



the VOICE

March 2024

Growing Together in Christ to Love and Serve All People

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Where Do We See Life?

*This is my Father's world; oh, let me not forget
that, though the wrong seems oft so strong, God is the ruler yet.
This is my Father's world; why should my heart be sad?
The Lord is king, let heaven ring; God reigns, let the earth be glad!*
ELW Hymn 824


In January, I met with a colleague to read through the Sunday lessons for Lent and begin exploring themes within them for the season. It wasn't long before we both realized that one of their themes is death. In particular, death to the things we think mean power and greatness, death to selfishness, death to the societal structures that put people down, etc. This discovery then led us to ask, "In what way do these deaths lead to life?"

That question has remained with me. The "big" answer, of course, is that they lead us to life in Jesus. But I've found that that question has prompted me to ask another question, "Where do I see life?" and to consciously look for signs of life in my everyday living. Some signs are obvious, like the sound of birdsong or the gleeful squeal of the toddler who lives with her parents in the apartment across from me. Some of the signs aren't as easily noticed and might be missed if I'm not paying attention, such as the first bit of new growth on plants and shrubs indicating the passage of winter and the anticipation of spring.

We are still in what is, for some, a gloomy time of year with rain and shorter daylight hours. And with everything that's going on in our world – war, gun violence, political corruption, racial inequity, economic disparity, climate disasters – it's easy to become overwhelmed and unable to notice anything else.

But each day there are signs of life all around us. And within each day, there are multiple opportunities to discover it. Our life in Jesus opens our hearts to these discoveries and heightens our awareness of them.

As we continue in this season of Lent, may your day-to-day living be overflowing with the life that God has created in our world. May it bring you a sense of peace and calm, and also excitement for the possibilities that spring forth from it.

With peace,
Pastor Lara 

Sunday Worship

10:00 am

In-person
and Livestream

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



Lenten Dinner Church

February 28

March 6, 13, 20

Fellowship, Soup, and
discussion of
The Lord's Prayer.
See page 3

Women's Retreat

March 1-3

Open to all women!
See page 7

Time Change

Remember to "Spring
Forward!" Daylight Saving
Time begins March 10. Set
your clocks **AHEAD** one
hour before
going to
bed on
March 9.



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

March 3

Third Sunday in Lent

Mark 12:1-17

Psalm 86:8-13

March 10

Fourth Sunday in Lent

Mark 12:28-44

Psalm 89:1-4

March 17

Fifth Sunday in Lent

Mark 13:1-8, 24-37

Psalm 102:12-17

March 24

Palm Sunday

Mark 11:1-11; 14:3-9

Psalm 118:25-29

March 28

Maundy Thursday

Mark 14:22-42

Psalm 116:12-19

March 29

Good Friday

John 18-19

March 31

Resurrection of Our Lord

Easter Day

Mark 16:1-8

Psalm 118:21-27

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

Concert: Trio Animé

Saturday, **March 16** | **7:00 pm** | *Saint Andrew's Sanctuary*

Please join the **Trio Animé** for a delightful concert of chamber music masterpieces, featuring works by Max Bruch and Wolfgang Amadeus Mozart. Trio Animé specializes in works written for this unique and beautiful instrumental combination. The trio includes Saint Andrew's Leslie Johnson, viola; Eliza Siracusan, clarinet; and Charles Enlow, piano.



Performing Arts Festival of the Eastside (PAFE)

The Festival!

The **Performing Arts Festival of the Eastside, (PAFE)**, returns to Saint Andrew's in April!

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

The dates this year are Tuesday-Saturday, **April 2-6**, with **5 public concerts** to follow.

- Concerto Playoff Concert | Saturday, **April 6** | **6:30 pm**
- Eastside Artists Concerts | Saturday, **April 13** | **4:00 pm** and **7:00 pm**
Sunday, **April 14** | **2:00 pm** and **5:00 pm**



Join us!

Many volunteers are needed!

Join us for 4 hours and be awed by the astounding talent of these young people!

You will also enjoy a delicious hot lunch!

Several Saint Andrew's members are deeply involved in the Festival, and many more have volunteered in the past.

To volunteer, or just to learn more about this Festival, please talk to Joyce Arnold.



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 want enough volunteers so that we can greet people at both doors each Sunday.

Sign up online at salc.church/signup-greeter-coffeehost for the date(s) you wish to greet. Or, contact Fellowship Coordinator Sherry Grindeland, sherry@salc.church or 425-746-2529, to sign up for a specific Sunday.



Lent and Easter

Lenten Midweek Dinner Church

Join us for evenings of small-group fellowship and soup as Saint Andrew's observes Lent with Dinner Church gatherings on Wednesdays, **February 28, March 6, March 13, and March 20.**

We meet in Fellowship Hall North at **6:00 pm** to socialize.

Grace is said at **6:15 pm** followed by soup, bread, and conversation.

Around **6:30 pm** each table group reads and discusses a petition of the Lord's Prayer. We then have a large group discussion. Our time concludes with communion at **7:15 pm**, and we finish the evening by **7:30 pm**.

Work and school schedules, and traffic, may delay your arrival so we keep the soup warm until **7:00 pm**. Feel welcome to come anytime.

Want to help set-up, cook, or clean-up? Contact Fellowship Coordinator Sherry Grindeland, 425-746-2529 or sherry@salc.church, for more details. ☩

Coloring Poster in Lent

Children, youth, and children at heart are invited to participate in a community coloring poster during the season of Lent. This oversized coloring poster is found in Fellowship Hall and is available for all to participate in throughout the season of Lent. Come, color, and have some fun. ☩

Holy Week and Easter Worship

March 24 | Palm Sunday

Worship at **10:00 am**

March 28 | Maundy Thursday

Worship time(s) to be announced

March 29 | Good Friday

Worship time(s) to be announced

March 31 | Easter Sunday

Worship at **10:00 am**



Lenten Outreach ~ Personal Care Kits *Baskets of Promise Drive*

The Health and Wholeness Ministry Committee is once again holding the *Baskets of Promise Drive* during Lent, collecting articles to be put into Personal Care Kits for Lutheran World Relief. The kits are sent to areas of the world where emergency supplies are needed. You can help fill these kits by donating the items listed below. To make it easy we have listed an item to be donated each week during Lent. You do not have to stick with this schedule but can bring in items as you wish. Please place all items in the designated basket near the elevator in the Narthex.

