ST. ANDREW WEEKLY NEWS

March 20, 2022

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

Masks Optional / Coffee On

Now that Oregon has lifted the mask mandate that has been in effect for almost two years, masks are optional in our building. Vaccinations are encouraged as the best line of defense against COVID-19, but it will be up to individuals whether to continue wearing masks during worship or other church meetings. Both hand sanitizer and masks will remain available at church entrances for people to use as desired.



Along with the possibility of taking our masks off, St. Andrew is also ready to put the coffee back on between services - if volunteers step up to host the Coffee Bar. Is this something you could do on occasion? Volunteers will no longer run the dishwasher on Sunday, but simply take things into the kitchen to be washed on Monday by church staff.

As a temporary measure, housekeeper Carol Hogan has agreed to switch weekday hours to make coffee the next few Sundays.

The Third Sunday of Lent

During the third week of Lent, our seasonal devotional focuses on anger and other emotions. We're reminded that anger can often call our attention to injustice. As Christians, we often put emphasis on the blessings we enjoy, but it's OK to be angry as well. Our world is both beautiful and broken.

Pick up one of the devotional booklets available in the Narthex or check out the weekly practices suggested for Lent on our website: https://standrewlutheran.com/a-lenten-devotional-for-2022/)

Adult Education Classes



"From Abraham to the ELCA" with Paul Navarre in Fellowship Hall

"Preparing to Die" with Pastor Mark in the Chapel. This week: "Preparing a Memorial Service"

Both classes begin at 10:00 am.

Turning toward God's Abundance in Lent

Following St. Andrew's tradition of asking members to share brief meditations as part of Wednesday Evening Prayer Lenten Services, this year's speakers will focus on attributes of God (see below) and share their experiences of God's abundance:

> March 23: Cindy Stadel, Compassion March 30: Ruth Nickodemus, Mercy April 6: Mary Smith, Love

Wednesday Evening Prayer will be held at 7:00 pm in-person in the Sanctuary, as well as via Zoom. Centering Prayer (in-person only) will follow at 7:30 pm in the Chapel for those wanting to sit in quiet communion with God.

Lenten Food Drive

An African elephant weighs about six tons. That's the goal the Service Committee has set for its 2022 Lenten Food Drive that will run through the week of April 17 (Easter Sunday).

We can build up our food elephant in a couple of ways. Each pound of nonperishable food donated will count as one pound, while each dollar of cash will equate to three pounds of food. Please designate your cash donations to the Food Drive. If giving through the church website, select the drop-down option "Food Bank."



Collecting an elephant's equivalent of food is ambitious (we're aiming for six tons of food or \$4,000, or some combination of cash and gifts in kind), but we can do this! Let's make it happen.

Table Talk: The Final Act of Living

A Conversation with Barbara Karnes



Tuesday, March 29, 7:00-8:00 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 **Table Talk** have a tradition at St. Andrew of gathering for Table Talks. Pastor Brocker invites you to participate in the next Table Talk via Zoom on Tuesday, March 29, 7:00-8:00 pm.

Our guest will be Barbara Karnes, RN. She is a hospice pioneer and an award-winning end-of-life educator. In 2015 she received the International Humanitarian Woman of the Year Award. Her booklet "Gone from My Sight: The Dying Experience" has been called "The Hospice Blue Book." Copies are available for free in the Narthex at church.

I have read her book *The Final Act of Living: Reflections of a Long*time Hospice Nurse. In this book she seeks to ease fear and correct misinformation about dying and death. Barbara lives in Vancouver, Washington. We are blessed to have her willing to meet with us via Zoom for a question and answer time about "the final act of living."

Finally, in the first session of the "Preparing to Die" adult class on March 6, I showed Barbara Karnes' award-winning DVD "New Rules for End of Life Care." It lasts about 25 minutes. If you did not have a chance to view it then, but would like to see it before our Table Talk with Barbara, I will be showing it via Zoom at 6:30 pm on Tuesday, March 29. Please use the same zoom link you need for the Table Talk.

