



the VOICE

October 2023

Growing Together in Christ to Love and Serve All People

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LiVing our Values

*Grow in the grace and knowledge of our Lord and Savior Jesus Christ.
To him be the glory both now and to the day of eternity. Amen. 2 Peter 3:18*

Many of you know that I serve on the synod's Strategic Team for Authentic Diversity (STAD). This team is a coalition of rostered leaders, and those preparing for rostered leadership in our synod, who are working towards authentic diversity in our synod by resourcing leaders with education and resources that enable us to dismantle white supremacy in ourselves, our congregations, and the wider church. The name of our group comes from the Strategy for Authentic Diversity, which was approved at the Churchwide Assembly in 2019, and our goals and work are intertwined with the goals of the strategy.

Over the last couple of years, STAD has been exploring opportunities to partner with the LiVE Project, our synod's ministry that offers education opportunities for lay people, with the goal of forming Christian leaders able to make sense of God's world and our place in it. These opportunities include everything from Bible studies to retreats to educational courses on various topics.

This fall, together with the synod, STAD and the LiVE Project are offering an anti-racism educational event called *LiVing our Values: Dealing with Difference*. There will be time for group learning, individual reflection, and affinity group breakout sessions, abiding by the Respectful Communication Guidelines from the Kaleidoscope Institute. We will also begin conversations with our Episcopal siblings about working together and supporting one another in this important work. Prior to the event, participants will complete the Intercultural Development Inventory (IDI) so that it may be used to assess and set their own goals in this work.

This event is open to ALL - rostered ministers, lay professional staff, and church members! It will be held on **Saturday, November 4, 10:00am-3:00pm at Trinity Episcopal Church in Everett (2301 Hoyt Ave / Everett, 98201). The cost is \$100, and it includes the cost of the IDI Assessment and lunch.** If you are interested in participating in this event, please let me know by Tuesday, October 24, so that we can register as a group.

May we endeavor to strengthen one another in this work and in our life together.

With peace,
Pastor Lara ☮

For more information about STAD and the LiVE Project:

- STAD: <https://www.lutheransnw.org/ministries/authentic-diversity>
- LiVE Project: <https://www.lutheransnw.org/ministries/the-live-project>

For information about the IDI:

- IDI: <https://www.idiinventory.com/>

Sunday Worship

10:00 am

In-person
and Livestream

Masks are optional for
in-person worship.

Visit salc.church/media
for livestream worship.



Photo Directory

Photo Appointments,
September 23-October 8
See page 7

Affirmation of Baptism

Sunday, October 29
during worship
See page 2

Trunk-or-Treat

Sunday, October 29
3:00 pm - 5:00 pm
A fun community event!
See page 4

SAINT ANDREW'S LUTHERAN CHURCH

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

Worship and Liturgical Arts

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

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

Worship Texts

October 1

Exodus 1:8--2:10; 3:1-15
Mark 12:26-27a

October 8

Deuteronomy
5:1-21; 6:4-9
Mark 12:28-31

October 15

Ruth 1:1-17; 4:13-17
Mark 3:33-35

October 22

2 Samuel 5:1-5; 6:1-5
Psalm 150
Mark 11:8-10

October 29

Reformation Sunday

1 Kings 12:1-17, 25-29
Mark 10:42-45

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



Music Rehearsal Times

Chancel Choir
Thursdays, 7:00 pm

Affirmation of Baptism Service

Sunday, **October 29**

We hope that you are able to join us in support of our confirmands who will be affirming their faith during worship on Reformation Sunday, **October 29**. We invite you to stay after worship for a reception in Fellowship Hall to celebrate their hard work and dedication. 🕒

Assisted Listening Devices for the Sanctuary

Assisted Listening devices are 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. 🕒

Healing Prayer during Communion

Healing Prayers during Holy Communion are offered on the third Sunday of the month. The next date is on Sunday, **October 15**.

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

We have two Healing Prayer stations (kneelers), one on either side of the Sanctuary.

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

Bulletin Choices for In-Person Worship

There is an online option for accessing the worship bulletin. In the Narthex as you enter the Sanctuary, near the basket with the paper bulletins, there is a sign with a QR code on it. Scan the code with your device to access a PDF copy of the worship bulletin.

This option can be beneficial if reading the paper bulletin is a challenge (your device can be used to increase font size or brightness for readability) or for those who wish to reduce paper use.

Paper copies of the bulletin (regular and large print) are still available for in-person worship. The bulletin is also posted at salc.church/media. 🕒

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.

We are looking for additional volunteers so that we can greet people at both doors each Sunday.

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

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



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. 🕒




Discipleship Ministries

Midweek Bible Study with Pastor Lara

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

Midweek Bible Study is led by Pastor Lara. 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. 

Discipleship: Education ~ Sundays

Sunday Discipleship Hour Forums

Unless otherwise noted, Forums are in-person only.

The coffee is ready at **8:45 am**, and Forums begin **promptly at 9:00 am**.

With permission of the presenter, Forums are recorded and posted online for later viewing (salc.church/discipleship-hour-adults-page). Contact Communications Specialist Susan Hegedus, susan@salc.church or 425-746-2529, with questions.

Sunday, October 1 | 9:00 am | 301/Fellowship Hall

Quilts and Kits and Health and Wholeness

Quilts and Care Kits: Where Do They Go and What Do They Do for The World?

Linda Willenburg, Ruth Miller, and Stella Nieman lead this Forum program. They will share short videos about what happens to the magnificent quilts Dorcas Circle volunteers make and the Personal Care Kits we assemble (coordinated by Health and Wholeness Ministry.)

Your participation helps Health and Wholeness and Dorcas provide comfort and aid to refugees, people whose lives have been devastated by natural disasters, and needy people around the world.

And that's not all! These ministries serve our congregation and local organizations as well, and there are ways for everyone to participate. Come and learn more!

Sunday, October 8 | 9:00 am | 301/Fellowship Hall

Helping Babies, Kids and Families:

Learn About KidVantage

Join us for an intergenerational Forum on October 8. **Helen Banks** from KidVantage (formerly Eastside Baby Corner) will share what we can all do to make life easier for our needy neighbors.

Just cleaning out your children's gently used clothes and toys can make a big difference.

