

ST. ANDREW WEEKLY NEWS

March 26, 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 Education Class: "Pilgrimage"



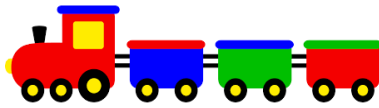
This Sunday, Paul Navarre will complete his class on "Pilgrimage" by asking participants to reflect on past experiences they now identify as "pilgrimages" or to consider future possibilities for the same. If you've missed earlier classes, you can find them [online](#). Join Paul in Fellowship Hall at 11:00 am on Sunday, March 26.

Lenten Food Train Journey

Our Lenten Food Train, including boxcars of food and hygiene items, as well as supplementary engines representing cash donations, is wending its way around the Narthex. St. Andrew people donate food all year long to feed the hungry, but the Service Committee traditionally makes food collection its focus during Lent.

This is a very critical time for those in need in our community. Not only has inflation impacted the ability for people to purchase food, but February was the last month that the federal government allowed Oregon to issue pandemic emergency food benefits. Your donations will make a big difference!

Please continue bringing non-perishable food items (e.g., spaghetti sauce, canned corn, sugar, rice, beans) and hygiene products (shampoo, toothbrushes, toothpaste, deodorant) to fill the boxcars.



If you prefer to donate money instead, you may write a check payable to St. Andrew with Lenten Food Drive on the memo line. Or go [online](#) and select Lenten Food Drive to donate. A new boxcar will join the train with every \$250 added to the fund.

Thank you!

Sing with All the Saints

Lent is a time of renewal. We focus on the death and resurrection of Jesus—and in turn on our own death and resurrection found in baptism. We who have been baptized into Christ have died to sin and are righteous saints of God. At the same time, we know that we struggle daily with sin as we seek to follow Jesus. This is the wonderful Lutheran understanding of sinner and saint.

We have a rich calendar of saints in the Lutheran tradition—Christians from every age who have pointed to Christ in their living and dying. In remembering these saints who have gone before us, we find inspiration for our own Christian journey. This year, our Lenten midweek series honors the commemorations of individuals as a starting point for a deeper engagement with our Christian faith.

Lenten Midweek Services will be held at 7:00 pm on Wednesdays through Lent. On March 29, Julie Ageson will share a meditation on Striving for Justice.

Deacon Susan

Midweek Chapel

Would it be easier for you to attend a shorter midweek service? Steve Buske, one of our Eucharistic Ministers, would love to provide a weekly service for folks who have a hard time sitting for so long during Sunday morning worship. If that sounds like something you would be interested in, please contact Chaplain India at 503-646-0629, ext. 211, or india@standrewlutheran.com.

MACG Question for the Month

What actions are you taking to help St. Andrew meet its goals from the Horizon Process?

- ◆ Welcome a Spirit of Renewal
- ◆ Act for Social Justice
- ◆ Praise the Spirit in Vibrant Worship
- ◆ Expand Diversity and Inclusion
- ◆ Encourage Strong Social and Spiritual Connections
- ◆ Expand and Deepen an Intergenerational Community

The Metropolitan Alliance for Common Good (MACG) is a regional group in the Pacific Northwest that works with partner groups (faith-based and secular) to organize and take action for the common good in our region. St. Andrew formed a core team some years ago to work with other groups in our area for the common good. One of MACG's goals is to strengthen its individual member organizations because strong members lead to a stronger community. By nurturing strong relationships at St. Andrew, we can strengthen our community and have resources to work for good inside and outside our congregation. The Horizon Team began the work of gathering our community together toward our future. To continue that work, St. Andrew's Core MACG Team is starting up a "Question of the Month" that we can use to begin meaningful conversations with others in our community. We encourage you to ask one another this question as you chat before/after church or at other St. Andrew events.

Mug Ministry

Thank you to everyone who's donated candy in recent weeks to help us extend a sweet welcome to people new to our faith community. Most of our available mugs are filled and ready to distribute, thanks to the quiet angel behind this ministry. But now, we need additional mugs.



With Easter just a few weeks away, we hope to welcome even more newcomers than usual. If you have cupboards overflowing with coffee mugs, now might be a great time to pare down your collection. Pretty or plain, as long as they're in great condition and devoid of advertising messages, we can put your extras to good use.

1000 Coffees, 1000 Questions

Dear St. Andrew-folk,

How happy I am to be with you in ministry! I've had a warm welcome from Council, staff, and volunteers. My hope as your Interim Pastor is to know you well as a congregation and as individuals. We are now in community and in service together. It's going to be interesting and exciting to see how the Holy Spirit moves St. Andrew into the future.