Thrivent Choice Dollars

The calendar has turned to March, the last month to designate 2021 Thrivent Choice Dollars. Thrivent members may recognize this opportunity to help fund ministries at St. Andrew. Over the past few years, St. Andrew has received Choice Dollars which have been directed to Prayer Shawl Ministry, Nifty Notters, Youth Ministry, and the St. Andrew Foundation. This summer, we will review our program selections and decide where to allocate future Thrivent Choice dollars.

Right now is the time to check your Thrivent Choice Dollars, which can be found on the Thrivent website. If you have Choice Dollars available, you have until March 31 to designate them. It's easy to click your choice. If you prefer to indicate your selection by phone, call Thrivent at 503-410-7550.

Spirituality Book Group News



The Spirituality Book Group will discuss *West With Giraffes: A Novel,* by Lynda Rutledge on **Sunday, March 27**. Susan Reiser will be the discussion leader.

"Part adventure, part historical saga, and part coming-ofage love story, West With Giraffes explores what it means

to be changed by the grace of animals, the kindness of strangers, the passing of time, and a story told before it's too late." (Amazon review)

We will meet via Zoom, at 3:00 p.m. on <u>Sunday, March 27</u>. The Zoom link will be sent to those on the Spirituality Book Group email list a few days before the meeting. If you would like to attend, contact Mary Smith to get the link, at: dbits1@gmail.com

At our next meeting on April 24, we will select titles for the rest of 2022.



Earth Camp 2022!

This summer, St. Andrew will be hosting our second ever Earth Camp from <u>June 27 to July 1</u>. This year's theme is "All Things Bright and Beautiful." Running from 9:00 am to 3:00 pm and open to kids going into grades 1-6, campers will spend each day rotating through stations of music, crafts, games, earth stories, earth discovery, eco-challenges, and earth care, all of which are designed to teach campers to love the earth and everything in it just as God does.

This year's Earth Camp costs only \$50 per student for the whole week, and scholarships will be available based on need. The community of St. Andrew and those who attended Earth Camp last year will be offered the opportunity for advanced registration beginning on <u>Friday</u>, <u>March 18</u>, before registration is opened to the general public on <u>April 1</u>. We will be capping registration at 35 campers this year, so you will want to be ready to claim your spot as soon as it opens up. You will receive an email with a registration link when advanced registration opens, and registration will be accessible via the church website starting April 1.

Earth Camp is our flagship summer children's program at St. Andrew, and it takes a village to do it well! We are currently building up this year's Earth Camp team and while we have most key leadership positions filled, we need lots of help in support roles. If you would like to volunteer for Earth Camp 2022, contact Kyler at kwogt@standrewlutheran.com. We are looking forward to another excellent year of Earth Camp!

Final Report on Used Booksale

So hey, bet you thought the booksale was long over and done, but actually it just finished a few weeks ago with the last load of books I took to Powell's. Thanks to all your generosity and wonderful books, the library now has \$1,500 in store credit at Powell's! This will, I hope, last us until the next book sale, which will be in five years, so save up your books!

The books Powell's didn't take, I have been doling out to every Little Library I can find and get to. The Bibles mostly went to Portland Rescue Mission and the religious non-fiction I still hope to pass on to another church for their rummage sale. The Good Samaritan resale shop is another possibility.

So, thanks again for letting me have so much fun:)

Pam Farr

Critter Cams: Wildlife in Our Backyard







Ten days ago, Don Nearhood installed a couple of critter cameras in the church wetlands to capture photos and video of the wildlife sharing our property. Look closely to see, top left, a raccoon (barely visible coming out of the shadows at center left); top right, a coyote zipping across the camera's field of view at night; and, at left, a doe near Johnson Creek. Her twin fawns are in the original photo, too, but were cropped out because they were deep in the background and difficult to spot. The church roof is visible at the upper left corner of this photo.

