

ST. ANDREW WEEKLY NEWS

May 22, 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

THANK YOU!

More than 100 people joined the Horizon Team either in person or over Zoom on Sunday, May 15. We worshiped together and then engaged in a Spirit-driven conversation about where St. Andrew is headed in this “open” time. The work of discernment has begun and will continue as trends emerge. Please reach out to any member of the Horizon Team with any further thoughts:

Scott Anderson: annexup@yahoo.com
Larry Bliesner: larrybliesner@comcast.net
Pat Christiansen: patchristiansen@comcast.net
Bobbie Larson: BLarson443@comcast.net
Barton Robison: Bartonrobison@aol.com
LuAnn Staul: ljustaul@gmail.com

May Is Mental Health Awareness Month



With May being Mental Health Awareness Month, ELCA Presiding Bishop Elizabeth Eaton has taken the opportunity to share a brief but encouraging message on the ELCA homepage. She points out how courageous and necessary it is for us to attend to our own mental health challenges, as well as to reach out to others who are suffering. Go to www.elca.org to listen to her message.

In the footer that appears lower on the homepage, you'll read:

This is Christ's church.
There is a place for you here.

We are the church that shares a living, daring confidence in God's grace. Liberated by our faith, we embrace you as a whole person—questions, complexities and all. Join us as we do God's work in Christ's name for the life of the world.

Earth Camp Update

With Earth Camp scheduled for the last week in June, we're pleased that registration for the camp is completely filled. There is a waitlist for the camp, so those who have not yet registered can still get their name on the list in case spots open up over the coming weeks.

While we have a full group of campers, we do not yet have a full group of volunteers. We still need guides (both youth and adults) to lead the groups of campers throughout the day. The more guides we get, the easier the job will be – It's always good to have a low camper-to-leader ratio. We could also use a couple of fun folks that would like to help with art or games. Contact Kyler at kvogt@standrewlutheran.com to sign up!

Earth-Camp
June 27—July 1, 2022



Table Talks: Mental Health and the Church:



Reframing Sin and Mental Illness

Thursday, May 26, 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 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 **Thursday, May 26**, 7:00-8:00 pm.

In “Mental Health and the Church: Reframing Sin and Mental Illness” (*Living Lutheran*, March 2022), Emmy Kegler asserts that “we would be wary of someone who encouraged their diabetic parent to give up the medications and the diet changes and to cast their insulin needs on Christ alone.” Despite this wariness Kegler wonders why faith often “persists as a prescription for mental illness even when we have stepped back from offering it for physical ailments.” Kegler, who herself suffers from mental illness, asks the question: “What if the church taught that toxic positivity and denying medical attention to those in [mental] distress was a sin?” In this Table Talk we will address this question and other questions and concerns people have about faith and mental health. How are we as people of faith to approach mental health? To prepare for our conversation you are encouraged to read Kegler’s brief article available in the March issue or at this link:

<https://tinyurl.com/3v8w722p>.

Welcome Sunday

WELCOME SUNDAY is June 12 at St. Andrew and we look forward to welcoming new members that day. If you are interested in becoming a member of St. Andrew, please contact Pastor Mark Brocker or Chaplain India Jensen Kerr.

Reformation Earth Garden

Are you curious about native Pacific Northwest plants and wonder what they look like? Check out the Reformation Earth Garden that was planned, gifted, and installed by members of St. Andrew’s Earth Care Team last fall. Eric Luttrell reports that the following meadow plants are now blooming:

Pacific bleeding heart (*Dicentra Formosa*)
Large leaf lupine (*Lupinus polyphyllus*)
Western wallflower (*Erysimum capitatum*)
Rose checkermallow (*Sidalcea virgata*)
Yellow monkey flower (*Mimulus guttatus*)
Poached egg plant (*Limnanthes douglasii*)
Camas (*Camassia leichtlinii*, *camassia quamash*)



Located just north of the Sanctuary, the Reformation Earth Garden meadow is outlined with a brick border. A native serviceberry and chokecherry are also blooming.

