

ST. ANDREW WEEKLY NEWS

June 23, 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

What Are ELCA Deacons and Deaconesses?

Have you wondered what a Rostered Minister of Word and Service is in the Evangelical Lutheran Church in America and where it comes from? Everyone knows what a Pastor is, but what is a Deacon?

Join Sister India in an Exploration of Deacons and Deaconesses. We will start with the Early Church and end with what a Deacon is today in the ELCA. We will meet in Fellowship Hall at 11:00 am on Sunday mornings, **June 23 and 30, July 7 and 21.**

Beaverton Pride Parade

The RIC committee welcomes all St. Andrew members and friends to walk in the Beaverton Pride Parade on **Sunday, June 30.** Our friends at Spirit of Grace will be joining us to form a Beaverton Lutheran contingent.



The parade begins at 11:00 am across from the Beaverton Public Library parking lot at 5th St. and Hall Blvd. Jan Smith will be there early to staff our place in line; join her at 10:30 am or as soon after service as possible. If you choose not to walk, we welcome all parade watchers along the route.

There is a festival in the Library Park after the parade and a Pride Market in the Farmers Market Lot from 11:00 am to 5:00 pm. Come out and support our local LGBTQIA+ community!

Sign up for the parade on the list in the Narthex or email jansmith59@earthlink.net.

Earth Camp Take-Aways

Next Monday, kids participating in Earth Camp will begin collecting their art projects, handouts, and other materials during a week of fun and learning. Who knows what they might accumulate? From years past, we know that the tote bags they receive just aren't big enough to hold everything. So, if you have some spare paper grocery bags (preferably with handles), please drop them off in the church office for Earth Camp. Thank you!



A Celebration of Life:
Hal Douglas

Saturday, June 29, 2024
2:00 pm in the Sanctuary

Reception to follow in Fellowship Hall.



Greetings from Our Lead Pastor!

People of St. Andrew,

I am so, so happy to be here! I moved into my office on Monday, and I jumped into meetings on Tuesday. I loved attending the Annual Meeting, where I was inspired by the many amazing ministries rooted in this community. You can hear some of my reflections on my first ever St. Andrew Annual Meeting in my conversation with Kyler on the Andy's Room podcast this week.



Pastor Allison uses the pronouns she/her and would like to be addressed as Pastor or Pastor Allison.

I want to thank all of you who have welcomed me so warmly and are helping me settle in. I look forward to meeting even more of you on Sunday and getting to know each of you.

With love,
Pastor Allison

Sanctuary of the Firs Services

Three services are planned for the Sanctuary of the Firs this summer. The dates are **July 7, August 11,** and **September 1.** The service in the firs will be led by a musician who will play music for the prelude, lead the hymns and sung liturgy, and offer a postlude to send you on your way. That service will be available via Zoom.



To accommodate those who are unable to traverse the path down to the Sanctuary of the Firs, we will have a concurrent service in the Sanctuary. Due to the challenges we encountered last year connecting to the service in the woodland, this service will be led independently. Deacon Susan, Sister India, and a cantor will lead the inside service. Pastor Allison's sermon will be read to those worshipping in the Sanctuary.

Pastor Allison Joins Andy's Room Podcast

In this week's episode of Andy's Room, Pastor Allison chats with Kyler for a welcome interview. This is Kyler and Allison's first real conversation ever, so you can get to know her right along with us. Tune in to hear how she's settling in, what she's excited about, and some cool tidbits from her recent trip to Egypt. Check it out and make sure to share it with your friends!

Kyler Vogt

Food Waste: Storing Fruits & Veggies, Part 4

by Hilary Meyer in Eating Well

Where to Store Fruits and Vegetables

Produce to Store at Room Temperature	Store on Counter; Move to Fridge When Ripe	Store in Fridge
Bananas	Apricots	Apples
Basil	Avocados	Asparagus
Cucumber	Kiwi Fruit	Blueberries
Eggplant	Mangoes	Corn on the Cob (in the husk)
Garlic	Melons	Broccoli
Grapefruit	Nectarines	Brussels Sprouts
Green Beans	Papayas	Cabbage
Lemons	Peaches	Carrots
Limes	Pears	Cauliflower
Onions	Pineapple	Cherries
Oranges	Plums	Cilantro
Potatoes		Dark Leafy Greens
Summer Squash		Grapes
Sweet Potatoes		Leeks
Tomatoes		Lettuce
Watermelon		Parsley
Winter Squash		Peas
Zucchini		Pomegranate
		Raspberries
		Strawberries



A staggering 2 billion people (the population of Pakistan, the US, and China) could be fed each year by the food we waste. Many of us are wasting food because it ripens and then rots faster than we can eat it. Storing food the right way can make all the difference. Ethylene, a natural gas

that's released from some fruits and veggies, speeds up the ripening process. That can be good, but too much ethylene can cause produce to spoil. To ripen avocados, peaches, apricots, or pears quickly, seal them in a paper bag. Ripen hard tomatoes by placing them in a paper bag with a banana. Temperature also plays a role in keeping produce fresh, as does how and when you wash fruits or vegetables, and where you store them.

