



the VOICE

April 2023

Growing Together in Christ to Love and Serve All People

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Receive the Grace That Sustains Us

In my previous congregation, a longtime member was hospitalized over the course of many weeks. He'd had difficulty chewing and swallowing his food, so his diet was quite limited. When it became clear that he was in his final weeks, most of the dietary restrictions were lifted provided he took care while eating. When asked what he most wanted to eat, without hesitation he responded by saying "Lavash Bread" from his favorite restaurant. The nearest location was 30 minutes away, so his children called in the family's dinner order and brought back a feast for everyone in the room. I was privileged to witness their gathering as they literally encircled his bed and fed him tiny bites of that precious bread, which he thoroughly enjoyed. It was Communion in its truest sense.

I've reflected on that memory many times over the years, especially as Holy Week draws near. On Maundy Thursday – indeed every time we receive Communion, but we're more aware of it on this night – in a bit of bread and a sip of wine or juice, we receive the grace that sustains us day in and day out. And on Good Friday, as we walk the final steps of Jesus' life on earth, we're reminded that his death is not the end.

May these Holy Days bring you peace and comfort in the assurance that God has the final word, and that God's word is life. Thanks be to God!

With peace, Pastor Lara ☩

Holy Week and Easter



Palm Sunday... April 2

Discipleship Hour | 9:00 am
Worship with Holy Communion | 10:00 am



Maundy Thursday... April 6

Worship with Holy Communion | 12:15 pm (in-person only)
Worship with Holy Communion | 7:30 pm



Good Friday... April 7

Worship | 12:15 pm (in-person only)
Worship | 7:30 pm



Resurrection of Our Lord, Easter Day...April 9

Worship with Holy Communion | 10:00 am
Breakfast Available | 8:45 am - 10:00 am and following worship

Sunday Worship

10:00 am

In-person
and Livestream

Masks are optional for
in-person worship.
Visit salc.church/media
for livestream worship.



SAINT ANDREW'S LUTHERAN CHURCH

2650 148th Avenue SE; Bellevue, WA 98007-6452 | Phone: 425-746-2529 | Fax: 425-746-3758 | www.SALC.church

The Saint Andrew's Lutheran Church newsletter is a free monthly publication

Lent and Easter

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

April 2

Palm Sunday

Matthew 21:1-17
Psalm 118:25-29

April 6

Maundy Thursday

Matthew 26:17-30
Psalm 116:12-15

April 7

Good Friday

John 18-19

April 9

Easter Sunday

Matthew 28:1-10
Psalm 118:19-24

April 16

Matthew 28:16-20
Psalm 40:9-10

April 23

Acts 10:1-17, 34-48
Matthew 9:36-37

April 30

Acts 13:1-3; 14:8-18
Matthew 10:40-42



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

Easter Festival

Saturday, **April 1** | **3:30 pm - 5:00 pm** | *Saint Andrew's Parking Lot*

We hope that you are able to join our next community event, Easter Festival, on Saturday, **April 1**, from **3:30 pm - 5:00 pm**, in the parking lot. If you participated in the Trunk-or-Treat last fall, you saw the wonderful support of our community.

We will be playing games, having crafts, having an Easter Egg hunt and more!

If you would like to help out or get more information, please contact Doug Johnson. 



Easter Sunday Continental Breakfast



Easter Treats Served on **April 9!** Enjoy home-baked coffee cakes, fresh fruit and the usual coffee bar on Easter Sunday from **8:45 am to 10:00 am** before worship service.

Treats will also be available *after service*.

There is no charge for this continental breakfast but a free will contribution will go into the September *God's Work, Our Hands* service project.

For more information, contact Fellowship Coordinator Sherry Grindeland, 425-746-2529 or sherry@salc.church.




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



The Prayer Partner Reveal is at the Discipleship Hour Forum the Sunday after Easter, **April 16**, at **9:00 am** (see page 4.) 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. Even if you did not participate as a Prayer Partner, you are welcome come to the Reveal. 

Worship and Liturgical Arts



Contribute Flowers for the Easter Cross

Everyone is invited to contribute flowers for the Easter Cross! Bring flower donations to church starting Friday, **April 7**, until Saturday, **April 8**, at **10:00 am**. Flowers can be left in the black buckets outside the church entrance. 🕒

Performing Arts Festival of the Eastside

The Performing Arts Festival of the Eastside (PAFE) will be here at Saint Andrew's in April!

The Festival

Several hundred young musicians will be here to perform and learn in adjudication sessions. The dates this year are **April 11-15**, with **five public concerts** to follow.



Concerts

The first concert, for concerto performers, will be held at **6:30 pm** on Saturday, **April 15**.

The other concerts, for the 1st place winners in each Division, will be on Saturday, **April 22**, **4:00 pm** and **7:00 pm**, and on Sunday, **April 23**, at **2:00 pm** and **5:00 pm**.

All concerts will be in the Saint Andrew's Sanctuary. They are **free**, open to all, and are about an hour in length.

Canned goods for Hopelink always welcomed!

Tell your friends!

Volunteers

We still **need volunteers**, even on **Saturday morning!**

Join us for 4 hours and enjoy the astounding talent of these young people! (LUNCH, TOO!)

Contact Joyce Arnold!

We have a place for you!



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. 🕒

Healing Prayer during Communion

Healing Prayers during Holy Communion are offered on the third Sunday of the month. The next date is on Sunday, **April 16**.

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. 🕒

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.

Sunday, March 26 | 9:00 am | 301/Fellowship Hall

Enhance your Praying Experience with a Prayer Journal

What is a prayer journal and how could it help someone in their prayer life? Come to the Forum and find out how one person has used a prayer journal to enrich her prayer life. Cheryl Jurrus will share some resources and have suggestions for making prayer time meaningful and personal. Bring your own ideas to share.