- **February 25: combs**, large sturdy (no pick combs)
- **March 3: metal nail clippers**
- **March 10: soap**, 4-5 ounce bars in original packaging
- **March 17: toothbrushes**, adult size
- **March 24: bath towels**, 20"x40" – 27"x52", light weight, dark colors



Prayer Partners for Lent

Pray for your Prayer Partner throughout Lent. Praying for another person is a special time to intercede for another person. You can pray for their specific requests, their walk through Lent, for guidance and faithfulness, or for health and wholeness. Optionally, you can send them encouraging cards and notes.



We will have a Prayer Partner Reveal at the Adult Discipleship Forum on Sunday, **April 7, at 9:00 am** (the Sunday after Easter.) It is always a joyous occasion to learn who has been praying for us and to hear stories about how the Holy Spirit touched us during this time.

"Be joyful in hope, patient in affliction, and faithful in prayer." (Romans 12:12)
Prayer is something we are called to do. It is not just a suggestion, it is part of our faith-life.



Discipleship: Education ~ Adults

Sunday Discipleship Hour Forums

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

Unless otherwise noted, Forums are in-person only.

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, February 25

Lantern Hill

Abbey Williams, Director of Lantern Hill, joins us at church on **February 25**. Come meet with and hear from Abby, who will share her inspiring story about the early years of Lantern Hill, the mission of the program with updates regarding current events, and her vision and goals for the future of the school and the children who attend. Abby will also provide information about the additional building that is being purchased and the impact the space will have on not only the program but the entire community.

Following worship that day, all are invited to Fellowship Hall for a Mexican-themed lunch, conversation with Abby, and opportunities to purchase jewelry, pottery, and bags to help support Lantern Hill.

Sunday, March 3

End of Life Ready

Join Bob Free from *End of Life WA* (EOLWA) for a presentation and question and answer period that will show you how to plan ahead for end-of-life. We will review how to prepare and complete an Advance Directive, how to choose a Health Care Agent if you can't speak for yourself, and what choices are legal and accessible to die on your terms in Washington State. After attending this session, we hope you'll feel more comfortable talking to the people you trust with your care about your end-of-life wishes. Conversations that will help them know how to honor your values.

Bob Free is an EOLWA volunteer, former board president, and board member. He served on the End of Life Washington Advisory Committee for many years before joining the Board of Directors. Bob and other lawyers from his firm, MacDonald, Hoague & Bayless, generously provided many pro bono hours authoring seven amicus briefs on behalf of survivors of EOLWA clients. These briefs described for the courts the differing realities of what happens to families when a competent, terminally ill person is granted, or forbidden, the choice of aid in dying. Bob retired after 35 years of practicing law and enjoyed teaching immigration law at the University of Washington.

Sundays, March 10 and March 17

Programs Pending

Plans are being finalized for these forums. Updated information will be in Sunday bulletins, weekly *Trendings*, and on the church website.

Sunday, March 24

Holy Week Preparations

What makes Holy Week "holy"? **Jean Wahlstrom** leads this Forum that reviews what all happens during this special week in the life of our Lord. Jean will include a brief history of Holy Week and how it came to be designated as such, and will have suggestions for some activities that might make these 7 days more meaningful.



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 ~ Youth

Sunday Church School

Age 3 - Grade 5

Sundays | 9:00 am | Room 106

Lessons follow the Narrative Lectionary - the stories that Pastor preaches and are read in church. Contact Sunday Church School Coordinator Ann Thorpe with questions. 📞

Youth Education

Grades 6-12

Sundays | 9:00 am | Faith and Family Center

Youth Education meets at 9:00 am on Sundays. 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. 📞

Cornerstone Ministry (Confirmation)

Grades 7-8

Sundays | 9:00 am | Faith and Family Center

We have begun year two of Cornerstone Ministry. All youth in 7th and 8th grades are invited to participate. On Sunday mornings, youth participate in Youth Education 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

Youth Group

Sunday, March 3 | 6:00 pm - 8:00 pm

Faith and Family Center

We are meeting on March 3 for an evening full of fun and excitement! All youth grades 6-12 are welcome to attend, and don't forget to invite a friend along! Questions, please contact Doug Johnson. 📞

Summer Trip 2024

Week of August 4

Navajo Lutheran Mission, Rock Point, Arizona

Both Outreach and Discipleship Committees are excited about an intergenerational mission trip to the Navajo Lutheran Mission in Rock Point, Arizona, during the week of August 4.

Sign-up at <http://tinyurl.com/5emfyjjh> or let Doug Johnson know if you are interested in participating. Questions, contact Doug Johnson. 📞

Youth Lock-In

Friday-Saturday, March 22-23 | 6:00 pm - 9:00 am

We rescheduled our February lock-in for this month! All youth grades 6-12 are invited for the lock-in on March 22 at 6:00 pm through March 23 at 9:00 am. We will gather together for dinner, games, snacks, breakfast, and more. Youth are asked to bring a snack to share. You will need to bring your own sleeping bag and anything else you need for an overnight. Please sign-up at salc.church/youth-lock-in no later than March 20. Questions, contact Doug Johnson. 📞

For Youth in Grades 6-8

Middle School Retreat

The synod is putting together a Middle School Retreat Friday-Saturday, April 26-27, at First Lutheran of Richmond Beach (in Shoreline)! The theme is "Prayer - what is it and why do we do it?" This is for grades 6-8. The cost is \$50 per student; adults are free.

Sign up at salc.church/event/middle-school-retreat. 📞

Discipleship: Children / Youth and Family Ministries

For Everyone!

Family Game Night

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

It was so much fun to see everyone at Sammamish Hills Lutheran Church in February for the Family Game Night. This month, Mt. Si Lutheran Church is hosting on Sunday, **March 17**, from 5:00 pm - 7:00 pm.

The big game for the evening is bunco! We will have other opportunities for our younger participants who would find a different opportunity more engaging. Please sign up by **March 14**. A light dinner will be provided. Families are invited to bring a snack to share. To sign up go to the following url: <http://tinyurl.com/56ma99sc>

- March Host: Mt. Si Lutheran Church (March 17)
- April Host: Saint Andrew's Lutheran Church (April 21)

We hope that you will be able to join us!


Questions, contact Doug Johnson. 