In order to get acquainted, I invite you to participate with me in One Thousand Coffees and One Thousand Questions. This would be a one-on-one meeting with me with the purpose of simply getting to know each other. I want also to learn about St. Andrew and you. If you're interested, please email me:

laurienewman@standrewlutheran.com.

The best days for me to meet are Tuesdays through Thursdays. Please understand if I schedule our time out a few weeks. I am still getting set up.

Though we may not have met in person yet, we are already woven together through the life of St. Andrew. I like this quote by the Rev. Dr. Martin Luther King, Jr.: "In a real sense all life is related. All are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly. I can never be what I ought to be until you are what you ought to be, and you can never be what you ought to be until I am what I ought to be. This is the interrelated structure of reality."

See you on Sunday!

Laurie

Earth Camp 2023 Registration

It's time to register your kids for Earth Camp! This year's camp is **Monday-Friday, June 26-30**, and the theme is "The Earth Is in Our Hands." Although we've expanded Earth Camp to accommodate more campers this year, spaces are filling quickly. Grab your spot before no openings remain and feel free to share the link with other parents who may be interested! Register at <https://tinyurl.com/6k3dazua>.



The earth is in our hands

Lutheran World Relief: Ingathering Volunteer Opportunities

We are preparing for our next LWR Ingathering and looking for volunteers. We have two opportunities available:

1. Tuesday, May 2, 5:00-7:00 pm

We will be assembling Health Kits and Baby Kits and then packing those kits and the quilts made by the Nifty Notters to get them ready to ship to LWR. This is a great event for families. Please see below for outstanding needs for the kits we hope to send.

2. Friday & Saturday, May 5 & 6

We also need volunteers to help with the Ingathering itself. On Friday, volunteers can sign up for two-hour shifts starting at 8:00 am. We close up for the day at 4:00 pm. On Saturday, we need volunteers to fill a three-hour shift (9:00 am-12:00 pm).

The Ingathering takes place in our Garden Parking Lot. We have two types of volunteer assignments:

- Load the shipping container. Boxes weigh up to 40 pounds.
- Greet drivers dropping off donations from churches around Oregon and the Pacific Northwest.

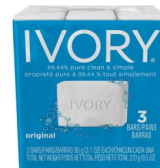
The box you help load at the Ingathering could mean the difference for refugees around the world. Due to the war in Ukraine and recent earthquakes in Turkey and Syria, the need is especially great.

Sign up in the Narthex to volunteer or contact Rochelle McIntire at 503-804-7967 or pacificnwlrgroup@gmail.com.

Personal Care Kits	Have	Need
Lightweight bath towel (dark color)	4	196
Bars of soap	176	224
Adult toothbrush	182	18
Sturdy comb	35	165
Metal nail clipper	0	200



Baby Care Kits	Have	Need
Lightweight cotton T-shirts	46	4
Long- or short-sleeve gowns/sleepers (without feet); can substitute pajama sets	15	35
Receiving blankets	31	19
Cloth diapers (flat fold preferred)	89	11
Jacket or hooded sweatshirt	8	17
Pairs of socks	16	34
Hand towel (dark color)	23	2
Bars of soap (gentle variety)	0	50
Diaper pins or large safety pins	50	0



Bach-a-Thon This Sunday

If you can't get enough of Johann Sebastian Bach, AGO chapter members will go for Baroque in our annual performance of works by the great master. Programs benefit our chapter scholarship program. Please consider making a donation. All proceeds go to the scholarship fund. Performers include Christopher Schindler, Katie Webb, Kristie Werner Gladhill, Susan R. Werner Reiser, Heidi Kohn, Gregory de Santis, Dolores Daigle, Matthew O'Sullivan, Christopher Schindler, and Stephen Jansen. For more information, go to

<https://portlandago.org/events-1/the-annual-bach-a-thon>.

The concert will be streamed on the chapter's YouTube channel:

<https://www.youtube.com/@portlandoregonago>

Preparing for April 2, 2023

Palm Sunday

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

Isaiah 50:4-9a

Psalm 31:9-16

Matthew 26:14-27:66

Deacon Susan

In Need of Prayers...

