service of God and for the sake of the world.

### **Prayer of the Day.**

Sovereign God, raise your throne in our hearts. Created by you, let us live in your image; created for you, let us act for your glory; redeemed by you, let us give you what is yours, through Jesus Christ, our Savior and Lord. Amen

### **Readings**

Isaiah 45:1-7 *An earthly ruler as the instrument of God's will.*

Psalms 96:1-9 [10-13] *Ascribe to the Lord honor and power.*

Thessalonians 1:1-10 *Thanksgiving for the church at Thessalonica*

Matthew 22:15-22 *A teaching on giving to the emperor and to God.*

## **Sunday, October 29, Twenty Second Sunday after Pentecost**

Jesus' summary of the law in today's gospel echoes our first reading from Leviticus. We are called not only to love God with heart, soul, and mind, but also to love our neighbor as ourselves. It is out of such deep care that Paul shares the gospel with the Thessalonian community. In the confession of sins, we acknowledge that we have not loved God, neighbor, and self; yet we gather to hear the word of forgiveness and to be strengthened by word and meal to be signs of God's love and mercy in the world.

### **Prayer of the Day.**

O Lord God, you are the holy lawgiver, you are the salvation of your people. By your Spirit renew us in your covenant of love, and train us to care tenderly for all our neighbors, through Jesus Christ, our Savior and Lord. Amen

### **Readings**

Leviticus 19:1-2, 15-18 *Holiness revealed in acts of justice. .*

Psalms 1 *There delight is in the law of the Lord.*

Thessalonians 2:1-8 *The apostle's tender care for the Thessalonians*

Matthew 23:1-12 *Two great commandments: love for God and neighbor.*



~ October 2023 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
10a-11a Worship	Loon using Fellowship Hall	Loon Using Fellowship Hall	Loon Using Fellowship Hall	Loon Using Fellowship Hall	Loon using Fellowship Hall	
5p-9p Loon using Fellowship Hall		9a-9:30a Staff Meeting	10a-11a Altar Guild Meeting			
<b>8</b>	<b>9</b> Columbus Day	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
10a-11a Worship	6p-7p Property Management Committee	9a-9:30a Staff Meeting				11a-12p Funeral
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
10a-11a Worship	6p-7p Worship and Music Committee	9a-9:30a Staff Meeting				
11a-12p Congregational Meeting						
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
10a-11a Worship		9a-9:30a Staff Meeting				
<b>29</b>	<b>30</b>	<b>31</b> Halloween	Notes:			
10a-11a Worship		9a-9:30a Staff Meeting				
11a-12p Council Meeting		5p-7p Trunk or Treat				



## Altar Flowers for October

October 1

In Memory of Robert and Prudy Hanson  
given by Dan and Carol Gucinski and  
Family

October 8

In Memory of William Luder given by  
Patricia Luder and Family.

October 15

Altar Guild

October 22

Altar Guild

October 29

Altar Guild

## Serving in October

### **Ushers**

October 1

Team II Eric Sewell

October 8

Team III Joyce Olson

October 15

Team I Ken Harmer

October 22

Team II Eric Sewell

October 29

Team III Joyce Olson

### **Bus Driver**

October 1

Brett Quist

October 8

Pete Quist

October 15

Ken Harmer

October 22

Brett Quist

October 29

Kris Hanson

### **Communion Helper**

October 1

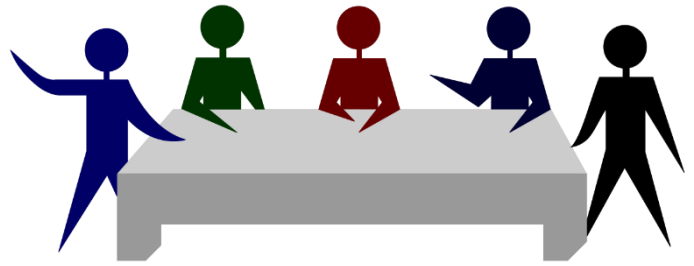
Shawn Quist

October 15

Ken Harmer

### **Financial Assistants**

Ken and 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
Rob Strauch	715-718-1226
Eric Sewall	715-392-1559
Tom O'Neill	218-391-6139

Council meets next on October 29, 2023.

# *Bus Available*

Please remember that the Church Bus is  
available for Sunday 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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IMPORTANT  
CONGREGATIONAL  
MEETING  
  
OCTOBER 15 RIGHT  
AFTER WORSHIP

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

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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)

Beth Sobczak, Keyboards

Dr. Héctor Landa, Keyboards

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Contributors: Many

Assembly/mailling: Our faithful volunteers

# The Concordian

October

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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.