

# ST. ANDREW WEEKLY NEWS

January 8, 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

## One-Service Sundays Begin

A new era begins at St. Andrew this weekend, when we change our Sunday morning worship pattern for a trial period to run through Palm Sunday (April 2, 2023). Our one worship service will begin at 9:30 am, with coffee time to follow before Education Hour (10:45 am for The Roots and 11:00 am for all other classes).



As Council President Barton Robison has noted, the adjustment to our worship schedule will bring the congregation together physically as we adjust to a time of transition. Both early-morning and late-morning church-goers will need to change their schedules and some of us are likely going to have to be flexible about where we sit. It's a perfect time to expand our circle of friends at St. Andrew.

The New Year will find us in good hands, with Pastor Terry Moe presiding through the month of January while the Synod works to identify an interim pastor for St. Andrew.

## Removal of Christmas Greens

The once-lively greens that decked our halls for Christmas have dried up and are dropping needles everywhere! St. Andrew needs a team of people to help remove the holiday greens on **Saturday, January 7**. We'll be working in the Sanctuary and Narthex from 9:00 am-11:00 am. If you'd love to do some volunteering but can't make a long-term commitment, this is a good opportunity to spend a couple of hours on a Saturday morning.

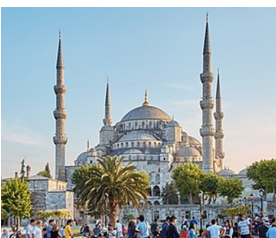
## Nifty Notters

Start the new year right by joining the Nifty Notters on **Saturday, January 7**, and **Saturday, January 28**, to work on baby and Lutheran World Relief quilts. We meet in Fellowship Hall from 9:00 am to 2:30 pm. Bring a lunch and join us for all or part of the time. No experience is needed and all supplies are provided. If you have questions, please contact Mary Brown, 503-797-1841.



## Adult Education:

### A Christian Thinks about Islam



The Blue Mosque, Istanbul

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.

## Strength & Stretch with Susanne

Are you looking to add some strength training to your wellness plan? Perhaps stretching is something your body could use? Come check out a new 30-minute series offered **each Thursday in January at 10:00 am** in Fellowship Hall.

Our neighbor Susanne's collegiate background in exercise science with an emphasis in cardiac rehabilitation has taught her the art of long-term wellness planning. The foundation to any such plan requires strength, flexibility, cardiovascular conditioning, and balance. We will address total body strength with gentle stretching in this series.

Each class requires only a chair so it will be easy to transfer what you learn to your home health plan. All abilities and ages are welcome. Please arrive a few minutes early to complete the required waiver for participation.

## 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!

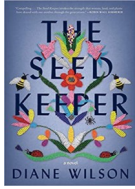


Now, another neighbor is honoring a friend by teaching a free Strength & Stretch Class every Thursday this month. Why not give it a try? The class begins at 10:00 am (as do all our morning exercise classes), will last about 30 minutes, and will teach you routines that you can easily transfer to use at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

## Spirituality Book Group News

The Spirituality Book Group will meet on **Sunday, January 8**, to discuss *The Seed Keeper* by Diane Wilson.

"Weaving together the voices of four indelible women, *The Seed Keeper* is a beautifully told story of reawakening, of remembering our original relationship to the seeds and, through them, to our ancestors." ~ *Literary Quicksand Review*



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

### Details:

Time: **Sunday, January 8, 2023**, 3:00 pm

Book: *The Seed Keeper*, by Diane Wilson

Discussion Leader: Susan Reiser

Location: Mary Smith's house, and via Zoom

### Future Reading:

**Sunday, February 5**

*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

Discussion Leader: Elaine May

Location: Sharon Fako's home

We previously selected three additional books to read and will determine the discussion dates for those at our January meeting.

## Reckoning With Racism, Part Two

Were you a part of the St. Andrew cohort for the first Reckoning With Racism course in 2020-21? If so, you should have received an invitation to participate in the follow-up course, which will pick up where we left off and further explore how we can address racism in our current world. This course is offered by Ecumenical Ministries of Oregon. For more information, contact Mary Smith or Jan Smith.