<u>NAME</u>	<u>PRAYERS FOR...</u>	<u>CONTACT</u>
Family and friends of Jean Hagestedt	Peace and God's comfort at her death	Staff
Family and friends of Gerald Jensen (India's dad)	Peace and God's comfort at his death	Staff
Rebecca Uecker	Comfort and healing	Rebecca Uecker
Aaron Miller (son)	Comfort and healing	Sue Cahlander & Jan Smith
Carol Means	Comfort and healing	Chaplain India
Doris Larson	Comfort and healing from COVID	Chaplain India
Jim & Julie Aageson	Comfort and healing from COVID	Carol Harker
Janet Vorvick	Comfort and healing from COVID	Chaplain India
Alice Baker (mother)	Healing and recovery following a fall	Karen Mallari
LeaAnn Knapp	Successful medical procedure	LeaAnn Knapp
Nathan Alvis (grandson)	Encouraging test results	Ed & Linda Fransen
Mary Nell Mahler	Thanksgiving for a good outcome from tests	Mary Nell Mahler
People experiencing extreme weather	Endurance, protection, and support	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, Gary Magnuson, Hugh Mason, Carol Means, Doug Morrell, Corky Poppert, Jolie Reyna, 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	
First Lutheran (St. Helens)	Serving with us in the Oregon Synod	Staff
Bethany Lutheran (Warren)		
Masjid An-Noor (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.

Table Talk: White Supremacy in the Christian Church

Tuesday, March 28, 7:00 pm, Fellowship Hall



What happens when white identity comes before Christian faith? At this month's Table Talk, we'll ask the question: "What do we do about white supremacy in the Christian church?" Lest we think we're immune from this discussion, the ELCA is the whitest Christian denomination in the US according to the Pew Research Center. Our own ELCA Pastor Lenny Duncan has written about this issue and even produced a video called "Do Black Churches Matter in the ELCA?" Join Chaplain India in Fellowship Hall at 7:00 pm on **Tuesday, March 28**, to discuss this issue. The following articles from *Sojourners* and *Living Lutheran* will jump-start our discussion. Hope to see you there!

<https://www.livinglutheran.org/2015/06/oh-subtle-ways-racist/>

<https://sojo.net/magazine/july-2022/what-happens-when-white-identity-comes-christian-faith>

Nifty Notters



Join the Nifty Notters on **Saturday, April 1**, and on **Saturday, April 15**, to help make quilts for Lutheran World Relief and for children in local Beaverton families.

We have tasks for people with no sewing skills, as well as those with experience. Bring a lunch and meet in Fellowship Hall anytime between 9:00 am and 2:30 pm. All are welcome and all supplies are provided. If you have any questions, please contact Mary Brown at 503-297-1841.

Serger Help Needed

The unusable tablecloths St. Andrew has been storing have been cut into napkins. We now need help serging edges. If you're willing to help, please contact Pam Jelineo by texting 971-221-2600 or emailing pjelineo@hotmail.com.

Your St. Andrew Staff

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

CLIMATE CORNER:

11 Ways to Green Your Laundry, Part Two

Adapted from an article by Manon Verchot from Treehugger.com, November 2020

Maximize your washer for energy efficiency. If you have a top-loading washing machine from the last century, chances are it uses twice as much water per load than a newer machine. Front-loading washing machines bearing the Energy Star logo typically use between 18 and 25 gallons per load as compared to 40 gallons for older machines. But whether or not you're ready to replace your current machine, there are things you can do to upgrade efficiency. First, wash in cold water. A whopping 90% of energy used for washing clothes goes to heating the water, costing you \$100 or more every year. With more and more detergents specialized for cold water washing, your whites will still get white without the hot or warm water. Next, be sure to wash only full loads of laundry, which ensures that your machine is operating at peak efficiency. If you can't manage to fill 'er up, the "load size selector option" ensures that smaller loads use less water.

Hang clothes to dry. There are upward of 88 million dryers in the US, each emitting more than a ton of carbon dioxide per year! Because dryers use so much energy, skipping it altogether can make a real difference. Why not take advantage of the free solar drying power provided by the sun? In the winter, use a drying rack inside the house. An added bonus is that clothes last longer when you line dry because dryers put wear and tear on clothes as the fabrics rub together. That's where all that lint comes from.



Sometimes solutions to present-day challenges can be found in old technology.

Maximize your dryer. Line-drying doesn't have to be an all or nothing choice. If you're sticking with the dryer for part or all of the time, cleaning the lint filter frequently will increase efficiency and shorten drying time. If your dryer has a moisture sensor, use it. This will automatically reduce the amount of drying time or shut off the machine when it senses that clothes are dry, which reduces wear and tear on your threads and saves lots of energy. A good moisture sensor is the best thing to look for if you're shopping for a new clothes dryer. Need a new dryer? Look for an Energy Star model.

We also recommend ditching the dryer sheets, which can be full of cancer-causing chemicals and neurotoxins such as toluene and styrene. They also break down organic fibers, shortening the life of your fabrics. Instead, toss a sachet of dried organic lavender in the dryer for a healthy, sweet scent. If you're going to be using a dryer, the best option is the heat pump, or condensing dryer. It condenses the moisture out of the dryer air, then reheats it. This design is great because it doesn't require any additional air; it's a closed loop!

