

ST. ANDREW WEEKLY NEWS

September 22, 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

Spirituality Book Group News

The Spirituality Book Group will meet on **Sunday, September 22**, at 3:00 pm to discuss the book, *Solito*, by Javier Zamorra. Mary Smith will lead the discussion at the home of Sharon Fako:
14770 SW Forest Drive, Beaverton, OR.

JAVIER ZAMORA
Solito



The author, Javier Zamorra, is an immigrant from El Salvador. When he was nine years old he made the very long trek through Guatemala and Mexico to join his parents in the U.S. An unaccompanied minor, he walked and rode with groups of immigrants, enduring some very difficult times. The true story is told from the point of view of the little nine-year-old boy who made this treacherous journey. It is an amazing story, and no matter how you feel about immigration issues, you will be moved by the bravery of this little boy.

Please note, we will not be meeting in October. Future reading:

November 10

Book: *The Measure*, by Nikki Erlick
Location: Mary Smith's home
Discussion Leader: Susan Werner Reiser

December 8

Book: *The Women*, by Kristin Hannah
Location: Fran Miller's home
Dianna Carlson helping with refreshments
Discussion Leader: Fran Miller

In January, we will be discussing the book *White Too Long: The Legacy of White Supremacy in American Christianity*, by Robert P. Jones. Date, location, and discussion leader are TBA.

Reformation Sunday Singing Opportunity

On **Sunday, October 27**, there is an opportunity for singers of all ages to sing the anthem, *God Is Our Refuge* by Allen Pote. You don't have to be a regular member of the Sanctuary Choir to join us! We will rehearse the anthem at 8:30 am in the Sanctuary on Reformation Sunday to sing during the offering. See Deacon Susan if you are interested and to receive a copy of the anthem in advance.



A Few Words about this Sunday's Prelude



The music being played this morning for the prelude is a Partita by Johannes Pachelbel. The title in German is *Christus, der ist mein Leben*. The hymn in our hymnal to that chorale tune is ELW 539; the hymn text is *Abide, O Dearest Jesus, among Us with Your Grace*. A partita is an extended piece that has a theme (the chorale tune) and many variations on that tune. This particular Partita has 12 variations. The prelude will include the chorale tune and variations 1-6.

Deacon Susan

LWR Fall Ingathering Volunteer Opportunities

We are preparing for our next Lutheran World Relief Ingathering and there are two opportunities for you to volunteer!



October 22, from 5:00 pm - 7:00 pm, we will be assembling school kits and baby kits. We will also be packing the kits and quilts made by the Nifty Notters into boxes to get them ready to ship to LWR. This is a great event for families.

We also need volunteers to help with the actual Ingathering on **Friday, October 25**, and **Saturday, October 26**. On Friday, volunteers have their choice of a 2-hour shift between 8:00 am and 4:00 pm. On Saturday, we need volunteers to staff a single three-hour shift starting at 9:00 am.

The Ingathering takes place in the St. Andrew parking lot near the community garden. We have two types of volunteer assignments:

- * Loading the shipping container. Boxes can weigh up to 40 pounds.
- * Greeting vehicles as churches drop off their donations.

To volunteer, please sign up in the Narthex or contact Rochelle McIntire directly by email at pacificnlwrgroup@gmail.com or by phone at 503-804-7967.

Sanctuary of the Firs Service with Blessing of the Animals

After three wonderful services in the Sanctuary of the Firs this summer, the Worship Planning Team has decided to offer an additional Sanctuary of the Firs service on **Sunday, October 6**. To honor the commemoration of Francis of Assisi, we will welcome pets and beloved creatures to this outdoor service for a Blessing of the Animals. All types of animals are welcome if they are appropriately contained (eg. dogs must be on leash) and do not present a safety concern to others. We would love to see a mix of cats, dogs, turtles, hamsters, and other creatures! If your animal is not able to attend the service, you are invited to bring a photo. You may also bring photos of beloved pets who have passed away, animal species that are endangered, or other animals you would like blessed.