Saint Andrew's Liz Rudolph, a member of the Outreach and Servant Ministries Committee, volunteers at KidVantage and will be on hand to help answer questions.

Sundays, October 15, 22 | 9:00 am | 301/Fellowship Hall

Bible Study on the Book of Ruth

Join us for a study on the Bible's Book of Ruth led by Diane Hogle. Delve into this story of loyalty, faith, and love; and how this woman from Moab came to be the great-grandmother of King David and an ancestor of Jesus. This class is our Forum topic for back-to-back Sundays on **October 15 and 22**.

Bring your Bible, curiosity and questions. (We always have a few Bibles available if you forget yours.)

Questions? Or want to volunteer to lead a discussion about your favorite Bible book or passages? Contact Fellowship Coordinator Sherry Grindeland at 425-7462529 or Sherry@salc.church.

Sunday, October 15 | 11:15 am | 301/Fellowship Hall

Compass Housing Alliance

Pastor Kristy Daniels is pastor of The Church of Steadfast Love, a congregation that operates inside the Compass Center in Pioneer Square. Pastor Daniels is our presiding minister on October 15. Following worship, she will share current news from Compass Housing Alliance and the important services they provide to homeless and low-income people in the greater Puget Sound region.

Sunday, October 29 | 9:00 am | 301/Fellowship Hall

Coffee and Conversation

All are invited for a time of informal fellowship.

Sunday, October 29 | 11:15 am | 301/Fellowship Hall

Celebrate Our Confirmands

Please stay following worship to honor and celebrate this year's confirmands, who will Affirm their Baptism during worship that morning!



Discipleship: Education ~ Sundays

Sunday Church School

Age 3 - Grade 5

Sundays | 9:00 am | Room 106

Welcome New Teachers for Sunday Church School! Ann Ross-Clarke has agreed to be the lead teacher with Alex Lynn and Andrew Gustafson assisting. Their lessons continue to follow the Narrative Lectionary - the stories that Pastor preaches. They meet in Room 106. 🙏

THANK YOU!

A Special Thank You to our teachers who taught our younger children for 15 and 17 years in our Sunday School:

Sara Carmichael and Karen Laub

They have decided to retire and do other things. Thank you for all your years of service! 🙏

Youth Education

Grades 6-12

Sundays | 9:00 am | 322/Conference Room

Youth Education meets 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.

Please note: There is no Youth Education on Sunday, October 29 🙏

Cornerstone Ministry (Confirmation)

Grades 7-8

Sundays | 9:00 am | 322/Conference Room

Hello Confirmands, Youth, and their Families! We have begun year two of Cornerstone Ministry. All youth in 7th and 8th grades are invited to participate. 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. 🙏

Discipleship: Children / Youth and Family Ministries

For Youth in Grades 6-12

Created to be ME - Fall Youth Retreat



Bobbi Jo Cyr from Saint Matthew's and Doug Johnson are working together to lead 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.

The theme is **Created to Be: ME!**

Throughout this weekend retreat, we will explore how we are each created in God's own image, uniquely made, and endlessly loved. We will explore themes of how we are created to be (____) and ultimately, how we are empowered to be our unique selves. Join in the adventure of seeking out what it means to be uniquely created as one of God's beloved. What "me" are you created to be?

I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well. Psalm 139:14

Registration deadline is Sunday, **October 1**.

Information and the link to register is at salc.church/event/youth-fall-youth-retreat 🙏

Youth Group and Youth Activities

Attention parents and youth, at the time of the A printing of *the VOICE* we were still in the process of reaching out to our families to get feedback on what is best to do for youth group and youth activities this year. Please keep an eye out on your email, the bulletin, social media, and more for announcement coming soon! 🙏

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

Discipleship: Children / Youth and Family Ministries

For Everyone!

Family Game Night

Sunday, **October 15** | 5:00 pm - 7:00 pm
Saint Andrew's Fellowship Hall

We had a blast at Mt. Si Lutheran Church in September and we hope you can join us this month. Saint Andrew's is hosting the Family Game Night on Sunday, **October 15**. Please sign up by **October 12**. A light dinner will be provided. Families are invited to bring a game and a snack to share.



To sign up go to the following url:
<https://tinyurl.com/488f7pc4>

- **October Host:** Saint Andrew's Lutheran Church
- **November Host:** Sammamish Hills Lutheran Church (November 19)

We hope that you will be able to join us! Questions, contact Doug Johnson. 📞

Trunk or Treat

Sunday, **October 29** | 3:00 pm - 5:00 pm
Saint Andrew's parking Lot

All families are invited for an afternoon of Halloween fun on Sunday, **October 29**, at 3:00 pm! Come dressed up in your favorite Halloween costume as members of the congregation provide a fun and safe evening for all ages. Volunteers are needed to sign-up for trunk decorations. Trunk or Treat will take place in the church parking lot. If you would like to sign-up or get more information, please contact Doug Johnson. 📞



Happy Birthday to You!

Happy Birthday to these youth who celebrate birthdays in October!



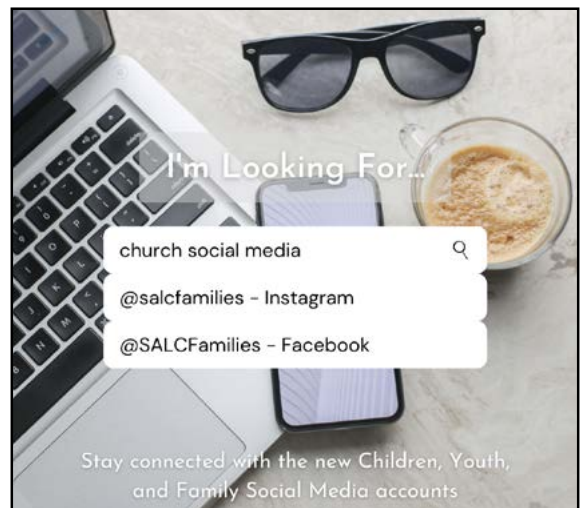
David J..... 10/03
Caden F 10/23

For All Families

Registration Forms

We need your registration forms! All youth and their families that 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 (or go to 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".



Health and Wholeness

Medication Management/Adherence

by Terri Anderson RN, retired

Medication management/adherence (or compliance) describes the process of taking meds as prescribed, while understanding the actions and potential side effects.

