

ST. ANDREW WEEKLY NEWS

January 29, 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—looks at the inter-relationships among these religions and helps 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 Nessel, Kyler Vogt, and Janet Vorvick. Or you can send comments to Janet Vorvick at janetv1245@outlook.com. We look forward to hearing from you.

Transition Orientation Retreat

Saturday, February 4, 12:00 pm—3:00 pm

Pastor Melissa Reed, Bishop's Associate for the Oregon Synod, will join our whole congregation on **Saturday, February 4**, 12:00 pm-3:00 pm, to orient us to the process of transition. There will be time to name our grief following Pastor Mark Brocker's retirement and leave-taking, any fears we may have, as well as any joy and excitement this new chapter may bring within our hearts.

Pastor Melissa will also share the phases of the transition process and we will explore together how this in-between time is a holy and creative season for powerful discernment in the Spirit as we are called into God's future.

"Weekly News" Next Week

Please note that the deadline for submissions to the church newsletter next week is **Tuesday, January 31** at 4:00 pm. Due to staff vacation, content will not be written for you, but printed as submitted. Please send your material to Johanna Land at

office@standrewlutheran.com.

The church office will be closed the afternoon of **Friday, February 3**. Thank you.

Worship Matters

The importance of worship is huge because Worship Matters. Worship matters to God. Worship matters to you. During this time of transition, it may be unsettling to not know what's going to happen next. The worship team and staff are working hard to provide meaningful worship with the help of supply pastors and staff members filling in until the interim pastor arrives. And, of course, ultimately we will call a pastor to lead us into the future at St. Andrew.

Here is what to expect through the end of February.

- This week, Pr. Terry Moe is presiding, Kyler is preaching and John and Earl Giddons are our musical worship leaders.
- On **February 5**, Pr. Melissa Reed will preside and preach.
- Pr. Terry returns on **February 12** to preside and India will preach.
- The Epiphany season wraps up on **Sunday, February 19**, with Pr. Susan Kinter presiding and preaching on Transfiguration Sunday.
- Lent begins **Wednesday, February 22**. We will have two services that day; one at noon and one at 7:00 pm. Pr. John Reuter-Harrah will preside at our Ash Wednesday services and India will preach.
- The final Sunday of February is the 1st Sunday of Lent and Terry Moe will be back to preside with Kyler preaching. Our musician that morning will be Matthew Smith on the organ.

We prayerfully anticipate an interim pastor joining us in March.



Deacon Susan

Save the Date: Earth Camp 2023

We're excited to announce the dates for our third year of Earth Camp. **This year's camp will be the week of June 26-30**. We are planning for Earth Camp to be bigger and better this year, increasing our capacity so more kids can be involved. Registration will be available to our St. Andrew family and past attendees in a few short weeks, so keep your eyes peeled!

It takes a village to make this camp possible, and we could use your help! Please email Kyler at kvogt@standrewlutheran.com to see how you can get involved.

Strength & Stretch to Continue

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

Due to the response of the congregation and community, Strength & Stretch with Susanne will continue past the January trial offering. This is great news for people who have already benefited and will enable even more people to participate going forward. The class meets Thursday mornings, 10:00–10:30 am in 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.



Get in the swing!
Hula hoops aren't just for kids.

Well, 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.

Nifty Notters

The Nifty Notters will not meet on Saturday, February 4, but will gather on Saturday, February 18, to work on quilts for Lutheran World Relief, as well as baby quilts to be distributed in our area.



The Nifty Notters' closets are full of colorful fabric, yards of batting, and crochet thread for tying the layers together. No experience is needed and all supplies are provided.

We meet in Fellowship Hall from 9:00 am to 2:30 pm, so plan to bring a lunch and join in the camaraderie for all or part of the time.

Confirmands vs. Council



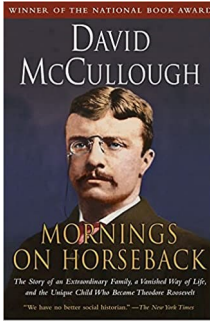
St. Andrew's 2023 Bible Bowl is just a couple weeks away, with both confirmands and members of the Council preparing to answer questions about the Old Testament. Save the date – Sunday, February 12 – and come to Fellowship Hall following worship that day to cheer on your team!

Preparing for February 5, 2023

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

Isaiah 58:1-9a
Psalm 112:1-9
Matthew 5:13-20

Spirituality Book Group



The Spirituality Book Group will meet at 3:00 pm on Sunday, February 5, to discuss *Mornings on Horseback: The Story of an Extraordinary Family, a Vanished Way of Life, and the Unique Child Who Became Theodore Roosevelt*, by David McCullough. Elaine May will lead the discussion.

