

August 1, 2021
9:30 am

Tenth Sunday after Pentecost



The other readings for today are Exodus 16:2-4, 9-15 and Psalm 78:23-29. You are encouraged to read them prior to worship or during the week.

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WELCOME!



WELCOME TO WORSHIP: It is our joy to welcome you to worship today, in-person and from wherever you may be viewing. We give thanks for whatever brought you, and pray that you may experience the love of God surrounding you and upholding you as we gather together to give thanks to God through Word and Sacrament.



IF YOU ARE WORSHIPING ONLINE, we invite you to find a comfortable place for worship. Get some crackers or bread and something to drink so that we can share Communion. Light a candle if you have one.



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

- In compliance with county guidelines, we are recommending that everyone wear a mask during worship since it is an indoor public space.
- As part of 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 addition to these practices, the Altar Guild is also:
 - ◊ sanitizing trays and bowls before and after services.
 - ◊ wiping down the altar, railing, and baptismal font before and after services.
- Communion is by individual kits.
- Worship participants wash hands and use hand sanitizer before, during, and after worship.
- At the Peace, we share a verbal "Peace be with You" to maintain physical distancing.
- We are wiping down "common touch" areas in the Sanctuary, such as the armrests and tops of pews, before each service.
- Hand sanitizer is available throughout the building for use.
- Frequent and thorough handwashing is encouraged.
- "Common touch" areas are being sanitized daily.
- Furnaces run to help filter the air in the building.



HOLY COMMUNION is God's Word of love made visible in bread and wine. Individual kits are provided for Communion Distribution. These chalice cups have wine or juice in the top and bread on the bottom. When the Eucharist is served during the service simply peel back the seal for each part at the appropriate time. There are trash receptacles in the Narthex at the same tables you picked up the servings from – please deposit the remnants from the kit there.



WE WELCOME CHILDREN IN WORSHIP and offer a variety of resources to include them:

- "Younger Disciples Tips" are in the bulletin with ideas to engage children in worship.
- "A Time for Younger Disciples" during worship invites all children to listen to a message.
- Links to download and print an activity sheet for Sunday are in each week's *Trendings* enews.

VIDEO and AUDIO RECORDING IN PROGRESS

Saint Andrew's livestreams and records its worship services to YouTube, and video and audio recording is currently in progress.

It is possible that video footage and/or audio conversations of worshipers in the Saint Andrew's Sanctuary may appear on the YouTube livestream/recording.

Tenth Sunday after Pentecost

GATHERING

C All
S Singer
P Pastor

Welcome to Worship!

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

In compliance with county guidelines,

we recommend that everyone wear a mask during worship since it is an indoor public space.

PRELUDE

Here I Am, Lord
Elaine Koga, piano

[arr. Vogt]

WELCOME

Pastor Lara

Please stand.

HYMN

All Who Hunger, Gather Gladly

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CONFESSION AND FORGIVENESS

APOSTOLIC GREETING

S The Grace of our Lord Jesus Christ, the love of God,
and the communion of the Holy Spirit be with you all.

C And also with you.

HYMN OF PRAISE

Father Most Holy
Stanzas 1 and 2

ELW Hymn 415

PRAYER OF THE DAY

Please be seated.

A TIME FOR YOUNGER DISCIPLES

Pastor Lara

W O R D

READING

Ephesians 4:1-16

S Word of God.

C Word of Life.

MUSICAL INTERLUDE

ANNOUNCEMENT OF THE GOSPEL

P The Holy Gospel according to John.

C Glory to you, O Lord.

GOSPEL

John 6:24-35

P The Gospel of the Lord.

C Praise to you, O Christ.

SERMON

Pastor Lara

Please stand.

HYMN

Blest Be the Tie That Binds

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AFFIRMATION OF FAITH

Apostles' Creed

S 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.

Younger 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

S Lord, in your mercy,
C hear our prayer.

THE PEACE

P The peace of Christ be with you always.
C And also with you.

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

Please be seated.

ANNOUNCEMENTS

Pastor Lara

OFFERING

Word of God Speak
David Mills, solo

[Bart Millard, Pete Kipley]

OFFERTORY PRAYER

M E A L

Please remain seated.

INVITATION TO COMMUNION AND COMMUNION DISTRIBUTION

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

SENDING

Please stand.

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

BLESSING

SENDING HYMN

Guide Me Ever Great Redeemer

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SENDING (*dismissal*)

S Go in peace. You are the body of Christ.

C **Thanks be to God!**

Please be seated and remain seated until dismissed by the ushers.

