

ST. ANDREW WEEKLY NEWS

January 22, 2023

St. Andrew Lutheran Church
12405 SW Butner Road, Beaverton, OR 97005

Worship Service:
Sunday, 9:30 am

www.standrewlutheran.com ■ Telephone: 503-646-0629

Adult Ed: A Christian Thinks about Islam

Three monotheistic religions emerged out of the Middle East: Judaism, Christianity, and Islam. In this class, Jim Aageson—a respectful outsider—will look at the contributions our Muslim neighbors make to us and the world at large. His comparative approach will help us understand how Christianity and Islam are both similar and different and how we might learn from one another.



Looking Ahead for Adult Education

The Adult Education Team is thinking ahead to next year when we will have Adult Ed offerings in the fall, winter, and spring (2023, 2024). Do you have ideas about what kinds of classes you would like to see? Is there some class that was especially good that we should repeat? Would you like to teach or do you know someone who would like to teach?

If you'd like to teach a class, please submit a descriptive proposal to the Adult Ed Team (see Janet's email below) by **February 20** so it can be considered when planning next year's lineup.

Your input would be welcome. You can make your comments in person to any member of the Adult Ed Team: Steve Christiansen, Paul Navarre, Tira Nettet, Kyler Vogt, and Janet Vorvick. Or you can send comments to Janet Vorvick at janetv1245@outlook.com. We look forward to hearing from you.

Reckoning with Racism Is Under Way:



The St. Andrew Reckoning with Racism cohort will be meeting January through June 2023. This racial justice journey is sponsored by the Ecumenical Ministries of Oregon. There is still time to join the cohort if you have an interest in the following:

Learning: We will learn more about Oregon's legacy of Christian nationalism and how this history continues as a tradition of systemic silencing and violence toward people of color.

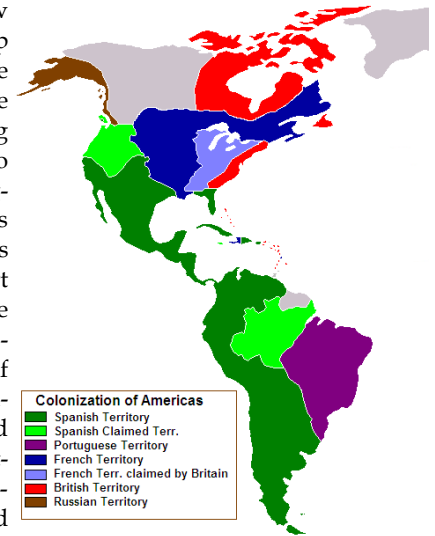
Listening: We will center the voices and stories of Black, Brown, Asian, Indigenous, and other communities of color as we build bridges of reciprocity, dismantling those patterns within our institutions that keep us asleep, silent, and perpetuating subtle and blatant forms of racism.

Engaging: We will work alongside other faith communities and leaders, organizing toward action as we discern what it means to dismantle racism and seek repair in our local context.

The St. Andrew Foundation supports this racial justice initiative and has graciously agreed to fund the tuition fee for up to ten people in the Reckoning with Racism cohort. We have a few openings left. If you are interested, please contact Mary Smith (dbits@gmail.com).

Wrestling with the Truth of Colonization

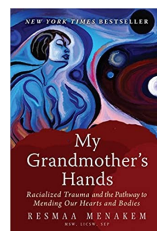
The people of St. Andrew have expressed a deep desire to connect with the larger community. One step toward building those connections is to better understand the legacy and ongoing impacts of the actions and values of those who were a part of the migration of people around the globe. Wrestling with the Truth of Colonization is an initiative of IAF Northwest and is offered locally in partnership with local Native-led organizations and MACG. It provides a purposefully curated space designed to bring cultural awareness and realism to the truths of Colonization in an impactful way. One goal is to inspire an action-driven response to create meaningful change, individually and united as one. All sessions will be held via Zoom.



All participants are asked to attend an orientation session before the course begins. You may attend on **Tuesday, January 24**, 5:30-6:00 pm, over Zoom. The first 5 Sessions will take place on: **Thursdays, January 26, February 2 & 9: 5:30-7:30 pm and Tuesdays, January 31 and February 7, 5:30-7:30 pm**. The final 3 sessions will be spaced out over 3 months and are designed to continue developing each individual's personal wrestling goals and to identify action opportunities. The final dates for these sessions will be set during the first five sessions mentioned above.