Growing Young Assessment

The Growing Young Team encourages everyone to take a survey aimed at helping us engage and connect with our families. This survey is based on the work of the Fuller Youth Institute. It's very important that we hear from every Saint Andrew's member age 14 and older! The survey is online only and will be open through **March 3**. A link was shared with the congregation; if you need the link re-sent to you, please contact Doug Johnson, doug@salc.church. For those who want to complete the assessment at church, volunteers with online access are available before and after services on Sundays in the Faith and Family Center.

Results: We invite you on to join in the sharing of the assessment results on Sunday, **March 17**, following worship in Fellowship Hall. The Growing Young Team will share the data, answer questions, and provide possibilities for what will come next.


Our Growing Young Team is: Christine Camrud, Anna McLeod, Mark Davis, Margaret Santjer, Juliet Zhang, and Doug Johnson. 

Discovering Discipleship ~ Cornerstone Ministry

by Doug Johnson

In September of 2022 we started a new approach to confirmation: Cornerstone Ministry. The goal was simple: truly live into the baptismal promises made for each student; promises to raise them in faith, teach them the Bible, take them to worship, instruct them on the important parts of our faith, work for justice and peace, and many more. We wanted to not only model but embody those promises so that the confirmands have a good foundation on which to build their faith.

Through a lot of hard work, conversations, and prayer we came up with four cornerstones on which to build faith: Relationship, Discipleship, Worship, and Outreach. These reflect not only the core values of our church but the core values of our faith. To help establish these four cornerstones, we take a different approach to confirmation: to not just tell the youth what they need to know to take on their baptismal promises and live out their faith; we show them how to do it and help them along the way. Not only do youth learn about faith in the classroom but they learn through service, fellowship, and worship. Each cornerstone is of equal importance to the other.

Building up these four cornerstones is only one part of the faith life of our youth. Just like building a house, you have to start with a good foundation. The goal of Cornerstone Ministry is to work with the youth to deepen relationships in the church, grow in understanding of how to be a good disciple of Jesus, worship together as the Body of Christ, and go out into the world to share God's love. 

Want to Have Some Fun?

You are probably very familiar with all the events, activities, and trips that the youth do each month. If you would like to help out with any of the events for this spring, fill out the online interest form by scanning the QR Code or using the link below. Or contact Doug Johnson and he will connect you with our wonderful youth and families! Thank you for your interest and willingness to help with children, youth, and family ministries at Saint Andrew's.

<https://forms.gle/T8B9o45vEmvNDZsVA>



Happy Birthday to You!

Happy Birthday to these youth who celebrate birthdays in March!



Alex L	3/01
Gen S	3/05
Kate B.....	3/07
Kylee S	3/15
Vincent S.....	3/15
Lucas C	3/21
Zoe E	3/24
Abigail K.....	3/28

Fellowship

Women's Retreat March 1-3

“This Is A Great Time to Be Church. Wait! What?!”

The Women's Retreat features the leadership of new co-pastor of Our Savior Lutheran Church in Issaquah, the **Reverend Kristin-Luana Baumann**.


“The Barna Group lists Seattle-Tacoma among the 10 least churching areas in the nation. What a promising mission field for all of us to spread the Good News of Jesus Christ”, Pastor Baumann says. She is looking forward to the retreat as an opportunity to get known to members of Our Savior and other area churches; and to think and work together on the question: **Why is this a great time to be church?**

The retreat will be held at Rainbow Lodge in North Bend. And if you haven't been there recently, the upgrades will have you going “Ahhhh.”

Saint Andrew's partners with Our Savior Lutheran Church in Issaquah for this fun gathering.

You have the option of staying at the retreat center Friday and Saturday night or joining us just for the Saturday workshops.

Yes, we need volunteers.

For more information and to register, visit <https://oslcissaquah.org/womens-retreat/> or contact Fellowship Coordinator Sherry Grindeland, 425-746-2529 or sherry@salc.church. 

This is a *great* time
to be church!



WAIT – WHAT?!?


Dorcas Circle

Members of the Saint Andrew's KnitWits made **18 scarves and 38 warm hats** for Compass Housing Alliance. I delivered these on January 31, 2024, along with additional warm hats, men's underwear, and assorted toiletries that had been donated by Saint Andrew's members.

At the January 28, 2024 Annual Meeting, Dorcas Circle donated a quilt for a free-will offering raffle to benefit Lutheran World Relief. \$340 was donated at the quilt raffle.

Lutheran World Relief is currently having a fund-raising campaign to help end world hunger. A check for \$340 has been mailed to Lutheran World Relief for their campaign to end world hunger.

Thank you for your support of these efforts! Information about Lutheran World Relief can be found at www.LWR.org.


Linda Willenberg 

Tuesday Morning Men

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

Tuesday Morning Men meet weekly for book and bible study. Join us for an interesting conversation, prayer, and fellowship!

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

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



Dorcas Circle

Quilting


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

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

Other Ways to Help

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

- **Donate double, queen, or king size flat sheets that are in good condition, without any tears, holes, or stains.**
- Cut 11-inch quilt squares at home using washable fabrics. Dorcas has a lot of fabric that you can 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 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. 

Fellowship

Older Wiser Lutheran Saints (OWLS)

Tuesday, **March 19** | **11:45 am** | Fellowship Hall North

OWLS Hold a Work Party in March



Join the Older, Wiser Lutheran Saints for a fun work party on Tuesday, **March 19**.

After our noon potluck, we will assemble bags of food for Backpack Meals for Kids.

Jan Starr, board president of Backpack Meals for Kids, presented a program at a recent Discipleship Adult Forum about Backpack Meals. This nonprofit group provides weekend food packages for needy Bellevue School District students.

We will be packing weekend supplies for preschoolers.

Gather at **11:45 am**. We'll eat at noon. If possible, please pitch in with a dish for the potluck.

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



Spring All Church Work Day

Saturday, **March 23** | **9:00 am - 12:00 noon**

Come help fix up and clean up the church for Easter! The next All Church Work Day is Saturday, **March 23, 9:00 am until 12:00 noon**. There will be lots of tasks for all skill levels and interests. It is always a great time of fellowship, and a chance to get to know Saint Andrew's members in a new setting. There will be coffee, juice, hot cocoa, and donuts. Please let Kurt Lutterman, kurt@salc.church, know if you have questions.



Expect Traffic Delays in Factoria

Bellevue Utilities is improving the stormwater system along Factoria Boulevard SE to reduce the risks of street flooding during heavy storm events.

