

The Concordian

A Newsletter of Concordia Lutheran Church - ELCA
Superior, WI January, 2016

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

While preparing readings for the Fourth Sunday in Advent I learned about John the Baptist’s parents, Elizabeth and Zechariah. The angel Gabriel visited old Zechariah about the same time he visited young Mary. Gabriel had the same message for both of them: “Do not be afraid.”

The New Student Study Bible has wonderful commentary on the visitation of Gabriel. Here is what the commentator writes:

“Elizabeth and Zechariah were faithful people who represented the best of the old order. Yet, they were sad because the blessing of a child had been denied them. They knew their family line would die out. Then a new era abruptly broke in. Elizabeth became pregnant and quickly learned that her cousin, Mary, was also pregnant and would bear the Christ child.

Soon the old priest Zechariah and his elderly wife Elizabeth were bringing up the young and vigorous John the Baptist who would prepare the way for Jesus. With unusual foresight, the old couple greeted the new era with joy. In it they saw not the loss of their old order, but the fulfillment of their dreams.”

In these days of transition and new beginning we are called to not be afraid. We are called to see the hope and promise of a new era. As you begin a new era with a new pastor and I begin a new era of retirement, I pray that we embrace the future with the same enthusiasm Elizabeth and Zechariah found in God’s promises. I have thoroughly enjoyed my time with you and the ways we have grown in God’s love.

Ever in God’s grace,
Pastor Greg



**The Annual Meeting of the
Congregation has been set for Sunday,
January 31, following the second
service.**

**Lunch will be potluck.
Please make plans to attend.**

Parish Nursing Notes...

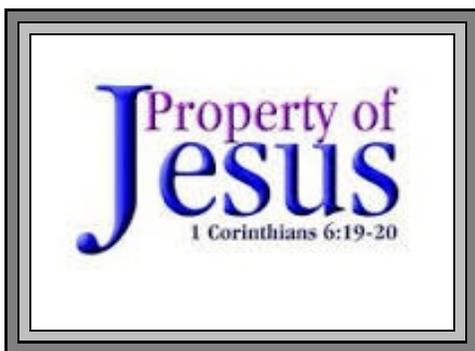
As I am writing this it is still one week before Christmas, so I am still focused on getting everything ready – cleaned, decorated, wrapped, and baked – but I know that two weeks from now, when you are reading this, my focus will have shifted. At that time, I will be thinking about all the goodies and traditional foods I ate, and how much time I spent sitting around, talking with my sisters and other guests and friends instead of exercising, and I will be making New Year's resolutions to get back in shape (if I ever was!).



God gave us a wonderful body that is made to last us a long time – IF we take care of it – so we have to pay some attention to keeping this body fit. This does not equate with **thin!** Research has shown that **fit, but slightly overweight persons enjoy better health and less risk of premature death than persons who are not physically fit.** There are several things to keep in mind as we strive to maintain fitness:

- Live a life that reflects **self-acceptance** and **gratitude for the God** who created us.
- Aim to **keep all things in balance**—regular physical activity and eating a variety of foods with low fat and refined sugars.
- Make a **commitment to be active** with the confidence that God created our bodies to move.
- Focus on **regular activity** rather than the scale.
- Consider **what will be necessary to help support regular activity** (a partner, a calendar with a schedule, new walking shoes).
- See food as an enjoyable part of life, but primarily **as an energy source** for our engines.

Most experts recommend 150 minutes of physical activity each week. This can be broken up into many shorter, more frequent periods, and it doesn't have to be at a gym! Start easy, and do what you enjoy, but try to include activities that involve stretching and flexibility, aerobic activity, and some strength exertion. I enjoy walking outside, but that can be challenging when the roads are covered with ice and snow, so I walk at the mall or at church when I am in town, and shift to other activities at home. I try to do some exercises during commercials when watching TV. Do you know how many commercials there are? That's a lot of exercise! You can do leg lifts, chair squats, ankle rotations, sitting marches, arm raises with soup cans as weights, and lots of others. Stop in my office for a booklet or DVD that explains and demonstrates them. While standing at the sink or stove I can do toe stands, leg raises, or sidesteps. While doing laundry or ironing, I can walk back and forth from the laundry room to the bedroom with each load, or ironed item, and maybe do a wall push-up or two at each end of the trip. I can also walk out to the mailbox in the morning for the paper, and again in the afternoon for the mail. See what you can do just around your home. Of course, there are a lot of CDs and tapes with exercise routines you can do at home as well. I have some in the office if you'd like to check them out.



