

ST. ANDREW WEEKLY NEWS

June 9, 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

God's Green Season: Staying Connected

Welcome back, Flat Marty!

In the summer of 2017, Flat Marty traveled the globe with St. Andrew members and friends. Pictures were taken of very colorfully decorated images of Martin Luther in places ranging from the coast to the midwest to countries across the ocean. It was a popular way to stay connected with our St. Andrew family even while some of us went on vacation. The St. Andrew Connections Team is inviting you to take Flat Marty with you on any of your adventures over the summer. To join in the fun:

Look for copies of Flat Marty in the Narthex. OR:

Click on this link: <https://tinyurl.com/2abbt76h> to read more and print a picture of Flat Marty.

Decorate the picture and cut it out. Marty is fine with being folded, so you should be able to fit him into your suitcase or your pocket. Take photos of Flat Marty when you visit interesting places, and send them to us to be put on the website. Please send your photos to Steve Christiansen at steveshome@comcast.net. Remember that the website is public, so any photos may be seen by anyone who is exploring our website. Posting the photos is NOT required. Contact any member of the Connections Team if you have any questions:



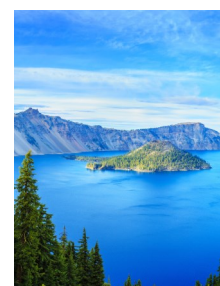
Gretchen Bancroft, Larry Bliesner, Pat Christiansen, Connie Losk, Lynn Santelmann, or Jan Smith.



Grand Canyon



Yellowstone Park



Crater Lake

Where will Flat Marty go this summer?

Annual Meeting of the Congregation

Tuesday, June 18, 6:30 pm
Fellowship Hall

Including Ministry Reports from Music, the Sanctuary Team, Next Generational Ministry, and the Foundation; election of Council members; a vote on next year's budget; and more.

Upcoming Events to Note

The coming weeks are packed to overflowing! Please note the following dates on your calendar so you don't forget.

Sunday, June 9

9:30 am, Sanctuary: Baptisms
11:00 am, Fellowship Hall:
Budget Forum

Sunday, June 16

9:30 am, Sanctuary
Jazz Worship Service with the Andrew Oliver Trio
Quilt Sunday for Graduating Seniors
11:00 am, Fellowship Hall
Farewell Gathering for Pastor Laurie

Tuesday, June 18

6:30 pm, Fellowship Hall
Annual Meeting of the Congregation.
We will vote on new members for Council, as well as next year's budget.

Godspeed, Pastor Laurie

After 15 months of ministry at St. Andrew, Interim Pastor Laurie Newman will preach her final sermon in our Sanctuary on **Sunday, June 16**, just before moving on to her next interim position in Olympia, WA.

Please plan to gather in Fellowship Hall after worship that Sunday for a simple brunch and an opportunity to wish Pastor Laurie Godspeed and thank her for her service during a transitional time.

Pastor Laurie Newman



Western Farm Workers Association –

Mexican Fiesta

Join the Western Farm Workers Association as they celebrate their 36th Anniversary at their annual Mexican Fiesta. WFWA is one of the many organizations we support; last September we held a food and clothing drive.

The fiesta will be held **Saturday, June 22**, from 6:00 pm to 8:00 pm at Calvary Lutheran Church in Hillsboro. The event will include musical entertainment, performances, aguas frescas, and homemade Mexican food.

Please contact Deacon Susan if you would like to attend or if you have any questions. Please let Deacon Susan know you are attending no later than **Saturday, June 15th** to make sure that we get our RSVP in on time to reserve a table.

Register for Earth Camp 2024

It's time to get your campers signed up for Earth Camp! This year's camp will be **June 24-28** and the theme is Home, Sweet Home. Throughout the week, we'll be focusing on all the beautiful and diverse creatures/biomes of our home state, Oregon. It's going to be an awesome camp!

Registration is now open to the public at large. Either scan the code at right or click on the following link to access the registration form:

<https://rb.gv/p4ik3x>



Many kids consider St. Andrew's Earth Camp the highlight of their summer, so act quickly to be certain they have a space in 2024.

Earth Camp Volunteers Needed

The fourth annual Earth Camp only two weeks away! We'll have lots of campers excited to once again enjoy a week learning all about the Earth and how we can be good stewards of its beauty and resources. To keep up with all these campers, though, we need lots of help!



The biggest need at Earth Camp is for guides who lead the children around to the different rotations throughout the day. But, if that isn't the right fit for you, we can still find you a spot to help out. Plus, anyone who volunteers for at least 3 days can get their kids/grandkids registered for free! Contact Kyler to sign up.