Avoid ironing. Not only is ironing a tedious chore, it also consumes energy and can deteriorate fabric. So you probably won't mind if we put the kibosh on this boring activity. Still, no self-respecting environmentalist wants to look ruffled, right? To avoid looking haggard, simply hang clothes up immediately after the wash cycle is complete. The water still in them will work with gravity to pull most wrinkles out. For wrinkle-prone clothing such as linen, cut the final spin cycle, which will leave even more

water in the garments, creating yet more pull. Then fold dry clothes where you want creases to be, and place them under other clothes in your dresser, which will further help to press them.

Head to the laundromat. Commercial washers and dryers tend to be more efficient than domestic versions, so taking your bundle to the neighborhood laundromat may use less energy. If you drop your laundry off for service, ask the cleaner to use green detergents.

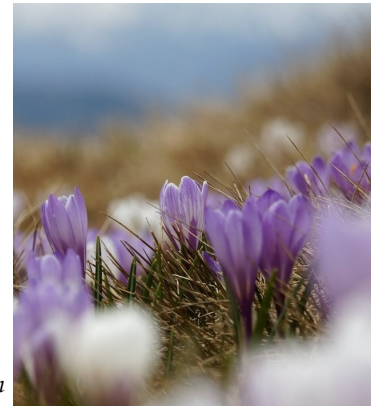
Don't bother with dry cleaning. Conventional dry cleaning is a decidedly un-green process. See the March 12 newsletter Climate Corner article. As you recall from that article, Perchloroethylene, also called PERC is commonly used by dry cleaners, and is toxic to people and the planet. Exposure to PERC has been linked to increased risks of bladder, esophageal, and cervical cancer; eye, nose, throat and skin irritation; and reduced fertility among other effects.

Liz Hardy, Earth Care Team

Spring Song

the green of Jesus
is breaking the ground
and the sweet
smell of delicious Jesus
is opening the house and
the dance of Jesus music
has hold of the air and
the world is turning
in the body of Jesus and
the future is possible

By Louise Clifton



In her short classic poem, American poet Lucille Clifton, 1936-2010, celebrates the heavenly miracle of the season and the earthly miracle of Jesus.

Holy Week Worship

Palm Sunday, April 2

Worship at 9:30 am in the Sanctuary
also available via Zoom and livestream

Maundy Thursday, April 6

Worship at 7:00 pm in the Sanctuary
in person and via Zoom

Good Friday, April 7

Worship at 8:00 pm in the Sanctuary
also available via Zoom and livestream



Easter Sunday

Mark your calendars
for Easter, **April 9**, and
invite friends and
family to join you at
St. Andrew.

GOOD FRIDAY
WORSHIP
8:00pm
EASTER SUNDAY
CELEBRATION
9:00 & 11:00am

Easter Sunday worship is also available electronically. The 9:00 am service will be livestreamed on YouTube and the 11:00 am service will be available via Zoom

Highlights for the Weeks at St. Andrew Lutheran Church

Sunday, March 26

9:30 am	Worship with Communion (also livestreamed on YouTube & via Zoom)	Sanctuary
9:30 am	Portland Taiwan Worship Service	Chapel
10:45 am	Taiwanese Church Fellowship Gathering	Chapel
11:00 am	Adult Education: Pilgrimage	Fellowship Hall

Monday, March 27—Office Closed

Tuesday, March 28

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/Community Carbon Leadership Meeting	Library
7:00 pm	Table Talk with India	Fellowship Hall

Wednesday, March 29—"Weekly News" deadline. Submit material to charker@standrewlutheran.com.

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	St. Andrew Room
7:00 pm	Mid-week Lent Service	Sanctuary and via Zoom
7:30 pm	Sanctuary Choir Rehearsal	Sanctuary

Thursday, March 30

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

Friday, March 31

10:00 am	Tai Chi	Fellowship Hall
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Saturday, April 1

9:00 am	Nifty Notters	Fellowship Hall
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Sunday, April 2

9:30 am	Palm Sunday Worship with Communion (also livestreamed on YouTube & via Zoom)	Fellowship Hall / Sanctuary
9:30 am	Portland Taiwan Worship Service	Chapel
10:30 am	Bread for the World Offering of Letters	Fellowship Hall

CALENDAR NOTE:

St. Andrew will have no youth education classes (The Roots, Confirmation, and High School Group) on **Sunday, March 26**, and **Sunday, April 2**, so families are free to...



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.