

# ST. ANDREW WEEKLY NEWS

February 18, 2024

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

Worship Service:  
Sunday, 9:30 am

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

## Supper Group Signups!

We have so many versions of “supper groups” we might need a new title for an activity St. Andrew people have enjoyed for more than 30 years! Whatever we call it, it’s time to sign up for 2024 – for dining either in homes or restaurants.



Food and fellowship just go together naturally. Sign up to join a Supper Group now!

The sign up sheet in the Narthex provides room to indicate your requests for either dining in homes or at restaurants. You can also request a ride if you need transportation. Please note that if you just want to try out a group but don’t want to commit for 12 months, sign up anyway; you can always change your mind. If you prefer, you can also email the same information to Sharon Fako at [sfako24@comcast.net](mailto:sfako24@comcast.net).

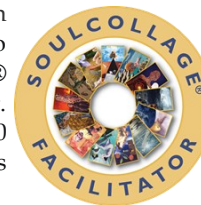
Sometime in March you’ll learn about your dining group and be able to begin getting to know people better around the table! We try to keep groups small so conversations can be heard.

Dining out can be fun and adventuresome. Many of our people know great places that others have never experienced. Dinners in homes, on the other hand, allow a longer time to visit and offer a less noisy background than a restaurant can promise.

This activity is for all ages. Sign up soon!

## SoulCollage® During Lent

Lent is a time of contemplation and reflection and SoulCollage® is the perfect medium to do some of that work. Sister India, SoulCollage® facilitator, will be hosting a gathering at St. Andrew on **Saturday, March 9**, 10:00 am-1:00 pm, to explore the themes of repentance, God’s grace, prayer, and fasting.



You will make a collage from pictures on 8 x 5” cards and learn to “read” the card to discover your inner reflections. It is a spiritual, meaningful practice for many and you can learn a lot about yourself! Don’t worry if you are not a skilled artist. This is a place where we can join in community and learn about ourselves and each other. If you have questions, contact Sister India at [india@standrewlutheran.com](mailto:india@standrewlutheran.com) or 503-860-5377.

## The Labyrinth on Holy Saturday

On **Holy Saturday, March 30**, from 10:00 am-1:00 pm, St. Andrew will again host Westminster Presbyterian’s labyrinth. We will gather to reflect on the time before our Lord rose on Easter Sunday. Calming music will facilitate your meditation. Please bring writing materials for journaling if that would be useful for reflection. Questions? Please contact Sister India.

## Lenten Food Train on Track to Begin Journey

The engine is revved up and ready to begin hauling boxcars of food and hygiene products destined for the St. Matthew Food Bank. Beginning **Sunday, February 18**, and continuing through Lent, we hope to fill multiple boxes to feed the hungry and help the needy in our community.



Let's fill those boxcars!

The train will begin in the Narthex and as we add boxcars it will wind its way around the church. Please bring non-perishable food items (such as canned corn, spaghetti and spaghetti sauce, sugar, rice, and beans) as well as hygiene products (shampoo, toothbrushes, toothpaste, and deodorant) to fill the boxcars.

If you prefer to donate money, you may write a check with Lenten Food Drive on the memo line or go [online](#) and select Lenten Food Drive from the drop-down menu to make your gift electronically. Every \$250 donated will add a new boxcar to the train.

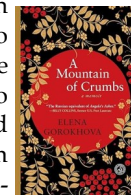
With inflation continuing to impact people’s ability to purchase daily necessities, this is a critical time for those in need around us. Your donations will make a big difference. *Get on board and let’s see where this train will take us!*

## New Adult Education Classes

At 11:00 am this Sunday, two new adult education classes begin. Join Kyler Vogt in Fellowship Hall for “Exile 101: Written in Babylon.” As Kyler notes, “The time of Babylonian exile is one of the most influential eras in Christian history – yet no Christians were involved!” Learn more in Kyler’s class. Meanwhile, in the St. Andrew Room, Janet Vorvick, Peggy Thompson, and Joanne Zenger are teaming up for “The Theology and Poetry of Our Hymns.” Enrich your appreciation of our hymns in this class.