Being physically fit carries many side benefits as well. It helps improve your sleep, boosts your memory and protects your brain function, decreases the risk of many health problems, and lifts your spirits!

1 Cor. 6:19-20 tells us, *"Do you not know that your body is a temple of the Holy Spirit? You are not your own; you were bought at a price; therefore glorify God in your body."* Take care of it! Stay healthy, happy, and ACTIVE!.....Jean

The King's Baker

Youth & Family Ministry and Christian Education Department
Chris McCarty

Once upon a time there was a kingdom that hired a baker to make the very best pastries for their King, their community, and the people in outlying areas. The baker was very excited to use her gifts to provide the people with fresh new delights. She met many of the town's people who were delightful. They were eager to welcome her to town and anticipated the sweetness that would come from this union. These towns-people were the farmer-serfs who had the talents of growing the materials and crops for food. They skillfully made the butter, the milk, the flour and the spices – all needed by the new baker to create the kingdom's new pastry fare.

The baker moved into her new kitchen and went to work preparing the space and equipment for the joyous task ahead. Pots and pans were scrubbed, counters cleaned, and rolling pins and measuring cups were set at the ready. Yet no supplies were delivered. The baker went to the door numerous times to scan the town in hopes that some farmer-serfs were headed her way with the supplies needed to bake. Soon, three ladies came to her door, with spices and oil in hands that were willing to assist the baker. The baker was thrilled. The four schemed and planned about the magical delights that could be made to bless the taste of the King, His people and the surrounding populace.

It was the King who instigated the acquisition of a bakery into the kingdom. He came to the bakery daily to see how things were progressing but could see that the baker was neither baking nor receiving the necessary butter, milk, cream or flour that were needed from his farmer-serfs. The King already had a long-standing decree for His farmer-serfs to always bring their first fruits to His efforts for the greater good, but the community had accidentally overlooked this responsibility. Somehow, they erroneously assumed that the baker had an unlimited supply of the help and ingredients necessary to create the new confections. They had forgotten that, to function properly and to fulfill the King's plans, good works like these must be accomplished in communion, each bringing their unique offerings to be folded into the recipe for success.

The King knew that the sweet increase He and the community desired could not materialize unless and until the community honored His decree to place the community's good above their own. Therefore, with work suffering an extreme handicap, the King pulled the baker from her post in the bakery-kitchen and dispatched her into the community to declare the King's rule of unity.

"He [Jesus] told them, 'The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field.'" (Luke 10:2 [NIV])

The Gifts Questionnaire is now available at the back of the chapel and sanctuary. Please pick one up, fill it out and return it to the Youth & Family Ministry "in-box" in the main office (lowest left in-box). It will be assessed and your top two or three gifts will be promptly relayed to you. We will then collaborate to find a way for you to serve on a rotation schedule that will bring you joy and still work with your busy lives and any limitations. Together, under the King, we will generate the sweet, new "confections" (new life and new families) to be added to the kingdom community at Concordia.



Order your Scrip Cards today!
They work just like cash.
Order forms and information by the
church office and
at the back of the sanctuary.

Write your check to Concordia Lutheran Church.
Thank you to all who are purchasing scrip cards.

***This program helps raise ministry dollars for
our church.***

Men's and Ladies' "Night Out"

EVERYONE is welcome! Join fellow members of the congregation once a month for dinner and conversation at a local venue.

Watch the bulletins and our weekly email for dates and place. Not getting our weekly email? Call the church office with your email address!

***The following donations are acknowledged
by the church office:***

In Memory of ~

Shirley Nelson

Roof Fund, by Florence Palm

Mildred Erickson

Undesignated, by Ann Novack

Presthus Family - by Phil & Mary Ingraham



WORSHIP & LEARNING SCHEDULE

Sunday worship & praise:

- 8:30 am in the chapel
- 10:00 am in the sanctuary

Faith formation & education:

- Confirmation at 4 pm on Wednesdays in the church library for 6th - 8th grade - resumes January 13.

Watch for updates!