Lane reductions along Factoria Boulevard SE between SE 36th Street and SE 38th Street begin in late February and are **scheduled to last for 5 months**. There will be one northbound lane and two southbound lanes in this area. *Expect heavy traffic delays.*

- For up-to-date project information and more details, visit BellevueWA.gov/Factoria-Stormwater-Project
- For up-to-date traffic advisories, visit BellevueWA.gov/traffic-advisories



Check Your Spam/Junk Folder for Email from Saint Andrew's

Some email from Saint Andrew's is now from a **Sbreezechms.com** address. This is legitimate email from Saint Andrew's. Your email provider and/or email program may treat this new address as Spam or Junk. You can safely instruct your provider or program to allow all email from the **breezechms.com** domain (to do this, it may be a right-click on the message in the Spam/Junk folder).

We made this change to improve deliverability from church and reduce the risk of bad guys impersonating the church. If you have questions, please forward them to Kurt Lutterman, kurt@salc.church.

Snippets of Gratitude

Thank you to all for your prayers, cards, concern, and well wishes during our recent health challenges. We felt your prayers and missed seeing everyone for such a long time.

Thanks also to KnitWits, for the beautiful prayer shawl for Carl. It was comforting to have as we recovered...

~ Janell and Carl Erickson

Pastoral Acts

Baptisms

None

Weddings

None

Memorial Services

Ann Louise Leamer, February 10

Committals

None

Health and Wholeness

Music and Healing

by Dr. Will Simpson, Director of Music Ministries

“Whenever the evil spirit from God bothered Saul, David would play his harp. Saul would relax and feel better, and the evil spirit would go away.” 1 Samuel 16:23

This scripture from 1 Samuel 16 is an example in the Bible of music being used to calm a person’s (King Saul) severe case of anxiety. David, playing his harp, could then be seen as one of the earliest examples of a person fitting the role of a kind of music therapist. And yet, we know that references to music’s calming and renewing power is not unique to this passage alone.

From Ephesians: “Sing psalms, hymns, and spiritual songs to each other; sing to the Lord and make music in your heart to him.” Paul’s instructions here result in the refreshment of the spirit and the relief of anxiety. Paul specifically says to make music from your **heart**, meaning to engage in full and all-consuming worship of God through music.

A few months ago, Health and Wholeness Ministry asked me to write a short piece about healing through music, using a scriptural reference. This little article could have gone in a dozen different directions including putting you to sleep by relating the effects of music on the human mind by quoting references from my doctoral level class I took on the “Psychology of Music”, which used scientific method, studies, and statistics. Or I could have discussed the nationally recognized music therapy program at one of my alma maters, The University of Louisville. The music therapy program is a great help for people with a range of mental or physical challenges/illnesses like PTSD, anxiety, depression; whereby they are treated as part of a holistic regimen through music; writing music, singing, dancing to music, drawing what they hear, etc. I believe this music program has great merit and is somewhat new to the world of medicine and psychology. Instead, I want to limit the scope of this piece to sacred references and personal anecdotes. Throughout this article, I am certain you too can think of several examples of your own that exhort us to worship God in music and musical references found all throughout the Bible, songs, or hymns of healing.

Many of us today, when life gets a bit messy and we need to find some solace, may turn on the radio, or stream a tune on the computer. Or perhaps after having a long or trying day, we relax with jazz or classical music, or rock, or whatever your pleasure is. Or when things trouble us, we go straight for a specific favorite song to calm ourselves. Or perhaps we sing a hymn or song about God and Jesus. There are so many examples of pieces in the church of how God and Jesus heal us and make us whole. Our ELW hymnal alone has 32 hymns listed under the heading of “Healing”. “Balm in Gilead” and “It is Well with My Soul” are some of my favorites. What are some of yours?

My definition of “healing” also includes the act of the worship of God as a source of healing of our souls, minds, and body, so by my understanding, the entire hymnal is a book of healing. An antidote to anxiety, depression, fear - according to scripture - is to worship and pray to God. From Philippians, “Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passes all understanding, shall keep your hearts and minds through Christ Jesus.” Perhaps singing a song of Thanksgiving to God would help?

Even songs that we sing during memorial services serve to worship God and act in a cathartic way for us to mourn and celebrate a person and that person’s life in God. I know several of you mentioned how you teared up when we all sang “Amazing Grace” a few Sundays ago. Those tears can have so much meaning. They can be tears of healing, or joy, or sadness. And yet, if we only were to have spoken the text, I don’t think it would have had the same impact as when we sang it. Take a movie for example. Remove the music score from the film and very often the scene or even the whole movie seems flat and lifeless.

About 20 years ago I was playing a service at a large Methodist church in Muncie, Indiana. I was feeling kind of blah that day and had just finished my postlude on the very large organ there. A woman rushed into where the organ console was after I finished and told me the postlude I just played spoke to her and she felt better. She went on to relate her recent life events as she cried, trying to get the words out. Believe me, I didn’t do anything out of the ordinary, but that day a piece of music, no words, a fugue by Bach, was exactly what this woman needed to hear. I have never forgotten that day. I personally felt rejuvenated by being able to give a little something to this person, if only for a brief moment. A God moment, for sure. I often think back to this occurrence and it sustains me, even when I occasionally feel like what I’m doing doesn’t have much meaning.

Music is a gift from God then, meant for us to engage in and be refreshed with.

The direction of putting sacred scripture to music is in the Bible. The Psalms were intended to be sung. Throughout Lent, we are doing just that. It doesn’t matter if it’s perfect. In fact, as Paul writes, sing from the heart to God. There is a healing that happens when we engage in this form of worship. We recognize our own weakness and brevity and turn over our cares, our anxieties, and or lives to God. We can come away renewed in spirit, knowing that God is watching over us protecting us, as God has promised.

(continued on page 10)

Health and Wholeness

(continued from page 9)


As Lutherans, our tradition of engaging in singing in worship goes back to Martin Luther, who was a musician and believed strongly in congregational singing. Luther gave us the gift of singing hymns in worship. Luther said “the person who sings, prays twice.” Much of Luther’s theology is best written in the text of his hymns. As a young boy of about eight years old, my father told me after the singing of “A Mighty Fortress Is Our God” in our Presbyterian church in Kentucky, “Son, this a very powerful hymn written by a great man, listen to the words!” I had never seen him get so emotional about a hymn and I thought it a bit odd at the time. He later tried to tell me about Luther and his theology. I was pretty young and much of it was beyond me, BUT, it has stuck with me through all these many years. When I think of my father, I think very often of him telling me the story of Luther and his struggles through the music of “A Mighty Fortress” that Sunday so long ago, and I am reconnected with my dad, less sad of his absence, and healed and strengthened by the worship of an eternal triune God through the marriage of song, text, and theology.