According to the CDC, 20-30% of prescriptions are never filled. Of those filled, 50% are not taken properly, resulting in failed treatment plans and increased hospitalizations.

What is happening?

- Directions unclear, too many meds and/or prescribers, costs, language barriers, transportation issues, frequent changes in dosing, forgetfulness.
- Self discontinuation of meds when symptoms improve.

We can do better!

- Seek help with meds from family members or caregivers when needed.
- Familiarize yourself with your meds. Learn their actions, potential side effects, what they look like and how many you take daily. Monitor expiration dates.
- Maintain a current list of meds, prescribers, and allergies in your wallet or phone, which is helpful in case of emergency. Keep the same at home.
- For complicated med regimes MD may be able to change or delete Rx's.
- Consider a pill organizer. Options are available from the most simple to dispensing machines with built in alerts. Mail order might also be helpful.

The pharmacist and pharmacy staff are your friends.

- Keep pharmacy profile updated, including meds, allergies, prescribers, emergency contacts.
- Ask about generics or prescription assistance programs to decrease costs.
- Most pharmacies will mail your prescriptions if needed.
- Utilize written resource materials provided by pharmacies.

In Summary, God calls upon us to take care of our physical bodies by providing for its needs, and only then can we honor and care for our spirit.

1 Corinthians 6:19-20 *“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.”*



Fall Drive for Personal Care Kits

The Health and Wholeness Committee is collecting items for Personal Care Kits to be shipped in November. The kits are sent through Lutheran World Relief to areas around the world where there is a need for these basic items. The following items are needed:

- **Towels**, 20"x40" – 27"x52". Light weight, dark colors
- **Combs**, large sturdy. (no pick combs)
- **Metal nail clippers**
- **Soap**, 4 or 5 ounce bars
- **Toothbrushes**, adult size

Please place donated items in the basket in the Narthex with the Health and Wholeness label.

We thank you for your support of this worthwhile cause. 🙏



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

Fellowship

Photo Directory

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 are 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.

Visit salc.church/photo-directory for information and the link to the online sign-up.

Thank you to all our volunteers who are greeting people, taking photos, and helping families choose a final photo. Our youth will be helping too! Contact Susan Hegedus, susan@salc.church or 425-746-2529, for more information.



Photo Directory Fundraiser

Throughout 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 the Photo Directory. The youth are 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 to the donation box in the Narthex at any time or 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, or Susan Hegedus, susan@salc.church.

Your Household Information in the Directory

Cell Phone Numbers

Beginning with this congregation directory, cell phone numbers for adults in the family will be included along with a home phone number. You can opt out of including cell number(s) or any other information you wish to keep private. Your preferences will be updated when you come for a photo appointment. If you are not coming for an appointment and you would like to opt out of printing certain information, please make sure we have your preference by Monday, **October 30**. Send the information to info@salc.church or phone the office, 425-746-2529.

Updates to Household Information

Have you moved? Phone numbers or email changed? Your contact information will be updated when you come for a photo appointment. If you are not coming for an appointment, please make sure we have your current information by Monday, **October 30**. Send updates to info@salc.church or phone the office, 425-746-2529.

Fellowship

Women's Early Book Study (WEBS)

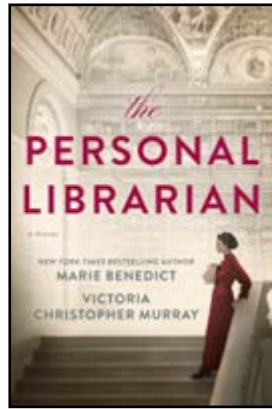
Wednesdays, October 4 - November 15


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**, at **10:00 am** 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 continue from **October 4 to November 15** and 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! Contact Cheryl Jurrus for the reading/discussion schedule and the link for Zoom.. 

Dorcas Circle

Quilting


Dorcas Circle will meet on Tuesday, **October 3**, 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 crochet or 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. 

Dorcas Circle Collection for Compass Housing Alliance

From **October through January**, Dorcas Circle will be collecting some clothing items as well as toiletries for Compass Housing Alliance.

Below is a list of most need items.

- Warm hats
- Men's white T-shirts in sizes large through 4XL
- Men's boxer shorts in sizes large through 4XL


All clothing items must be new, in original packaging and not washed.

Compass Housing Alliance currently has a large supply of socks, and is currently not requesting donations of socks.

Toiletries and Hygiene items are always needed, including the following;

- Bars of soap
- Shampoo
- Hair conditioner
- Individually wrapped toothbrushes
- Toothpaste
- Disposable razors

Donations can be placed in the baskets in the Narthex near the elevator.

If you have any questions please contact Linda Willenberg. 



Fellowship

Older Wiser Lutheran Saints (OWLS)

Tuesday, October 17 | 11:45 am | 301/Fellowship Hall North



Take a Walk on the Pilgrim Trail

Learn what a walking adventure can be when Jean Wahlstrom and Marvin Kananen recount their steps along the Camino de Santiago, Porto North.

They will share pictures and stories at OWLS (Older, Wiser Lutheran Saints) on Tuesday, **October 17**.

Their walk started in Portugal and went to the burial site of Saint James. There are several pilgrim trails leading to the site and Marv says they picked the best one because of the friendliness of the Portuguese people and the wonderful food.

OWLS meets in the Fellowship Hall at **11:45 am** on Tuesday, **October 17**, for a noon potluck lunch.

If you can, pitch in with a dish to share.

No reservations needed for these fun gatherings. And you don't need to be older or wiser to participate.

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

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!!

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

The Women’s Retreat, *GRATEFUL: Finding Joy In the Midst of Life*, is 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.