Register at <https://tinyurl.com/yc3nxz6a> or pick up a flyer in the Narthex with a scannable QR code and a testimonial from Pastor Terry Moe. Questions? Contact any member of the MACG Core Team: Pat Christiansen, Jan Smith, Gretchen Bancroft, Larry Bliensner, Lynn Santelmann, or Scott Taylor.

New Non-fiction in the Adult Library



The Girls of Atomic City: the Untold Story of the Women Who Helped Win World War II, by Denise Kiernan

The Power of Pause: Becoming More by Doing Less, by Terry Hershey

My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies, by Resmaa Menakem

Shadows of the Heart: A Spirituality of the Painful Emotions, by Evelyn & James Whitehead

Living in the Names of God: His Majesty and Me, by Judy Squier

Strength & Stretch with Susanne

Thursdays, 10:00 – 10:30 am, Fellowship Hall

Many folks are familiar with wealth management; however, when it comes to health management, we might become a bit clouded, less motivated, more erratic.



Well, we have good news! Susanne can help you create a diversified health portfolio and it won't cost you a dime. Join us on Thursdays, 10:00-10:30 am in Fellowship Hall to invest in your strength and flexibility. Learn a few basic routines; play some games; meet new people.

Improve your long game as we focus on moves that help you with activities of daily living in a safe and supportive environment. For more information, email susanne@missfit.biz.

St. Andrew's Fitness Programs

Are you aware that St. Andrew has a reputation as the church that provides several wellness programs? It makes sense, since SELF CARE is one of our core values, but it could not happen without the generous teachers who volunteer their time to bring these FREE CLASSES to the community.

For a decade, Keith Ehrensing has been leading tai chi classes on Tuesday and Friday mornings, 10:00 am-11:00 am. The class attracts several people from the surrounding area, as well as a few church members. And tai chi has done more than increase strength and balance for participants; it's given them an active community of people who stuck together right through the worst days of the pandemic – even if it meant moving their exercise program to a nearby covered parking lot.

On Wednesday mornings, Gheeta Kumar teaches gentle yoga for everyone, even those unable to do the traditional floor practice. These classes attract fewer students, but everyone who does come is able to improve strength, balance, and flexibility. Yoga can ease arthritis symptoms and reduce stress. And one hour of yoga burns more calories than an hour of walking, even walking in the wind and rain!

Now, another neighbor is honoring a friend by teaching a free Strength & Stretch Class every Thursday this month. Why not give it a try? The class begins at 10:00 am (as do all our morning exercise classes), will last about 30 minutes, and will teach you routines that you can easily transfer to use at home.

Preparing for January 29, 2023

Fourth Sunday after Epiphany
Both in person at 9:30 am and available on
YouTube or via Zoom.

Micah 6:1-8
Psalm 15
Matthew 5:1-12

Community Warehouse Donation Drive: January 2023

The familiar purple bins are available in the Narthex for the collection of kitchen wares and linens for our annual Community Warehouse drive that continues through January 25. Your contributions transform empty spaces into livable homes for people in need who are just starting out or starting over. Please look through your cupboards and closets and be sure to follow the guidelines below.

KITCHEN WARES	
<i>All kitchen items must be clean and functional.</i>	
Yes, Please <ul style="list-style-type: none"> ■ Pots & Pans (most needed item) ■ Baking Dishes ■ Can Openers ■ Cooking Utensils ■ Cutting Boards ■ Dish Racks ■ Dish Towels ■ Dish Sets & Glasses ■ Kitchen Knives ■ Mixing Bowls ■ Potholders ■ Silverware ■ Drinking Glasses & Mugs 	No, Thank You <ul style="list-style-type: none"> ■ Cracked or Chipped Dishes ■ Dishware with ANY Alcohol-Related Branding ■ Plastic Dinnerware and Dishware ■ Wine Glasses ■ Metal-Rimmed Dishes