A framed quote given to me several years ago by our departed friend, Bernhard Siemens, encourages me often. It reads, “For Heights and Depths no words can reach, music is the soul’s own speech!”

I close with the words of J.S. Bach “Soli Deo Gloria” “To God alone, goes the glory!” 

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

Annual Meeting

Annual Congregation Meeting Highlights

The Annual Meeting of the Congregation was held Sunday, January 28, 2024.

At the meeting:

- Tom Getzinger, Johannes Grad, Dan Johnson, and David Vossler were elected to three-year terms on the Congregation Council.
- Malinda Elien, Kendra Mills, John Nelson, Erik Nielsen, and Christine Zomorodian were elected to serve on next year’s Nominating Committee.
- A resolution was passed that authorizes continued negotiations with Imagine Housing to potentially build an affordable housing project on our property. The approved resolution states:

“Saint Andrew’s Lutheran Church leadership is to proceed in pursuing the development of housing affordable to families and individuals on the east side of SALC property and authorize the Church Council to negotiate and execute a non-binding Memorandum of Understanding (MOU) with Imagine Housing to develop and operate the housing.

Final approval of a schematic design plan, the condominium agreement and the purchase and sale agreement for the land will be asked of the congregation at a later date.”

- The 2024 Current Fund budget was approved. The budget can be found in the 2023 Annual Report.
- Recognized Quiet Servants: Jay Baxter, Lois Eckley, Janell Erickson, Joyce Nelson, Mikel Oswalt, Linda Willenberg, Dean Hobson, Shirley Hobson, Stella Nieman, Beverley Watt.
- Learned about a “Growing Young” Assessment; everyone was encouraged to participate.
- Learned about work ongoing to explore Bellevue area congregation collaborations

Pat Kaald was the winner of a **quilt** that Dorcas Circle raffled with proceeds to benefit Lutheran World Relief.



Congregation Council

President's Corner

from Carolynn Ferris, Congregation Council President

Council Leadership

First, I would like to thank **Dick Szabo** and **Jean Wahlstrom** for their invaluable service on Council. They served two full three-year terms which finished in January 2024. They brought wisdom, guidance, leadership, and a spirit-led devotion to their roles. I am incredibly grateful for all that they have done, and are continuing to do, on behalf of Saint Andrew's. Please let them know how much you appreciate how much they do.

Dan Johnson and **Tom Getzinger** were elected to another term on Council. We appreciate their willingness to dedicate their time and talent yet again to serve Saint Andrew's.

Our two newest Council members are **Dave Vossler** and **Johannes Grad**. Their contributions will be highly impactful. Please thank ALL of your Council members for their willingness to serve and make a difference.

In our February Council meeting, we elected new officers. I was re-elected as President; **Tom Getzinger** is now our Vice President, and **Johannes Grad** is our Secretary. We also reaffirmed **Bill Brueggemann** as Treasurer. It should be noted that our Constitution limits officers of Council to no more than two consecutive years. Having served as President for the last two years, I was technically ineligible. However, Council voted to make an exception for this year to allow me to continue the work in furthering the connections between our Cluster churches. I will be terming off Council at the end of this year so you will most assuredly get another President for 2025.

Council Youth Representative

Just after our Annual Meeting, **Abby Kasper** volunteered to be our Youth Representative for Council. We are so very grateful for her willingness to attend our meetings to provide her perspectives. We look forward to having her share her observations and insights with us as well as communicating back to the youth what she has learned in her experience with the Council.

Committee Liaisons

With the start of a new Council, we are refreshing the Committee Liaison assignments of Council members. I expect that most stay with the assignments that were in place for 2023, but there will be a few changes. **Dave Vossler** has requested to be liaison to the Health and Wholeness Ministry Committee, **Johannes Grad** will liaison with the Communications Committee, and **Dan Johnson** will attend the Outreach and Servant Ministries Committee meetings as Council Rep.

Bellevue Church Collaboration – (Bellevue Blend?)

On January 27, the clergy and Councils for Saint Andrew's, Saint Luke's, and Cross of Christ met to explore how we might grow together in ways to strengthen our missional impact and better steward our resources. There is genuine excitement where this might lead.

I met with **Colin Walker** (President, Cross of Christ) and **Judy Buckmaster** (President, Saint Luke's) following the January 27 meeting. We agreed that the next step would be to form a Task Force with people from each of the three parishes to help discern and prioritize various workstreams that can help us figure out how to best move forward. Each of the Council Presidents will serve on this Task Force, but we need to identify two additional individuals from each parish to serve with the group. We have scheduled the first meeting of the Task Force for March 9, so we need to finalize our delegates by the end of February. It should be noted that the Task Force will be asked to explore various ways that our congregations can work more closely together, but those recommendations will be brought back to the respective committees, congregations, and Councils for any decision-making. This work must be as inclusive and transparent as possible. If you would be interested in serving on this Task Force, please let me know.

I expect that we will have most, if not all, of the Cluster pastors participate in this Task Force to learn from them as well as pave future pathways among all of the churches within the Cluster. We will also have two coaches from the Synod work with us. **Jane Prestbye** and **Gary Rothenburger** will bring great insight and guidance as we discern our path forward.

This work will change us as a body of Christ. We hope we can broaden our mission and our impact, thoughtfully steward our many resources, and create new and lasting connections within the community as we do God's work, but we certainly don't have all of the answers. This is new to all of us. We would enormously appreciate your thoughts and concerns and prayerful support as we journey down this path together.