Should you store produce together? A good rule of thumb is to keep high-ethylene gas-emitting fruits apart from other produce. Apples, avocados, stone fruits, pears, bananas, and tomatoes are a few of the top emitters.

How to store cut fruits and vegetables. Most fruits will last about five days after being sliced as long as you follow a few rules: store them in an airtight container and always refrigerate cut produce. It is best not to slice fruits like apples, pears, bananas, and avocados ahead of time since they brown quickly. Store cut produce in the crisper drawer.

What to wash and when. If you wash your produce before storing it, be sure to dry it first. Use a salad spinner to get excess water off of leafy greens. Wet produce rots more quickly. Avoid storing it in plastic bags for the same reason. The best practice is to wash your produce just before you use it.



Leafy greens: The best way to wash leafy greens is to separate the leaves from the head and soak them in a bath of cold water for about 5 minutes. Swirl the leaves gently with your hand to loosen the dirt and then lift the leaves out of the water to dry in a salad spinner. Or dry them by hand. Leafy greens turn to mush quickly if left wet or if left in a plastic bag.

Berries: Berries are delicate and hate to be wet. Gently rinse them, then spread them out to dry on a clean dry towel before storing them in the fridge. Any container with a breathable rack at the bottom will keep them out of any moisture that collects in the bottom of the container. The key with berries is to keep them dry.

Herbs: Wash as you would salad greens and spin dry. Store in the fridge with a damp paper towel. Or trim off the bottom of the stems and place the herbs in a jar with a little water at the bottom, much like you would with fresh flowers. The same thing works for asparagus.

Liz Hardy
Earth Care Team

Farewell to Family Promise

After careful discernment, our small but mighty group of Family Promise volunteers has reached the bittersweet decision to discontinue this ministry. Our first week of hosting was in person in May 2018. Our last week of hosting was "remotely" in June of 2024. We've had a good, long run! We are very thankful for the support of the congregation and the many volunteers who have made this ministry possible over the last six years. If there are any questions regarding this decision, please contact Beth Johnson or Steve Grover.

Earth Camp 2024 Starts Monday

Beginning Monday, we are welcoming more than 40 elementary-aged kids for Earth Camp 2024! This effort also includes more than 30 volunteers sharing their time, energy, love, and knowledge with us throughout the week—either by sharing snacks, teaching lessons, leading games/crafts/music, or as group guides. Throughout each day, campers will play games, eat snacks, and participate in closing worship in addition to attending six different teaching/activity stations: Earth Stories, Earth Discovery, Earth Art, Earth Care, Earth Cycles, and Earth Creatures. All of these activities and lessons are created by our volunteer teachers to fit with our week's theme, "Home, Sweet Home." You can read more about our theme here:

<https://standrewlutheran.com/earth-camp-2024-themes/>.

This means if you come to the church building next week, you will notice that there is a lot going on. The entire back portion of the parking lot will be blocked off to keep vehicles away from the camp. Please be prepared to use the side and front parking lots between 8:00 am and 3:30 pm, Monday-Friday. The Community Garden can still be accessed with caution during this time, but please be prepared to ask camp leaders for permission to be let through the barricade and into the parking lot. Thank you for your understanding and for supporting Earth Camp 2024!

Kyler Vogt



In Need of Prayers...

<u>NAME</u>	<u>PRAYERS FOR...</u>	<u>CONTACT</u>
Family and friends of Doris Larson	Peace and God's comfort at her death	Staff
Family and friends of Hal Douglas	Peace and God's comfort at his death	Jeannine Douglas
Stacye Erickson (cousin)	Comfort and effective treatment for myeloma	Dana Blakemore
Dan Bianucci (brother-in-law)	Comfort and strength for health issues	Judy Scholz
Rhonda Powell	Comfort and strength for healing	Staff
Jennifer Shaw (sister-in-law)	Comfort, healing, and courage for cancer treatment	Lee Anne Knapp
Michelle (cousin)	Comfort, healing, and courage for cancer treatment	Wendy Hawthorne
Ginny Link	Comfort, strength, and healing	Ginny Link
Priscilla (friend)	Comfort and strength for heart procedure	Judy Scholz
Phyllis McCauley (stepsister)	Comfort, strength, and healing for broken back	Amy Fiegenbaum
Doug Morrell	Renewed strength	Carol Harker
Jul M (relative)	Healing and peace	Rebecca Uecker
Pastor Allison Bengfort	Welcome and wisdom as St. Andrew's Lead Pastor	Staff
Individual friends and loved ones	Whatever they need	Staff
Those facing ongoing illness or distress	Healing and assurance of God's presence	Staff
	Tandy Brooks, Bob Brown, Dave Bumgardner, Vic Claar, Jean Fredrickson, Sabrina Garrison, Gary Magnuson, Hugh Mason, Marlene Maxwell, Carol Means, Doug Morrell, Anne Newell, Jolie Reyna, Shane Throckmorton, Ethel Ritchey, Helen Rogers, Sharon Roth, Gary Tubbs, Megan Webber	
Bishop Elizabeth Eaton	Wisdom and discernment	Staff
Evangelical Lutheran Church in America	Blessings on our ministry	Staff
Taiwan Lutheran Church	Strength and wisdom	Staff
All those who are caregivers for a loved one	Strength and support	Staff
Milwaukie (Milwaukie)	Serving with us in the Oregon Synod	Staff
Prince of Life (Oregon City)		
Zion (Oregon City)		
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.