POSTLUDE

Promised Land
Elaine Koga, piano

[arr. Martin]

BLESSING OF TINY HOME

Parking Lot

PARTICIPANTS

Presiding Minister Pastor Lara Forbes

Accompanist Elaine Koga

Altar Guild Ann Berglind

Singers David Mills, Anna McLeod, Sharon Gurtel

Audio/Visual Dana Nasby, Susan Hegedus

Hospitality Team Gary Rudolph, Art Gurtel

WELCOME to WORSHIP

THE FLOWERS are given to the Glory of God by the Altar Guild. *"This is the day that the Lord has made. Let us rejoice and be glad in it."*

YOUTH TINY HOME BUILD MISSION PROJECT: Today following worship, everyone is invited to the parking lot where we will bless the tiny home that youth and adult volunteers built this past week. The completed home will be used by Low Income Housing Institute (LIHI) and added to one of the tiny home villages for a person in need.

SUNDAY ~ AUGUST 1**SUNDAY DISCIPLESHIP HOUR....11:00 AM**

TIME for FORUMS: Forums now begin at **11:00 am** to allow those who are worshipping in-person time to get home and log into the Zoom session.

DISCIPLESHIP HOUR FORUM - YOUTH TINY HOME BUILD RECAP

Sunday, **August 1, 11:00 am**, via Zoom

Facilitator: Director of Youth and Family Ministries Doug Johnson

Join the youth and adults who helped to build a Tiny Home as the youth summer mission project. We'll share photos and our experience in building this Tiny Home.

Sign up for any or all forums online at <https://salc.church/discipleship-hour-forums-sign-up>. Sign up no later than Saturday before the Forum so we can get the Zoom link emailed to you.

Recordings of past Forums can be found on our Discipleship Hour webpage: <https://salc.church/discipleship-hour-adults-page>. Scroll to "Discipleship Hour Recordings".

NOMINATING COMMITTEE

We have learned that several members elected to the 2021 Nominating Committee are no longer able to serve. We are seeking 3 – 4 people willing to assist in finding candidates for the 2022 Congregation Council, to be elected in an Annual Meeting in January 2022. This work would likely begin in early Fall and is incredibly important to the life of our congregation. If you, or someone you know, would be willing to serve on the Nominating Committee, contactCarolynn Ferris.

SHARING GOD'S GENEROSITY ~ STEWARDSHIP**CURRENT OPPORTUNITIES**

Our focus this year is **generosity**, a celebration of a generous God and our response as God's people. As we grow together in Christ to love and serve all people, we learn how to live and share those blessings. We continue with monthly Generosity Lessons that families can share at home together. Each lesson features sections on how "We Welcome", "We Gather", "We Hear", "We Share", "We Send", and "We Live". Find the **AUGUST 2021** lesson at <https://salc.church/stewardship#lesson>

THIS WEEK ~ AUGUST 2 - AUGUST 7**MONDAY - WEDNESDAY - FRIDAY****OFFICE HOURS: MONDAY, WEDNESDAY, FRIDAY, 9:00 AM - 1:00 PM**

The church office is now open limited hours on Monday, Wednesdays, and Fridays. In compliance with county guidelines, we recommend that everyone wear a mask when they are in the building since it is an indoor public space. Masks and hand sanitizer are available.

TUESDAY, JULY 27

TUESDAY MORNING MEN:

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

Facilitator: Dick Swaisgood

All men are invited to gather via Zoom on Tuesdays. For the summer, they are using *Strength in Faith Devotional*, a book of devotions written for men. The pieces are short but thoughtful, scripture based, and have elicited a lot of discussion from our guys. Each week is different so it is okay to miss a week. This is a great introduction for new men to our group. Please join us! Email Dick Swaisgood for instructions on joining this online meeting.

FIRST TUESDAY HAPPY (ONLINE) HOUR**CANCELED:**

Please note: the online happy hour scheduled for Tuesday, August 3, has been canceled.

INFORMATION MEETING for the**SUMMER 2022 YOUTH GATHERING:**

Tuesday, **August 3, 6:30 pm**, via Zoom

Youth entering grades 8-12 and parents are invited to this informational meeting.

The Zoom link will be sent to families.

For more information, contact Director of Youth and Family Ministries Doug Johnson, doug@salc.church or 425-746-2529.

NEXT SUNDAY ~ AUGUST 8

WORSHIP

SUNDAY WORSHIP: Worship is at **9:30 am**.

- **In-person:** no advance sign-up is needed, and there is no limit to the number of people who can attend. We recommend that everyone wear a mask during worship.
- **Worship is also livestreamed on YouTube.** Links to bulletins and worship services can be found at <https://SALC.church/media>.