## Food Donation Suggestions



This week, Mike & Mary Carroll delivered 29 pounds of food to St. Matthew's food bank. As always, our donations are appreciated. At this time, the food bank needs spaghetti, spaghetti sauce, canned corn, white sugar, and hygiene products such as shampoo, toothbrushes/paste, and deodorant.

### Preparing for January 15, 2023

Second Sunday of Epiphany

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

Isaiah 49:1-7

Psalm 40:1-11

John 1:29-42

## 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. 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.

To learn more about the good work being done by the Community Warehouse, check out their website: <https://www.communitywarehouse.org/>.

KITCHEN WARES	
<i>All kitchen items must be clean and functional.</i>	
<b>Yes, Please</b> <ul style="list-style-type: none"> <li>■ Pots &amp; Pans (most needed item)</li> <li>■ Baking Dishes</li> <li>■ Can Openers</li> <li>■ Cooking Utensils</li> <li>■ Cutting Boards</li> <li>■ Dish Racks</li> <li>■ Dish Towels</li> <li>■ Dish Sets &amp; Glasses</li> <li>■ Kitchen Knives</li> <li>■ Mixing Bowls</li> <li>■ Potholders</li> <li>■ Silverware</li> <li>■ Drinking Glasses &amp; Mugs</li> </ul>	<b>No, Thank You</b> <ul style="list-style-type: none"> <li>■ Cracked or Chipped Dishes</li> <li>■ Dishware with ANY Alcohol-Related Branding</li> <li>■ Plastic Dinnerware and Dishware</li> <li>■ Wine Glasses</li> <li>■ Metal-Rimmed Dishes</li> </ul>
LINENS	
<i>Linens must be clean and free of stains, tears, or pilling.</i>	
<b>Yes, Please</b> <ul style="list-style-type: none"> <li>■ Blankets, Quilts, &amp; Comforters</li> <li>■ Bath Towels &amp; Hand Towels</li> <li>■ Washcloths</li> <li>■ Bedsheets (not king size)</li> <li>■ Bathmats</li> <li>■ Shower Curtains</li> <li>■ Bed Pillows (stain-free only)</li> </ul>	<b>No, Thank You</b> <ul style="list-style-type: none"> <li>■ Linens with Stains or Tears</li> <li>■ King-Size Bedsheets</li> <li>■ Tablecloths</li> <li>■ Bed Skirts</li> <li>■ Draperies or Window Treatments</li> <li>■ Electric Blankets</li> <li>■ Curtains (of any kind)</li> <li>■ Mattress Toppers</li> </ul>

## 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.

First 5 Sessions: **Thursdays, January 26, February 2 & 9: 5:30-7:30 pm and Tuesdays, January 31 and February 7, 5:30-7:30PM**. 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 about the course and its impact on him.

Questions? Contact any member of the MACG Core Team: Pat Christiansen, Jan Smith, Gretchen Bancroft, Larry Bliesner, Lynn Santelmann, or Scott Taylor.

## CLIMATE CORNER:

### Keeping Food Fresh, Preventing Spoilage and Wasted Food

By Katy Hebebrand, published in WebMD, September 21, 2021



**General freshness guidelines:** Once food arrives in your home, it's good for a certain length of time. This guideline is an estimate. Around 90% of people in the US don't understand expiration dates on food labels. They throw away food that is still good or could be frozen to be eaten later.

Your food may be good for slightly more or less time based on how you store it:

- Milk is good for 7 days in your fridge. Store it in the back of your fridge for the coldest temperatures.
- Eggs are good for 3-5 weeks. Like milk, you should store eggs in the back of your fridge.
- Ground meat and poultry are good for 3-4 days when stored in your fridge.
- Lunch meat is good for 2 weeks before it's opened and 3-5 days after opening.
- Dry rice or pasta is good for 1-2 years in your pantry. Once prepared, it's good for 3-4 days in the refrigerator.
- Steaks are good for 3-5 days in your fridge.
- Canned fruit is good for 12-18 months in your pantry. Once opened, it's good for 5-7 days in the fridge.