Devotional Books

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



Pastoral Acts

Baptisms

None

Weddings

None

Memorial Services

None

Committals

Gwen D. Kossman, September 23, 2023; Saint Andrew’s Memorial Garden

Stewardship

Stewardship Moment

Now we come to the subject of financial stewardship - giving money to the church. “Let him give, not grudgingly, or of necessity: for God loveth a cheerful giver” 2 Corinthians 9:7

When I think of my financial support to the church (or tithing), I think of three areas of giving:

- 1) **Giving to the General (Current) Fund.** This includes wages, utilities, property management, and supplies (office, music, Christian education, and building). These funds are what are needed to keep the lights on and help Saint Andrew’s grow and flourish.
- 2) **Giving to Outreach.** Throughout the year, you will see appeals for different areas of outreach. I think of Youth trips, MaeSAE Girls School, the Love Tree which gives our donations to Lantern Hill, Sophia Way, Imagine Housing and Kidvantage, and helping to support PorchLight (formerly Congregation for the Homeless.) I know that I am missing other projects, but your financial donations help support these non-profit groups.
- 3) **Capital giving programs.** Over the years, we have had needs beyond what our normal tithes can afford. We have stepped up in the past to achieve those goals. I am sure that we will do so again in the future when the need arises.

On Sunday, September 24, Mr. Scott Jewett of Mars-Jewett Financial Group will talk about “graceful giving” at the 9:00 am Adult Discipleship Hour Forum. I am sure that his presentation will be very insightful. If you miss it, it will be recorded.

When we pledge our annual tithe, we are making a personal commitment, as well as helping the church formulate a budget based on the pledges received. I ask that you prayerfully consider what you are willing to give to Saint Andrew’s this coming year. You too can be a part of “graceful giving”.

Blessings, Kit Bowerman, Stewardship Committee Chair 

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

Did You Know..... Indigenous People’s Day is October 9 This Year

Indigenous People’s Day has been celebrated annually since 1992 on the 2nd Monday in October, the same day as Columbus Day. That’s not an accident. Momentum began at the 1977 International Conference on Discrimination Against Indigenous Populations sponsored by the U.N. That first 1992 observance was declared by the Berkeley, California City Council, and now by more than 130 cities.

But did you know that today, it is only celebrated by 14 states plus D.C.? Washington is not on the list; it is observed here by the tribes. There are also a variety of Native American Day celebrations in different states and locales, observed in September and November. The UN holiday *International Day of the World’s Indigenous People* is celebrated on August 9.

Here are some ways to recognize the holiday in our community:

- Write to President Biden in support of more funding of our [WA Missing and Murdered Indigenous Women law enforcement program](https://www.cantwell.senate.gov/news/press-releases/cantwell-asks-biden-for-more-federal-resources-to-combat-was-missing-and-murdered-indigenous-women-and-people-crisis), <https://www.cantwell.senate.gov/news/press-releases/cantwell-asks-biden-for-more-federal-resources-to-combat-was-missing-and-murdered-indigenous-women-and-people-crisis>
- Contact your state legislators and ask them to pass the 2020 resolution recognizing Indigenous People’s Day in Washington.
- Attend a celebration. [Daybreak Star Indian Cultural Center](https://unitedindians.org/event/indigenous-peoples-day-2023/), <https://unitedindians.org/event/indigenous-peoples-day-2023/>
See the [Contemporary Native Arts exhibit at WA State Historical Society](https://www.washingtonhistory.org/exhibit/in-the-spirit-2023/) (closing September 24), <https://www.washingtonhistory.org/exhibit/in-the-spirit-2023/>
- Follow news on our state’s tribes. [Washington Tribes website online newsletter](https://www.washingtontribes.org/newsletter-archive/), has lots of interesting content, <https://www.washingtontribes.org/newsletter-archive/>, .
- Donate to a nonprofit supporting tribal interests like [UW’s Intellectual House](https://www.washington.edu/omad/intellectual-house/), <https://www.washington.edu/omad/intellectual-house/>, or [Diversity & Inclusion Fund](https://www.washington.edu/omad/advancement/), <https://www.washington.edu/omad/advancement/>.
Also [the NAYA Fund](https://www.nayaaction.org/donations), <https://www.nayaaction.org/donations>, for political advocacy and building electoral power.
- Check out the informative content on [National Today’s Indigenous People’s Day web page](https://nationaltoday.com/indigenous-peoples-day/), <https://nationaltoday.com/indigenous-peoples-day/>.

Read articles or a book on the impact of colonialization on indigenous tribes. Stop by the Saint Andrew’s JEDI table in the Narthex and borrow one of our books on indigenous peoples or check out the King County Library System list [8 Books About Pacific Northwest Native Americans](https://kcls.bibliocommons.com/list/share/308506797/1077493658), <https://kcls.bibliocommons.com/list/share/308506797/1077493658>.



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

Movie and Book Suggestions

A Movie Suggestion: A Time to Kill



In Canton, Mississippi, a fearless young lawyer and his assistant defend a black man accused of murdering two white men who tortured and raped his ten-year-old daughter, inciting violent retribution and revenge from the Ku Klux Klan.

John Grisham described the book as very autobiographical. The young attorney is basically him. The drama is based on a case he witnessed in 1984, from testimony of a 10-year-old rape victim at the De Soto County courthouse in Hernando, Mississippi.

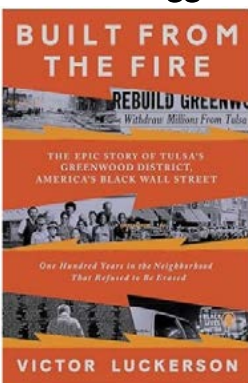
The Black father is on trial for shooting and killing the two white male rapists. Near the end of the trial, the attorney for the father asks the jury to close their eyes while he tells them a story. It is the description of what happened to this little girl. When he finished, he asked them to picture the little girl. Then he said... now imagine she's white. Shock in the courtroom. But a very important point is made.

The movie is very well done. The way the attorney had the jury close their eyes when he told the story and then dropped the bomb, by having them imagine the little girl was white. That scene stays with me. Very powerful. Very well done ~ Debbie Szabo

Rated R for violence and some graphic language.

A Time to Kill 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: Built from the Fire by Victor Luckerson



Built from the Fire tells the story of an aspirant black neighborhood that, like so many others, has long been buffeted by racist government policies. It relates the 1921 Tulsa Race Massacre that was one of the most brutal acts of racist violence in U.S. history, a ruthless attempt to smother a spark of black independence. It continues through a hundred years of a neighborhood that refused, more than once, to be erased.