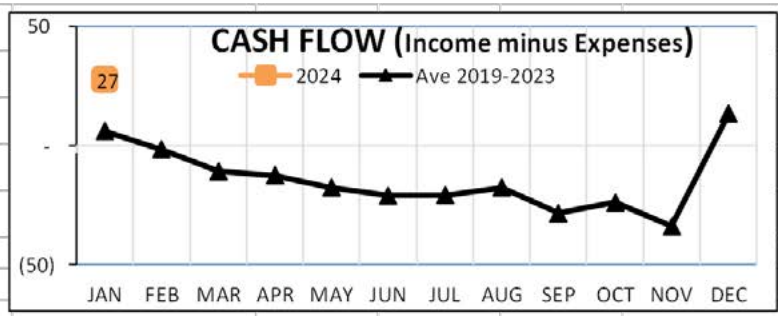
Yours in Christ, Carolynn Ferris ☩

Congregation Council

Treasurer Note\$

from Bill Brueggemann, Congregation Treasurer

January 2024		
	January	Year to date
Income	\$91,864	\$91,864
Expenses	\$64,403	\$64,403
Cash Flow	\$27,461	\$27,461



Comments

- **Income:** Contributions were above the historical average and about the same as in 2023 (\$92.9K)
- **Expenses:** Expenses were \$2K below the budgeted amount.
- **Cash flow:** Positive \$27.5K for January (more income than expenses). Great start to 2024!

Giving Options

You may contribute in many ways:

- 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 and selecting the "Tithe.ly Online Giving" button. NOTE: a processing fee is charged for electronic transactions (the church will pay this or you can opt to cover the fee.)
- Mail or drop off cash or checks to the church.
- On Sundays, you can drop cash or checks into the offering plate.
- 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. 📧

Congregation Council

At the February 12 Congregation Council Meeting....

Pastor Lara led a "Dwelling in the Word" devotion on Luke 10:1-11.

2024 Council Officer Elections:

- **The Council approved to make an exception to the two-year term limit for officers.**
- **Officers elected:** Carolynn Ferris, President; Tom Getzinger, Vice President; Johannes Grad, Secretary; Bill Brueggemann, Treasurer

Council Meeting Day/Time: The Council will meet on the second Monday at 4:15 pm, via Zoom.

President Carolynn Ferris' Report: See President Carolynn Ferris' "President's Corner" report on page 11. Carolynn asked Council members to prayerfully consider serving on the "Bellevue Blend" task force or identifying others to participate.

Pastor Lara Forbes' Report:

- Cluster pastors have met and planned pastoral support for Mt. Si Lutheran during Pastor Krista Johnson's sabbatical.
- Pastor Lara noted that Synod Assembly is May 18. Saint Andrew's is allotted five (5) voting members.

Finance: See Treasurer Bill Brueggemann's "Treasurer Notes" on page 12. In addition:

- Financial duties continue to be fully covered with volunteers and Susan Hegedus (payroll).

Housing Task Force:

- The Task Force is conducting site visits to learn from other faith communities that have Imagine Housing projects near their properties.

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. 📧

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 March ~ Lantern Hill; Mexico

Gracious and merciful God,

Grant our teachers an abundance of Your wisdom. Prepare their hearts to welcome and love all children, and may we make sure to show them love and respect in return. Give them grace as they help students who aren't thriving, courage to say what needs to be said, tools and knowledge on how and when to speak love, and strength when they feel weak. When they feel unseen, remind them that no moment goes unnoticed. They are shaping the future in one million small - yet incredibly important - ways every day. We are overwhelmed with gratitude for the gift of learning they share with our children. Bless them, Lord, and may they see even just a glimpse of how their faithfulness will forever impact generations to come. Amen.



Sincere thanks to everyone for their support of Lantern Hill on Sunday, February 25. It is such a joy and an incredible gift to have Abby Williams, the Director of the program, here with us. Abby shares her inspirational story of how Lantern Hill began and her vision for the future during the Discipleship /Education Hour. Following the church service, there is a delicious lunch provided by a kind and generous donor, and time spent in fellowship and conversation as well as opportunities to purchase Mexican pottery, jewelry made by Abby, and bags/purses created by families of students. Additionally, there are bricks representing what is needed to build a bigger school and safe play space on the newly purchased property. My gratitude to Jean Wahlstrom, Sherry Grindeland, Sharon Gurtel, and Mayolo Piñeda for sharing his beautiful music during worship. It is such a special and memorable day and I am so appreciative.

Background of the Ministry of Lantern Hill

Lantern Hill (LH) is called *Linterna del Camino* and is an Education Community Center in Canon Buena Vista, Mexico, which is a reservation community outside the city of Ensenada. The LH mission statement is: ***Breaking the cycle of poverty through education, nutrition and care.*** We believe it is through these things that lives can change and families can break out of the cycle of poverty. Lantern Hill is a non-profit organization with roots in the ELCA Lutheran church and was founded in 2007 by JJ and Abby Williams. What started as a tutoring program for 8 children on a hillside now takes place in a beautiful yellow school that greets everyone as they arrive to the impoverished community. Today the school serves 100 children who range in age from 4 to 24 - including four in university, one completing law school, and one currently in dental school. In addition to after school tutoring, Lantern Hill provides summer schooling and a year-round feeding program.

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

For more information about Lantern Hill or for information about donating, see us on Facebook at either Lantern Hill or Friends of Lantern Hill, Instagram at Friends of Lantern Hill, or connect with Shana Nielsen.

Shana Nielsen

www.friendsoflanternhill.org

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

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



Outreach and Servant Ministries



hopelink

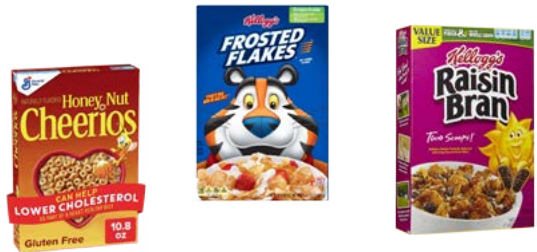
Collection Emphasis for Hopelink ~ March

Hopelink has asked us to collect cereal for March. The directors of the food bank and their customers really like it when we collect cereal. They don't often have much cereal on their shelves. When they purchase cereal, they don't get much variety. So, they really appreciate the wide variety that we provide. Hopelink and their clients were so very pleased with the cereal we collected last July, so they have asked us to do it again.

So, for March we will be collecting **Boxes of Cold Cereal***

* (Note: Costco packaging with two boxes taped/glued together that can be separated into two boxes are OK, but NOT the single box with two bags inside. The bags can't be separated in their market.)

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



The Sophia Way

A quote from a resident:

“You (The Sophia Way) have been my pillow of support when nobody else heard my cries.”