## Spirituality Book Group

The Spirituality Book Group will meet at Susan Reiser’s home on **Sunday, February 18**, at 3:00 pm to discuss Elena Gorokhova’s *A Mountain of Crumbs*. The book “is the moving story of a Soviet girl who discovers the truths adults are hiding from her and the lies her homeland lives by.” [description from Amazon] All are welcome. Contact Mary Smith (503-332-9732) for more information.



### Future Reading

- |                       |  |                                       |
|-----------------------|--|---------------------------------------|
| <b>March 17:</b>      | <i>The Leavers</i> , by Lisa Ko                  |                                       |
| <b>Hostess:</b>       | Dianne Zupunski                                  | <b>Discussion Leader:</b> Sharon Fako |
| <b>April 14:</b>      | <i>A Book for the Time Being</i> , by Ruth Ozeki |                                       |
| <b>Hostess:</b>       | Sharon Fako                                      | <b>Discussion Leader:</b> Mary Smith  |
| <b>May</b> (date TBA) | <i>We Have Always Been Here</i> , by Samra Habib |                                       |
| <b>Hostess:</b>       | TBA  | <b>Discussion Leader:</b> Elaine May  |

## Lentils Are Good For You and the Planet

*Adapted from Francesca Brooking's April 26, 2022 article in pebblemag.com*

As we all know by now, food production is one of the biggest contributors to the climate crisis. Of course, we all need to eat. Plant-based diets create a fraction of greenhouse gases as compared to meat-based diets, especially those heavy in beef and lamb. And the humble lentil can be part of the solution.

**The problem with our food system:** A report written by Environmental Scientist Duncan Williamson in 2022 found that the key issue is our reliance on dairy and livestock. This is because:

- 45% of emissions come from the production of animal feed;
- World meat consumption is expected to double by 2050, while the population is expected to hit 9.7 billion;
- Eating poultry, pork, and dairy regularly can have a serious impact on the environment – it's not just red meat.

Williamson says it's hard to measure the greenhouse gas emissions footprint of a food product due to differences in production systems such as location, weather, species, and whether or not the food is endemic. Take beef, for example. A cow reared on natural grassland has a lower carbon footprint than a cow reared on cleared grassland, which in turn has a lower footprint than raising grain-fed cows. As far as location goes, Brazil, one of the largest exporters of beef in the world, has cleared huge areas of land including rainforest and savannas to make room for growing food for cattle and rearing cows. Deforestation is one of the biggest drivers of climate change. This is not sustainable.

**What is the solution?** A whole food, plant-based diet. This is more effective than thinking about how far your groceries traveled to get to you or opting for organic and grass-fed meat and dairy over non-organic grain-fed animals. Duncan Williamson's findings suggest that if everyone shifted away from meat and dairy, we would reduce global land use by 75%, benefiting biodiversity, reducing deforestation, and mitigating the warming climate. It would also free up crops currently feeding livestock to be used for human consumption instead.

**Have you heard of the climatarian diet?** Neither had I. Rather than focusing on your health, it focuses on Earth's health. It means eating plant-based food as close to its natural form (not highly processed) as possible, and involves eating more vegetables and pulses such as lentils and dried beans, and a significantly reduced amount of meat and dairy. It also emphasizes locally grown food. Whole foods like lentils are also better for both you and the planet than ultra-processed plant-based meat alternatives.

**The humble lentil:** Lentils are a nutrient-rich food that is great for your health as they have high amounts of carbohydrates and fiber. We underestimate the importance of fiber, which supports a healthy gut microbiome and decreases the risk of type 2 diabetes. Lentils have a higher amount of protein than beans. They are high in B vitamins, magnesium, zinc, folate, iron, and potassium. Phytochemicals in lentils reduce the risk of heart disease.



Lentils are budget-friendly, satiating, and versatile. They are easy to prepare, delicious and take less time to cook than dried beans. Not only are lentils good for you and the planet, they improve the physical property of soils through a process called nitrogen fixation. This helps give subsequent crops a higher yield and may help the soil become a better carbon sink.