Earth Camp Crafts

Do you have an abundance of sweet gum balls or small pine/fir cones in your yard? Deacon Susan will be leading the crafts component for Earth Camp and needs these items. If you have sweet gum balls, those that have dried and have fallen off the tree, or any small, not large, pine/fir cones that she can use for camp craft projects, please bring them into the church and drop them off. If you have any questions, please contact Deacon Susan.



Food Waste: ReFED's 40+ Waste Solutions 2

Two weeks ago, I wrote part 1 of this food waste series, explaining that ReFED is a national nonprofit that is working to reduce food waste, a major contributor to the greenhouse gases that are warming our world. Most of those 40 solutions target the harvesting, production, transportation, and packaging of food, so I will not focus on those. I will focus on what we consumers can do to reduce food waste.

According to ReFED, households are the greatest source of food waste in the US, making this a critical area for action. In 2022, nearly half of all surplus food across the supply chain was generated by consumers, for reasons ranging from spoilage, concerns about date labels, fear that something has been left out too long, and simply not wanting to eat leftovers. Not understanding proper food management is a big cause of food waste.

I found an article published on the Natural Resources Defense Council (NRDC) website: *Reducing Food Waste: Eight Tips for Home Cooks* by Madeline Keating, June 3, 2020. She writes that many people are shopping with restricted budgets or facing food insecurity for the first time, and are trying to find ways to make their food go further. For some, cooking can be a way to reduce stress, find peace, and connect more closely with family and friends through shared recipes. The following are three of her tips to maintain food quality for as long as possible. I will share more of her tips next week.

Introduce mindfulness into your shopping routine.

Saving food in your home starts with a mindset change. It includes being intentional about your purchases and planning for meals, which



the Save the Food Meal Prep Mate <https://savethefood.com/meal-prep-mate/> can help you with. The basic premise is to outline a meal plan <https://savethefood.com/articles/10-easy-tips-for-meal-planning> for the week, which will also minimize your time in the store. To start, consider what meals you will be making for the week, how many people need to be fed, and what kind of leftovers you'd like. Then, check on what you've currently got in your freezer, pantry, and fridge to see what you can use up. Once you've planned your meals, determine how much food you will need and generate a shopping list. And once you're at the store, exercise restraint, and stick to that list.

Find ways to use all the food you bring home.

With a little thought, you can find a use for everything. That could mean sautéing the beet greens <https://savethefood.com/recipes/beet-green-chips-with-nigella-sesame-seeds> as a nutritious side dish for dinner (sesame seeds take them to the next level). Or maybe it's finding a complementary recipe to use up the heel of stale sourdough bread <https://savethefood.com/recipes/panzanella> that you baked. Whatever you happen to have on hand, you'll likely find creative opportunities to use it up through Save the Food's recipe pages. The author's favorite is the Ugly Vegetable Pasta <https://savethefood.com/recipes/ugly-vegetable-pasta>.



Eat or drink the peels too!

Do you need to remove the outer layer of your fruits and veggies? In some cases (e.g., bananas, avocados, pineapples), yes, but many items we peel can be given a good wash and eaten whole. That goes for carrots, potatoes, apples, you name it! Another option is to use the peels for something else, like potato peel chips <https://savethefood.com/recipes/rustic-potato-chips> or apple peel tea. The author always keeps a "stock bag" in her freezer where she collects trimmings of vegetables. When the bag is full, she tosses it in a pot of boiling water for several hours, and voila, vegetable stock! <https://savethefood.com/recipes/basic-vegetable-stock>.

More tips next week!

Liz Hardy
Earth Care Team

In Need of Prayers...