Coffee Host Signups

If you enjoy coffee and conversation on Sunday mornings, please check the Coffee Host signup sheet on the Coffee Bar to see if there's an upcoming service when you could volunteer. No long-term commitment is needed and Carol Hogan, Coffee Bar Manager, will be happy to provide you with any necessary training.



Remember, responsibilities no longer include running the dishwasher after everyone's gone home. Just make the coffee and have it ready for people following worship. You'll need to set out cups, cream and sugar, spoons, hot chocolate powder, and tea bags and be able to move three coffee urns from the brewing station to the counter. Plus, you'll be in the perfect place to visit with people as they help themselves to a favorite beverage. Make coffee and make friends!

Flowers for the Chancel



If you'd like to remember a loved one, celebrate an anniversary or birthday, or simply share the glory of your garden, please sign up to bring flowers for the chancel some Sunday. The signup sheet is on the bulletin board in the Narthex.

Whether you share a plant or cut flowers, feel free to take your offering home after the close of second service.

Yoga Schedule

Get your yoga fix this week and next! Geetha will NOT be teaching yoga on the following Wednesday mornings:

June 8
June 15
June 22
July 6



Geetha will teach her Wednesday class on **May 25, June 1, July 6**, and from **July 13** going forward.

Preparing for Next Sunday

May 29, 2022

Reading: Revelation 22:12-14, 16-17, 20-21

Psalm 97

Gospel: John 17:20-26

CLIMATE CORNER: Reducing Exposure to Microplastics

Once someone wakes up to the problem of plastic pollution, it's easy to see how predominant the material is in our homes, stores, cars, and all the electronics we've come to use. We see plastic detergent bottles, plastic shoes, plastic keyboards, plastic combs and hairbrushes, plastic dashboards, plastic peanut butter jars, plastic dishes, plastic, plastic, plastic everywhere.

The good news is that alternatives exist for most of these. I've begun squeezing jars at the grocery store in search of a more Earth-friendly glass option and there are some out there. If you attended the recent Earth Care Fair, you saw Liz Hardy's display of many alternative products that are plastic-free. Manufacturers and retailers are becoming much more aware of the public's demand to reduce plastic pollution.



The microplastics pictured here can be seen, but others are so small it would take a microscope to detect them.

But what about the plastic we cannot see? We've recently become aware of the prevalence of microplastics, pieces of plastic smaller than 5 millimeters, in our food, soil, water, and air. And those microplastics find their way into us! Researchers tell us that we ingest between 39,000 and 52,000 particles every year. We don't know yet what effect that might have on our health, but it's not likely to be good, especially since plastics contain many additives such as colorants, stabilizers, and flame retardants.

If you want to limit your exposure to microplastics, consider something as insignificant as the tea bag you plopped into hot water. Some pricey teas now come in silky pyramids made of plastic. And even paper tea bags might include plastic sealants. Pouring boiling water over these tea bags can release billions of microplastics and nanoparticles into the tea we drink.

What can we do? Besides trying loose leaf tea, we can opt to purchase tea from a brand that isn't using plastic in their tea bags. Check out [Because/Health](#) for a list of those companies and learn which companies to avoid as well.

You can learn more about the specific risks that come from tea bags at:

[The Atlantic](#): "Are Tea Bags Turning Us Into Plastic?"

[The Guardian](#): "Hidden Plastics: Just When You Thought It Was Safe to Dunk a Teabag"

[Discover](#): "Plastic Tea Bags Release Billions of Microplastics into Every Cup"

And for five additional ways to avoid microplastics, go to a recent Earth911 article at <https://earth911.com/living-well-being/reduce-microplastic-exposure>. Copies of this article are also available on the Earth Care kiosk in the Narthex.