LINENS	
<i>Linens must be clean and free of stains, tears, or pilling.</i>	
Yes, Please <ul style="list-style-type: none"> ■ Blankets, Quilts, & Comforters ■ Bath Towels & Hand Towels ■ Washcloths ■ Bedsheets (not king size) ■ Bathmats ■ Shower Curtains ■ Bed Pillows (stain-free only) 	No, Thank You <ul style="list-style-type: none"> ■ Linens with Stains or Tears ■ King-Size Bedsheets ■ Tablecloths ■ Bed Skirts ■ Draperies or Window Treatments ■ Electric Blankets ■ Curtains (of any kind) ■ Mattress Toppers

Cedar Mills Neighborhood Tree Planting

Thanks to Friends of Trees, homeowners in the Cedar Mills neighborhood will have an opportunity to improve their property and make it more livable this spring. On Saturday, March 25, St. Andrew is partnering with Friends of Trees, which will stage their volunteer operation in our Garden Parking Lot for a day.

Here's how it works. If you'd like to add a tree to your landscape, you need to sign up by February 27 at www.friendsoftrees.org/plant. The goal for March 25 is to plant 50 trees in our area. To begin, participants decide where they want their tree planted and may select from native species, fall color, or flowering trees. Trees are between four and five feet tall.

Participants are asked to pay a suggested sliding scale cost for the trees, which includes permitting, delivery, and planting. Street trees are \$0; yard trees are \$195. Once you sign up with Friends of Trees, the organization will work with the city to determine which trees are the "right trees in the right place" for your home and secure a planting permit from the city. After that's issued, participants can choose from a list of trees approved for the space they've indicated.



On planting day, volunteers will arrive with a truck, your tree, and all the equipment and expertise necessary to plant the tree and give it a good start in its new home. Summer tree care is available through Friends of Trees, too, and the organization offers free pruning and tree care classes. To learn more, go to www.friendsoftrees.org. Since being founded in 1989, Friends of Trees has planted some 910,000 trees and native shrubs in more than 120 neighborhoods in and around Portland. Fliers are also available in the Narthex.

CLIMATE CORNER:

Recycling Mystery: Black-Colored Plastic

From an article by Daniel Dern published in Earth911, January 12, 2023

Black-colored plastic gets its color from carbon black pigment and is commonly used in food containers like meat or produce trays and take-out, as well as for disposable coffee lids, plastic bags, and hard plastic items like DVD cases and nursery pots.



While plastic is one of the categories of things that we are encouraged to recycle when we can't reuse or repurpose it, not all black plastic items can be recycled.

Before we look at the do's and don'ts of recycling black-colored plastic, here are a few general recycling reminders:

- Always follow local recycling rules. Recycling programs vary by city, county, state and individual haulers.
- Always check with your waste management company, or wherever you take your recycling.
- If you are not sure if an item can be recycled, don't put it in the recycling bin. Putting items in your bin that your recycler doesn't accept can cause harm to the workers and contaminate the legitimate recyclable items, making them unable to be recycled, and they end up in the landfill instead of being recycled.

What makes black-colored plastic different?

- Clear, white, and light-colored plastics are the most profitable to recyclers because they can be recycled into a variety of different colored plastics. Black plastic can only be recycled into other black plastic items. When black is mixed with non-colored or light-colored plastic, the batch's value is reduced.
- Some black plastic is made using electronic waste which contains toxic materials. This is not good if the recycled plastic is used to make food containers.
- Optical sorting machines don't "see" black items, which creates more work and expense for the recycler because black plastic items must be hand sorted.

Can you put it in your curbside bin?

- DON'T put black plastic in your curbside recycling bin! If you can't reuse or repurpose it, put it in the trash.
- DO try to avoid buying items packaged in black plastic.

What about black plastic bags and film wrap?

- DO include black plastic bags, film and wrap in the plastic-bag recycling you drop off at participating supermarkets and other locations. Because plastic bags and film jam the sorting machines, they aren't sorted by machine so the color isn't a problem. Machine jamming is why no plastic bags should go into the recycle bin.
- DON'T drop off black (or any color) plastic bags unless they meet the plastic bag recycling requirements; all bags must be clean, dry, and stretchy plastic. Crinkly, non-stretchy, wet or dirty plastic bags go into the trash.

