



the VOICE

February 2023

Growing Together in Christ to Love and Serve All People

What's Inside...

- Annual Meeting 8
- Calendar 18
- Congregation Council
..... 12-13, 19
- Discipleship / Children /
Youth and Family
Ministries 4-5
- Fellowship 6-7
- Health and Wholeness
Ministry..... 8-9
- JEDI/Racial Justice.....10
- Lent..... 2
- Ministry Team 19
- NW Washington Synod10-11
- Outreach and Servant
Ministries 14-17
- Pastoral Acts.....19
- Serving in Our
Community..... 19
- Thank You 8
- Worship and
Liturgical Arts 2-3

How Do We Live Our Faith?

You are the salt of the earth. You are the light of the world. Your Father knows what you need before you ask him. For where your treasure is, there your heart will be also. Strive first for God's kingdom and righteousness. Do not worry about tomorrow, for tomorrow will bring worries of its own. Do not judge, so that you may not be judged. Ask, and it will be given to you; search, and you will find; knock, and the door will be opened for you.

The Gospel of Matthew, chapters 5-7 (paraphrased)

The beginning of any new year is an exciting time. Whether it's the beginning of a new calendar year, a cultural celebration, or even our birthdays, a new year is an opportunity to reflect on what has come before and to look ahead at what may come next.

In a recent sermon, I mentioned that the Sermon on the Mount has come to be known as a sort of "Jesus' Greatest Hits" because of the way Matthew wrote it. At its core, though, it addresses the question "How do we live our faith?" It's a question that often leads to more questions. As we continue to ask and receive answers and then ask again, the way we live our faith may change. We may find ourselves praying for people we might not otherwise, we may enter into situations that we previously avoided, we may find compassion for a person or group of people that have been stigmatized for some reason.

As I write this, we are preparing for our Annual Congregation Meeting. We will vote on the budget, elect new Council members, and recognize the Quiet Servants among us. Several more mass shootings and other incidents of gun violence have taken place in Seattle and in other parts of our country. The Bellevue Police Department is arranging for extra patrols to be in the areas where community Lunar New Year celebrations will be held because incidents of aggression against people of Asian descent are increasing.

"How do we live our faith?" is a question that guides our responses to situations inside the walls of our church and out in our community. It lets us know that it's okay for us to respond and that, at times, we must respond. It helps us reflect on who we were before, who we are now, and to look ahead at who God may be calling us to become. It deepens our identity in Jesus. Indeed, it reminds us that the source of our identity is Jesus all throughout the year – all throughout our lives.

We're almost one full month into 2023. The calendar year is well under way, but we're still close enough to the start of it that we can imagine new beginnings and opportunities for ourselves, our congregation, and our surrounding community. This year (and always), may God give each of us the courage to ask, "How do we live our faith?" and to let the answers shape us and assure us of our identity in Jesus.

With peace,
Pastor Lara ☩

Sunday Worship

10:00 am

In-person
and Livestream

Masks are optional for
in-person worship.

Visit salc.church/media
for livestream worship.



Lent begins Ash Wednesday, February 22

Worship at 12:15 pm and 7:00 pm

See page 2 for worship, Prayer Partner, and Lenten Outreach opportunities

Worship and Liturgical Arts

Lent

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

- In-person: A distanced seating section is available for those who want more space between worshippers.
- Livestream: Visit salc.church/media to access the livestream on YouTube. If you have a Google account, we invite you to offer a greeting or comment in the chat window.

Worship Texts

February 5

Matthew 7:1-14, 24-29
Psalm 37:16-18

February 12

Matthew 13:24-43
Psalm 84:1-7

February 19

Transfiguration of Our Lord

Matthew 16:24--17:8
Psalm 41:7-10

February 22

Ash Wednesday

Matthew 18:1-9
Psalm 51:1-3

February 26

Matthew 18:15-35
Psalm 32:1-2



Music Rehearsal Times

Chancel Choir

Thursdays, 7:00 pm

Handbell Choir

Tuesdays, 7:00 pm

Worship Videos and Sermon Notes and Recordings of past services can be found at SALC.church/sermons

Ash Wednesday

Wednesday, February 22

Two worship services are scheduled for Ash Wednesday, **February 22**

- The **12:15 pm** service will be in-person only.
- The **7:00 pm** service will be in-person and livestreamed. 📺

Prayer Partners for Lent

Sign-up TODAY to be a Lenten Prayer Partner

Become a Saint Andrew's Secret Prayer Partner. You will be given a name to pray for throughout **Lent** and someone will be praying specifically for you.

We will share information about your prayer partner so you can personalize your prayers for them and remember them with encouraging cards and notes.

Visit salc.church/prayer-partners to sign up online, or complete a sign-up form in the Narthex (available beginning Sunday, **February 5**.)

You will receive an email with your prayer partner information on or before Ash Wednesday, **February 22**. (If you don't receive the email by noon on February 22, contact Fellowship Coordinator Sherry Grindeland, 425-746-2529 or sherry@salc.church.)

We have a prayer partner reveal at the Discipleship Hour Forum the Sunday after Easter, **April 16**. It is always a joyous occasion to learn who has been praying for us and to hear stories about how the spirit touched us during this time. 📺

No Midweek Services

Due to steadily declining interest and attendance, WLA (Worship and Liturgical Arts) leadership, in consultation with Pastor Lara, has decided that Saint Andrew's will not offer midweek services during Lent.

This also decreases the disruptions to our guests from Congregations for the Homeless, who use Fellowship Hall as their residence during the month of March.

We welcome your participation in worship on Sunday mornings. 📺

Lenten Outreach ~ Personal Care Kits Baskets of Promise Drive

The Health and Wholeness Ministry Committee is once again holding the *Baskets of Promise* Drive during Lent. We will be collecting articles to be put into Personal Care Kits for Lutheran World Relief. The kits are sent to area of the world where emergency supplies are needed.

You can help us fill these kits by donating the items listed below. To make it easy for you we have listed an item to be donated each week during Lent. A reminder item will be in the bulletin each week to help you keep track of donations. You do not have to stick with this schedule but can bring in items as you wish.

Please place all items in the designated basket in the Narthex.

- **February 28:** bath towels, 20"x40" – 27"x52", light weight, dark colors
- **March 5:** combs, large sturdy (no pick combs)
- **March 12:** metal nail clippers
- **March 19:** soap, 4 or 5 ounce bars in original packaging
- **March 26:** toothbrushes, adult size
- **April 2:** bath towels



Worship and Liturgical Arts

Concert: “Music from Montana”

Thursday, February 16 | 7:00 pm | Saint Andrew’s Sanctuary

We are pleased to welcome two choirs from the State of Montana to Saint Andrew’s! These two choirs from the Treasure State - the Hellgate High School Chevaliers and Montana State University Montanans - are visiting Bellevue to perform for the National Association of Music Education’s Northwest Conference, and will perform a concert at Saint Andrew’s on Thursday, February 16.

The Chevaliers from Hellgate High School in Missoula, Montana will be performing a program called “OMJ! (Oh My Joy!).” This program includes a variety of selections about joy, including some pieces our students studied during the COVID shutdown to find and maintain joy. The program includes selections by Eric Whitacre, Gerald Finzi, Sarah Quartel, and a piece from the musical *Spring Awakening*. The Chevaliers are conducted by Ellen McKenzie.

The Montanans from Montana State University in Bozeman will present a diverse program including music by Eric Esenvalds and the “Wallin’ Jennys.” The group will also perform *Requiem for a Forest* by Montana composer Eric Funk, written for chamber choir and strings. Eric wrote this piece following the 2020 Fire in the Bridger Foothills that burned over 8,000 acres just outside Bozeman.

The Montanans, a select vocal ensemble that has toured internationally, is dedicated to the artistic performance of new and established choral literature representative of all genres and stylistic periods.