CLIMATE CORNER: Reducing Food Waste



According to the Washington County waste management manager, 27% of what goes to the landfill is food waste! Food waste in landfills creates methane gas, which is a much more potent greenhouse gas than carbon dioxide. That's why reducing our food waste is so important! Imagine being able to reduce food waste and your grocery bill by 30% in the process. Here are some tips to reduce food waste:

- 1. Establish an "Eat Me First" drawer. Today's refrigerators are so huge that it is easy to lose track of what is in there! As food starts to reach the end of its life, move it to the EMF drawer. That way you can see at a glance what needs to be used before it goes bad.
- 2. Shop in your refrigerator before shopping at the grocery store. Be sure to take inventory of what you already have before shopping.
- 3. Freeze it. Food approaching its expiration date? Leftovers about to be too old? Food beginning to wilt? Act now! Simply freeze this food and prevent it from ending up in the trash. You can freeze yogurt and kale for use in smoothies. Extra pasta sauce left over from a recipe that called for only half a jar can be frozen. Milk can be frozen.
- 4. Make homemade soup stock. Many leftover veggies and kitchen scraps such as carrot tops, celery stalks, onion skins and pieces, mushroom bits, tomatoes, etc. can make a great soup base. Just designate a container to keep in the freezer and add chopped up bits of what you used to throw away. When the container gets full, just simmer it in a pot of water for a couple hours, add seasonings, and voila, you have a tasty and healthy soup stock! You can do the same with beef and chicken bones.
- 5. Make smoothies. Any fruits that are slightly mushy and nearing the end can go into a smoothie for a quick breakfast. You can also add things like slightly wilted spinach and old lettuce which don't really contribute much to the flavor, but do add nutrition.

And if you still end up having to throw away food, putting it into the trash which goes to the landfill should be your last option. If you live in the cities of Beaverton or Hillsboro, your food waste can go into your yard waste bin where it gets composted. Of course if you have your own compost pile, you should use that. There are kitchen composting machines that are good for apartment dwellers, too. If the food waste can go into the garbage disposal, choose that option as it does not create greenhouse gas. The last resort should be the trash.

Thanks for caring!

*Liz Hardy*Earth Care Team



St. Andrew Receives Bee-Loved Award

For its efforts to provide habitat for mason bees and other pollinators, The Bee Team has recognized St. Andrew with its inaugural Bee-loved Award this March. The award comes just in time for observers to see mason bees emerging from their cocoons as spring bursts into bloom. Our native mason bees are gentle creatures with a bluish sheen. They look like small flies.



Brian Cheney, St. Andrew member and founder of morebees.org, will share information about the importance of pollinators in an upcoming mission moment during Sunday morning worship. And, if you'd like to host mason bees in your own yard, he will have complimentary mason bee homes available at church on Sunday, April 10. Just install the bee domicile this year and watch to see if it attracts neighborhood mason bees to move in and lay eggs. Next year, you can improve your chances of success by setting out mason bee cocoons when fruit trees begin blooming.

MACG Orientation



Metropolitan Alliance for Common Good

You've probably heard the acronym "MACG" at some point at St. Andrew. But have you ever felt like you didn't quite understand what MACG is and how it works? This orientation is for you!

Everyone is welcome to come via Zoom to our brand-new orientation "What Is MACG?" At this two-hour orientation, you'll learn answers to these questions:

- What is MACG?
- What is institutional organizing?
- How does it strengthen my institution?
- How does it reduce isolation and build connection?
- How does it lessen polarization and strengthen the center?
- How does being part of MACG alliance lead to real positive changes in the public arena?

We're offering two sessions prior to March 31 Delegate Assembly:

Wednesday, March 23, 4:00 pm Register for 3-23-22 Zoom link Monday, March 28, 7:00 pm Register for 3-28-22 Zoom link

Questions? Please contact Pat Christiansen or any member of the MACG Core Team. Or go to http://www.macg.org to learn more.

Reception for Phyllis Morris Memorial

A memorial service for Phyllis Morris will be held on <u>Saturday</u>, <u>March 26</u>, at 1:00 pm. We are so pleased to be able to offer a simple reception after the service, in-person and in Fellowship Hall. Let's see if we remember how to do this! If you are able to donate cookies or other small bites, or if you would like to help serve at the reception, please contact Carol Hogan. If you would like to help during the service (ushering or serving communion), please contact Pat Christiansen. Thank you!