Sunday, April 2 | 9:00 am | 301/Fellowship Hall

Coffee and Conversation

All are invited for a time of informal fellowship. Goodies too!

Sunday, April 9

No Forum

April 9 is Easter Sunday! There is no Forum scheduled but all are invited to enjoy a continental breakfast. Come anytime between **8:45 am and 10:00 am**, and also *following worship*.

Sunday, April 16 | 9:00 am

301/Fellowship Hall AND via Zoom

Prayer Partner Reveal

Come and enjoy the surprises, laughter and good times as the 2023 Lenten Prayer Partners are identified.

Coffee and treats will be available by **8:45 am** on Sunday, **April 16**, and the revelations begin at **9:00 am**.

Even if you didn't participate in this year's prayer partner program, you'll be entertained as people share their experiences.

Please note: the Prayer Partner Reveal will be in-person AND via Zoom. The Zoom login information will be sent tout as the date approaches.

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

Sundays, April 23 and April 30 | 9:00 am

301/Fellowship Hall

Programs Pending

Please check Sunday bulletins and *Trendings* enews for updated information.



For Ages 3 - Grade 5

Sunday Church School

- 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 or Whirl 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 **A322/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

Midweek Bible Study with Pastor Lara

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

Midweek Bible Study is from **10:00 am - 11:00 am** each Tuesday, in 322/Conference Room AND via Zoom. During this hour, we 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.

Please note: On Tuesday, **April 12**, we will meet via Zoom only.

If you have not signed up yet and plan to attend, please visit salc.church/midweek-bible-study. 

Trainer at Adult Ed Follow-up

Kota Shimada, the trainer who had the Adult Forum attendees on their feet on February 26, created a chair exercise video for us.

Kota specializes in teaching grown-ups how to stay balanced and limber.

Visit this link to see the video – which has no sound: <https://youtu.be/uwuXiF8fzjs>


Fellowship Coordinator Sherry Grindeland has some of Kota's business cards if you need one. 

Discipleship / Children / Youth and Family Ministries For Youth in Grades 6-12

Scavenger Hunt at Bellevue Square

Saturday, **April 2** | **3:00 pm** | meet at Saint Andrew's

On Sunday, **April 2**, we will meet with youth from St. Matthew's Lutheran Church for a scavenger hunt at Bellevue Square, with dinner to follow. We will meet in the parking lot at Saint Andrew's at **3:00 pm** and leave by **3:15 pm**. Fun at the mall will be from **3:30 pm - 5:00 pm**; afterward we will come back to Saint Andrew's for dinner and fun! Sign-up at salc.church/event/youth-scavenger-hunt. Deadline to sign-up is Wednesday, **March 29**.


ADULTS are needed for drivers! Questions, please contact Doug Johnson. 

Youth Group

Sundays, **March 26, April 16, and April 30**

6:00 pm - 8:00 pm | Youth Room


In March we started a practice of discussing topics of faith for the first 15 minutes of youth group. In April we will meet on **April 16** and discuss "God and Suffering"; we will also meet on **April 30** and discuss "Who is God?"

After our discussion we have our normal 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, **April 27** | **6:00 pm - 8:00 pm** | online

Our next session is Thursday, **April 27**. 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 All Families

Family Questionnaire

Attention all families! As part of the process to re-imagine our children, youth, and family ministries here at Saint Andrew's we need your help. A questionnaire via Google Forms will be sent out to each parent and we ask that you take 5 minutes to fill it out to help us. There will be more opportunities for greater feedback in the future. 

Discipleship / Children / Youth and Family Ministries For Everyone!

Growing Young

by Doug Johnson

Ever since I started back in August of 2020, the question has been asked, “How do we get families back in church?” It was a difficult question to answer in the midst of a pandemic and only having met a few youth, let alone families. The question remained throughout the pandemic as we slowly started to connect, build relationships, and see each other in-person. About a year ago, when we started to move toward full in-person activities, the question was asked again in earnest. Through many conversations, it became apparent to me that we needed help to answer the question and find a solution. In the second half of 2022 I sought out resources that I thought would be helpful in guiding us to not just bring families back to church but would help to build and sustain a healthy and vibrant children, youth, and family ministry for many years to come. I found two incredible books that will help guide our congregation in moving forward: *Sustainable Youth Ministry* by Mark DeVries and *Growing Young* by Kara Powell, Jake Mulder, and Brad Griffin. *Sustainable Youth Ministry* provides an incredible guide and framework on how to build a ministry for the long term. Using the imagery of building a house the book sets forth processes and systems on how to build sustainable, healthy, and long-term children, youth, and family ministry. *Growing Young* provides six core commitments that the authors recommend congregations follow that have proven effective if they want to “grow young,” meaning prioritizing young people and families. This book brings together over 10,000 hours of research alongside countless stories of how congregations have new life (for all ages, not just young families) through the six core commitments. These two books will provide a guide for healthy systems and culture and will be our guide as we navigate this process for Saint Andrew’s. There will be many opportunities for conversation in the coming months as our team moves forward in the early steps of our own process. We ask that you keep our team in your prayers as we all work together to connect with families in our congregation and in our community.

Say hello to our team:

Christine Camrud	Anna McLeod
Mark Davis	Margaret Santjer
Juliet Zhang	Doug Johnson

Keep an eye out for an announcement on a future Discipleship Hour that will give everyone an opportunity to learn more about this process and to ask questions. 📍

Envelope Fundraiser

Beginning Sunday, **March 5**

Thank you to everyone who has participated in the envelope fundraiser! Keep an eye on the May newsletter for an update on the final total.

