

ST. ANDREW WEEKLY NEWS

March 14, 2021

St. Andrew Lutheran Church
12405 SW Butner Road, Beaverton, OR 97005
www.standrewlutheran.com; 503-646-0629

Worship Services:
Sunday, 8:30 am
Sunday, 11:00 am

Our church community is OPEN and gathering ONLINE and BY TELEPHONE. We welcome you to meet up with us there!
For your safety and to protect the most vulnerable, access to the church building remains HIGHLY RESTRICTED.

Adult Education: The History, Art, and Architecture of Churches



Altar at Melk Abbey

Sundays, March 14 and 21—10:00 am

Paul Navarre continues taking us along on his exploration of some of the most interesting worship places he knows. We've been to Paris, Trier, and Chartres, as well as a few other places, and we have two weeks left to discover the history, art, and architecture of churches, chapels, and cathedrals.

If you've missed earlier classes, you can watch recordings of those on the [church website](#).

The Fourth Sunday of Lent

On **March 14**, the church will mark the Fourth Sunday of Lent. The poems referred to in our [Lenten Devotional](#) this coming week help us to see the world as God does and to consider the shape of our souls. In "Some Questions You Might Ask," Mary Oliver says,

"The face of the moose is as sad
as the face of Jesus."

Does the moose have a soul? Are humans the only living things so blessed?

When Mary Oliver watches a swan in flight, she sees a white cross. She doesn't just watch; she sees the world through a God-given lens. Although the poet is no longer living among us, perhaps she is seeing still and commenting on the beauty she finds.

Wednesday Evening Prayer for Lent

Focusing on a psalm of creation, Psalm 148, Karen Klingelhafer will provide the meditation for Wednesday Evening Prayer on **Wednesday, March 17**, at 7:00 pm.

Our Wednesday evening schedule remains as follows:

6:30 pm	Informal Gathering Time
7:00 pm	Prayer Service
7:30 pm	Centering Prayer

Watch for the Zoom link in your inbox mid-day Wednesday.

Time to Change Our Clocks



It's time to advance time an hour this weekend, so be sure to move your clocks ahead before going to bed on Saturday night. For Oregonians, this may be the last time we need to participate in the ritual!

Kid Craft: Easter Butterflies

St. Andrew wants to decorate its Easter banners with butterflies and we need help from all the kids in the congregation. It's time to get creative with paper and markers or some other materials and make a bunch of butterflies. Simply drop them off in the bin to the left of the Narthex doors and you'll see them again on Easter. Thank you!



Lenten Food Drive



We know how to do this! Despite a pandemic that kept us away from the church building, last year's Lenten Food Drive was more successful than ever as members of the congregation generously contributed cash to help feed people living without reliable sources of food.

Our goal in 2021 is to raise the equivalent of six tons, or 12,000 pounds, of food. You'll remember that each dollar given equals three pounds of food. In other words, if we can accrue donations totaling \$4,000, we will meet our goal and take a significant step toward providing the comfort of food security for our neighbors.

Donate electronically by logging into your *InFellowship* account and selecting "Lenten Food Drive" in the drop-down menu. Go to the church website and click on [Give](#) to begin.

Treasurer Needed

St. Andrew's Financial Committee is searching for a Treasurer. At the end of June 2021, Anne Newell will be stepping down from that role to pursue new activities. We're looking for someone to step into her shoes and we're hoping someone in the congregation will be "willing and able."



We'll train and assist you in taking over this important function for our church. Please prayerfully consider this opportunity to serve. Call Anne Newell at 503-781-9076 for more information

Online Giving Update

The online giving page has been updated so it will look a little different, but your login information remains the same. Find the link to the [new online giving page](#), watch helpful videos, and more on the church website under [Give](#).

March Movie Night:

Fiddler on the Roof

This month, we invite you to enjoy the timeless classic, *Fiddler on the Roof*.

This film brings together so many themes: family, tradition, repression, prejudice, and diaspora. Moments of joy are mixed with moments of pathos, with a background of the beautiful music so many of us have loved for years.



You can stream this film on Netflix, then meet with us via Zoom on Friday, March 19, at 7:00 p.m. Bring out the popcorn and gather

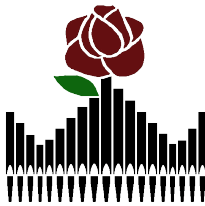
around your computer screens as we talk about what we liked (and didn't like) about the movie.