READINGS for August 8, Eleventh Sunday after Pentecost:

1 Kings 19:4-8; Psalm 34:1-8; Ephesians 4:25--5:2; John 6:35, 41-51

SUNDAY DISCIPLESHIP HOUR...11:00 AM

DISCIPLESHIP HOUR - FELLOWSHIP

Sunday, **August 8, 11:00 am**, via Zoom

Fellowship Coordinator Sherry Grindeland hosts this online gathering of fellowship and conversation with Saint Andrew's friends.

Sign up for any or all forums online at <https://salc.church/discipleship-hour-forums-sign-up>. Sign up no later than Saturday before the Forum so we can get the Zoom link emailed to you in time.

COMING UP

WORSHIP

SUNDAY WORSHIP: Worship is at **9:30 am**, both **in-person** and **livestreamed on YouTube**.
Links to bulletins and livestream worship services can be found at <https://SALC.church/media>.

SUNDAY DISCIPLESHIP HOUR....11:00 AM

DISCIPLESHIP HOUR - CONVERSATION WITH THE FINANCE COMMITTEE

Sunday, **August 15, 11:00 am**, *via Zoom*
Join Acting Treasurer Brady Kasper, Council Liaison Dick Szabo, and members of the Finance Committee for informal conversation. Learn more about the work they do on behalf of the congregation.

DISCIPLESHIP HOUR FORUM - CONVERSATION WITH HEALTH AND WHOLENESS MINISTRY

Sunday, **August 22, 11:00 am**, *via Zoom*
The Pandemic did not shut down the Health and Wholeness Ministry Committee! Learn how this group continued to work and give in the last 18 months.

DISCIPLESHIP HOUR FORUM - CONVERSATION WITH THE EXECUTIVE COMMITTEE

Sunday, **August 29, 11:00 am**, *via Zoom*
Join Congregation Council President Art Gurtel and members of the Executive Committee for informal conversation. Learn more about who they are, their roles on the committee, and the ways this committee serves the congregation.

FELLOWSHIP

DORCAS CIRCLE: Tuesday, **August 10** (*second Tuesday*), **9:30 am - 12:00 noon**,
302/Fellowship Hall South

Dorcas Circle meets to assemble and sew quilts for Lutheran World Relief. You can also support Dorcas Circle by cutting quilt squares and/or sewing quilts at home. Contact Linda Willenberg for information.

FLAT SHEETS NEEDED: Dorcas needs flat sheets in good condition to use for quilts. Sheets can be brought to church when Dorcas meets or contact Linda Willenberg to arrange to have them picked up from your home.

PARENT ZOOM MEETING: Tuesday, **August 10, 8:00 pm - 9:30 pm**, *via Zoom*

Parents of youth age birth through grade 12, come and join our monthly Zoom meeting. This is simply a space to come and support each other. No pressure. Come late, leave early, or stay the whole time. The Zoom link will be emailed to families. Questions, please reach out to Doug Johnson, doug@salc.church or 425-746-2529.

THURSDAY PRAYER CIRCLE

Thursday, **August 12, 11:00 am - 12:00 noon**, *Immanuel Lutheran Parking Lot, 1215 Thomas Street, Seattle*

Thursday, **August 19, 6:30 pm - 7:30 pm**, *Saint Andrew's*

This summer, we are developing new relationships with our siblings in Christ by gathering for prayer with people of Immanuel Lutheran Church of Seattle. You are welcome to arrive late or leave early, as your schedule permits. We will follow all safety protocols. Fellowship Coordinator Sherry Grindeland will drive to Immanuel. Contact Sherry, sherry@salc.church or 425-746-2429 to reserve space in her car.

KNITWITS (Knitting as Witnesses):

Thursday, **August 12, 1:00 pm**, via Zoom
Knitting as Witnesses (KnitWits) will gather via Zoom to check in, share ideas, and connect with each other. Bring your knitting! Contact KnitWits coordinator Dianne Chong or Communications Specialist Susan Hegedus, susan@salc.church, to get the Zoom link for this meeting.

FAMILY PICNIC IN THE PARK:

Saturday, **August 14, 11:00 am - 2:00 pm**, *Robinswood Park*
Everyone is invited to come to Robinswood Park for a time to gather together and play games. Please bring your own chairs/blanket, food and drink, and any outdoor games to share. You can park at the church and walk over or head straight to the park and look for the shade tent with the Saint Andrew's Banner. No need to sign-up. For more information, contact Doug Johnson, doug@salc.church.

ALL CHURCH WORK DAY: Saturday, August 21, 9:00 am - 12:00 noon

Come enjoy some fellowship time with your Saint Andrew's family, and help clean up and fix up the church! As always, there will be jobs for all ages and skills, and snacks! Please sign up at <https://salc.church/all-church-work-day> so we can plan for the number of people.

