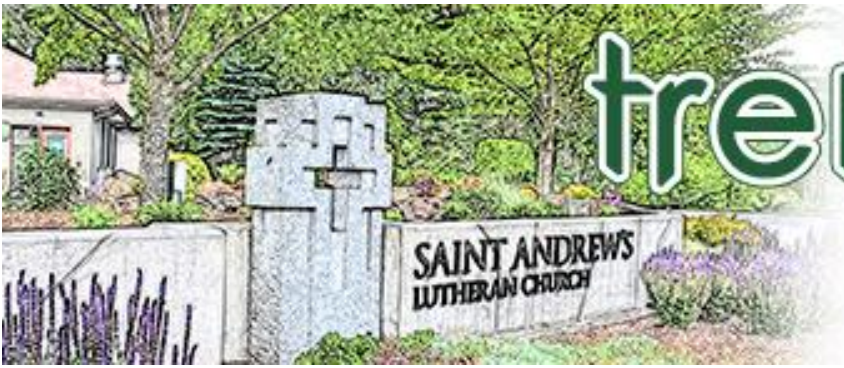




# trendings



October 22, 2025

*Growing Together in Christ to Love and Serve All People*

## *Prayer of the Week:*

Author Madeleine L'Engle reminds us that "...if we reach out for God with love, God's love will surround us. God made us, made us in love, and that love will never falter."

May we always reach out for God with love. Amen.



### Upcoming Greeters and Coffee Hosts:.

**October 26: (Reformation Sunday) Hal & Carolynn Ferris, Greeters;**

**Teresa Luttermann, Coffee Host**

**November 2: (All Saint's Sunday)**

Contact Sherry (sherry@salc.church) to be a Sunday greeter or to Host coffee hour,  
Sign up to provide flowers on the Flower Chart in the Narthex.

*Worship is at 10:00 am on Sundays, both in-person and via livestream.*

*Livestream: Visit [salc.church/media](http://salc.church/media) to access the bulletin and livestream link on YouTube. If you have a Google account, we invite you to offer a greeting or comment in the chat window.*

**Sunday, October 26<sup>th</sup> at Saint Andrews: Reformation Sunday! Wear RED!**

**9:00 AM Adults: The 10 Warning Signs of Alzheimers**

**Sunday School - (Pre-K - 5<sup>th</sup> Grade!)**

**10:00 AM Worship in-person in the Sanctuary and livestreamed**

### Readings for October 26:

**Reformation Sunday**

**Romans 3:19-28**

**John 8:31-36**

**Tuesday Morning Men:** Every Tuesday at 8:30 AM, this group meets for discussion and prayer via ZOOM.



**Pastor Lara has returned! Come to Bible Study!** You can meet in person in the Library at 10:00 AM or via ZOOM, contact Pastor Lara for the ZOOM link. (pastor@salc.church)

**Bell Choir Rehearsals resume November 11<sup>th</sup>!**





## Opportunities for You!

**Volunteers keep our church operating.** *Remember – we offer free training!*

### VOLUNTEER

Here's a list of opportunities coming up. To volunteer, talk to Fellowship Coordinator Sherry Grindeland at church, via phone at 425-746-2529 or email [sherry@salc.church](mailto:sherry@salc.church).

**Coffee Hosts** – Set up the coffee service and provide treats. People start looking for coffee by 8:40 AM so this is an 8:15 AM start time. Clean up about 11:15 AM, after worship service.

**Nominating Committee:** The 2026 Nominating Committee is currently working to identify candidates for the 2026 Congregation Council election at our next annual meeting. Please consider recommending candidates you feel a worthy leader to serve on the Council. Recommendations should be made by completing a "Nominating Request Form" available in the Narthex and placing it in the appropriate collection box located there or speaking with a member of the Nominating Committee (Dan Johnson-Chair, Aaron Davis, Christine Zomorodian, Gary Rudolph). The deadline for receiving suggested nominations is November 18th. If you have questions, please talk with any member of the committee.