Before reading this book, I had heard a little about the Greenwood District of Tulsa (known as Black Wall Street) and was intrigued when I saw this book described in the Seattle Times. I enjoy reading history but prefer it in the story of people (biographies). Covering 100 years of the Greenwood community, it relates the story of three generations from Ed Goodwin, who was in high school during the 1921 massacre, to his granddaughter Regina who represented the neighborhood in the Oklahoma state legislature. I was amazed and inspired by the resilience and determination of the people in this neighborhood. This in spite of the government's efforts to "improve" cities and communities. A very good book ~ Dick Szabo

Built from the Fire: in addition to being available from most book sellers, is available from the King County Library System: as a book or an eBook and through the Libby app as a downloadable book. 📖

Did You Know.....

Hispanic Heritage Month is September 15 to October 15

Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15 by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean, and Central and South America.

The observation started in 1968 as Hispanic Heritage Week under President Lyndon Johnson and was expanded by President Ronald Reagan in 1988 to cover a 30-day period starting on September 15 and ending on October 15. It was enacted into law on August 17, 1988, on the approval of Public Law 100-402.

The day of September 15 is significant because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18, respectively. Also, Columbus Day or Día de la Raza, which is October 12, falls within this 30 day period.

Information provided by <https://www.hispanicheritagemonth.gov/> 📖



Congregation Council

President's Corner

from Carolynn Ferris, Congregation Council President

Grace and peace to you all!

ELCA Cluster Collaboration - Synod Funding

I had the chance to meet with Dianne Johnson, Deacon with the Northwest Washington Synod. I shared with her the work we have been doing within our Cluster to explore ways we can increase our collaboration. She is very supportive of our efforts. She believes we should broaden our efforts to include Faith Lutheran in Redmond and Holy Trinity on Mercer Island and potentially others if they are willing and able. Dianne has committed to submit a request for funding from the Synod to hire two coordinators to help continue the work. It will likely take most all of September to work through this process.

Once the consultants are on board, I suggested that we start with a “refresh” of the meeting we held on April 29 when representatives from each of our participating congregations brainstormed opportunities to collaborate. We would then ask the coordinators to shepherd any action items coming out of that second brainstorming session.

I believe this Cluster “Refresh” meeting will likely take place in November. Once we establish the date, we will try to get the word out as we would love to have as many people there as possible to generate ideas and suggestions.

Dianne and I both share the same sense of urgency around this work. We need to get the momentum started once again!

Imagine Housing Opportunity

Imagine Housing is working on a 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.

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.

The Building and Property Committee and Council discussed whether or not to engage other affordable housing providers rather than committing solely to Imagine Housing to work through the preliminary planning. It was decided that, for a number of reasons, it makes the most sense to continue to work with Imagine Housing. Council voted to approve this decision in the September meeting. [As a note, I have recused myself from all discussions and decisions in this matter as I am currently the board chair of Imagine Housing.]

The Building and Property Committee will take the lead in creating a Memorandum of Understanding (MOU) that would outline expectations and obligations for each party should we move forward with a project.

Imagine Housing has been invited to join us for the Forum Hour on **November 12**. A preliminary design for the affordable housing project will be presented along with the terms of the MOU so the congregation can provide feedback, share concerns, and ask questions.

Please keep in mind that no decisions will be made until our Annual Meeting in January 2024, at the earliest.



At the September 11 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.

Pastor Lara Forbes' Report: Pastor Lara updated the Council on requests for building space usage. The Seattle Finnish Lutheran Church continues to worship in our Sanctuary on the third Sunday of the month as a mission start to reach people on the Eastside. Other new user groups include Bellevue Korean Methodist Church and Song of Seattle Women's Chorus.

Imagine Housing Development: Tom Getzinger updated the Council on the recommendation from the Building and Property Committee to work with Imagine Housing to potentially build affordable housing units on Saint Andrew's property. The Council voted to approve the recommendation. The Council discussed process, timing, and communications to the congregation as we continue to explore and evaluate this opportunity.

(continued on page 13)

Congregation Council

Treasurer Note

from Bill Brueggemann, Congregation Treasurer

The numbers for January – August 2023		
	August	Jan - August
Income	\$56,513	\$488,473
Expenses	\$62,957	\$516,184
Cash Flow	(\$6,443)	(\$27,711)

Month	Ave 2018-2022	2023
JAN	-10	25
FEB	-15	15
MAR	-20	10
APR	-25	5
MAY	-30	0
JUN	-35	-5
JUL	-35	-5
AUG	-40	-10
SEP	-45	-15
OCT	-40	-10
NOV	-50	-20
DEC	-10	25

Comments

- **Income** in August was slightly below expectations, but normal for summer months.
- **Expenses** are \$20,400 below budget for the year.
- **Cash Flow** for the year is negative (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.

Reminder – Please Use Tithe.ly for Your Electronic Contributions

Saint Andrew's uses two software applications, **Breeze** and **Tithe.ly** for membership and contribution records. Your giving statements are sent to you from **Breeze**. Electronic contributions (credit cards and direct bank deposits) using **Tithe.ly** are automatically recorded into **Breeze**. The old way, using **VANCO** (also known as Simply Giving) requires the finance staff to manually record the transactions, which is extra work plus errors can be made.

Members who are still using **VANCO** are encouraged to switch to **Tithe.ly**. This will ensure that your contribution statements are accurate at year end. You may switch at any time by visiting the "Give/Donate" menu option on the Saint Andrew's website (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 financial secretary Jan Bowerman or myself at bill@salc.church and we will do the **VANCO** deletion for you.

Giving Options

You may contribute in many ways:

- Donate from your bank account or credit card by going to salc.church/giving-options and selecting the "Tithe.ly Online Giving" button. NOTE: a processing fee is charged for electronic transactions.
- 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.
- Transfer shares of stock or required IRA distributions. Please contact Bill Brueggemann for the necessary forms.

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

September 11 Council Highlights (continued from page 12)

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

- Year-to-date building use fees, giving, and dividends are above 2022 amounts.
- Bill led a discussion on balances of designated funds (funds that are accounted for separately from the Current Fund.) He explained the use and background of the funds and which committee or group controls expenditures. Expenditures coming up in the near future were discussed.

Committee Highlights: Several committee liaisons highlighted current activities and needs.

