

ST. ANDREW WEEKLY NEWS

February 11, 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

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 Katsufarakis, Mike McDowall,
Amy McQueen, Tom Mehlhorn, Jan Smith,
Mary Smith, LuAnn Staul.*

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.

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. You can also email the same information to Sharon Fako at sfako24@comcast.net.



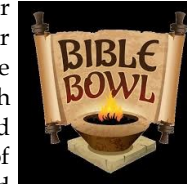
Sometime in March you'll learn about your dining group and be able to begin getting to know people better around the table! We try to keep groups small so conversations can be heard.

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!

Super Bible Bowl: It's Finally Here!

Sunday is the big day for this year's Super Bible Bowl. Held each year on or about Super Bowl Sunday, this friendly competition pits the confirmation students against the church council in a battle of wits, memory, and reaction time. The game is a combination of Jeopardy, Who Wants to Be a Millionaire, and the SAT tests. Come and play along as participants answer questions from the New Testament and Lutheran vocabulary. A traveling trophy will be awarded to the team that finishes the game with the most points, as calculated by some of our high school students. Pick up your coffee and head to Fellowship Hall by 11:00 am to join in the fun!



Welcome, Martin Mills

If you see a young man becoming acquainted with our building this coming week, please welcome Martin Mills, our new Evening Facility Caretaker. Once he's familiar with the systems and security issues at St. Andrew, Martin will work Monday-Friday, 7:00-9:00 pm. He'll welcome people using our facilities in the evening, provide setup for meetings and events, handle some housekeeping and maintenance duties, and oversee security. We are so pleased to have Martin on staff.

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 Sanctuary 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](#) beginning next week to select Lenten Food Drive from the drop-down menu, and 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!**

Plant-Based Meals

The four Nourishing Conversation meals hosted by Parish Nurse Tira Nasset are now finished and they were a smashing success! Each week saw an increased number of us attending. Tira taught us about the many health benefits derived from eating a plant-based diet. We learned that the benefits of eating less meat, or better yet, giving it up completely, include decreased risk of

- heart disease,
- stroke,
- obesity,
- high blood pressure,
- high cholesterol,
- type 2 diabetes,
- dementia/ Alzheimer's, and
- many cancers, especially colon cancer.

In addition, plant-derived food increases the amount of fiber you get, which also reduces the above risks.



Prioritizing plant-based eating can improve both our health and our environment.

There is a (new to me) diet called a Flexitarian diet. It means your meals are *mostly* plants: vegetables, whole grains, and fruits. Beans, seeds, and nuts are also included. Fill two-thirds of your plate with these plant-based foods. The remaining one-third should be a lean protein like chicken or fish, or a plant protein like tofu or beans. And don't have meat with every meal, just a few times a week.

Tira also mentioned that plant-based diets help fight the climate crisis we now find ourselves in. Eating lower down the food chain produces fewer heat-trapping greenhouse gases, especially methane. We humans raise 30 billion land animals to consume annually and emissions from that livestock account for 14% of total global heat-trapping gas emissions each year. These greenhouse gases come from deforestation (to create more space to grow the food for livestock animals), the production of animal feed and fertilizers, cow burps and farts, and the packaging and refrigerated transportation of the meat to our local grocery stores. Cows create by far the most methane with their burps and farts and steaming poop; half of the greenhouse gas emitted by beef production is methane. Methane is 80 times more potent over a 20-year period than carbon as a greenhouse gas.

Per kilogram, beef produces the most greenhouse gases; 100 kilograms for each kilogram of beef produced! Yikes, that's a lot! By comparison, chicken produces 10 kilograms of greenhouse gases for each kilogram of chicken produced, eggs produce 5 kilograms, and most fruits and vegetables are near or below 1 kilogram. If animal agriculture were its own country, it would rank number 3 for annual heat-trapping gas emission, behind China and the USA!

In countries like ours where people eat a lot of industrially produced meat, a plant-rich diet is one of the most impactful steps we can take as individuals to reduce our personal emissions. Eating less meat means fewer animals belching methane, and it also saves us money and improves our health.

If we must eat beef, not only can we eat it less often, but we can buy it from a local farm. Think farmers' markets or a butcher shop. Free-range grazing is more humane, sequesters carbon in the soil, and promotes animal health.