*Liz Hardy, Earth Care Team*

## Observing and Celebrating

# LENT WITH ST. ANDREW

Midweek Lenten Services 7 pm

Feb 21: What Is Lament? (Pr. Randy Sinn)

Feb 28: "Little" Laments (Allison Katsufrakis)

Mar 6: Laments from the Depths (Steve Christiansen)

Mar 13: Individual Lament (Janet Vorvick)

Mar 20: Communal Lament (Mary Smith)

March 24, 2024 - Palm Sunday

Service at 9:30 am

March 28, 2024 - Maundy Thursday

Service at 7 pm

March 29, 2024 - Good Friday

Service at 8 pm

March 31, 2024 - Easter Sunday

Service at 9:30 am

## March Game Day

Join the Connections Team for the next game gathering on **Saturday, March 2**, from 4:00-6:00 pm in Fellowship Hall. With the new year, the MACG Core Team has changed its name (from the difficult-to-recall Metropolitan Alliance for Common Good) to the Connections Team so as to more closely describe its purpose of creating space for mutual connections among the people of St. Andrew.

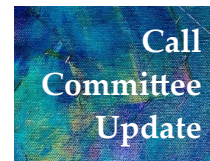


We'll have some games available for you to choose from, but feel free to bring a favorite from home. Bring a snack to share if you like and, if you're able, consider bringing something to donate to the Lenten Food Train to support St. Matthew's Food Pantry.

Whether you're newer to the St. Andrew community or a long-time member, this is a great way to connect with others in a fun and low-pressure atmosphere.

Any questions? Contact any member of the Connections Team: Gretchen Bancroft, Larry Bliesner, Pat Christiansen, Lynn Santelmann, or Jan Smith.

## We Have Candidates!



On Monday, February 5, Pastor Melissa Reed, Bishop's Associate for Vital Leadership and Sacred Organizing, presented the Call Committee with the Rostered Ministry Profiles of several potential candidates for St. Andrew's Lead Pastor position. Some of these candidates are currently serving a call, so the exact details about the candidates must remain confidential. The candidates were selected by Pastor Reed based on their personalities, skills, gifts, and interest in St. Andrew.

A Rostered Ministry Profile is much like the St. Andrew Ministry Site Profile. Completed by the candidate, it contains personal information, competencies, reflections on ministry, references, and candidate commentary. Over the next two weeks, Call Committee members will thoroughly review these profiles. We will then begin arranging for candidates to participate in an initial Zoom interview with the Call Committee. We expect that these initial interviews will be completed by the end of March.

To learn more about the Call Process, check out the updated Call Process poster in the Narthex, or ask a member of the Call Committee. Finally, please continue to hold the Call Committee, pastoral candidates, and the process in your prayers.

The Call Committee  
*Steve Christiansen, Allison Katsufakis, Mike McDowall,  
Amy McQueen, Tom Mehlhorn, Jan Smith,  
Mary Smith, LuAnn Staul.*

## Nourishing Conversations

"Nutrition" is defined by its macronutrients: protein, carbohydrates, and fat. According to Harvard professor, Arthur C. Brooks, PhD, "happiness" is also defined by three macronutrients: enjoyment, satisfaction, and purpose, and is supported by four pillars: Faith, Family, Friends, and Work.

By definition, we far exceeded those criteria with the Nourishing Conversations Monday night program that introduced plant-based eating through sharing meals, recipes, and conversation with others.

I am overwhelmed with gratitude for all who participated and expressed their interest in the program. I went into it hoping for a few people to gather. Participation grew week over week and ended with 28 in attendance on our final night. Amazing. And through your generous donations, we have made a contribution to the Lenten Food Drive of \$233.



*Plant-based eating can improve our health and our environment.*

I look forward to continuing the program in the spring and welcome your thoughts on how to grow and improve. Thank you once again. You all made me very happy, indeed.

