



# the VOICE

March 2023

Growing Together in Christ to Love and Serve All People

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## God's Spirit Is At Work

*Create in me a clean heart, O God,  
and put a new and right spirit within me. ~ Psalm 51:10*

#AshWednesday

#Lent

#AsburyRevival

As I write this article, these three hashtags are coming up frequently in my social media feeds. The first two because the season of Lent is upon us and many of my friends and colleagues are preparing for it – and so am I. And the third, the Asbury Revival, because many of my friends and colleagues are trying to make sense of it. Or wondering if we should even try to make sense of it. Or wondering what it is in the first place. Or wondering why it matters. Or wondering whether it will have a lasting impact on its participants. The online discussions about it are robust and passionate, and many of them circle back to some form of the question, “Who are we to say that it isn’t God’s Spirit at work?”

As Lutherans, we know that God’s Spirit is always at work. But there are certain seasons when we’re more aware of it than others. For mainline Christians, Lent is one of those seasons. During the forty days, we’re encouraged to examine our relationship with God and consider how we might make it a more instrumental part of our lives. For some, it may mean giving up something to better focus on that relationship. For others, it may mean taking on a new practice for the same reason. As we engage in these practices, by nature we become more aware of God’s Spirit – that is, God’s activity – in our lives and in our world. Ideally, at the end of the season we continue doing (or not doing) these practices for the sake of our relationship with God.

But whether we continue them or not – or whether we even begin them or not – God’s Spirit is at work. God has given us that assurance from the beginning of creation.

In this coming season, may you witness and experience the power of God’s Spirit at work in your life and in our world. May it strengthen your relationship with God now and always.

With peace,  
Pastor Lara ☩

## Sunday Worship

10:00 am

In-person  
and Livestream

Masks are optional for  
in-person worship.

Visit [salc.church/media](http://salc.church/media)  
for livestream worship.



## Time Change

Remember to “Spring Forward!”  
Daylight Saving Time  
begins March 12. Set your  
clocks *ahead* one hour  
before going to bed on  
**March 11.**



## All-Church Work Day

Saturday, **March 25**  
**9:00 am - 12:00 noon**  
Help spruce up the building and grounds.  
See page 8

# 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 worshipers.
- Livestream: Visit [salc.church/media](http://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

#### March 5

Matthew 20:1-16  
Psalm 16:5-8

#### March 12

Matthew 22:1-14  
Psalm 45:6-7

#### March 19

Matthew 25:1-30  
Psalm 43:3-4

#### March 26

Matthew 25:31-46  
Psalm 98:7-9



### 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](http://SALC.church/sermons)

## 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. 🕊

## Prayer Partners for Lent

Continue to pray for your Prayer Partner throughout Lent.

If you send a card to your prayer partner, you may use Saint Andrew's Lutheran Church as the return address. Just put:

Prayer Partner  
Saint Andrew's Lutheran Church  
2650 148th AVE SE  
Bellevue, WA 98007

**If you signed up to be a Prayer Partner but have not received a name to pray for**, contact Fellowship Coordinator Sherry Grindeland, 425-746-2529 or [sherry@salc.church](mailto: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. 🕊



## 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 are collecting articles to be put into Personal Care Kits for Lutheran World Relief. The kits are sent to areas 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 26:** 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

## Evolving Worship Practices

Since re-opening the Saint Andrew's Sanctuary for in-person worship several months ago, WLA (Worship and Liturgical Arts committee) has been actively watchful of the evolving patterns of in-person worship at our church, and churches across the region, state and nation. WLA has noticed significant trends including 1) attendance has not returned to pre-pandemic numbers anywhere, 2) communion distribution practices have changed everywhere, and 3) worship practices have evolved into something different than the pre-pandemic state of those same practices.

WLA has heard and continues to hear inquiries from members related to many worship practices but particularly about the communion distribution model of "returning to kneeling at the altar" at Saint Andrew's. I want to assure you that WLA is in thoughtful discussion and discernment, using standard criteria and processes for decision-making, that WLA developed, to determine what may lie ahead for us at Saint Andrew's in this regard. Although it might seem a simple thing to decide, in reality it is not. There are a multitude of things to consider such as theological or biblical direction, resource assessment and commitment, alignment with best practices, logistics, compatibility with the flow of the service, safety and inclusiveness. WLA applies these parameters whenever we are evaluating ideas related to worship and the worship space. WLA conscientiously and intentionally seeks to offer the most favorable experience for all worship attendees and aspires to provide enhanced, meaningful worship.

Communion distribution has only had an initial discussion. Neither a decision nor a timeline for a decision is available to share with the congregation at this time. Since it has been a relatively short time since Saint Andrew's congregants have been able to have a communal approach to communion, WLA requests and appreciates your patience as we discuss and prayerfully discern communion distribution practices for Saint Andrew's going forward.

Sharon Gurtel  
Chair, WLA 

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## 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](http://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](mailto:sherry@salc.church) or 425-746-2529. 



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## Performing Arts Festival of the Eastside (PAFE)

The Performing Arts Festival of the Eastside will again be held at Saint Andrew's.

Several hundred young musicians will be here to perform and learn.

The dates this year are **April 11-15**, with four public concerts to follow.

**Join us!** Join us as a volunteer for four (4) hours and enjoy the astounding talent of these young people!

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

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## Healing Prayer during Communion

Healing Prayers during Holy Communion are offered on the third Sunday of the month. The next date is on Sunday, **March 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. 

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## 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](http://salc.church/communion-bread). 