We at Saint Andrews' support The Sophia Way, too, in many ways, and especially:

Lunchtime!

Each time we provide a lunch, we are not only supporting the ladies who temporarily live in the Sophia's Place shelter, but also providing a hot lunch for other ladies who visit the Shelter seeking help.

We will be donating a lunch for the ladies again on Tuesday, **March 26**, (to be served on **March 27**.)

More information coming soon.

Please contact Joyce Arnold if you can contribute food for the lunch and/or to learn more about The Sophia Way.



Imagine Housing

Building Community Together

Building Community Together, Imagine Housing's signature and *only* fundraising event in 2024, will be on Friday, **April 19**, at the Hyatt Regency Bellevue.

Enjoy a reception and social hour with appetizers, cocktails and mocktails, photo booth, silent auction, and a journey behind the scenes at Imagine Housing. Then continue the journey into the ballroom with gourmet dinner, live auction, and program.

Tickets are available now at: imaginehousing.org/BCT



SOUPer Bowl of Caring ~ Thank You!

Thank You Saint Andrew's! What a great response for our hungry neighbors. You filled 14 crates with food on Super Bowl Sunday. Thank you all for such generosity. This provided **465 pounds of food and \$1,001** to the HopeLink Food Bank. And thank you to our teammates who helped with the collection: The Johnson family (Erik, Avegail, Kellen and Kayleigh), and the Rindy family (Katrina and Savannah). It was quite a team effort!


THANK YOU!

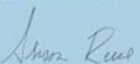
Saint Andrew's Lutheran Church's 2024 Collection

raised:

\$1,001 and 465 lbs. of food

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




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

February 11, 2024


Outreach and Servant Ministries

MaaSAE Girls Lutheran Secondary School (MGLSS), Tanzania



Sixty-four (64) young ladies have begun Form 1 at MGLSS this year. Their ages range from 11 to 16 years old. They have completed the pre-form 1 program and were very excited on January 7 when their formal secondary education began.

Additionally, for the first time ever, a “Pre-Form 5 Program” has begun. It is a 10-month program that helps the young ladies who graduate Form 4 remain safe on campus during their long break. This program nourishes life skills as well as leadership skills. Career practice and research are also part of the curriculum. We are excited to see how the young ladies respond to the program. Our shared goal is to negate the loss of young women to an arranged marriage during the long break. On average, 30% of young ladies do not return to MGLSS after graduating Form 4.

Visit <https://bootstrapafrica.org/> to learn more about Operation Bootstrap-Africa and its work. If you have questions, contact Jean Wahlstrom. 

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
- 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 2024		
Committee	Council Liaison	Committee Chair
Executive	Carolynn Ferris, President Tom Getzinger, Vice President Johannes Grad, Secretary Bill Brueggemann, Treasurer Pastor Lara Forbes	
Building and Property	Kit Bowerman	John Nelson
Communications	Johannes Grad Rob Parks	
Discipleship Ministries	Aaron Davis Ann Ross-Clarke Abby Kasper, Youth Rep.	Dana Nasby
Finance	Bill Brueggemann, Treasurer Juliet Zhang	Brady Kasper
Health and Wholeness Ministry	Dave Vossler	Terri Anderson
Human Resources	Executive Committee	
Outreach and Servant Ministries	Dan Johnson	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
 - 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**
Past President, The Rotary Club of Bellevue
 - Bill Brueggemann**
President, Bellevue Youth Choirs
 - Kurt Lutterman**
Member, City of Bellevue Environmental Services Commission
 - Mary Mills**
Tutor for K-12 students for the King County Library System
- Please let us know how you serve in our community!

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



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 @salc families
 YouTube: youtube.com/c/saintandrewslutheranchurch

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



We Support:



Northwest Washington Synod

From Bishop Shelley Bryan Wee

Published in *The Spirit*, March 2024 edition



During the cold snap in January, I realized that the hummingbird food had frozen again. I went outside to replace it and noticed a hummingbird just sitting, seemingly frozen, perched on one of the little prongs of the feeder. Now, usually the hummingbirds I feed are fierce. They swirl around my head demanding new syrup and for me to move out of their way. They exert a force that, if bigger, would be scary. But this one did nothing as I moved closer.

I stood there. Not sure what to do. Do I shoo it away? Do I simply hope it moves when I reach out? Do I come back later hoping this bird is still alive?

As in most things we do these days, I decided to research online. According to the website *Science*, hummingbirds may appear “frozen” on a feeder, but they’re using torpor to conserve energy. This article urges one to not disturb them as this is a natural behavior and allows them to save their energy.

With this, I decided to wait until the hummingbird flew off before replacing the feeder with fresh syrup (which happened about a half hour later).

So why tell you this small story of hummingbirds and me? I think there is some overlap between energy and torpor and what this all might mean for us as church together.

While not a perfect analogy, sometimes we can act like hummingbirds swirling and swooping, using lots of energy to do things. Sometimes we think that if we aren’t doing activities, or if other people aren’t doing activities, then we are failing as a church. It reminds me of a pastor saying to me at an event for Rostered Ministers, “Bishop, I feel that I have to attend everything that is planned. But, may I ask, is everything planned necessary?”

Perhaps we use energy up when it is not necessary.

Perhaps, like the hummingbird, we also need a time of torpor. Perhaps we need a “time out” time or a reflection time or a meditative time or just a time to inhale and exhale without worrying about the next event or program or activity. As theologian Richard Rohr puts it when describing centering prayer, “Prayer is simply sitting in silence, open to God’s love and your love for God. This prayer is beyond thoughts, emotions, or sensations.”

Dear Beloveds in Christ, Lent is here. As we plan and attend the meaningful worship and fellowship that we all love during the season of Lent, I pray that in worship and in other ways you can find the space and openness to embrace the wonder of the Spirit.

For we can learn from hummingbirds – not that we are to eat one and a half to three times our body weight every day like a hummingbird – but instead, we are called to have a flow between busyness and stillness, action and reflection, hustling and torpor, acts and prayer.

I pray that as we follow Jesus, as we live in Jesus’ love, as we contemplate his words and actions, we may do the same.

In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. Mark 1:35

Bishop Shelley Bryan Wee | bishop@lutheransnw.org

Resources and Prayer Messages from the Synod

Resources from our Synod 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>



Opportunities for Spiritual Growth

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.