Luther Point Annual Meeting

The Annual Meeting of the Luther Point Bible Camp Association will be held on Saturday, February 27, 2016 at 9 am. The Board of Directors and Executive Staff made the decision to move the Annual Meeting from October to February in order to fully attend to business matters; such as completing a full audit of the organization, re-develop accounting practices, and present a completed schedule for Summer Camp 2016. As an Association, it is vitally important to have all member congregations participate in the Annual Meeting. Please plan to join us!

*Grace and Peace, Rev. Mark T. Peters,
Executive Director*





This article continues with the many items given to Concordia in memory of loved ones.

In Fellowship Hall, you will find some projects by the Heritage Committee. On the west wall are photos of pastors who have served our church. We also have pictures of sisters who have served our church. On the south wall you will see pictures of member, both men and women, who have served in one of the

following wars: World War II, Korea, Viet Nam, and Iraq. The poem which is written in calligraphy was done by Sue Hagen-LePage.

On the north wall is a painting of Christ, after he rose from the dead, walking with Thomas and another man. This was given by the Daughters of Concordia in 1962. There is also a photo of Reverend Andrew J. Boe who served Concordia from 1924 to 1957. This photo was given by the Young Couples Club in 1958.

On the east wall is a wall hanging given in memory of Arnold Russ by family and friends on December 7, 1986. The weaving was done by Susan Gustafson of Poplar, WI. The design shows the progression of Christian life from worship and sharing the Word and Sacrament; to witness and service in the community; to mission throughout the world.

As you enter the church via the tower door, look to the left and you will see a lovely quilted wall hanging. It was made by Jane Meehan and given to the church.

To the right of the pastor's office, there is a large frame with many dates and names. It is called "Centennial Gift of Thanks." The people named gave money in memory of loved ones. They gave a total of \$10,450 in 1987 to celebrate the congregation's 100th year. Faith Lutheran Church of Cottage Grove, WI and Twin Ports Native American Church in Duluth each received \$5,225. The church in Cottage Grove was just established at that time.

The blue paraments and banner in the sanctuary were given in memory of Jay Johnson, by his wife, Joanne, and family. The white banner used in the sanctuary was given in memory of Harriet Hansen, by Richard & Arlene Jacobson and Dennis & Linda Aho. The green paraments used in the chapel were given in memory of Bill Downs, by Jeanne Downs and family.

One more Concordian edition should complete the gifts given to Concordia. If something is missed, please contact the Heritage Committee.

ROOF LOAN UPDATE

34 Pledges (as of 11/30/2015):	\$33,599.00
Received on pledges (as of 11/30/2015):	\$32,377.50
Cash on hand, New Roof Fund (11/30/2015):	\$4,787.73
Borrowed from line of credit:	\$171,500
Balance owing on 12/18/15:	\$132,165
<i>The 3-Year Suggested Payoff Plan:</i>	
Principal Balance, 12/31/2013	\$164,500
<i>Add:</i>	
Anticipated interest payments, next 3 years	16,000
<i>Subtract:</i>	
From investment fund, 12/31/2016	(100,000)
Pledge contributions due as of 12/31/2013	(15,000)
Cash on hand as of 12/31/2013	<u>(22,500)</u>
Additional Pledges/Donations needed	\$43,000



Altar Flowers for January

- Jan. 3 Given in memory of parents, John & Ann Leland and brother, Bob Leland, by Ken Leland and Lillian Leland Peterson.
- Jan. 10 Given in memory of parents, Jim & Margaret Harmer, by Kenneth & Debi Harmer and Karin Harmer Hanson.
- Jan. 17 Given in memory of Loved Ones, by Ann M. Novack.
- Jan. 24 Given in memory of Loved Ones, by Audrey Pederson.
- Jan. 31 Given in memory of Loved Ones, by Rich Wnek.

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

Keli Casey, President	715.398.6828
Matthew Eastman	218.409.9174
Diane Kruger	218.341.2704
Gary Jokela	715.392.8447
Carol Lindegren, Sec.	218.590.8238
Jan Lippitt	715.394.9158
Tom O'Neill, Vice-pres.	218.391.6139
Nick Pristash	715.398.0488
Eric Sewall	715.392.1559

Contact your elected church council member for information and concerns. Minutes from the church council meetings are available in the church library.

The DEADLINE for articles and information for "The Concordian" is the 15th of the month. Thanks for marking this on your calendar!

Annual reports are due in the main office by NOON on Friday, January 8.

