

Second Sunday in Lent

GATHERING

*Welcome to Worship at Saint Andrew's!
As we prepare for worship, we invite you to a time of silence and focus.
Please remember to silence all electronic devices.*

PRELUDE *Jesu, Joy of Our Desiring* [J.S. Bach]

WELCOME Pastor Lara

II. ACOLYTE RECOGNITION Dick Szabo

HYMN *Lift High the Cross* ELW Hymn 660

CONFESSION AND FORGIVENESS

APOSTOLIC GREETING

A The grace of our Lord Jesus Christ, the love of God, and the fellowship of the Holy Spirit be with you all.

C And also with you.

KYRIE [Sally Ann Morris]

PRAYER OF THE DAY

Congregation is seated.

A TIME FOR YOUNGER DISCIPLES Pastor Lara

WORD

FIRST LESSON Genesis 12:1-4a

L Word of God.

C Word of Life.

PSALM 121

SECOND LESSON Romans 4:1-5, 13-17

L Word of God.

C Word of Life.

Congregation stands.

GOSPEL ACCLAMATION [Sally Ann Morris]

P The Holy Gospel according to John.

C Glory to you, O Lord.

C Congregation
A Assisting Minister
P Pastor

GOSPEL

John 3:1-17

- P** The Gospel of the Lord.
- C** Praise to you, O Christ.

SERMON

Pastor Lara

Congregation stands.

HYMN OF THE DAY

ELW Hymn 767

Lord, Take My Hand and Lead Me

AFFIRMATION OF FAITH

Apostles' Creed

- A** Trusting in God's baptismal promises,
we affirm our faith using the words of the Apostles' Creed.
- C** **I believe in God, the Father Almighty,
Creator of heaven and earth.**
I believe in Jesus Christ, his only Son, our Lord.
**He was conceived by the power of the Holy Spirit
and born of the virgin Mary.**
**He suffered under Pontius Pilate,
was crucified, died, and was buried.**
He descended to the dead. On the third day he rose again.
**He ascended into heaven,
and is seated at the right hand of the Father.**
He will come again to judge the living and the dead.
**I believe in the Holy Spirit, the holy catholic Church,
the communion of saints, the forgiveness of sins,
the resurrection of the body, and the life everlasting. Amen.**

THE PRAYERS

- A** Hear us O God.
- C** Your mercy is great.

THE PEACE

- P** The peace of Christ be with you always.
- C** **And also with you.** *(shared in community)*

Congregation is seated.

BRIEF ANNOUNCEMENTS

OFFERING

- I.** *Beneath the Cross* [Keith and Kristyn Getty]
Chancel Choir
- II.** *O Jesus, I Have Promised* [Valerie W. Stephenson]
Handbell Choir

Congregation stands.

OFFERTORY VERSE

Restore In Us, O God
Stanzas 1 and 3

ELW Hymn 328

OFFERTORY PRAYER

M E A L

GREAT THANKSGIVING

SANCTUS

[Sally Ann Morris]

EUCCHARISTIC PRAYER

THE LORD'S PRAYER

☩ Our Father in heaven, hallowed be your name,
 your kingdom come, your will be done, on earth as in heaven.
 Give us today our daily bread.
 Forgive us our sins as we forgive those who sin against us.
 Save us from the time of trial and deliver us from evil.
 For the kingdom, the power, and the glory are yours,
 now and forever. Amen.

INVITATION TO COMMUNION

Congregation is seated.

COMMUNION DISTRIBUTION

Lamb of God

[Sally Ann Morris]

Rock of Ages, Cleft for Me
The Church's One Foundation

ELW Hymn 623
 ELW Hymn 654

Congregation stands.

PRAYER AFTER COMMUNION

Congregation is seated.

COMMISSIONING OF THE NAVAJO MISSION TEAM

S E N D I N G

Congregation stands.

BLESSING

SENDING HYMN

In the Cross of Christ I Glory

ELW Hymn 324

SENDING (dismissal)

A Go in peace. Share the good news.
C Thanks be to God!

POSTLUDE

PARTICIPANTS

Presiding Minister Pastor Lara Forbes

Director of Music Ministries/Organist Dr. Will Simpson

Assisting Ministers (I) Jean Wahlstrom (II) Sue Short

Communion Assistants (I) Art Gurtel (II) Carolyn McKenna

Acolytes (I) Zoe Elien (II) Sara Marti

Altar Guild Janan Twito, Carolyn Haralson

Greeters (I) Louise Oda, Janan Twito (II) Clare Moe

Lectors (I) Lois Arneson (II) David Mills

Ushers (I) John Arnold, Sherry Grindelund

(II) The Carmichael Family

Coffee Host Dean and Shirley Hobson

CORONAVIRUS PRECAUTIONS



During this heightened season of awareness and prevention regarding Coronavirus, we would like to let you know.....