As with all concerts at Saint Andrew’s, this concert is **FREE** and open to the public. Invite friends! 📍



Healing Prayer during Communion

Healing Prayers during Holy Communion are offered on the third Sunday of the month. The next date is On Sunday, February 19.

Our Healing Prayer Ministers are ready to pray for your requests for healing (yourself or someone else), thanksgiving, or a stressful situation.

We have one Healing Prayer station (kneeler) on the side of the Sanctuary near the organ.

You will be asked if you would like to be anointed with oil at the end of the prayer. 📍

Communion Bread

Now that we’re communing together, we’re looking for **bread bakers**. If you’d like to bake Luther Bread for us to use in Communion, please contact Karin Eklof for more information. The Luther Bread recipe and a link to sign up for a specific Sunday is online at salc.church/communion-bread. 📍



Be a Greeter!

It’s fun! You get to chat with folks as they arrive for church and most importantly, welcome people to Saint Andrew’s.

Sign up online for the date(s) you wish to greet. The sign-up is at salc.church/signup-greeter-coffeehost. Or, contact Fellowship Coordinator Sherry Grindeland to sign up for a specific Sunday.

If you have questions, please contact Fellowship Coordinator Sherry Grindeland, sherry@salc.church or 425-746-2529. 📍



Performing Arts Festival of the Eastside (PAFE)

The Performing Arts Festival of the Eastside returns to Saint Andrew’s in April! About 500 young musicians will attend.

Many volunteers will be needed for this outstanding outreach opportunity! Can you help?

Contact Joyce Arnold for more information and/or to be added to the list of volunteers!

More information about PAFE will be in the next issue of *the VOICE*. 📍

Discipleship / Children / Youth and Family Ministries

For Youth in Grades 6-12

SALC After Dark

Friday, February 10 | 6:00 pm - 12:00 midnight | Youth Room

All youth grades 6-12 are invited for an almost lock-in on Friday, **February 10**, from 6:00 pm - 12:00 am (midnight). We will gather together for dinner, games, snacks, and more. Youth are asked to bring a snack to share. Please sign-up online at salc.church/youth-salc-after-dark no later than **February 8**. 📍

Youth Group

Sundays, February 12 and February 26
6:00 pm - 8:00 pm | Youth Room

We are meeting on Sundays, **February 12 and 26**, for an evening full of fun and excitement! All youth grades 6-12 are welcome to attend, and don't forget to invite a friend along! Questions, please contact Doug Johnson. 📍

Minecraft

Thursday, February 16 | 6:00 pm - 8:00 pm | online

Our next session will be Thursday, **February 16**, from 6:00 pm - 8:00 pm. We connect over Discord. Youth grades 6-12 are welcome to join. **Adults** – If you would like to be an admin on the server, contact Doug Johnson.

To get information about the Realm or our Discord Server, please contact Doug Johnson. 📍

For Youth in Grades 9-12

May Holden Reminder

Attention high school youth! Have you signed up to attend the May Youth Weekend at Holden Village yet? Dates are **May 26-28, 2023**. More information will be emailed to families directly. Sign up at salc.church/youth-holden-youth-weekend 📍

For Everyone

Welcome Bags for CFH

Sunday, February 12 | 11:15 am | 301/Fellowship Hall

On Sunday, **February 12**, all children, youth and families are invited to gather after church in Fellowship Hall to put together items to welcome the men who will be staying with us from Congregations for the Homeless (CFH) in March. This is a wonderful way for us to welcome them into our space. Questions, contact Doug Johnson. 📍

Want to have some fun?

If you have been reading through these events that the youth do each month and want to help out or just see what we are up to, contact Doug Johnson and he will connect you with our wonderful youth and families! 📍

Happy Birthday to You!

Happy Birthday to these youth who celebrate birthdays in February!



Mary Lee H2/09
Erik N.....2/12
Owen L.....2/17
Tyler K 2/27

For more information, contact
Director of Youth and Family Ministries Doug Johnson,
doug@salc.church or 425-746-2529

Check out our Family Social Media pages:
Facebook: @SALCFamilies
Instagram: @salc families

Discipleship Ministries ~ Sundays

Forums for Adults

Sunday Discipleship Hour Forums

Unless otherwise noted, Forums are in-person only, at **9:00 am** on Sundays. With permission of the presenter, Forums are recorded and posted online for later viewing (salc.church/discipleship-hour-adults-page). Please contact Communications Specialist Susan Hegedus, susan@salc.church or 425-746-2529, with questions.

Sundays, February 5, February 19, and February 26

Plans for these Forums are being finalized.
Watch Sunday bulletins and weekly *Trendings* enews for updated information.

Sunday, February 12 | 9:00 am | 301/Fellowship Hall

Intergenerational Education Sunday

All youth (grades 6-12) and adults are invited for an Intergenerational Education Hour in Fellowship Hall North. Youth and adults will be learning side by side about a multitude of parables from our lesson for that Sunday. Youth will also help guide the adults as they share how they learn each Sunday morning. No need to sign-up. Questions, contact Doug Johnson.



For Ages 3 - Grade 5

Sunday Church School

Sunday Church School class information:

- Age 3 - grade 2: meet in Room 113 in the South Hall at **9:00 am**.
- Grades 3-5: please contact Ann Ross-Clarke or Ann Thorpe if interested.

Our curriculum follows the Narrative Lectionary. Our stories and lessons are the same readings read in church and studied in the older youth education classes, and span from Creation through the early Christian Church. We use the Spark Bible to introduce the story and then proceed with activities to help the children understand the meaning for us today. 

For Youth in Grades 6-12

Youth Education

All youth grades 6-12 gather together in **322/Conference Room** at the start of class (**9:00 am**) to read the lesson and learn about the week's theme. After the short large group instruction we break into a high school group and a middle school group. Each small group discusses the text, theme, and questions.

Each week families get Sunday's lesson emailed to them to use at home or to later talk with their youth. Each lesson has information, questions to discuss, and "Home Reflections" with activities to do as a family throughout the week to reflect on that Sunday's lesson. It is a way for your family to continue to engage the bible and your faith throughout the week.

For more information, please contact Doug Johnson. 

Discipleship Ministries ~ Bible Study

Midweek Bible Study with Pastor Lara

Tuesdays beginning March 7 | 10:00 am
322/Conference Room and via Zoom

Midweek Bible Study resumes on Tuesday, **March 7!** This study is from **10:00 am - 11:00 am** each Tuesday, in **322/Conference Room AND via Zoom**. More details to come.

All who plan to attend are asked to sign up; visit salc.church/midweek-bible-study.



Fellowship

Women's Early Book Study (WEBS)

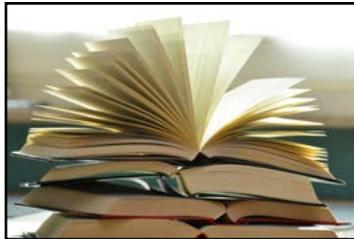
Wednesdays through February 15 | 10:00 am - 11:30 am
322/Conference Room and via Zoom

Coordinator: Cheryl Jurrus

WEBBS (Women's Early Book Study) is reading and discussing the book *Lineage of Grace* by Francine Rivers. We meet in 322/Conference Room, with the option to participate using Zoom. Contact Cheryl Jurrus for the Zoom invitation.

A description of the book from Amazon: *"The Bible is filled with inspiring stories of unlikely candidates God chose to change eternity. This bestselling compilation in one volume contains five novellas about such people—women in the family tree of Jesus Christ. - Tamar. Rahab. Ruth. Bathsheba. Mary. Each was faced with extraordinary—even scandalous—challenges. But they had courage. They lived daring lives. Sometimes they made mistakes—big mistakes. And yet God, in His infinite mercy, used them to bring forth the Christ, the Savior of the world. Their stories still hold great meaning and inspiration for us today."*

All women are welcome!
Contact Cheryl Jurrus for more information. 