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

Northwest Washington Synod

Opportunities for Spiritual Growth

There are many opportunities around our Synod for spiritual growth. Here are a few. 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>
- **LiVE Class: Sovereignty Spirituality**
Wednesdays, **October 4, 11, 18, November 1, 15** | **6:30 pm - 8:00 pm** | *via Zoom*
Facilitators: Dr. Beverly Wallace and Dr. Kelly Sherman-Conroy
A robust understanding of spirituality embraces the whole and authentic person and their lived experience. Many in our world have been marginalized and not given room to live fully into their own self understanding of spirituality because of domination and colonizing systems of oppression. This course explores spirituality from a place of reclaiming one's Christian identity in light of one's ethnic identity (Indigenous and Womanist/black women), and how those particular identities, in fact, might help us to image life anew as Christians in today's complex world. Visit <https://www.lutheransnw.org/events/sovereignty-spirituality/2023-10-04> to learn more and register.
- **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.hs1ckirkland.org/crossways to learn more and register.

Deacon Dianne Johnson Celebration

The Synod Director for Evangelical Mission, Deacon Dianne Johnson, is retiring as of 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>



Thank You

Thank you for the support of Pastor Lara, your prayers, and many cards at the time of Mark and Natasha Nieman's untimely accident and deaths. Thanks to those who took time out on your Sunday August 27, to share in their celebration of life service. Our family is grateful for your support.

Stella Nieman and Family

THANK YOU!!! to everybody who helped spiff up the church and get the Family Resource Room ready at the last Work Day: Dana Nasby and Matthew Wetmore, Gary Rudolph, John Nelson, Carolyn McKenna, and Doug Johnson.

Kurt Lutterman

Camp Kindness Counts used the Saint Andrew's parking lot this past summer and sends this note in thanks:

Thank you! It meant the world to us to see our community partners come together to support our free Service and Character Development Camp this summer during a time of need for Camp Kindness Counts. Thank you for pausing and thinking of ways to support us!

Our programming supports the well-being of children, families, and communities, highlighting the importance of building community and the inner transformation that takes place in children when they engage their bodies and minds in acts of compassion, gratitude, curiosity, empathy, forgiveness and generosity... and take time to reflect on their actions and feelings. Perspective taking, happiness, sense of belonging and prosocial skills all increase, which affects how they will treat themselves and others in their community.

On behalf of our team of volunteers at Camp Kindness Counts....Thank you for helping to plant the seeds for change.

With gratitude! Camp Kindness Counts

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 October ~ Navajo Lutheran Mission (NELM)



Most Generous God,

Thank you for the Navajo Lutheran Mission, the work it does for the Navajo people in Rock Point, Arizona, and the staff that carries out that work. Bless and watch over the children at the school, the people in the community and all that make the work of the mission possible. Provide for the needs of the mission and those of the Navajo people. In Jesus name we pray, Amen.

Saint Andrew's became connected to the Navajo Lutheran Mission (NELM) through the friendship of Jean Wahlstrom and Kate Adelman. Kate is the Pastor and Development Director of NELM.



Currently, the Navajo Lutheran Mission supports the community of Rock Point and the Navajo Nation in many ways. It includes the Navajo Mission Preparatory School for children K-3. In addition to the education, the school provides the children with safe transportation, breakfast and lunch, and needed school supplies. The mission has a great new well providing 150,000 gallons of clean water each month for the households in the area without access to running water. The Hózhó Café serves 70-80 warm meals each day. The Mission Food Bank distributes healthy foods to 2000+ families living within a fifty-mile radius (in partnership with St. Mary's Food Bank).

The NELM staff is 100% Navajo. There is a great 9-minute video about NELM called Walking Together at: <https://www.youtube.com/watch?v=gBUX1XWTmT0&t=8s>. It is definitely worth watching.

As the school year gets under way, NELM could use support to maintain these programs. You can donate directly at their website (nelm.org) or with a check to Saint Andrew's and NELM on the memo line. Or you could arrange to visit or volunteer at the mission.

Saint Andrew's and its members have supported NELM in several ways. We provide monetary support through our Outreach budget. Thirteen of our members spent a week volunteering at NELM in March 2020. A member joined a team from Magnolia Lutheran Church to volunteer at NELM in 2022.

The Navajo Lutheran Mission (better known locally as the Rock Point Mission) started serving the Navajo community in 1955. There are roughly 2000 Navajos living in Rock Point. It is about fifty miles to the nearest grocery store. About 40% of the houses in Rock Point do not have running water. Around 60% of the homes in Rock Point do not have internet connection. The Navajo Lutheran Mission works toward fulfilling basic community needs and strives to "embody and teach the grace of Jesus and listen to the call of the gospel to serve one another in love".



Outreach and Servant Ministries

Collection Emphasis for Hopelink ~ October and November

This year, again, we will be packing Emergency Bags for the Hopelink Food Bank. So, during the months of October and November, we will be collecting the food items to go in the Emergency Bags. Hopelink has asked that we pack “No-Cook” bags this year. The Bellevue food bank gets “Cook” bags from the Hopelink warehouse but has no supply of “No-Cook” bags. They need these to support those with no access to cooking facilities (homeless).



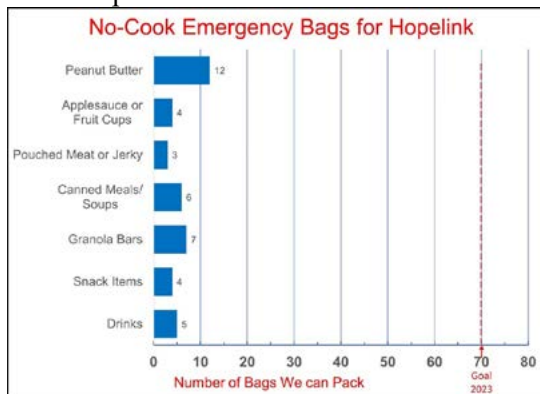
The items in these bags need to be able to be eaten directly without being heated or the use of a can opener. **ALL CANNED ITEMS MUST HAVE A POP-TOP LID.** These need to be things that can be eaten cold and plain.