- As part of our normal practices, the Altar Guild washes hands prior to preparing the Communion supplies and ensures that common use items are cleaned for use weekly.
- In consideration for Coronavirus, in addition to these practices, the Altar Guild will also:
 - ◇ suspend use of the chalice for serving Communion
 - ◇ sanitize trays and bowls before, between, and after services;
 - ◇ wipe down the altar, railing, and baptismal font before, between, and after services; and
 - ◇ sterilize the rocks in the baptismal font weekly after services.
- We are wiping down "common touch" areas, such as the armrests and tops of pews before and between services.
- Communion servers and ushers will wash hands and use hand sanitizer before, during, and after worship.
- At the Peace, an elbow bump or verbal "Peace be with You" is encouraged instead of shaking hands.
- Ushers will hold the offering plates walk them around, rather than pass them through the pews.
- Worship bulletins will not be re-used; please take this bulletin home with you.
- Children's church bags can be taken home after worship.
- Hand sanitizer is available throughout the building for your use.
- Frequent and thorough handwashing is encouraged.

WELCOME to WORSHIP

ACOLYTE RECOGNITION: Our acolytes, members of the Acolyte Order of St. John, will be recognized at the beginning of the 11:00 am worship service. They are: Alaina Bland, Emily Elien, Zoe Elien, Alex Engan, Caden Feldman, Collin Feldman, Alden Johnson, Gavin Johnson, Abby Kasper, Ian Maland, Josie Marti, Sara Marti, Quinn Myhre, Sonja Wetmore, Sam Wilkes, Maia Womack.

NAVAJO MISSION TEAM: The Navajo Mission Team will travel this week to Rock Point, Arizona, and serve at the Navajo Evangelical Lutheran Mission from **March 15-21**. Please keep in your prayers: Becca Piel, Bill Brueggemann, Kathy Brueggemann; Dave Grindeland, Sherry Grindeland, Dick Szabo, Debbie Szabo, Roger Oeffner, John Donhowe, Tricia Donhowe, Karen Grams, Joan Tweten, Jean Wahlstrom, Marvin Kananen, Michele Vossler.

COMMUNION BREAD/WAFERS: Our communion bread/wafers are now gluten free. Please note that for the next few weeks, we will be trying different gluten free products, so the bread used may be different from week to week, but it will always be gluten free.

COMMEMORATIONS:

Harriet Tubman, died 1913; **Sojourner Truth**, died 1883; *renewers of society* March 10
Harriet Tubman, born into slavery, helped about 300 others to escape slavery until the institution was abolished. Sojourner Truth, whose birth name was Isabella, was freed after slavery was abolished, and discerned a call to be a preacher. Taking the name Sojourner Truth, she set out on an evangelistic journey, where people found her testimony to be deeply moving.

Gregory the Great, *Bishop of Rome, died 604* March 12
Born into wealth and power, Gregory was for a time the chief administrator of the city of Rome. Giving this up for a life in the church, he was elected pope in 590. He influenced public worship through the establishment of a lectionary and prayers to correlate with the readings. Gregorian chant is named in his honor.

TODAY ~ MARCH 8

SUNDAY DISCIPLESHIP HOUR...9:45 AM

March 8, 15

CRAFTING CONVERSATIONS OF COURAGE AND COMPASSION

Facilitator: Pastor Timothy Weber

301/Fellowship Hall North

It has been said that all organizations (couples, families, businesses, churches) are "networks of relationships." How those relationships work at the most mature level shape the health and wellness and effectiveness of organizational life. Critical to the nurturing of health relationships are crafting mature conversations with each other. What is the essence of healthy talking with each other? Since humans typically are reactive when it comes to difficult conversations, what does it mean to be mature and nonreactive when the circumstances seduce all of us into immature reactivity? There are easy, superficial, and ineffective answers like: "be nice," "just care for the other," "don't poke the tiger," "don't say anything mean," etc. Following these rules typically lead to one kind of disaster or another. Churches can fall prey to these delusions. There is more to all of this...so, what is it? We will talk together and find out.

March 8**KNITWITS (Knitting as Witnesses)**

Room 121

The KnitWits are a fellowship group whose primary mission is to provide items of comfort that are knit or crocheted. All are welcome to join us anytime! Contact Dianne Chong for more information.