Book Drive for Hospitalized Children

Dear Scout Friends,



My name is Varun Varma and I am working towards my Tenderfoot with Troop 618. I am currently undergoing treatment for cancer at the Doernbecher Children's Hospital, which offers treatment for both cancer and other medical conditions for children of various ages. The hospital has

classrooms for the children who are admitted so they can catch up on their school work. What I found, though, is that the library for the children's classrooms is in need of books.

To support these classrooms and the children admitted to Doernbecher, I am starting a book drive. I'd like to request all of you to support this drive by donating books for these classrooms. You can bring the books to St. Andrew as part of Monday evening Scout meetings. The book drive will run March 7-March 28. Please note that the oncology ward at Doernbecher can accept only new books, but other wards can take lightly used books.

I really appreciate your help. It will make a difference for lots of hospitalized kids.

Yours in Scouting, Varun Varma

New Adult Library Books

Fiction

Fall of Giants (Century Trilogy, Book 1), by Ken Follett Winter of the World (Century Trilogy, Book 2), by Ken Follett

Non-fiction

The Last Empress: Madame Chiang Kai-shek and the Birth of Modern China, by Hannah Pakula

The Light of Days: The Untold Story of Women Resistance Fighters in Hitler's Ghettos, by Judy Batalion

To Love as God

Trusting in Christ (Jesus Calling, Book 2), by Sarah Young

Receiving Christ's Hope (Jesus Calling, Book 4), by Sarah Young

Against an Infinite Horizon: the Finger of God in Our Everyday Lives, by Ronald Rolheiser

To Love as God Loves: Conversations with the Early Church, by Roberta C. Bondi

The Hidden Gospel: Decoding the Spiritual Message of the Aramaic Jesus, by Neil Douglas-Klotz

Three Mile an Hour God, by Koyama Kosuke

Lutheran World Relief

We need your help to help others in need. Lutheran World Relief has been an active supportive service project with St. Andrew for many years. To prepare for the Spring Ingathering, we collect items for personal care kits and baby care kits. In the fall, we collect school supplies for the Fall Ingathering. At both times, St. Andrew is the collection center for churches across Oregon and parts of the Pacific Northwest.

This spring, our goal is to put together 125 health care kits and as many baby kits as possible. The drive begins now and continues until May 1. Please join us by purchasing items from the lists below and putting them in the LWR collection box at church. Any questions, please call Rochelle McIntire at 503-574-2668. On May 6 and 7, our kits and those from dozens of other Lutheran churches will be loaded onto a semi container to be shipped by rail to LWR in Baltimore.

Personal Care Kit Items

- One lightweight bath towel (between 20 X 40" & 27 x 52") dark color recommended
- 2-3 bath-size bars of soap in original wrapping
- One adult-size toothbrush in its original packaging
- One sturdy comb (remove packaging)
- One metal nail clippers with attached file optional (remove packaging)





Baby Care Kit Items

- 2 lightweight cotton t-shirts (no onesies)
- 2 long or shortsleeved gowns or sleepers (without feet)
- 2 receiving blankets (medium weight cotton or flannel or handmade with lightweight yarn, between 36" and 52" square
- 4 cloth diapers, flat fold preferred
- One jacket, sweater, or sweatshirt with hood, or include baby cap
- 2 pairs of socks
- One hand towel, dark color recommended
- 2-3 bath-size bars of gentle soap in original wrapping
- 2 diaper pins or large safety pins

Spring Break

Please be aware that education classes for children and youth are not happening on <u>Sunday</u>, <u>March 20</u>, or <u>Sunday</u>, <u>March 27</u>, since area kids are celebrating a well-earned Spring Break next week. We hope students and teachers alike enjoy some time away from the classroom.

Help for Ukraine

Ukrainians, refugees sheltering in neighboring lands, and volunteers working to relieve the suffering continue to need our help and prayers as bombardments intensify. Since Vladimir Putin ordered his troops to invade on February 24, the situation has only worsened for the people of Ukraine. Several cities are without the infrastructure we take for granted and people are living underground without heat, sufficient food, or water.