Annual Women's Retreat Re-Scheduled to November 10-12

The Annual Women's Retreat, often held the first weekend in March, has been rescheduled this year and will be held **November 10-12, 2023** at The Rainbow Lodge in North Bend. This retreat is organized in partnership with Our Savior Lutheran Church in Issaquah, and all women are invited!

The planned theme is GRATEFUL: Cultivating an Attitude of Gratitude in the midst of the challenges life can throw at us. We feel strongly that the Holy Spirit is in the midst of this theme, that our speaker will be amazing, and that we'll be able to come into the holiday season refreshed and ready to enjoy it fully after the retreat.

The retreat begins Friday evening with a welcome that includes games, chocolate, and an evening devotion. It ends Sunday with a short worship service. More information, including how to register, will be communicated in the Fall. Mark your calendar now and invite a friend!

Questions? Please contact Fellowship Coordinator Sherry Grindeland, 425-746-2529 or sherry@salc.church.



Older Wiser Lutheran Saints (OWLS)

T-Shirt Contest at February OWLS

Tuesday, February 21 | 11:45 am
301/Fellowship Hall North

Join us for a *Been-There, Done-That, Here's the T-shirt* contest at the Older Wiser Lutheran Saints luncheon on Tuesday, **February 21**.



Bring a t-shirt from your collection. It could be from a festival, tourist or vacation spot, an athletic event, church event, a school, or one with a humorous saying or picture.

Bring it in a paper bag (we'll have extra bags if you need one) because we're going to guess who brought which shirt.

We will share our usual potluck lunch before the shirt contest. We gather at **11:45 am** and eat around **12:00 noon** in 301/Fellowship Hall North. If possible, pitch in with a potluck dish.

You don't have to be older or wiser to join this fun gathering.

Questions? Contact Fellowship Coordinator Sherry Grindeland, sherry@salc.church or 425-746-2529.



Kitchen Guidelines

Remember Our Kitchen Protocol

We're blessed to have such a wonderful kitchen set-up here at Saint Andrew's.

Please enjoy using it for your group activity but remember the following tips:

- 1) Clean up after your event. This means doing the dishes and putting them away. Don't forget to wipe off the tables in the Fellowship Hall and wipe down the kitchen counters.
- 2) If you're leaving leftover food for a reason, please label it (tape and paper in the top drawer closest to the refrigerator). Indicate on the sign who the food is for- if it is something you think the staff might eat, label it and tell someone on the staff (email is fine.)
- 3) Turn off the coffee pots!!! They should be washed out and the coffee grounds dumped into organic waste bin.

Questions? Contact Fellowship Coordinator Sherry Grindeland, sherry@salc.church or 425-746-2529, or Office Administrator Mary Mills, mary@salc.church or 425-746-2529. 

Fellowship

Dorcas Circle

Quilting

Dorcas Circle meets in *302/South Fellowship Hall* on the first Tuesday of the month from **9:30 am until 12:30 pm** to assemble and sew quilts for Lutheran World Relief. Join us on **February 7**. All members and friends of Saint Andrew's are welcome! You do not need to be able to sew to participate.

Church members and friends are welcome to cut 11-inch quilt squares at home using washable fabrics. For additional information please contact Linda Willenberg.

Flat Sheets Needed

Dorcas needs flat sheets that are new or in good condition (no stains or holes). Donations can be placed in the Dorcas basket near the elevator in the Narthex.

Collections of Toiletries Items

On a continuing basis we collect toiletry items, in all sizes, for Compass Housing Alliance. Donations can be placed in the Dorcas basket near the elevator in the Narthex.

From **now through February 2023** we are collecting the following clothing items for Compass Housing Alliance. All of the clothing items must be new, not washed, and in the original packages. Donations can be placed in the Dorcas basket near the elevator in the Narthex.

Socks

- Crew socks for men and women—white or black
- Wool socks for men and women in any color
- Dress socks and children's socks are **not** accepted

Underwear

- Men's and women's underwear in any size
Sizes XL-4XL are most needed
- Men's short sleeve white T-shirts
Sizes XL-4XL are most needed

Hats

- Warm hats for men and women

If you have any questions please contact Linda Willenberg. 

Coffee (and Chocolate!) Sales Volunteer Needed

Volunteers are needed to oversee the monthly sale of fair-trade coffee, hot chocolate mix, and chocolate candy bars.

Pre-Covid, once a month, the Saint Andrew's family (members and visitors) could purchase the fair-trade products that help support independent farmers in Central and South America.

We're ready to resume regular sales if we can get a volunteer or two to run the sales table once a month shortly before and immediately after the worship service.



To help with this project, contact Fellowship Coordinator Sherry Grindeland, 425-746-2529 or sherry@salc.church. 

Please Return Wreath Bowls

If you made an Advent wreath at the Advent Fair, please return the bowl to Sherry Grindeland in the church office. We reuse the bowls each year. Thank you!



Coffee Hosts Needed

We need coffee hosts for 2023! Sign up on the Saint Andrew's website at salc.church/signup-greeter-coffeehost or email Fellowship Coordinator Sherry Grindeland, sherry@salc.church. 

Tuesday Morning Men

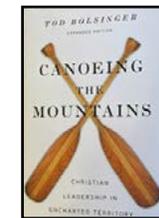
Every Tuesday | **8:30 am** | via Zoom
Facilitator: Dick Swaisgood,



Tuesday Morning Men are discussing the book *Canoeing the Mountains, Christian Leadership in Uncharted Territory* by Tod Bolsinger.

Author Tod Bolsinger describes this approach to leading others as "energizing a community of people toward their own transformation in order to accomplish a shared mission in the face of a changing world."

We meet **Tuesday** mornings at **8:30 am**. We begin with a time of sharing of what's going on in church or special events in our lives. We end with a call for prayer requests where we share those persons we know who need God's special touch. All men are welcome!! Contact Dick Swaisgood for the Zoom link. 



Thank You

Thank you for your cards and prayers following my mom's death. I deeply appreciate your care for me and for my family during this time.

Pastor Lara ☩

Annual Meeting

Annual Congregation Meeting

The Annual Meeting of the Congregation will be held Sunday, **January 29**, at **11:15 am**.

The meeting is in a hybrid format. You may attend in-person, online via Zoom, or by phone call. Detailed information will be sent via email to members.

Agenda items include:

- Voting on the 2023 Current Fund budget
- Electing members to the Congregation Council
- Electing members to next year's Nominating Committee.
- Voting on a resolution to authorize the Executive Committee to negotiate potential lease terms with Emerald Heights Academy, should EHA show interest in leasing part of our building.
- Recognize Quiet Servants

A beautiful **quilt** will be raffled with proceeds to benefit Lutheran World Relief.

A quorum is needed, and every voice and vote is important! ☩

2022 Annual Report Available

The 2022 Annual Report is available. Visit salc.church/forms-resources and scroll down to "Saint Andrew's Resources" to find it.

Paper copies of the Annual Report are available in the Narthex. Pick one up whenever the building is open.

OR, we will mail you a copy upon request. Contact the church office, info@salc.church or 425-746-2529. ☩

Health and Wholeness

Faith Community Nurse

Thank You Stella Nieman!

Stella Nieman will not be continuing in her role as a designated Faith Community Nurse. She will continue to chair the Health and Wholeness Ministry Committee with Beverley Watt.

Faith Community Nurses are an important link between faith and health. They provide health education and counseling, make referrals to community resources, and help coordinate volunteers.

Stella has been a Parish Nurse/Faith Community Nurse at Saint Andrew's since 2001. The Northwest Parish Nurse organization recognized Stella as "Parish Nurse of the Year" in 2014.

THANK YOU, Stella, for decades of dedicated service as a Faith Community Nurse! ☩



KnitWits

Saint Andrew's KnitWits (Knitting as Witnesses) is a fellowship group whose primary mission is to provide items of comfort that are knit or crocheted. Their on-going projects include prayer shawls, baptismal blankets, lapghans, baby blankets, baby booties, chemo caps, hats, wash cloths, sweaters, and scarves. The work of the KnitWits' hands keeps many people warm and reminds them that someone cares.

