

# ST. ANDREW WEEKLY NEWS

August 7, 2022

St. Andrew Lutheran Church  
12405 SW Butner Road, Beaverton, OR 97005  
[www.standrewlutheran.com](http://www.standrewlutheran.com); 503-646-0629

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

## Rebuilding Welcoming, Part 2

### *Sitting, Sharing, and Walking*

On Sunday, August 7, at 10:00 am, people interested in making our church an even more actively welcoming place will again meet in the St. Andrew Room to continue brainstorming ideas.



Last week, we blended memories of coming to St. Andrew for the first time and recalled what has happened over the years as we've greeted others. We started by looking at pictures of the church from outside and included memories we have from "the old sanctuary" and from activities held outdoors over the years.

We realized that some of us have never ventured downstairs! We're going to fix that as part of the class this week when we take a tour of our lower level and other areas of our building people might not know about.

If you missed the class last Sunday, you're still welcome to join us on August 7. We want to hear your ideas as we work to create an updated outreach plan that will continue to evolve.

This much we know: We will have greeters at the front door beginning in September. Please consider if you'd like to be part of that team. We're also asking volunteers to extend our welcome to the time following the worship service. If you're open to this, but have questions, come to the class, contact the church office, or reach out to Sharon Fako at [sfako24@comcast.net](mailto:sfako24@comcast.net).

## Undie Sunday

Undie Sunday has returned! Our annual service project for Outside In will begin with donations of NEW ADULT underwear on July 24-August 28. Since 1968, Outside



In has supported many lives by helping break the cycles of homelessness, poverty, and poor health among the young people of our community. Outside In's health clinic and young adult programs strive to meet people where they are and provide safe spaces so they may receive judgment-free care and support.

You can take part in this positive program by purchasing and bringing to church NEW ADULT underwear. A basket will be located in the Narthex and THANK YOU for showing God's love to our brothers and sisters in need.

Service Committee

## Weekend Prayer Requests

Sue Cahlander, St. Andrew's weekend prayer volunteer, will be traveling until September 21. During this time, please do not call her directly. Instead, send all prayer requests to the office ([office@standrewlutheran.com](mailto:office@standrewlutheran.com)). If your request is urgent, please contact Chaplain India ([india@standrewlutheran.com](mailto:india@standrewlutheran.com)) or call her at 503-860-5377.

## Another Horizon Team Event

On May 15 the Horizon Team hosted a listening event for us to share our thoughts, ideas and dreams. The energy! The excitement! The noise! Now it's time for another listening event. But this time, we'll slow down, calm down, and try to listen to what the Holy Spirit is asking us to discern as we "lean into the future."



Did you know that spending contemplative time in nature is shown to reduce blood pressure and cortisol levels? The Spirit is always present and calling to us, but the distractions and stresses of daily life can often make it hard for us to hear its voice. Please join Barton Robison on Saturday, August 20, at 9:30 am or Sunday, August 21, at 9:45 am in the Sanctuary of the Firs for a time of mindfulness and intentionality to appreciate God's creation, practice stillness, and connect with the Spirit through sensory engagement with nature. You'll leave feeling meditative, refreshed, and connected to the Spirit and each other.

If trekking through the Sanctuary of the Firs is not your cup of tea, not to worry. There will be a guided mindful meditation choice both days where you can sit quietly "in place" to contemplate and listen for the Spirit.

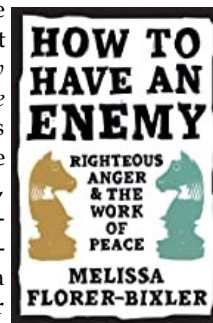
We hope that you will all join in for this very special event.

Beth Johnson

New Horizon Team Member

## Spirituality Book Group News

Mary Smith will lead the discussion when the Spirituality Book Group meets via Zoom at 3:00 pm on Sunday, August 7, to discuss *How to Have an Enemy: Righteous Anger and the Work of Peace*, by Melissa Flora-Bixler. In this book, the author "looks closely at what the Bible says about enemies—who they are, what they do, and how Jesus and his followers responded to them. The result is a theology that allows us to name our enemies as a form of truth-telling about ourselves, our communities, and the histories in which our lives are embedded." (Amazon summary)



The Zoom link will be sent out a few days ahead of schedule to all those on the Spirituality Book Group email list. If you'd like to attend, but are not on the list, please contact Mary Smith at [dbits1@gmail.com](mailto:dbits1@gmail.com).

### Future Reading:

*The Water Dancer*, by Ta-Nehisi Coates  
Sunday, September 11, 3:00 pm  
Discussion Leader: Mary Ann Snider

## An Opportunity to Sing!

Whether you sing in the choir regularly or not, everyone who likes to sing will have another opportunity in the summer "pick-up choir." Please join us **Sunday, August 14**, to rehearse the anthem at 7:45 am for the 8:30 am service and 10:15 am for the 11:00 am service. You are welcome to sing at either service or both if you like. The anthem this time will also have percussion parts if you'd rather not sing but are willing to play maracas, claves, or drums. Please contact Deacon Susan if you are interested, have any questions, and to receive a copy of the music.

