

# ST. ANDREW WEEKLY NEWS

August 14, 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

## Undie Sunday



Undie Sunday has returned! Our annual service project for Outside In continues with donations of NEW ADULT underwear through **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.

## 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*

## 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).

## Another Horizon Team Event

The Horizon Team has been discussing discernment over the weeks of our gatherings. How does the Holy Spirit reach out to us about the future of St Andrew Lutheran? This is through the process of discernment. A book the Horizon Team has been reading is, *How To Lead When You Don't Know Where You're Going*, by Susan Beaumont. This book defines discernment as "an ever-increasing capacity to 'see' the work of God in the midst of the human situation, so that we can align ourselves with whatever God is doing. Discernment is a quality of attentiveness to God that, over time, develops a sense of God's heart and purpose in the moment. In communal discernment, we move beyond the personal to see what God is up to within the collective whole." This is easier said than done. With all of the tragedies in the world, global and personal, it's sometime hard to see the "work of God." However, there are many examples of people responding to the will of God by coming to people's aid in responding to these tragedies. For example, taking in Ukrainian refugees or providing a meal for Family Promise. How can St. Andrew be a "light" to our community and world? How can St. Andrew become a better agent of God? This we will ponder as a community over the next few months.



Join us on mindfulness walks at 9:30 am **Saturday, August 20**, or at 9:45 am **Sunday, August 21**, in the Sanctuary of the Firs. At the same times, there will be a guided mindful meditation in the Chapel.

*Larry Bliesner*

Horizon Team Member

## 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).

## Baby Rose



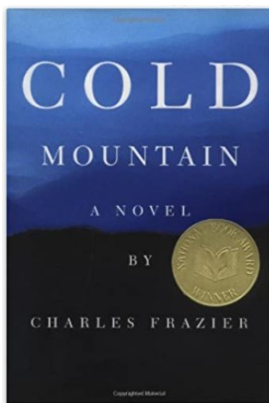
The rose on the altar this Sunday celebrates the birth of Olivia Waldroff on August 5. Congratulations to parents Brad and Jessica Waldroff and happy grandparents Jeff & Sue Smith. Pastor Mark will baptize Olivia later this autumn.

## Ringers and Singers

Rehearsals of the Bells of Grace and the Sanctuary choir resume on **Wednesday, September 7**, with bell rehearsals beginning at 6:00 pm and choir rehearsal at 7:00 pm. We are always looking for new ringers and singers and no experience is required! Please let Susan Reiser know if you wish to join either of the choirs. If you have any questions, please contact Deacon Susan.

## Cold Mountain, by Charles Frazier

Set in the later fading edge of the Civil War, this is a most unlikely love story, and not really a love story at all, just a story wishing to be one. A wounded Southern soldier waiting in hospital to be healed enough to be sent back into the battle again decides he will not return to the war and slips away. Knowing the trouble that follows him, should he get caught, he plans well and should have no trouble, save for the character who finds him and whom he cannot seem to shake. This guy not only has his own ideas of what, where, and how they should go, but he also is none too bright, nor his schemes well thought out.



The idea of the soldier is simply to make it home, walk back to Cold Mountain, a pretty unpopulated spot, and not get caught. And in his thoughts there is a girl he once met whom he might like to meet again.

The girl, a very blue blue-stocking, lives on a farm her father had no business buying, up on Cold Mountain. He has died, the farm is now hers and, ill-equipped as she is, she is determined to stay and run it.

The book moves back and forth between these two rivers of thought and you float along the story line and never want to get out. The descriptions and scenery are rich with the thoughts of the man and the girl and desires not spoken or thought on, just a wordless waiting and longing to be.

*Pam Farr*  
Adult Librarian

## Join the Schoolbag Challenge

Every fall we ask for school supply contributions for Lutheran World Relief. Thanks for your help. But those wonderful notebooks, rulers, pencils, etc. would just roll around in a box headed for LWR headquarters if we didn't have strong, attractive school bags. **This is the time to make the bags!** While we are fortunate to have some bags completed from last year, we need 200 more.

If you are new to this or want to have a reminder on how to sew a bag, come and learn how to make a bag. Join us in Fellowship Hall on **Monday, August 22, at 10:00 AM**. Bring your sewing machine or serger if you like, but we also have two machines available. There will be jobs that don't involve sewing machines, too. Even if you have made bags in the past, your presence is important as you can help others and also enjoy fine company. There might even be a snack.

If this time doesn't work for you, or if you prefer to work at home for any stage of LWR school bag construction, please contact Sharon Fako at [sfako24@comcast.net](mailto:sfako24@comcast.net). You don't have to buy fabric as we have a great supply of sturdy fabric, cut and ready to be cut. All we need now is your hands.