Liz Hardy
Earth Care Team

Observing and Celebrating

LENT WITH ST. ANDREW

February 14, 2024 -Ash Wednesday

Services at Noon and 7 pm

Midweek Lenten Services 7 pm

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

Feb 28: "Little" Laments (Allison Katsuftrakis)

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

Holy Lament: Midweek Worship Series

St. Andrew's 7:00 pm worship service on Ash Wednesday will be available via Zoom and livestream. You'll find the links necessary in this week's Friday email.

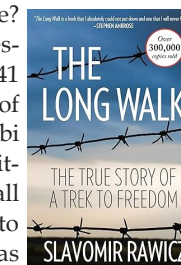
Then we begin a series of midweek worship services exploring the various kinds of lament found in scripture. See the information above for each week's meditation topic and presenter.

Men's Book Club

Gary Link is hosting the Men's Book Club in the St. Andrew Library at 7:00 pm on **Monday, February 12**, when the discussion will focus on Slavomir Rawicz's *The Long Walk*.

What would you be willing to do to live free?

This is the story of seven prisoners who escaped a Soviet labor camp in Yakutsk in 1941 and then proceeded to march thousands of miles out of Siberia, through China, the Gobi Desert, Tibet, and over the Himalayas to British India. *The Long Walk* is a memorial to all those who live and die for freedom. "I had to tell my story as a warning to the living, and as a moral judgment for the greater good," wrote the author in 1993.



At its next meeting on **Monday, March 11**, the Men's Book Club will take up Colson Whitehead's *Harlem Shuffle*, "a family saga masquerading as a crime novel, a hilarious morality play, a social novel about race and power, and ultimately a love letter to Harlem." [Amazon description]

The Labyrinth Experience

Have you walked the Labyrinth?

Linda Dodds, our Labyrinth expert, is looking for a volunteer or two, to help continue this ministry more regularly at St. Andrew. If you are interested in the opportunity, please contact Pr. Laurie at laurienewman@standrewlutheran.com.

What is a Labyrinth?

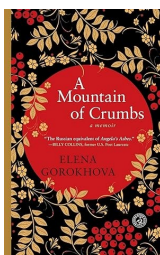
- The labyrinth is an ancient tool for reflection on one's life and one's spiritual journey. The earliest labyrinth still in existence is on the island of Crete and was built around 2500 BC. The labyrinth at Saint Mark is patterned after the one built at Chartres Cathedral near Paris, France around 1200 A.D.
- The labyrinth is a pattern that creates "sacred space." It can be found in almost every religious tradition. To walk the labyrinth is to experience a time of healing, clarity, and transformation.
- The labyrinth is not a maze. A maze has multiple paths and a myriad of choices, most of which lead nowhere. A labyrinth has a single path. With no choices or intersections, the path leads you to the center.



Why Walk a Labyrinth?

- The labyrinth is an active way of praying. It uses our whole selves—our minds, bodies, and spirits—and invites our imagination, intuition, and creativity into prayer. Walking the labyrinth helps to integrate and balance all parts of ourselves.
- The path of the labyrinth imitates the journey of our lives, with their many twists and turns and returns, and always brings us "home" to the center of our being, to the heart of God.
- The labyrinth introduces us to the idea of a wide and gracious path to God, one that is horizontal instead of vertical, where there is room for error and forgiveness, and where we are all walking together.
- Walking the labyrinth may bring you peace, comfort, clarity, or relief from stress. It may offer a sense of closeness to God, or new insights and perspectives on problems or questions in your life.
- Walking the labyrinth may bring you a greater sense of connection and community with your fellow travelers, with the earth, the universe, and with God, the creator, redeemer and sustainer of all.

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." [Amazon description]

All are welcome. Contact Mary Smith (503-332-9732) for more information.

Future Reading

March 17:

Hostess: Dianne Zupunski
Discussion Leader: Sharon Fako

The Leavers, by Lisa Ko

April 14:

Hostess: Sharon Fako
Discussion Leader: Mary Smith

A Book for the Time Being, by Ruth Ozeki

May (date TBA)

Hostess: TBA
Discussion Leader: Elaine May

We Have Always Been Here, by Samra Habib

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?"

Learn the 10 Early Signs of Alzheimer's and Dementia

If you notice them, don't ignore them.

Schedule a doctor's appointment.