# Discipleship / Children / Youth and Family Ministries

## For All Families

### Family Check-In

Wednesday, **March 8** | 7:00 pm - 8:00 pm | via Zoom

Hello Families! Join us on **March 8** from 7:00 pm - 8:00 pm as we are hosting a check-in time with our families over Zoom as a time to say hi, ask questions, offer ideas, share concerns, or maybe play some a game or two if people want. The time is yours! Zoom information will be sent out via email. Questions, please reach out to Doug Johnson. 📞

### For Youth in Grades 6-12

#### Mini-Golf Returns!

Saturday, **March 18** | 10:30 am | Rainbow Run Course at Willows Run Golf Course, Redmond

We will gather on Saturday, **March 18**, at 10:30 am, at Rainbow Run in Redmond for another fun mini-golf outing. A round typically takes 90 minutes. Cost is \$13 per person. Please sign up at [salc.church/youth-mini-golf](http://salc.church/youth-mini-golf) no later than Wednesday, **March 15**. All youth, grades 6-12, are invited! Questions, contact Doug Johnson. 📞

#### Youth Group

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

We are meeting on Sundays, **March 12** and **March 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

Wednesday, **March 22** | 6:00 pm - 8:00 pm | online

Our next session is Wednesday, **March 22**. 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 8-12

#### 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 has been emailed to families directly. Sign up at [salc.church/youth-holden-youth-weekend](http://salc.church/youth-holden-youth-weekend) 📞

#### Happy Birthday to You!

Happy Birthday to these youth who celebrate birthdays in March!



Alexandra L.....	3/01
Genevieve S .....	3/05
Quinn M .....	3/06
Kylee S .....	3/15
Vincent S .....	3/15
Grace C.....	3/19
Lucas C.....	3/21
Zoe E .....	3/24
Isabella S.....	3/26
Abigail K.....	3/28

For more information, contact  
Director of Youth and Family Ministries Doug Johnson,  
[doug@salc.church](mailto:doug@salc.church) or 425-746-2529  
Check out our Family Social Media pages:  
Facebook: @SALCFamilies  
Instagram: @salcfamilies

# Discipleship / Children / Youth and Family Ministries

## For Everyone!

### Envelope Fundraiser

Beginning Sunday, **March 5**

**S**tarting on **March 5** we will be starting our fundraiser to support our summer youth trips. So what's an envelope fundraiser? You simply pick the envelope (or envelopes) with the amount you want to give in support, fill the envelope with the donation, and return it to the church. You have two ways that you can support the youth. You can give in-person. There will be an envelope wall in the Narthex for you to pick from. You can fill the envelope with either cash or check. When you are done, return it on Sunday morning. Who will fill all the envelopes first, online donations or in-person donations? Updates will be shown in the Narthex each Sunday.

Please make sure that if you give online or write a check, that you include "2023 Summer Youth Trips" in the memo. Use this URL to give online: [tinyurl.com/4749w89m](https://tinyurl.com/4749w89m)

Thank you all so much for your generous support of our youth! You all are amazing! 🙏



### Youth Summer Trips and You

**T**he youth will be participating in a lot of activities this summer. We start early, before summer truly begins, with the annual May Youth Weekend at Holden Village. This is an excellent opportunity for youth to connect with other youth and congregations from our synod and surrounding synods while retreating to the wonderful beauty and faith-filled location of Holden Village. This year's theme for the weekend is "Rest Fest," an opportunity for the youth to re-center and understand the holy (and wholly) need for rest in our life. In July, our youth will be joining youth from across the western United States for the Western States Youth Gathering (WSYG) at California Lutheran University. The WSYG is centered on the theme of "Revive, Reunite, Rejoice", grounded in Acts 2:1 "When the day came, they were all together in one place." And finally, we are working on an opportunity for our youth to serve locally with a day camp inspired mission/service experience. Less of a trip and more of an opportunity to gather (in community), grow (in faith), and serve (our neighbors); this opportunity in August will provide a way for our youth to connect not just with each other but others in our community.

All of these opportunities are great for our youth to learn, grow, connect, and serve. Youth trips are like church concentrate, and they provide unique opportunities for youth that an hour of worship or a couple hours of youth group cannot. I highly recommend that you volunteer to chaperone a trip if you haven't, it will change your life. These trips are where stories, myths, and legends among the youth are born and told for years to come. If you have the chance to help with one of these (or any future trips) you will see relationships blossom, faith deepen, and joy abound in amazing ways. All this is only possible through your support. We want you to help, be present, and financially support these incredible opportunities. This is why we are doing our envelope fundraiser. If we are able to successfully complete our fundraiser, it will greatly offset the costs of these activities and lower the financial demand on our individual families. We thank you for your help and support. If it wasn't for your help, we wouldn't be able to participate in these wonderful activities. If you have any questions about the fundraiser, the trips, or anything that our youth do, please reach out to Doug Johnson. 🙏

### Easter Festival

Saturday, **April 1** | **3:00 pm - 5:00 pm** | Saint Andrew's Parking Lot

**W**e are excited to announce our next community event, Easter Festival, on Saturday, **April 1**, in the parking lot. If you participated in the Trunk-or-Treat this fall, you saw the wonderful support of our community. We will be playing games, having crafts, having an Easter Egg hunt and more! Want to help out or get more information, please contact Doug Johnson. 🙏

### Want to have some fun?

**I**f 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! 🙏

# 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**. During this hour, we will spend time with the primary reading for the upcoming Sunday using the practice of *Lectio Divina*. This is a spiritual practice dating back centuries that allows for a deeper look at Biblical readings.

All who plan to attend are asked to sign up; visit [salc.church/midweek-bible-study](http://salc.church/midweek-bible-study). 

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# 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](http://salc.church/discipleship-hour-adults-page)). Please contact Communications Specialist Susan Hegedus, [susan@salc.church](mailto:susan@salc.church) or 425-746-2529, with questions.