You'll find the Zoom link for this Movie Night in Carol's "Weekly News" e-mail on Friday, March 19.

Any questions: Contact Mary Smith.

Bach-a-Thon

The Portland Chapter of the American Guild of Organists is presenting its annual Bachathon virtually on Sunday, March 28, at 2:00 pm.



This three-hour program of the organ works of J. S. Bach is free and open to the public; access is via Portland's American Guild of Organists [website](#) and is a fundraiser for its scholarship program. The Portland AGO awards scholarships to students for the study of the organ with an emphasis on service playing.

During the Bachathon, chapter members, friends, and relatives will perform on nine organs, three pianos, two flutes, cello, violin, and voice. For more information, go to Portlandago.org.

A Prayer for the Week

God of all creation, help us to see the world you have made, the world you mean to save.

Show us the breadth of your love!
Amen.

2021 Mental Health Tips from the Caring Ministries Team

It's hard to believe we have been practicing public safety measures for over a year! As we continue to do everything we can to physically protect ourselves and others, the Caring Ministry Team would again like to offer some thoughts for your mental health reflection.

Before I introduce the theme below, let me offer a review: Last May, I began by introducing the benefit of practicing small, frequent doses of *Calming Behaviors* like deep breathing, listening to music, or walking in nature as ways to foster *Emotional Regulation*. Week two encouraged the practice of putting boundaries on the information we receive and remembering the timeless messages of hope called *Scripts of Reassurance* that can help encourage us in difficult times. Identifying and acknowledging our feelings by *Naming Emotions*, described in week three, gives feelings motion to move through us. All of these small practices combined help us to more frequently function within our individual *Windows of Tolerance*. Finally, *Cultivating Compassion* for ourselves and others helps us acknowledge our shared humanity and motivates us to put our feelings of empathy for those who are suffering into action.

Expectations and Acceptance:

Our Expectations can also greatly affect our mental and emotional health. We often expect that something will happen or someone will behave in the way we desire and when expectations are not met, we struggle. Expectations can sometimes be identified by noticing the words "should" or "shouldn't." Here is an example. *This pandemic shouldn't be continuing! We should be back to normal by now! I can't stand this!* Many expectations can motivate us to work for justice or positive change. However, the expectation used in this example conveys a refusal to acknowledge reality and can fuel feelings of frustration and powerlessness.

Acceptance is a mindfulness concept and an attitude that acknowledges what is happening even though we may not like it, approve of, or condone it in any way. We let go of the expectation that things are not the way we expect they should be. We acknowledge the reality of the situation and our feelings about it. Here is an example. *This pandemic is hard and I don't like that it is continuing! I know I'm not alone in feeling this way. How might I make it a little more tolerable for me and those around me today?* As implied in the example, acceptance has another benefit. Acceptance can be empowering, allowing us to claim whatever choices may be in our control.

For Reflection:

How have your expectations changed over the past year? When have you been aware of a shift from struggle toward acceptance?

Michelle Simm

Free Online Concert for Hopewell House

Since Hopewell House, the only residential hospice in Portland, closed in the fall of 2019, Friends of Hopewell House have been working to save it.

On Saturday, March 20, at 7:00 pm, everyone is invited to enjoy Stream of Hope, [a free benefit concert](#) produced and hosted by Alberta Rose Theatre and featuring many of Oregon's top artists. Donations are not required, but if you feel moved to donate, funds raised will go toward the purchase and reopening of Hopewell House.

Your St. Andrew Staff

Lead Pastor, Mark Brocker	brockerms@standrewlutheran.com
Pastor of Caring Ministries Susan Kintner	pastorsusan@standrewlutheran.com
Min. of Music, Allison Katsufrakis	allisonk@standrewlutheran.com
Parish Musician & Deacon Susan Reiser.....	srwerner.reiser@standrewlutheran.com
Children & Youth Ministry Coord., Kyler Vogt.....	kvogt@standrewlutheran.com
Seminarian, Karen Klingelhafer	kakling@sbcglobal.net
Parish Manager, Jennifer Trom	jtrom@standrewlutheran.com
Office Manager, Carol Harker	office@standrewlutheran.com
Housekeeper, Carol Hogan	503-646-0629
Evening Facility Manager, Brad Barclay	503-646-0629
Sunday School Director, Lisa Staul.....	sundayschool@standrewlutheran.com
Parish Nurses, Diane Reiner.....	503-201-4222
Tira Nasset.....	503-866-5099

Bird Boxes

I bought a bird box two years ago and installed it on a branch of a tree in my backyard. Not knowing much about bird houses, I first went to Portland Audubon and Backyard Bird shop to ask some questions—like, how do you know what kind to buy? What size is best? What will attract the birds to actually move in, build a nest, lay eggs, and raise their young?