Carol Harker

for the Earth Care Team

Upcoming Congregational Forums

In preparation for the Annual Meeting of the Congregation at 6:30 pm on **Tuesday, June 14**, the St. Andrew community is encouraged to attend two special forums between services.

At 10:00 am on **Sunday, June 5**, meet in Fellowship Hall for a Ministry Forum. This is an opportunity to learn about ministry plans for the coming year and to ask questions. Pastor Mark will moderate the meeting and staff will be available to provide information, too.

The Ministry Support Forum on **Sunday, June 12**, also at 10:00 am in Fellowship Hall, will focus on the budget necessary to support St. Andrew's ministry. This meeting gives everyone an opportunity to get their budget questions answered prior to the Annual Meeting, when members will vote on the budget for fiscal year 2022-2023.

Please mark your calendars now for these forums and for the Annual Meeting itself. All three meetings will be held in-person, with a Zoom option for those who prefer to participate from home.

Let's continue to flame the sparks of energy evident at last Sunday's Horizon Team Listening event. Only members can vote at the Annual Meeting, but the church relies on the commitment and passions of non-members, too.

In Need of Prayers...

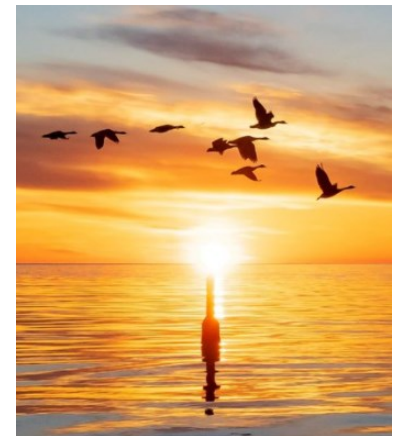
<u>NAME</u>	<u>PRAYERS FOR...</u>	<u>CONTACT</u>
Family and friends of Milana Li, Beaverton middle school student	God's comfort at her death	Staff
Family and friends of Palestinian Christian Sharene Abu Akleb	God's comfort at her death	Gary Grafwallner
People of Buffalo following the gun violence that has shattered the community	Peace and God's comfort	Staff
People of Irvine Taiwan Presbyterian Church following the attack on their community	Peace and God's comfort	Staff
Kelli Runnels Wallace	Comfort and relief from pain	Ed & Linda Fransen
Bill Shaw (Lee Anne Knapp's father)	Peace and healing following a stroke	India Jensen Kerr
Madeleine (granddaughter)	Thanksgiving for her release from the hospital and continued strength and healing	Mary Smith
Lloyd Meyer	Success in launching a Bible study on his farm	Lloyd Meyer
The Horizon Process	Courage and creativity as we look ahead	Staff
People of Ukraine and all those impacted by war	Protection, justice, and ultimately peace	Staff
Those facing ongoing illness or distress Tandy Brooks, Dave Bumgardner, Vic Claar, Gary Grafwallner, Ian MacDonald, Gary Magnuson, Hugh Mason, Brian McKiernan, Carol Means, Corky Poppert, Jolie Reyna, Shane Throckmorton, Gary Tubbs, Suzanne Warnes	Healing and assurance of God's presence	Staff
Bishop Elizabeth Eaton	Wisdom and discernment	Staff
Evangelical Lutheran Church in America	Blessings on our ministry	
Taiwan Lutheran Church	Strength and wisdom	
Good Spirit Mission (Portland, OR)	Serving with us in the Oregon Synod	Staff
Pilgrim Lutheran Church (Portland, OR)		
Congregation Shaarie Torah (Lake Oswego)	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.

Discernment: In Solitude and Community

Oregon Synod Lay Education Course on Zoom

Do you want or need to discern something? Join with others from across the Oregon Synod to explore practices of discernment in solitude and community. We'll meet from 6:30-8:00 pm for four Tuesday evenings: **June 7, 14, 21, and 28**. We'll be invited to orient ourselves internally with our belovedness and enter into discernment and community dialog from that place, asking the questions: How do we listen to our own voice? What do we find trustworthy in the external world? To what do we attribute authority and wisdom? Where is God in all of this? What are the signs of healthy discernment? And how might we support that for one another in community and congregations? [Register here](#).