As we did this summer, we will offer a concurrent service in the Sanctuary on **October 6**. Animals may not attend the indoor service, but you are invited to bring photos of animals to be blessed.

In case of rain: If weather prohibits us from worshiping outdoors, we will send an email cancellation notice, and the in-person Blessing of the Animals will be postponed. Photos of animals will still be blessed at the indoor service.

Everything You Need to Know

About Reusable Coffee Pods

The global rise of single-serve coffee pods has certainly made it easier for coffee lovers to brew a perfect cup. However, the environmental impact of these single-use pods is raising serious concerns. This article examines reusable, refillable, and sustainable coffee pods. Single-use coffee pods, though convenient, contribute to a significant environmental burden. According to a 2021 report by Statista, approximately 60 billion coffee pods are discarded every year, leading to around 198,000 tons of waste, mostly plastic waste. Most are made of non-recyclable plastic and aluminum.

What are reusable coffee pods and how do they work? As the name suggests, they are eco-friendly coffee pods that can be re-used multiple times. They are designed to fit various coffee machines, from Nespresso to Keurig. Most are designed with durable materials like stainless steel or BPA-free plastic. They come with a refillable compartment to add your choice of ground coffee. Once filled and closed, the pod is placed into the coffee machine. After brewing, the used coffee grounds are emptied (into your compost or yard debris can) and the pod is cleaned for the next use.

Better taste and freshness: Reusable coffee pods allow you to use freshly ground coffee, which often results in a superior taste compared to pre-packaged coffee in single-use pods. Freshly ground coffee beans retain their flavor and aroma much longer, enhancing your coffee-drinking experience. And you can try different blends and origins of your coffee. You can choose ethically-sourced and fair-trade coffee, supporting ethical farming practices and fair payment for coffee growers worldwide.

Cost: While the initial investment in reusable coffee pods may be higher than a box of single-use pods, the long-term savings are significant. Reusable pods are designed to last for years, and ground coffee or coffee beans are often cheaper than their pre-packaged counterparts.



Top 2 Brands:

- SealPod: Made from stainless steel; compatible with several coffee machines including Keurig, Nespresso, and Dolce Gusto; dishwasher safe.
- WayCap: Made in Italy of stainless steel; designed for Nespresso coffee machines; comes with interchangeable filters that allow you to customize the taste of your coffee; dishwasher safe.

Recycling and disposal options for single-use coffee pods: For those who still have single-use pods, there are now brands that offer recycling programs. According to a recent Earth 911 article, Nespresso offers a mail-in program and drop-off locations for their used pods. The company will provide pre-paid recycling bags for customers who purchase pods on its site. The bags hold 75-150 pods, and once the bag is full, you can drop it off at a UPS location or drop box. The company then separates the aluminum from the coffee grounds; the aluminum is recycled and the grounds are composted.

I also found this: While Keurig claims that their coffee pods are recyclable, a recent NPR/OPB report says that “Keurig has agreed to pay \$1.5 million in penalties after the Securities and Exchange Commission charged the company with making misleading statements about how recyclable its popular K-Cup single-use coffee pods are.”

Liz Hardy, Earth Care Team
Article adapted from Ecowiser ([wiser.eco/reusable-coffee-pods](https://www.ecowiser.com/reusable-coffee-pods))

Western Farm Workers Collection

The Service Committee continues to collect clothing and food donations for the Western Farmer Workers Association.

The clothing items most needed this year are:

- Coats for winter weather
- Rain gear – raincoats and pants
- Fleece coats & jackets
- Sweatshirts
- Sweaters
- Long-sleeve work shirts
- T-shirts
- Work pants
- Jeans
- Work boots



All clothing must be new or gently used, in good repair, and CLEAN. Please, no pajamas or swimsuits.



In addition to clothing, Western Farm Workers need the following non-perishable items for their food pantry: Tuna, beans, rice, peanut butter, jam, canned vegetables, pasta, pasta sauce, and cooking oil.

Please place clothing items inside the barrel in the Narthex. Food items may be placed in bags or boxes near (but not inside) the barrel. Please contact Deacon Susan with your questions. This collection drive will conclude the beginning of October. Thanks!