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*Sunday, March 5 | 9:00 am | 301/Fellowship Hall*

### Congregations for the Homeless

Our speaker is **Ryan Murk** from Congregations for the Homeless (CFH.) Ryan is in charge of housing the men in about 12 group homes. Ryan is also a Case Manager. Come learn more about this organization and what it does to help men transition to permanent housing.

Saint Andrew's is hosting the CFH Rotating Men's Shelter during the month of March..

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

### Performing Arts Festival of the Eastside (PAFE)

PAFE, the Performing Arts Festival of the Eastside, is dedicated to providing a fun and educational experience for young performers. The Festival will be held at Saint Andrew's the week following Easter Sunday. Several hundred young musicians, ages 5-18, will perform in adjudication sessions and learn in classes with accomplished instructors. In addition, free concerts featuring first place winners will be held at Saint Andrew's.

At this Forum, **Judy Thiel** will share the history of PAFE. **Joyce Arnold** and **Dick Swaisgood** will explain Saint Andrew's involvement and how everyone can participate in this festival for young musicians!

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*Sundays, March 19 and March 26 | 9:00 am | 301/Fellowship Hall*

**Programs are pending:** Check Sunday bulletins and *Trendings* enews for updated information.



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## 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. 

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## 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. 

# Health and Wholeness

## The Healing Power of Prayer

by Jan Benson

**T**ime and time again it has been shown that prayer helps us in healing and to achieve health and wholeness. Prayer is God centered. Prayer originates in a relationship with God. Prayer without Faith is like an engine without a power source.\*

Karl Barth writes: "Faith is the ever- recurring discovery that we are already in our Father's house, already resting on our Mother's lap."\*\*

In faith through God's grace we are called to a life of love. Love is the motivating and initiating force to health, healing and wholeness.\*\*

**In 1 Peter verse 10 we read:** Who among you delights in life, longs for time to enjoy prosperity?

Guard your tongue from evil, your lips from any breath of deceit. Turn away from evil and do good, seek peace and pursue it.

For the eyes of the Lord are on the upright, his ear turned to their cry. But the Lord's face is set against those who do evil.

*These verses are about: 1. Unity; 2. Sympathy; 3. Love; 4. Compassion; 5. Humility; 6. Forgiveness*

**In Romans chapter 12** we are given the Exhortation (v.1-3) what is good and acceptable to God. **Verse 4:** "Recognizing that God has given to each one of us his measure of faith." In other words take an audit of who you are and thereby refuel your faith.

**Paul's letter to the Philippians in verses 27-30** that we Fight for the Faith.

Remain faithful to what Jesus has taught us. Think of it as

**"J" Jesus**

**"O" Others second**

**"Y" you last**

Jesus is the glue that holds everything together. Thanks be to God for his enduring patience.

*References:*

\*Healing Power of Prayer" by Chester Tolson, Ph.D. Harold G. Koenig, M.D.

\*\*Healing & Transformation by Kenneth L. Baken, Kathleen H. Hofeller



## KnitWits

**S**aint 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 March, the KnitWits are meeting **via Zoom** on Thursday, **March 9**, at **1:00 pm**. All are welcome! Contact KnitWits coordinator Dianne Chong for more information and the Zoom link.



## 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.

# Fellowship

## Offering Counter\$ Needed

We need 3 more “quiet servants” to help us with counting, recording, and depositing the weekly offering. We work in pairs on Monday morning for no more than one hour. Computer experience is helpful, but not necessary. Absolute discretion is a must. Training is provided and you will be paired with an experienced Counting Buddy. You and your buddy serve every 3-4 months or so for four (4) Monday mornings.

**The need is great.** Please contact Michele Vossler if you can help. 📞

## Older Wiser Lutheran Saints (OWLS)

### OWLS Travel in March

Tuesday, **March 21** | **9:45 am**  
301/Fellowship Hall North



The Older, Wiser Lutheran Saints will take a field trip in March to the Northwest Railway Museum.

We'll meet at church at **9:45 am** on Tuesday, **March 21**, and car pool to Snoqualmie.

We'll tour the Northwest Railway Museum Restoration Center and Train Shed and Exhibition Hall.

Afterward we'll go to the Snoqualmie Casino for a no-host buffet lunch. Expect to return to Saint Andrew's around **3:00 pm**.

There will be a small charge for the Museum tour – amount to be announced shortly.

**Please RSVP** to Fellowship Coordinator Sherry Grindeland, 425-746-2529 or [sherry@salc.church](mailto:sherry@salc.church).

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

## Synod Gathering at Saint Andrew's - Volunteers Needed

Saturday, **May 20** | **8:30 am - 3:30 pm** | *Saint Andrew's*

“Equip the Saints for the work of ministry” (Ephesians 4:12) is the theme for the Northwest Washington Synod's gatherings this year. Everyone is invited for worship, fellowship, and forums to inspire, educate, and equip members of the NW WA Synod! Cost will be \$40/person. The Synod is currently finalizing plans with forum facilitators.

**Volunteers are needed to help host this event at Saint Andrew's!** If you can help, please contact Office Administrator Mary Mills, [mary@salc.church](mailto:mary@salc.church) or 425-746-2529. 📞

## Spring All-Church Work Day

Saturday, **March 25** | **9:00 am - 12:00 noon**

Come join us Saturday, **March 25, 9:00 am until Noon** to spruce up the building and grounds for Easter. A focus will be spreading mulch on a few landscape beds near the entrances. There will be indoor and outdoor jobs for all ages, skills, and interests. And of course, donuts, coffee and juice. Come share fellowship with Saint Andrew's and get to know people in a new way. Please contact Facilities Manager Kurt Lutterman at [kurt@salc.church](mailto:kurt@salc.church) with any questions. 📞



## 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](mailto: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.

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. 📞

# Fellowship

## Dorcas Circle

### Quilting

Dorcas Circle meets in *302/Fellowship Hall South* 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 March 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.