| <u>NAME</u> | <u>PRAYERS FOR...</u> | <u>CONTACT</u> |
|---|--|------------------|
| Family and friends of Hal Douglas | Peace and God's comfort at his death | Jeannine Douglas |
| Family and friends of Michelle Moe | Peace and God's comfort at her death | Pat Christiansen |
| Family and friends of Kim Munro (friend) | Peace and God's comfort at her death | Susan Reiser |
| Family of Lorabelle Farrah (grandmother-in-law) | Peace and God's comfort at her death | LeeAnne Knapp |
| Family and friends of Yeojin Chung (friend) | Peace and God's comfort at her death | Kristin Sacks |
| Mike McDowall | Comfort and healing from injury | Mike McDowall |
| Joyce Bianucci (sister) | Healing and quick recovery from cancer treatment | Judy Scholz |
| Jennifer Shaw (sister-in-law) | Comfort, strength, and healing | LeeAnne Knapp |
| Jan and family and friends of Elsa (cousin) | Comfort and strength as more care and help is needed in her treatment | Carol Hogan |
| Connie (friend) | Comfort and strength for return of cancer | Sharon Fako |
| Butch (friend) | Comfort and strength while waiting for surgery | Sharon Fako |
| Reverend Allison Bengfort | Strength and support | Staff |
| Randyn and Zaine Trowbridge | Blessings on their baptisms | Staff |
| Individual friends and loved ones | Whatever they need | Staff |
| St. Andrew Council Executive Committee Staff | Wisdom and discernment | Staff |
| Sister India Jensen Kerr and all seminarians and theology students | Encouragement and support | Staff |
| St. Andrew Foundation | Blessings on their ministry | Staff |
| All those who are caregivers for a loved one | Strength and support | Staff |
| Creator (Clackamas) Colton (Colton) St. Paul of Damascus (Damascus) | Serving with us in the Oregon Synod | Staff |
| Ecumenical and interfaith partners in ministry | Blessings on their work | Staff |

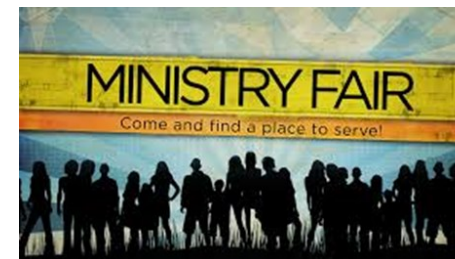
If you know someone in need of prayers, please contact the church office by phone at 503-646-0629, Email office@standrewlutheran.com, or fill out the prayer request form on the church website.

Save the Date

This year's Ministry Fair will be on **Sunday, September 8**, starting after worship and ending at 12:00 pm. Plan now to stop by after worship to learn about all of the ways you can connect your interests with St. Andrew's Ministry Teams.

Are you a leader of a ministry team? Start the conversation now: will you be a part of the fair? Who will staff your table? What should be on display or given out? And most important—what kind of small goodie will you offer to entice people to stop by? Stay tuned for information about how to reserve a table for your group.

Questions? Contact any member of the Connections team: Gretchen Bancroft, Larry Bliesner, Pat Christiansen, Connie Loske, Lynn Santelmann, or Jan Smith.



| | |
|------------------------------|--|
| 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 Executive 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
Sunday, June 16, 2024

Psalm 20
Mark 4:26-34

Highlights for the Week at St. Andrew

Sunday, June 9

- 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 Budget Forum Fellowship Hall

Monday, June 10—Church Office Closed

- 7:00pm Finance Team Meetingvia Zoom
7:00 pm Men’s Book ClubOffsite

Tuesday, June 11

- 7:00 am Men’s Gathering and Bible Study Elmer’s Restaurant on 158th (1250 NW Waterhouse Ave)
7:00 am Sunrise Women..... Elmer’s Restaurant on 158th (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

Wednesday, June 12—Weekly News deadline is 4:00 pm; submit material to office@standrewlutheran.com and charker@standrewlutheran.com.

- 9:30 am Apprentice Essentrics® Aging Backwards® workout class Fellowship Hall
1:00 pm Sanctuary Team Meeting Library
1:00 pm Wednesday Book Group with India St. Andrew Room

Thursday, June 13

- 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 Foundation Team Meeting Library

Friday, June 14

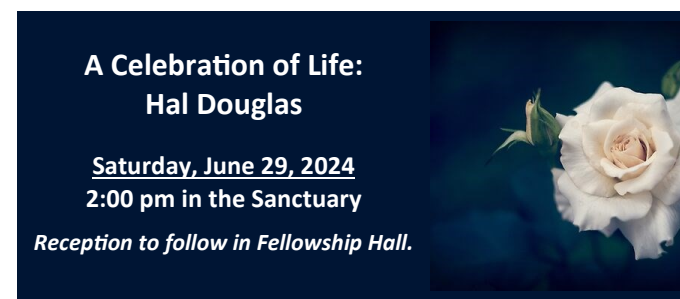
- 10:00 am Tai Chi Fellowship Hall

Saturday, June 15


- 9:00 am Nifty Notters Fellowship Hall


Sunday, June 16

- 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
10:45 am Recognition Event for Pastor Laurie Fellowship Hall
1:00 pm Twirlers Meeting and Practice St. Andrew Room, Fellowship Hall



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.