Through March 19, we have raised a total of \$2700.

There is still time to participate and support the youth! Two options are available. You can give in-person. There is an envelope wall in the Narthex. Simply pick the envelope (or envelopes) with the amount you want to give. Fill the envelope with the donation (cash or check) and return it to the church. Or you can give online: scan the QR code or visit tinyurl.com/4749w89m and follow the instructions.

Please make sure that if you give online or write a check, that you include “2023 Summer Youth Trips” in the memo.

Donation updates are shown in the Narthex each Sunday. We are so thankful for your support! 📍



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 April!



Philip G	4/27
Samuel G	4/27
Annelise J	4/29
Robert K	4/29

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](https://www.facebook.com/SALCFamilies)
Instagram: [@salcfamilies](https://www.instagram.com/salcfamilies)

Health and Wholeness

Isolation and Loneliness: A Nursing Perspective

by Terri Anderson, RN (retired)

Raise your hand if you have ever felt isolated or lonely. (My hand is up!) Although not entirely the same, isolation and loneliness are connected. Isolation occurs when a person has little or no contact with other people. Loneliness is an emotional state. When combined, there is increased potential for cognitive decline, depression, anxiety, and exacerbation of current health problems. It's worrisome. Not to mention, we're still recovering from a pandemic, which kept people at home, kids away from school and friends, increasing isolation and anxieties. We struggle to move forward, searching for a new normal.

Who's at risk?

- Not just the elderly, but those experiencing major life changes, relocations, grief and loss, trauma, health changes, including loss of hearing and sight, loss of independence.
- Adults and youth alike exhibiting increased anxiety, sadness, loss of interest in ordinary activities, declining grades, sleep disturbances, and disconnection from family and friends.

How can we help ourselves?

- Stay connected to people. Rely on church family, loved ones. Get comfortable asking for help!
- Strive for a healthy lifestyle in terms of diet, exercise, regular medical follow up. Get vaccinated.
- Practice gratitude! It's easy, it's free, resulting in increased health benefits, plus it lifts the spirits! The more you do it, the more automatic it becomes.
- Pray, meditate, listen to music. Join the choir. Volunteer! Possibilities are endless and it's fun.

How can we help others?

- Stay alert to those around us who may be spiraling into crisis. Offer to drive. Check on your neighbors. Offer a smile or hug, a pat on the back. Be a good (non-judgemental) listener.
- Learn to recognize a crisis event. Call 911 for imminent threat to life or safety, if someone is having difficulty breathing, is unconscious, discoloration of skin. Threat of immediate self harm or to others. Stay on scene until medical help arrives. Learn CPR if you don't know it.
- Call 988 if you or someone else is having suicidal thoughts or psychosis, require help with substance abuse issues, or if you or another is experiencing worsening depression or anxiety.

Other helpful numbers and resources:

- Substance Abuse/Mental Health hotline: 800-662-4357
- National Domestic Violence Hotline: 800-656-4673
- VA Crisis hotline: 800-273-8255
- Samaritan Center of Puget Sound. Dr. Neal Teng: 206-957-4708

Final thought. We are better together sharing life's worries and joys. We are not meant to be alone and are reminded as such in Matthew 28:20, "**And behold I am with you always, to the end of the age**", that we are not alone, ever. Thanks be to God! 🙏



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.

The KnitWits meet **in-person** on the third Sunday of each month following worship. The next meeting is Sunday, **April 16, 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. 🙏

Fellowship

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 with any questions. 📞



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. 📞

Older Wiser Lutheran Saints (OWLS)

Tips to Beat the Scams and Robocalls

Tuesday, April 18 | 11:45 am

301/Fellowship Hall North

Attorneys Ben Carr and Joshua Studor from the Washington State Attorney General's office will give the OWLS (Older, Wiser Lutheran Saints) tips on avoiding scams and robocalls on Tuesday, **April 18**.



Washington, thanks to Attorney General Bob Ferguson's work, has some of the strongest laws to protect consumers from these predators.

Join us for a potluck lunch at **11:45 am**. If able, please bring a dish to share.

OWLS is open to the entire Saint Andrew's family – not just the older, wise guys and gals.

For more information, contact Fellowship Coordinator Sherry Grindeland, 425-746-2529 or sherry@salc.church. 📞

Devotional Books

We have received the *Christ in Our Home* and *The Word in Season* booklets for April/May/June. Pick them up in the Narthex whenever the building is open, or contact the church office, info@salc.church or 425-746-2529, if you would like a copy of either or both booklets mailed to you. 📞

Offering Counter\$ Needed

We need more "quiet servants" to help 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. 📞

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 April 4!**

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.

Shipping Boxes Needed

Dorcas needs large and extra large size shipping boxes to pack up the quilts for shipping to Lutheran World Relief.

Flat Sheets Needed

Dorcas needs flat sheets that are in good condition, without any tears, holes or stains. Donations can be placed in the Dorcas basket near the elevator in the Narthex.

If you have any questions please contact Linda Willenberg. 📞

Fellowship

Tuesday Morning Men

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

Current Study

Tuesday Morning Men are studying the *Book of Acts*. We look at a variety of bible translations including study bible notes as we delve deep into the beginnings of the early church. Join us for an interesting conversation! No bible knowledge necessary.

Bring your Bible and coffee and join us on Tuesday morning at 8:30 am!

Contact Dick Swaisgood for instructions on joining this online gathering. All men are welcome!!