*Tira Nessel, Parish Nurse*

## A Little History of Lent

"Ash Wednesday dates back to the 11th century, according to the [Vatican](#), but the tradition of marking one's forehead with ashes is rooted in the ancient Hebrew custom of 'clothing oneself in sackcloth and dusting oneself with ashes as a sign of penance,' according to [Hallow](#), an app for Catholic prayer and meditation."

Excerpted from *USA Today*

## Holy Faces



What do you see when you reconnect with a long-time friend, commiserate with a relative struggling with a scary diagnosis, or celebrate with a young person filled with hope and energy? Julie Aageson sees a holy light channeled through those faces and often finds herself even more closely connected to God in the reflection of that light.

In her new book, *Holy Faces*, Julie honors several holy faces, including some from St. Andrew.

According to Martha E. Stortz, professor emerita of religion at Augsburg University, "*Holy Faces* works like an interactive portrait gallery where spectators not only view works but engage with them. Images accompany rich verbal portraits, and reflective questions invite viewers to look outside the canvas and see similar subjects in their own experience. With an artist's eye, Julie Aageson attends to the holy light in faces, even the more tragic ones."

Copies of the book are available online through the publisher ([wipfandstock.com](http://wipfandstock.com)) and other booksellers.

## New Episode of the Andy's Room Podcast

Thank you to everyone who has been tuning in to the Andy's Room Podcast! On this week's episode, my guest is Lindsey Trowbridge. Lindsey's family has been at St. Andrew for less than a year, and they've never tried being Lutheran before. Tune in to this episode to learn about Lindsey and her family, how folks like them are finding their way to St. Andrew, and what it's like for new members of our church family who come from different Christian backgrounds. We hope you enjoy the episode, and that you share it with your friends!

Remember you can access all podcast episodes from the church website ([www.standrewlutheran.com](http://www.standrewlutheran.com)). Scroll down a bit to our "In the Spotlight" section and click on the [red link](#), "Listen to Andy's Room." On the page that pops up, you'll see links to all the podcasts, with descriptions about the content.

*Kyler Vogt, Director of Next Generation Ministry*

## Aageson Class Recordings

Recordings of Jim Aageson's highly popular adult education class, "A Christian Thinks about Jews and Judaism: Anti-Semitism and the Land of Israel," is now available [online](#). Simply enter the password "HolyLand" to view all five sessions of Jim's class. As he notes in the course description, "Christianity emerged out of first-century Jewish soil and kept the Jewish Bible as part of its sacred library, now understood as the Old Testament. These five sessions . . . focus on two issues that are of both ancient and contemporary concern: Anti-Semitism and the conflicted land of Israel, sometimes called the Holy Land."



That land has been the setting for great violence over the centuries and, as Jim says, "with the end of WWII and the birth of the modern state of Israel, a new chapter of the land of Israel began. It is a complicated story and one that involves Christians and the United States at every turn. How might Christians, American Christians in particular, think about the conflicts in this part of the world?"

## In Need of Prayers...

<u>NAME</u>	<u>PRAYERS FOR...</u>	<u>CONTACT</u>
Family and friends of Chris Entrikin	Peace and God's comfort at his death	Jerry Entrikin
Brenda (daughter) and daughters (grandchildren)	Comfort and God's peace at the death of their husband/father	Jim & Teri Brosh
Hal Douglas	Healing and recovery	Jeannine Douglas
Ken Reese	Healing and successful recovery from surgery	Carolyn Teifel
Jorja Warninghoff (granddaughter)	Successful surgery	Dick & Francine Cach
Alex Vischer	Accurate diagnosis, healing, and recovery	Pastor Laurie Newman
Sandi Beavers	Proper diagnosis and good results	Sandi Beavers
Amy Fiegenbaum	Comfort and strength	Sister India
Bettye Eldridge	Comfort and peace	Sister India
Darryl Eldridge	Comfort, peace, and well-being	Sister India
Kim Brown (friend)	Peace and healing	Lynn Santelmann
Rhonda Powell	God's comfort and relief from pain	Carol Harker
Individual friends and loved ones	Whatever they need	Staff
Those confined to their homes	Assurance of God's presence	Staff
	Dave Bumgradner, Jean Fredrickson, Tara Harper, Marlene Maxwell, Dorothy Moore, Jan Morrell, Anne Newell, Ethel Ritchey, Helen Rogers, Sharon Roth	
St. Andrew Call Committee	Wisdom and discernment	Staff
All who are imprisoned	Peace and strength	Staff
All those who are caregivers for a loved one	Strength and support	Staff
Ecumenical Ministries of Oregon	Blessings on their ministry	Staff
Holy Trinity Catholic Church		
Calvary (Hillsboro)	Serving with us in the Oregon Synod	Staff
Community of Christ Church (Hillsboro)		
Trinity (McMinnville)		
Ecumenical and interfaith partners in ministry	Blessings on their work	Staff