"What We Need Is Here"

by Wendell Berry

Geese appear high over us, pass, and the sky closes. Abandon, as in love or sleep, holds them to their way, clear in the ancient faith: what we need is here. And we pray, not for new earth or heaven, but to be quiet in heart, and in eye, clear. What we need is here.

Your St. Andrew Staff

Lead Pastor, Mark Brocker	brockerms@standrewlutheran.com
Parish Chaplain, India Jensen Kerr	india@standrewlutheran.com
Deacon Susan Reiser, Parish Musician and Interim Minister of Music	srwerner.reiser@standrewlutheran.com
Children & Youth Minister, Kyler Vogt.....	kvogt@standrewlutheran.com
Seminarian, Karen Klingelhafer.....	kakling@sbcglobal.net
Parish Manager, Carol Harker	charker@standrewlutheran.com
Office Assistant, Johanna Land	office@standrewlutheran.com
Housekeeper, Carol Hogan	503-646-0629
Evening Facility Manager, Scott Taylor	503-646-0629
Children's Ministry Host, Donna Brocker	503-502-6156
Parish Nurses, Diane Reiner.....	503-201-4222
Tira Nessel	503-866-5099

Highlights for the Week at St. Andrew Lutheran Church

Sunday, May 22

8:30 am	Worship with Communion	Sanctuary and Livestreamed
10:00 am	Adult Ed: The Minor Prophets: Voices of Truth in Troubled Times.....	Fellowship Hall
10:00 am	Children's Ministry.....	Children's Library
10:00 am	Confirmation.....	In person and via Zoom
10:00 am	High School Youth Group.....	Youth Room
10:00 am	Curriculum Planning / Earth Camp.....	St. Andrew Room
10:30 am	Virtual Coffee Time	via Zoom
11:00 am	Portland Taiwan Worship	Chapel
11:00 am	Worship with Communion	Sanctuary and via Zoom
12:00 pm	Virtual Coffee Time	via Zoom

Monday, May 23

Tuesday, May 24

7:00 am	Men's Gathering and Bible Study	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	Tai Chi	Fellowship Hall
12:00 pm	Bridge Group.....	Fellowship Hall
12:15 pm	Earth Care/Community Carbon Leadership Meeting.....	Library
6:30 pm	Girl Scout Leadership team.....	St. Andrew Room
6:30 pm	BSA Troop 198 Meeting.....	Children's Commons
7:00 pm	Horizon Team Meeting	Library

Wednesday, May 25—Weekly News submissions due by 4:00 pm

10:00 am	Yoga	Fellowship Hall
7:00 pm	ChAMP Meeting.....	Children's Commons

Thursday, May 26

9:30 am	Seekers of the Heart of God Bible Study.....	St. Andrew Room
12:00 pm	Team Ministry Meeting	Chapel / Library
7:00 pm	IT Meeting.....	offsite
7:00 pm	Table Talk.....	Fellowship Hall or Zoom

Friday, May 27

10:00 am	Tai Chi	Fellowship Hall
----------	---------------	-----------------


Saturday, May 28

Sunday, May 29

8:30 am	Worship with Communion	Sanctuary and Livestreamed
10:00 am	Curriculum Planning / Earth Camp.....	St. Andrew Room
10:30 am	Virtual Coffee Time	via Zoom
11:00 am	Portland Taiwan Worship	Chapel
11:00 am	Worship with Communion	Sanctuary and via Zoom
12:00 pm	Virtual Coffee Time	via Zoom
3:00 pm	Spirituality Book Group.....	St. Andrew Room and via Zoom



Worship at St. Andrew or Connect to Virtual Worship

 **YouTube** **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.* Use the same link to see a recording of the service anytime after the livestream ends.

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