## Time to Collect School Supplies for Lutheran World Relief

Education is one of the strongest tools a community has for breaking the cycle of poverty. Even better results occur when we can ensure that girls attend school in places where their access to education is not a priority. Lutheran World Relief (LWR) school kits contain essential supplies to help children learn in the face of serious obstacles.

With many retailers currently offering back-to-school sales, now is the time to help us stock up on supplies for LWR School Kits. Our goal is to collect enough supplies to fill 250 school kits by mid-October.

We need the following supplies:

- 70-sheet spiral bound notebooks (4 notebooks per kit = we need a total of 1,000 notebooks)
- Box (16- or 24-count) crayons (we need 250 boxes)
- Pencil sharpeners (we need 250 total)
- 30-centimeter rulers (we need 250 total)
- Blunt scissors (we need 250 total)
- Unsharpened No. 2 pencils with erasers (5 pencils per kit = we need a total of 1,250 pencils)
- Black or blue pens (5 pens per kit = we need 1,250 pens)
- 2 ½ inch eraser (we need total of 250 erasers)

This is a big goal but we know the generous hearts of St. Andrew people can achieve this goal! Please bring your donations and place them in the barrel in the Narthex labeled LWR School kits.

Thank you for your generous donations.

## Retreat on Engaged Spirituality

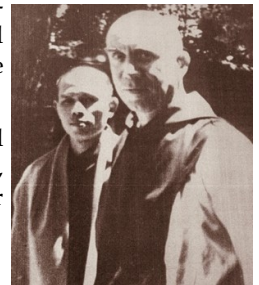
### Meditating with Thich Nhat Hanh and Thomas Merton, September 24

Join Pastor Terry Moe and Peggy Lindquist, Order of Interbeing, for a daylong retreat exploring the spiritual practices of two monks from separate corners of the world.

To register, call Benedictine Sisters, 503-845-2446, or send a check to Benedictine Sisters, 840 S. Main St, Mt. Angel, OR 97362, Attn: Sr. Dorothy Jean, at least three days prior to the retreat.

More information is available online at:

<https://www.benedictine-srs.org/events>.



September 24, 9 am-4 pm,  
Benedictine Sisters Chapter  
Room, Mt. Angel, \$65  
(includes lunch), scholar-  
ships available

# How to Improve Your Gas Mileage

(Continuing Last Week's Transportation Theme)  
by Jason Unrau on April 12, 2016

**Drive smart in changing weather conditions.** Achieving the best fuel mileage in your car may mean being a little less comfortable for just a few minutes when you first start your car.

- Reduce your warm-up run time in freezing weather. Your car only needs 30-60 seconds to get the fluids moving properly in its systems before it is ready to drive. Most drivers warm their cars to make them comfortable for the occupants, but if fuel economy is your top concern, you can do without a 10-15 minute warm-up. Dress in layers you can easily remove while driving like scarves, hats, and mittens. You can get an interior car warmer to heat your car's interior and defrost your window without needing to run your engine.
- Reduce your cool-down time in the summer. Your car's interior can get extremely hot in the hot days of summer. When you park, mount a sunshade on the windshield to reflect the sun's rays. You can even get full-vehicle kits to shade all the windows. Look for a shady place to park; keep in mind which way the sun is moving, and park where your car will be in the shade during the hottest part of the day.
- Once the air conditioning has cooled the car, consider turning it off. Air conditioners reduce fuel efficiency.
- Try to leave before or after peak rush hour to bypass heavy traffic and avoid burning fuel at a standstill.

## **Perform regular vehicle maintenance.**

If your vehicle isn't maintained properly it requires more work from your engine, which uses more fuel. When properly maintained, it will burn less fuel. Follow the car's maintenance schedule.

- Maintain the proper amount of air pressure in your tires. Check and adjust the pressure every time you get gas. If your tire pressure is just 5 PSI below recommended pressure, your fuel consumption increases by 2%.
- Change the oil at the recommended interval. If the oil is dirty it creates increased friction in the engine which burns more fuel.
- Change the spark plugs at the recommended intervals. If they are misfiring, the fuel burns inefficiently.
- Change the air filter when it gets dirty. You can lose as much as 5% fuel efficiency with a dirty filter.



**Fix emission and fuel system problems.** Quickly address any of these signs of problems with your emissions system or fuel system: the check engine light is on, the car is running roughly, giving off black exhaust or smelling like rotten eggs. These conditions burn excessive amounts of fuel:

- Fix any check engine light issues as soon as possible.
- A rotten egg smell indicates a catalytic converter problem that can consume much more fuel than normal. Replace the catalytic converter as soon as possible.
- If the engine is running rough, it could be a fuel-related engine problem. It might not be burning fuel properly, not getting enough fuel to the cylinders, or is being over-fueled.
- If the exhaust is black, the engine is not burning the fuel in the cylinders efficiently.



