

July 5, 2020

Order of Worship

9:30 am

Fifth Sunday after Pentecost

G A T H E R I N G

- C** All
- A** Assisting Minister
- P** Pastor

Welcome to Worship!

As we prepare for worship, we invite you to a time of silence and focus.

Find a comfortable place in your home for worship.

Get some crackers or bread and something to drink so that we can share Communion.

Light a candle if you have one.

PRELUDE *I Sing the Mighty Power of God* [arr. Labenske]
Elaine Koga, piano

WELCOME Pastor Lara

HYMN *Let the Whole Creation Cry* ELW Hymn 876

Younger Disciples Tip ~ Confession and Forgiveness: Whisper to your children that this is when we tell God we are sorry.

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.

HYMN OF PRAISE *Lord God, We Praise You* ELW Hymn 558
Stanzas 1 and 3

PRAYER OF THE DAY

A TIME FOR YOUNGER DISCIPLES Pastor Lara

MUSICAL INTERLUDE

W O R D

Jesus chides people who find fault with both his ministry and that of John the Baptist. He thanks God that wisdom and intelligence are not needed to receive what God has to offer.

ANNOUNCEMENT OF THE GOSPEL

P The Holy Gospel according to Matthew.

C **Glory to you, O Lord.**

GOSPEL

Matthew 11:16-19, 25-30

P The Gospel of the Lord.

C **Praise to you, O Christ.**

SERMON (*recorded*)

Deacon Dianne Johnson

HYMN

I Heard the Voice of Jesus Say

ELW Hymn 611

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, God's only Son, our Lord,
who was conceived by the power of the Holy Spirit,
born of the Virgin Mary,
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,

he is seated at the right hand of the Father,

and he will come 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.

Little Disciples Tip ~ Prayers/Offering: Invite children to write down who they want to pray for this week and one way they can serve their family/community.

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.

If you are at home, we encourage you to post the peace on a social media platform.

ANNOUNCEMENTS

OFFERING

Come, Thou Fount of Every Blessing
Erin Simpson, soloist

[arr. Walters]

OFFERTORY PRAYER

M E A L

Little Disciples Tip ~ Communion: If you have a Spark Story Bible, have your children follow along on page 465.

INVITATION TO COMMUNION AND COMMUNION DISTRIBUTION

Little Disciples Tip ~ The Lord's Prayer: If you have a Spark Story Bible, have your children follow along on page 280.

THE LORD'S PRAYER

C 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.**

PRAYER AFTER COMMUNION

S E N D I N G

Little Disciples Tip ~ Blessing: Mark the sign of the cross on your child's forehead as a reminder of this sending blessing.

BLESSING

SENDING HYMN

Lord of All Hopefulness

ELW Hymn 765

SENDING (dismissal)

A Go in peace. Christ is with you.

C Thanks be to God!

POSTLUDE

Now Thank We All Our God

[Arr. Walley]

Elaine Koga, piano

PARTICIPANTS

Presiding Minister Pastor Lara Forbes

Preaching Minister Deacon Dianne Johnson

Director for Evangelical Mission

Northwest Washington Synod of the ELCA

Accompanist Elaine Koga

Assisting Minister Dick Swaisgood

Altar Guild Phillip Misner

Vocals Erin Simpson, Tom Getzinger

Audio/Visual Kurt Lutterman, Sharon Gurtel

WELCOME to WORSHIP

COMMEMORATIONS:

Jan Hus, martyr, died 1415

July 6

Hus was a Bohemian (present-day Czech Republic) priest who spoke against abuses in the church, and was seen by Martin Luther as his predecessor in the reforming movement. He was found guilty of heresy by a council of the church, and burned at the stake.

Benedict of Nursia, Abbot of Monte Cassino, died around 540

July 11

Benedict is known as the father of the Western monastic movement. Educated in Rome, he went to live as a hermit, and eventually gathered a community of monks around him. He wrote a rule for living in monasteries that is used by Benedictines and adapted by others.

TODAY ~ JULY 5**EARLY SUNDAY MORNING DISCIPLESHIP****SUNDAY MORNING BIBLE STUDY ~ 1 PETER:**

Sundays, **July 5, July 12, July 19, 8:15 am**, via Zoom

A study of the FIRST LETTER OF PETER

Led by Jean Wahlstrom and Marvin Kananen

The First Letter of Peter is written to encourage believers of the early church who are in the midst of persecution and struggle. The one-hour class is taught by Jean Wahlstrom and Marvin Kananen on Sundays at **8:15 am**. Each of the chapters will be taught as a complete unit so missing a class will not hamper your understanding.

Sign up at <https://salc.church/sunday-morning-bible-study> to get the Zoom link.

THIS WEEK ~ JULY 5 - JULY 11

No on-site activities this week.

TUESDAY, JULY 7**SAINT ANDREW'S MEN:**

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

Facilitator: Dick Swaisgood

The Saint Andrew's Men's Group (SAM) is studying racial equality/equity issues using the podcast Scene On Radio and specifically Season 2 – **Seeing White**. This series looks into how white privilege has shaped our nation, creating a path to success for some but major obstacles for the under privileged; especially people of color and Native Americans, among others. More closer to home, a lot of us have been grappling with the question "How can a predominately white church (the ELCA) minister to a more and more diverse community around us?" There are no easy answers but this series has been an eye opener for a lot of us. All are invited into the discussion.

Email Dick Swaisgood for instructions on joining this online meeting.

MIDWEEK BIBLE STUDY:

Tuesdays, 10:00 am, via Zoom

Pastor Lara is leading this midweek Bible study (via Zoom) by taking a look at the book of **Acts**, the history of the early church! The "high points" of this history are often included in the Sunday lectionary, but they're not regularly addressed. So, we use this time to study more closely the people and places of the early days of our faith, and consider how it still applies to the church today.

Please note that this session is full.

NEXT SUNDAY ~ JULY 12

EARLY SUNDAY MORNING DISCIPLESHIP

SUNDAY MORNING BIBLE STUDY ~ 1 PETER:

Sundays, **July 12, July 19, 8:15 am**, via Zoom

A study of the FIRST LETTER OF PETER

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The First Letter of Peter is written to encourage believers of the early church who are in the midst of persecution and struggle. The one-hour class is taught by Jean Wahlstrom and Marvin Kananen on Sundays at **8:15 am**. Each of the chapters will be taught as a complete unit so missing a class will not hamper your understanding.

Sign up at <https://salc.church/sunday-morning-bible-study> to get the Zoom link. It'll be good to see your face again, join our electronic fellowship.

WORSHIP

LIVESTREAM ONLY: Please log on and worship via livestream at **9:30 am**.

Details and links can be found at www.SALC.church/media.

The church will not be open for in-person worship.

Sunday, July 12: Sixth Sunday after Pentecost

Genesis 25:19-34; Psalm 119:105-112; Romans 8:1-11; Matthew 13:1-9, 18-23

DISCIPLESHIP HOUR

Sundays, July 12 and July 19, online via Zoom - **10:45 am**

COMPRESSION DEPRESSION

Presenter: Pastor Timothy Weber

These are unprecedented times. We hear that often. And conversations with patients over the last three months have led me to coin the term: "**Compression Depression**." Our lives have been turned upside down as we learn to live in a world which the War College of the US Army after 9/11 terms the VUCA WORLD—Volatile, Uncertain, Chaotic, Ambiguous. What is it like to live in this world where Compression Depression permeates, to some extent, all sectors, all people, all situations? This brief conversation will address the following: What is Compression Depression? What causes it? What are the cardinal symptoms? What are some ways to more effectively manage Compression Depression? And what does the sacred have to do with this secular upheaval?

Pastor Weber's presentation is on **July 12**. A Q-and-A session will be held on **July 19**.

If you have questions in advance of Pastor Weber's presentation, please send them to Pastor Lara, pastor@salc.church, by **July 8**.

Sign up for the Zoom link to these sessions at

www.salc.church/discipleship-hour-forum-compression-depression.

COMING UP

There are no on-site activities/events/meetings.

WORSHIP

SUNDAY WORSHIP will be **livestream only**, at **9:30 am**.

Details and links to bulletins and the livestream for each service can be found at www.SALC.church/media.

Washington State's "Washington State's "Smart Start" approach to reopening does not allow gatherings of more than 50 people until Phase 4. As we continue to follow state guidelines, livestream only (no in-person) worship will continue until further notice.

DISCIPLESHIP

Sundays, July 19, online via Zoom - *10:45 am*

COMPRESSION DEPRESSION: Q-AND-A SESSION

Presenter: Pastor Timothy Weber

What is Compression Depression? What causes it? What are the cardinal symptoms? What are some ways to more effectively manage Compression Depression? And what does the sacred have to do with this secular upheaval?

Pastor Weber's presentation on "Compression Depression" is on **July 12**.

A Q-and-A session will be held on **July 19**.

Sign up for the Zoom link (same link for both sessions) at

www.salc.church/discipleship-hour-forum-compression-depression.

EARLY SUNDAY MORNING DISCIPLESHIP

EARLY SUNDAY MORNING STUDY ~ PRAYER:

Sundays, **August 2, August 9, August 16, August 23, 8:15 am**, via Zoom

Led by Lynn Mack

Jesus' ministry is a powerful example of the importance of prayer in his life. And while we may long for regular or daily prayer time in our lives, we frequently lament that we just don't have time – life is too busy! Or is it? Using Bill Hybels' book ***Too Busy Not to Pray***, we will explore the who, what, why, where and how of prayer in our lives.

Sign up at www.salc.church/early-sunday-morning-study-prayer to get the Zoom link for this study. Books (no charge) are available in the church office. Contact Communications Specialist Susan Hegedus, susan@salc.church or 425-746-2529, to arrange to get a copy. Please read the first 3 chapters in preparation for our first class.

FELLOWSHIP

VACATION BIBLE SCHOOL (VBS) TO GO! July 2020:

Our theme is "***Incredible Kids—Then and Now!***" We are putting together **VBS to GO!** kits so you and your family can learn about the Bible stories, sing the songs, play the games and even do the art projects right at home! Each VBS to GO! bag costs approximately \$25, but we will accept free-will offerings of whatever you are able to pay. Visit www.salc.church/vacation-bible-school for an order form. We will even ship kits if you want to buy one as a gift for loved ones who aren't members of Saint Andrew's. VBS to GO! will be available in mid-July. If you have any questions, please contact Beth Donahoe.

W.E.B.S.**(WOMEN'S EVENING BOOK STUDY):**

Weekly on Wednesdays beginning **July 15, 11:00 am**, via Zoom We will be reading and discussing **How to Be an Antiracist** by Ibram X Kendi, and will begin meeting weekly on **July 15**. Our discussions will be led by Manda Shoen. Please reach chapters 1 and 2 prior to July 15. Email Cheryl Jurrus to get the link to join our Zoom discussions. The book is available on Amazon for about \$15.

BOOK STUDY ~ HOW TO BE AN

ANTIRACIST: Join in an effort to grow together in learning how we can better love and serve all people by reading "**How to be an Antiracist**" by Ibram X Kendi. Existing small groups are invited to read and discuss within their current framework, and a new group (led by Manda Schoen) will begin meeting via Zoom on Wednesdays at 7:00 pm starting **July 22**. We will be following the guidelines for respectful communication as we expect this important topic will be often challenging and uncomfortable. The goal is to have the book completed by the end of September, then come together as a large group to discuss what we have learned and what meaningful changes we can make as a congregation. Sign up at www.salc.church/book-study-how-to-be-an-antiracist to get the Zoom link for these sessions. The book is available on Amazon for about \$15.

FIRE FORCE SUMMER MISSION TRIP

- **CANCELED:** Lutherhaven and Idaho Servant Adventures have **canceled** this Mission Trip, originally scheduled for August 2-7.

ALL-CHURCH RETREAT: As of now, we still have the Saint Andrew's All-Church Retreat scheduled for **August 20-24** at Cougar Rock Campground at Mount Rainier. Planned activities will be scheduled Friday-Sunday, **August 21-23**. *We're planning with hope in our hearts that we will be able to gather then but will follow the state and national guidelines as they're issued this summer.*

Please let us know you are planning to attend! Visit www.salc.church/all-church-retreat to sign up.

We have group tent camping sites reserved. For those who do not wish to tent camp, we recommend reserving an RV spot at Cougar Rock Campground or a room at the National Park Inn at Longmire, <http://mtrainierguestservices.com/accommodations/national-park-inn/> as soon as possible, as these reservations fill quickly. For information on Cougar Rock Campground go to: <https://visitrainier.com/cougar-rock-campground>. For information, contact Fellowship Coordinator Sherry Grindeland, sherry@SALC.church or 425-746-2529.

ONGOING OPPORTUNITIES

SUNDAY FLOWERS: Some have asked about providing flowers on Sundays during this time of livestream-only worship. If you have signed up to provide flowers for a Sunday and would like to have them placed in the Sanctuary, contact the church office for instructions on how/when to get them to church. If you choose not to provide flowers for a Sunday you've signed up for, that is perfectly okay too. The choice is yours!

CONTRIBUTE PRAYERS, DEVOTIONS, ETC.: We invite everyone to share a prayer, devotion/reflection, beloved Bible verse or story, etc. with the congregation. Contributions may be written or an audio or video recording. Include a photo if it seems appropriate. You are welcome to come to church to do the recording - contact Communications Specialist Susan Hegedus, susan@salc.church, to make arrangements. We may use these in *Trendings*, *the VOICE*, Facebook, YouTube, Instagram, or on our website! Send contributions to Pastor Lara, pastor@salc.church, or Susan Hegedus, susan@salc.church. Contact Susan if a file is too large to email.

CONGREGATIONS FOR THE HOMELESS (CFH) ROTATING SHELTER PROGRAM:

The CFH men's rotating shelter has moved to another location. CFH is providing a deep cleaning to the spaces they have used. Look for some of the client's stories in the July/August issue of *the VOICE* newsletter.

SAINT ANDREW'S OUTREACH MINISTRIES

Please remember in prayer these organizations we provide ongoing support for....

- **MaaSAE Girls Lutheran Secondary School and The Plaster House in Tanzania:** Monetary support for these organizations can be sent to Saint Andrew's. Note the "MGLSS" or "Plaster House" in the memo line of your check.
- **Lantern Hill, Mexico:** Please pray for the health and well being of the children and families of Lantern Hill. Lantern Hill is striving to provide food to the families of the children they serve and continuing to support the higher education of their graduates. Donations for food will go a long way for this community. Contributions can be sent directly to Friends of Lantern Hill, 1907 Buckingham Drive, Chesterfield, MO 63017; or you can contribute through Saint Andrew's, with "Lantern Hill" in the memo line of your check.
- **Hopelink:**
 - ◇ **Order or shop for food:** For the month of **July**, you can purchase items Hopelink needs for the Pre-Packed Food Boxes they are distributing. You can get these when you do your grocery shopping in the store or order online. Then contact Dick Szabo to arrange to have the items picked up from your home (front porch, no contact). We will do the pickups toward the end of the month and then deliver them to Hopelink. Their clients really appreciate the brands and variety that we provide through individual purchases. This does make a difference. For more information, contact Dick Szabo. Items needed are: Mac-&-cheese; Canned fruit (pears, peaches, applesauce); Peanut butter; Canned chili / stew; Cereal / instant oatmeal packets; Canned veggies (peas, corn, green beans); Canned tuna / ham (~ 5 to 7-ounce cans); Canned beans (black, refried, kidney)
 - ◇ **Monetary donations** provide the most flexibility and can be made from the Saint Andrew's online giving page (www.salc.church/giving-options and press the "Donate" button), or via check to Saint Andrew's marked "Hopelink", or directly to Hopelink.
 - ◇ **Amazon Wish List:** Hopelink has set up a wish list (with their greatest needs) through Amazon, where people can order items to be delivered directly to Hopelink. These items will help them fill the pre-packed boxes that they are currently able to provide those needing food. The link to the Hopelink Wish List is https://smile.amazon.com/hz/charitylist/ls/APDBC9GDXAOP/ref=smi_ext_Ink_lcl_cl%20%20onclck= The link can also be accessed through Hopelink's website: www.hopelink.org/how-help-hopelink. At checkout, select the Hopelink Gift Registry address.

- **Lutheran World Relief (LWR):**
 - ◆ **Project Bihar/India:** Monetary support for Bihar can be made from the Saint Andrew's online giving page (www.salc.church/giving-options and press the "Donate" button), or via check to Saint Andrew's marked "LWR/Bihar".
 - ◆ **Items for Personal Care Kits:** We will collect items when we can gather again in person.
 - ◆ **75,000 More Face Mask Challenge:** LWR invites everyone to make masks as it seeks to collect 75,000 MORE face masks to send out with shipments of personal care kits to communities in need around the world. To take part, visit lwr.org/masks for more information and to pledge face masks to add to the overall goal. If you do not want to make a direct shipment, contact Cheryl Jurrus to make arrangements to deliver your masks to her, and she will ship them to LWR.
- **The Sophia Way** continues to serve women in need of meals, shelter, and services. Please visit www.sophiaway.org and click on the "Amazon Wish List" or "Shelter Needs", or contact Volunteer Coordinator Megan Duncan, megan@sophiaway.org, for ways to help. Monetary donations can also be made from the Saint Andrew's online giving page (www.salc.church/giving-options and press the "Donate" button), or via check to Saint Andrew's marked "The Sophia Way".
- **Congregations for the Homeless** continues to serve men in need of meals, shelter, and services. Visit www.cfhomeless.org for information on the best ways to help during this time. Monetary donations can also be made from the Saint Andrew's online giving page (www.salc.church/giving-options and press the "Donate" button), or via check to Saint Andrew's marked "Congregations for the Homeless".
- **Navajo Evangelical Lutheran Mission (NELM):** Our Team of volunteers served for a week in March at this Mission and School in Rock Point, Arizona. The Navajo Nation has been severely impacted by the COVID-19 pandemic. Funds for the mission school can be provided through Box Top\$ for Education; use the digital app to scan your grocery receipts. Please continue to pray for the NELM community. Visit www.nelm.org to learn more and/or to donate directly to them. Visit www.salc.church/portfolio/navajo-lutheran-mission to view a slideshow of the Mission Team's week at NELM.
- **Lutheran Community Services Northwest (LCSNW)** is collecting food and hygiene donations. For many of the multicultural families they serve, COVID-19 has had a devastating impact. The requests for food and hygiene products in their Resource Centers are significant, and they are asking for help to keep their community pantries stocked. Visit <https://lcsnw.org/office/north-puget-sound/> to learn more.
- **Note:** The elevator at **Imagine Housing's 30Bellevue** property has been fixed so they are no longer in need of volunteers to carry items up the stairs.

WEEKLY PLANNER: JULY 5 - JULY 12

Sunday July 5	Fifth Sunday after Pentecost 8:15 am Sunday Morning Bible Study ~ 1 Peter 9:30 am Sunday Worship	online LIVESTREAM
Monday July 6	OFFICE CLOSED 1:00 pm Saint Andrew's Staff 4:30 pm Executive Committee 6:00 pm Finance Committee	212 online online
Tuesday July 7	OFFICE CLOSED 8:30 am Saint Andrew's Men 10:00 am Midweek Bible Study	online online
Wednesday July 8	OFFICE CLOSED 2:00 pm Constitution Task Force	online
Thursday July 9	OFFICE CLOSED	
Friday July 10	OFFICE CLOSED	
Saturday July 11		
Sunday July 12	Sixth Sunday after Pentecost 8:15 am Sunday Morning Bible Study ~ 1 Peter 9:30 am Sunday Worship 10:45 am Discipleship Hour Forum: "Compression Depression"	online LIVESTREAM online

SAVE THE DATE

ongoing July	Worship with Holy Communion, 9:30 am Vacation Bible School to Go!	LIVESTREAM
July 15, 29 August 12, 26	W.E.B.S. (Women's Evening Book Study), 11:00 am	online
July 19 July 19	Sunday Morning Bible Study ~ 1 Peter, 8:15 am Forum: "Compression Depression", 10:45 am with Pastor Weber	online online
beginning July 22 August 2, 9, 16, 23 August 2-7	Book Study ~ How to Be an Antiracist, 7:00 pm Sunday Morning Bible Study ~ Prayer, 8:15 am Fire Force Mission Trip - canceled	online online
August 20-24	All Church Retreat - tentative	Mt. Rainier National Park

Please submit announcements for next Sunday's Bulletin no later than Wednesday, **July 8**, at 9:00 am.
Email submissions to Susan Hegedus, susan@SALC.church