There are seven different items that go in each “No-Cook” Emergency Bag. We will be collecting these items during **October and November:**

Here are the seven items we will be collecting:

- 1 - Peanut Butter – (~16 ounce plastic jar – no-stir)
- 1 – Applesauce or Fruit Cups Package – (packages of 4 or 6 cups [about 4 ounce cups], kept in original packaging so that it contains the label, ex: peaches, pears, fruit cocktail, applesauce)
- 2 – Pouched Meat or Jerky – (beef jerky or meat sticks [like slim Jims]; pouched meat like tuna, chicken, salmon [Starkist is a common brand]). Common sizes for both are about 3 ounces.
- 2 – Canned Meals/Soups – (examples: ~15-20 ounce chili, beef stew, canned ravioli, hearty Progresso soups such as: beef pot roast, chicken pot pie, Italian Wedding, etc.) – **Pop-Top lid!**
- 6 - Granola Bars – (look for ones that are at least 150 – 200 calories each – total at least 1,000 calories)
- 5 - Snack Items (high in calories and will not crush easily. Examples: dried fruit, nuts, trail mix. Individual packages – look for ones that are at least 100 – 150 calories each – total at least 500 calories)
- 2 - Shelf-Stable Drinks – (juice boxes are a good option.)

On the first Sunday in October - **October 1** - bring any of these items. Then watch for the chart to see what items are still needed to be able to pack the most bags. Look for the chart in the Corner of Blessing, the bulletin and in *Trendings*. Here is an example:



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.



Christmas in July THANK YOU!

Oops! This should have been in the September issue of the VOICE.



THANK YOU to everyone who contributed to KidVantage and Lantern Hill during the Christmas in July event. You have made such a HUGE difference for those two organizations. This will go a long way to helping them fulfill their missions caring for the kids in their communities.

Through your generosity, we have provided \$5,255 to **Lantern Hill**. This will provide food, clean water, school supplies, and many more things for the kids and the underserved families in the Ensenada area of Mexico.

Your donations of items for **KidVantage** was an amazing blessing for the children they support. Liz Rudolph, with the help of her neighbor’s van, delivered two very full vanloads of toys and clothes to KidVantage. They received over **300 new toys, games, books, crafts and stuffies**. In addition, they received 75 used toys, games and puzzles, 100 used books, over 100 pieces of used clothing, 38 pieces of NEW clothing and coats, 6 new pairs of shoes, a bassinet, a training bike, a riding toy, a stroller/car seat, and 10 miscellaneous items.

Thank you for your generosity! You made Christmas in July a HUGE BLESSING for both **Lantern Hill** and **KidVantage** and the **children** they support. 📦

Outreach and Servant Ministries

PorchLight (formerly Congregations for the Homeless) at Saint Andrew's in September




We were happy to welcome 16 men from PorchLight Rotating Shelter on September 1 at our church. Many of them are employed and are on a path to finding a home of their own!



Jakki Parks and Linda Quinn made two lovely posters to welcome them. Saint Andrew's members are providing six of the dinners and other churches are bringing the rest. We have eight members of our church who have volunteered to shop for needed supplies during the month and we were able to use a \$250 grant from Thrivent to purchase supplies to start the month. The men have another "Day In" on Saturday, September 23, so they can have a day to relax. September 2 and 4 were also "Days In". They will be leaving in the morning of Friday, September 29.

The host committee would like to, once again, thank the staff and congregation for all of the volunteers and help. This is really a group effort to provide shelter, meals, and hospitality!

Cheryl Jurrus 

Lantern Hill, Mexico

This is a blog post written by "Alicia", a summer teacher at Lantern Hill. It was published in July 2023 and is entitled A Magical Place. <http://alissainmexico.weebly.com/blog/a-magical-place>

Every teacher will tell you that there are moments of inspiration that seem to come out of nowhere. Moments when it seems that only divine intervention could provide such a perfect thing to say... Moments when you suddenly find yourself making a concept connection that you never once thought about until after the words left your mouth. These moments are far and few in between. And you are never completely sure that the students understood with the same clarity you felt.


Today I had one of those moments. I was reading a new book to the youngest group (K - 2nd.. ish.) With the older kids I had been talking about educational opportunities, careers and professions, so using my adept Google skills, I found a book that I thought went well enough with the week's theme, for this age group... *The Magic Hat Shop* by Sonja Wimmer.

The book talks about a hat shop suddenly appearing in town, the magic hats bringing out the best qualities in each person. Each person that came out of the shop with the individually perfect hat was happier, more fulfilled, more productive, etc. And they worked together to edify and support one another and their town. Suddenly I looked at the kids and whispered conspiratorially... "Did you know that this place, Lantern Hill, is a magical place, too? We are a magical hat shop, too." They scoffed, of course. But for me, it was a magically true statement.

Think about it. One day Abby and JJ appeared in town in an abandoned building. They invited Manuel in, with his construction hat. Pancho exchanged his fieldwork hat for a mortarboard. Alma and Isai saw what was going on and walked forward (not away) with high school degrees. Alma rose to be our amazing program director, with a Master's Degree in teaching, because her strengths were recognized and fostered. Isai will soon begin studying engineering in a local university. Young mothers returning to get high school diplomas and pursuing college degrees. Little ones watching their big brothers and sisters choose education, wanting to follow in their footsteps. High schoolers and college students giving their time to help make a difference in their community.

It's not perfect and there are stories of wasted opportunity, obstacles and frustrations, for sure. But this is indeed a magical place. Children enter and our amazing staff members augment their talents and work to strengthen their areas of need. We provide food and care as we are able so that our kiddos have the luxury of being able to focus on learning, playing and growing. Hungry, sick children can't focus on education.

But education... that's the magic hat. That is what brings about change. That is how we break the cycle of poverty.

For more information about Lantern Hill, please look us up on Facebook, Instagram, or connect with Shana Nielsen. 
www.friendsoflanternhill.org | <https://www.facebook.com/FriendsofLanternHill> | <https://www.facebook.com/lantern.hill.7>



Outreach and Servant Ministries

Tanzania: Prayers

Please be praying for the election of a new bishop for the North Central Diocese in Tanzania where two of our global projects (MGLSS and THE PLASTER HOUSE) are located. We give thanks for Bishop Massangwa who has served for 12 years (two 6 year terms) and now will retire. The leadership of the Diocese is meeting in September (even as I write this) so the new Bishop will be known by October. A new bishop usually means a change in staffing. Pray that the transitions will go well and that the new bishop will provide wise counsel to both of these projects as they build new relationships. 🌍



The Plaster House, Tanzania

We expect Sarah Rejman, the founder and Executive Director, to be in the Seattle area **October 30 to November 2**. More details to follow regarding any events to be held in our area.