CROSSWALK is focused on high school age youth, **grades 9-12**. Join us each Sunday in 319/Youth Room.

AFFIRMATION OF BAPTISM/

CONFIRMATION (ABC) is for youth in **grades 7-8**. Meet in 321/Youth Room.

PRE-ABC (Affirmation of Baptism/Confirmation) is for youth in **grades 5 and 6**. Meet in Room 117 downstairs in South Hall.

SUNDAY CHURCH SCHOOL (SCS) classes welcome children **age 2 through grade 4**.

All classes are downstairs in South Hall.

2- and 3-year olds – Room 115

4-year-olds and Kindergarten – Room 113

Grades 1 and 2 - Room 112

Grades 3 and 4 - Room 118

Note: *2-year-olds through Grade 2 begin in Room 106 with music.*

FELLOWSHIP**LENTEN OUTREACH ~ ITEMS FOR PERSONAL CARE KITS**

The Health and Wholeness Ministry is 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. Our goal is to fill **170 kits!** You can help us fill these kits by donating the items listed below. You do not have to stick to this schedule but can bring in items as you wish. Please place all items in the designated basket near the elevator in the Narthex.

- **March 8:** combs, large sturdy
- **March 15:** metal nail clippers
- **March 22:** bars of soap, 4 or 5 ounce bars in original packaging
- **March 29:** toothbrushes, adult size
- **April 5:** bath towels

PRAYER PARTNERS FOR LENT: Praying for someone else is a blessing to another person as well as enriching to our own spiritual journey. Pray for your prayer partner throughout Lent.

SIGN-UP....

- Fire Force youth (grades 7-8): to go on the Fire Force Retreat **March 27-29**. Sign up in the Narthex or online at www.salc.church/event/fire-force-retreat, or by contacting Fellowship Coordinator Sherry Grindeland, sherry@SALC.church or 425-746-2529.
- God Squad youth (grades 9-12): to go to Holden Village **May 22-24**. Sign up in the Narthex, online at salc.church/event/god-squad-holden-youth-weekend, or contact Fellowship Coordinator Sherry Grindeland, sherry@SALC.church or 425-746-2529.
- to be an **usher, greeter, lector and/or coffee host**. Sign up by contacting Fellowship Coordinator Sherry Grindeland, sherry@SALC.church or 425-746-2529.

THIS WEEK ~ MARCH 9 - MARCH 14**TUESDAY, MARCH 10****TUESDAY MORNING MEN**

Every Tuesday, 6:30 am, *Room 212*
 Facilitator: Dick Swaisgood
 The Tuesday Morning Men are studying racial equality/equity issues by listening to a series of podcasts labeled "**Seeing White**". The series delves into the history and development of our white society and the ways it has caused inequality for black and brown people in schools, housing, criminal justice and housing. The segments are done in a documentary style series of interviews with a group of leading scholars on racial issues. We meet every Tuesday at 6:30 am in Room 212. Coffee is provided. Welcome!

CANCELLED - O.W.L.S. (OLDER WISER LUTHERAN SAINTS):

Due to the COVID-19 (coronavirus) situation King County Tax Assessor John Wilson is not able to be the guest speaker at the OWLS program scheduled for March 10. We agree and want to keep you all healthy! So we're **cancelling** the March Older, Wiser Lutheran Saints luncheon. The next OWLS will feature a bit of local history – coal mining on the Eastside on Tuesday, **April 21**.

WEDNESDAY, MARCH 11**LENTEN MID-WEEK WORSHIP: Wednesdays, March 11, 18, 25, and April 1:**

- Soup Supper, 6:00 pm
- Holden Evening Prayer, 7:00 pm

Our worship theme is "**Baptized We Live**". Lent calls us to a baptismal remembrance of who and whose we are – as beloved children of God. In baptism we receive the visible word of God's love poured over us and we are commissioned as ministers of the gospel. Through the Wednesdays of Lent, Pastor Lara leads us in reflections on baptism and what it means to live as a baptized child of God.

NEXT SUNDAY ~ MARCH 15**WORSHIP**

NAMETAG SUNDAYS: To help welcome Pastor Lara we will set out nametags all Sundays in **March**. This is also a wonderful way to get acquainted and greet those around you.