TMM Fundraiser

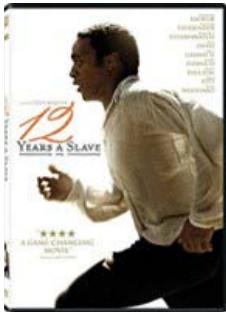
The Saint Andrew's Tuesday Morning Men (TMM) are currently raising funds to help the Maasae Girls Lutheran Secondary School. This project is to raise the salary for a full-time farm manager in an attempt to make the Girls School more self-sustaining and, in regard to the coffee, profitable. We think this is a wise investment in the future, sort of like teaching someone to fish rather than to give them a fish to eat. Our goal is \$5,000. You do not need to be a member to contribute. Thank you.



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

Movie and Book Suggestions

A Movie Suggestion: 12 Years a Slave



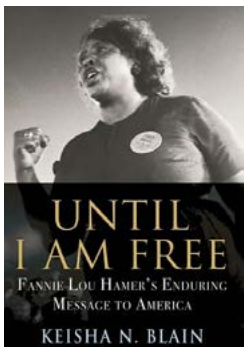
Based on an incredible true story of one man's fight for survival and freedom. In the pre-Civil War United States, Solomon Northup, a free black man from upstate New York, is abducted and sold into slavery. Facing cruelty personified by a malevolent slave owner, as well as unexpected kindnesses, Solomon struggles not only to stay alive, but to retain his dignity. In the twelfth year of his unforgettable odyssey, Solomon's chance meeting with a Canadian abolitionist will forever alter his life.

Rated R for violence/cruelty, some nudity and brief sexuality.

12 Years a Slave is available on Amazon Prime Video, Apple TV, VUDU, YouTube, Redbox, and Google Play Movies & TV. It is also available through the King County Library System on DVD.



A Book Suggestion: Until I Am Free: Fannie Lou Hamer's Enduring Message to America by Keisha N. Blain



A blend of social commentary, biography, and intellectual history, *Until I Am Free* is a manifesto for anyone committed to social justice. The book challenges us to listen to a working-poor and disabled Black woman activist and intellectual of the civil rights movement as we grapple with contemporary concerns around race, inequality, and social justice.

Despite her limited material resources and the myriad challenges as she endured as a Black woman living in poverty in Mississippi, Hamer committed herself to making a difference in the lives of others. She refused to be sidelined in the movement and refused to be intimidated by those of higher social status and with better jobs and education.

More than 40 years since Hamer's death in 1977, her words still speak truth to power, laying bare the faults in American society and offering valuable insights on how we might yet continue the fight to help the nation live up to its core ideals of "equality and justice for all".

At the start, I found the writing a bit repetitive, but the story of this little-known woman activist and her fight for not just civil rights, but human rights, was well worth reading.

Until I Am Free: in addition to being available from most book sellers, is available from the King County Library System: as a book, an eBook, an audiobook on CD or a downloadable audio book and through the Libby app as a downloadable book or a downloadable audio book.



Northwest Washington Synod

From Bishop Shelley Bryan Wee

Published in *The Spirit*, March 2023 edition

I recently learned that the largest glacier between Mt. Rainier and Glacier Peak is no more. The reporter actually said that the glacier had died. Died. Gone. For thousands of years, the Hinman Glacier lived in the Washington Cascades providing much needed water to the Skykomish River. It is now gone.

A few months ago, my beloved dog, Gracie, died. She was thirteen. She was sick. It was time. But Gracie was with me through my cancer treatment, my children leaving home, my marriage ending, moving to a new city, beginning a new job, being in a new relationship ... and now she has died. She is now gone.



In this synod we recently had two churches close: Clearbrook Lutheran Church in Lynden and Shepherd of the Hills Lutheran Church in Concrete. There are additional congregations who are discerning closure in this synod. All these congregations thrived in their communities for many years. Baptisms, weddings, funerals happened. People heard, shared, and lived into the good news of Jesus. And now these congregations have either decided, or are discerning, if their time lifecycle has come to an end.

All of these deaths are hard. They hurt my heart. There is grief and there is pain. And, while I might not know what you are grieving, I am sure that there is heartache in your life, too. Sometimes it seems that there is so much death. And sometimes it seems overwhelming.

As Christians we might say, “But I thought we were promised immortality. I thought “death has lost its sting.” Truthfully, it doesn’t feel that way. Death is real. It hurts. Where is this resurrection and new life we are promised?”

Dr. Brian Bantum, professor and author, writes regarding human immortality:

Our personhood, the body we speak of so confidently that was meant to live forever, is itself an arrangement of cells and tissues that are cycling through life and death. Our bodies are constantly undergoing changes, small transformations in our gradual development from infant to adult. Our bodies are no different and are connected to the cycles of life and death that are intrinsic to creation’s goodness. As Indigenous theologian Randy Woodley reminds us, ‘Death is simply another part of living.’ (*Christian Century, Did God intend for Adam and Eve to live forever?*, March 12, 2023)

On Ash Wednesday this year, I had a vision of God playing in the dirt. Kneeling down, mixing dirt into mud, molding and mixing, and forming each human. God – laughing and creating. God – loving and generating. I smiled at this sight. Later in the service, when I went forward to receive ashes in the shape of a cross upon my forehead, when I heard, “Dust to dust and ashes to ashes,” I had a vision of God scooping each beloved human into God’s arms at the end of their life. Holding the human turned dirt again. Loving and creating even more.


Dr. Bantum writes later in the same article, “Change, transformation, death, cycles of renewal and cessation—these are all part of God’s creation. And this change is beautiful and good.” Is it possible to move beyond the grief we feel when something ends and see the new life that might be coming?