In February, the KnitWits are meeting **in-person** on Sunday, **February 19**, following worship at **11:15 am** in **322/Conference Room**. All are welcome! Contact KnitWits coordinator Dianne Chong for more information.



Contact Information

A note from our Congregation Care Team: Please email or call Sherry Grindeland, sherry@salc.church or 425-746-2529, with your emergency contact information. This would be the phone number of your closest friend or relative so that we can reach out if we are unable to contact you directly. This is important especially if you live alone. This information is kept in a confidential file. ☩

Health and Wholeness

Nutrition for Heart Health

by Written by: Molly Campbell, MSN, CHES

Reviewed by: Ali Coster, RD, Clinical Nutrition Manager

Covenant Shores, Mercer Island, WA

Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind."
Matthew 22:37

Last year, the American Heart Association (AHA) released new dietary guidelines to improve cardiovascular health for the first time in *fifteen years*. With more developed research, we now have more informed recommendations to help us protect our heart health. So what do *you* need to know to keep your heart health?

1) **Eat a Variety of Fruits and Vegetables**

Eating a wide variety of these provides adequate essential nutrients and lowers risk for Cardiovascular disease (CVD).

2) **Choose Whole Grains Over Refined Grains**

A diet with more whole grains versus refined grains has shown to improve cardiovascular risk factors.

3) **Get Your Protein From Plants First**

Higher intake of legumes (beans and peas) and higher nut intake was associated with lower risk of CVD.

4) **Fish a Few Times a Week**

Current evidence supports dietary patterns that include ≥ 2 fish meals per week. However, preparation of fish by frying is not associated with benefits.

5) **Low-Fat or Fat-Free Dairy Over Full-Fat Dairy**

Dietary patterns that include low-fat dairy are associated with a lower risk of CVD.

6) **Choose Lean Cuts When Enjoying Poultry or Meat**

There is a direct association between red meat intake and CVD incidence and mortality, and an even stronger association for processed meat such as bacon or hot dogs.

7) **Opt for Liquid Plant Oils**

Use liquid plant oils (olive, soy, flaxseed) rather than tropical oils (coconut, palm, and palm kernel), animal fats (e.g., butter and lard), and partially hydrogenated fats.

8) **Whole Food More Than Processed Foods**

A whole food is a food that has been processed or refined as little as possible and is free from additives or other artificial substances.

9) **Be mindful of Your Sugar and Salt intake**

Added sugars have consistently been associated with a variety of disease states. Alternative sweeteners have shown mixed effects on metabolism. There is a direct, positive relationship between salt intake and blood pressure.

10) **Get some Joyful Movement in Your Day**

Move your body in a way that you enjoy. The AHA recommends more than or equal to 150 minutes of moderate physical activity per week.

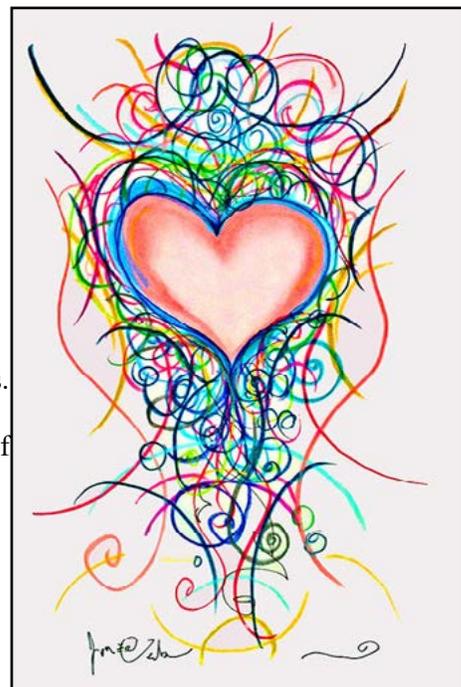
11) **If You Drink, Do So In Moderation**

If you don't drink, do not start. If you choose to drink alcohol, work to limit intake. The AHA does not recommend commencing alcohol use to improve CVD health.

Resources:

Lichtenstein, Alice. Appel, Lawrence. Et al. Summary of American Heart Association Diet and Lifestyle Recommendations Revision 2006. *Arteriosclerosis, Thrombosis, and Vascular Biology*. 2006; 26:2186-2191.

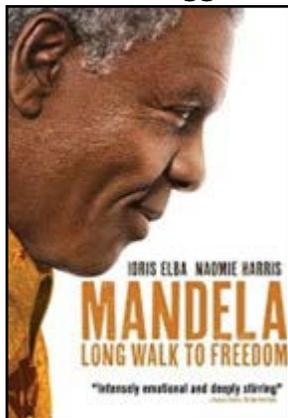
Lichtenstein, Alice. Appel, Lawrence. Et al. 2021 Dietary Guidance to Improve Cardiovascular Health: A Scientific Statement From the American Heart Association. *Circulation*. 2021;144:e472-e487.



JEDI (Justice, Equity, Diversity, and Inclusion) Group (formerly Racial Justice Group)

Movie and Book Suggestions

A Movie Suggestion: *Mandela: Long Walk to Freedom*

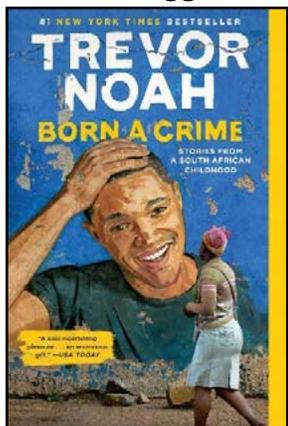


M*andela: Long Walk to Freedom* is based on Nelson Mandela’s autobiography “Long Walk to Freedom”. It chronicles Nelson Mandela’s life journey from his childhood in a rural village through to his inauguration as the first democratically elected president. This quote from Mandela says a lot about the man who became the first Black president of South Africa: “I have walked a long walk to freedom. It has been a lonely road, and it is not over yet. I know that my country was not made to be a land of hatred. No one is born hating another person because the color of his skin. People learn to hate. They can be taught to love, for love comes more naturally to the human heart.”

Rated PG-13 for some intense sequences of violence and disturbing images, sexual content and brief strong language.

Mandela: Long Walk to Freedom is available on Netflix, Amazon Prime Video, Apple TV, VUDU, YouTube, Redbox and Google Play Movies and TV. It is also available through the King County Library System on DVD

A Book Suggestion: *Born a Crime: Stories from a South African Childhood* by Trevor Noah



B*orn A Crime* is a collection of personal stories about growing up in South Africa during the last gasps of apartheid and the tumultuous days of freedom that came with its demise. It is the story of a mischievous young boy who grows into a restless young man as he struggles to find himself in a world where he was never supposed to exist. It is also the story of that young man’s relationship with his fearless, rebellious, and fervently religious mother—his teammate, a woman determined to save her son from the cycle of poverty, violence, and abuse that would ultimately threaten her own life.

Born a Crime: Stories from a South African Childhood: in addition to being available from most book sellers, is available from the King County Library System: as a book, an eBook, or an audiobook on CD and through the Libby app as a downloadable book.



Northwest Washington Synod

Synod LiVE Project at Saint Andrew’s

The Synod’s LiVE Project is designed by a team of lay leaders for members of congregations. It is theologically thoughtful, culturally responsive, and communally engaged. It is connecting churches and forming Christian public leaders. It imagines a collaborative movement that expands beyond traditional silos of being church.

The theme for 2022-2023 is *Spirit Stirring*. These learning opportunities are for congregations and individual lay learners. How is the Spirit stirring in your life? How is the Spirit informing your sense of call? All mini-courses (5-8 weeks) and the four day-long retreats explore how the Holy Spirit is igniting curiosity and fresh ways to integrate life, faith, and the public witness of the church.

