



# the VOICE

May 2023

Growing Together in Christ to Love and Serve All People

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## Presence and Peace

*While they were talking and discussing, Jesus himself came near and went with them, but their eyes were kept from recognizing him.... When he was at the table with them, he took bread, blessed and broke it, and gave it to them.*

*Then their eyes were opened, and they recognized him.... Luke 24:13-35*

The story of the Road to Emmaus is one of my favorites in all of scripture. It's foundational for the ELCA's mission philosophy, so it was a big part of my life during the time I served in Costa Rica. At its core, it's about the physical proximity of the risen Christ to the disciples – meeting them where they were and accompanying them along their way.

This story came to life for me after I'd been in Costa Rica for about a month. I was still adjusting to life in a new place and learning what my job was all about. I was homesick, and I didn't really want to be there. I knew that Jesus was with me, but it didn't feel like it.

That changed one afternoon, though, when I visited one of the urban churches that I served. At that time, the church building and adjacent parsonage were made of corrugated metal attached to a wooden frame. From the outside, it looked more like a large shack than a place where people lived and worshipped.

But when I stepped inside, there was a presence and a peace that I didn't expect to feel – and I recognized it right away. And I remember feeling relieved and thinking, "I'm home."

When the disciples left Jerusalem on that first Easter afternoon, they hadn't seen the risen Christ yet so, as far as they were concerned, the resurrection didn't happen. So they went to Emmaus, a place they knew was safe and secure. As they walked, the risen Christ met them on their way, listening to them as he accompanied them. In the moment he made himself known, it was through an act so simple and, at the same time, so familiar that they almost missed it.

Afterwards, they couldn't wait to get back to Jerusalem to proclaim to the others that they'd seen the risen Christ. But Jesus' resurrection isn't the end of the story. He shaped the identity of the disciples and was made known in them as they went out and continued his teachings and ministry in the world.

The risen Christ continues to be made known today. He shapes who we are as individuals, and he forms the common link between each of us in our congregation. His presence is what allows us to accompany one another and *be* a community. He reminds us of who we are, and that he's with us wherever we happen to be – accompanying us along our way.

As we continue in this Easter season, may the presence of the risen Christ bring peace to your life. May you know that the story of Jesus is made known in you.

With peace,  
Pastor Lara ☩

## Sunday Worship 10:00 am In-person and Livestream

Masks are optional for in-person worship.  
Visit [salc.church/media](https://www.salc.church/media) for livestream worship.



## Day of Service ~ Congregation Volunteer Day

Saturday, May 6 | 10:30 am - 12:00 noon

Help 90-year-old Charlotte clean and tidy up her yard in the Sammamish area.

See page 14

SAINT ANDREW'S LUTHERAN CHURCH

2650 148th Avenue SE; Bellevue, WA 98007-6452 | Phone: 425-746-2529 | Fax: 425-746-3758 | [www.salc.church](https://www.salc.church)

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

# Worship and Liturgical Arts

## Communion Distribution

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

#### May 7

Romans 1:1-17  
Matthew 9:10-13

#### May 14

Romans 3:28-30, 5:1-11  
Matthew 11:28-30

#### May 21

Romans 6:1-14  
Matthew 6:24

#### May 28

#### Day of Pentecost

Acts 2:1-4  
Romans 8:14-39  
Matthew 28:16-20



### 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)**

In a previous announcement communicated in Sunday bulletins and *Trendings* Renew, the Worship and Liturgical Arts Committee (WLA) and Pastor Lara shared that we would begin a hybrid approach for receiving Communion starting on Sunday, **May 7**. As promised, here are the details.

To honor all of the requests that we've gotten about receiving Communion, we will receive at the rail on the first, third, and fifth Sundays of the month. We will receive continuously (as we've been doing) on the second and fourth Sundays of the month, and also on festival Sundays and worship services, such as Easter and Christmas.

Every Sunday, we will continue to commune the east and west sides of the Sanctuary simultaneously so that you receive Communion on the side in which you are seated. The ushers will continue to guide this process. On the Sundays that we receive at the rail, you are invited to kneel or stand at the rail – whichever is comfortable – on the side in which you are seated. For safety reasons, the back sides of the rail (closest to the choir and musicians) will not be available for kneeling or standing to receive Communion.

We expect that there will be a period of adjustment; however, we do view this as the best way to accommodate everyone's wishes. Thank you, again, for your patience and understanding as we work to provide a meaningful worship experience for all. 🙏

## Healing Prayer during Communion

Healing Prayers during Holy Communion are offered on the third Sunday of the month. The next date is on Sunday, **May 21**.

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

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

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



## Communion Bread

We are always 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). 🙏



## 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. 🙏



# Worship and Liturgical Arts

## Update on Covid-related Practices

With the expiration of all Washington state public health emergency restrictions on April 11, all remaining restrictions still in place at Saint Andrew's have been discontinued. These include:

- Hand sanitizer for the congregation before communion
- Masking requirements for communion servers
- Masking suggestion for greeters and ushers
- Any distancing requirements
- Highest velocity air exchange

Anyone who wishes to continue masking is welcome to do so. Masks and hand sanitizer remain available in the Narthex for those who want to use them. The back rows in the section that was previously reserved for distancing (the far section on the east side of the Sanctuary) remain as "suggested masks and distancing." The rest of the section is seating as in the rest of the Sanctuary.

Hand sanitizer remains on the altar to be used by all Communion servers prior to distribution. 🙏

## Sunday Bulletin Prayers

The intercessions are the heartfelt prayers of those who come together for worship – both in-person and online - and speak to the needs of the church, the world, and the individual.

For privacy and security reasons, we do not share the last names of individuals during the spoken prayers, and we do not publish the prayers in the bulletins posted on our website. A copy of the bulletin prayers is available upon request - contact Susan Hegedus anytime, [susan@salc.church](mailto:susan@salc.church) or 425-746-2529, to get the current prayers sent to you. 🙏

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## Free Concert at Saint Andrew's

On Mothers Day, Sunday, **May 14**, at **4:00 pm**, in the Saint Andrew's Sanctuary, Hillary Nordwell will present a free admission (donations welcome) concert of Piano Trios by French and American Women Composers. All are welcome, and we'll have a reception afterward, so come and enjoy with your family without having to come up with big dinner plans!