**Avoid wasting food:** You may feel tempted to throw away food after it passes its expiration date. Many people think that food makes them sick after the expiration date. Foodborne illnesses are not a result of natural decay. Bacteria grow in contaminated food, so make sure you store food properly. Remember the difference between expiration dates and best-by or use-by dates.

If food sits out at room temperature for longer than 2 hours, throw it away. After preparing a meal, store leftovers quickly to avoid contamination. You should also keep your countertops and food prep surfaces clean and free of harmful bacteria.

If you don't plan to use food right away, freeze it. Bacteria can't grow in freezing temperatures, so freezing extends your food's shelf life. You can freeze milk, bread, and cheese. If you plan to freeze eggs, beat them first and store them in a sealed container.

Extend the life of your produce with better storage techniques. Examples include:

- Wrapping broccoli stalks in a damp paper towel.
- Storing celery in aluminum foil.
- Standing up asparagus spears in a cup of water.

When the time comes to dispose of any food you didn't eat, you can compost produce and package foods like bread. Don't put meats into your backyard compost as it will attract rats. And remember that many haulers will take all food waste including meat in your yard waste container. Check with your hauler first.

The goal is to keep food out of the landfill.

*Liz Hardy*  
Earth Care Team

## Queer Grace at Spirit of Grace

**QUEER GRACE**  
*a coffee house gathering*

7:00-8:30 PM × **Spirit of Grace**  
**Sun January 15** 7400 SW SCHOLLS FERRY RD  
BEAVERTON, OR 97008

*David Stevens*  
storyteller

This month's storyteller shares perspectives on how being queer has affected his relationship with faith, the Bible, church, God, and themselves. Our storyteller will then be joined by a panel of mostly queer conversation partners, followed by a Q&A session.

**All are welcome whether you are queer or straight/cis!**  
*Refreshments will be provided.*

RSVPs to [PastorRobyn@spiritofgracepdx.org](mailto:PastorRobyn@spiritofgracepdx.org) are appreciated but not required.  
For the dates of future gatherings, visit [www.SpiritOfGracePDX.org/QueerGrace](http://www.SpiritOfGracePDX.org/QueerGrace)

David Stevens, who often worships with us at St. Andrew, is this month's featured storyteller at Queer Grace, a monthly gathering at Spirit of Grace in Beaverton. RSVPs are appreciated but not required. Reply to [pastorrobyn@spiritofgracepdx.org](mailto:pastorrobyn@spiritofgracepdx.org).

## Christmas Tree Recycling

Scout Troop 618/5618, which we hosted at St. Andrew for nearly 50 years, will be offering tree, garland, and wreath (but not flocked greens) recycling services the first two weekends in January. A \$10 or more donation per tree, \$5 per wreath or swag, is suggested. Please make checks payable to POPLC—Troop 618. Deposit cans and bottles are also gratefully accepted.



**Saturday & Sunday, January 7 and 8**  
**Saturday & Sunday, January 14 and 15**

**Self Drop-Off at St. Andrew**  
**Saturdays, 12:00 pm-4:00 pm**  
**Sundays, 12:00 pm-4:00 pm**

If you received a flyer from Troop 618/5618 and prefer curbside pick-up, please have your tree ready by 12:00 pm. Put your check (payable to POPLC—Troop 618) and the flyer in a plastic bag and attach it to the tree. Please remember that the troop cannot accept flocked trees.