I learned that size is an important factor. The first question asked of me was, "What birds typically live in your yard?" When I responded that I have a lot of chickadees, I was escorted to the boxes for chickadees and wrens. The holes are just the right dimensions for those little birds to pop in and out. And predator birds that are bigger just can't fit through the opening. Hence the little bird family can be safe and sound inside their little nest. So, I bought a chickadee and wren house.



By adding a bird box to her yard, Bev Briggs created another place for birds to nest and made an additional connection for wildlife that rely on a Homegrown National Park.

A small branch in a tree worked well for hanging. Since I also wanted some entertainment for myself and my (indoor only) cats, I selected a branch that is just outside a window, within easy view. And the bird box was hung early last February.

I kept my eye on it, not knowing what to expect. A few months later, I saw a pair of chickadees standing on the roof and hopping around on the branches nearby. Within a few days, I noticed them going in and out of the house with little bits of vegetation. Ah ha! A nest! The cats and I became interested.

As the days went on, the activity picked up with lots of swooping in and out. And then it became frantic, with adult birds arriving moments apart with worms hanging out of their mouths. The babies were there!

Since then, I've learned that the worms come from nearby native oak trees, ready to be served up to those hungry offspring. So, this can't happen until those trees have leafed out and attracted these delicious morsels for the baby birds to gobble down.

I waited to see them fledge, but I never saw it happen. Someone told me that they fledge fast, so I missed it. But, activity ceased almost overnight.

And, then another month or so went by, and I saw the whole process begin again. My little bird house was the habitat for two families of baby chickadees last spring.

I was informed that I should clean out the birdhouse every fall. So, another requirement is to have a door in the back that can be opened for this yearly cleaning task.

The birds seem to know how to do the rest.

Beverly Briggs
March 9, 2021

March Madness Returns!

One year ago, the NCAA Men's Basketball Tournament was one of the first major sporting events cancelled by the coronavirus pandemic. This year, the tournament is back, meaning the St. Andrew March Madness Bracket Challenge is back for the second time! When we are physically distant, intergenerational events are tough to find, but anyone can play in this one. This year there will be prizes for the three brackets with the highest scores, in the form of Nike Gift Cards: \$100 for 1st, \$50 for 2nd, and \$25 for 3rd! The bracket will be set this Sunday evening, which means you have from Monday morning (3/15) to Wednesday night (3/17) to make your selections. Check out the instructions below to get started!



First, go to the espn.com/tournamentchallenge or download the ESPN Tournament Challenge app on a mobile device, then sign in or create an account (hint: you can also use your login for Disney+ or Hulu). Click the button that says "create an entry" and fill out your bracket by clicking on the teams you predict to win. When you have finalized your bracket, go back to the Home/MyBrackets tab and hit the button that says "join group." Search for StAndrewLutheran2021 in groups, click on the group that shows up, and click "join group." Finally, make sure your bracket is titled with your name, so we know it's yours! Then, all that's left to do is watch basketball and watch your points rack up! E-mail kvogt@standrewlutheran.com if you have any questions. Good Luck!

Introducing Narthex Greeters

Will you be fully vaccinated by April 1? If so, you might enjoy spending a half day in the church Narthex each week, answering the phone, opening the doors for people, ensuring they follow the protocols, and helping them get the information or make the contacts they seek. There will be time for visiting, too, something we have all missed over the past year!



Narthex Greeters will be on duty either 9:00 am-12:30 pm or 12:30 pm-4:00 pm, Tuesday-Friday. If you are interested in volunteering for a shift, please contact the church office for more information and to sign up. We are looking for people to make a regular commitment—for instance, coming in regularly on Tuesday afternoons, Friday mornings, etc.

We encourage both men and women, individuals and couples, to consider whether this volunteer opportunity would interest them. The program will begin on **Tuesday, April 13**, so if you receive your final vaccination before March 31, you would qualify to participate.