Lutheran Disaster Response

Gifts to "Eastern Europe Crisis Response" will be used in full (100%) to address the humanitarian crisis in Ukraine and neighboring countries.

It's heartbreaking to contemplate how much life has changed in Ukraine in less than a month. But, as Mr. Rogers told children for years, when trouble surrounds you, "look for the helpers." Two excellent NGOs working to help are Lutheran Disaster Response and Mercy Corps. Financial support given to these organizations will be put to good use and send a message to the Ukrainian people that love still abounds, even as shelling persists.

Mercy Corps

Headquartered in Portland, Mercy Corps is on the ground working to meet urgent humanitarian needs in Ukraine, Poland, and Romania.

Give Now

Give Now

In Need of Prayers				
NAME	PRAYERS FOR	<u>CONTACT</u>		
Family and friends of Pastor Shelley Willem	Peace and God's comfort at her death	Staff		
Family and friends of Paul Blouin (friend)	Peace and God's comfort at his death	Sonja Ackman		
Family and friends of Phyllis Morris	Peace and God's comfort at her death	Staff		
Family and friends of Malcolm Snider (nephew)	Peace and God's comfort at his death	Mary Ann Snider		
Bettye Eldridge	Healing and God's comfort	India Jensen Kerr		
Tandy Brooks	Peace and healing	India Jensen Kerr		
Maverick (nephew)	Healing and recovery after surgery (March 15)	Rebecca Fako Uecker		
Joe Calhoun	Healing and recovery	Allison Katsufrakis		
Mary Brown	Healing and recovery	Bob and Mary Brown		
Nathan Alvis (grandson)	Correct diagnosis and treatment	Ed and Linda Fransen		
Choice Schutt	Effective treatment and healing	Pastor Mark Brocker		
Newborn great-grandchild	Thanksgiving for a safe delivery	Jeannine Douglas		
People of Ukraine and all those impacted by war	Protection, justice, and ultimately peace	Staff		
Those confined to their homes	Assurance of God's presence	Staff		
Mareline Barnes, Dave Bumga	ardner, Jean Fredrickson, John Fritz, Tara Harper, Be	etty Horst,		
Dorothy Moore, Helen Rogers, Dave & Sharon Roth, Margie Schindele				
All who are imprisoned	Peace and strength	Staff		
Ecumenical Ministries of Oregon	Blessings on their work	Staff		
Holy Trinity Catholic Church				
The Flame Lutheran Church (Portland, OR)	Serving with us in the Oregon Synod	Staff		
St. Luke Lutheran Church (Portland, OR)				
Masjid Omar Farooq (Beaverton)	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	Staff		

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.

If you know anyone from St. Andrew who needs a Eucharistic minister or would benefit from a monthly visit or phone call, please contact India Jensen Kerr at india@standrewlutheran.com or 503-860-5377.

It's About Time!

Your St. Andrew Staff

Did you know you can help yourself live a longer and healthier life and help the church at the same time? At the Congregational Conversation about Living with COVID, parish nurse Tira Nesset pointed out that it is not only rewarding to volunteer, but it's healthy, too. Research shows that people who happily give of themselves through volunteer work actually live seven years longer.

If you haven't volunteered at St. Andrew before and don't know where to start, please contact Parish Manager Carol Harker or Minister of Music & Media Allison Katsufrakis to begin exploring where your talents are needed. Two ministries looking for volunteers currently are the Altar Guild and Hospitality. The first might attract introverts, while the latter is all about reaching out and working with others to serve the congregation. People who assist with wor-

ship are in demand, too, and many more opportunities exist. Think about what you enjoy doing and then ask yourself, "Is it about time for me to volunteer?"

Altar Guild Volunteers Needed

The Altar Guild is in great need of a few new volunteers to help prepare the altar for worship each week. Those fulfilling this crucial worship leadership role do all their work behind the scenes, so if you're not a fan of the spotlight, this might be a great fit for you. If enough people step forward, volunteers will only need to serve once a month or even less.