Worship Volunteer Signup on July 14

Are you interested in volunteering to serve in worship, but don't quite know how to do so? If you're an infrequent internet user or simply want some guidance, please note that our next in-person volunteer signup will be Sunday, July 14, after the worship service and before the education hour. A member of the Worship and Music Team will be available in the Narthex to help you sign up to be a worship volunteer. There are many opportunities to serve and your help is needed.



A Note from Myanmar

Steve Claborne writes from Myanmar (formerly Burma), his new posting for Mercy Corps:

"I'm in Yangon (Rangoon), which reminds me of Asia 30 or 40 years ago. Still very underdeveloped. The civil war has set it back even further. Given all the other crises around the world, Palestine, Sudan, Ukraine, Florida, it is long forgotten. People are just getting by day to day. Myanmar is a predominantly Buddhist country, with large Christian and Muslim minorities and hundreds of ethnic groups with their own languages. The long border with Yunnan means the China panda (pooh bear) is ever present, backing whoever is on top at the moment and can safeguard Chinese investments. Your tax dollars are being used to provide basic necessities for people displaced by war."

Your St. Andrew Staff

Council President Liz Hardy president@standrewlutheran.com, 360-632-4900
 Lead Pastor Allison Bengfort..... PastorAllison@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 Executive Carol Harker charker@standrewlutheran.com
 Administrative Assistant Rhonda Powelloffice@standrewlutheran.com
 Bookkeeper Karen Mallaribookkeeper@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 Sunday, June 30, 2024

Lamentations 3:22-33
 Psalm 30
 Mark 5:21-43

Highlights for the Week at St. Andrew

Sunday, June 23

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	Taiwanese Church Fellowship Gathering	Chapel
11:00 am	What Are ELCA Deacons and Deaconesses?	Fellowship Hall

Monday, June 24—Earth Camp Begins; Church Office Closed

ALL DAY Earth Camp!**St. Andrew Campus**

Tuesday, June 25

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)

ALL DAY Earth Camp!**St. Andrew Campus**

10:00 am	Tai Chi	Fellowship Hall
12:00 pm	Bridge Group.....	Fellowship Hall
6:30 pm	Scout Troop 198.....	Children's Commons

Wednesday, June 26—Weekly News deadline is 4:00 pm; submit material to office@standrewlutheran.com and charker@standrewlutheran.com.

ALL DAY Earth Camp!**St. Andrew Campus**

9:30 am	Apprentice Essentrics® Aging Backwards® workout class	Fellowship Hall
11:00 am	Alzheimer's Support Group.....	St. Andrew Room
1:00 pm	Wednesday Book Group with India	St. Andrew Room

Thursday, June 27

ALL DAY Earth Camp!**St. Andrew Campus**

6:30 pm	Wing Chun Class.....	Children's Commons
7:00 pm	IT Meeting.....	Off Site

Friday, June 28

ALL DAY Earth Camp!**St. Andrew Campus**

10:00 am	Tai Chi	Fellowship Hall
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Saturday, June 29

2:00 pm Celebration of Life for Hal Douglas (with reception to follow in Fellowship Hall) Sanctuary

Sunday, June 30

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	Taiwanese Church Fellowship Gathering	Chapel
11:00 am	What Are ELCA Deacons and Deaconesses?	Fellowship Hall
1:00 pm	Twirlers Meeting and Practice	St. Andrew Room / Fellowship Hall


Mission Accomplished!


Thanks to generous contributions from the congregation, persistence by the Sanctuary Team, and disciplined savings by the Malik Zada family, Nasir and Amina now have a vehicle that will transport their entire family!

Tom Jeleneo led the effort to find a reliable vehicle to serve the family's needs. Thank you to him and to all those who made it possible to help the family take one more step on their journey.



Worship at St. Andrew or Connect to Virtual Worship

 **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.