Call our 24/7 Helpline.



24/7 Helpline: 800.272.3900 | alz.org/orswa | ALZHEIMER'S ASSOCIATION

In Need of Prayers...

<u>NAME</u>	<u>PRAYERS FOR...</u>	<u>CONTACT</u>
Family and friends of Loretta Stroud	Peace and God's comfort at her death	Sister India
Family and friends of Nick Ferraro	Peace and God's comfort at his death	Gretchen Bancroft
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
David Bumgardner	Healing, comfort and strength	David Bumgardner
Gary Oran (brother)	Healing and comfort	Peggy Thompson
Chris Entrikin (son)	Healing, comfort and effective medical treatment	Jerry Entrikin
Libby Calhoun	Thanksgiving for effective treatment	Susan Reiser
Individual friends and loved ones	Whatever they need	Staff
St. Andrew Council Executive Committee Call Committee Staff	Wisdom and discernment	Staff
Sister India Jensen Kerr and all theology students, as well as all seminarians	Encouragement and support	Staff
All those who are caregivers for a loved one	Strength and support	Staff
St. Andrew Foundation	Blessings on their ministry	Staff
Taiwan Lutheran Church (Beaverton) Emanuel Lutheran Church (Cornelius)	Serving with us in the Oregon Synod	Staff
Ecumenical and interfaith partners in ministry	Blessings on their work	Staff

If you know someone in need of prayers, please contact the church office by phone at 503-646-0629, email office@standrewlutheran.com, or fill out the prayer request form on the church website.

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. The course is donation-based, but no contribution is required to take part.



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 Nasset.....	503-866-5099

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.



Lenten Kits Available

Bags including ashes for Ash Wednesday, instructions for their use, and copies of the Climate + Faith Lenten devotional are available to be picked up in the Narthex. On Ash Wednesday, we remember that we are broken, have sinned, and are mortal — but still God loves us without exception or condition.



"Remember you are dust, and to dust you shall return."
GENESIS 3:19

Preparing for Worship

First Sunday in Lent
Sunday, February 18, 2024

Genesis 9:8-17
1 Peter 3:18-22
Mark 1:9-15

Highlights for the Week at St. Andrew

Sunday, February 11

9:30 am	In-Person Worship with Communion (also livestreamed and via Zoom)	Sanctuary
9:30 am	Portland Taiwan Worship Service	Chapel
10:45 am	Taiwan Lutheran Fellowship Gathering	Chapel
11:00 am	Super Bible Bowl: Confirmands vs. Congregational Council	Fellowship Hall
1:00 pm	Twirler Practice and Meeting	St. Andrew Room & Fellowship Hall

Monday, February 12—Church Office Closed

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

Tuesday, February 13

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)
9:00 am	Facility Management Team Meeting	St. Andrew Room
10:00 am	Tai Chi	Fellowship Hall
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 14—Weekly News deadline is 4:00 pm; submit material to office@standrewlutheran.com and charker@standrewlutheran.com.

12:00 pm	Ash Wednesday Worship Service	Sanctuary
1:00 pm	Sanctuary Team Meeting	Library
1:00 pm	Wednesday Book Group with Sister India	St. Andrew Room
7:00 pm	Ash Wednesday Worship Service	Sanctuary

Thursday, February 15

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 Meeting	Chapel & Library
6:30 pm	Wing Chun Class	Children's Commons
7:00 pm	Council Meeting	Fellowship Hall, via Zoom

Friday, February 16

10:00 am	Tai Chi	Fellowship Hall
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Saturday, February 17

9:00 am	Nifty Notters	Fellowship Hall
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Sunday, February 18

9:30 am	In-Person Worship with Communion (also livestreamed and via Zoom)	Sanctuary
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 (will be recorded and posted online)	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

Finding Andy's Room Podcasts

For anyone who hasn't heard the podcasts that Director of Next Generational Ministry Kyler Vogt has produced, be assured that they are saved and easy to find—even if you have never before listened to a podcast. Simply go to the church website (www.standrewlutheran.com), scroll down a bit to "In the Spotlight" 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. Expect new podcasts to be released on alternate Fridays, with the next becoming available on **Friday, February 16**.

Giving Statements

Financial Secretaries sent out giving statements this week for the 2023 calendar year. If you contributed to St. Andrew last year and did not receive an email from the church, please contact

financial_secretary@standrewlutheran.com.