If you have any questions please contact Linda Willenberg. 📞

## Easter Festival

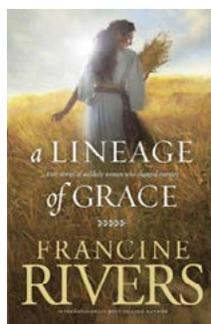
Saturday, **April 1** | **3:00 pm - 5:00 pm** |  
Saint Andrew's Parking Lot

We are excited to announce our next community event, Easter Festival, on Saturday **April 1!** If you participated in the Trunk-or-Treat this fall, you saw the wonderful support of our community. We will be playing games, having crafts, having an Easter Egg hunt and more! Want to help out or get more information, please contact Doug Johnson. 📞

## Women's Early Book Study (WEBS)

Wednesdays, **April 19 - May 24** | **10:00 am - 11:30 am**  
322/Conference Room and via Zoom

Coordinator: Cheryl Jurrus



The WEBS (Women's Early Book Study) Spring session will start **April 19** and continue on Wednesday mornings through **May 24**. We will continue reading *Lineage of Grace* by Francine Rivers and discuss about 40 pages each week. We will start with the story of Ruth (Unshaken) on page 193. The other two women we will discuss are Bathsheba (Unspoken) and Mary (Unafraid). Our author takes the stories from the Bible about women in the lineage of Jesus and adds details about the culture, time periods, and their personal lives and feelings. The questions in the book provide more insight and ask us to apply what we learn to our own lives.

All women are welcome to join us in person or on Zoom! We start (**10:00 am**) and end (**11:30 am**) on time. We encourage one another in our Christian faith and service. Contact Cheryl Jurrus for more information and the Zoom invitation. 📞

# Annual Meeting Re-Cap

## Annual Congregation Meeting

Thank you to all who attended the Annual Meeting of the Congregation on January 29. At the meeting:

- The proposed 2023 Current Fund budget was approved.
- Kit Bowerman, Bill Brueggemann, Ann Ross-Clarke, and Juliet Zhang were elected to three-year terms on the Congregation Council.
- Matt Camrud, Karin Eklof, Kari Henderson, Joyce Kasper, and Lois Nelson were elected as members to next year's Nominating Committee.
- 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, was approved.
- Dana Nasby, Karin Eklof, Janell Erickson, Stella Nieman, Lowell Arneson, Art Gurtel, Linda Powell, Adam Schoen, Johannes Grad, Hillary Nordwell, and Melanie Grad were recognized as Quiet Servants. THANK YOU ALL for your service to our congregation!



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

## Did You Know..... about The Selma March, 1965

**D**id you know the Selma March was actually multiple marches over several days in the month of March? Read more below...:

From Encyclopedia Britannica:

“On March 7, 1965, Martin Luther King, Jr., organized a march from Selma, Alabama, to the state’s capital, Montgomery, to call for a federal voting rights law that would provide legal support for disenfranchised African Americans in the South. State troopers, however, sent marchers back with violence and tear gas, and television cameras recorded the incident.

“On March 9 King tried again, leading more than 2,000 marchers to the Pettus Bridge, where they encountered a barricade of state troopers. King led his followers to kneel in prayer and then he unexpectedly turned back.

“The media attention prompted President Johnson to introduce voting rights legislation on March 15, and on March 21 King once again led a group of marchers out of Selma; this time, they were protected by Alabama National Guardsmen, federal marshals, and FBI agents. Marchers arrived in Montgomery on March 25, where King addressed the crowd with what would be called his ‘How Long, Not Long’ speech. The Voting Rights Act was signed into law several months later, on August 6. It suspended literacy tests, provided for federal approval of proposed changes to voting laws or procedures, and directed the attorney general of the United States to challenge the use of poll taxes for state and local elections.”

An excerpt from Dr. Martin Luther King Jr.’s “How Long, Not Long”:

“Today I want to tell the city of Selma, today I want to say to the state of Alabama, today I want to say to the people of America and the nations of the world, that we are not about to turn around. We are on the move now.

“Yes, we are on the move and no wave of racism can stop us. We are on the move now. The burning of our churches will not deter us. The bombing of our homes will not dissuade us. We are on the move now. The beating and killing of our clergymen and young people will not divert us. We are on the move now. The wanton release of their known murderers would not discourage us. We are on the move now. Like an idea whose time has come, not even the marching of mighty armies can halt us. We are moving to the land of freedom.”



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## Thank You

**T**hank you to everyone who prayed for my brother, Thomas Schweizer, who fell and broke his ankle and foot. He has made an excellent recovery with the healing but still tires easily.

Blessings to all,  
Ann Thorpe 

**T**hanks to the Cooking Crew!

A big thank you to the volunteers who helped fix the baked potato bar for the Saint Andrew’s Annual Meeting on January 29.

The stars who scrubbed, chopped, cooked, set-up, and cleaned up included: Joan Tweten, JoAn Eklof, Joyce Nelson, Cheryl Jurrus, Teresa Lutterman, and Janell Erickson.

Thank you! Sherry Grindeland 

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**W**ith Love and Gratitude to my Saint Andrew’s Family:

Please know how much your phone calls, e-mails, cards, and one-on-one conversations have meant to me and my family since Ron’s passing on Thursday, February 2. His deteriorating health over the past three-plus years did not allow him to function as he usually did – traveling, hiking, being with family and friends – certainly a double loss – yet he is no longer in pain and is with His Father in Heaven – what a Blessing. With our scattered family, we are planning a Celebration of Life at a future date and look forward to welcoming you in person. Deep appreciation and thanks to all of you!