A Lenten study has just begun. A one-day retreat on “*Becoming Communities of Belonging*” is Saturday, **April 6**. A year-long Bible Study on Tuesdays is offered via Zoom.

Visit <https://www.lutheransnw.org/ministries/the-live-project> to learn more.

March 2024

For current information, visit salc.church/calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feb - 25	Feb - 26	Feb - 27	Feb - 28	Feb - 29	Mar - 1	Mar - 2
<p>OFFSITE ALL DAY Women's Retreat</p> <p>9a - 9:45a SALC - Discipleship Hour Forum</p> <p>9a - 9:45a SALC - Youth Education (grades 6-12)</p> <p>9a - 9:45a SALC - Sunday Church School-age 3-grade 5</p> <p>10a - 11a SALC - Sunday Worship</p> <p>12:15p - 1:15p SALC - Acolyte Officer's Planning Meeting</p> <p>6p - 8p SALC - Youth Group</p>	<p>Mar - 4</p> <p>10a - 2:30p SALC - Health & Wholeness Retreat</p> <p>1p - 2p SALC - Saint Andrew's Staff Meeting</p> <p>4p - 5p SALC - Executive Committee</p> <p>6p - 7p SALC - Finance Committee</p>	<p>Mar - 5</p> <p>8:30a - 9:30a SALC - Tuesday Morning Men</p> <p>9:30a - 12:30p SALC - Dorcas Circle</p> <p>10a - 11a SALC - Bible Study with Pastor Lara</p>	<p>Mar - 6</p> <p>6p - 7:30p SALC - Lenten Midweek Dinner Church</p>	<p>Mar - 7</p> <p>7p - 9p SALC - Choir Rehearsal</p>	<p>Mar - 8</p> <p>ALL DAY SALC - Office closed on Fridays</p>	<p>Mar - 9</p>
<p>Mar - 10</p> <p>ALL DAY SALC - Daylight Saving Time Begins</p> <p>9a - 9:45a SALC - Discipleship Hour Forum</p> <p>9a - 9:45a SALC - Youth Education (grades 6-12)</p> <p>9a - 9:45a SALC - Sunday Church School-age 3-grade 5</p> <p>10a - 11a SALC - Sunday Worship</p>	<p>Mar - 11</p> <p>1p - 2p SALC - Saint Andrew's Staff Meeting</p> <p>4:15p - 5:15p SALC - Congregation Council Meeting; Congregation Council Meeting (Override)</p>	<p>Mar - 12</p> <p>8:30a - 9:30a SALC - Tuesday Morning Men</p> <p>10a - 11a SALC - Bible Study with Pastor Lara</p>	<p>Mar - 13</p> <p>6p - 7:30p SALC - Lenten Midweek Dinner Church</p>	<p>Mar - 14</p> <p>7p - 9p SALC - Choir Rehearsal</p>	<p>Mar - 15</p> <p>ALL DAY SALC - Office closed on Fridays</p>	<p>Mar - 16</p> <p>7p - 8:30p SALC - Trio Anime Chamber Music Concert Series</p>
<p>Mar - 17</p> <p>9a - 9:45a SALC - Discipleship Hour Forum</p> <p>9a - 9:45a SALC - Youth Education (grades 6-12)</p> <p>9a - 9:45a SALC - Sunday Church School-age 3-grade 5</p> <p>10a - 11a SALC - Sunday Worship</p> <p>11:15a - 12:15p SALC - KnitWits (Knitting as Witnesses)</p> <p>11:15a - 12:15p SALC - Growing Young Assessment Discussion</p> <p>12:15p - 1:15p SALC - Acolyte Meeting</p> <p>OFFSITE 5p - 7p Cluster Family Game - Mt. Si Lutheran Church</p>	<p>Mar - 18</p> <p>1p - 2p SALC - Saint Andrew's Staff Meeting</p> <p>7p - 8p SALC - Discipleship Committee Meeting</p>	<p>Mar - 19</p> <p>8:30a - 9:30a SALC - Tuesday Morning Men</p> <p>10a - 11a SALC - Bible Study with Pastor Lara</p> <p>11:45a - 1:15p SALC - O.W.L.S. (Older Wiser Lutheran Saints)</p>	<p>Mar - 20</p> <p>6p - 7:30p SALC - Lenten Midweek Dinner Church</p>	<p>Mar - 21</p> <p>7p - 9p SALC - Choir Rehearsal</p>	<p>Mar - 22</p> <p>ALL DAY SALC - Office closed on Fridays</p> <p>6p >> SALC - Youth Lock-In</p>	<p>Mar - 23</p> <p><< 9a SALC - Youth Lock-In</p> <p>9a - 12p SALC - All Church Work Day</p>
<p>Mar - 24</p> <p>ALL DAY SALC - Palm Sunday</p> <p>9a - 9:45a SALC - Discipleship Hour Forum</p> <p>9a - 9:45a SALC - Youth Education (grades 6-12)</p> <p>9a - 9:45a SALC - Sunday Church School-age 3-grade 5</p> <p>10a - 11a SALC - Sunday Worship</p>	<p>Mar - 25</p> <p>1p - 2p SALC - Saint Andrew's Staff Meeting</p> <p>7p - 8:30p SALC - Outreach and Servant Ministries</p>	<p>Mar - 26</p> <p>ALL DAY SALC - Food drop-off for Sophia Way</p> <p>8:30a - 9:30a SALC - Tuesday Morning Men</p> <p>10a - 11a SALC - Bible Study with Pastor Lara</p> <p>7p - 8p SALC - Building and Property Committee</p>	<p>Mar - 27</p> <p>OFFSITE ALL DAY SALC - Sophia Way Lunch Group/JEDI</p>	<p>Mar - 28</p> <p>ALL DAY SALC - Maundy Thursday</p> <p>7p - 9p SALC - Choir Rehearsal</p>	<p>Mar - 29</p> <p>ALL DAY SALC - Office closed on Fridays</p> <p>ALL DAY SALC - Good Friday</p>	<p>Mar - 30</p>
<p>Mar - 31</p> <p>ALL DAY SALC - Easter Sunday</p> <p>10a - 11a SALC - Sunday Worship</p>	<p>Apr - 1</p>	<p>Apr - 2</p>	<p>Apr - 3</p>	<p>Apr - 4</p>	<p>Apr - 5</p>	<p>Apr - 6</p>