To register your attendance and/or make a donation, please visit <https://mothersdaymusicale.brownpapertickets.com>

### The Program:

Louise Farrenc's large scale Piano Trio in E-flat, written in the classical style, will delight and intrigue audience members. The trio was composed by the virtuoso pianist in the years before she was appointed Professor of Piano at the Paris Conservatoire, a prestigious position despite the pay difference between Farrenc and her male counterparts. Eventually Farrenc's demand for equal pay was met, and she stayed in this position for 30 years.

Lili Boulanger's D'un matin de printemps ("Of a Spring Morning") was one of the final pieces she completed during her tragically short life. She died of intestinal tuberculosis at 24, while her sister Nadia Boulanger went on to become one of Europe's most celebrated composition teachers and lived until age 92. D'un matin de printemps is an energetic and blustery welcome to spring!

Jennifer Higdon's Pale Yellow and Fiery Red offer a deep dive into the intersection between music and color. Higdon was influenced at an early age by rock and folk music, and had little exposure to the classical music world until she joined her high school band, playing percussion and flute. She rose quickly in the compositional world through her college and graduate school studies and until recently served on the composition faculty at Curtis Institute of Music. Her Letters for the Future album won a 2023 Grammy Award.

Amy Beach's Piano Trio, Op. 150 is at turns meditative and invigorating, and always imaginative and Romantic. Beach was among the earliest American-educated women to find success as a virtuoso pianist and composer. After her husband's death in 1910, she spent several years in Europe, where she was also greeted with acceptance and appreciation for her music.

Florence Price's Art Song "Night," arranged for piano trio by the Merz Trio, lends a calming farewell to our program. Florence Price, an extremely gifted and hard-working African American composer born in 1887, overcame a great deal of discrimination and adversity to bring her works to the public.


Please join us! 🙏

# Discipleship Ministries

## Midweek Bible Study with Pastor Lara

Tuesdays | 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.

If you have not signed up yet and plan to attend, please visit [salc.church/midweek-bible-study](https://salc.church/midweek-bible-study). 

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## Sundays

### 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](https://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.

*Sunday, May 7 | 9:00 am | 301/Fellowship Hall*

#### Coffee and Conversation

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

*Sunday, May 14 | 9:00 am | 301/Fellowship Hall*

#### Program Pending

Plans for this Forum from the JEDI Group (Justice, Equity, Diversity, Inclusion) are pending. Watch Sunday bulletins, Trendings enews, and the Saint Andrew's website for updates.

*Sunday, May 21*

#### Happy Birthday Saint Andrew's!

Saint Andrew's officially became a congregation in May 1956. Come and learn a little bit about our history. Hear a few stories and memories, and share some of your own too!

*Sunday, May 28 | 9:00 am | 301/Fellowship Hall*

#### Coffee and Conversation


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



### Bible Study Leaders Needed

Share your knowledge, love, or curiosity about a book in the Bible, or just your favorite chapter, in a Bible Study on Sunday mornings!

Volunteer to lead a Bible Study. These can be one, two, or three week sessions. Pastor Lara Forbes will help you with background material.


Be brave and share! Contact Fellowship Coordinator Sherry Grindeland, 425-746-2529 or [sherry@salc.church](mailto:sherry@salc.church), for more information or to schedule your time. 

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## 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

The final day of Youth Education for the program year is Sunday, May 21.

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

Families get the 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. 



# Discipleship / Children / Youth and Family Ministries

## For Youth in Grades 6-12

### Youth Group

Sundays, **May 7** | **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 our youth group time from **6:00 pm - 8:00 pm**. On **May 7** we will discuss "the meaning of life." After our discussion we have our normal evening full of fun and excitement!

On **May 21**, we will have final end of the year BBQ/celebration with St. Matthew's - details are below.

All youth grades 6-12 are welcome to attend, and don't forget to invite a friend along! Questions, please contact Doug Johnson. 📞

### End-of-Year BBQ

Sunday, **May 21** | **4:00 pm - 6:00 pm** |

meet at St. Matthew's,

1700 Edmonds Avenue NE, Renton, WA 98056

On Sunday, **May 21**, we will meet at St. Matthew's in Renton at **4:00 pm** for an end of the year celebration and BBQ. Youth grades 6-12 are invited, and feel free to bring a friend! There will be food, fun, and Sock Samurai!



Please sign-up online at [salc.church/youth-bbq](http://salc.church/youth-bbq) no later than Wednesday, **May 17**. Questions, please contact Doug Johnson. 📞

### Minecraft

Wednesday, **May 17** | **6:00 pm - 8:00 pm** | online

Our last session before the summer will be Wednesday, **May 17**, from **6:00 pm - 8:00 pm**. We connect over Discord. Youth grades 6-12 are welcome to join. **Adults** – If you would like to be an admin on the server, contact Doug Johnson.

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

### Tiny House Build 2023

Monday-Friday, **August 7-11** | **9:00 am - 4:00 pm**

Monday-Friday, **August 14-18** | **5:30 pm - 8:00 pm**

Calling all builders, another Tiny House Build is coming! We are partnering with Mt. Si Lutheran Church and Sammamish Hills Lutheran Church this August as we build and learn together at Mt. Si Lutheran Church.

The build will be Monday-Friday, **August 7-11**, from **9:00 am - 4:00 pm**, and Monday-Friday, **August 14-18**, from **5:30 pm - 8:00 pm** (the second week has limited sign-ups.)

We are looking for youth entering 6<sup>th</sup> grade through graduating seniors as well as adults to come and help with the build. We are working with local organizations to learn about housing, food, and job insecurities. We will also be doing additional service projects alongside the build.

Sign-ups are at [salc.church/tiny-home-2023](http://salc.church/tiny-home-2023) now. Questions, please contact Doug Johnson. 📞

## For Everyone!

### Envelope Fundraiser - Thanks!

Thank you to everyone who participated in the envelope fundraiser! We are so incredibly blessed to have such a giving congregation. Through your incredible support we raised a total of \$6625. 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 May!



Soren L.....	5/03
Benjamin D.....	5/04
Abilgail D.....	5/09
Christopher H .....	5/11
Mark H .....	5/11
Andrew C .....	5/15
Ella M .....	5/17
Abigail A.....	5/21
Joshua S.....	5/29

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: @salc families

# Fellowship

## Invitation to Assemble Personal Care Kits

Monday, May 1 | 12:00 noon | 302/Fellowship Hall South

Would you like to do something to make a difference in someone's life? Would you like to get to know some other people in our congregation? If the answer is "Yes" to either or both of these questions we have an answer for you.