Saint Andrew’s is the host site for a LiVE Project one-day retreat called “The Spirituality of Disruption” on Saturday, **February 11**, from **9:00 am - 3:00 pm**. Learn more about this retreat (and sign up) at <https://www.lutheransnw.org/events/the-spirituality-of-disruption>

Learn more about the LiVE Project at <https://www.lutheransnw.org/ministries/the-live-project>

Northwest Washington Synod

From Bishop Shelley Bryan Wee

Published in *The Spirit*, February 2023 edition



When I was in sixth grade, my teacher decided that we were going to build chicken skeletons. From real chickens. So, the teacher divided us into groups. A local farmer donated the chickens. Each group had to boil and boil and boil their chicken. When all the flesh and tendons, etc. were boiled off, and the bones were clean, then we had to build the chicken back up so that it formed a complete bird.

When I think back on this project, I wonder what we were learning. Anatomy? Names of bones? I'm not sure. But what I did learn was community, relationship, and collaboration. Without the people in my group – and the different skills and gifts that they had – we would not have been able to put this chicken back together. We had to make sure that the bones were sorted into the right boxes (the feet bones, the leg bones, the wing bones, the beak, etc.) We had to make sure the bones weren't wet and that there wasn't anything left on the bones so it didn't stink. (My mom claimed it did stink. Side note, I was elected to bring home the completed chicken. My mom was not pleased and at some point, it disappeared from the living room bookcase).

Anyway, getting back to community, relationship, and collaboration ... as I think of our synod, and what God is calling us to do and to be together, I think that these three things are key. I know that many of you are already in relationship and collaboration with other ELCA congregations around you. Perhaps you share your building with other ministries. Perhaps you share a food bank or work with a school. Perhaps affordable housing is part of your collaborative work. Many of you have preschools. All of these are wonderful ways to collaborate.

I'm wondering if we can think even bigger and more relationally than that. What if people from geographically close congregations met and talked about who they are. What their hopes are. What their fears are. What they need from others. What they have to offer others. What might come out of these conversations and relationships? Perhaps a way to share staff? Perhaps a way to more impactful in the community? Perhaps new ways of using property? I'm not sure. It would be interesting and exciting to find out.

As I have mentioned before, study after study indicates that pastors today are lonely and feel isolated and anxious about the future. As my staff and I travel around the synod, we hear that many congregations also feel lonely and isolated and anxious about the future. Hearing stories and knowing some of the difficulties, doesn't it seem that it would be better to build relationship with one another and collaborate rather than every congregation trying to figure it out on their own?

Here are three ways that we are encouraging congregations to be in community, build relationships, and collaborate.

First, we continue to expand the LiVE Project (Living into Vocational Engagement). We are excited about the synod's collaboration and building relationship with the Trinity Education Foundation who is contributing funding this year and partnering with us. I encourage you to visit www.lutheransnw.org/ministries/the-live-project and learn more.

Second, in lieu of a Synod Assembly this year, we are hosting two Synod Gatherings in the spring with forums where relationships and collaboration are key. Watch for information in early February on the two Gatherings (May 13 in Mount Vernon and May 20 in Bellevue) via email and on our website here: www.lutheransnw.org/events/synod-gatherings.

Third, the Grace Grant application this year asks applicants with whom they are collaborating on the proposed project. The application process is open February 1 – May 31. Read about the focus areas and how to apply for this final year of funding here: www.lutheransnw.org/pages/grace-grants

You know, I could never have built that chicken alone. Nor would I have wanted to. Truthfully, even with my group, it was messy and hard. In my memory, we had a few bones left over that we quietly threw in the garbage. And yet, I am still in relationship with many of the people in my sixth grade group. And we are bonded from the chicken-building experience.

As the body of Christ, may we build relationship, be in community, and collaborate together. I'd love to hear what you are doing in your congregation towards this. Please email me at bishop@lutheransnw.org.

Bishop Shelley Bryan Wee | bishop@lutheransnw.org 

Synod News, Resources, and Prayer Messages

Our synod, the Northwest Washington Synod, has a variety of resources. Some are devotional, some share information about news and events around the synod. Visit <https://www.lutheransnw.org>

- Weekly updates and prayer messages and monthly newsletters: <https://www.lutheransnw.org/news>
You can also opt to have this weekly update emailed to you.
- Podcasts offered by individuals and congregations: <https://www.lutheransnw.org/resources/podcasts>
- Devotions for individuals and congregations: <https://www.lutheransnw.org/resources/devotions-worship>



Congregation Council

President's Corner

from Carolynn Ferris, Congregation Council President

Greetings to my fellow brothers and sisters in Christ!

2023 Annual Meeting

Our Annual Meeting will be held on January 29, 2023. The primary agenda items will be:

- 1) Election of 2023 Congregation Council members and 2024 Nominating Committee
- 2) Review and approval of 2023 Budget
- 3) Resolution authorizing Executive Committee to negotiate lease with Emerald Heights Academy
- 4) Quiet Servants recognition
- 5) Quilt Raffle

The meeting will be held in a hybrid fashion – all are welcome to join in person, but if you are unable to do so, please do participate via Zoom. Let the church office know if you need any extra help from a technology perspective.

Election of Council Officers

The election of Council Officers (President, Vice President and Secretary) will take place in the February Council meeting on February 13, 2023.

Emerald Heights Academy (EHA) Lease

EHA is pursuing another site as a location for their next school year. We don't yet know if our location is no longer in consideration. With the possibility that EHA may come back to us in the coming weeks, Council voted to approve a resolution authorizing the Executive Committee to negotiate a lease on behalf of the congregation. This resolution will be voted upon in the Annual Meeting.

Saint Andrew's Assessment / Annual Reviews

2022 was a year when we were able to mostly emerge from the impact of the COVID-19 pandemic. It is timely to take a step back to evaluate what things are going well and what we might need to improve upon. A survey will go out to 2022 Council members and staff members to get input on what they view as strengths and weaknesses of our congregation. The feedback from this survey can help the 2023 Council formulate their focus and priorities.

In a similar manner, we will seek input on Pastor Lara's role as Lead Pastor. It is intended to provide Pastor Lara with constructive and candid feedback to further her journey as a Pastoral leader. Both surveys will be anonymous.

Finally, with the support of the Executive Committee, Pastor Lara will conduct annual reviews and 2023 goal-setting with each staff member.

Grace and peace to you all. 

Online Giving Platform

Saint Andrew's has transitioned to a new online giving platform with Tithe.ly. You can use the Tithe.ly platform at www.salc.church/giving-options. If you have been using the prior online giving platform (Simply Giving or Vanco), there is a link on that page to cancel your old recurring online giving before setting up your new giving with Tithe.ly.

If you need help setting up Tithe.ly, canceling old giving with Vanco or Simply Giving, or any other question regarding this transition, please contact Congregation Treasurer Bill Brueggemann, bill@salc.church. 

Emails from Church

As we implement our new membership management (Breeze) and giving (Tithe.ly) platforms, emails sent from church may not initially be recognized by your email provider. This means that emails from church MIGHT go into your spam or junk folders. If this happens, be sure to mark the email as "not junk" so that the technology "learns" to put these emails into your inbox.

Please contact IT Manager Kurt Lutterman, kurt@salc.church or 425-746-2529, with questions. 

Congregation Council

Treasurer Note\$

from Bill Brueggemann, Congregation Treasurer

The Numbers for January – December 2022

| | November | January-December | Comment |
|-----------|-----------|------------------|------------------------------|
| Income | \$106,369 | \$813,764 | |
| Expenses | 62,496 | 809,059 | |
| Cash Flow | \$ 43,873 | \$ 4,705 | Cash flow positive for 2022! |

Comments

December contributions matched our historical average and we ended the year with positive cash flow. Thank you!

Giving Options

You may contribute in many ways:

- On Sundays, you can drop cash or checks into the offering plate.
- Mail or drop off cash or checks to the church.
- Donate from your bank account or credit card by going to salc.church/giving-options and selecting the “Tithe.ly Online Giving” button.
- Ask your bank to automatically send a check periodically to Saint Andrew’s.
- Transfer shares of stock or required IRA distributions. Please contact Bill Brueggemann for the necessary forms.