*Deacon Susan*

## Get Out the Vote for Midterms!



The midterm elections are coming on November 8, with US Senate and House of Representative seats up for grabs. Many incumbent congresspeople are at risk of losing their seats, both Republican and Democrat.

Voter turnout for midterm elections consistently wanes compared to the Presidential election cycle, with an average of 45% and 60%, respectively. Where does that 15% go?

MACG at St. Andrew is organizing a Voter Turnout Postcard writing campaign to get out the vote! Many of us participated in Turn Out The Vote postcard writing in 2020. It is a simple and fulfilling civic service.

If you would like to participate, contact Jan Smith: [jansmith59@earthlink.net](mailto:jansmith59@earthlink.net).

## Volunteers for Habitat Wanted

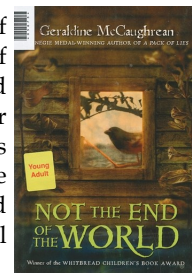


Our local Habitat for Humanity organization has seen several changes in recent years. First, the COVID pandemic necessitated that Habitat use only professional crews as a safety consideration for volunteer builders. As a result, fewer homes were constructed. Then, earlier this year, our Willamette West affiliates merged with Portland Eastside to form Habitat for Humanity Portland Region.

As of this summer, Habitat Portland Region is again inviting volunteer teams from Portland's faith community and other groups to participate in building houses. If you're interested in joining a team of builders from our congregation, please contact Dan Fako ([dan43theman@comcast.net](mailto:dan43theman@comcast.net) or call 503-636-3414).

## Not the End of the World

I really enjoyed Geraldine McCaughrean's book, not because of the story line so much, as it was rather expected, but because of the ideas the author had. This book is a rewrite of the Noah and the flood story—with changes. For one, Noah has a daughter who narrates much of the story. She points out that females were usually left out of the Biblical genealogies, but she's on the ark nonetheless. She says the ark had no rudder: well, God said he would do the steering, but the ark does bounce and swirl around a lot. Did it?



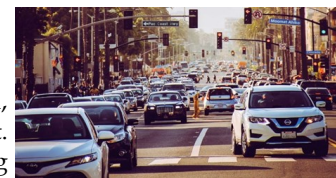
In this writer's telling, the ark was made without baffles, or rooms or levels for the different animals. How did they manage to remain upright and not eat each other? How did they not get stepped on by the bigger ones?

Before the ark began to float did those left behind draw dirty pictures on the sides? But what really intrigued me was whether the people not on the ark and still living, floated around it banging on the sides asking to be let aboard? Were there fishermen out in boats who could help people? Did the folks on the ark have to listen to the constant wails and knocking from people and floating trees around the ark? Were they tempted to disobey and bring a few on board?

What if...?

*Pam Farr*  
Adult Librarian

## Climate Corner: Reducing Your Transportation Carbon Footprint



Earth911 has a series of articles about "Good, Better, Best" ways to reduce our carbon footprint. Carbon dioxide (CO<sub>2</sub>) emissions are a leading cause of the current climate disaster we now face.

There are many ways to calculate your family's overall carbon footprint, which can be higher or lower depending on the number of people in your household, the size of your house, how much and how you travel, and many other decisions you make throughout the year. On average, though, each American generates 18.55 tons of CO<sub>2</sub> emissions per year, or 3.5 times the global average.

According to a Union of Concerned Scientists study, the largest contributor to Americans' carbon footprint is transportation, generating 28% of overall emissions. These emissions are mostly from cars and trucks; only 8% of all U.S. transportation emissions come from airplanes or other modes of transportation, simply because Americans drive much more than they travel by any other means. On average, Americans drive 13,474 miles per year in cars that average 25 mpg.

**Good:** Of course just driving less is obvious, but that is not always possible or feasible for everyone all the time.

Good maintenance practices like regular tune-ups, using the right fuel, changing your air filter, and checking your tire pressure will keep your car operating cleaner and at maximum fuel efficiency.

Even without reducing how much you drive, you can change how you drive to burn less fuel. Eco-drivers avoid aggressive driving (that is, rapid acceleration, hard braking, and speeding) to improve gas mileage up to 40% in city traffic. Turning off the engine instead of idling at railroad crossings and drawbridges saves fuel.

The idea that you need to warm up the engine before driving in winter is a myth that refuses to die. Unless your car predates the mid-1990s, idling is always a waste of fuel.

No matter where you live, you can drive less if you plan ahead and consolidate trips. Instead of heading back out to pick up that one thing you forgot at the store, wait until your next planned trip to buy it. When you run errands, plan your route to reduce driving back and forth.

**Better:** If you want to do better, incorporate cleaner modes of transportation into your routines. Bike, carpool, or use public transportation to commute to work.