General advice and looking ahead:

Work is being done on better sorters, new black and alternative-color dyes, and different materials. For now, your strategy should be to avoid using black-colored plastics. Let businesses know that

you would prefer that they use plastic that you can recycle locally. Try to shop at places that don't use black plastic, but instead:

- Use non-black plastic, like white coffee lids.
- Use compostable/biodegradable plastics for food trays, etc. But remember that these items are only compostable/biodegradable if they go to a composting facility that uses high temperatures. Again, check with your recycler/hauler. And know that they will not decompose in your backyard compost pile.
- Best of all, avoid the use of any plastic by taking your own reusable coffee mugs and shopping bags

Liz Hardy
Earth Care Team

CDs in the Narthex

Music is foundational to the ministry of St. Andrew. When we reach the limits of what words can communicate, we turn to God's "wondrous work of music" to do the rest. Many people have grown up in our culture of music, including Paul Christiansen (Pat and Steve's son), who recently released his first full-length album of original compositions.



CD cover photo by Paul Christiansen

As a small thank you to the congregation, you'll find a basket of CDs in the Narthex; please feel free to take a copy home with you. If you'd prefer to listen online or through your favorite streaming service, you can find links and more information about the album (including its connection to Ukraine) at:

www.paulschristiansen.com

Paul is adamant that this project wouldn't have been possible without the ongoing support of the congregation. So, in lieu of a traditional "purchase," he invites you to make a donation to St. Andrew, which will help us sustain this important part of our ministry—not only for ourselves but beyond ourselves, in the generation of musicians who come next.

Thank You



Dear St. Andrew Lutheran,

Thank you for your donation towards our Holiday Campaign at Western Farm Workers. This year was particularly important given the dramatic increase in food prices, leaving many families cutting back or skipping meals entirely. Your assistance makes a difference for farm workers and other low-income workers striving for collective solutions to the condition of poverty that affects so many people in our country.

Western Farm Workers Association

In Need of Prayers...

<u>NAME</u>	<u>PRAYERS FOR...</u>	<u>CONTACT</u>
Family and friends of Margie Schindele	Peace and God's comfort at her death	India Jensen Kerr
Family and friends of Phil Heinrichs	Peace and God's comfort at his death	Judy Heidinger
Family and friends of Deacon Leanne Elliott	Peace and God's comfort at her death	India Jensen Kerr
Shawn Bell (sister-in-law)	Comfort and peace after cancer diagnosis	Marlan Bell
Anne Newell	Comfort and healing	India Jensen Kerr
Koby Glenn (son-in-law)	Comfort and healing	Jim & Teri Brosh
Sue Heiden	Comfort and healing	India Jensen Kerr
Aaron Miller and family (son)	Comfort for the family and healing for Aaron	Jan Smith & Sue Cahlander
Bob & Mary Brown	Healing and recovery from a virus; and more healing for Bob's broken rib	Bob & Mary Brown
Chris Entrikin	Comfort and healing following surgery	Jerry Entrikin
Dee Piscitelli (granddaughter)	Comfort and healing following surgery	Linda Fransen
Donna Szopko (Tom's sister)	Accurate diagnosis and treatment	Tom and Noelle Mehlhorn
Richard Hall (brother)	Accurate diagnosis and healing	Mary Nell Mahler
Jim Steeves (uncle)	Healing and recovery from a fall	Carol Hogan
Captain Ingram	Comfort and support	India Jensen Kerr
Carol Hogan	Thanksgiving for improved test results	India Jensen Kerr
Healthcare workers	Strength, support, and comfort	Staff
People experiencing homelessness	Compassion, support, and comfort	Staff
Those facing ongoing illness or distress	Healing and assurance of God's presence	Staff
Tandy Brooks, Dave Bumgardner, Vic Claar, Hal Douglas, Sabrina Garrison, Gary Grafwallner, Ian MacDonald, Gary Magnuson, Gerald Jensen, Hugh Mason, Carol Means, Doug Morrell, Corky Poppert, Jolie Reyna, Peggy Smith, Shane Throckmorton, Gary Tubbs, Megan Webber		
Bishop Elizabeth Eaton	Wisdom and discernment	Staff
Evangelical Lutheran Church in America	Blessings on our ministry	
Taiwan Lutheran Church	Strength and wisdom	
St. Peter Lutheran (Tillamook)	Serving with us in the Oregon Synod	Staff
Hoodland Lutheran (Brightwood)		
Hoshanah Rabbah (Tigard)	Blessings on our interfaith partners	Staff
Individual friends and loved ones	Whatever they most need	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 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 Chaplain India Jensen Kerr at india@standrewlutheran.com or 503-860-5377.