The Health and Wholeness ministry thanks all of you who have signed up to be blood donors for our drive in January. Please note the recently posted signup sheet on the Health and Wholeness bulletin board in the narthex, for those of you who still thinking about it. We have a tentative date of January 22. Stay tuned for more information! Questions can be directed to Terri or Kathy. *Do you need information on donating? Who's eligible: donation restrictions?* Head to the [BloodworksNW website!](https://www.bloodworks.org/nw) Bloodworks Northwest will be at Adult Education hour on November 23<sup>rd</sup> to provide general information and answer questions. *Terri Anderson*

**DORCAS NEEDS BOXES!!** Dorcas Circle needs extra-large shipping boxes to ship quilts to Lutheran World Relief. We prefer boxes that are approximately *2 feet tall*. Boxes can be broken down and brought to church. If you have any question, please contact Linda Willenberg at [willenberglinda@gmail.com](mailto:willenberglinda@gmail.com).



**Backpack  
Brigade**

The Backpack Brigade is running its 6<sup>th</sup> year of the Halloween Giving Campaign. Children are hungry in King County and this organization has a plan to END weekend hunger ! But, they need YOUR support. Did you know \$40 feeds four children for a weekend?? Learn more about the Backpack Brigade [HERE](#). If you are ready to donate to the Halloween Campaign right now - click [HERE](#).



**"Health and Wholeness" needs volunteers to assist with assembling Health Kits for LWR.**

**When: Monday, Oct. 27**

**Time: 10-12noon**

**Where: South Fellowship Hall**

**Donuts provided!**

This fall the Health and Wholeness Committee is collecting items for **Personal Care Kits**. Lutheran World Relief will give these kits to needy people throughout the world. (including the US) The need is never ending! Help us fill as many kits as we can with the following items. (We did 180 in the spring)

- **Bath towels: lightweight, dark colors, size 20"X40" to 27"X50".**
- **Soap: 4 or 5 oz.**
- **Toothbrushes: adult size. Multi-packs are ok**
- **Combs: Sturdy (no picks or fine-tooth combs)**
- **Nail Clippers: large sizes**
- **Medium size sturdy boxes, which we use for mailing.**

You may put your donations in the bin designated "LWR/Health Kits Items" in the Narthex, or leave on bench in office.

We also accept monetary donations. Clearly mark your check "Kits for LWR" and place in offering plate or mail to Saint Andrews.

On behalf of Health and Wholeness, thank you thank you thank you! *Terri Anderson*



## Clothing Needed! From October 2025 through February 2026

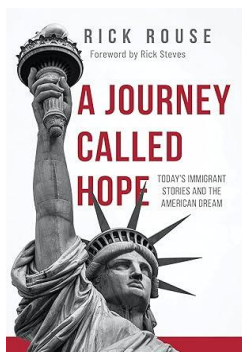
Dorcas Circle will be collecting men's and women's clothing and toiletries for Compass Housing Alliance in Seattle. There is a 'clothing' bin near the elevator for your donations. **ALL DONATED CLOTHING ITEMS MUST BE NEW, UNWASHED, AND IN UNOPENED ORIGINAL PACKAGING.**

### Women's clothing is most needed in sizes Medium through Extra Large.

- Underwear
- Long sleeve warm shirts
- Sweat pants
- Warm hats
- Warm scarves
- Mittens/gloves

### Men's clothing is most needed in sizes Large and Extra Large.

- Boxer shorts
- White T-shirts
- Long sleeve T- shirts
- Long sleeve warm shirts
- Sweat pants
- Warm hats
- Warm scarves
- Mittens/gloves



## Saint Andrew's Women's Book Group (Formerly WEBS)

We will meet promptly at 10:00 am on Wednesdays **through November 19th**. We will end on time at 11:30 am. All women are invited to join us in the Library or on Zoom. We meet together to learn, share our stories, pray, and encourage service. And, we laugh a lot!

The book, "A Journey Called Hope", is available through Chalice Press (ask Carol Schneider about a discount code) or Amazon (\$19.99). Contact Cheryl Jurrus ([cheryljurrus74@gmail.com](mailto:cheryljurrus74@gmail.com)) for the reading/ discussion schedule and Zoom link.