According to a review from Bestpresidentialbios.com, "McCullough's narrative provides a fascinating perspective on Theodore's childhood and early adulthood. But it also reveals far more than that—it offers a unique and engaging look at the life of a privileged New York family during the late nineteenth century." The book covers the first 28 years of Roosevelt's life.

We will meet in person at Sharon Fako's home and also via Zoom. For those of you attending via Zoom, a link will be sent to those on the Spirituality Book Group email list. If you'd like to receive a link, please contact Mary Smith.

Future Reading:

Sunday, March 5

In the Midst of Winter, by Isabel Allende

Discussion Leader: Mary Ann Snider

Location: Fran Miller's Home

Sunday, April 23

Saving Jesus from the Church: How to Stop Worshiping Christ and Start Following Jesus, by Robin R. Meyers

Discussion Leader: Sharon Fako

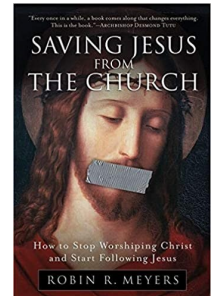
Location: Mary Ann Snider's Home

Sunday, May 21

The Invisible Life of Addie LaRue, by V.E. Schwab

Discussion Leader: Kristin Sacks

Location: Dianne Zupunski's Home



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:

How to Quit Fast Fashion for Good

Adapted from an article by Chloe Skye published in Earth911, October 13, 2022



Fast Fashion brands mass produce trendy designs at a low cost. Greenwashing (the practice of marketing a product to make it seem more environmentally friendly than it actually is), waste, and human rights violations abound in the fashion industry. Emma Mathews, author of *How to Quit Fast Fashion: 100 Expert Tips for a Sustainable Wardrobe* advised us on how to take meaningful steps toward quitting fast fashion.

The true cost of fast fashion. Clothing is more than the sum of its materials. Behind every garment are people, water, agriculture, energy, and transportation emissions, and much more. The fashion industry produces more carbon emissions than international flights and maritime shipping combined, and is the second-largest consumer of the world's water supply. Despite this, 85% of all textiles end up in the dump each year!

In Mathews' view, the hazards of fast fashion are greatest for textile and garment workers, and the environment. "Clothes don't magically appear. Think about the number of hands that handle that garment before it gets to you, and about how much you pay versus what the person is paid (after retail and shipping costs) for something designed to be thrown away." Garment makers work in appalling conditions because retailers prioritize low-cost clothing over people's lives. Think of the 2013 Rana Plaza fire in Bangladesh, the fourth largest industrial disaster in history, during which 1,100 people died and another 2,500 were injured. Following are some tips to help you quit fast fashion.

Rethink your closet. "Even if we stopped production tomorrow, we have enough to clothe the next two generations," says Mathews. It's not that we need more clothes, it's that we are bored with what we have. As the fashion industry adage goes, "The most sustainable clothes are the ones you already own." Consider a capsule wardrobe which is made up only of items that are versatile enough to wear in a variety of situations and can be mixed and matched to make many outfits from very few pieces. The internet has many capsule wardrobe shopping lists and planning guides.

Enhance your existing wardrobe. You don't have to sacrifice style. Old clothes can take on a new flair with the right jewelry, belts, shoes, bags, or glasses. Add bling with paint or dye. Dying your old jeans takes a lot less water and energy than creating a new pair does, and requires no transportation emissions.

Make your clothing last. Don't ignore the tags; they tell how to wash, bleach, iron, and otherwise care for our clothes. Proper care

will extend the life of the garment. Consult YouTube videos to learn how to mend, hem, sew on buttons, and much more.

Shop with sustainability in mind. Paying a fair price for clothing *does* mean it will cost more. That's why it is important to shift from wanting a quick pick-me-up to choosing clothes for all seasons. (My sister buys high quality clothes that are more expensive, but she wears them for 10-20 years!)

Shop sparingly. Set a goal of not shopping for just 30 days and increase that time to months, or even years. When you do shop, ask yourself if you really need it. Research ethical certifications, including those of fair trade textiles and organic materials. Buy as local and fair as possible.

Shopping at secondhand stores provides cost-friendly alternatives to fast fashion, and gives new life to what might otherwise go to the landfill.