Come and join the Health and Wholeness Ministry Committee on **May 1** to help assemble personal care kits for Lutheran World Relief. We have a bounty of contributions and would welcome all. You think you don't know how to do it? Never fear – individualized instruction will be provided. Come even earlier at **11:30 am**, bring a bag lunch, and join us for a time of fellowship before we start work. If you have questions, contact Ruth Miller or Stella Nieman.



## Semi-Annual Congregation Meeting

Sunday, June 4 | 11:15 am (following worship)

The Semi-Annual Meeting of the Congregation will be held following worship on Sunday, **June 4**.

Save the date! More information coming soon.

## Women's Early Book Study (WEBS)

Wednesdays, through 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 continues on Wednesday mornings through **May 24**. We are reading **Lineage of Grace** by Francine Rivers. We started with the story of Ruth (Unshaken). The other two women we are discussing 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.

## 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 May 2!**

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.

## Graduates!

Each year, we like to recognize those who are graduating from high school and post-high school programs, and note what their plans are for the next chapter of their lives. Please let us know!

Send the information about your graduate to Communications Specialist Susan Hegedus, [susan@SALC.church](mailto:susan@SALC.church) or 425-746-2529, by **Monday, May 22**, to be included in the next issue of *the VOICE*.

## Memorial Garden Vases

Saint Andrew's has vases available for use in our Memorial Garden.

The plastic vases are stored in a waterproof tub just behind the Columbarium wall. The vases have a stake on them, and can be pushed into the rocks or dirt in front of the engravings on the wall. The vases can hold a few flowers, a small bunch, or flags. Once the flowers have passed their prime, they will be removed and the vase returned to the tub for its next use.

Contact Facilities Manager Kurt Lutterman, 425-746-2529 or [kurt@SALC.church](mailto:kurt@SALC.church), for more information.

# Fellowship

## Tuesday Morning Men

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

### Current Study

**T**uesday 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

**T**he 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. See page 16 for more information.

## Older Wiser Lutheran Saints (OWLS)

### Join Us For OWLS in May!

Tuesday, May 16 | 11:45 am  
301/Fellowship Hall North



**J**oin Us For OWLS in May! The program is pending but the potluck lunch and the socializing are always fun at the Older, Wiser Lutheran Saints gathering.

We will meet at 11:45 am on Tuesday, May 16.

Remember – you don't have to be older or wiser to come to attend.

Watch for program description in upcoming *Trendings* enews and Sunday bulletins, or contact Fellowship Coordinator Sherry Grindeland.

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



## Let's Go to Holden Village

**W**e are looking for folks who would like to resume the Saint Andrew's Church group trips to Holden Village.

A suggested time frame would be late August if there's room.

Contact Fellowship Coordinator Sherry Grindeland, 425-746-2529 or sherry@salc.church, if you are interested in this opportunity.

## Annual Women's Retreat Save the Date for November 10-12

**T**he Annual Women's Retreat, a joint venture between Saint Andrew's Lutheran and Our Savior Lutheran in Issaquah, will be held **November 10-12** at Rainbow Lodge in North Bend.

Stay tuned for further details.

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

## Pastoral Acts

### Baptisms

None

### Weddings

None

### Memorial Services

None

### Committals

Ron Muecke, April 15, Saint Andrew's Memorial Garden  
Pastor Lara Forbes and Pastor James McEachran

# Health and Wholeness

## Loss and Grief: Rediscovering Joy

by Terri Anderson, RN (retired)

**Bereavement, loss and grief.** Something we don't like to think or talk about, but it's an inevitable part of life, isn't it? Loss comes in many ways. ie: death of a loved one, be it a spouse, child, sibling, parent, grandparent, friend, co-worker, unexpected or anticipated. It also occurs in divorce/separation, loss of a pet, loss of health, or a job. Grief is a normal and healthy response to loss. If we love, we will grieve. No matter if you are the bereaved or supporting a loved one experiencing loss and grief, life is never quite the same. But it is possible to move forward with life, with hope and anticipation. Possibly even joy!

### How can we help ourselves?

- Recognize you are not alone. Intense grieving might last for 6 months or years. It's different for everyone. When grief is new it is normal to feel numb like you are trapped in the wrong body, exhausted spiritually, mentally and physically. Seek out support groups or grief counselors, particularly for worsening depression or difficulty in managing daily activities. Stay connected to those around you, your loved ones and church family. God intends for us to share our grief. It helps lessen the load. Crying, reliving events, retelling your story helps the healing process. Don't hold back on the tears. Crying is also a known stress reliever.
- Practice self care. Getting adequate sleep is critical. Continue meds, prescribed medical treatment plans, including a healthy diet. Try journaling, or even "writing letters" to your loved one.
- Get out for a walk, a bike ride, rake leaves. Exercise stimulates those "feel good" hormones and lifts the spirits, at least temporarily. Surround yourself with your pets.
- Moving forward and enjoying life does not mean you have forgotten that person. We never forget. It's okay to hang on to a loved one's belongings, be it clothes hanging in the closet, keeping a child's room intact, maintaining your husband's/wife's desk as he/she left it. You will know when the time is right to make changes.
- For worsening depression or if you are thinking of self harm, call the Crisis Call Center at 775-784-8090.


### What can we do to help others who are grieving?

- Sometimes there are no words, and your presence is enough. In time you can say, "Do you feel like talking?" Be willing to listen to the same repetitive stories, such as how their loved one died. It's part of processing the loss. Comments like, "you need to get over it", "It was God's will", "It's time to move forward", although usually spoken in good faith, are often not helpful.
- Be there for the bereaved when others have moved on. Acknowledge their loved one on special occasions, particularly date of death anniversaries. There is fear he/she might be forgotten.
- Encourage the bereaved to channel their grief into empathy and support of others, particularly towards those who are experiencing the same.

### There is hope.


Grief teaches us important life lessons. How to be more compassionate and sympathetic. It reminds us we are not alone during difficult times. It also creates resilience, strength, even empowerment.