ONGOING OPPORTUNITIES

CONGREGATIONS FOR KIDS: In past years, members of Saint Andrew's participated in the school supplies drive for the Congregations for Kids (CFK) organization to benefit needy students in the Bellevue School District. This year CFK will again provide for these students by using pre-assembled grade level supply kits and backpacks. If you would like to contribute to the purchase of these items please clearly mark your donation you send through Saint Andrew's with "CFK". Contact Carolyn Haralson with questions or for more information.

HEALTH AND WHOLENESS MINISTRY

OPPORTUNITY: Our Health and Wholeness Ministry Committee needs people willing to volunteer in the following areas:

Transportation providers - people who are willing to take church members who can't drive themselves to doctor or physical therapy appointment.

Meal Providers - people who are willing to provide a meal for a church member who is recovering from surgery, birth of a baby, or has a death in the family. This includes delivering it also.

If you can help in either of these needs, please contact Janell Erickson.

SAINT ANDREW'S OUTREACH MINISTRIES

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

Monetary donations can be made through Saint Andrew's with the name of the organization clearly marked, or sent to the organization directly. Donations to some organizations can be made through our online giving page (www.salc.church/giving-options and press the blue "Donate" button).

- **Congregations for the Homeless** serves men in need of meals, shelter, and services. Visit www.cfhomeless.org
- **The Sophia Way** serves women in need of meals, shelter, and services. Visit www.sophiaway.org.

- **Navajo Evangelical Lutheran Mission (NELM)** in Rock Point, Arizona: The Mission continues to provide meals to children, seniors, and anyone who is hungry. Funds for the mission school can be provided through Box Top\$ for Education; use the digital app to scan your grocery receipts. Visit www.nelm.org to learn more and/or to donate directly to them.
- **Lutheran Community Services Northwest (LCSNW)** is collecting food and hygiene donations, as requests for these in their Centers are significant. Visit <https://lcsnw.org/office/north-puget-sound/>
- **MaaSAE Girls Lutheran Secondary School (MGLSS) and The Plaster House in Tanzania:**
MGLSS serves 350 students and is seeking sponsorship support for all of their new students. The Plaster House (www.theplasterhouse.org) treats children needing surgery and through their recovery time.
- **Hopelink** works to end poverty in our community by providing food assistance and other programs that provide stability and skills and knowledge needed to exit poverty. Visit www.hopelink.org
 - ◇ **Monetary donations** provide the most flexibility.
 - ◇ **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. The link to Amazon can be accessed through Hopelink's website: www.hopelink.org/how-help-hopelink. At checkout, select the Hopelink Gift Registry address.
- **Lantern Hill, Mexico:** Lantern Hill provides educational support to children in Ensenada, food staples to families, and higher education support to their graduates. 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" noted on your check. Visit www.friendsoflanternhill.org

WEEKLY PLANNER: AUGUST 1 - AUGUST 8

Sunday August 1		Tenth Sunday after Pentecost 9:30 am Sunday Worship 11:00 am Discipleship Hour Forum	Sanctuary/Livestream online
Monday August 2	9:00 am - 1:00 pm	Office Open	
	10:00 am	Saint Andrew's Staff	212
	4:30 pm	Executive Committee	online
	6:00 pm	Finance Committee	online
Tuesday August 3		OFFICE CLOSED	
	8:30 am	Tuesday Morning Men	online
	6:30 pm	Information Meeting for 2022 Youth Gathering Happy (Online) Hour - CANCELED	online
Wednesday August 4	9:00 am - 1:00 pm	Office Open	
Thursday August 5		OFFICE CLOSED	
Friday August 6	9:00 am - 1:00 pm	Office Open	
Saturday August 7			
Sunday August 8		Eleventh Sunday after Pentecost 9:30 am Sunday Worship 11:00 am Discipleship Hour Forum	Sanctuary/Livestream online

SAVE THE DATE

ongoing	Fair Trade Coffee Available for purchase contact Sherry Grindeland	
ongoing	Pray in the Sanctuary, available Sunday-Friday	Saint Andrew's
August 10	Dorcas Circle, 9:30 am	Saint Andrew's
August 10	Parent Zoom Meeting, 8:00 pm - 9:30 pm	online
August 12	Thursday Prayer Circle, 11:00 am	Immanuel Lutheran, Seattle
August 12	KnitWits, 1:00 pm	online
August 14	Family Picnic in the Park, 11:00 am - 2:00 pm	Robinswood Park
August 19	Thursday Prayer Circle, 6:30 pm	Saint Andrew's
August 21	All Church Work Day, 9:00 am - 12:00 noon	Saint Andrew's

Please submit announcements for next Sunday's Bulletin no later than
Wednesday, **August 4**, at 9:00 am.

Email submissions to Susan Hegedus, susan@SALC.church