Please contact me at bill@salc.church if you have any questions. 📧



At the January 9 Congregation Council Meeting....

Pastor Lara led a devotion on Luke 5:1-11.

President Carolynn Ferris' Report:

- The Nominating Committee has identified candidates to run for election to the Congregation Council and identified a slate of candidates to serve on next year's Nominating Committee. Voting for Council and Nominating committee will take place in the Annual Meeting.
- Additional items can be found in President Carolynn Ferris' "President's Corner" report on page 12.

Pastor Lara Forbes' Report:

- Pastor thanked the Council for their time and leadership.
- Carolynn Ferris thanked Jean Wahlstrom for her support during Pastor's bereavement time.

Finance: See Treasurer Bill Brueggemann's "Treasurer Notes" on this page.

- 2022 ended with a \$4700 surplus which will be transferred to the Reserve Fund.
- 2023 Current Fund budget
 - o The proposed 2023 Current Fund budget is \$800,000. Income in 2022 was \$813,000; however, part of the income came from the use of reserve funds.
 - o Outreach budget is targeted at 8% of the overall budget. In addition, several thousand dollars in designated giving is being sent to organizations such as Hopelink.
 - o Finance has received 67 pledges in 2023; however the total amount pledged is higher than in 2022.
 - o **The budget was approved.**

Emerald Heights Academy (EHA): A Resolution to authorize the Executive Committee to negotiate with Emerald Heights Academy (EHA) was approved.

JEDI (Justice, Equity, Diversity, and Inclusion) Group proposed outdoor banner: Council discussed the request from the JEDI Group for a banner on the corner of 148th Avenue SE and SE 28th Street.

Packets containing minutes from Council meetings and reports from all committees are available to review in the church office and by request. Contact the church office, info@salc.church or 425-746-2529. 📧

Outreach and Servant Ministries

Our Core Ministries....

Core Outreach Ministries of Saint Andrew's are specific areas of ministry which congregation members are most involved in with various resources, including time, expertise, and financial resources. Our *Core Outreach Ministries* are:

- ~ Affordable Housing/Homelessness
- ~ Food Security
- ~ Christian Education non-profits
- ~ Local Ministries
- ~ Global Missions

Ministry of the Month for February ~ Congregations for the Homeless

Congregations for the Homeless (CFH) is our "Ministry of the Month" for February as we prepare to host the Rotating Shelter at Saint Andrew's in March. Our volunteers are preparing shopping lists and planning to make welcome bags, posters, and write greeting cards for the men when they arrive on March 1. We will have between 15 and 20 men staying in the Fellowship Hall between the hours of 6:00 pm and 8:00 am, and we will work with other churches to provide meals and supplies. Nancy R. Davis will be organizing volunteers to do shopping during the month, especially for breakfast supplies. This year we will have opportunities for "Site Hosts" to welcome the men at 6:00 pm and help the meal providers set up the meals. The men who will be staying at our church are in a special program to help them transition from homelessness to stable housing, and they have been screened and are "clean and sober." Members of our congregation can also contribute to this ministry through their offering by marking their envelope "Hosting CFH". Contact Cheryl Jurrus if you want to be part of our planning team. We meet on Zoom once a week during February and March.



Congregations for the Homeless is an organization that provides a year-round rotating shelter for homeless men, case management, subsidized housing, group homes, and an emergency shelter with 100 bed capacity. This year CFH continued funding and managing a hotel program housing about 30 men, a Men's Shop for the men to select clothing and shoes from donated items, housing about 50 men in group homes, and is building a permanent men's shelter which is scheduled to open in March of 2023.

CFH will soon announce a name change! Here are some reasons:

- 1) They partner with community and government organizations, as well as congregations.
- 2) Many of the men they serve include those who are in transitional housing.
- 3) "The homeless" may be considered a derogatory term.

Stay tuned for the new identity and the grand opening of the Permanent Emergency Shelter!

Dear LORD, We pray for the staff of CFH and the men experiencing homelessness. Guide them and open our hearts to help when and where we are able. We pray especially for the men in the Rotating Shelter who are committed to finding housing and getting a new start. Amen.

If you have any questions or want further information, please contact Cheryl Jurrus. 📞



Outreach and Servant Ministries

Lantern Hill, Mexico ~ Personal Connections and Prayers

by Shana Nielsen



News from Lantern Hill this month reminded me once again how fragile the Mexican government is and hence the safety and well being of our friends there, and reminds me to keep them always in my prayers. On January 5, I got word that several family members (all of whom our “Mexico 12” Mission Team worked beside when we were there June of 2019), had been detained by the national guard. What started with a return trip home following a trip to see family in Oaxaca ended with extensive car troubles followed by being held in a government building on the side of the highway in Sinaloa. They were held without notice due to a significant increase in widespread violence by the Mexican drug cartel (for additional information, you can refer to this news article: <https://www.theguardian.com/world/2023/jan/05/mexican-authorities-recapture-drug-lord-el-chapo-son>.) There were several anxious hours of wondering how long they would have to stay there, and then once released, would they be safe returning to their homes in Canon Buenavista?

I am happy to report that the rest of the story has a positive ending; Manuel and Rufina, Alma and Isaac, Isai, Derek and Sebastian, all made it safely home (albeit after another unanticipated detour due to more car troubles!). Before getting the life changing opportunity to work beside and get to know these seven individuals, hearing stories about drug cartels and the violence they invoked on others was something reported on the news and was, thankfully, unrelatable to me. However, on January 5, the news was no longer just another story; it was directly impacting friends, and the power of prayer once again was put into action. I quickly forwarded the emails to our Saint Andrew’s Outreach Team, asking for their prayers for our Lantern Hill family’s safe return. I felt so encouraged by our team’s prayers and concern for their well-being! There were prayers for the two children in the car that they would not be afraid, and that they would feel comfort being with those who love them most of all. I prayed for Manuel, the patriarch of Lantern Hill. From hundreds of miles away, I knew that their temporary confinement would be very stressful on Manuel, and I prayed his faith would provide him the much needed strength he needed.

From this single incident, it sounds as though there are more things that are different between Lantern Hill at Canon Buenavista and Bellevue, Washington than that which would be the same. And yet, what I have been blessed to have experienced first hand by living and working at Lantern Hill, is we are all God’s people. We share the same fears, anxieties, hopes and dreams, regardless of the color of our skin, the family we are born into, or the community where we grow up. There is tremendous grief, despair, devastation, and pain everywhere. God’s love is not bound by borders, controlled by government, limited by language, or doled out based on one’s education or financial status. We are all God’s People on this single planet to serve and care for one another, and that prayer is our universal ammunition for good.

For more information about Lantern Hill, visit <https://www.friendsoflanternhill.org>. You can also find us on Facebook and Instagram, or contact me, Shana Nielsen.

www.friendsoflanternhill.org | <https://www.facebook.com/FriendsofLanternHill> | <https://www.facebook.com/lantern.hill.7>



The Sophia Way

Blessings Abound!

The women who shelter at Sophia’s Place in Bellevue are so very thankful!

At Christmastime, they received many useful, thoughtful gifts, including gift cards from Saint Andrew’s. Your kindness to these ladies, who are seeking better lives, was very appreciated.

After the excitement of Christmas, Saint Andrew’s was able to again donate a nourishing lunch for the ladies.

Thank you to Linda Gilham, Louise Tollefson, Jay Baxter, Terri Anderson, Susie Carney, JoAn Eklof, Janell Erickson, and others, who were able to supply this good, hot meal, and other Shelter needs. (See The Sophia Way Wish List on Amazon for ways to donate.)

Our next lunch will be served on Wednesday, March 15, and on **Tuesday, March 14th**, the food will be collected in the Saint Andrew’s parking lot.