Serving in January

Ushers

- | | |
|------------|-----------------------------|
| January 3 | Team I, Doug Score, Capt. |
| January 10 | Team II, Eric Sewall, Capt. |
| January 17 | Team III |
| January 24 | Team IV |
| January 31 | Team I, Doug Score, Capt. |

Bus Drivers

- | | |
|------------|--------------|
| January 3 | Pete Quist |
| January 10 | Brett Quist |
| January 17 | John Gronski |
| January 24 | Kris Hanson |
| January 31 | Ken Harmer |

Scripture Readers

- | | |
|------------|-----------------|
| January 3 | Kristie Johnson |
| January 10 | Steve Ledin |
| January 17 | Diane Kruger |
| January 24 | Rich Wnek |
| January 31 | Ken Harmer |

Greeters

- | | |
|------------|---------------------|
| January 3 | Mark Thompson |
| January 10 | Denise Latscher |
| January 17 | Gary & Becky Jokela |
| January 24 | Brett Quist |
| January 31 | Mike & Joyce Olson |

Council Rep available

- | | |
|------------|-------------------------|
| January 3 | Jan Lippitt |
| January 10 | Tom O'Neill |
| January 17 | Nick Pristash |
| January 24 | Eric Sewall |
| January 31 | (none - annual meeting) |

Altar Servers

Roy & Marie Peterson; Lois Renoos

Financial Assistants

Deb Harmer; Sue Martin

Communion Assistants

- | | |
|------------|--------------------------|
| January 3 | LeRoy Eliason; Mike Hill |
| January 10 | Nancy Burley; Mike Olson |
| January 17 | Audra LePage; Shaye Toya |
| January 24 | Rich Wnek; Patsy Luder |
| January 31 | Mike & Joyce Olson |

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>January 2016</h1>					1	2
					New Year's Day - Office Closed	
3 8:30 - Worship 9:30 - BP Checks; Benevolence Fund Bd. meeting 10 - Worship 11 - Coffee; trees come down	4 7 pm - Boy Scouts	5 9 am - Staff meeting 2 pm - Lydia Circle 4 pm - Just for Kix	6	7	8 9:30 - Library Board meeting Annual Reports Due by NOON!	9 9 am - Workday to finish up downstairs - ALL HANDS ON DECK!
10 8:30 - Worship 10 - Worship 11 - Coffee	11 6 pm - Property & Management 7 pm - Boy Scouts	12 9 am- Staff meeting 4 pm - Just for Kix	13 4 pm - Confirmation	14 9:30 - Quilting 6:30 - Scout leader meeting	15 9:00 - Annual Report assembly 9:30 - Library work group Concordian articles due.	16
17 8:30 - Worship 10 - Worship 11 - Coffee	18 6 pm - Worship & Music 7 pm - Boy Scouts	19 9 am- Staff meeting 4 pm - Just for Kix	20 9:30 - Mary Circle 4 pm - Confirmation	21	22 9:30 - Library work group	23 10 am - Prayer Shawl ministry
24 8:30 - Worship 10 - Worship 11 - Coffee	25 7 pm - Boy Scouts	26 9 am- Staff meeting 4 pm - Just for Kix	27 4 pm - Confirmation	28 9:30 - Quilting 6 pm - Church Council	29 9:30 - Library work group	30
31 8:30 - Worship 10 - Worship 11 - Pot Luck lunch; Annual Meeting						

Concordia Lutheran Church
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Superior, WI 54880

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www.nwswi.org

Luther Point Bible Camp website

www.lutherpoint.org

ELCA website:

www.elca.org

resource center website:

www.synodresourcecenter.org

Rev. Tessa Moon/Jon Leiseth:

www.leisethfamily.wordpress.com

Chris McCarty, Youth & Family Ministry Coordinator

Helen Hankey, Organist/pianist

Beth Sobczak, Assistant pianist; Choir Accompanist

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Jean Riedasch, Parish Nurse

Matthew Eastman, Custodian

Aaron Kivisto, Custodian

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January 2016

A newsletter of Concordia Lutheran Church

Superior, Wisconsin

715.394.3762

www.concordiasuperior.org

Worship Services

8:30 worship in the chapel

10:00 worship in the sanctuary

Communion served every Sunday.

Fellowship (coffee & goodies) in the church library after each worship service.

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.