## Spiritual Resources



St. Andrew's theme for Lent this year is "Holy Lamentations," and what do we lament more than the state of Earth and its ability to sustain life? It can be tempting to throw up our hands and descend into despair. But, that isn't helpful. Instead, God calls us to put our love into action and do something. The Communications Team has selected SALT's Climate + Faith devotional to share with the congregation this Lenten season. Week by week through these 40 days, the devotional guides us through the science, language, appropriate scriptures, and steps we can take to create our own custom-made, solution-oriented action plan.

If you'd rather focus on the "Historical Jesus" during Lent, check out John Dominic Crossan's asynchronous visual lecture series, which is offered 100 percent online – meaning that registrants can participate fully in both the presentations and livestream question and answer sessions without being present at any specific time. Watch a preview of the class and register at [www.crossanclass.com](http://www.crossanclass.com). The course is donation-based, but no contribution is required to take part.



**Historical Jesus with John Dominic Crossan—description and link**  
<https://homebrewedchristianity.lpages.co/the-historical-jesus-info-page/>

## Youth Gathering Update

Our group of teens and chaperones is officially registered for the 2024 ELCA Youth Gathering in New Orleans! We have eight youth attending, six boys and two girls, currently in 8th-12th grade. We will have three adults attending as well, with Clay and Debi Gustafson joining me as trip leaders. We have a good start already on raising funds for the trip, but we will need the support of the congregation to make it possible! Keep an eye out over the next few weeks for fundraising opportunities.

*Kyler Vogt*

## Organ Recital

Eric Simmons will play a recital of old and new organ works on our Paul Fritts organ at 3:00 pm on **Sunday, March 10**. Please save the date. The recital is free and open to the public and will be in-person only.

## Your St. Andrew Staff

Council President Liz Hardy .....president@standrewlutheran.com, 360-632-4900  
 Interim Pastor Laurie Newman..... laurienewman@standrewlutheran.com  
 Sister India Jensen Kerr .....india@standrewlutheran.com  
 Deacon Susan Reiser, Parish Musician and  
 Interim Minister of Music..... srwerner.reiser@standrewlutheran.com  
 Interim Keyboardist Lindsey Lane.....503-646-0629  
 Dir. of Next Generational Ministry Kyler Vogt..... kvogt@standrewlutheran.com  
 Parish Manager Carol Harker..... charker@standrewlutheran.com  
 Administrative Assistant Rhonda Powell ..... office@standrewlutheran.com  
 Bookkeeper Karen Mallari ..... bookkeeper@standrewlutheran.com  
 Housekeeper Carol Hogan.....503-646-0629  
 Evening Facility Caretaker Martin Mills .....503-646-0629  
 Parish Nurses Diane Reiner .....503-201-4222  
 Tira Nessel.....503-866-5099