Want to help? Contact Joyce Arnold and leave a message.

For more information, visit <https://sophiaway.org> or contact Joyce Arnold. 



Outreach and Servant Ministries



SOUPer Bowl of Caring



Saint Andrew's is participating in a national effort to help those who are hungry. It is called "SOUPer Bowl of Caring" and is held in connection with the Super Bowl. On **February 12** – Super Bowl Sunday – we will be having a special collection to address hunger in our neighborhoods.

Hunger is everywhere in our community, from the suburbs on the Eastside to South King County to the streets of Downtown Seattle. It affects everyone: working families, the elderly, young adults and especially children. One in five households in Washington State doesn't have enough money to feed their families.

As we get excited about the big game on February 12, let's make an extra effort to fight hunger. Before and after the worship service that day, members of our church will be in the Narthex collecting food and donations for this effort.

The key items we will be collecting are:

- canned Chili and other meals (Spaghetti-o's, Ravioli, Pork and Beans, Beef Stew. etc)
- canned Soup (of course – it's the Souper Bowl)
- canned Fruit (~ 15 ounces)
- canned Vegetables (preferably not carrots or green beans)
- jars of Pasta Sauce (~24 ounces)
- boxes of Cereal (especially name brands)
- Ramen (including Cup of Noodles and Noodle kits) and Crunchy Peanut Butter (~16 ounces). Hopelink provides a wide variety of food through their food bank.

Look for a detailed "shopping list" in an upcoming Sunday bulletin. Everything collected will go to the Hopelink Food Bank in Bellevue. All money donated will be used by Hopelink to buy the food items required to provide needed nutrition to those who are hungry right in our neighborhoods.

So, come to church on February 12, fired up about the big game, and ready to make a difference (a **SOUPer** difference) for those who are hungry! 🙋

Collection Emphasis for Hopelink ~ February

For February, we will be doing something a little different. Instead of collecting a food item for the Hopelink food bank, we will be collecting items to support the men we will be hosting in March.



Sunday, **February 12**, is the SOUPer Bowl of Caring when we will collect food for the Hopelink Food Bank. On the **other Sundays in February**, we will be collecting these items to support the men in the CFH (Congregations for the Homeless) rotating shelter that will be here at Saint Andrew's during March.

- **Boxes of cereal** including instant oatmeal and cream of wheat.
- **Cup of Noodles** (for the men to take with them).



Hopelink has also asked us to continue to collect **paper grocery bags**. Now that the markets are open, they have an ongoing need for these bags.

Bring all donations, including paper bags, to the Corner of Blessing in the Narthex. 🙋

Love Tree ~ Thank You!



Thank you for your amazing generosity this Christmas Season! We were able to deliver 42 gifts to Eastside Baby Corner, 70 gift cards to Imagine Housing, and 21 gift cards to The Sophia Way! Many thanks also to those of you who purchased gifts for the Bridge Disabilities Ministries. Your love and generosity shines!

Blessings from the Love Tree Committee,
Joyce Arnold, Jay Baxter,
Jan Bowerman, and Sherry Grindeland 🙋

Outreach and Servant Ministries

The Plaster House, Tanzania

Currently, there are 55 children in residence at The Plaster House, all in recovery from the various surgeries we regularly offer: club foot, cleft palate, burn scar contractions, orthopedic birth defects, osteomyelitis complications, etc. The big news is Dr. Bill Brown from Colorado will be coming the end of February for another plastic surgery clinic.

Please pray that The Plaster House outreach team may be able to locate and prepare as many children as possible for treatment. Many of the children need to come early for pre-surgical nutrition buildup so they can successfully navigate the surgical procedure. Pray for safe travels as the children and parents come from many parts of Tanzania and some from Kenya. Also pray that funds will be available to pay for this whole procedure: pre-surgical nutrition, surgery, and post-surgical rehabilitation on-site.

Visit *The Plaster House website for further information, the latest newsletter, to see current photos, to donate, or to sign up for their monthly newsletter:*

<https://www.theplasterhouse.org>. Donations can continue through church by writing 'The Plaster House' on the memo of your check made out to Saint Andrew's Lutheran Church. 



MaaSAE Girls Lutheran Secondary School (MGLSS), Tanzania

Saint Andrew's supports MGLSS in a variety of ways. Many Saint Andrew's members individually support girls in the MGLSS scholarship program with either full or half scholarships. These scholarships are important for the girls to continue their education.

Through our Outreach budget, we provided post graduate scholarships for Maria Sepere and Witness Kivuyo in their third and final year of bachelor's degree programs in pharmaceutical science. In addition, members donated \$3,390.15 to provide uniforms for the new Form One class that begins in January. Our donation for school operations was used to complete new teacher housing for two teacher families.

The new Head of School, Tulizaeli Mbise, a teacher at MGLSS for 12 years, was installed in September. A new farm manager, Avitus, was hired to implement better farm management. In October, 67 Form 4 students graduated, awaiting exam results in February. Currently, there are 92 post-graduate students studying at university level and 27 in vocational training programs.

In 2022, MGLSS operations was supported with \$3,500 from Saint Andrew's Outreach budget. In addition, Saint Andrew's provided \$4,200 for post graduate scholarships from that budget.

Visit <https://bootstrapafrica.org/> to learn more about Operation Bootstrap-Africa and its work. For information about MGLSS, visit: <https://bootstrapafrica.org/project/supporting-girls-education/>. If you have questions, contact Jean Wahlstrom. 

BOX TOPS for Navajo School

BOX TOP\$ for Education is an easy way to help support Navajo Lutheran Mission School in Rock Point, Arizona, www.nelm.org/school. Instead of clipping box tops, almost all of the products with box tops have the "NEW" coupon on the package. These box tops are submitted digitally by scanning the sales receipt.

Submitting the "NEW" coupons uses an App on a smartphone or tablet. The App is free and is easy to use, and the process is pretty simple:

- 1) Download the BOX TOP\$ for Education App from the App Store (Apple) or from Google Play (Android).
- 2) Start the App and create an account using your email address and creating a password.
- 3) Select the school that you want to support with your Box Tops: Navajo Lutheran Mission School - Rock Point, AZ.
- 4) You are ready to go. Buy products with a Box Top\$ for Education coupon. Use the App to scan your store receipts. The App asks permission to access the camera in your phone or tablet. The App helps you line up the receipt and stitch together long receipts. It uses the whole receipt and finds all products with Box Top\$. You must scan the receipt within 14 days of purchase.

For questions or if you need help submitting Box Top\$, contact Dick Szabo. 