Perhaps the glacier that died could be an impetus for us to take seriously the threat of climate change. I would hope so. I hope that the love my dog Gracie had for me will make me more loving towards others. In our synod, we are working with the closing congregations so that together we may begin new ministries and new ways of being church in this new day and age.

During this season of Lent – and into Holy Week and Easter – we know the truth of death. We know it in our bones. We acknowledge the pain, the difficulty, the fear, and the grief that comes with death. And yet, even more so, as people of faith, as people who celebrate Easter, we trust in God’s love through Jesus Christ who died and rose again for us and for the redemption of this entire world. Yes. There is death. And yes. There is resurrection.

God continues to play in the soil. God continues to create and nurture new life. God continues to hold and sustain life. And, fundamentally, without question, God brings life from death - each and every day.

May you have a blessed Easter. May we together, in this real world that we live in, trust in Jesus. And may we, with all the angels, archangels and all the saints, shout the good news together, “Happy Easter! Christ is risen! Christ is risen indeed!”

Bishop Shelley Bryan Wee | bishop@lutheransnw.org 

Saint Andrew's / Northwest Washington Synod

Synod Gathering at Saint Andrew's - Volunteers Needed

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

In lieu of a Synod Assembly in 2023, there will be two Synod Gatherings. One event will be held on Saturday, May 13, at Salem in Mount Vernon and one on Saturday, May 20 at Saint Andrew's. At each location there will be time to gather for worship, fellowship, and a number of forums for exploring and learning!

The theme is (Ephesians 4:12) "Equip the Saints for the work of ministry"

We need at least six (6) volunteers from Saint Andrew's to help host the May 20 event. It's a long day, so we need people to work one of two shifts: either 8:00 am – 12:00 noon or 12:00 noon – 4:00 pm. You will set up and replenish coffee, tea, and water, etc. throughout the day as well as organize boxed lunches when they arrive for quick pick up. Helping with hospitality also includes pointing folks in the right direction, checking on restrooms, answering questions, all with your good nature and your smile.

If you can help, please contact Office Administrator, Mary Mills, mary@salc.church or 425-746-2529. 

Congregation Council

At the March 13 Congregation Council Meeting....

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

PresidentCarolynn Ferris' Report:

- Pastor Lara's goals have been finalized.
- Staff reviews and goal setting has been moved to the June/July timeframe. The reasons: 1) The church program year starts in the fall and ends in the summer, and setting goals shortly before the program year makes more sense than at the beginning of the calendar year; and 2) The time between December and June is hectic and challenging for staff. The review and goal setting process for Pastor Lara will also be moved to the summer months.
- Additional items can be found in PresidentCarolynn Ferris' "President's Corner" report on page 12.

Congregations for the Homeless (CFH): The Council approved hosting the CFH Rotating Shelter in June.

Personnel Handbook for Non-Rostered Employees: Changes were made to clarify that part-time employees need to work a minimum of 30 per week to be eligible for benefits, and to add Juneteenth as a paid staff holiday. **The updated Handbook with these changes was approved.**

Pastor Lara Forbes' Report: The Northwest Washington Synod is having two Gatherings in lieu of a Synod Assembly. One gathering is on May 20 at Saint Andrew's. Council members are encouraged to help and/or attend.


Youth and Family Ministries:

- Director of Youth and Family Ministries Director Doug Johnson updated the Council on the work being done to re-imagine Youth and Family Ministries. He shared results of a questionnaire that Discipleship Ministries Committee members and Council members had completed. He reviewed the two books that will be used as models for moving forward. See the "Growing Young" article on page 6 for more information.
- Council members Aaron Davis and Ann Ross-Clarke requested Council members to sign up to participate in youth events for the remainder of the program year.

Council Retreat: The Congregation Council shared feedback from their retreat on March 11 and discussed next steps.

Finance: See Treasurer Bill Brueggemann's "Treasurer Notes" on page 13.

- A Task Force is being formed to look at long-term facility leases.
- Finance staff and volunteers from five cluster congregations are meeting quarterly to explore collaboration opportunities.

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. 

Congregation Council

President's Corner

from Carolynn Ferris, Congregation Council President

Greetings to my fellow brothers and sisters in Christ!

2023 Council Retreat

On Saturday, March 11, the Council spent four invigorating hours brainstorming ideas around how we might imagine “doing church” in new and impactful ways. We looked at everything from Music and Worship, to Adult Education, to Youth and Family, to Outreach and Servant Ministries. We talked about how we might better support our committees and how we need to be more creative and energetic as we face our future and figure out what God might have in store for us. Council Liaisons will be reaching out to their committees to share some of the ideas generated – there is no intent to dictate change, just begin a conversation about where there might be different ways to share our abundance. We all came away excited and energized about the possibilities ahead. There will be more to come!

CFH Rotating Shelter

We have learned that the church where the Congregations for the Homeless (CFH) Rotating Shelter typically goes in June has shut down, so CFH is looking for a new home that month. It was suggested that we invite the men back this June and change our typical hosting month to June going forward. This will eliminate the conflict with Lenten Soup Suppers and worship, minimize heating costs, and allow us to possibly host a BBQ for the men in the warmer months. Cheryl Jurrus has already recruited volunteers and other churches to support the men once again in June. On March 13, Council voted unanimously to approve this action.

Saint Andrew's Committee Review

One of the topics that Council discussed was around our various committees. It is apparent that some committees have had a difficult time recruiting both leadership and/or committee members and that it might be time to take a fresh look at how we best accomplish the objectives of a few of the committees. I have asked Dan Johnson to act as a “Committee Liaison At Large”. His role is to check in with each committee chair, Council Liaison, and stakeholders to provide Council with an objective view of what is working well and where there might be an opportunity to improve on effectiveness. This will take some time and healthy dialogue, but we hope the efforts will be worth it.