## In Need of Prayers...

<u>NAME</u>	<u>PRAYERS FOR...</u>	<u>CONTACT</u>
Family and friends of Kirk Luehrs (brother) Madeleine (granddaughter)	Peace and God's comfort at his death Thanksgiving for the clear scan after her stem cell transplant	Suzanne Warnes Mary Smith
Rob (friend)	Healing and strength after a stroke	Mary Smith
Mary Nell and Del Mahler	Healing and recovery	Diane Reiner
Michelle	Comfort and care as she faces dementia	Pastor Terry Moe
Raya Sidoma (great grandniece)	Comfort and healing	Ginny Link
Bernie Dwigans (father)	Comfort and healing	Carol Hogan
Diane Prink	Comfort and healing after back surgery (Aug. 4)	Carol Hogan
Mary Richards (daughter-in-law's mother)	Healing and recovery from a stroke	Anne Williams
Suzanne Warnes	Strength	Suzanne Warnes
Gretchen Bancroft	Thanksgiving for successful surgery	Leo Bancroft
Evan and Faith (son and daughter-in-law)	Joy as they begin their married lives together	Tira Nessel
All those impacted by war and gun violence	Protection, justice, and end of conflict	Staff
Bishop Laurie Larson Caesar Oregon Synod and Staff	Strength and wisdom	Staff
Refugees and Immigrants	Acceptance, safety, and just treatment	Staff
Military personnel, especially Justina Hailey Hope Brocker, Evan Dahlquist, Dawson Dethlefs, Neil Fiegenbaum, and Jerami Reyna	Courage and protection	Staff
Bethesda Lutheran (Eugene, OR) Central Lutheran (Eugene, OR) Emmaus Lutheran (Eugene, OR)	Serving with us in the Oregon Synod	Staff
Congregation Ahavath Achim (Portland)	Blessings on our interfaith partners	Staff
Individual friends and loved ones	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 email [office@standrewlutheran.com](mailto:office@standrewlutheran.com) Tuesday-Friday, [prayerchain@standrewlutheran.com](mailto: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 Chaplain India Jensen Kerr at [india@standrewlutheran.com](mailto:india@standrewlutheran.com) or 503-860-5377.**

Pick a distance from your house and eliminate all car trips shorter than that distance. Depending on your fitness level, that may mean walking to the mailbox instead of driving; or it could mean walking or biking to all destinations within x number of miles from home, whatever you can physically do. Outside of that distance, use public transportation whenever possible. Do not, however, use ride-hailing services like Lyft and Uber, which are usually more polluting than simply driving yourself because the driver has to drive to you before getting you to your destination.

When it comes time to replace your car, buy an electric vehicle or a hybrid. If your budget doesn't allow for that, commit to finding a vehicle that is more fuel-efficient than whatever you are driving now.

**Best:** Sell your car and don't replace it. Walk or bike everywhere that you can, only use public transportation as a last resort. When you travel, use slow travel methods (driving or **electric-powered** train) instead of flying.

Watch for more Good, Better, Best articles in the coming weeks.

*Liz Hardy*  
Earth Care Team

## Your St. Andrew Staff

Council President, Barton Robison .....	317-695-9722
Lead Pastor, Mark Brocker .....	brockerm@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

### Preparing for Next Sunday

August 14, 2022

Jeremiah 23:23-29

Psalm 82

Gospel: Luke 12:49-56

# Highlights for the Week at St. Andrew Lutheran Church

## Sunday, August 7

8:30 am	Worship with Communion .....	Sanctuary and Livestreamed
10:00 am	Adult Ed: Welcome Class .....	St. Andrew Room
10:30 am	Virtual Coffee Time .....	via Zoom
11:00 am	Portland Taiwan Lutheran 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.....	via Zoom

## Monday, August 8

7:00 pm	Finance Team Meeting .....	via Zoom
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## Tuesday, August 9

7:00 am	Men's Gathering and Bible Study .....	Elmer's Restaurant on 158 <sup>th</sup> (1250 NW Waterhouse Ave)
7:00 am	Sunrise Women.....	Elmer's Restaurant on 158 <sup>th</sup> (1250 NW Waterhouse Ave)
9:00 am	Facility Management Team Meeting .....	St. Andrew Room
10:00 am	Tai Chi .....	Fellowship Hall
12:00 pm	Bridge Group.....	Fellowship Hall
1:00 pm	Lydia Circle.....	St. Andrew Room

## Wednesday, August 10

10:00 am	Yoga .....	Fellowship Hall
6:00 pm	Sanctuary Team Meeting .....	Library

## Thursday, August 11

12:00 pm	Team Ministry Meeting .....	Library
5:30 pm	HR Meeting .....	via Zoom
7:00 pm	Foundation Team Meeting .....	St. Andrew Room

## Friday, August 12

10:00 am	Tai Chi .....	Fellowship Hall
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## Saturday, August 13

9:00 am	Horizon Team Meeting .....	Fellowship Hall
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## Sunday, August 14

8:30 am	Worship with Communion .....	Sanctuary and Livestreamed
10:30 am	Virtual Coffee Time .....	via Zoom
11:00 am	Portland Taiwan Lutheran Worship .....	Chapel
11:00 am	Worship with Communion .....	Sanctuary and via Zoom
12:00 pm	Virtual Coffee Time .....	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.* Use the same link to see a recording of the service anytime after the livestream ends.



**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.* To participate via Zoom you can use a computer, smartphone, tablet, or a telephone.