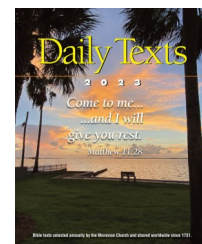
Your St. Andrew Staff

Council President, Barton Robison	317-695-9722
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
Bookkeeper, Karen Mallari	bookkeeper@standrewlutheran.com
Housekeeper, Carol Hogan	503-646-0629
Evening Facility Manager, Scott Taylor	503-646-0629
Parish Nurses, Diane Reiner	503-201-4222
Tira Nasset	503-866-5099

Devotionals

Copies of *Bread for the Day* and *Daily Texts* are available in the Narthex. Both of these provide readings and spiritual guidance for the entire year. The church requests a donation from people using these devotionals to offset their cost.

In addition, St. Andrew provides complimentary quarterly copies of *The Church in Our Home* both in regular and large-print format. Go to the communications counter across from the Coffee Bar to find the current devotional.



Highlights for the Weeks at St. Andrew Lutheran Church

Sunday, January 22

9:30 am	Worship with Communion (also livestreamed on YouTube & via Zoom)	Sanctuary
9:30 am	Portland Taiwan Worship	Chapel
10:45 am	Taiwanese Church Fellowship Gathering	Chapel
10:45 am	The Roots	Children's Commons & Library
11:00 am	Confirmation	Adult Library
11:00 am	High School Youth	Youth Room
11:00 am	Adult Education: A Christian Thinks about Islam and the Qur'an	Fellowship Hall

Monday, January 23—Office Closed

Tuesday, January 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
6:00 pm	Minister of Music Call Committee Meeting	via Zoom
6:30 pm	Scout Troop 198	Children's Commons

Wednesday, January 25

10:00 am	Gentle Yoga with Geetha	Fellowship Hall
1:00 pm	The Gift of Years with India	Library
6:00 pm	Bells of Grace Rehearsal	Sanctuary
7:00 pm	Sanctuary Choir Rehearsal	Sanctuary

Thursday, January 26

9:30 am	Seekers of the Heart of God Bible Study	St. Andrew Room
10:00 am	Strength & Stretch with Susanne	Fellowship Hall
12:00 pm	Team Ministry Meeting	Chapel / Library
7:00 pm	IT Meeting	Offsite
7:00 pm	Earth Camp Planning Meeting	via Zoom

Friday, January 27

10:00 am	Tai Chi	Fellowship Hall
6:00 pm	Cub Scout Pack 198 Pinewood Derby	Fellowship Hall

Saturday, January 28

9:00 am	Nifty Notters	Fellowship Hall
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Sunday, January 29

9:30 am	Worship with Communion (also livestreamed on YouTube & via Zoom)	Sanctuary
9:30 am	Portland Taiwan Worship	Chapel
10:45 am	The Roots	Children's Commons & Library
11:00 am	Confirmation	Adult Library
11:00 am	High School Youth	Youth Room
11:00 am	Adult Education: A Christian Thinks about Islam and the Qur'an	Fellowship Hall



**Memorial Service for
Margie Schindele**
Saturday, January 21, 2023
2:00 pm in the Sanctuary
(in-person only)
Reception to follow in
Fellowship Hall

Worship at St. Andrew or Connect to Virtual Worship



9:30 am: Worship in the Sanctuary, watch the livestream of worship on YouTube, or participate in worship via Zoom. *Links for remote worship will be sent to you via email and the church app.*



People participating in worship via Zoom are invited to join worship at 9:30 am. To participate via Zoom you can use a computer, smartphone, tablet, or a telephone. Please note that Zoom worship is only available at 9:30 am. Anyone using YouTube for livestream worship may access the service at 9:30 am or any time after the livestream ends.