February and March Cluster Council President Meetings

On February 21, I hosted a call with the Council presidents from Cross of Christ, Saint Luke's, Sammamish Hills and Mount Si Lutheran Churches. We held a robust discussion about how we might carry forth the idea of greater collaboration between our churches. We talked about the possibility of sharing and/or leveraging resources of staff, property, programs, and pastoral care. We decided that the best next step would be to set up a meeting with church leaders (Presidents and Executive Committees) and pastors and possibly a representative from the Synod to brainstorm ideas and develop an action plan if there was a consensus to continue this work. We all felt very excited about the possibilities before us.

On March 7, we had another Cluster leadership call, but Anh Le from Holy Cross was the only one who called in. Their church in Factoria has entered into an agreement with Habitat for Humanity to redevelop their property. Once the project is completed, there will be a community space that could be used as a worship center if needed. It is likely that Holy Cross will have to vacate their premises early in January 2024 to accommodate the construction. Anh and I talked extensively about how he might manage this time of great change. I extended an invitation to have their congregants visit Saint Andrew's in the coming months to see if their members could feel comfortable worshipping in our space.

Grace and peace to you all. ☩

Congregation Council

Treasurer Note\$

from Bill Brueggemann, Congregation Treasurer

The numbers for January – February 2023

	February	YTD (January-February) 2023
Income	\$ 48,528	\$141,433
Expenses	59,471	128,661
Cash Flow	- \$10,943	\$ 12,772

Comments

The graph shows 2023 cash flow compared to history over the past 5 years. Cash flow decreased from +\$24K in January to +\$13K in February; however some contributions during the last week in February were not counted until March, so February income is somewhat understated. Expenses have been less than budgeted. Good start to the year!



Remembering Russ Stark

Most will remember Russ as our staff accountant for 16 years. I got to know him after his “retirement” as a mentor and friend. Russ patiently supported us this past year with advice, historical memory, cheerleading, and hands on bookkeeping, all as a volunteer. The finance community will miss him.

If you wish to do so, you may designate donations in Russ’ honor to Saint Andrew’s, Russ Stark Memorial. The collected contributions will be sent to the Stark family’s designated charity, Hope Bible Mission, in the name of Saint Andrew’s. Here is a link to Russ’ page: <https://www.hopebiblemission.org/russell-stark.html>

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. 🙏

Thank You

To our Saint Andrew’s Family,

Thank you so much for the care, concern, cards, prayers, hugs, phone calls, and thoughtful messages when Susan’s mom Ethel was in the hospital and after she died. We are grateful to all for your continual loving support!

Susan and Dennis Hegedus 🙏

Pastoral Acts

Baptisms

None

Weddings

None

Memorial Services

None

Committals

None

April 2023

For current information,
visit salc.church/calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mar - 26	Mar - 27	Mar - 28	Mar - 29	Mar - 30	Mar - 31	Apr - 1
Apr - 2 ALL DAY Palm Sunday 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 OFFSITE 3:30p - 5p Scavenger Hunt Youth grades 6-12 5p - 7:30p Youth dinner and FUN!	Apr - 3 10a - 11:30a Health & Wholeness Ministries Committee 1p - 2p Saint Andrew's Staff Meeting 3p - 4:30p Executive Committee 6p - 7p Finance Committee	Apr - 4 8:30a - 9:30a Tuesday Morning Men 9:30a - 12:30p Dorcas Circle 10a - 11a Midweek Bible Study with Pastor Lara 7p - 8p Handbell Choir Rehearsal	Apr - 5 7p - 8p Chancel Choir Rehearsal	Apr - 6 12:15p - 1:15p Maundy Thursday Worship Service/in person only 7p - 8:30p Chancel Choir Rehearsal 7:30p - 8:30p Maundy Thursday Worship Service	Apr - 7 ALL DAY Office closed on Fridays 12:15p - 1:15p Good Friday Service 7:30p - 8:30p Good Friday Worship Service	3:30p - 5p Easter Festival
Apr - 9 ALL DAY Easter Sunday 8:45a - 11:30a Continental Breakfast 10a - 11a Sunday Worship	Apr - 10 ALL DAY Church Office Closed 8a - 5p Performing Arts Festival Eastside 7p - 9p Congregation Council Meeting	Apr - 11 8a - 5p Performing Arts Festival Eastside 8:30a - 9:30a Tuesday Morning Men 10a - 11a Midweek Bible Study with Pastor Lara 7p - 8p Handbell Choir Rehearsal	Apr - 12 8a - 5p Performing Arts Festival Eastside 1p - 2p Saint Andrew's Staff Meeting 2p - 3p Congregation Care Team	Apr - 13 8a - 5p Performing Arts Festival Eastside 7p - 8:30p Chancel Choir Rehearsal	Apr - 14 ALL DAY Office closed on Fridays 8a - 5p Performing Arts Festival Eastside	6:30p - 10p Performing Arts Festival Eastside (Concerto Playoff)
Apr - 16 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 - 12:15p KnitWits (Knitting as Witness) 6p - 8p Youth Group - All Youth grades 6-12	Apr - 17 1p - 2p Saint Andrew's Staff Meeting 7p - 8p Discipleship Committee Meeting	Apr - 18 8:30a - 9:30a Tuesday Morning Men 10a - 11a Midweek Bible Study with Pastor Lara 11:45a - 1:15p O.W.L.S. 7p - 8p Handbell Choir Rehearsal	Apr - 19 10a - 11:30a W.E.B.S. (Women's Early Book Study)	Apr - 20 7p - 8:30p Chancel Choir Rehearsal	Apr - 21 ALL DAY Office closed on Fridays	4p - 6p Eastside Artists in Concert
Apr - 23 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 11:30a - 1p Healing Prayer Ministry Meeting & Lunch 2p - 5p Eastside Artists in Concert	Apr - 24 1p - 2p Saint Andrew's Staff Meeting	Apr - 25 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	Apr - 26 10a - 11:30a W.E.B.S. (Women's Early Book Study) 7p - 8p Racial Justice Group/EDI	Apr - 27 6p - 8p Minecraft Youth grades 6-12 7p - 8:30p Chancel Choir Rehearsal	Apr - 28 ALL DAY Office closed on Fridays	Apr - 29
Apr - 30 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	May - 1	May - 2	May - 3	May - 4	May - 5	May - 6