The Plaster House is currently working on developing a cadre of Tanzanian surgeons who can be available for the specialized surgeries needed. The satellite campuses continue to be established in each of these area hospitals: KCMC in Moshi, Karatu, and Arusha. PRAY for their building of a new operating center near Arusha. The land is secured, fences are up, and water and electricity will soon soon to be completed. The expansion plan is working!!! Praise God and thank God's generous people.

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

The selection process for the next Form One class which starts in January has been completed. Those who need a safe place to stay and/or need to develop their academic skills further will be starting the Pre-Form One curriculum in October: English, Math, Kiswahili, and Geography will be taught by the MGLSS teaching staff. Pray for student safety in traveling to campus and for their transition to dormitory community living: coming from a family group to live with 65 other girls, learning new chores, learning how to study and use a library, etc. It can be a very challenging and lonesome experience.

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. 🌍



The Sophia Way

Saint Andrew's continues to actively assist the women of the Sophia Way shelters. Besides monetary donations, we also provide food, clothing, household items, AND volunteers! Also, visit the sophiaway.org website and check the Amazon and Target Wish Lists.

...AND...There is a basket for The Sophia Way in the Narthex near the elevator.

(The ladies ALWAYS need individual bottled water!)


Contact Joyce Arnold for delivery or any other questions about The Sophia Way!

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



Outreach and Servant Ministries


Thank You from 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. 

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 Grindelnd, 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

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

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 Grindelnd

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 **October 9**

Email submissions to Susan Hegedus, susan@SALC.church

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



2650 148th Avenue SE, Bellevue, WA 98007
 www.SALC.church
 425-746-2529

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Mission and Values

Mission:

Growing Together In Christ to Love and Serve All People

Values:

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

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

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

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

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

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

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

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

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



We Support:



October 2023

For current information, visit salc.church/calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Oct - 1 9a - 9:45a Discipleship Hour Forum : Discipleship Hour Forum (Override) 9a - 9:45a Youth Education (grades 6-12) 9a - 9:45a Sunday Church School-age 3-grade 5 10a - 11a Sunday Worship 11:15a - 2p JEDI group 3p - 6p Dick Swaisgood Memorial Celebration of Life and Reception	Oct - 2 1p - 2p Saint Andrew's Staff Meeting 1:45p - 2:30p Staff Training - Emergency Procedures 5p - 6p Executive Committee 6p - 7p Finance Committee	Oct - 3 8:30a - 9:30a Tuesday Morning Men 9:30a - 12:30p Dorcas Circle 10a - 11a Bible Study with Pastor Forbes 12p - 3p CPR / AED Training 5p - 7:30p Photo Appointments : Photo Appointments (Override)	Oct - 4 10a - 11:30a WEBS (Women's Early Book Study) 5p - 7:30p Photo Appointments : Photo Appointments (Override)	Oct - 5 5p - 7:30p Photo Appointments : Photo Appointments (Override) 7p - 9p Choir Rehearsal	Oct - 6 ALL DAY Office closed on Fridays 5p - 7:30p Photo Appointments : Photo Appointments (Override)	Oct - 7 9a - 5p Photo Appointments
Oct - 8 9a - 9:45a Discipleship Hour Forum 9a - 9:45a Youth Education (grades 6-12) 9a - 9:45a Sunday Church School-age 3-grade 5 10a - 11a Sunday Worship 12p - 4p Photo Appointments : Photo Appointments (Override)	Oct - 9 1p - 2p Saint Andrew's Staff Meeting 7p - 9p Congregation Council Meeting	Oct - 10 8:30a - 9:30a Tuesday Morning Men 10a - 11a Bible Study with Pastor Forbes	Oct - 11 10a - 11:30a WEBS (Women's Early Book Study) 2p - 3p Congregation Care Team	Oct - 12 7p - 9p Choir Rehearsal	Oct - 13 ALL DAY Office closed on Fridays	Oct - 14 ALL DAY Bellevue Fire Dept Open House 7p - 8:30p Leslie Johnson Concert
Oct - 15 9a - 9:45a Discipleship Hour Forum 9a - 9:45a Youth Education (grades 6-12) 9a - 9:45a Sunday Church School-age 3-grade 5 10a - 11a Sunday Worship 11:15a - 12:15p KnitWits (Knitting as Witnesses) 11:15a - 12:15p Compass Housing Alliance Presentation 1p - 2p Finnish Lutheran Congregation Worship Service 5p - 7p Family Game Night	Oct - 16 1p - 2p Saint Andrew's Staff Meeting 7p - 9p Discipleship Committee Meeting	Oct - 17 8:30a - 9:30a Tuesday Morning Men 10a - 11a Bible Study with Pastor Forbes	Oct - 18 10a - 11:30a WEBS (Women's Early Book Study)	Oct - 19 7p - 9p Choir Rehearsal	Oct - 20 ALL DAY Office closed on Fridays	Oct - 21
Oct - 22 9a - 9:45a Discipleship Hour Forum 9a - 9:45a Youth Education (grades 6-12) 9a - 9:45a Sunday Church School-age 3-grade 5 10a - 11a Sunday Worship	Oct - 23 1p - 2p Saint Andrew's Staff Meeting 7p - 8:30p Outreach and Servant Ministries	Oct - 24 8:30a - 9:30a Tuesday Morning Men 10a - 11a Bible Study with Pastor Forbes 7p - 8p Building and Property Committee	Oct - 25 10a - 11:30a WEBS (Women's Early Book Study) 7p - 9p Racial Justice Group/JEDI	Oct - 26 7p - 9p Choir Rehearsal	Oct - 27 ALL DAY Office closed on Fridays	Oct - 28
Oct - 29 9a - 9:45a Discipleship Hour Forum 9a - 9:45a Sunday Church School-age 3-grade 5 10a - 11a Sunday Worship 11:15a - 12:15p Confirmands Reception 3p - 5p Trunk or Treat	Oct - 30 10a - 12p Health & Wellness Kit Packing 1p - 2p Saint Andrew's Staff Meeting	Oct - 31 8:30a - 9:30a Tuesday Morning Men 10a - 11a Bible Study with Pastor Forbes	Nov - 1	Nov - 2	Nov - 3	Nov - 4