Joyce and John Arnold will be attending this event supporting The Sophia Way. Who can join them?? **Friday, November 14<sup>th</sup>, 6:30 - 8:30 PM at the Bellevue Hilton.**

Contact Joyce ([arnoldaj44@hotmail.com](mailto:arnoldaj44@hotmail.com))



Our beautiful quilts were blessed this week! They will be packed up and sent to Lutheran World Relief to distribute to places that need to be wrapped up in warmth and prayer.



## Adult Education: October 26 at 9:00 AM

# The 10 Warning Signs

An education program presented by the Alzheimer's Association



### WHAT YOU WILL LEARN:

This presentation is designed to help you be informed about what is normal aging and what is not.

**October 26th**

**9-9:45 am PST**

Saint Andrew's Lutheran Church

.....

All are welcome

- Describe typical age-related memory, thinking or behavior changes.
- Recognize common warning signs of Alzheimer's and dementia.
- Discuss the tips for approaching someone about memory concerns.
- Explain the importance of early detection and benefits of diagnosis.
- Identify possible tests and assessments for the diagnostic process.
- Name the resources available through the Alzheimer's Association.

ALZHEIMER'S  ASSOCIATION®

## Corner of Blessing

### Food of the Months – October & November

This year, again, we will be packing Emergency Bags for the Hopelink Food Bank. So, during the months of October and November, we will be collecting the food items to go in the Emergency Bags. Hopelink has asked that we pack “**No-Cook**” bags as we did last year. They need these to support those with no access to cooking facilities (homeless).

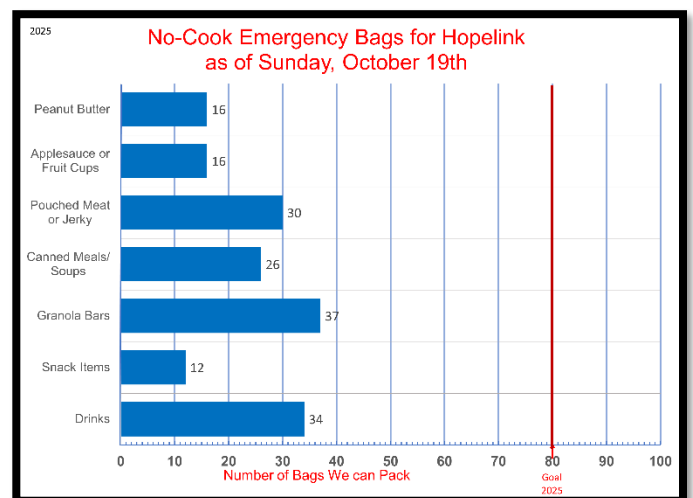
The items in these bags need to be able to be eaten directly without being heated or the use of a can opener. These need to be things that can be eaten cold and plain.

- **\*\*All canned items must have a pop-top lid.** Only soups and meals are in cans.
- **\*\*PAY ATTENTION TO SIZES.** Keeping the weight down is important for homeless. Bigger sizes can't be used.
- **\*\*MAKE SURE TO CHECK EXPIRATION DATES.** They need to be on or after February 2026.

There are seven different items that go in each “No-Cook” Emergency Bag. We will be collecting these items during October and November:

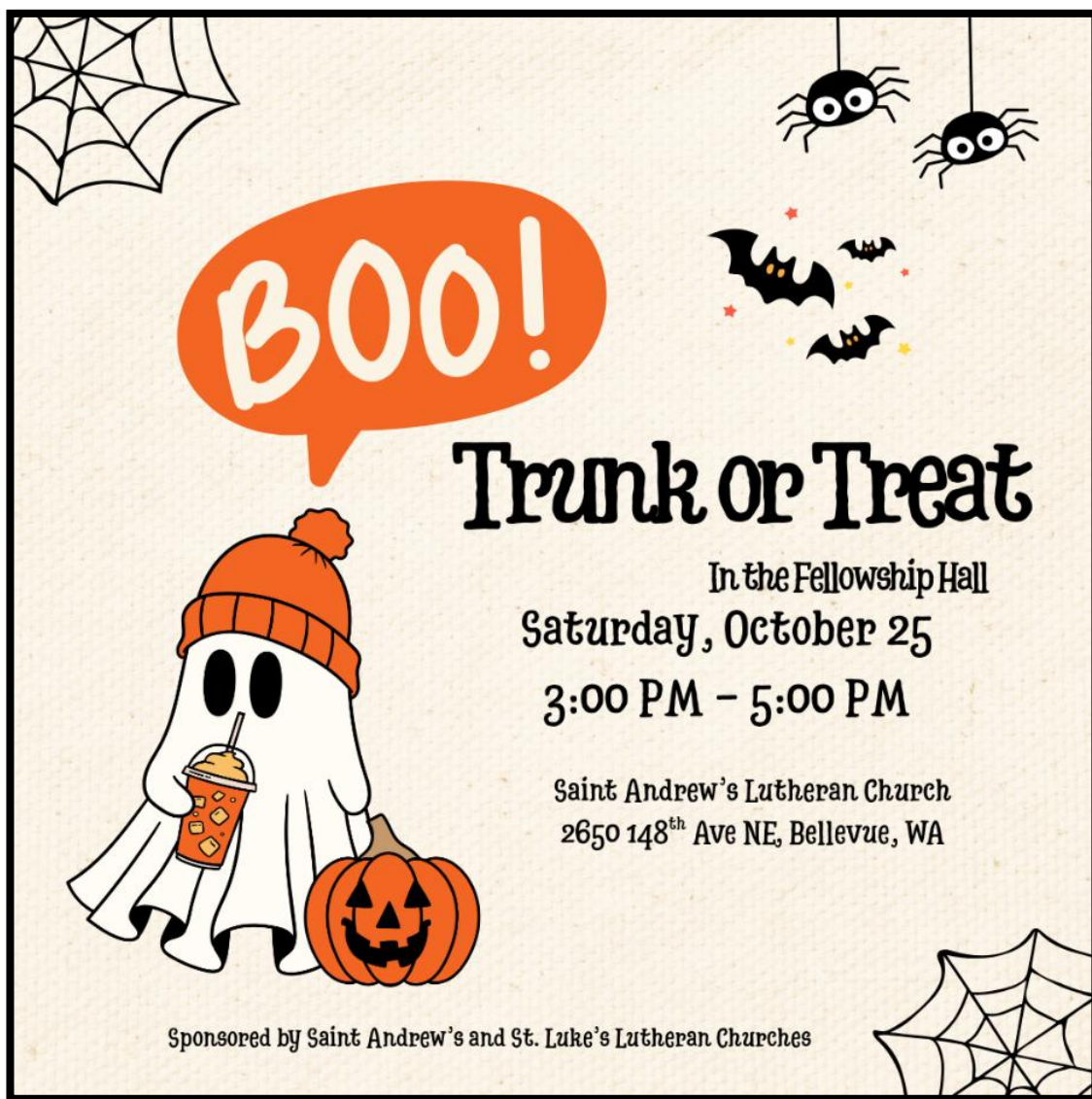
Here are the seven items we will be collecting:

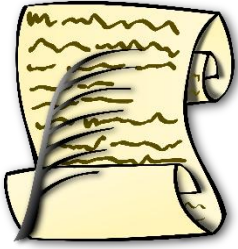
- 1 - **Peanut Butter** – (~16 oz. plastic jar – no-stir)
- 1 - **Applesauce or Fruit Cups Package** – (packages of 4 or 6 cups (about 4 ounce cups), kept in original packaging so that it contains the label, ex: peaches, pears, fruit cocktail, applesauce)
- 2 - **Pouched Meat or Jerky** – (beef jerky or meat sticks (like slim Jims) , pouched meat like tuna, chicken, salmon (Starkist is a common brand) Common sizes for both are about 2.5 - 3 ounces.)
- 2 - **Canned Meals/Soups** – (ex: ~15-20 oz, ex: chili, beef stew, canned ravioli, hearty Progresso soups (such as: beef pot roast, chicken pot pie, Italian Wedding, etc. – Pop-Top lid)
- 6 - **Granola Bars** – (look for ones that are at least 150 – 200 calories each – total at least 1,000 calories)
- 5 - **Snack Items** (high in calories & will not crush easily. Ex: dried fruit, nuts, trail mix. Individual packages – look for ones that are at least 100 – 150 calories each - total at least 500 calories)
- 2 - **Shelf-Stable Drinks** – (Something that does not require refrigeration and will not puncture easily. Ex: juice boxes, water, protein shakes.)



## Youth & Family Ministry Events!!

**It's October!** *Trunk or Treat is Saturday, October 25!!* Sign up on the Narthex bulletin board to have a 'trunk' (actually – an 8' table in the Fellowship Hall) or contact Doug ([doug@salc.church](mailto:doug@salc.church)). More tables = more fun! Let him know if you can assist in set up, games, food or other adventures for the event! Bring the kids, grands, neighbors for an afternoon of seasonal fun!





### **Hello from the Saint Andrew's Constitution Task Force!**

The Constitution Task Force (CTF) was activated in March 2025 to consider a variety of topics which could potentially change the Saint Andrew's Constitution. This past summer, the CTF asked the congregation for input regarding two of these topics. Thank you to all who completed the CTF's questionnaire!

After several meetings of thoughtful discussion, including review of questionnaire responses, the CTF submitted to the Congregation Council its recommendations for changes to the Saint Andrew's Constitution. Major recommendations submitted to the Council include:

- Reducing the number of elected adult Council member positions from twelve (12) to nine (9).
- Keeping the normal term length for elected adult Council members at three (3) years.
- Allowing Council officers to serve three consecutive one-year terms in the same office, but only with unanimous Council approval. (Currently, officers are limited to serving two consecutive terms in the same office.)
- Providing the Council flexibility on whether or not to fill a vacancy on the Council.
- Allowing for a range of four to six members on the Nominating Committee (current requirement is six members.)

At its November meeting, the Congregation Council plans to vote on whether or not to forward these CTF recommendations to the congregation for approval. If you have feedback or input for the Council on any of these recommendations, please contact Council President Tom Getzinger, [tomget@hotmail.com](mailto:tomget@hotmail.com), or Constitution Task Force chair Susan Hegedus, [susanhegedus@outlook.com](mailto:susanhegedus@outlook.com), no later than **November 5, 2025**.

Ultimately, the congregation will vote on all CTF recommended changes to the Saint Andrew's Constitution as approved by the Council. Opportunities for reviewing all proposed Constitution change recommendations approved by the Council will occur later this fall.

If you have questions, please contact Tom Getzinger or Susan Hegedus.

**Thank you!**



**From the Bishop:**

**November 2025**

Dear Beloveds,

Across our country, people are struggling – financially, emotionally, spiritually. Division, violence, and uncertainty are paramount. We are living in a time when the weight of the world feels heavier than most of us can bear. Families are being torn apart, communities are threatened, and political leaders are trading compassion for power. Every day seems more chaotic and unmoored than the day before. For many, fear has become a daily companion. We might cry, along with the psalmist in Psalm 13, *“How long, O Lord? Will you forget me forever? How long will you hide your face from me? How long must I bear pain in my soul and have sorrow in my heart all day long? How long shall my enemy be exalted over me?”*

[Pause here. For we must acknowledge the pain that is happening within us and around us. Pause. This might be a long, long pause.] ... Now let us take a deep breath. Now let us move forward.

After we have named the deep wounds within us and across this nation; after we have confessed our grief, our weariness, and our complicity in the broken systems that bind us; after we have allowed the truth to settle in, let us remember that this is not the end of the story. As people of faith, we don't stop at despair and fear. We don't close our eyes or turn inward or try to protect ourselves from more pain. No. Instead we open our eyes, turn outward, and we rise to follow Jesus once more – into the very places and spaces where pain still lingers and where love is most needed.