Carol Muecke and “scattered” family: Alison, Ross, Natalie, Larina, spouses and children 

# Northwest Washington Synod

## From Bishop Shelley Bryan Wee

Published in *The Spirit*, March 2023 edition

The 10-year-old girl at the school we were visiting was asked, “When was the last time you went to the beach?” She paused, thought, and finally said rather quietly, “I think when I was three.”

This might not seem like a huge deal. Many people choose to not visit bodies of water. But you see, this little girl is a Lutheran Palestinian attending one of our Lutheran School in the West Bank. She is fluent in English. She is warm and engaging. She has dreams and aspirations. Her family is dedicated to her education, and they are faithful Christians. And she cannot get to the water that historically was her people’s land because of checkpoints and government policies. She is literally a few miles from the water that she cannot swim in.

In January, seventeen ELCA Bishops traveled to the Holy Land on a “Living Stones” listening tour. Bishop Azur of the Evangelical Lutheran Church in Jordan and the Holy Land (ELCJHL) invited us to come and see the Lutheran Church in the Holy Land and for us to witness firsthand how the Lutheran Church is positively impacting thousands of people.

On this tour we didn’t have time to visit many “holy sites.” Instead, this was a working trip that was designed to meet with those who are living in the Holy Land today – or as Palestinians say – to meet with the Living Stones of the Holy Land. During our time with our siblings in Christ, we learned and listened; prayed and contemplated; laughed and wept. These beautiful and courageous people welcomed us into their lives with grace and dignity. We were given an abundance of food, gifts, laughter, worship, and dancing.

And the stories. The stories were rich and beautiful ... and devastating. Like so many people throughout history whose lives have been ripped apart by oppressive powers, the Palestinian Christians have had their land, their identity, and their freedoms radically diminished. In some cases, completely erased.

Excerpts of stories I heard:

- The men whose family homes have been demolished because they cannot produce paperwork from the Ottoman Empire that their family has owned their land for over a century.
- The fourteen-year-old boy who was killed in a refugee camp. In his pocket was a piece of paper where he had written his last will and testament. Many young people are now carrying wills in their pockets as they fear they will be killed.
- Concern that the Holy Land will become a museum rather than a living expression of the rich diversity of people who call this land their home.
- A principal at one of the Lutheran schools stating proudly: “We are educating the next creative leaders in Palestine and in the Middle East.”

Truly a highlight of this trip was the ordination of Pastor Sally Azur. Pastor Sally is the first Palestinian woman pastor in the Holy Land. She is called to serve two Lutheran Churches in the Holy Land and we are excited to see her flourish.

We were able to visit with a Jewish human rights organization, the United States Ambassador for Palestinian Affairs, the Palestinian Authority Prime Minister, the General Secretary of the Lutheran World Federation, and many others who listened to our concerns and who also stated their deep dedication to working for peace and justice in this land.

I confess that what I have written here barely touches on the complexity of the situation in the Holy Land. Hundreds if not thousands of books have been written. I am no expert. But as I continue to reflect on this trip – and as I hope to plan a trip for this synod in the next year or so – I hold this verse in my heart from Isaiah, “Learn to do good; seek justice, rescue the oppressed, defend the orphan, plead for the widow.” Isaiah 1:17

May we all learn, seek, rescue, defend and plead for all of God’s beloved children. For the little girl who longs to see water. For the little boy whose life was cut short. For the men who want their family homes. For those who daily work for justice. For those who daily pray for peace. Oh God, we pray, Kyrie eleison.

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



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## 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

fromCarolynn Ferris, Congregation Council President

**G**reetings to my fellow brothers and sisters in Christ!

### 2023 Annual Meeting Votes

It was pointed out to me shortly after our Annual Meeting, that I had not announced the vote tallies for the decisions that were made in our meeting. That was a complete oversight on my part. For those that are interested, this is how things added up:

#### 2024 Nominating Committee Election Results

Approve: 110  
Disapprove: 0  
Abstain: 0  
Total Votes: 110

#### 2023 Budget Approval Results

Approve: 102  
Disapprove: 9  
Abstain: 5  
Total Votes: 116

#### Emerald Heights (EHA) Lease Negotiation Resolution Approval Results

Approve: 102  
Disapprove: 5  
Abstain: 4  
Total Votes: 111

### 2023 Council Officers

In the February Council meeting, we elected officers to serve for the next 12 months. The Saint Andrew's Executive Committee will consist of Carolynn Ferris (President), Dan Johnson (Vice President), Tom Getzinger (Secretary), Bill Brueggemann (Treasurer), and Pastor Lara. Please do hold these people in prayer.

### Emerald Heights Academy (EHA) Lease

We have heard from the broker that EHA is very close to signing a lease with an alternate facility, so it is highly unlikely that we will execute an agreement with Emerald Heights Academy. But the exercise has opened our eyes to the possibility that there may be others in the community that might be interested in utilizing our space.

### 2023 CFH Hosting

We will be hosting Congregations for the Homeless (CFH) again this year. The men will be staying with us from March 1–31 during the evenings from 6:00 pm – 7:30 am. We welcome this opportunity to provide a safe and healthy space for those in our community that do not have home they can call their own. Thank you to all of you who volunteer to provide meals, a listening ear, and other items to make them feel welcomed.