If you prefer to receive your giving statement mailed to your home address, please contact the church office. Mailed statements will be postmarked weekly.

Thank you, everyone, for your ongoing support of St. Andrew ministries!

Worship at St. Andrew or Connect to Virtual



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 may use a computer, smartphone, or tablet. Please note that Zoom worship is only available at 9:30 am.

Highlights from the Finance Team as of December 31st, 2023

Fiscal Year 2023-2024, Report Date 01/23/2024

Thank you for your continued support for the ministries of St Andrew.

M&M Giving is 101% of FYTD budget and 105% of monthly budget.

Expenses are 91% of FYTD budget.

Principal-Only Payment for Mortgage: \$3,000 was paid this month.

Monthly Attendance & Giving

Date	In Person	YouTube	Zoom / Call In	Total Service Attendance	M&M Fund Monthly Total	Mortgage Fund Offering
Sunday Average	153	148	no data	271		
Monthly Total	767*	590**	no data	1357	\$ 51,586	\$ 33,494

*for five Sundays; **for four Sundays To Meet Budget \$ 49,357 \$ 5,013

105%

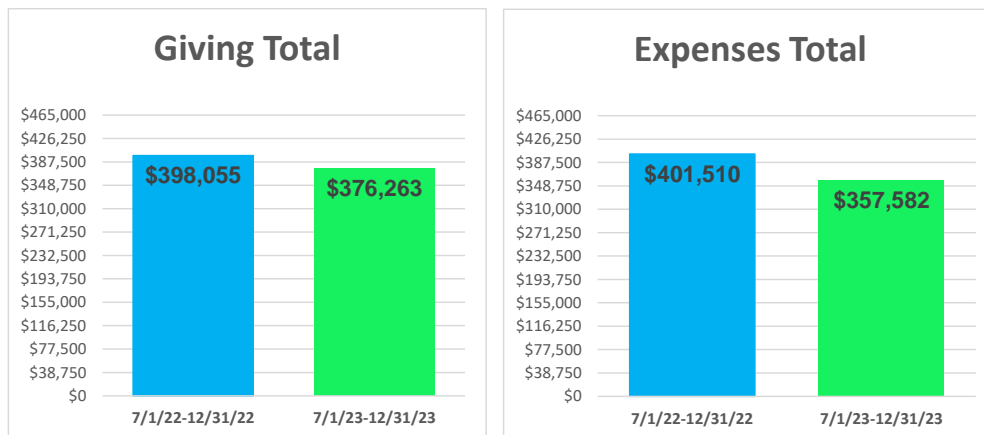
3 Main Funds: Current Status

Ministry & Mission (M&M) Fund (AKA "Operating Budget")	FYTD Budget	Actual		The M & M Fund supports the general operations of the church, including worship, education, and office supplies; property maintenance; synod benevolence; staff; and utilities.
		FYTD \$	% of FYTD Budget	
Giving FY 2023-2024	\$ 296,127.49	\$ 300,222	101%	
Expenses FY 2023-2024	\$ 339,143	\$ 307,622	91%	

Mortgage Fund	FYTD Actual Giving	FYTD Actual Expense	Balance on Hand	Mortgage Principal Balance	Monthly Mortgage Payment
FY 2023-2024	\$ 76,041	\$ 49,960	\$ 36,571	\$ 326,665	\$ 5,013
FYTD Principal-Only Payments		\$ 19,880	Fund for contributions to pay mortgage		

Designated Funds	FYTD Actual Giving	FYTD Actual Expense	Balance on Hand	Designated Funds support many different ministries such as Local Benevolence, Community Garden, WELCA, Refugee, Racial Justice, etc.
Total Designated Funds			\$ 97,716	
PIPE & PIPE Wetlands Fund	\$ 10,837	\$ 2,662	\$ 25,453	

YTD figures represent Fiscal Year starting 7/1/2023.



M&M + Mortgage Giving During Same Period of Time

FINANCE TEAM:

Treasurers: Tim Duggan, Joel Johnson

Bookkeeper: Karen Mallari

Financial Secretaries: Jim McGarvey, Susan Jacobi, Sonya King

St Andrew Foundation Treasurer: Luis Falucho

Parish Manager: Carol Harker