Liz Hardy
Earth Care Team

MACG Welcomes You Over the Horizon

We at St. Andrew are now making our way over the horizon and into the transition period. Last year we held several events with the Horizon Team and came up with six themes for going forward. We also filled out Intention Cards with ideas and commitments for our future participation in St. Andrew.



Growing ideas and relationships in a time of transition.

While we are in this liminal time between what we are and what we will be at St. Andrew, MACG is offering a space for open relational discussions with the members of the congregation around those themes and intentions. Maybe we can find groups with common interests that can bring our members together like supper groups have in the past. There were some great ideas on those intention cards.

Please join us on **Saturday, February 11**, from 10:00 am-12:00 pm for cookies and treats and table conversations. As we are getting to know each other anew in our singular Sunday morning worship, let's get to know each other some more in conversations around the direction of St. Andrew.

Beginning this week, look for a poster in the Narthex with more information and a sign-up sheet so we make sure we have enough cookies. If you need childcare, there will be a place to sign up for that as well.

We are looking forward to gathering together around our Horizon Team themes and intentions and creating new relationships as we move forward as St. Andrew.

Hope to see you then.

Jan Smith
MACG

In Need of Prayers...

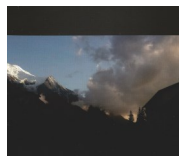
<u>NAME</u>	<u>PRAYERS FOR...</u>	<u>CONTACT</u>
Family and friends of John Trom (Jennifer's dad)	Peace and God's comfort at his death	Barton Robison
Family and friends of Phil Heinrichs	Peace and God's comfort at his death	Judy Heidinger
Family and friends of Deacon Leanne Elliott	Peace and God's comfort at her death	India Jensen Kerr
Christine Core	Comfort and healing	Bev Briggs
Carol Means	Comfort and healing	India Jensen Kerr
Anne Newell	Comfort and healing	India Jensen Kerr
Bob & Mary Brown	Healing and recovery from a virus; and more healing for Bob's broken rib	Bob & Mary Brown
Lee Anne Knapp	Comfort and healing	Lee Anne Knapp
Dee Piscitelli (granddaughter)	Comfort and healing following surgery	Linda Fransen
Sandi Beavers	Healing and pain relief from shingles	Bill Beavers
Donna Szopko (Tom's sister)	Accurate diagnosis and treatment	Tom and Noelle Mehlhorn
Kelli Runnels Wallace	Effective treatment and hope	Linda Fransen
Clint	Strength and support	Kyler Vogt
Victims of gun violence	Compassion, strength, and support	Staff
Trinity Lutheran (Gresham)	Serving with us in the Oregon Synod	Staff
Our Redeemer Lutheran (Hood River)		
Masjed As-Saber (Portland)	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.

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.



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.

Minister of Music Input

The Call Committee for St. Andrew's new Minister of Music has created a survey and wants to hear your voice! This Sunday, paper copies of the survey will be available in the Narthex, or you can fill out the form electronically by clicking on the link below:

<https://forms.gle/B7TmdZKHwpKB7Es7A>

Completed paper surveys can be left in the Narthex at the Call Committee's table.

Anyone and everyone is welcome to fill out the survey. Feel free to pick and choose which questions you feel most comfortable answering; you may choose to include your name or remain anonymous.

Members of the Call Committee greatly appreciate your input.

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 Nessel	503-866-5099

Highlights for the Weeks at St. Andrew Lutheran Church

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

Monday, January 30—Office Closed

10:00 am	Meals on Wheels/Loaves and Fishes	Off Site
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Tuesday, January 31—"Weekly News" deadline. Submit material to office@standrewlutheran.com.

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 Team	Library and via Zoom
6:30 pm	Scout Troop 198	Children's Commons

Wednesday, February 1

10:00 am	Gentle Yoga with Geetha	Fellowship Hall
1:00 pm	The Gift of Years with India	Library
3:00 pm	Girl Scout Troop Meeting	Children's Commons
6:00 pm	Bells of Grace Rehearsal	Sanctuary
7:00 pm	Sanctuary Choir Rehearsal	Sanctuary

Thursday, February 2

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	St. Andrew Room
7:00 pm	Executive Council Committee Meeting	via Zoom

Friday, February 3—Church office closed in the afternoon.

10:00 am	Tai Chi	Fellowship Hall
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Saturday, February 4

12:00 pm	Transition Orientation Retreat	Fellowship Hall
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Sunday, February 5

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
3:00 pm	Spirituality Book Group	Sharon Fako's Home and via Zoom



**Celebration of Life
for
Ron Olshausen**
Saturday, February 18,
2023
 4:00 pm in the Sanctuary
(details to follow)

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.