### 2023 Leadership Retreat

The Congregation Council has scheduled a retreat on March 11, 2023 to consider ways we can invigorate our ministry at Saint Andrew's Lutheran Church. There are a number of areas that we will likely explore including:

- Program ministries
- Collaboration with other congregations
- Council effectiveness
- Committee structure
- Fellowship and engagement
- Adult and Youth education
- Outreach

Above all, we want to embrace the reality of the abundance that God has shared with us. Things have changed over the last ten years, and instead of thinking about what we might have lost, we need to recognize what we have and the opportunities it provides us to lean into our mission and ministries. If you have thoughts or ideas that you would like to share with us as we begin this journey, please let me know!

Grace and peace to you all. 

# Congregation Council

## Treasurer Note

from Bill Brueggemann, Congregation Treasurer

### The Numbers for January 2023

	<u>January</u>	<u>YTD 2023</u>	<u>Comment</u>
Income	\$ 92,904	\$ 92,904	
Expenses	<u>69,190</u>	<u>69,190</u>	
Cash Flow	\$ 23,714	\$ 23,714	Thank you for a good Beginning to 2023!

## 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](https://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](mailto:bill@salc.church) if you have any questions. 

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## At the February 13 Congregation Council Meeting....

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

**Council Officers:** The following were elected: Carolyn Ferris as President, Dan Johnson as Vice President, and Tom Getzinger as Secretary.

### President Carolyn Ferris’ Report:

- Two surveys were distributed to 2022 Council members, Saint Andrew’s Staff, and Pastor Lara. One was a Congregation Ministry Review and the other a Senior Pastor Ministry Review. Results from these surveys have been summarized. The Executive Committee will meet with Pastor Lara to go over her 2022 review. Results of the Congregational Ministry Review have been shared with Council and with staff, and the results will also help us identify opportunities for growth and formulate actionable strategies for this year and beyond.
- Council terms were shared (terms end in January of the year specified):  
Kit Bowerman (2026); Bill Brueggemann (2026); Aaron Davis (2025); Carolyn Ferris (2025); Tom Getzinger (2024); Dan Johnson (2024); Rob Parks (2025); Becca Piel (2025); Ann Ross-Clarke (2026); Dick Szabo (2024); Jean Wahlstrom (2024); Juliet Zhang (2026)
- Committee Liaison assignments are being finalized.
- Additional items can be found in President Carolyn Ferris’ “President’s Corner” report on page 12.

### Pastor Lara Forbes’ Report:

- Pastor Lara provided an update on the staff changes.

**Finance:** See Treasurer Bill Brueggemann’s “Treasurer Notes” on this page.

- January income was approximately \$93,000 actual vs. \$64,000 budget. Expenses were on budget.

**Council Retreat:** The Congregation Council has scheduled a retreat on March 11, 2023.

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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](mailto: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 ~ Hopelink

*Most Generous God, we thank you for all that you provide to meet the needs of all your people. We thank you for the staff and volunteers at Hopelink working to see that people in our community have their basic needs met. Bless and sustain their work. Strengthen our partnership with Hopelink to support their mission. And watch over and protect the people in our neighborhoods that turn to Hopelink to be able to feed their families. In Jesus name we pray, Amen.*

### Opportunities to support The Hopelink Food Bank:

Over the last couple of years, Hopelink has seen a significant increase in the number of households depending on them to have enough food to eat. There are a couple of ways that you can help:

- You can donate food to the Hopelink Food Bank through the Corner of Blessing or directly to Hopelink facility at 14812 Main Street in Bellevue. (Check expiration dates – Hopelink can't distribute expired food.)

You can make a donation to help purchase the food that they will distribute through their market. These can be made at their website: <https://www.hopelink.org/donate>. (For the food bank designate "Food Assistance"). Or you can donate through Saint Andrew's with a check to SALC and put "Hopelink" on the memo line.

You can volunteer to help with Hopelink. For information you can go to: [https://www.hopelink.org/take-action/volunteer?utm\\_src=frontpagebuttonvol#collapseOne](https://www.hopelink.org/take-action/volunteer?utm_src=frontpagebuttonvol#collapseOne). Volunteers at the food bank: check clients in and out, receive, sort and stock food donations, greet donors and provide receipts as needed, and clean up and organize the food bank as needed.

### How Saint Andrew's and its members are involved in supporting The Hopelink Food Bank:

Saint Andrew's currently supports Hopelink in a number of ways:

- Members donate specific items each month, that Hopelink has requested, through the Corner of Blessing.
- Members contribute financial support for the food bank through Saint Andrew's, many as part of their pledge.
- In February, on Super Bowl Sunday, members make a special collection for Hopelink called the SOUPer Bowl of Caring.
- At the Advent Fair, at the start of Advent, members pack food into Emergency Bags, that are distributed through the food bank.

### The latest news from The Hopelink Food Bank:

- During 2021, Hopelink provided 6.4 million pounds of food to our community.
- After two years of providing food in pre-packed boxes outside their food banks, the markets reopened last May, and their clients can again shop in their markets.

### Some Background on Hopelink:

Hopelink was started in 1971 by engineers who had been laid off by Boeing and wanted to help those in the community impacted by the economic situation at the time.

Today, in addition to the food assistance program, Hopelink provides a number of other services to help end poverty in our community. This includes transportation services, housing, assistance with energy bills, financial assistance, family development support services, employment services, financial education, adult education (English and GED) and advocacy for equity, fairness, and opportunity for everyone.

Although we primarily support the Hopelink Food Bank, getting people connected with this service introduces them to the many other services Hopelink has to help people exit poverty.