How do we do this? As people saved by grace through Jesus, how do look outward and love our neighbor? Here are some ideas from a letter (<https://www.lutheransnw.org/news/letter-from-elca-bishops>) signed by many of the bishops that was published in October 2025. These ideas include:

- Pray for those who are vulnerable and for all who work for justice.
- Advocate in your communities, legislatures, and Congress for laws that protect migrants, advance racial justice, and safeguard LGBTQIA+ people.
- Engage in the holy work of hospitality, creating spaces of safety, affirmation, and belonging for all of God's children.
- Model respectful dialogue in a polarized world, seeking understanding rooted in love.
- Hold fast to hope, trusting that the Spirit is still at work renewing creation and reconciling the world to God.

As a guide to this holy work, I have always loved the story of Martin Luther who, when the plague was raging in Wittenberg, chose to stay in order to care for the sick and comfort the dying. We might sometimes think of Luther as curmudgeonly and argumentative. We might also think he was more concerned with being saved by grace through faith than loving his neighbor. But Luther's courage and pastoral care during the plague shows his heart and his response to God's amazing grace.

For during the plague, as people were dying around him, he stayed and cared and ministered. In 1527 he wrote, "We are bound to each other in such a way that no one may forsake the other in his distress but is obliged to assist and help him as he himself would like to be helped." (*"Whether One May Flee from a Deadly Plague"*)

Above all things, let us not grow weary. Let us continue to hear the summons of Jesus. Let us continue to answer the call to love our neighbor – especially the most vulnerable. And, may we be the ones who, in a weary world, hope as the psalmist hopes at the end of Psalm 13: *"But I trusted in your steadfast love; my heart shall rejoice in your salvation. I will sing to the Lord because God has dealt bountifully with me."*

Bishop Shelley Bryan Wee  
[bishop@lutheransnw.org](mailto:bishop@lutheransnw.org)

**Save the Date!**





## ELCC (Eastside Lutheran Church Community) churches, the Synod and the ELCA:

The Eastside Lutheran Church Community (ELCC) has created a new logo and the website has been updated with events throughout the summer to mark on your calendars!

Be sure to check out the website [HERE](#).

## Advent Evening Prayer



v.e.s.p.e.r.s '23

**Sunday, November 30, 2025**  
**@ Our Savior Lutheran Church**  
**745 Front St S, Issaquah WA 98027**

**5pm** Preview Session with the Writers  
**6pm** Worship  
**6:30pm** Treats & Fellowship

An Eastside Lutheran Church Community & Partners Event

## Grünwald Guild Fall 2025 Art Classes

|                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                       |
|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|   | <p><b>September 21 - 26</b><br/> <b>In Residence: Artists in Community</b><br/> <small>A mostly self-led open studio space within a supportive community of other makers. Open to all levels and mediums, but best for those with an idea of what they'd like to achieve, and who are comfortable with a self-guided process.</small></p>                                          |   |
|  | <p><b>October 26 - 1</b><br/> <b>Binding Family Stories: Making Artist Books as Archives</b><br/> <small>What is an artist book? How are they made, and how can we use them to create a meaningful record of our lives? If you've ever been curious about how books are made, enjoy journaling, collage, or family history, this class is for you! Open to all levels.</small></p> |  |
|  | <p><b>Enameling Glass: A Joyous Riot of Color</b><br/> <small>Experience the one of a kind joy that comes from fusing glass and metal in a kiln to create unique and colorful jewelry, trinkets, or wall art! Open to all levels!</small></p>                                                                                                                                      |  |
|  | <p><b>November 2 - 8</b><br/> <b>Fibers &amp; Jubilation: Expressions of Liturgical Arts</b><br/> <small>Participants are invited to co create meaningful works of art - bunnies, paintings, textiles &amp; centerpieces—that uplift community worship and enliven sacred spaces. All levels welcome!</small></p>                                                                  |  |
|  | <p><b>Watercolor in the Sacred Milieu</b><br/> <small>Whether a complete beginner, or an experienced painter, this class is aimed at helping participants expand their skill set and tap into their inner and outer environments to create meaningful and intentional watercolor paintings.</small></p>                                                                            |  |
|  | <p><b>Raku-fired Enamelworks</b><br/> <small>Raku is an ancient firing process where works are fired in an outdoor kiln - combined with enameling, participants will spend their week pulling shiny metal to the surface of their glass and metal fused piece.</small></p>                                                                                                         |  |
|  | <p><b>Making Your Mark: Creating Unique Wheel Thrown Pottery</b><br/> <small>Whether you're brand new to wheel throwing, or an experienced potter, this class will dive into how to be more intentional about the look of your work and teach all the components that go into creating identifiable work.</small></p>                                                              |  |