Altar Guild members set out the bread and wine for communion, as well as making a few other preparations for worship services. All training is provided.

Please speak to Pastor Brocker, Susan Reiser, or Allison Katsufrakis if you are interested in volunteering.

Lead Pastor, Mark Brocker brockerms@standrewlutheran.com
Parish Chaplain, India Jensen Kerrindia@standrewlutheran.com
Min. of Music & Media, Allison Katsufrakisallisonk@standrewlutheran.com
Parish Musician & Deacon Susan Reiser srwerner.reiser@standrewlutheran.com
Children & Youth Minister, Kyler Vogtkvogt@standrewlutheran.com
Seminarian, Karen Klingelhaferkakling@sbcglobal.net
Parish Manager, Carol Harker charker@standrewlutheran.com
Office Assistant, Johanna Land office@standrewlutheran.com
Housekeeper, Carol Hogan
Interim Evening Facility Manager, Scott Taylor503-646-0629
Children's Ministry Host, Donna Brocker503-502-6156
Parish Nurses, Diane Reiner
Tira Nesset

Highlights for the Week at St. Andrew Lutheran Church

Sunday, Mar	ch 20		
8:30 am	Worship with Communion	Sanctuary and Livestreamed	
9:30 am	Coffee Time	in person and via Zoom	
10:00 am		Fellowship Hall	
10:00 am	Adult Ed: Preparing to Die (this week's topic, "P	reparing a Memorial Service")Chapel	
10:00 am	•	Spring Break	
10:00 am	NO Confirmation	Spring Break	
10:00 am	NO High School Youth Group	Spring Break	
11:00 am	Worship with Communion	Sanctuary and via Zoom	
12:00 pm	Coffee Time	in person and via Zoom	
Monday, Ma	rch 21		
6:00 pm	Scout Troop 618 Meeting	Fellowship Hall, St. Andrew Room	
Tuesday, M			
7:00 am		Elmer's Restaurant on 158 th (1250 NW Waterhouse Ave)	
7:00 am	Sunrise Women	Elmer's Restaurant on 158 th (1250 NW Waterhouse Ave)	
10:00 am		Fellowship Hall	
12:15 pm		Library	
Wednesday,	March 23—Weekly News submissions due by 4:	<u>00 pm</u>	
6:00 pm	Bells of Grace Rehearsal	Sanctuary	
6:45 pm	Informal Gathering Time	via Zoom	
7:00 pm	Wednesday Evening Prayer	Sanctuary	
7:30 pm	Centering Prayer	Chapel	
7:30 pm	Sanctuary Choir Rehearsal	Sanctuary	
Thursday, March 24			
9:30 am	Seekers of the Heart of God Bible Study	St. Andrew Room	
10:00 am	,	Fellowship Hall	
12:00 pm	Team Ministry Meeting	Chapel / Library	
7:00 pm	IT Meeting	offsite	
Friday, Marc			
10:00 am	Tai Chi	Fellowship Hall	
Saturday, N			
9:00 am		St. Andrew Room	
1:00 pm	Phyllis Morris Memorial Service & Reception	Sanctuary, Fellowship Hall	
Sunday, Mar			
8:30 am	•	Sanctuary and Livestreamed	
9:30 am		in person and via Zoom	
10:00 am		Fellowship Hall	
10:00 am	· -	Chapel	
10:00 am	,	Spring Break	
10:00 am		Spring Break	
10:00 am	•	Spring Break	
11:00 am		Sanctuary and via Zoom	
12:00 pm		in person and via Zoom	
3:00 pm	Spirituality Book Group	via Zoom	

Worship at St. Andrew or Connect to Virtual Worship

8:30 am: Worship in the Sanctuary or watch the livestream of worship on YouTube. The link will be sent to you via email and the church app.



- The same link will bring you to the recording of the service to watch anytime after the livestream ends.
- An audio recording of the 8:30 am service will be available Sunday afternoon by simply dialing **503-643-9416**.



<u>11:00 am</u>: Worship in the Sanctuary or participate in worship via Zoom. *The link will be sent to you via email and the church app.*