HEALING PRAYERS are offered during the distribution of Holy Communion on the third Sunday of each month. Trained healing ministers will receive your requests before or after receiving the Eucharist. It can be especially meaningful to have a laying on of hands and an anointing of oil, if desired. It is appropriate to bring ANY request or concern that you may have for yourself or someone else. These may be prayers for emotional, spiritual, or physical healing. It can be a peace that brings wholeness, according to God's will, in a number of ways. If you are unable to walk to the kneelers, please ask an usher to assist or move to the bottom of the stairs on the East side of the sanctuary (near the pulpit) and the Healing Minister will come to you.

Sunday, March 15: Third Sunday in Lent

Exodus 17:1-7; Psalm 95; Romans 5:1-11; John 4:5-42

Servers for March 15

Presiding Minister: Pastor Lara Forbes
Assisting Ministers:
 (I) Dana Nasby (II) Dick Swaisgood
Communion Assistants:
 (I) Judi Miller
Acolytes:
 (I) Alex Engan (II) Sonja Wetmore
Altar Guild:
 Elmer Neu and Signe Wraith

Greeters:
 (I) Carol Muecke (II) Beverley Watt
Lectors:
 (I) Bev Anderson (II) Marli Edde
Ushers:
 (I) Tom Anderson, John Arnold
 (II) Mark Davis, Ann Thorpe
Coffee Hosts:
 Daughters of Norway

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March 15

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SUNDAY CHURCH SCHOOL (SCS) classes welcome children **age 2 through grade 4.** Note: *2-year-olds through Grade 2 begin in Room 106 with music.*

FELLOWSHIP

NAVAJO MISSION TRIP ~ MARCH 2020: A Team from Saint Andrew's will serve at Navajo Evangelical Lutheran Mission in Arizona **March 15-21, 2020.** The Team will help with various projects: construction to renovate an apartment to be ADA compliant, tutoring, preparing and serving meals, and establishing relationship with children at the mission school and the Navajo community. The Mission Team and NELM thanks you for your prayers.

COMING UP

SUNDAY DISCIPLESHIP HOUR...9:45 AM

March 15

CRAFTING CONVERSATIONS OF COURAGE AND COMPASSION

Facilitator: Pastor Timothy Weber 301/Fellowship Hall North
 Critical to the nurturing of health relationships are crafting mature conversations with each other. What is the essence of healthy talking with each other? We will talk together and find out.

March 22 and 29**A DEEPER DIVE INTO THE GOSPEL LESSONS**

Facilitator: Pastor Lara

301/Fellowship Hall North

Pastor Lara leads a time of deeper study and discussion into the Gospel lessons for these two Sundays. As we approach Holy Week, make this a part of your Lenten journey.

- **March 22:** John 9:1-41 (A man born blind receives sight)
- **March 29:** John 11:1-45 (The death and raising of Lazarus)

FELLOWSHIP**FIRE FORCE RETREAT** (youth in grades 7-8): Hey Fire Force (Middle School) Youth!

Come to Warm Beach, Infinity and Beyond! The deadline to sign up up for the Fire Force Spring Retreat (**March 27-29**) is tomorrow, Monday, **March 9**.

What to expect: A good time!

Learn a bit: How God loves you to infinity and beyond.

Eat a lot: Breakfasts, lunch and dinner plus snacks.

Cost: A little - \$25.

Bonus: You'll get to know Pastor Lara who will be leading a couple of our sessions.

Did we mention: A campfire, a movie, popcorn and an adventure on Saturday afternoon.

Take away: You'll learn how God's love empowers us all.

How to participate: Sign up!!! Check the bulletin board in the Narthex, sign up online at www.salc.church/event/fire-force-retreat or contact Fellowship Coordinator Sherry Grindeland, 425-746-2529 or sherry@salc.church. DEADLINE: **March 9**

GETTING TO KNOW PASTOR LARA:

Join us for some small group gatherings over the next couple months as we welcome Pastor Lara Forbes to Saint Andrew's. The get-togethers are limited in size so there will be time for good conversations. We will schedule gatherings on weekday morning and afternoons, Saturday mornings, and a couple of evening events. Sign-up sheets are posted on the bulletin board in the Narthex. Questions? Contact Fellowship Coordinator Sherry Grindeland, 425-746-2529 or sherry@salc.church.

LENTEN MID-WEEK WORSHIP**March 18, 25, and April 1:**

- Soup Supper, 6:00 pm
- Holden Evening Prayer, 7:00 pm

CONGREGATIONS FOR THE HOMELESS (CFH) ROTATING SHELTER PROGRAM:

Saint Andrew's is hosting the CFH men's rotating shelter (30 - 35 men) from 7:00 pm - 7:00 am every night until **April 1**.

HOLY WEEK begins **April 5:**

- **Palm Sunday, April 5**
Worship, 8:30 am and 11:00 am
Discipleship Hour, 9:45 am
- **Maundy Thursday, April 9**
Worship, 12:15 pm and 7:00 pm
- **Good Friday, April 10**
Worship (no Holy Communion), 7:00 pm
- **Easter Sunday, April 12**
Worship, 8:30 am and 11:00 am
Breakfast Available, 7:15 am - 11:00 am

DORCAS CIRCLE: The Dorcas Circle meets in 302/Fellowship Hall South on Tuesday, **April 7**, at 9:30 am. Everyone is always welcome to join as we sew quilts, school bags, and complete other projects in response to those in need. We also welcome donations of fabric, sheets, crochet or embroidery thread, quilt batting, sewing supplies, and blankets.

GOD SQUAD (GRADES 9-12) HOLDEN

VILLAGE WEEKEND: The May Youth Weekend at Holden Village is Friday-Sunday, **May 22-24**. Contact Fellowship Coordinator Sherry Grindeland, sherry@SALC.church, for information.

VACATION BIBLE SCHOOL (VBS)! Our theme is "**Incredible Kids—Then and Now!**" VBS is Monday-Friday, **July 13-17, 2020**. Classes are for ages Pre-School to 7th grade. Before and After Childcare available for Saint Andrew's members. Contact Mary Davis or Beth Donahoe for more information.

ALL-CHURCH RETREAT DATE RESERVED: Mark your calendars for the Saint Andrew's Lutheran Church Annual All-Church Retreat at Mount Rainier, **August 19-24**. Planned activities will be scheduled Friday-Sunday, **August 20-23**. For information, contact Fellowship Coordinator Sherry Grindeland, sherry@SALC.church or 425-746-2529.

ONGOING OPPORTUNITIES

CORNER OF BLESSING/HOPELINK: Each month, we collect specifically asked for items in the Corner of Blessing. In March, we are collecting non-food items for Hopelink: **toilet paper** (any size package), **feminine products** (pads and tampons, packages of about 30 – 40), **shampoo** (about 12 to 30 ounces - not travel size), **laundry detergent** (about 50 ounces), **dish soap** (about 20 to 30 ounces), **toothbrushes** (individually packaged), and **toothpaste**. For more information, contact Debbie Szabo.

DIRECTOR OF YOUTH AND FAMILY MINISTRIES: Saint Andrew's is actively seeking and accepting applications for the position of Director of Youth and Family Ministries. Details, including a complete job description, can be found at www.salc.church/portfolio/job-openings. Please spread the word!

DRIVERS NEEDED FOR FOOD DELIVERIES: Saint Andrew's is a distribution hub for weekly deliveries of meals for Chicken Soup Brigade (Lifelong). Meals and groceries are picked up at Saint Andrew's and delivered to homebound chronically ill individuals on the Eastside, providing them with needed nourishment. The delivery window is 3:00 pm to 6:00 pm on **Thursday afternoons** with around 2 to 4 stops, usually taking about 1 1/2 hours. We are in need of additional volunteers to be substitute drivers and cover weeks where regular volunteers are on vacation or cannot serve. Training provided. Contact Outreach and Servant Ministries committee chair Marlyn Thorpe.

ALTAR GUILD: Are you deciding how you can make a difference at Saint Andrew's? If you are an individual, couple or family, Altar Guild will welcome you! Behind the scenes, our members prepare the elements and set the altar for communion on Sunday. If you have questions, please contact Linda Powell.

FOOD BANK OFFERING: We invite you to participate in our monthly offering for Hopelink through the pew envelope. Our monthly goal is \$500. Mark your checks for "Hopelink" on the memo line. Non-perishable food donations can be placed in the Corner of Blessing in the Narthex.

THE SOPHIA WAY: The Sophia Way helps homeless women journey toward independence and a home of their own.

- Volunteers are needed at the Day Center and to help with meal serving. Donations of clothing, personal items, food, and other essentials are also welcome.

For more information, visit www.sophiaway.org or contact Saint Andrew's liaison to the Sophia Way, Joyce Arnold.

PROJECT BIHAR / LUTHERAN WORLD

RELIEF: Bihar is a global mission project which engages us in outreach in Northeastern India, as part of a sponsored mission through Lutheran World Relief. The goals are: agricultural improvements, year-round food security for the family, empowering women, and increasing incomes. We welcome donations (please note "Bihar-LWR" on contributions.) For more information, contact Marlyn Thorpe.