## **Change your driving habits.**

- Accelerate lightly when possible. The harder you depress the accelerator, the more gas is injected into your engine so you can accelerate faster. Fast acceleration drastically increases fuel consumption.
- Maintain a consistent speed. Use cruise control only on flat highways in free-flowing traffic to eliminate surges in speed that burn unnecessary fuel. If the cruise control is on and you come to a hill, the car speeds up quickly.
- Slow down sooner by coasting when you can. This uses less fuel than using your accelerator up to the last second before braking.

Images from Wikimedia Commons:

Car exhaust by Ruben de Rijcke

Engine light by Wikiuser 100000

## In Need of Prayers...

<u>NAME</u>	<u>PRAYERS FOR...</u>	<u>CONTACT</u>
Family and friends of Kirk Luehrs (brother)	Peace and God's comfort at his death	Suzanne Warnes
Bernie Dwigans (father)	Peace and comfort	Carol Hogan
Madeleine (granddaughter)	Thanksgiving for the clear scan after her stem cell transplant	Mary Smith
Olivia Waldroff (granddaughter)	Blessings on her birth	Jeff & Sue Smith
Carol Means	Thanksgiving for her recovery from cancer	Chaplain India
Maria Navarre	Adjustment to living in a new culture	Lynn Santelmann
James (friend)	Healing after a major medical event	Sonja Ackman
Rob (friend)	Healing and strength after a stroke	Mary Smith
Mary Nell and Del Mahler	Healing and recovery	Diane Reiner
Ron & Carol Means	Healing and recovery from COVID	Chaplain India
Carol Hogan	Comfort, strength, and support during a stressful time	Carol Harker
Michelle	Comfort and care as she faces dementia	Pastor Terry Moe
Ethel Ritchie	Healing and comfort after a fall	Chaplain India
Raya Sidoma (great grandniece)	Comfort and healing	Ginny Link
Diane Prink	Comfort and healing after back surgery (Aug. 4)	Carol Hogan
Suzanne Warnes	Strength	Suzanne Warnes
Lisa Staul	Comfort and a positive surgery outcome (Sept. 14)	LuAnn Staul
All those impacted by war and gun violence	Protection, justice, and end of conflict	Staff
St. Andrew Council Executive Committee Staff	Wisdom and discernment	Staff
Karen Klingelhafer and all seminarians India Jensen Kerr and all theology students	Encouragement and support	Staff
St. Andrew Foundation	Blessings on their ministry	Staff
Good Shepherd Lutheran (Eugene, OR) Our Redeemer Lutheran (Eugene, OR)	Serving with us in the Oregon Synod	Staff
Masjid Omar Farooq (Beaverton)	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.

## Your St. Andrew Staff

Council President, Barton Robison.....	317-695-9722
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

## Preaching This Sunday

There's been a last-minute change: Seminarian Karen Klingelhafer will preach this Sunday instead of August 21, as Pastor Juan Carlos la Puente has tested positive for COVID and will be unable to be with us. Thank you, Karen, for your flexibility! We look forward to hearing your message.

### Preparing for Next Sunday

August 21, 2022

Isaiah 58:9b-14

Psalms 103:1-8

Gospel: Luke 13:10-17

# Highlights for the Week at St. Andrew Lutheran Church

## 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

## Monday, August 15

## Tuesday, August 16

- 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)
- 10:00 am Tai Chi ..... Fellowship Hall
- 12:00 pm Bridge Group..... Fellowship Hall
- 6:30 pm Scout Troop 198..... Children's Commons

## Wednesday, August 17

- 10:00 am Yoga ..... Fellowship Hall

## Thursday, August 18

- 12:00 pm Team Ministry Meeting ..... Library
- 7:00 pm Council Meeting..... St. Andrew Room and via Zoom

## Friday, August 19

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


## Saturday, August 20


- 9:00 am Nifty Notters ..... Fellowship Hall
- 9:30 am Mindfulness Walk with the Horizon Team..... Sanctuary of the Firs
- 9:30 am Mindfulness Time with the Horizon Team..... Chapel

## Sunday, August 21

- 8:30 am** **Worship with Communion** .....Sanctuary and Livestreamed
- 9:30 am Taiwanese Lutheran Church Bible Study..... Library
- 9:45 am Mindfulness Walk with the Horizon Team..... Sanctuary of the Firs
- 9:45 am Mindfulness Time with the Horizon Team..... Chapel
- 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

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