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 April ~ Lantern Hill

Gracious and merciful God,

Great Teacher, children need an education to have the full and abundant life You came to give them. Your Word demonstrates how You touch people's hearts to spur them to action for their own personal growth and betterment. Bless the children living in poverty by providing them nourishment and a safe and positive space to thrive and learn, that they may apply their education to help lift themselves and their families out of poverty — for this generation and generations to come. Amen.



Background on the Ministry with Lantern Hill~

Lantern Hill is a non-profit organization with roots in the ELCA Lutheran church. Lantern Hill was founded by JJ and Abby Williams in 2007 and has evolved over the years into an education and feeding program that follows students through their educational careers and ensures that they stay in school and graduate.

Lantern Hill is called *Linterna del Camino* and is an Educational Community Center in Canon Buena Vista, Mexico (outside of Ensenada) that provides tutoring, feeding programs, youth programs, special events, and a summer school. The Mexican staff works year-round with the students. Lantern Hill provides for their education needs, school tuition, school supplies and uniforms.

The LH mission statement is: Breaking the cycle of poverty through education, nutrition and care. We believe it is through these things that lives can change and families can break out of the cycle of poverty.

Saint Andrew's involvement with Lantern Hill began in 2019 with the mission trip that sent the "Mexico 12", a mix of adults and high school youth, to spend time living amongst and working with the staff and children there. It was such a positive and influential experience, that as a group we felt strongly that the mission and the people served needed their story to be told, our experience shared, and that efforts could be made to continue supporting them financially. Additionally, Shana Nielsen became a board member of the Friends of Lantern Hill in January 2020, and she and her family have since returned to Lantern Hill to serve and represent Saint Andrew's.

Current Opportunities to Support Lantern Hill:

Support looks differently based on where a child is in their educational journey. Younger children are receiving up to three nutritious meals per week, which for some is their only meal of the day. All students receive tutoring from university certified educators (all local community members). Historically in this community, the average education level did not exceed the equivalent of 6th grade. "Kids" attending middle school, high school, or university must test in and be accepted, are required to wear uniforms (which LH helps to fund to ensure a child is not excluded for lack of appropriate attire), and for high school and university students, provision of bus fare, as students average a 1½ hour bus ride (one way) to get to the nearest schools. In addition, there are plans to purchase a building across the street from the school that will be renovated to allow for a safe play and creative space, (currently there is not such a place), as well as an empty lot that will be used as a teaching/experiential garden to grow fruits and vegetables for the school's feeding program.

Latest Information:

Currently there are 100 children, ages 4-22 (including 4 in university, 1 in medical school), receiving educational and related support. This is the highest number of students ever served with more challenges than ever due to the ongoing repercussions from Covid. Monetary support provides financial security needed to sustain the mission for long term success. We have been so very thankful for your loving care of Lantern Hill, your prayers for the safety, health and well-being of the staff, children and their families, and for your financial support. We look forward to sharing more about Lantern Hill in the coming months. For more information about Lantern Hill, or for information about donating, see us on Facebook at either Lantern Hill or Friends of Lantern Hill, Instagram at Friends of Lantern Hill, or connect with Shana Nielsen.

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



Outreach and Servant Ministries

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


We have had amazing volunteer support for hosting 12 men from Congregations for the Homeless (CFH) during the month of March.



- The Youth Group made two posters to welcome the men and a welcome bag with personal supplies for each man.
- Carolynn Ferris bought a new pair of athletic shoes for each man.
- The "Corner of Blessing" provided cereal and soup for the men.
- We had 10 members volunteer to do shopping for supplies for breakfast.
- There were 9 members scheduled to host the men from 6:00 pm to 7:00 pm nightly during the month. Our hosts welcome the men and the meal providers, and help to set up the meal to be served.
- Four women are bringing hot breakfast casseroles on the two Saturdays that the men are invited to stay in all day. The men really enjoy sleeping in and having a hot breakfast served.
- We have 6 members writing cards weekly to encourage the men and the staff during the month. They are also praying for the men they write to.
- Kurt Lutterman has been extremely helpful in ordering supplies and making sure everything is running smoothly.
- Dinners have been provided by The Church of Jesus Christ of the Latter Day Saints, Bellevue Presbyterian Church, MCRC (Muslim Group), Girl Scouts, and Hyatt Hotel during the month.
- We have an enthusiastic team of 6 who have been planning and checking in weekly to make sure "all is well".
- Our Saint Andrew's Family has been supporting our hosting CFH by making donations marked "Hosting CFH in March."



Thank you to everyone for all the support!

Cheryl Jurrus 



Lenten Outreach ~

Personal Care Kits *Baskets of Promise Drive*

The Health and Wholeness Ministry Committee is 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. We have a collection emphasis each week, but you can bring in any of the items any time.