## Preparing for Worship

**Second Sunday in Lent**  
**Sunday, February 25, 2024**

Genesis 17:1-7, 15-16  
 Romans 4:13-25  
 Mark 8:31-38

## Highlights for the Week at St. Andrew

### Sunday, February 18

<b>9:30 am</b>	<b>In-Person Worship with Communion (also livestreamed and via Zoom)</b> .....	<b>Sanctuary</b>
9:30 am	Portland Taiwan Worship Service .....	Chapel
10:45 am	Taiwan Lutheran Fellowship Gathering .....	Chapel
11:00 am	Adult Ed: Exile 101: Written in Babylon .....	Fellowship Hall
11:00 am	Adult Ed: The Theology and Poetry of Our Hymns .....	St. Andrew Room
11:00 am	Confirmation for Middle School Youth .....	Library
11:00 am	High School Youth Group .....	Youth Room
11:00 am	The Roots .....	Children's Commons, Children's Library, LL Classrooms
3:00 pm	Spirituality Book Group .....	Offsite

### Monday, February 19—Church Office Closed

11:00 am	Julian Mackey Memorial .....	Chapel
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### Tuesday, February 20

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
10:00 am	Worship Planners Meeting .....	Library
12:00 pm	Bridge Group .....	Fellowship Hall
6:30 pm	Scout Troop 198 .....	Children's Commons
7:00 pm	Brass Quintet Rehearsal .....	Sanctuary

### Wednesday, February 21—Weekly News deadline is 4:00 pm; submit material to [office@standrewlutheran.com](mailto:office@standrewlutheran.com) and [charker@standrewlutheran.com](mailto:charker@standrewlutheran.com).

9:30 am	Essential Balance Fitness .....	Fellowship Hall
1:00 pm	Nominating Committee Meeting .....	Library
1:00 pm	Wednesday Book Group with Sister India .....	St. Andrew Room
6:00 pm	Bells of Grace Rehearsal .....	Sanctuary
7:00 pm	Mid-Week Lent Service .....	Sanctuary
7:30 pm	Sanctuary Choir Rehearsal .....	Sanctuary

### Thursday, February 22

9:30 am	Seekers of the Heart of God Bible Study .....	St. Andrew Room
10:00 am	Strength and Stability with Susanne .....	Fellowship Hall
12:00 pm	Team Ministry Full-Staff Meeting .....	Chapel & Library
6:30 pm	Wing Chun Class .....	Children's Commons
7:00 pm	IT Meeting .....	Offsite

### Friday, February 23

10:00 am	Tai Chi .....	Fellowship Hall
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### Saturday, February 24


11:00 am	Brass Quintet Rehearsal .....	Sanctuary
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### Sunday, February 25

<b>9:30 am</b>	<b>In-Person Worship with Communion (also livestreamed and via Zoom)</b> .....	<b>Sanctuary</b>
9:30 am	Portland Taiwan Worship Service .....	Chapel
10:45 am	Taiwan Lutheran Fellowship Gathering .....	Chapel
11:00 am	Adult Ed: Exile 101: Written in Babylon .....	Fellowship Hall
11:00 am	Adult Ed: The Theology and Poetry of Our Hymns .....	St. Andrew Room
11:00 am	Confirmation for Middle School Youth .....	Library
11:00 am	High School Youth Group .....	Youth Room
11:00 am	The Roots .....	Children's Commons, Children's Library, LL Classrooms
1:00 pm	Twirler Meeting and Practice .....	St. Andrew Room, Fellowship Hall

### Worship at St. Andrew or Connect to Virtual

 **YouTube** **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.*

 **zoom** People participating in worship via Zoom are invited to join worship at 9:30 am. To participate via Zoom, you may use a computer, smartphone, or tablet. Please note that Zoom worship is only available at 9:30 am.



## Cedar Hills Caregiver Support Group

### Presented by:

### Alzheimer's Association

### Oregon & Southwest Washington

Every fourth Wednesday of the month  
11 a.m. - 12:30 p.m.

St. Andrew Lutheran Church

St Andrew Room

12405 SW Butner Rd, Beaverton, OR 97005

Register at

800.272.3099

Visit [alz.org/orswwa](http://alz.org/orswwa) to learn more about caregiver programs and resources. To further extend your network of support, visit ALZ connected®, our online community, at [alzconnected.org](http://alzconnected.org).

### Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.