**John 16: 20, 22:**


*"Very truly I tell you, you will weep and mourn while the world rejoices. You will grieve, but your grief will turn to joy. Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy."* 

## 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.

The KnitWits meet **in-person** on the third Sunday of each month following worship. The next meeting is Sunday, **May 21**, 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. 



# Prayer Partners

## Prayer Partner Reveal Marked with Hugs and Laughs



Each Lent the Saint Andrew's Church family focuses on praying for one another through the Annual Prayer Partner Program.

Participants sign-up prior to Ash Wednesday and are assigned a person to pray for during Lent. People may make special requests such as praying for health, family, or challenges they may be facing. While they are praying for a specific person, someone else is praying for them – but the someone else is a secret.

Some people send the person they're praying for cards or notes throughout Lent.

This year we had 59 participants listed below.

Each participant prayed for the name below theirs in the following list. The last person prayed for the first person. Thank you to everyone who participated.

- |                       |                         |                          |
|-----------------------|-------------------------|--------------------------|
| 1) Bowerman, Jan      | 21) Davis, Nancy R      | 41) Baxter, Jay          |
| 2) Plewa, Cady        | 22) Nichols-Hick, Alex  | 42) Banuelos, Joe        |
| 3) Eklof, Karin       | 23) Parks, Jakki        | 43) Ferris, Carolyn      |
| 4) Campbell, Lauren   | 24) Forbes, Pastor Lara | 44) Elien, Malinda       |
| 5) Kaald, Pat         | 25) Bowerman, Kit       | 45) Nieman, Stella       |
| 6) Lee, Dianne        | 26) Schneider, Carol    | 46) Risdal, Jackie       |
| 7) Bevel, David       | 27) Nielsen, Shana      | 47) Quinn, Linda         |
| 8) Szabo, Dick        | 28) Swaisgood, Dick     | 48) Ryan, Helen          |
| 9) Davis, Mark        | 29) Elien, Emily        | 49) Thiel, Judy          |
| 10) Tollefson, Louise | 30) Marcrander, Dave    | 50) Davis, Aaron         |
| 11) Olsgaard, Dick    | 31) Lund, Renee         | 51) Corker, Ed           |
| 12) Wilkie, Vanessa   | 32) Davis, Nancy P      | 52) Zomordian, Christine |
| 13) Vossler, Michele  | 33) Hobson, Shirley     | 53) Elien, Zoe           |
| 14) Hobson, Dean      | 34) Szabo, Debbie       | 54) McLeod, Anna         |
| 15) Eklof, JoAn       | 35) Nelson, John        | 55) Tweten, Joan         |
| 16) Nelson, Joyce     | 36) Benson, Jan         | 56) Lutterman, Teresa    |
| 17) Erickson, Janell  | 37) Jurrus, Cheryl      | 57) Wahlstrom, Jean      |
| 18) Brueggemann, Bill | 38) Anderson, Terri     | 58) Grindeland, Sherry   |
| 19) Kaald, Krystal    | 39) Thorpe, Ann         | 59) Miller, Ruth         |
| 20) Willenberg, Linda | 40) Arnold, Joyce       |                          |



## Thank You

### We Dined in Style on Easter

Thanks to a number of Saint Andrew's bakers, the Easter Morning Continental Breakfast was delicious!

Homemade coffee cakes were the highlight. Attendees also enjoyed fresh fruit, juice, cheeses, and the usual array of coffee and tea.

The volunteers who helped included Janell Erickson, Terri Anderson, Karen Getzinger, Helen Ryan, Jay Baxter, JoAn Eklof, Joyce Arnold, and Shirley Hobson.

Special thanks to Janell, Terri, Jay, and the rest of the set-up team and the cleaner-uppers who included the above plus Michele Vossler and John and Joyce Nelson.



# Thank You

## Easter Festival

A huge THANK YOU to all of our volunteers for the Easter Festival. We had over 20 volunteers and over 350 people participate in the Easter Festival on April 1. We hid over 2000 eggs, created over 200 crafts, over 250 coloring pages were filled with color, many faces were painted, and countless games of checkers, giant Jenga, and Connect Four were played. Fellowship Hall was full of people, laughter, joy, and people as we welcomed members of our community into the building for an afternoon of fun and fellowship. Check out the pictures in the Narthex for a glimpse of the fun. And if you see one of the volunteers below, make sure to give a huge thank you for all their hard work. 🙏

Rob Parks  
Margaret Santjer  
Joshua Santjer  
Pastor Lara  
Ann Ross-Clarke  
Johannes Grad  
Melanie Grad  
Juliet Engan  
Karin Eklof  
Sonja Wetmore  
Carolynn Ferris

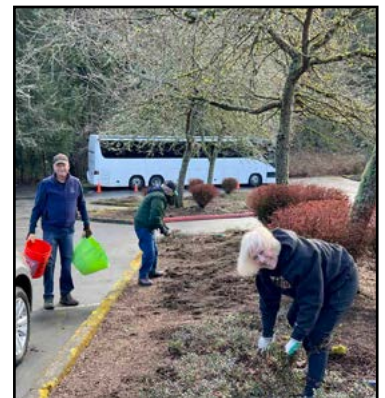
Darcy Johnson  
Dan Johnson  
Adam Camrud  
Andrew Camrud  
Abby Kasper  
Avery Laub  
Tom Getzinger  
Anna McLeod  
Nancy Davis  
Mark Davis



## Spring All-Church Work Day - Thank You!

Thank YOU!! to the crowd who came out for the All Church Work Day in March: John and Joyce Nelson, Hal Ferris, Gary Rudolph, Joe B., Dean and Shirley Hobson, Carol Schneider and Ed Corker, Ron Ryan, Dick Swaisgood, Ann Ross-Clarke, Michele Vossler, Mark and Nancy Davis, Jeff Thiel, Paul Bradley, Pastor Lara Forbes, Doug Johnson, and the Cub Scouts and Girl Scouts who use our church. THANK YOU!!!

The next Work Day will be Saturday, **September 16, 9:00 am until 12:00 noon**, if you want to put it on your calendar now. 🙏





# Northwest Washington Synod


## Synod Gathering at Saint Andrew's

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 Lutheran 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*"

These gatherings are open to all! Each participant will choose three forums to attend from 22 available options. During the lunch hour there will be additional opportunities to gather with various synod partners and committees. Cost is \$40/person.

Details, including a list of forum topics, a schedule for the day, and registration forms are at <https://www.lutheransnw.org/events/synod-gatherings/2023-05-20>. Register no later than **May 1**. 

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## From Bishop Shelley Bryan Wee

Published in *The Spirit*, May 2023 edition

Some synonyms for GATHERING that I found on the internet include: *association, caucus, collection, conclave, conference, congregation, convention, crowd, function, group, mass, meeting, party, throng, acquisition, affair, aggregate, aggregation, band, body, bunch, clambake, company, concentration, concourse, congress, convocation, crush, drove, flock, gain, heap, herd, horde, huddle, junction, knot, levy, meet, muster, parley, pile, rally, roundup, society, stock, stockpile, swarm, turnout, union, get-together, social function.*

Some of these GATHERING words sound positive to my ears (group, party, social function), some sound political or corporate (caucus, acquisition, convention, meeting), some sound a little scary (crush, drove, horde, swarm) and one just makes me smile (clambake). How is a clambake like a GATHERING? I'd love to hear your answer!


We are excited that this year we are having two GATHERINGS. As a congregation, you are welcome to choose either May 13 or May 20 to GATHER with people throughout the synod. While there is no limit on the number of people who may attend from your congregation, we do have to cap registration at 300 each Saturday, so we hope that you are coming and that you are already registered as you read this! Here is the link for more information <https://www.lutheransnw.org/events/synod-gatherings/2023-05-13>.

At these two GATHERINGS we will have ample opportunity to learn together, laugh together, share information together, collaborate together, sing and play together, eat together, engage in possibility and vision-thinking together, pray together, plan together, and, especially to GATHER together in the Spirit of Christ.

For too long we have tried to do things alone. For too long we have tried to figure things out on our own. For too long we have not looked to others for collaboration and community. But Ecclesiastes 4:9 reminds us, "Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up the other; but woe to one who is alone and falls and does not have another to help."

These last few years have shown us that there is nothing better than GATHERING with the body of Christ, especially in-person. We are excited for all of us in our synod to come together as we share our God-given gifts and wisdom. We are excited for the knowledge that will be shared and, even more, the Spirit of hope, generosity, and anticipation for what is next.

We are excited to see you and your congregation at one of the GATHERINGS this year. We can't wait to GATHER together with you on May 13 or May 20 and into the future!

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

from Carolynn Ferris, Congregation Council President

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

### Saint Andrew's Committee Review

Dan Johnson is leading the Council initiative to evaluate the functioning of our various committees. We know that some are doing quite well, while others seem to be struggling. He plans to meet with each committee – either at one of their meetings or, if that is not feasible, with representatives from the committee. Ideally, all of these meetings will also include the Council Liaison. Dan has prepared a series of questions that are intended to guide a conversation around what is working, where there might be challenges and provide an opportunity to think creatively how we might more effectively accomplish the mission of each committee. He is hoping to have the first round of interviews completed by the end of June.

### Finnish Lutheran Church

Earlier this year, the Seattle Finnish Lutheran Church reached out to Saint Andrew's about using our Sanctuary to hold a couple of "trial" services to better meet the needs of their congregants who live on the Eastside. They held these services on a Sunday afternoon in February, March, and April. They are now interested in continuing this effort in May with the possibility of making this a longer-term effort. They reimburse us for the use of the facility (\$250 per service) plus a direct payment for those who assist them with livestreaming or the sound system. There will be more conversations around how we can help them in their ministry while ensuring that the interests of Saint Andrew's are in alignment.

### Facility Use Task Force

Bill Brueggemann has formed a "Facility Use Task Force" to review our policies and establish consistent procedures for organizations and individuals that may be interested in using our building and property. As a Council, we have discussed our interest in encouraging the use of our facilities by the broader community. Bill has asked that we formalize our intent by creating a statement that articulates this vision. We discussed and voted on this in our April Council meeting. See below.

### Cluster Leadership Meeting - April 29

We have scheduled a brainstorming meeting with the leadership of the churches within our Cluster on the morning of Saturday, April 29. These churches include Saint Andrew's, Saint Luke's, Sammamish Hills, Cross of Christ, Holy Cross, and Mount Si. We have invited the Pastors, Council Presidents, and the Executive Committees for each church to participate in some "what if" conversations around greater collaboration and sharing of resources. Sammamish Hills Lutheran Church has volunteered to host the event which will run from 9:00 am – 12:00 noon. All are welcome to participate to share ideas and perspectives.

Grace and peace to you all. 🙏

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### **Saint Andrew's Lutheran Church Commitment to the Use of Our Facilities 2023**

We, as the Council leadership of Saint Andrew's Lutheran Church, are responsible for the stewardship of our resources on behalf of our congregation and our community. Therefore, we welcome and encourage the use of our building and property by any organization or individual that serves to improve the lives of others, is willing to abide by the Saint Andrew's Facility Use Agreement and is in alignment with our mission to "Grow together in Christ to love and serve all people".



# Congregation Council

## Treasurer Note\$

from Bill Brueggemann, Congregation Treasurer

### The numbers for January – February 2023

	March	YTD (January-March) 2023
Income	\$ 61,985	\$203,418
Expenses	64,088	192,750
Cash Flow	- \$2,103	\$ 10,668

### Comments

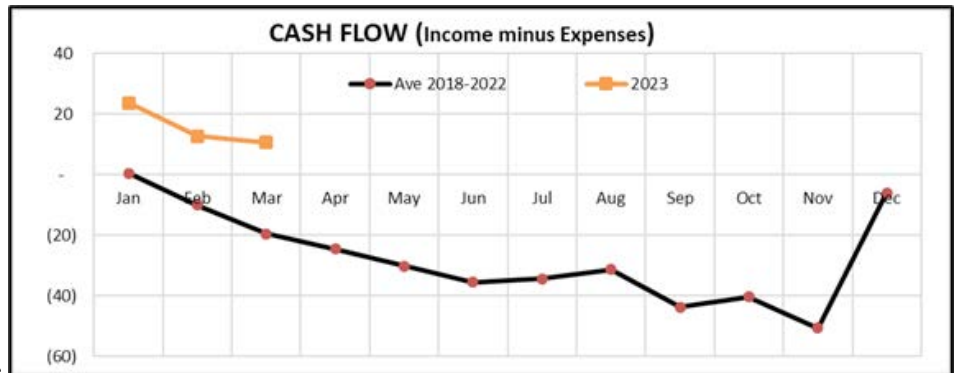
The graph shows 2023 cash flow compared to history over the past 5 years. As of March 31, \$10,669 more income has been received than has been spent in 2023. Thank you for your generous support!

### 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. 📧



## At the April 10 Congregation Council Meeting....

**Pastor Lara** led a devotion on John 20:19-25.

**President Carolynn Ferris' Report:** See President Carolynn Ferris' “President’s Corner” report on page 12.

**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.
- The Easter Festival went well. The people who attended are a good representation of who’s in our surrounding community. Many of them stayed after the Easter Egg Hunt and just spent time with their families in Fellowship Hall.

**Finance:** See Treasurer Bill Brueggemann’s “Treasurer Notes” on page 13.

- March was good – slightly under budget, but we are still in a positive cash flow position for the year.

**Facility Lease Task Force:** This Task Force was formed to review our policies and establish consistent procedures for organizations and individuals that may be interested in using our building and property. The Council discussed actions going forward.

**Council Statement on Saint Andrew’s Facility Use:** The “Saint Andrew’s Lutheran Church Commitment to the Use of Our Facilities 2023” statement was **approved by the Council**. See the statement on page 12.

**Committee Review:** Dan Johnson is leading this effort and outlined the plan for initial meetings with all committees.

**Council Retreat:** The Council continued to discuss feedback and next steps from their retreat on March 11.

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


## Day of Service – May 6, 2023 Congregation Volunteer Day!

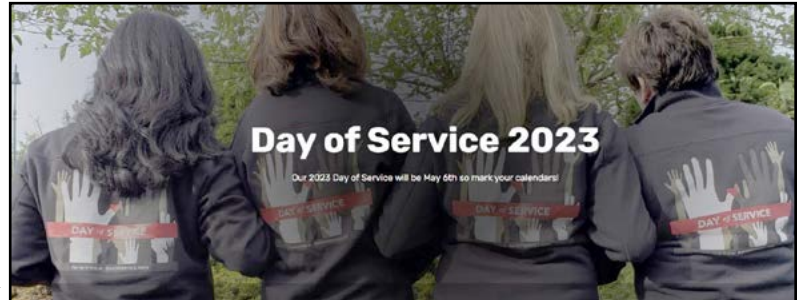
Here is a chance to help one of our neighbors. Everyone in the congregation is invited to help a senior in our community who needs help cleaning up and tidying her yard. ***This is a volunteer opportunity suitable for all ages (5+).***

On Saturday, **May 6**, from **10:30 am to 12:00 noon**, we will be helping Charlotte with her yard in the Sammamish area. Charlotte is 90 years old and widowed. She is very grateful for the helpers who will be coming to tidy up her yard.

This is outside yard work, so dress for that and wear comfortable and waterproof shoes. Bring work gloves, if you have them, and any yard tools you want to bring along. The address of Charlotte's house will be provided closer to the event.

This is part of the 2023 Day of Service organized by Sammamish Hills Lutheran Church.

Sign up on the sheet in the Narthex, at [salc.church/day-of-service](http://salc.church/day-of-service), or by contacting either Dick Szabo, or Doug Johnson, [doug@salc.church](mailto:doug@salc.church). 



## Corner of Blessing Collection Emphasis for May KidVantage (formerly Eastside Baby Corner) ~ 9<sup>th</sup> Annual Diaper Derby May 5-June 9




### Sound the Bugle Call to Post!

Saint Andrew's Lutheran is once again participating in the KidVantage (formerly called Eastside Baby Corner) 9<sup>th</sup> Annual Diaper Derby. The event runs from **May 5 to June 9**. This is our 4<sup>th</sup> year "racing."

In 2022, 43 participating companies and organizations collected more than 145,000 diapers for kids living in our community. This kept babies dry and healthy while also removing a serious barrier to stability for families. However, the need has been greater than what donations brought in so every diaper counts!

### How the Derby Works:

- Diaper Derby starts Friday, **May 5**, so don't donate until then!!!
- Points are attached to each set of donated diapers (wipes don't earn any points but are gratefully accepted).
- Each "race horse" is in a race with like-sized organizations so we aren't competing against Microsoft or other mega-stallions. We have a chance to be the best in our class!
- You can bring your diapers and wipes to the Corner of Blessing at the church or donate financially through the KidVantage website: <https://kidvantenw.org/diaper-derby/> under our "horse" name **DANDY ANDY** or **Saint Andrew's Lutheran Church**.
- The last of the diapers will be delivered to KidVantage no later than June 9 by members of the Outreach and Servant Ministries Committee.

Let's help our struggling young families to not have to choose between feeding the family or buying diapers. For more information, contact Liz Rudolph. 

# Outreach and Servant Ministries

## Ministry of the Month for May ~ KidVantage

*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 KidVantage who help needy children in our community grow healthy both mentally and physically. Bless and sustain their work. Strengthen our partnership with KidVantage to support their mission. Watch over and protect the families that turn to KidVantage to be able to nourish their babies, keep them warm, dry, and active. In Jesus' name we pray, Amen.*



### Opportunities to support KidVantage (formerly known as Eastside Baby Corner):

KidVantage, formerly Eastside Baby Corner, helps children have what they need to grow, play, learn and thrive. They do this by providing essential care, safety, and health goods for children who are experiencing the stresses of economic insecurity, systemic inequities, or family disruption.

Over the last couple of years, KidVantage has seen a significant increase in the number of households depending on them to provide basic needs to ensure healthy happy children. These items include free diapers/wipes, formula, clothing, car seats, household goods (sheets/towels/blankets), school supplies and enrichment through toys, books, and crafts. Diapers are so expensive for some families that they resort to hanging disposable diapers on the clothesline to reuse them.

KidVantage's 9<sup>th</sup> Annual Diaper Derby starts May 5 and goes through June 9. Their goal is to collect 175,000 diapers. Saint Andrew's traditionally has a "horse" in this race and this year is no exception. Our Derby horse name is

**Dandy Andy** if you want to follow the progress. There are a couple of ways that you can help:

- You can donate diapers and wipes through the Corner of Blessing. They will be delivered to KidVantage by June 9 to get included in the Diaper Derby.
- You can make a donation to help purchase the diapers/wipes that they will distribute to needy families. These can be made at their website: <https://kidvantagenw.org/diaper-derby/>. To be included in the Diaper Derby, these donations need to be made between May 5 and June 9. Or you can donate through Saint Andrew's with a check to Saint Andrew's and put "KidVantage" on the memo line.

### How Saint Andrew's and its members are involved in supporting KidVantage:

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

- Members donate diapers and wipes during the month of May to support KidVantage's mission to help stabilize families by providing this essential need for babies.
- Members contribute by donating gently used items such as clothing, toys, coats, books, etc.
- Members can contribute financially by going online to the KidVantage website [www.kidvantagenw.org](http://www.kidvantagenw.org)
- The Love Tree during the holidays supports KidVantage with requests for new or gently used clothing, coats, and new toys for the holiday bags.
- Members can contribute their time by volunteering or becoming a core volunteer at the Issaquah Hub!

### The News from the 2022 8<sup>th</sup> Annual Diaper Derby:

- In 2022, 43 participating companies and organizations collected more than 145,000 diapers for kids living in our community. This kept babies dry and healthy while also removing a serious barrier to stability for families.

### Some Background on KidVantage:

KidVantage, formerly called Eastside Baby Corner, was founded in 1990 by Karen Ridlon. Her background as a pediatric nurse practitioner gave her insight into what kids need for healthy development and what families need to care for their children. With a broken playpen, a few other donated items, grit, determination, and a community network, Karen started KidVantage. Over the past 31 years, KidVantage has grown from Karen's dining room to three locations in King and Kitsap counties.

More than 80 school districts, health and human service organizations, early learning centers, and food banks are in the KidVantage collaborative network.

Kids, ages birth through 12, get shoes, diapers, formula, blankets, coats, toys, and much more from KidVantage and service partners. KidVantage also provides for expectant and postpartum mothers, supplying maternity wear, personal care goods, and mother-infant support items. Kids are warm, healthy, safe and better prepared to fulfill their own potential.




# Outreach and Servant Ministries

## Fundraiser for MGLSS

SEEKING \$1700

for the Maasae Girls Lutheran Secondary School (MGLSS), to hire a Farm Manager

“Why?” you ask. After 25 years of fairly weak farm management, Operation Bootstrap Africa (OBA) has asked the Saint Andrew’s Tuesday Morning Men’s (TMM) group to raise the salary for a trained manager on the almost 400-acre plot of land on which the Girls School rests. For years the farm has raised some of the food needed, but OBA thinks the farm could produce enough food to feed the girls and produce enough coffee to also provide a cash crop. For many years the farm has been managed by the Heads of School, but their focus was always on the girls, farming was a distant second. OBA approached the Saint Andrew’s men’s group to raise \$10,000. Half of that money is from an anonymous source, so we need to raise only \$5,000. We have gathered \$3300, but we’re \$1,700 short. Please, can you help us?


If you are interested, willing, and able, please send a check written to Saint Andrew’s with the words “Farm Manager” on the memo line. Thank you! 

## The Plaster House, Tanzania

The Plaster House was **15 years old** this month! Executive Director and Founder Sarah Rejman wrote, “it’s not about counting the years – it’s about what they have done to make those years count.” They’ve treated nearly **10,000 children**, and counting. . . Think of the ripple effect:

- how many other people each of these 10,000 lives will touch.
- what became possible for these children that otherwise would not have been.
- what it felt like for a child to experience acceptance, hope, and healing. . . for the first time.

They have taken a momentous rite of passage by becoming more independent as a non-profit organization in Tanzania so that they can expand their ‘high love – low cost’ treatment to other areas of Tanzania, to government facilities as well as those under the Evangelical Lutheran Church Tanzania (ELCT) and their 26 Diocese. They ask for our prayers as they put all the pieces together, a five-year plan that will include five area surgical hospitals. They have already begun to partner with the Kilimanjaro Christian Medical Centre in Moshi, and ELCT project. As they expand, however, they continue to treat children at their Arusha site, needing whatever financial help you can share to keep the healing process going.

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

Things are going well at MGLSS. Seventy new Form 1 students began their schooling in January of this year. Of those seventy girls, fifty-three are still in need of sponsors. Form 6 graduation is going to be held on May 6 and 16 young ladies will walk in the ceremony. Form 6 National Examinations start on May 2 and go until May 22, 2023. Results will not be available until late July at the earliest.

There are many special projects currently underway. Monduli is finally seeing some rain! After a severe drought that prohibited the campus from using drip irrigation, they are now getting the system back online, and the water catchment barrels should help with that process. The recently hired farm manager is interseeding the coffee, which will allow the farmers to use plants that are genetically identical to those first sown on the campus 100 years ago.

Finally, the new teacher housing has been a great success: the renovation of unused farm storage buildings. Three teachers and their families have settled into their new homes and are very satisfied with the quality and comfort of the space. More teacher housing continues to be the major construction projects at MGLSS. Operation Bootstrap-Africa (OBA) donors were generous enough to fund the renovation of each teacher house on campus. We can’t wait to see how they turn out.

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. 





# Outreach and Servant Ministries

## The Sophia Way

The Sophia Way continues to support women of the Eastside seeking shelter and safety.

### So many ways to help!

**Learn** about how you can volunteer in one of the Shelters at <https://sophiaway.org/get-involved/> or by sending an email to [info@sophiaway.org](mailto:info@sophiaway.org).

**Donate** from The Sophia Way Amazon Wish List site on your computer.

**Suggest ideas** for a new Donation Center. (Speak to Joyce Arnold.)

**\*Register\*** for “Sheltering, a Place to Call Home”, the annual charity event on **May 17** (virtual, this year).

**AND...** You can donate for the next **Saint Andrew’s lunch for the ladies**, to be collected on **Monday, May 15!**

**SO...** Contact Joyce Arnold, who will be happy to help with questions, suggestions, or donations!

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



## Saint Andrew’s will host CFH Rotating Shelter again in June!

Our Congregation Council voted to invite the Congregations for the Homeless (CFH) Rotating Shelter to stay at our church for the month of **June 2023**. There was an opening on their schedule and CFH needs a place to stay for June. This will change our schedule so that we will be hosting CFH in June 2024 instead of March. This will make it easier for our staff to have Soup Suppers and Lenten Services during Lent next year.

Our team for hosting CFH is excited to be welcoming the men back very soon and our ministry partners at the Church of Jesus Christ of the Latter Day Saints are planning to provide meals again. We are hoping our congregation will be able to support this ministry again as we had so many volunteers shopping for the supplies, hosting the evening meals, making cards, and providing hot breakfasts when they stayed in on two Saturdays.

Thank you to everyone for reaching out to “love and serve all people.”

Contact Cheryl Jurrus for more information. 📞



## Imagine Housing Farm to Table(aux)



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!

Individuals or groups are encouraged to sign up. Visit <https://imaginehousing.org/fttvolunteer/> to learn more. 📞

## Lantern Hill, Mexico

by Shana Nielsen



Thank you to our Congregation for keeping Lantern Hill and the children served there, as well as the impoverished community of Canon Buena Vista, as our Prayer focus during the month of April. Recently I was again humbled by the latest example of God’s hands at work there and how He utilizes people and their gifts in providing care for others in need. In March, Lantern Hill was able to open the school doors for their first medical clinic, thanks to a new partnership with the nursing school at North Dakota State University (NDSU). Working with a Mexican physician in tandem with a physician and ARNP students from NDSU, over 150 people were seen over the course of three very long but rewarding days! The first clinic was considered a huge success. A primary focus was on education and early detection about Diabetes. Plans are in place for additional health clinics in the near future.

As the end of school is nearing, excitement is growing for the summer tutoring program that will serve 100 children. Considering a trip to Baja California, Mexico? Consider a stop to see Lantern Hill in person! Not at the current time? That is ok! Please consider a donation of any amount. Donations go towards teachers, food, and sustaining this amazing program that continues to make a difference in the lives of so many children every single day through education. For more information about Lantern Hill, visit our website, 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>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Apr - 30</b>	<b>May - 1</b>	<b>May - 2</b>	<b>May - 3</b>	<b>May - 4</b>	<b>May - 5</b>	<b>May - 6</b>
	10a - 11:30a Health & Wholeness Ministries Committee 12p - 3p Health & Wellness Kit Packing 1p - 2p Saint Andrew's Staff Meeting 5p - 6p Executive Committee 6p - 7p Finance Committee	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	10a - 11:30a W.E.B.S. (Women's Early Book Study)	7p - 8:30p Chancel Choir Rehearsal	ALL DAY Office closed on Fridays	<b>OFFSITE</b> 10:30a - 12p Congregation Volunteer Day of Service
<b>May - 7</b>	<b>May - 8</b>	<b>May - 9</b>	<b>May - 10</b>	<b>May - 11</b>	<b>May - 12</b>	<b>May - 13</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 Officer's Planning 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	10a - 11:30a W.E.B.S. (Women's Early Book Study) 2p - 3p Congregation Care Team	7p - 8:30p Chancel Choir Rehearsal	ALL DAY Office closed on Fridays	
<b>May - 14</b>	<b>May - 15</b>	<b>May - 16</b>	<b>May - 17</b>	<b>May - 18</b>	<b>May - 19</b>	<b>May - 20</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 4p - 6p Hillary Nordwell Strings and Singers	ALL DAY Food Drop-off for The Sophia Way Lunch 1p - 2p Saint Andrew's Staff Meeting 6:30p - 7:30p Worship & Liturgical Arts Meeting 7p - 8p Discipleship Committee Meeting	8:30a - 9:30a Tuesday Morning Men 10a - 11a Midweek Bible Study with Pastor Lara 11:45a - 1:15p O.W.L.S.	10a - 11:30a W.E.B.S. (Women's Early Book Study) 6p - 8p Minecraft Youth grades 6-12	7p - 8:30p Chancel Choir Rehearsal	ALL DAY Office closed on Fridays	8:30a - 4p ELCA Synod Education and Fellowship Event
<b>May - 21</b>	<b>May - 22</b>	<b>May - 23</b>	<b>May - 24</b>	<b>May - 25</b>	<b>May - 26</b>	<b>May - 27</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 11:15a - 12:15p KnitWits (Knitting as Witnesses) 12:15p - 1:30p Acolyte Meeting 1p - 5p Bridge Ministries Celebration Event <b>OFFSITE</b> 4p - 6p Youth (grades 6-12) End-of-Year BBQ 5p - 7p Leslie Johnson Concert	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	10a - 11:30a W.E.B.S. (Women's Early Book Study) 7p - 8p Racial Justice Group/JEDI	1p - 3p Ruth Chavers Memorial Celebration of Life 7p - 8:30p Chancel Choir Rehearsal	<b>OFFSITE</b> ALL DAY Youth Holden Village Weekend ALL DAY David Grmdeland Memorial Celebration of Life - Time to be determined	<b>OFFSITE</b> ALL DAY Youth Holden Village Weekend ALL DAY David Grmdeland Memorial Celebration of Life - Time to be determined
<b>May - 28</b>	<b>May - 29</b>	<b>May - 30</b>	<b>May - 31</b>	<b>Jun - 1</b>	<b>Jun - 2</b>	<b>Jun - 3</b>
<b>OFFSITE</b> ALL DAY Youth Holden Village Weekend 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 10a - 11a Sunday Worship	ALL DAY Memorial Day/Office Closed	8:30a - 9:30a Tuesday Morning Men 10a - 11a Midweek Bible Study with Pastor Lara 6:30p - 8p Choir-Bells-Musicians Appreciation Dinner	1p - 2p Saint Andrew's Staff Meeting			



## 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

**Alex Engan**, Facilities Set-up (as of April 3, 2023)

**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 **May 15**

Email submissions to Susan Hegedus, [susan@SALC.church](mailto:susan@SALC.church)

## Congregation Council, Committees 2023

<u>Committee</u>	<u>Council Liaison</u>	<u>Committee Chair</u>
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



2650 148th Avenue SE, Bellevue, WA 98007  
[www.SALC.church](http://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 Thursday | 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. See our full welcoming statement at [salc.church/about-us](http://salc.church/about-us).



We Support:



Congregations for the Homeless



Samaritan  
Center of Puget Sound



Lifelong



LUTHERAN  
WORLD RELIEF

hope link



The SophiaWay™  
Assisting Women from Homelessness to Independence



Friends of Youth