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

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



Outreach and Servant Ministries

Collection Emphasis for Hopelink ~ April

The Hopelink Food Bank tries hard to provide the items needed and desired by the 1700 households they support. As we partner with them, they have come to ask us for items that they don't usually get donated. The families they support would like to be able to do some baking, but baking supplies are not typically donated.



So, for April we are collecting “**Baking Makings**” –sugar and flour. And to support this baking - salt, baking soda, baking powder and some typical baking items. To support as many households as possible, they ask for specific size packages. The “foods” for April are:

- **Sugar** (white in 4-pound bags or brown in 1- or 2-pound packages)
- **Flour** (wheat or white in 5-pound bags or gluten free options – almond, coconut, all-purpose gluten free)
- **Baking Soda** (1-pound box)
- **Baking Powder** (about 8 ounce)
- **Salt** (about 26 ounce)
- **Chocolate chips**
- **Cocoa powder**
- **Vanilla extract** (or other extracts)
- **Yeast**



Hopelink has also asked us to continue to collect **paper grocery bags**. They have an ongoing need for these. Bring all donations, including paper bags, to the Corner of Blessing in the Narthex. ☮

SOUPer Bowl of Caring - Thank You!

Thank You Saint Andrew's! What an amazing response for our hungry neighbors. You filled 20 crates with food on Super Bowl Sunday. Thank you all for such generosity. This provided 544 pounds of food and \$1,000 to the HopeLink Food Bank. And thank you to our teammates who helped with the collection: The Johnson family (Erik, Avegail, Kellen and Kayleigh), and the McLeod family (Anna and Ella). It was quite a team effort!



THANK YOU!
Saint Andrew's Lutheran Church's 2023 Collection
raised:
\$1,000 and 544 lbs. of food

Thanks to your efforts this year, more dollars have been raised, more lives have been changed, and the nation has seen the impact of people working together to help those in need. Thank you for working to transform the time around the Super Bowl into the nation's largest celebration of giving and serving.

February 13, 2023

TACKLE HUNGER

Alison Reese
Alison Reese
Executive Director
Tackle Hunger: Home of the
Souper Bowl of Caring

The Sophia Way

THANK YOU go to the Saint Andrew's members who provided lunch for the ladies at Sophia's Place on March 8! The ladies enjoyed a hot meal of chicken chili and much more!

Thank you Nancy Davis, Jay Baxter, Janell Erickson, Terri Anderson, Ruth Miller, Susie Carney, Louise Tollefson, JoAn Eklof, Beth Donahoe, Linda Willenberg, Sarah Cannon, Linda Gilham, Stella Nieman, Shirley Hobson, and Joyce Nelson!

With the colder weather of last month, Sophia's Place also served as an Emergency Shelter, so even more ladies came to lunch!

Our next meal for the ladies will be in late May. Information will be in the May issue of *the VOICE!* Anyone can donate!

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



Outreach and Servant Ministries

The Plaster House, Tanzania Exciting News from The Plaster House

Dr. Brown and Dr. Bakker's teams, plastic surgeon teams from Denver, have just done about **70 surgeries on children's** lips and palates and burn scar contractures with a added focus on hand surgery. Surgeries were done at Mt. Meru Hospital, the local governmental regional hospital. As a result, there are **90 children** in our temporary home in Them Hill, Arusha. This month they will start surgeries on children with neglected clubfoot at the Nkoranga and NSK hospitals. Using area hospitals for surgeries is part of our new five-year expansion plan. Most exciting is that next week they will be treating children with fluorosis, working with the Kilimanjaro Christian Medical Centre (KCMC) which is owned and operated by the ELCT in Moshi. We pray for **Esupat Kimirei** as the new day-to-day boss of the Them Hill campus. She earned a bachelors degree at Concordia College (Moorhead, MN) and has served many years as the director of outreach, locating children in the interior areas who can be treated.

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

Last fall 70 girls from across Tanzania were brought to the Maasae Girls Lutheran Secondary School to begin their Pre-Form One studies. They've been taught many subjects, especially English, in preparation for starting Form One which began in January. One young lady's education is being sponsored by the "Dr. Seth Msinjili Endowed Scholarship," the recently retired headmaster of the school. As she completes her education, another young lady will be chosen to receive this scholarship, a gift of perpetuity to honor the life work of Dr. Msinjili.

Five of the original seventy from the new class have been sent to attend classes at Moringe Sokoine Secondary School, just down the road in Monduli. These young women come from safe homes of "understanding parents", meaning they are at little or no risk of being taken from campus and do not need the extra shelter provided by MGLSS.

In case you hadn't heard, the exam results are in for the Form 5 entrance exam taken in late October of 2022. Of the 67 young ladies who took the exam, 65 passed! This is the largest number of girls to pass the Form 5 entry exam in the history of the Maasae Girls School. Operation Bootstrap Africa (OBA) is proud of these young women and can't wait to see the things they accomplish. **Pray** for them as they wait to start Form 5 next July, especially that they may stay safe and not become pregnant or married. This is a precarious time for them.

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. 🙏

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. 🙏


Outreach and Servant Ministries

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/>. 



Congregation Council, Committees 2023

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	Rob Parks Becca Piel	
Discipleship Ministries	Aaron Davis Ann Ross-Clarke	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	Brent Hicks
Outreach and Servant Ministries	Jean Wahlstrom	Dick Szabo
Stewardship	Becca Piel	
Worship and Liturgical Arts	Tom Getzinger	Sharon Gurtel

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!

The due date to submit items for the next issue of *the VOICE* is **April 17**

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. See our full welcoming statement at salc.church/about-us.