In Need of Prayer...

<u>NAME</u>	<u>PRAYERS FOR...</u>	<u>CONTACT</u>
Phyllis Smith (sister-in-law)	Successful surgery (March 16) and comfort	Mary Smith
Judy Deal	Successful shoulder replacement surgery	Judy Deal
Carol Means	Strength and effective treatment for cancer	Carol Means
Bobbie Larson	Effective treatment and healing	Bobbie Larson
John Fritz	Healing and recovery from a fall	John Fritz
Mike McDowall	Healing and recovery	Mike McDowall
Liz Roscoe (daughter)	Healing and recovery from surgery	Susan Werner Reiser
Gary Grafwallner	Healing and recovery from Bell's palsy	Gary Grafwallner
Frannie Gladhill (daughter-in-law)	Healthy pregnancy and safe delivery	Kristie Gladhill
Everyone affected by COVID-19	Strength and support	Staff
Health care workers	Strength, courage, protection, and support	Staff
Pastor Robyn Hartwig	Blessings on her ministry at Spirit of Grace	Staff
St. Andrew Council and Executive Committee	Wisdom and discernment	Staff
Staff		
Karen Klingelhafer, Kyler Vogt, and all seminarians	Encouragement and support	Staff
India Jensen Kerr and all theology students		
St. Andrew Foundation	Blessings on their ministry	Staff
St. Luke Lutheran Church (Portland, OR)	Serving with us in the Oregon Synod	Staff
The Flame Lutheran Church (Portland, OR)		
Bilal Masjid (Beaverton, OR)	Blessings on our interfaith partners	Staff
Individual friends and loved ones in need of prayer	Whatever they most need; say their names in your heart or aloud	Everyone

If you know someone in need of prayers, please contact the church office by phone at 503-646-0629 or e-mail office@standrewlutheran.com Tuesday-Friday, prayerchain@standrewlutheran.com Saturday-Monday.

Table Talk: Finding Your Roots, St. Andrew!

Thursday, March 25, 7:00-8:30 pm via Zoom

Gathered around the table in his home, Martin Luther talked freely and openly with his colleagues and students about matters of faith, theology, and varied aspects of daily life. In an effort to cultivate this kind of spirited discussion, we have a tradition at St. Andrew of gathering for Table Talks. Though we cannot gather in person, Pastor Brocker invites you to participate in the next Table Talk, led by St. Andrew's Reckoning with Racism cohort. It will be held via Zoom on **Thursday, March 25, 7:00-8:30 pm**.



Reckoning with Racism is a nine-month journey focused on systemic racism. It is sponsored by The Common Table of Oregon. People of faith have been invited from across the state into a deliberate process of addressing racism inside our faith community or institution and out in the public square.

As part of this journey, our St. Andrew Reckoning with Racism cohort has been looking deeply into the history of our congregation. Have you ever wondered about the land that St. Andrew sits on? What was here and who was here 250 years ago on this land? What chain of historical events led to our acquisition of this land in 1957? We've been looking at the land and the history of St. Andrew—how the Native Americans lived, who were the first settlers, and how we acquired and stewarded the land. You are invited to come and learn and to share your stories!

Preparing for Next Sunday

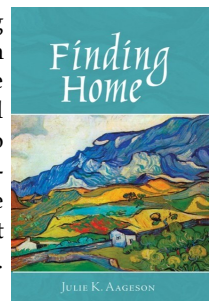
March 14, 2021

Reading: Numbers 29:4-9
Gospel: John 3:14-21



Finding Home

Living Lutheran magazine will be featuring Julie Aageson's recent book, *Finding Home*, in its April issue. In this thoughtful volume, Julie explores what home is and why we all need the haven it should provide. If you'd like to read her lovely essays, the book is now available for \$17. You can request a copy from the author (jaageson@cord.edu), or purchase it from the publisher (<https://wipfandstock.com>). The book can also be ordered from Amazon.



Julie's earlier books are also available from the same sources: *Holy Ground: An Alphabet of Prayer* for \$18 and *Benedictions: 26 Reflections* for \$15. Once you've discovered the peace that comes from reading Julie's work, you're likely to return often for the confident comfort and inspiration that she shares.

Pastoral Care

Pastor Mark Brocker

office: 503-646-0629 (extension 201)

cell: 503-502-8762

brockerms@standrewlutheran.com

Pastor Mark is on call Friday & Saturday.

Pastor of Caring Ministries Susan Kintner

office: 503-646-0629 (extension 211)

cell: 503-724-2556

Pastor Susan is on call Sunday & Monday.

pastorsusan@standrewlutheran.com

Both pastors are on call Tuesday, Wednesday, & Thursday.



Highlights for the Week at St. Andrew Lutheran Church

Sunday, March 14, Fourth Sunday of Lent

8:30 am	Livestream Worship	listen/watch via telephone or online
9:30 am	Virtual Coffee Time	participate via Zoom
10:00 am	Sunday School.....	via Zoom
10:00 am	Confirmation.....	via Zoom
10:00 am	Adult Education: The History, Art, and Architecture of Churches.....	via Zoom
11:00 am	Online Worship.....	via Zoom
12:00 pm	Virtual Coffee Time	participate via Zoom

Tuesday, March 16

10:00 am	T'ai Chi	former Bales Thriftway on Cornell Rd.
10:00 am	Worship Planners Meeting	via Zoom

Wednesday, March 17—Weekly News submissions due by 4:00 pm

5:45 pm	Handbell Ensemble Rehearsal.....	Sanctuary
6:30 pm	Informal Gathering Time.....	via Zoom
7:00 pm	Wednesday Evening Prayer.....	via Zoom
7:00 pm	High School Youth Game Night.....	via Zoom
7:30 pm	Centering Prayer	via Zoom

Thursday, March 18

12:00 pm	Staff Meeting	via Zoom
7:00 pm	Council Meeting.....	via Zoom

Friday, March 19

10:00 am	T'ai Chi	former Bales Thriftway on Cornell Rd.
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Sunday, March 21, Fifth Sunday of Lent

8:30 am	Livestream Worship	listen/watch via telephone or online
9:30 am	Virtual Coffee Time	participate via Zoom
10:00 am	Sunday School.....	via Zoom
10:00 am	Confirmation.....	via Zoom
10:00 am	Adult Education: The History, Art, and Architecture of Churches.....	via Zoom
11:00 am	Online Worship.....	via Zoom
12:00 pm	Virtual Coffee Time	participate via Zoom

Connecting to Worship at St. Andrew

8:30 am: Watch the livestream of worship on YouTube. *The link will be sent to you via e-mail and the church app.*

- The same link will bring you to the recording of the service to watch anytime after the livestream ends.
- If you have a Facebook account and are a member of the “St. Andrew Lutheran Church Beaverton” Facebook Group, please note that a link to the YouTube livestream will be posted on Sunday mornings.
- An audio recording of the 8:30 am service will be available Sunday afternoon by simply dialing **503-643-9416**.



11:00 am: Participate in worship via Zoom. *The link will be sent to you via e-mail and the church app.*

To participate via “Zoom” you can use a computer, smart phone, tablet, or a telephone.

[Not getting church e-mails? Contact the office to receive the livestreaming worship link and Zoom invitations.](#)

Ways to Give: Thank you for supporting our ministries!

As we maintain social distancing for physical health, it is important to support the fiscal health of St. Andrew. We thank you for your support of the ministries of St. Andrew. If you are able, please give now using any of the following options:

Postal Mail

Simply mail a check to the church office. Let us know if you'd like giving envelopes mailed to your home each month by calling 503-646-0629 or e-mailing office@standrewlutheran.com.

Text Giving

Text 503-386-9646 with the amount you wish to give. You can give a one-time donation or set up a recurring donation. Text “funds” to receive a list of funds.

Online at www.standrewlutheran.com

Click on “Give” on the church website. You can also view your giving and print your Contribution Statements here.

NEW! Church App (<https://app.ministryone.com/landing/nBv>)

The newest way to stay connected—and to give—is by using St. Andrew’s new church app! Download “Church by Ministry One” from the App Store and use it to watch St. Andrew videos, submit a prayer request, and give a one-time or recurring gift.



Direct Deposit / “Simply Giving”

Request a form from the [church office](#) to enable automated giving from your checking or savings account through the “Simply Giving” program.

Stock Transfer

The required form is available through the church office or website and should be submitted at the beginning of the process.

Thank you for supporting the ministries of St. Andrew!