### About the Grünwald Guild

The Grünwald Guild is a non-profit arts education retreat center nestled in the Cascadian woodland. Throughout the year the Guild offers art classes and workshops in our studio spaces. When there are no scheduled programs, our facilities are available to groups and individuals for retreat, personal study, workshops, and more. Since 1980, sweet smelling ponderosa pine and rushing waters have welcomed people to come learn, grow and explore the intersection of art, faith, and community in Plain, WA. To find out more about classes or how you can get evolved, visit our website!

## CALENDAR

### Wednesday, October 22

10:00 AM Women's Book Group  
7:00 PM JEDI committee meeting

### Thursday, October 23

7:00 PM Choir Rehearsal

### Friday, October 24

*Office is closed.*

### Saturday, October 25

**3:00 PM Trunk or Treat**

### Sunday, October 26

*Reformation Sunday – wear RED!*

9:00 AM Adult Education “Alzheimer’s and Family Impact”  
Sunday School Preschool – 5<sup>th</sup> grade  
**10:00 AM Worship**

### Monday, October 27

1:00 PM Staff meeting  
7:00 PM Outreach Committee meeting

### Tuesday, October 28

8:30 AM Tuesday Morning Men  
10:00 AM Pastor’s Bible Study  
7:00 PM Building & Property Committee

### Wednesday, October 29

9:30 AM CPR/AED training  
10:00 AM Women’s Book Group

### Thursday, October 30

7:00 PM Choir Rehearsal

### Friday, October 31

*Office is closed. Happy Halloween*

### Saturday, November 1

2:00 PM Mary Dahlgren Memorial Service

### Sunday, November 2

*All Saints Sunday*

9:00 AM Adult Education  
Sunday School Preschool – 5<sup>th</sup> grade  
**10:00 AM Worship**

### Monday, November 3

1:00 PM Staff meeting  
7:00 PM Executive Committee

### Tuesday, November 4

8:30 AM Tuesday Morning Men  
9:30 AM Dorcas Circle  
10:00 AM Pastor’s Bible Study

### Wednesday, November 5

10:00 AM Women’s Book Group

**You can access our  
weekly online calendar  
HERE.**

**The Reverend Lara Forbes**, Lead Pastor  
pastor@SALC.church

**The Reverend Timothy T. Weber**,  
Shared-Time Pastor  
timwebertt@yahoo.com

**Dr. Will Simpson**,  
Director of Music Ministries  
will@SALC.church

**Doug Johnson**,  
Director of Youth and Family Ministries  
doug@SALC.church

**Sherry Grindeland**, Fellowship Coordinator  
sherry@SALC.church

**Kurt Lutterman**, Facilities Manager  
kurt@SALC.church

**Kathy Fisher**, Communications Director  
kathy@SALC.church

**Vanessa Wilkie**, Handbell Choir Director

**Elaine Koga**, Choir Accompanist

**Soren Lester**, Facilities Set-up

**April Daniel**, Records Administrator

**Ann Thorpe**, Sunday Church School Coordinator

**Joan Tweten**, Kitchen Team

#### SALC Family Social Media Accounts:



#### Find us on:

