



# the VOICE

September 2023

Growing Together in Christ to Love and Serve All People

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## Keeping Faith and Sharing Good News

*“So they left the tomb quickly with fear and great joy, and ran to tell his disciples.” Matthew 28:8*

A few weeks ago, on the day I announced Dick Swaisgood’s unexpected death, someone asked me, “When will this dark cloud over our congregation go away?” I’ve been thinking about the above verse from Matthew’s account of Jesus’ resurrection ever since.

The women who went to the tomb early on that first Easter morning weren’t expecting anything out of the ordinary. They were going to prepare the body of their friend who had died three days earlier, and whose body was wrapped in a cloth and sealed tightly in a tomb.

But then there was an earthquake, and an angel came and rolled back the stone and sat on top of it and said to them, “Do not be afraid.” Any of those things would have been enough to terrify me.

But the story doesn’t end there. After the angel announced that Jesus had been raised, as he said he would be, he invited the women into the tomb to see for themselves, and told them to go quickly to tell the others what has happened.

And they did. They went with fear, **and also** with great joy. And when they met Jesus along the way, he spoke those same words, “Do not be afraid. Go and tell.” And they did.


There are people who say that having faith in Jesus means that our lives will be filled with sunshine and roses all the time and that nothing bad will ever happen to us and we’ll never fear anything in this world ever again. But we know it doesn’t work that way.

When Jesus told the women to not be afraid, he knew that they already were and that they would continue to be, even as they went out to tell others that he had risen. In that moment, not even the resurrection could take their fear away. What it did instead was enable the women to keep their faith amid their fears and share their good news in spite of their anxiety.

Our lives are marked by extremes like fear and joy, and we experience them both at the same time. Like the fear of figuring out how to live when someone you love dies unexpectedly, and the joy in the gift that that person was to you.

But in Christ’s resurrection, we have God’s promise that life is stronger than death, that love is greater than hate, and that the pain and suffering of this life are temporary. Which isn’t to say that pain and suffering aren’t real and sometimes tangible, but they don’t have the final word.

Do not be afraid. Go and tell. In a world where our lives are framed by fear and joy, despair and hope, and doubt and trust, living these commandments makes a difference now more than ever. Because when we do, it brings God’s promise of life for ourselves as well as for others. And instead of fear and pain – or any dark cloud – taking over our lives, the risen Christ moves us through it and moves through it with us. Thanks be to God!

Peace to you,  
Pastor Lara 

## Sunday Worship

10:00 am

In-person  
and Livestream

Masks are optional for  
in-person worship.

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



## Root Beer Float Sunday!

September 3 | following worship  
See page 8

## God’s Work Our Hands

September 9 | 9:00 am - 12:00 noon  
See page 8

SAINT ANDREW’S LUTHERAN CHURCH

2650 148th Avenue SE; Bellevue, WA 98007-6452 | Phone: 425-746-2529 | Fax: 425-746-3758 | [www.SALC.church](http://www.SALC.church)  
The Saint Andrew’s Lutheran Church newsletter is a free monthly publication

# Worship and Liturgical Arts

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

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

## Worship Texts

### September 3

Romans 8:14-39  
Matthew 28:17-20

### September 10

Genesis 2:4-25  
Mark 1:16-20  
Mark 10:6-8

### September 17

Genesis 18:1-15; 21:1-7  
Mark 10:27

### September 24

Genesis 32:9-13, 22-30  
Mark 14:32-36

**Worship Videos and Sermon Notes and Recordings** of past services can be found at [SALC.church/sermons](http://SALC.church/sermons)




## Music Rehearsal Times

Chancel Choir  
Thursdays, 7:00 pm


## Chancel Choir

We are excited that Chancel Choir will begin again in September!

Rehearsals are **Thursdays at 7:00 pm**, beginning **September 7**. We'll begin singing in worship on **September 10**.


If you would like to join Choir, please contact Will Simpson, Director of Music Ministries, [will@salc.church](mailto:will@salc.church). 

## Assisted Listening Devices for the Sanctuary

Assisted Listening devices are now available to use for worship and other events held in the Sanctuary. The devices are in the Sound Booth; please ask the Sound Booth Operator if you would like to use one. 

## 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. 

## 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. 




## Healing Prayer during Communion

Healing Prayers during Holy Communion are offered on the third Sunday of the month. The next date is on Sunday, **September 17**.


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). 




# Discipleship Ministries

## Midweek Bible Study with Pastor Lara

Tuesdays, beginning September 12 | 10:00 am | 322/Conference Room and via Zoom

Midweek Bible Study resumes on **September 12!** 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 plan to attend and need the Zoom link, please sign up at [salc.church/midweek-bible-study](https://salc.church/midweek-bible-study). 


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## Discipleship Education Ministries ~ Sundays

### Summer Trips 2024 Information

Youth in Grades 8-12 and Parents


Sunday, September 10 | 9:00 am | Youth Room

Meet on Sunday, **September 10**, to discuss mission trip possibilities. See page 4 for details. 

### Sunday Church School

Age 3 - Grade 5


Sunday, September 10 | 9:00 am

Sunday Church School begins September 10. Check Sunday bulletins for room assignments. 

### Youth Education

Grades 6-12


Sundays | 9:00 am | 322/Conference Room

Youth Education begins on Sunday, **September 17**, at 9:00 am in 322/Conference Room. All youth, grades 6-12 are invited to participate as we learn about the Bible and faith. This year we are focusing on the Gospel of Mark as we go through our second year of the Narrative Lectionary. For more information, please contact Doug Johnson. 

### Cornerstone Ministry (Confirmation)

Grades 7-8

Sundays | 9:00 am | 322/Conference Room

Hello Confirmands, Youth, and their Families! We are about to start year two of Cornerstone Ministry. All youth in 7th and 8th grades are invited to participate. Families will receive information about the coming year. Youth will participate Youth Education on Sunday mornings, at 9:00 am; see the note about Youth Education for more. For more information, please contact Doug Johnson. 

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## 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.

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Sunday, **September 3** | 9:00 am | 301/Fellowship Hall

### Coffee and Conversation

All are invited for a time of informal fellowship.

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Sunday, **September 10** | 9:00 am | 301/Fellowship Hall

### God's Work, Our Hands Re-cap

On Saturday, September 9, Saint Andrew's will help paint and do yard work at a Congregations for the Homeless (new name: PorchLight) transition house near the church. On Sunday, hear about the work we did and fun we had serving God and neighbor.

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Sunday, **September 17** | 9:00 am | 301/Fellowship Hall

### Sharing Time and Talents at Church

Come and learn more about two Saint Andrew's committees and the work they do for the congregation (both the obvious and behind the scenes.) Find out opportunities to be involved with these ministries.

- Sharon Gurtel will share about Worship and Liturgical Arts.
- John Nelson will share about Building and Property.

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Sunday, **September 24** | 9:00 am | 301/Fellowship Hall

### Graceful Giving

Scott Jewett, partner of Mars-Jewett Financial Group will talk about "graceful" giving opportunities to facilitate our Stewardship giving.



# Discipleship / Children / Youth and Family Ministries

## For Youth in Grades 6-12

### High School Summer Trips 2024 Information Meeting

Sunday, September 10 | 9:00 am | Youth Room

Are you a youth or a parent of a youth who will be starting 8-12 grade this fall? Do you want input on what our summer trip will be next summer?

This is your opportunity to share! We will meet on Sunday, **September 10**, at **9:00 am** to discuss the possibility of going to either the ELCA Youth Gathering in New Orleans or doing another mission trip to Lantern Hill in Mexico. We hope to see you there! 🙏



### Created to be ME - Fall Youth Retreat

Bobbi Jo Cyr from Saint Matthew's and Doug Johnson are working together to create a fall retreat that is open to all youth in our synod. All 6-12 grade youth are invited to

participate in a weekend fall retreat at Camp Lutherwood from Friday, **November 10**, to Sunday, **November 12**. Cost for the weekend is \$150 and includes meals 3 meals on Saturday and two on Sunday.

Registration Deadline is Sunday, **September 24**. Registration information will be sent out via email. 🙏

### Youth Group and Youth Events

We will be kicking off our regular youth group and youth events in October. We are doing this to take the time to get some more feedback from families for best schedules and routines. We will have opportunities for youth to get involved, including education and Family Game Night. Keep an eye out for more communications. Contact Doug Johnson if you have any questions. 🙏

### Minecraft

The time of the realm has come to an end. Later this month, the server will be shut down and will no longer be in service. Doug will make a back-up of the realm in case there is a strong group that wants to restart later. Thank you to everyone who played on the realm and made it a fun place to be. 🙏

## For Everyone!

### Family Game Night

Sunday, **September 17** | 5:00 pm - 7:00 pm  
Mt. Si Lutheran Church, North Bend

We are excited to announce a new opportunity for all families. This fall we will be partnering with Mt. Si and Sammamish Hills Lutheran Churches to do a monthly Family Game night from September - November, on the **third Sunday of the month**, from **5:00 pm - 7:00 pm**.

Host churches will be providing a light dinner. Families are invited to bring a game and a snack to share. To sign up, visit: [tinyurl.com/ys79etwz](https://tinyurl.com/ys79etwz)

**September Host:** Mt. Si Lutheran Church

**October Host:** Saint Andrew's Lutheran Church

**November Host:** Sammamish Hills Lutheran Church

We hope that you will be able to join. Questions, contact Doug Johnson. 🙏

### Happy Birthday to You!

Happy Birthday to these youth who celebrate birthdays in September!



Quinlan K ..... 9/04  
Madelyn M..... 9/10  
Henry S..... 9/12

## For All Families

### Registration Forms

All youth and their families who are participating in activities with Saint Andrew's Lutheran Church during the 2023-2024 year need to complete a registration form. To find the youth registration form, go to [salc.church/youth-registration](https://salc.church/youth-registration) (or go to [salc.church](https://salc.church), click on the "Forms|Resources" tab and scroll down to the Youth Registration link. Paper copies are available upon request.

If you are using a form saved from a previous year, please ensure the date in the footer of the form indicates "revised July 2022".



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



# Discipleship / Children / Youth and Family Ministries

## Tiny House Build 2023

In August we partnered with Mt. Si Lutheran Church and Sammamish Hills Lutheran Church to build a tiny home for the Low Income Housing Institute. Between the three churches there were 25 volunteers of both youth and adults who worked hard to complete this transitional home that will help many people find permanent housing. 🙏





# Discipleship / Youth and Family Ministries

## WSYG Thank You

A huge thank you to everyone who supported our youth on their Trip to the Western States Youth Gathering (WSYG). The youth learned from a variety of talented speakers, worshipped with youth from five states, and were able to make new friends while having fun. Read below, or better yet, ask Adam, Abby, Quinlan, or Zoe about their experience. 🙌



## WSYG Reflections

### Zoe

Doing WYLE (Western Youth Leadership Event) and WSYG was a great experience; I made a lot of new friends, I loved listening to all the speakers and all the things they were talking about really made me stop and think, the night life was super fun.

Abby and I got to go to WYLE. WYLE was the multicultural youth pre-event to WSYG. It was a great way to see people of color in the church and be able to talk about situations and experiences we've had as the minority in our churches. I met some very good friends throughout the week, and one of my newer friends I got to go to Disneyland with afterwards. Overall, WSYG and WYLE were super fun and I hope I can go again next year!

### Abby

I attended the Western Youth Leadership Event as well as the Western States Youth Gathering that followed directly after. I was exposed to all kinds of insight from numerous people that were made to look through different lenses in life during the 2 day leadership event that took place before the gathering, both in Thousand Oaks, California. It was truly an enlightening experience, and well worth it to travel and such, as I was presented with viewpoints different from ones I would've developed on my own by people of different backgrounds. It was a wonderful experience and I am grateful for this opportunity the church presented me with.

At the youth gathering that took place directly after the diversity and leadership event, I was presented with interpretations of bible passages that I might not have made on my own, or seen conclusions drawn I may not have even considered. This experience has developed my understanding of how the bible could be interpreted as well as made me think more about passages of the bible that could've been overlooked or under-analyzed.

I am grateful for the opportunity both these events have presented me with to further embrace the path I am following with my own faith.

### Quinlan

If I had to describe my experience at the western state's youth gathering in one phrase it would be "time well spent." I learned many new things at the gathering, gained new perspectives, heard speeches from great people and most importantly gained a deeper connection and understanding of my faith. But it wasn't all just sitting around, I also played a lot of fun games and had the opportunity to make friends with like-minded youth who shared my faith.

One of my favorite activities we did was something they called interactive learning where you could choose a subject you had an interest in and learn more about it. I noticed that they had a theatre option and I being a theatre kid excitedly joined in, the teachers there were great and I had a ton of fun learning new ways to act.

One of my most memorable activities was what we did for the Lutheran world relief fund; me and 200 other kids packed together 600 relief packages containing a toothbrush, a comb, 2 bars of soap, and a nail clipper, all wrapped in towel. All these packages were being sent straight to Ukraine. This activity really made me think about what I was doing for the world and just how easy it is to spread a little kindness and help in the world.

# Discipleship / Youth and Family Ministries

## Adam

Hello! I would like to mention the wonderful experiences I had at the Western States Youth Gathering, how they shaped me as a person, and how thankful I am to all the church for helping make this incredible experience a reality. Without all of you, this would not be possible in any way, so thank you so much! I want to start today by talking about the music at WSYG. As a musician, I greatly appreciated the use of many different musical instruments, songs, and rhythms to make worship a place where I could not only listen to the music, but also dance to it! Even though the music was rather loud, it was an effective way to wake me up each morning I was there, getting me ready to praise God.



On the topic of praising God, worship at WSYG was also a wonderful experience. Our theologians Jaz Waring and Reverend Libby Denton did a phenomenal job not only preaching the scriptures and helping us understand the meaning of them, but also tying them into our modern world. For example, when the two amazing theologians were talking about when the Galileans started speaking different languages with their heads on fire, they had us imagine what it would feel like to have the Holy Spirit move through and into you to preach God's word. Reading the bible is important for understanding Christianity, however, by relating these messages and scriptures to the lives of the teenagers there, worship was more relatable. This caused me to greatly enjoy learning about God, as well as helping me create a deeper connection with God.

In addition to that, the leaders there encouraged everybody, no matter who they were or what they looked like, to come sit in front of the stage praising God in unison. That had an incredibly deep impact on me, because they were creating an incredibly welcoming environment where everybody could be themselves, no matter what that meant to them. I could do my goofy dance moves, feeling comfortable and supported, even though I am not a dancer by any stretch of the imagination.

There was also a giant screen that displayed the stage, which was quite helpful for people like me sitting in the back. The lyrics were displayed on the screen, kind of like at our church, but I wish that they would have included the music, as I had never sung any of the songs before.

Everything about the worship and music was incredible, but I sincerely hope that next year, in New Orleans, the music will be less loud, especially for the people who are sitting right next to the speakers.

Now, I would be honored to talk about the speakers at WSYG. These were Reverend Nicolette Penaranda, Bishop Brenda Bos, Rebekah Brueschoff, and others. Every day at mainstage (WSYG's name for worship), I would look forward to hearing these incredible powerful, inspirational, and motivating people speak from their hearts about the issues which unfortunately still exist in today's world. As a person who is extremely privileged and lucky in today's world, many of these issues had quite rarely, if ever, entered my mind.

After I heard each of these speakers preach, I was incredibly speechless. The only word that came to my mind during the first few minutes following their speeches was "WOW". I truly believe that for the world to become a place where everybody feels safe and welcome, more people like these speakers must preach to youth like us, as youth can be the difference between people never once hearing these messages and sharing them with everybody they know. If everybody who heard these messages told them to just one other person, these important messages would exponentially spread through our society like a wildfire, causing society to improve in ways that many people have been longing for over hundreds of years. We need more people like them to step up, be brave, and show the world what it means to create a welcoming and inclusive environment.

Now, I would like to talk about Team Day. Team Day was a day for everybody to play games, meet new people, and have a wonderful time together. Even though I unfortunately had to go back to my dorm due to joint pain, what I did enjoy included a game where I balanced an egg on a spoon, just held the end of the spoon, and walked through an obstacle course consisting of cones to weave in between. This game was a relay race, so everybody on my team had to get through the course, and the fastest team won. Another game that I enjoyed was a relay race to see who could eat a fruit roll-up the fastest. Although I was slower than some other people in eating the candy, I still had a good time, encouraged by my roommates and other friends I had the pleasure of meeting at WSYG. These friends included Carlos, his brother Rolando, Anderson, and others. Over the course of just a few days, Carlos and I quickly became good friends!

Nightlife was the highlight of my time at WSYG, because during Nightlife, the youth had opportunities to participate in fun activities, including board games, a dance party, a foam party (basically, people got to play around in dish soap foam), a pool party, and an inflatables party. I enjoyed these activities, as they gave me time to hang out with people like Carlos, Rolando, and Anderson, as well as meeting new people, who I also became friends with!

Again, thank you all so much for providing me with this wonderful experience! 🙏



# Fellowship

## Root Beer Float Sunday!


Sunday, September 3 | *following worship* |  
301/Fellowship Hall

### Come Float With Us!

Join us **September 3** for Root Beer Float Sunday. We'll celebrate the end of summer by raising our glasses – filled with root beer and ice cream.

Scooping and pouring begins after worship service.

#### Scoopers needed!

Contact Fellowship Coordinator Sherry Grindeland, 425-746-2529 or [sherry@salc.church](mailto:sherry@salc.church), to volunteer to help or if you have questions. 



## God's Work, Our Hands Service Day

Saturday, September 9 | **9:00 am - 12:00 noon** |  
*off-site near Saint Andrew's*

Join us for the 2023 God's Work, Our Hands Day of Service!

We will paint and perhaps do light yard work at a Congregations for the Homeless (now called PorchLight) transition house near Saint Andrew's on Saturday, **September 9**.

The Evangelical Lutheran Church in America sponsors and celebrates the community service done each September by Lutheran congregations across the country.

We participated last year by doing yard work at church and hands-on blanket projects for Compass Housing Alliance and the Humane Society.

Plan on working **9:00 am to 12:00 noon**. We will do an afternoon shift if we get enough volunteers. And yes, this is an inter-generational activity!

Don't want to paint? We need a food crew, too.

And if you need a new God's Work, Our Hands shirt, let us know. The shirts are \$10.

**To sign up or to get a shirt**, contact Fellowship Coordinator Sherry Grindeland, 425-746-2529 or [sherry@salc.church](mailto:sherry@salc.church).



ELCA

God's work.  
Our hands.



## Dorcas Circle

### Quilting


Dorcas Circle will meet on Tuesday, **September 5**, in 302/Fellowship Hall South from **9:30 am until 12:30 pm** to assemble and sew quilts for Lutheran World Relief.

All members and friends of Saint Andrew's are welcome to join us. Sewing skills are not required.

### Other Ways to Help

There are also many ways that you can support our mission of making quilts for Lutheran World Relief, including the following.

- Cut 11-inch quilt squares at home using washable fabrics. Dorcas has a lot of fabric that you could bring home from church to cut into quilt squares.
- Lutheran World Relief does not accept quilts that have any flags or religious symbols.
- Sew quilt tops at home. Quilts need to be 60 inches by 80 inches.
- Donate double, queen, or king size flat sheets that are in good condition, without any tears, holes, or stains.
- Donate embroidery thread (any color) to tie quilts.

Donations can be placed in the Dorcas basket near the elevator in the Narthex. If you have any questions please contact Linda Willenberg. 

## Tuesday Morning Men

Every Tuesday | **8:30 am** | *via Zoom*

### Current Study ~ Acts

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 the church office for information on joining this online gathering. All men are welcome!!





# Fellowship

## All Church Work Day

Saturday, September 16 | 9:00 am - 12:00 noon

The All Church Work Day this fall is Saturday, September 16.

There are indoor and outdoor tasks, for all ages, abilities, and interests! And always, there is coffee, cocoa, doughnuts, and fellowship. This is a wonderful way to help out and to get to know your fellow church members in a different way.

For questions, please contact Facilities Manager Kurt Lutterman, [kurt@salc.church](mailto:kurt@salc.church) or 425-746-2529. 📞



## Time to Register for GRATEFUL – The 2023 Women’s Retreat

The Women’s Retreat, *GRATEFUL: Developing an Attitude of Gratitude*, will be Friday-Sunday, November 10-12, at the Rainbow Lodge in North Bend.

Saint Andrew’s partners with Our Savior Lutheran Church in Issaquah to host this gathering that features guest speaker **Donna Oiland**, games, good food, and a lot of fun.

Donna will share experiences in her journey of life challenges and faith as she encourages us and leads us to a better attitude of gratefulness.

Cost:

- Full retreat package: two Nights (Friday and Saturday) and four meals: \$220
- Mini retreat: Saturday night only and four meals: \$200
- Minor retreat: Friday night only and three meals: \$180
- Main event: Saturday day only and three meals: \$120

Meals offered are Saturday breakfast, lunch, dinner, and Sunday brunch.

Rooms are double occupancy. Single room (no roommate) surcharge is \$45.

**Yes, we need volunteers.**

For more information or to reserve your spot, contact Fellowship Coordinator Sherry Grindeland, 425-746-2529 or [sherry@salc.church](mailto:sherry@salc.church). 📞

## Women’s Early Book Study (WEBS)

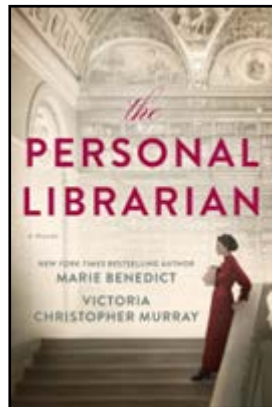
Wednesdays, October 4 - November 15 |

10:00 am - 11:30 am | 322/Conference Room and via Zoom

Coordinator: Cheryl Jurrus

WEBS will start our Fall Session on Wednesday, **October 4**, in the Conference Room and by Zoom. We have selected the best-seller novel, *The Personal Librarian*, by Marie Benedict and Victoria Murray.

- “A remarkable novel about J. P. Morgan’s personal librarian, Belle da Costa Greene, the Black American woman who was forced to hide her true identity and pass as white in order to leave a lasting legacy that enriched our nation, from *New York Times* bestselling authors Marie Benedict and Victoria Christopher Murray.” (Amazon)



Our discussion will explore the historical time period in the early 1900’s, the ethical questions, racism, and women’s roles. We begin promptly at **10:00 am** and end on time at **11:30 am**. We participate by facilitating, sharing devotions, and praying together. We have fun, laughter, disagreements, service projects, and we get to know each other! Join us on **October 4**. Contact Cheryl Jurrus for information and the link for Zoom. 📞

## Older Wiser Lutheran Saints (OWLS)



### Older, Wiser Lutheran Saints Eat Well

Join the Older, Wiser Lutheran Saints for a potluck lunch and interesting programs from October to May. We usually meet the third Tuesday of the month.

Our first fall meeting will be **October 17**. The program is pending.

There will be no OWLS in September because we will be hosting the Congregations for Homeless rotating men’s shelter then.

You don’t have to be older or wiser to enjoy this monthly fellowship opportunity. The only requirement is to be free for lunch from **noon to about 1:30 pm**.

If you’d like more information, please contact Fellowship Coordinator Sherry Grindeland, 425-746-2529 or [sherry@salc.church](mailto:sherry@salc.church). 📞

# Fellowship

## Photo Directory

**G**et ready to smile! We are publishing an updated congregation photo directory this fall! We want to have everyone who is part of our congregation included (whether or not you are technically a “member”)!

There are several ways to have your photo included:

- Have your photo taken at Saint Andrew’s during one of our photo sessions (see below for details).
- Contact Susan Hegedus to make arrangements to have your photo taken at church another time.
- Provide a recently taken photo of your family.
  - If it’s digital, email it to Susan Hegedus or contact her for upload instructions.
  - If it’s a printed photo, bring it to church and we’ll scan it for you.
- Set up a Zoom call with Susan Hegedus and she will record a photo.
- If Pastor Lara comes to visit you, she will be happy to take your photo.



## Photo Sessions at Saint Andrew’s

Photos will be taken **September 23 - October 8**. Saint Andrew’s volunteers are taking the photos, not an outside company, so photo appointments are fun and fast, and about 20-25 minutes long.

There will be evening, Saturday, and Sunday afternoon appointments. Can’t commit to a time? Walk-ins are welcome and we’ll fit you in (although you may have to wait a bit.)

Sign up in the Narthex or online beginning **September 3**. The link to the online sign-up will be at [salc.church/photo-directory](http://salc.church/photo-directory).

Volunteers are needed to greet people, make phone calls, take photos, and help families choose a final photo. It is a fun way to meet new friends and catch up with folks you already know. Our youth will be helping too! Contact Susan Hegedus, [susan@salc.church](mailto:susan@salc.church) or 425-746-2529, for more information or if you would like to help! 🙋



## Photo Directory Fundraiser

**T**hroughout 2023 and 2024 the youth will be participating in a number of trips and activities: the fall retreat at Lutherwood, May Youth Weekend, summer trips, and more. To make all of these happen, we need your support. Our first fundraiser for the year is going to be the Photo Directory. The youth will be working hard alongside Susan Hegedus and others to make this year’s directory. To support their work we are asking a freewill offering of \$10 per household. Donations should include in the memo “Photo Directory Fundraiser”. They can be put in the offering plate on Sundays, mailed to church, or dropped in the mail slot near the west entrance door (by the small parking lot.)

- ALL contributions will go to youth activities.
- ALL congregation households will receive a directory whether a contribution is made or not.

If you have any questions you can reach out to Doug Johnson, [doug@salc.church](mailto:doug@salc.church), or Susan Hegedus, [susan@salc.church](mailto:susan@salc.church). 🙋

## Thank You

### Ice Cream Sundaes Sunday

**W**onderful volunteers made the Sundaes Sunday (July 2) a sweet success.

Big thanks to Teresa Lutterman, Mark Davis, Johannes Grad, Joan Tweten, Ann Thorpe, Terri Anderson, and Cheryl Jurrus. 🙋

**T**hank you to our congregation family for the many lovely cards sent during Lowell’s health struggles and after he died. Also to the Knitwits for the shawl they made for Lowell. It’s beautiful and my cat loves it too!

Lois Arneson and Celeste Ackerbloom 🙋

# Health and Wholeness

## Saint Andrew's Wheels AND Meals

by Janell Erickson and Cheryl Jurrus

### WHEELS



We have men and women who have volunteered to drive others to doctor, physical therapy, or other medical appointments. If you know of someone who needs a ride because of illness, surgery, or other issues, call Mikel Oswald and she will find a driver. If you are a good driver and want to help with this driving ministry, please let Mikel know and she will be delighted to add your name to the list. Many people have benefited from this ministry.

### And MEALS

We have a group of ladies who have been preparing and delivering meals to people who are sick, or have had surgery and are at home recovering, or just have a need for an extra meal. These recommendations may come from the pastor and usually are a duration of one or two weeks. We are always in need for more people to get involved, so if you love to cook and share, contact Janell Erickson. She will be delighted to add you to her list of God's cooking helpers.



Spread the word! Saint Andrews is our church family and we strive to take care of each other, even as we also reach out to love and serve the community.

*"Now about your love for one another we do not need to write to you, for you yourselves have been taught by God to love each other." 1 Thessalonians 4:9*



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## Care Team Serves the Saint Andrew's Family

Sick? Worried? Overwhelmed? Having a surgery?

The Care Team can help.

Led by Health and Wholeness Committee Chair Stella Nieman and Pastor Lara Forbes, these volunteers quietly encourage with telephone calls and emails.

They listen when you just need a friend. They sometimes give rides to medical appointments. And if you're recovering from surgery or an illness, they'll deliver a meal or two.

The Care Team regularly checks on housebound members and folks in assisted living situations.

Pastor, of course, is who you call in an emergency situation or anytime you need pastoral care.

The Care Team works as her back-up aides.

During the Covid shutdown, the Care Team was the lead group checking on members.

These dedicated volunteers include Stella and Pastor, Mikel Oswald, Shirley Hobson, Janell Erickson, Jay Baxter, Cheryl Jurrus, and Fellowship Coordinator Sherry Grindeland. Past volunteers include Helen Ryan and Pat Kaald.

And the team does have a request for you!


We're trying to add emergency contact numbers to our files. Call or email us with a primary emergency contact for you and your family. We recommend using a family member who doesn't live with you, or a close friend.

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

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## 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, **September 17, at 11:15 am** in 322/Conference Room. All are welcome! Contact KnitWits coordinator Dianne Chong for more information. 



# Congregation Council

## President's Corner

from Carolynn Ferris, Congregation Council President

Grace and peace to you all!

### Homer Berner Scholarship: Seeley Lester

Seeley Lester has completed her first year at Gonzaga. She asked to have the Homer Berner Scholarship renewed for this next academic year. Council enthusiastically voted to award her \$500 for this coming academic year in our August meeting.

### ELCA Cluster Collaboration - Synod Funding

You may recall from comments in the Semi-Annual meeting that Pastor Herb Shao of the Synod had agreed to submit a proposal to the Synod to fund a consultant to help spearhead efforts around our collaboration efforts with the churches in our cluster. I recently learned that Pastor Shao has gone on medical leave and did not submit any proposal. I currently have a meeting scheduled for August 24 to meet with Dianne Johnson of the Synod. She has agreed to help us put together the request to Synod.

### Affordable Housing Opportunity

Imagine Housing is working on a potential proposal to develop an affordable housing community on our property. A Land Use Code Amendment (LUCA) was approved by the Bellevue City Council which will allow us to have our property upzoned to develop multifamily affordable housing. The initial thinking is to focus on low-income family housing with up to 100 – 120 units. We will likely be pushing to build the apartment up to five stories tall in order to decrease the footprint of the building and save as many trees as possible. (The current height limit would allow a three- or four-story building). A major focus will also be to ensure there will be adequate parking for the church as well as the residents.

Imagine Housing has engaged an architect to create a preliminary plan which can be shared with the congregation, the City of Bellevue, and potential funders to give everyone an idea of what might be possible. A virtual meeting was scheduled for August 17 with representatives from Imagine, Saint Andrew's, and the architect to review preliminary drawings. If any of you are interested in participating in this and/or future meetings, please let me know.

A potential timeline might include a preliminary proposal from Imagine Housing in the fall of 2023, a Congregational vote in January 2024, final design in late 2024, building construction in 2025. Much more is yet to come!



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## At the August 14 Congregation Council Meeting....

**Pastor Lara** led a devotion on Hebrews 11:8-16.

**President Carolynn Ferris' Report:** See President Carolynn Ferris' "President's Corner" report on page 12.

**Homer Berner Scholarship: The Council approved granting Seeley Lester a \$500 scholarship.**

**Pastor Lara Forbes' Report:** Pastor Lara updated the Council on requests for building space usage.

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

**Committee Refresh:** Dan Johnson is leading this effort. He has held meetings with all committees, and is following up with those who identified areas of improvement and follow-up work. Conversations have revealed several themes: engagement/volunteerism; collaboration with other congregations; and an outward focus to the community. The Council discussed making a refresh/relook at committee functions an annual, ongoing part of our congregation culture.

### Committee Highlights:

- Outreach and Servant Ministries has designated funds to be given to Lutheran Disaster Response to aid in relief efforts in Maui; they are publicizing that opportunity to congregation members.
- The Council discussed a banner for the corner of 148th Avenue and SE 28th Street. A design needs to be finalized and ordered.

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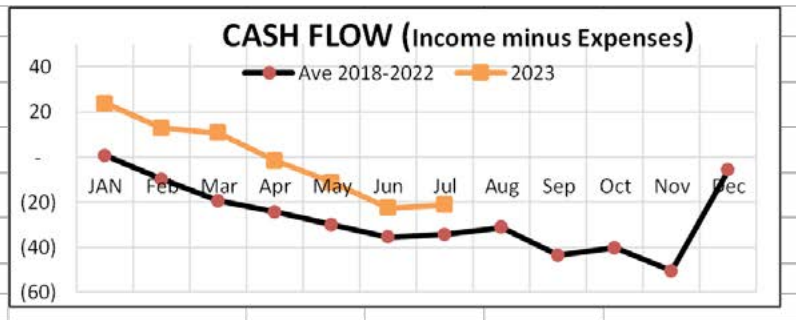
Packets containing minutes from Council meetings and reports from all committees are available to review in the church office and by request. Contact the church office, [info@salc.church](mailto:info@salc.church) or 425-746-2529.

# Congregation Council

## Treasurer Note

from Bill Brueggemann, Congregation Treasurer

<b>The numbers for January – July 2023</b>		
	<u>July</u>	<u>Jan - July</u>
Income	\$68,063	\$431,860
Expenses	<u>\$66,718</u>	<u>\$453,227</u>
Cash Flow	\$1,345	(\$21,367)



### Comments

**Income** in June and July was much better than in 2022. Thank you for your support!

**Expenses** are \$17,700 below budget for the year.

**Cash Flow** for the year is negative \$21,367 (more money spent than received.) As the graph shows, cash flow is historically negative until the end of the year. Fortunately, we have cash reserves in the bank to pay bills, staff salaries and donations to mission partners. Cash flow is trending better in 2023 than the 5-year average and much better than in 2022.

### Giving Options – Special Note

Saint Andrew’s has fully migrated to new membership software (**Breeze**). **Breeze** automatically records electronic contributions (credit cards and direct bank deposits) from **Tithe.ly** into the membership database. We will be contacting members who still make contributions using **Simply Giving/VANCO** in the near future to assist you in moving to **Tithe.ly**. This will be less work for the finance staff and will help ensure membership giving records are accurate. You may switch at any time by clicking the “Give/Donate” menu option on the Saint Andrew’s website ([salc.church/giving-options](http://salc.church/giving-options)) and registering your contribution with Tithe.ly. There is also a button to remove your contribution from VANCO. Forgot your VANCO password? No problem, just email [bill@salc.church](mailto:bill@salc.church) and I’ll do the VANCO deletion for you.

### Giving Options

You may contribute in many ways:

- On Sundays, you can drop cash or checks into the offering plate.
- Mail or drop off cash or checks to the church.
- Ask your bank to automatically send a check periodically to Saint Andrew’s.
- Donate from your bank account or credit card by going to [salc.church/giving-options](http://salc.church/giving-options) and selecting the “Tithe.ly Online Giving” button.
- 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. ☎

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

## Movie and Book Suggestions

### A Movie Suggestion: Till



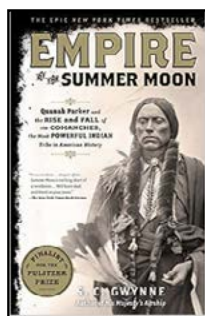
Based on the true story of Mamie Till Mobley’s relentless pursuit of justice for her 14-year-old son, Emmett Till, who, in 1955, was lynched while visiting his cousins in Mississippi. After his lynching, Till embarks on a long journey to seek justice for her murdered son, channeling her grief and anger to a higher cause. In Mamie’s poignant journey of grief turned to action, we see the universal power of a mother’s ability to change the world.

Rated PG-13; for thematic content involving racism, strong disturbing images and racial slurs.

*Till* 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: Empire of the Summer Moon by S. C. Gwynne



*Empire of the Summer Moon* is a vivid historical account of the forty-year battle between Comanche Indians and white settlers for control of the American West. It centers on Quanah, the greatest Comanche chief. The book spans two astonishing stories. The first traces the rise and fall of the Comanches, the most powerful Indian tribe in American history. The second entails one of the most remarkable narratives ever to come out of the Old West: the epic saga of the pioneer woman Cynthia Ann Parker and her mixed-blood son Quanah, who became the last and greatest chief of the Comanches.

*Empire of the Summer Moon*: 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. 📖

## Did You Know....

### the original language of the Puget Sound region was Lushootseed.

The land acknowledgment that Saint Andrew’s uses to respect and honor the Indigenous Peoples of the land where our church is located identifies them as the Duwamish and Coast Salish people.

*“We, at Saint Andrew’s Lutheran Church, acknowledge that in this space we are on the traditional lands of the Duwamish and Coast Salish people. A people that are still here, continuing to honor and bring to light their ancestral heritage.”*

These people and those throughout the Puget Sound region spoke a dialect of the Lushootseed language. These people and their language are being recognized in a number of ways and places around the region. Four of the Port of Seattle’s parks have been renamed using the Lushootseed language. At Renton’s Gene Coulon Park, displays on Bird Island include wildlife names in the Lushootseed language including pronunciation information. The Lushootseed language uses its own alphabet which makes it difficult to even try to pronounce the words.

The former Terminal 105 Park is now **tuʔalaltx<sup>w</sup> Village Park & Shoreline Habitat.**

(“t-oo-ah-lal-too-wx”; Herring’s House).

The former Terminal 107 Park is now **həʔapus Village Park & Shoreline Habitat.**

(“ha-ah-poos”).

For more information about these park names see: <https://westseattleblog.com/2020/10/followup-here-are-the-new-names-for-port-of-seattles-6-duwamish-river-parks/>.

The next time you visit Coulon Park, take the boardwalk to Bird Island at the southwest corner of the park. From here spot the wildlife and note the information signs that include names in the Lushootseed language. See the example.

If you are curious, you can learn three simple phrases at this website: <https://tulaliplushootseed.com/>.



**"KONK-LA-REE!"** BIRD SONG

**RED-WINGED BLACKBIRD** BIRD NAME

*Agelaius phoeniceus* SPECIES

**k'a'q'ala'sca**  
(kwa-qwa-lah-tsa) PRONUNCIATION

Red-winged Blackbird males are known to defend their territories by singing loud and proud, and by chasing off intruders, from other blackbirds to birds of prey including Bald Eagles, Ospreys, and Red-tailed Hawks. LUSHOOTSEED NAME



# Stewardship

## Stewardship Moment

When I think of Stewardship at Saint Andrew's, I think of my financial commitment, which most people visualize as church stewardship, but I also think about keeping Saint Andrew's clicking with my time and talent.


What is time and talent? Simply, it is taking the gifts and passions that you have, and giving your time towards a committee. Many of the meetings are held on Zoom, so there is no driving in the dark. Also, you will be amazed at how much you will learn about happenings at Saint Andrew's.

When I think of volunteering time and talent, I think of our recently departed brother in Christ, Dick Swaisgood. Dick had a passion for volunteering. He was on Congregation Council multiple times, and was Council President. He helped form the JEDI committee which works with racial justice. This past year he was involved with building and property, worship and liturgical arts, P.A.F.E. (Performing Arts Festival Eastside), and Tuesday Morning Men's Group. I suspect that Dick was involved in every committee at some time in his years at Saint Andrew's. If you are looking for a role model of volunteer service, Dick would be the one that I would choose.

Regarding committees here at Saint Andrew's, watch for the upcoming programs the Adult Education Planning Team is hosting this coming September and October at 9:00 AM in the Fellowship Hall. Programs include: God's Work Our Hands, Dorcas Circle, Imagine Housing, KidVantage, Building and Property, as well as Scott Jewett from Mars-Jewett Investment firm who will speak about creative giving.

Take the plunge, the "water" will refresh your soul!

Blessings,

Kit Bowerman, Stewardship Committee Chair 

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## Northwest Washington Synod

### Opportunities and News from the Synod

#### Spiritual Growth

There are many opportunities around our Synod for spiritual growth. Here are two. Visit <https://www.lutheransnw.org/> to explore additional offerings.

- **LiVE** is a ministry of the Northwest Washington synod that offers education opportunities for lay people. The goal of LiVE is to form Christian leaders able to make sense of God's world and our place in it. LiVE offers a flexible, hybrid-style of learning, including multi-week courses, one-day retreats, and interactive learning cohorts. All offer the chance for further discussion, exploration, and community building. The 2023-2024 Course Catalog is available where you'll find all of the exciting courses, retreats and Synod-wide Bible study being offered this year. Visit <https://www.lutheransnw.org/ministries/the-live-project>
- **Crossways Bible Study**: Ever had reading the entire Bible on your bucket list? Let Crossways and Pastor Mike Anderson be your guide. This two-year program, hosted by Holy Spirit Lutheran Church in Kirkland, begins October 1 with Genesis, and will include pre-recorded lectures sent on Sundays to your email address to be watched at your leisure. Optional Thursday evening Zoom discussions will follow each lecture's release. The course is academic in nature and works well for those with or without Bible background. Visit [www.hsckirkland.org/crossways](http://www.hsckirkland.org/crossways) to learn more and register.

#### Deacon Dianne Johnson

The Synod Director for Evangelical Mission, Deacon Dianne Johnson, has announced her intention to retire this fall. Her final day in this role will be October 31. While we will greatly miss her enthusiasm, wisdom, creativity, and compassion, we want to send her off to her next adventure in style. All are invited to join us for a gratitude and sending Open House Celebration on Sunday, **October 29, 2:00 pm - 4:30 pm** (presentation time at 3:00 pm) at First Lutheran Church in Bothell (10207 NE 183rd St, Bothell).

For more information, visit <https://www.lutheransnw.org/news/deacon-diannes-departure>

#### Resources and Prayer Messages

Other resources include:

- 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>



# Northwest Washington Synod

## From Bishop Shelley Bryan Wee

Published in *The Spirit*, September 2023 edition

I went to the musical *1776* a few nights ago where I learned some new things about how the Declaration of Independence came to be written. As I watched, I felt proud to be an American – to be part of a group of people who wanted freedom from tyranny, freedom to vote, freedom from an empire far away.

There were also moments in this play when I was horrified at some decisions made. At the last minute, the clause to abolish slavery was removed so that all of the representatives would sign the document. The most powerful song in the musical, *Molasses to Rum*, reminds the audience how all the colonies were complicit in the selling of humans – not just the south. (<https://genius.com/John-cullum-molasses-to-rum-lyrics>)

As an American, I hold two realities. First, I rejoice in the wonder and aspiration of the United States of America. I am grateful for this country and I love what it is striving to be. At its best, it is a country where freedom and liberty are supreme. It is a place where care is given to those arriving on its shores. It is a place where people can freely go to church and other places of worship (or not go at all). In short, the United States is a promise of what can be.

At the same time, I hold the truth of this country's sins. Enslaved men built the White House, the U.S. Capitol building, and others. Homes of former presidents including George Washington's Mount Vernon and James Madison's Montpelier were built by men "owned" by them. The land that we in the Northwest Washington Synod are living on was once land that belonged to Samish and Duwamish, Lummi, and Muckleshoot and many others. Japanese people were unjustly imprisoned during World War II. Sundown laws and redlining laws were written throughout this country. As a white woman, I know that I could not vote until 1919. For women of color, the right to vote did not come until later. People who are part of the LGBTQIA+ communities have been harassed and discriminated against, beaten up and killed in this country. And discriminatory practices and violence continue to this day. In short, the systems in this country have violated and harmed people since its inception.


This is what it means to be an American: to vote, to engage in civic society, to appreciate this country, to grieve past and present sins, and to truthfully stand up and speak when it falls short of its ideals.

But what about those of us who are American and also Christian? Unequivocally it means that as much as one might love this country, this is not where our ultimate allegiance lies. For we are part of the body of Christ that extends beyond the borders of any country. As Lutheran Christians, we know that we are named, chosen, and called by God through Jesus. We hold deeply the joy that we are freed from sin, and, because of this, we are called into radical love, acceptance, and welcome – far beyond being a citizen of any country. We are freed to live beyond racism, injustice, and bigotry. Martin Luther wrote that freedom is a gift from God, not just for our sake, or our country's sake, but for the sake of the world.

Tragically, there are those who want to distort this freedom. To somehow merge Christian and American identities. Rather than freedom, conflating religious authority with political authority leads to tyranny and marginalization - especially of minority groups. Christian Nationalism is neither patriotic nor is it faithful. You do not have to be Christian to be a "true" American. And you do not have to be American to be Christian. At its heart, it is idolatrous. As the First Commandment states, "You shall have no other gods."

Together, as faithful Christians, let us live into Jesus' words –into radical love, acceptance and welcome. Let us speak truth to power and stand with those without power. Let us follow Jesus who commands us to love everyone as our brothers and sisters and siblings including our fellow citizens, those of other belief systems, and those of other nations. Together, as faithful Christians, let us stand up and speak out against Christian Nationalism and any system that marginalizes, harms, and subjugates another. As Jesus announces in the gospel of Luke, *'The Spirit of the Lord is upon me, because God has anointed me to bring good news to the poor. God has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, to proclaim the year of the Lord's favor.'*

For freedom Christ has set us free. May we live and dance and revel in the freedom of Christ.

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



# 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 September ~ The Plaster House (TPH)

Good and gracious God,

Out of your compassion, continue to bless the work of The Plaster House so that more children might live life abundantly. Give wisdom to the staff and leadership as they move forward to expand their ministry. Strengthen Sarah and staff as they seek to be good stewards of your gifts. Provide for their needs so they can more effectively meet the needs of others. In Your Name we pray, Amen.



### An update: Reminder that Sarah Rejman, founder and director, visits USA in October.



**JUNE** brought a master's level student in Public Health to standardize the medical operations manual as The Plaster House expands to other locations. Their board signed an MoU (Memo of Understanding) with the Foundation for African Medicine and Education (FAME) to bring their high-love, low-cost care to Karatu, a growing center for tourism and commerce. Recently they treated their first group of patients who are now recovering in their new rented facility.

**JULY** brought parents and teens from the USA for the annual TPH Immersion trip, volunteering at the three care-residences. If your family is interested in a future trip, contact Jean Wahlstrom. They go every July, led by their USA board chair, Gail Gettler (includes safari).

**AUGUST** welcomes medical personnel from One World Medical Relief for a plastic surgery clinic. They will be focusing on children with cleft lips and palates and burn scar contractures.

### ONGOING:

The program to build their own surgical and residential outpatient center on the west edge of Arusha is going very well. They have a project development manager who reports that the water is connected, their security fence is going up, and the 750 trees they have planted are taking root on the non-goat side of the fence.

Sarah and staff send their heartfelt gratitude for our prayers and support. The children thank you with their smiles, some smiling for the first time in their lives, each deeply grateful for the treatments that give them hope!!

### COMING THIS FALL

Please be watching for the news of the rebranding of the name "THE PLASTER HOUSE." Because of their taking on a non-profit status in Tanzania – it is a change in their legal structure which enables their expansion - they will be changing the name BUT NOT the ministry and service to the children. The same high-love, low-cost surgical treatment remains. Stay tuned! Newsletters available on their website: <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.





# Outreach and Servant Ministries

## The Sophia Way



The Sophia Way continues to give homeless women a safe place to live and many programs to help them find permanent homes.

### Lunch in July - Thank You!

I want to thank the many Saint Andrew's members who donated toward a nutritious, delicious salad lunch for the women at Sophia's Place in July.

Several people also donated pantry supplies, which are **always** needed at the Shelter!

Thank you to Jay Baxter, Terri Anderson, Sherry Grindeland, Louise Tollefson, Linda Gilham, Joyce Nelson, Mary Mills, Beth Donahoe, Nancy Davis, Janell Erickson, Shirley Hobson, JoAn Eklof, Linda Willenberg, Jan Bowerman, Pat Kaald, Sarah Cannon, Susie Carney...Also, to the husbands and friends who helped!

### Lunch in September

Food Drop-off on Tuesday, **September 19**

Lunch delivered and served on **September 20**

We will be gathering donations on Tuesday, **September 19**, to provide lunch for the women at Sophia's Place on **September 20!**

Contact Joyce Arnold if you are interested in contributing food to the meal.

### Ongoing

If anyone would like to contribute to the Sophia's Place pantry, let Joyce Arnold know. (Joyce is at the Shelter once a week.) There is always a need for kitchen paper products, water, and other essential items.

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

## Helping the People Affected by the Wildfires in Hawaii

You have undoubtedly read or heard about the devastating wildfires in Hawaii. These fires have destroyed homes, businesses and lines of communication. You may be wondering how you can help the thousands of people impacted by these fires.

First off, pray for the Maui communities impacted by the wildfires. May God's healing presence bring them peace and hope in their time of need and give strength to those working diligently to contain the fires and care for affected communities.


Our Outreach and Servant Ministries Committee has directed \$1,000 from the New Opportunity fund to Lutheran Disaster Response (LDR) directed to their "U. S. Wildfires Fund". Lutheran Disaster Response is coordinating with the Pacifica Synod and other partners to assess the needs of people impacted by the wildfires. They continue to work with them to provide for immediate needs and recovery amid the widespread destruction. Lutheran Disaster Response is committed to accompanying recovering communities in the years ahead.

The need is great and urgent. If you are able, you are encouraged to provide support for the people affected by these fires. You can do that directly at the Lutheran Disaster Response website at this link: <https://community.elca.org/uswildfires>. Ensure the designation is "U.S. Wildfires". Or you can write a check to Saint Andrew's and put "Hawaii Wildfires" on the memo line. Donations made directly to LDR rather than through the church will reach the people affected quicker.

Lutheran Disaster Response (LDR) assures that your gifts designated for "U.S. Wildfires" will be used entirely (100%) to provide long-lasting support for those whose lives have been impacted by these fires. For further information about LDR's efforts visit: <https://www.elca.org/Our-Work/Relief-and-Development/Lutheran-Disaster-Response/Our-Impact/US-Wildfires>.




## Mission Partners

Saint Andrew's receives many letters of thanks from the Mission Partners to whom we donate funds, goods, and time. Check out the "Outreach and Servant Ministries" section of the bulletin board in the Narthex to see learn more about these organizations and how our donations help! 

## Giving to Outreach Organizations

Saint Andrew's supports several local and global organizations. If you would like to financially support these organizations at any time, you can

- mail a check to Saint Andrew's (clearly marked with the name of the organization) OR
- donate on the Saint Andrew's secure online donation webpage, <https://salc.church/giving-options> and press the "Tithe.ly Online Giving" button. Designate the desired organization; OR
- donate directly to the organization.

You are also invited to check organization websites for specific needs they may have. 

# Outreach and Servant Ministries

## Collection Emphasis for Hopelink ~ September

Hopelink has asked us to do something a little different for September and collect canned cat food, canned dog food, and small bags of dry cat food (5-10 pounds). We recognize that this is an unusual request to support their food bank. The director of the Bellevue food bank provided this information in support of their request:

“A bit of background – we historically have received donations of pet food from the local Seattle Humane Society (in Bellevue) every two weeks. We rarely receive wet/canned pet food, and for the last month have not received any cat food at all. It is very common that people who are food insecure are also pet food insecure. Pet food is not something that people can purchase with their monthly food stamp benefits.”

So, for September we will be collecting:

- Canned cat food
- Canned dog food
- Small bags of dry cat food (5-10 pounds)

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



Hopelink has asked us to continue to collect **paper grocery bags**. They have an ongoing need for these.



## The Hopelink Food Bank Thanks You!

### Corner of Blessing Collection – July– Cereal

**THANK YOU** to everyone who donated cereal for Hopelink's food bank. When we delivered the cereal, the supervisors of the Bellevue food bank were both amazed and delighted with the donation. They told us that they were completely out of cereal before our delivery and that our cereal collection is one of their favorite drives that we do for Hopelink. Together we provided 194 boxes of cereal. The girl scouts of South Bellevue donated 111 of those boxes. Thank you, Girl Scouts! This totaled 238 pounds of food for the people in our community that the food bank serves. **THANK YOU!**



**hopelink**

## Thanks to the Unpackers

Volunteers from Saint Andrew's Lutheran Church recently prepped backpacks for the Congregation for Kids annual back-to-school operation. Our church has supported the organization since it began.

Congregations for Kids provides new backpacks and school supplies for needy children in the Bellevue School District.

We zipped through about 1,000 backpacks in record time on August 9.

The Saint Andrew's team unpacked the backpacks, removed them from individual plastic bags, and then removed tags and packets of desiccant. (This year we also pulled rulers out of about half the bags.) Then the backpacks are repacked in the original cartons.

It sounds easy but the process is time consuming.

And fun!

We admire the bags designed for high school use and *ooh and aah* over the cute and brightly-colored kindergarten version.

Part of the fun is the conversation and getting to know other church members better.

This year's team included Carol Muecke, Joan Tweten, Joan Brennan, Shirley Hobson, Christine Koch, Liz Rudolph, Carolyn Gernert, Libby Nielsend (a friend of Shirley Hobson), and Sherry Grindeland. ☺



# Outreach and Servant Ministries

## Congregations for the Homeless (CFH) / now PorchLight

CFH clients, staff, and volunteers are enjoying settling in to the new shelter on Eastgate Way.

The Rotating Shelter will continue to be a separate group of men who stay at different churches each month and are committed to sobriety and finding housing. Many of the men in the program are employed.

Saint Andrews is looking forward to hosting the Rotating Shelter during September and we already have members signed up to do grocery shopping, make cards, provide dinners, serve as hosts, and bring in hot breakfasts for the special days that the men will be staying all day (September 2, 4, and 23). All other days, the men will arrive at 6:00 pm and leave by 7:30 am. On Sundays they will be invited to stay for the Adult Discipleship Hour Forum and Church. Because we are hosting the men for the second time in 2023, the other churches are helping to provide dinners, non-perishable food and other supplies. There are 18 men in the program right now. In 2024 we will be hosting the men in June instead of March.

Thank you to our staff, Congregation Council, and members for making this happen. The men really appreciate this program and our hospitality. Contact Cheryl Jurrus for more information or to volunteer. 🙏



## CFH is Now PorchLight

*From CFH:* This name change comes after considerable thought, research, and many conversations with important stakeholders. Since October 1993, when CFH welcomed its first guest, the name "Congregations for the Homeless" has served us well. But perceptions and attitudes about homelessness and social services have evolved in the past three decades, and so has CFH. With the opening of our new shelter in its permanent location, the timing is right to refresh our brand and showcase our evolved continuum of care.

The name PorchLight embodies the guiding principles and values underpinning our work from the beginning: Relationships, Dignity and Respect, Community, and Empowerment. Just as a porch light provides a beacon of hope and warmth, this organization provides a guiding light for those in need, offering a safe space, support, and a sense of belonging to individuals experiencing homelessness. And while our name is changing, our core values, mission, and dedication to serving our community remain steadfast.

Before the end of September, you will see updated communication materials and new social media channels. We will also be launching a new website: [porchlightcares.org](http://porchlightcares.org) – a forward will be in place to ensure everyone who visits our website lands in the right place.

From all of us at CFH, and now PorchLight, thank you for your ongoing support of all we do! 🙏





# Outreach and Servant Ministries

## MaaSAE Girls Lutheran Secondary School (MGLSS), Tanzania



Welcome to a very busy time at MGLSS!! **Recruitment** for the new Form One class is underway. The teacher task force is out in the bush and should finish by the end of August. PRAY for wisdom in the selection process and safety as they travel into the interior.

All Form 6 graduates last spring have reported for their compulsory military training, they will be returning to their homes at end of September to wait for their exam results and, hopefully, their university or vocational training placements. One of our students who Saint Andrew's sponsored with a Post-MGLSS scholarship, **Mary Sepere**, will graduate in October in Pharmaceutical Science and will wait for placement. The other student, **Witness Kivuyo**, has one more year of university.

The most urgent need for prayer is for more of the Form 4 **students to return** to MGLSS from their long 10-month break. Of the 67 students who passed their Form 4 exams in October 2022, only 28 have returned to school at this time, 10 have transferred to government schools, 6 are confirmed pregnant. Form 5 classes started in July.

Saint Andrew's has also been instrumental in the hiring of **Avitus Rukonge**, a qualified farm manager at MGLSS. This year the farm produced 1,505 kilos of coffee (3,300 pounds) that were sold for 8,578,500 Tanzanian shillings (at 2,485 shillings per dollar, that's \$3,564.52), both figures are double the totals from last year. He has sold/traded five old cows for two young milkers that give much more milk than the old ones, leaving them with a total of 7 cows. And, despite a drought in the long rainy season, he has planted 500 new coffee bushes from the nursery he's started. New bushes will produce coffee in 3 years. More stories will be forthcoming, but these are great numbers.

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. 📞

## Lantern Hill, Mexico

by Shana Nielsen



On behalf of the children, their families, and the staff of Lantern Hill, THANK YOU for your generosity during our Christmas in July event that was held at Saint Andrew's. I personally have been so incredibly moved by the kindness of our congregation. The \$5255.00 raised is going to make such a difference for so many. Your financial support is going to provide:

- Food for the 100 children enrolled in the after-school tutoring program for the coming year
- A teacher's salary
- Clean, drinkable water for the coming year
- Internet and electricity in the yellow school
- Bus passes for students to get to High School (1.5 hour bus ride one way)
- High School tuitions

Lantern Hill started with prayer and the first classroom on an actual hill in Canon Buena Vista, in a cinder block home with no running water, no electricity, and eight children who had rarely attended school and no reliable access to food. For the past 10 years the mission of Lantern Hill has been to break the cycle of poverty through education. Thanks to you, we will continue to be able to live that mission and change the lives of so many.

Christmas in July would not have been possible without the support of our Saint Andrew's Outreach and Servant Ministries Committee. Special thanks and my personal gratitude to Jay Baxter, Sherry Grindeland, and Dick Szabo for their extensive help in making the event possible. I consider myself so fortunate to be a part of our Saint Andrew's community. Muchas Gracias and God Bless!

For more information about Lantern Hill, please look us up on Facebook, Instagram, or connect with Shana Nielsen.

[www.friendsoflanternhill.org](http://www.friendsoflanternhill.org)

<https://www.facebook.com/FriendsofLanternHill>

<https://www.facebook.com/lantern.hill.7>



## Fundraiser for MGLSS ~ Thank You!



The Maasae Girls Lutheran Secondary School (MGLSS) Farm Manager program has reached its goal for 2023! As noted before, Jason Bergmann of Operation Bootstrap Africa had reached out to the Saint Andrew's Tuesday Morning Men (TMM) group earlier this year and asked if they were willing to fund a new full-time farm manager for the almost 400-acre plot of land on which the Girls School rests. The proposal called for funding \$10,000 a year for three years. TMM accepted the challenge. An anonymous donor offered a \$5000 in matching funds for the first year. The congregation stepped up and the goal was reached in June. Actually the goal has been exceeded by over \$2400. The excess will be used as part of next years contribution. Thank you Saint Andrew's for the wonderful support for this amazing project. You will be kept apprised of progress as work continues. 📞

# September 2023

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aug - 27	Aug - 28	Aug - 29	Aug - 30	Aug - 31	Sep - 1	Sep - 2
<b>Sep - 3</b> 9a - 10a Coffee and Conversation 10a - 11a Sunday Worship 11:15a - 12:30p Root Beer Float Sunday	<b>Sep - 4</b> ALL DAY Labor Day/Office closed 5p - 6p Executive Committee	<b>Sep - 5</b> 8:30a - 9:30a Tuesday Morning Men 9:30a - 12:30p Dorcas Circle 10a - 11a Saint Andrew's Staff Meeting 6p - 7p Finance Committee	<b>Sep - 6</b> 2p - 3p Congregation Care Team	<b>Sep - 7</b> 7p - 9p Choir Rehearsal	<b>Sep - 8</b> ALL DAY Office closed on Fridays	<b>Sep - 9</b> OFFSITE 9a - 3p God' Work, Our Hands Service Day
<b>Sep - 10</b> 9a - 9:45a Discipleship Hour Forum 9a - 9:45a Suncsay Church School 9a - 10a High School Summer Trips 2024 Information Mtg 10a - 11a Sunday Worship 11:15a - 12:15p Altar Guild meeting	<b>Sep - 11</b> 10a - 11:30a Health and Wholeness Ministry 1p - 2p Saint Andrew's Staff Meeting 7p - 9p Congregation Council Meeting	<b>Sep - 12</b> 8:30a - 9:30a Tuesday Morning Men 10a - 11a Bible Study with Pastor Forbes	<b>Sep - 13</b> 4p - 5p Adult Education Planning Team	<b>Sep - 14</b> 7p - 9p Choir Rehearsal	<b>Sep - 15</b> ALL DAY Office closed on Fridays	<b>Sep - 16</b> 9a - 12p All Church Work Day
<b>Sep - 17</b> 9a - 9:45a Discipleship Hour Forum 9a - 9:45a Youth Education (grades 6-12) 9a - 9:45a Suncsay Church School 10a - 11a Sunday Worship 11:15a - 12:15p KnitWits (Knitting as Witnesses) 1p - 2p Finnish Lutheran Congregation Worship Service OFFSITE 5p - 7p Family Game Night	<b>Sep - 18</b> 1p - 2p Saint Andrew's Staff Meeting 6:30p - 7:30p Worship & Liturgical Arts Meeting	<b>Sep - 19</b> 8:30a - 9:30a Tuesday Morning Men 10a - 11a Bible Study with Pastor Forbes 2p - 2:15p The Sophia Way Lunch Food dropoff	<b>Sep - 20</b> OFFSITE ALL DAY Sophia Way Lunch	<b>Sep - 21</b> 7p - 9p Choir Rehearsal	<b>Sep - 22</b> ALL DAY Office closed on Fridays	<b>Sep - 23</b> 9a - 5p Photo Appointments
<b>Sep - 24</b> 9a - 9:45a Discipleship Hour Forum 9a - 9:45a Youth Education (grades 6-12) 9a - 9:45a Suncsay Church School 10a - 11a Sunday Worship 12p - 4p Photo Appointments : Photo Appointments (Override) 12:15p - 12:45p Acolyte Meeting	<b>Sep - 25</b> 1p - 2p Saint Andrew's Staff Meeting 5p - 7:30p Photo Appointments : Photo Appointments (Override) 7p - 8:30p Outreach and Servant Ministries	<b>Sep - 26</b> 8:30a - 9:30a Tuesday Morning Men 10a - 11a Bible Study with Pastor Forbes 5p - 7:30p Photo Appointments (Override) 7p - 8p Building and Property Committee	<b>Sep - 27</b> 5p - 7:30p Photo Appointments : Photo Appointments (Override) 7p - 8p Racial Justice Group/JEDI	<b>Sep - 28</b> 5p - 7:30p Photo Appointments : Photo Appointments (Override) 7p - 9p Choir Rehearsal	<b>Sep - 29</b> ALL DAY Office closed on Fridays 5p - 7:30p Photo Appointments : Photo Appointments (Override)	<b>Sep - 30</b> 9a - 5p Photo Appointments

## Pastoral Acts

### Baptisms

Giuliana G, August 20, 2023

### Weddings

None

### Memorial Services

Claire Ellen Charlebois, July 9, 2023  
 Raymond Stanley Sivesind, July 15, 2023  
 Ernest Lowell Arneson, August 5, 2023  
 Mark Richard Nieman, August 27, 2023  
 Natasha Joy Nieman, August 27, 2023

### Committals

Paul Alfred Hoglund, July 19, 2023  
 Saint Andrew's Memorial Garden  
 Valerie Vesta Hoglund, July 19, 2023  
 Saint Andrew's Memorial Garden  
 Karen Hoglund Burt, July 19, 2023  
 Saint Andrew's Memorial Garden  
 Beverly Kaye Lenci, July 22, 2023  
 Saint Andrew's Memorial Garden

## 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  
**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

## 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	Kit Bowerman
Worship and Liturgical Arts	Tom Getzinger	Sharon Gurtel

## 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

### Tom Getzinger

Registrar, 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

### Kurt Lutterman

Member, City of Bellevue Environmental Services Commission

Please let us know how you serve in our community!

The due date to submit items for the next issue of  
*the VOICE* is **September 11**  
 Email submissions to Susan Hegedus, susan@SALC.church





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 www.SALC.church  
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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://www.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).