## In Need of Prayers...

<u>NAME</u>	<u>PRAYERS FOR...</u>	<u>CONTACT</u>
Family and friends of John Ritter (father)	Peace and God's comfort at his death	Liz Hardy
Family and friends of Don LaBarre (Debi's dad)	Peace and God's comfort at his death	Clay Isaacson
Family and friends of Margie Schindele (mother)	Peace and God's comfort at her death	Sue Shade
Amy Marks and family	Peace and God's comfort as her death nears	Judy Scholz
Family of James Heiden	Peace and comfort as he enters hospice	India Jensen Kerr
Dee Piscitelli (granddaughter)	Successful surgery (January 19) and healing	Linda Fransen
Clay Gustafson	Effective treatment	Clay Gustafson
Kyle Robertson (son-in-law)	Effective treatment, healing, & recovery	Liz Andersen
Becky, Kennzie, and Hyde Robertson (daughter and grandchildren)	Comfort and strength	Liz Andersen
Mary Wise	Healing and recovery from COVID	Carol Hogan
Libby Calhoun	Healing and recovery	Libby Calhoun
Lee Anne Knapp	Accurate diagnosis and effective treatment	Lee Anne Knapp
Lloyd Meyer	Adjustment to life's health challenges and changes	Staff
Sam Harker	Safe travels	Carol Harker
Pastor Mark & Donna Brocker	Smooth transition into the next stage of life	Staff
Healthcare workers	Support and comfort	Staff
People experiencing homelessness	Compassion, support, and comfort	Staff
Bishop Laurie Larson Caesar Oregon Synod and Staff	Strength and wisdom	Staff
Refugees and immigrants	Acceptance, safety, and just treatment	Staff
All those providing care for a loved one	Strength and support	Staff
Military personnel, especially Justina Hailey Hope Brocker, Evan Dahlquist, Neil Fiegenbaum, and Jerami Reyna150	Courage and protection	Staff
First Lutheran (Astoria) Peace Lutheran (Astoria)	Serving with us in the Oregon Synod	Staff
Congregation P'nai Or (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](mailto:office@standrewlutheran.com) Tuesday-Friday, [prayerchain@standrewlutheran.com](mailto:prayerchain@standrewlutheran.com) Saturday-Monday.

## New Books in the Adult Library

### Fiction

*Snow Mountain Passage: A Novel of the Donner Party*, by James D. Houston  
*Sarah's Key*, by Tatiana de Rosnay  
*Fifty Words for Rain*, by Asha Lemmie

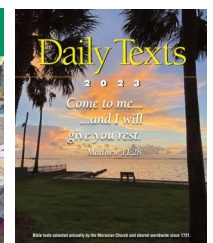
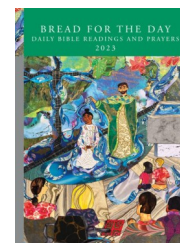


*All You Can Ever Know: A Memoir*,  
by Nicole Chung  
*The Rising Tide: A Vera Stanhope Novel*,  
by Ann Cleeves

## Devotionals

A few copies of *Bread for the Day* remain in the Narthex and additional *Daily Texts* have been ordered. 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.

Quarterly copies of *The Church in Our Home* are available in regular and large-print format and are provided free of charge.



## 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
Children's Ministry Host.....	Open Volunteer Position
Parish Nurses, Diane Reiner .....	503-201-4222
Tira Nasset .....	503-866-5099

# Highlights for the Weeks at St. Andrew Lutheran Church

## Sunday, January 8

9:30 am	Worship with Communion (also livestreamed on YouTube & via Zoom)	Sanctuary
10:45 am	The Roots	Children's Commons & Library
11:00 am	Confirmation	Adult Library
11:00 am	High School Youth Group	Youth Room
11:00 am	Adult Education: A Christian Thinks about Islam and the Qur'an	Fellowship Hall
11:00 am	Portland Taiwan Worship	Chapel
3:00 pm	Spirituality Book Group	Member's Home

## Monday, January 9

7:00 pm	Finance Team Meeting	via Zoom
7:00 pm	Men's Book Club	Library

## Tuesday, January 10

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
10:30 am	Facility Management Team Meeting	St. Andrew Room
12:00 pm	Bridge Group	Fellowship Hall
1:30 pm	Service Committee	Library
6:30 pm	Scout Troop 198	Children's Commons

## Wednesday, January 11

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

## Thursday, January 12

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
5:30 pm	HR Meeting	Zoom
7:00 pm	Foundation Team Meeting	Library

## Friday, January 13

10:00 am	Tai Chi	Fellowship Hall
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## Saturday, January 14

10:00 am	Large Memorial Service for Spirit of Grace Member	Sanctuary, Fellowship Hall, Kitchen
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## Sunday, January 15


9:30 am	Worship with Communion (also livestreamed on YouTube & via Zoom)	Sanctuary
9:30 am	Taiwanese Lutheran Church Bible Study	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
11:00 am	Portland Taiwan Worship	Chapel



**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

 **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.