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|---|--|--|
| Jan - 29 9a - 9:45a Discipleship Hour Forum 9a - 9:45a Sunday Church School - grades 3-5 9a - 9:45a Sunday Church School - Age 3-grade 2 9a - 9:45a Youth Education (grades 6-12) 10a - 11a Sunday Worship | Jan - 30 9a - 3p Office hours 9:30a - 1p Health & Wholeness Retreat 9:30a - 2:30p Health & Wholeness Ministries Committee Meeting 1p - 2p Saint Andrew's Staff (grades 6-12) 3:30p - 4:30p Executive Committee 6p - 7p Finance Committee | Jan - 31 8:30a - 9:30a Tuesday Morning Men 9:30a - 12:30p Dorcas Circle 7p - 8p Handbell Choir Rehearsal | Feb - 1 10a - 11:30a WEBS (Women's Early Morning Book Study) 2p - 3p Outreach & Servant Ministries meeting with LCSNW | Feb - 2 7p - 8:30p Chancel Choir Rehearsal | Feb - 3 | Feb - 4 |
| Feb - 5 9a - 9:45a Discipleship Hour Forum 9a - 9:45a Sunday Church School - grades 3-5 9a - 9:45a Sunday Church School - Age 3-grade 2 9a - 9:45a Youth Education (grades 6-12) 10a - 11a Sunday Worship | Feb - 6 9a - 3p Office hours 1p - 2p Saint Andrew's Staff Meeting 7p - 9p Congregation Council Meeting | Feb - 7 8:30a - 9:30a Tuesday Morning Men 9:30a - 12:30p Dorcas Circle 7p - 8p Handbell Choir Rehearsal | Feb - 8 10a - 11:30a WEBS (Women's Early Morning Book Study) 12p - 1:30p Cluster Pastor Meeting | Feb - 9 4p - 5p KnitWits (Knitting as Witnesses) 7p - 8:30p Chancel Choir Rehearsal | Feb - 10 6p >> SALC After Dark | Feb - 11 |
| Feb - 12 9a - 9:45a Discipleship Hour Forum 9a - 9:45a Sunday Church School - grades 3-5 9a - 9:45a Sunday Church School - Age 3-grade 2 9a - 9:45a Youth Education (grades 6-12) 10a - 11a Sunday Worship 6p - 8p Youth Group - All Youth grades 6-12 | Feb - 13 9a - 3p Office hours 1p - 2p Saint Andrew's Staff Meeting 7p - 9p Congregation Council Meeting | Feb - 14 8:30a - 9:30a Tuesday Morning Men 7p - 8p Handbell Choir Rehearsal | Feb - 15 10a - 11:30a WEBS (Women's Early Morning Book Study) | Feb - 16 6p - 8p Minecraft Youth grades 6-12 7p - 8p Stewardship Committee/no meeting 7p - 8:30p Chancel Choir Rehearsal 7p - 9p Montana State Chamber Choir Concert | Feb - 17 | Feb - 18 |
| Feb - 19 9a - 9:45a Discipleship Hour Forum 9a - 9:45a Sunday Church School - grades 3-5 9a - 9:45a Sunday Church School - Age 3-grade 2 9a - 9:45a Youth Education (grades 6-12) 10a - 11a Sunday Worship 11:15a - 12:30p KnitWits (Knitting as Witnesses) | Feb - 20 ALL DAY President's Day/Office Closed | Feb - 21 8:30a - 9:30a Tuesday Morning Men 10a - 11a Saint Andrew's Staff Meeting 11:45a - 1:30p O.W.L.S. (Older Wiser Lutheran Saints) 7p - 8p Handbell Choir Rehearsal | Feb - 22 ALL DAY Ash Wednesday 12:15p - 12:45p Ash Wednesday Midweek Service 7p - 8p Racial Justice Group/JEDI 7p - 8p Ash Wednesday Midweek Service 7:00 pm | Feb - 23 7p - 8:30p Chancel Choir Rehearsal | Feb - 24 | Feb - 25 11a - 12p Ann Shaw Memorial Celebration of Life 12:30p - 3p Ann Shaw Celebration of Life Reception |
| Feb - 26 9a - 9:45a Discipleship Hour Forum 9a - 9:45a Sunday Church School - grades 3-5 9a - 9:45a Sunday Church School - Age 3-grade 2 9a - 9:45a Youth Education (grades 6-12) 10a - 11a Sunday Worship 6p - 8p Youth Group - All Youth grades 6-12 | Feb - 27 9a - 3p Office hours 1p - 2p Saint Andrew's Staff Meeting 7p - 8p Discipleship Committee Meeting 7p - 8:30p Outreach and Servant Ministries | Feb - 28 8:30a - 9:30a Tuesday Morning Men 7p - 8p Building and Property Committee 7p - 8p Handbell Choir Rehearsal | Mar - 1 | Mar - 2 | Mar - 3 | Mar - 4 |

Pastoral Acts

Baptisms

None

Weddings

None

Memorial Services

None

Committals

None



Saint Andrew's Ministry Team

Church Phone: **425-746-2529**

The Reverend Lara Forbes, Lead Pastor

pastor@SALC.church | phone extension 12

The Reverend Timothy T. Weber, Shared-Time Pastor

timwebert@yahoo.com

Dr. Will Simpson, Director of Music Ministries

will@SALC.church | phone extension 17

Doug Johnson, Director of Youth and Family Ministries

doug@SALC.church | phone extension 13

Sherry Grindeland, Fellowship Coordinator

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Susan Hegedus, Communications Specialist

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Kurt Lutterman, Facilities Manager

kurt@SALC.church | phone extension 11

Mary Mills, Office Administrator

mary@SALC.church | phone extension 10

Lucas Clarke, Facilities Set-up

Elaine Koga, Choir Accompanist

Beverley Watt, R.N., Faith Community Nurse

Ann Thorpe, Sunday Church School Coordinator

Joan Tweten, Kitchen Team

Vanessa Wilkie, Handbell Choir Director

Samaritan Center of Puget Sound

Dr. Neal Teng, Counselor

206-957-4708

Serving in Our Community

We have many in our congregation family who serve on boards and commissions in our community. Some of those who serve are:

Judy Gowdy

Board Member, Eastside Baby Corner

Carolynn Ferris

Board President, Imagine Housing

Chair, City of Bellevue Planning Commission

Dick Swaisgood

President, Performing Arts Festival of the Eastside

Tom Getzinger

Registrar and Webmaster, Performing Arts Festival of the Eastside

Judy Thiel

President, Eastside Music Festival Foundation

Sherry Grindeland

Board Member, Eastside Heritage Center

Matt Camrud

President, The Rotary Club of Bellevue

Bill Brueggemann

President, Bellevue Youth Choirs

Please let us know how you serve in our community!

Congregation Council, Committees 2022

| Committee | Council Liaison | Committee Chair |
|---------------------------------|---|--------------------------------|
| Executive | Carolynn Ferris, President Dan Johnson, Vice President Becca Piel, Secretary Bill Brueggemann, Treasurer Pastor Lara Forbes | |
| Building and Property | Kit Bowerman | John Nelson |
| Communications | Becca Piel | |
| Discipleship Ministries | Tom Getzinger Alex Engan, Youth Representative | Dana Nasby |
| Finance | Bill Brueggemann, Treasurer Dick Szabo Juliet Zhang | Brady Kasper |
| Health and Wholeness Ministry | Carolynn Ferris | Stella Nieman Beverley Watt |
| Human Resources | Carolynn Ferris | |
| Outreach and Servant Ministries | Aaron Davis Jean Wahlstrom | Dick Szabo |
| Stewardship | Becca Piel | |
| Worship and Liturgical Arts | Rob Parks | Sharon Gurtel |

The due date to submit items for the next issue of

the VOICE is **February 13**

Email submissions to Susan Hegedus, susan@SALC.church



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 www.SALC.church
 425-746-2529

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Mission and Values

Mission:

Growing Together In Christ to Love and Serve All People

Values:

Worship: Responding to God's gift of Grace through Word and Sacrament, with praise, prayer and music. *Ephesians 5:18b-20, Romans 12:1*

Discipleship: Nurturing the growth of Christian faith in all ages as we learn from and follow Jesus. *Colossians 1:10, 2 Timothy 3:14-17*

Outreach: Serving and loving our neighbors with generosity and justice by sharing of our gifts from God. *Mark 10:43-45, Matthew 25:35-40*

Relationship: Living as a compassionate community sharing God's forgiveness and acceptance of all. *John 13:34-35, Colossians 3:12-14*

Sunday Worship Services | 10:00 am
 In-person and Livestream: salc.church/media

Church Office Hours
 Monday through Friday | 9:00 am—3:00 pm

425-746-2529
<https://SALC.church> | info@SALC.church

Facebook: @salcbellevue AND @SALCFamilies
 Instagram: @salcbellevue AND @salc families
 YouTube: youtube.com/c/saintandrewslutheranchurch

Saint Andrew's is a **Reconciling in Christ** congregation. Living into our mission of growing together in Christ to love and serve all people, we welcome and include everyone, regardless of sexual orientation, gender identity/ expression, race, culture, neurodivergence, ability, age, addiction, relationship status, economic circumstances, or other distinction. Please see our full welcoming statement at salc.church/about-us.