# Outreach and Servant Ministries

## Saint Andrew's is Hosting CFH for the Month of March

Starting **March 1**, we will have between 15 and 20 men from Congregations for the Homeless (CFH) Rotating Shelter Program staying in the Fellowship Hall between the hours of **6:00 pm and 7:30 am**, and we are working with other churches to provide meals and supplies. Nancy R. Davis is organizing volunteers to do shopping during the month, especially for breakfast supplies. This year we 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". Carolyn Ferris is once again providing new athletic shoes which will be greatly appreciated. Thanks to the youth and their families for making welcome bags, posters, and writing cards for the men. Contact Cheryl Jurrus if you want to be a "Site Host" (6:00 pm to 7:00 pm) for one evening or more.



Please pray for this ministry:

*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.



## Helping the People Affected by the Earthquakes in Turkey and Syria

On February 6 two powerful earthquakes, one a magnitude 7.8 and the second a magnitude 7.5, hit Turkey and significantly impacted neighboring Syria. The two quakes devastated both countries, killing thousands of people and collapsing thousands of buildings. Another quake hit on February 20. At this time, financial gifts are the number one need to assist our neighbors who are injured, hungry, and displaced from these quakes.

In response, the Outreach and Servant Ministries Committee decided to send \$1,000 from the New Opportunities fund to Lutheran Disaster Response (LDR), directed to their Middle East Crisis fund. LDR is already working with organizations in Turkey and Syria to provide immediate aid, and will help coordinate a comprehensive response as the full extent of the impact becomes clearer.

The need is great and most urgent. If you are able, you are encouraged to provide support for these people affected by the quake. You can do that at the Lutheran Disaster Response website: <https://community.elca.org/middle-east-crisis> or with a check to Saint Andrew's with "Middle East Earthquake" on the memo line. 

## The Sophia Way

The two shelters of The Sophia Way, Sophia's Place in Bellevue and Helen's Place in Kirkland, continue to give shelter, safety and stability to women who are struggling in their lives. In 2022, 128 women found permanent housing, through the efforts of The Sophia Way. Many others enjoyed hot meals, safe nights, and caring support.

The Shelters provide three meals a day for each lady, and for most, a warm bed to sleep in at night. They are also helped with job-seeking skills, computer knowledge, health needs, and more. Although there is one Behavior Health Specialist, who visits both shelters, there is still a need for a Behavior Health Director. If you have information about a qualified person, please let The Sophia Way know!

Meanwhile, we will be providing the lunch for the women of Sophia's Place on Wednesday, **March 8**, so food will be collected on Tuesday, **March 7**. Contact Joyce Arnold if you can help or would like to learn more about The Sophia Way!

Want to help? Contact Joyce Arnold.

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



# Outreach and Servant Ministries

## Collection Emphasis for Hopelink ~ March

For the month of March, Hopelink has asked us to collect sandwich spreads. These are things that they don't often get but are often asked for by their clients. So, for the month of March, we will be collecting:

- **Jam / Jelly**
- **Crunchy peanut butter** (~16-ounce jars) – they have a good supply of creamy
- **Honey**
- **Almond/sunflower butter or other peanut butter alternatives**
- **Nutella**



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.

## Imagine Housing Farm to Table(aux) Volunteer Opportunity

Imagine Housing is excited to invite you to volunteer for our upcoming Farm to Table(aux) Fundraiser on Saturday, **May 13, 2023** at the Hyatt Regency Lake Washington.

We look forward to having the opportunity to celebrate in person and connect with those in our community who wish to support Imagine Housing's mission of developing affordable housing, building welcoming communities, and fostering vibrant futures. There are a lot of exciting things going on at Imagine Housing and we can't wait to share them with you!

Individuals or groups are encouraged to sign up. Our many volunteer roles range from morning set-up to behind-the-scenes support to modeling desserts on stage! Please find the complete list of volunteer roles and sign up on our website at <https://imaginehousing.org/fttvolunteer/>.



## Lantern Hill, Mexico

by Shana Nielsen

During our last Friends of Lantern Hill board meeting, I was taken by our seven member group connecting virtually, some of us having never met in person. Our ages range from mid 30's to 80, males and females, and we represent all regions of the United States. Our backgrounds and personal stories vary to the point that as I was looking at my computer screen feeling engaged and energized by our conversation, I found myself wondering, "If it weren't for Lantern Hill, would I have ever met any of these amazing and kind people?" How inspiring it is to share, engage and discuss with this team about our shared commitment in seeking financial support for the sustainability of Lantern Hill.

In these really challenging times where so much attention is placed on conflict, despair, discord and discontent, I find myself wondering, "Where is the Joy today?" "Will Good win in the end?" "Why is Love so hard to find in others that differ from ourselves?" It is then that I am reminded to seek the light shining through the darkness. I am thankful for those board members who come together from all over our country, with the shared commitment to Lantern Hill, that it may continue to provide educational support and food security for so many children. I reflect on the joyous memories that continue to sustain me from my two trips to Mexico and Canon Buena Vista, where I got to experience first hand what hope and optimism looks like in the eyes of a child who otherwise has so little.

I am very thankful for our Outreach Group at Saint Andrew's. I am thankful for the friendships that have come from this committee and I admire the devotion each of our members show towards the variety of programs, groups, and organizations that they each represent. It is so very true that what we give will come back to us tenfold ~ What a blessing to be a part of a congregation who places a priority on caring and sharing so much with others!

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



# Outreach and Servant Ministries

## The Plaster House, Tanzania

Abused by her village for having a flawed son, Mama Thomas sold her chickens and crossed Tanzania to bring her child to The Plaster House for treatment on his club feet. Because he was an infant, she stayed with him for five months. In those five months, she attended their Mama's Education Program where she learned basic reading and writing, agriculture, to stand up for herself, and she found hope. Five months after arriving as a timid mother with a malformed child, she left with a healthy child and the knowledge to grow new crops, raise chickens, and intent to make education a goal for all children. Somehow, through the magic of love, she returned as a leader and an example for all the women of her village, which is when not chasing after her healthy son, Thomas. Thank you for your support and the continued prayers for The Plaster House.

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

Here's the latest news from MGLSS campus: 64 students have been accepted into Form One who have begun their educational journey, discovering their gifts and abilities, preparing for a future within that unique faith community. The coffee has been harvested amidst the on-going drought in that area. They've had to buy water. Please pray for the end of the drought and consider providing scholarship help. (Check their website for how to donate directly.) After Christmas, Saint Andrew's sent \$2890 for uniforms for these entering students: THANK YOU!

In addition, the Form 4 national exam results were just posted and 65 of the 67 students are now qualified to continue their education into the Advanced Levels of Forms 5 and 6. That's very exciting; this is the largest class in the history of the school. Pray for them as the curriculum gets more difficult.

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.

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](http://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. 



# March 2023

For current information,  
visit [salc.church/calendar](http://salc.church/calendar)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Feb - 26</b>	<b>Feb - 27</b>	<b>Feb - 28</b>	<b>Mar - 1</b>	<b>Mar - 2</b>	<b>Mar - 3</b>	<b>Mar - 4</b>
				7p - 8p Girl Scout Volunteers 7p - 8:30p Chancel Choir Rehearsal	ALL DAY Office closed on Fridays	
<b>Mar - 5</b>	<b>Mar - 6</b>	<b>Mar - 7</b>	<b>Mar - 8</b>	<b>Mar - 9</b>	<b>Mar - 10</b>	<b>Mar - 11</b>
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	10a - 11:30a Health & Wholeness Ministries Committee Meeting 1p - 2p Saint Andrew's Staff Meeting 3p - 4:30p Executive Committee 6p - 7p Finance Committee	8:30a - 9:30a Tuesday Morning Men 9:30a - 12:30p Dorcas Circle with Pastor Lara 10a - 11a Midweek Bible Study with Pastor Lara 7p - 8p Handbell Choir Rehearsal	OFFSITE ALL DAY Sophia Way Lunch 7p - 8p Family Check-in	1p - 2p KnitWits (Knitting as Witnesses) 7p - 8:30p Chancel Choir Rehearsal	ALL DAY Office closed on Fridays	OFFSITE 8:30a - 12p Council Leadership Retreat
<b>Mar - 12</b>	<b>Mar - 13</b>	<b>Mar - 14</b>	<b>Mar - 15</b>	<b>Mar - 16</b>	<b>Mar - 17</b>	<b>Mar - 18</b>
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 12:15p - 1:15p Acolyte Officers Meeting 6p - 8p Youth Group - All Youth grades 6-12	1p - 2p Saint Andrew's Staff Meeting 7p - 9p Congregation Council Meeting	8:30a - 9:30a Tuesday Morning Men 10a - 11a Midweek Bible Study with Pastor Lara 7p - 8p Handbell Choir Rehearsal		10a - 12p String Trio Rehearsal 7p - 8:30p Chancel Choir Rehearsal	ALL DAY Office closed on Fridays	OFFSITE 10:30a - 1p Mini Golf Returns!
<b>Mar - 19</b>	<b>Mar - 20</b>	<b>Mar - 21</b>	<b>Mar - 22</b>	<b>Mar - 23</b>	<b>Mar - 24</b>	<b>Mar - 25</b>
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	1p - 2p Saint Andrew's Staff Meeting 7p - 8p Discipleship Committee Meeting	8:30a - 9:30a Tuesday Morning Men OFFSITE 9:45a - 3p O.W.L.S. Travel in March! 10a - 11a Midweek Bible Study with Pastor Lara 7p - 8p Handbell Choir Rehearsal	6p - 8p Minecraft Youth grades 6-12 7p - 8p Racial Justice Group/JEDI	7p - 8:30p Chancel Choir Rehearsal	ALL DAY Office closed on Fridays	9a - 12p All Church Work Day
<b>Mar - 26</b>	<b>Mar - 27</b>	<b>Mar - 28</b>	<b>Mar - 29</b>	<b>Mar - 30</b>	<b>Mar - 31</b>	<b>Apr - 1</b>
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 12:15p - 1:15p Acolyte Meeting 12:15p - 1:15p Acolyte Meeting 6p - 8p Youth Group - All Youth grades 6-12	1p - 2p Saint Andrew's Staff Meeting 7p - 8:30p Outreach and Servant Ministries	8:30a - 9:30a Tuesday Morning Men 10a - 11a Midweek Bible Study with Pastor Lara 7p - 8p Building and Property Committee 7p - 8p Handbell Choir Rehearsal		7p - 8:30p Chancel Choir Rehearsal	ALL DAY Office closed on Fridays	

## Pastoral Acts

### Baptisms

None

### Weddings

None

### Memorial Services

Ann Shaw, February 25

### Committals

Ann Shaw, February 23, Tahoma National Cemetery



## 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

timwebertt@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

sherry@SALC.church | phone extension 16

**Susan Hegedus**, Communications Specialist

susan@SALC.church | phone extension 15

**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, KidVantage (formerly 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 2023

Committee Liaison assignments are being finalized.  
The information below reflects the 2022 assignments.

Committee	Council Liaison	Committee Chair
Executive	Carolynn Ferris, President Dan Johnson, Vice President Tom Getzinger, 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 **March 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](http://salc.church/media)

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

**425-746-2529**  
<https://SALC.church> | [info@SALC.church](mailto:info@SALC.church)

Facebook: @salcbellevue AND @SALCFamilies  
 Instagram: @salcbellevue AND @salc families  
 YouTube: [youtube.com/c/saintandrewslutheranchurch](https://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](http://salc.church/about-us).