L’Arche Portland Looking for Host Families

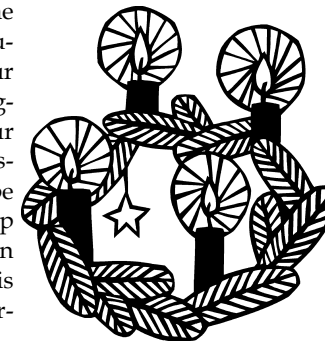


L’Arche Portland is welcoming two German volunteers to do a year of service! They are looking for some families who might be interested in hosting these volunteers by inviting them to dinner, or on a hike or local adventure. You could also bring them a care package, etc.

Arriving at the end of September will be a 21-year-old female who loves crochet, hiking, theater, and reading. And arriving in October will be an 18-year-old male who loves skateboarding, hiking, and snowboarding. If you have desired a cross-cultural exchange and love to extend hospitality and welcome, please contact L’Arche Portland by email at info@larche-portland.org or by phone at 503-251-6901. Thank you!

Advent Worship Planning Session

Thanks to all who participated in the Worship Listening Sessions in August! It was wonderful to hear your reflections on what is most meaningful to you about worship, what your heart is yearning for, and what assumptions the Holy Spirit might be inviting you to shed. The Worship Planning Team has been reflecting on what you have shared, and now it is time to get creative about what worship could look like moving forward.



We would like to invite you to join us on **Saturday, October 5**, from 10:00 am to 12:00 pm, for a Worship Planning Session where we will brainstorm, consider options, and begin planning a fresh and enlivening Advent season for our congregation. Please bring your ideas and an attitude of openness to the ideas of others. We can’t wait to see where the Spirit leads us!

Pastor Allison Bengfort
Worship Planning Team

In Need of Prayers...

| <u>NAME</u> | <u>PRAYERS FOR...</u> | <u>CONTACT</u> |
|---|---|-----------------------|
| Family and friends of Deanna Long (best friend) | Peace and God's comfort at her death | Mary Smith |
| Henry Stevens (husband) | Healing and recovery | Beverly Briggs |
| Joyce Bianucci (sister) | Healing and peace | Judy Scholz |
| Mary Ann Snider | Healing and comfort | Sr. India Jensen Kerr |
| Michelle (cousin-in-law) | Comfort, courage, and strength | Wendy Hawthorne |
| Sue Heiden | Comfort and healing | Sue Heiden |
| Camille Jackson | Comfort and healing | Sr. India Jensen Kerr |
| Dave Bumgardner | Comfort and peace | Dave Bumgardner |
| Don Parsons | Comfort and peace | Claudia Parsons |
| Individual friends and loved ones | Whatever they need | Staff |
| All those who are caregivers for a loved one | Strength and support | Staff |
| Those facing ongoing illness or distress Tandy Brooks, Bob Brown, Dave Bumgardner, Vic Claar, Sabrina Garrison, Gary Magnuson, Hugh Mason, Rhonda Powell, Jolie Reyna, Shane Throckmorton, Gary Tubbs, Megan Webber | Healing and assurance of God's presence | Staff |
| Bishop Elizabeth Eaton | Wisdom and discernment | Staff |
| Evangelical Lutheran Church in America | Blessing on our ministry | Staff |
| Taiwan Lutheran Church | Strength and wisdom | Staff |
| Peace Lutheran (Pendleton) | 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.

A Vision Unfolding—A Community Choral Event

In 2021, Kyle Pederson was commissioned to write a larger work centered around themes of social justice. In an effort to include more than just his voice, he reached out to Shanelle Gabriele, an African American poet, spoken word artist, and singer/songwriter.

"We determined that, at the core, we hoped to re-articulate and explore what our country has stood for in its best moments. In our foundational texts and speeches, we find powerful declarations of a nation rooted in equality, freedom, justice, and inclusion. Shanelle and I wanted this whole work to be invitational—to be reminded of the compelling vision that we live into in our best moments, and to be invited to say 'yes' to more of that."

Kyle Pederson

The Music Ministry at Murray Hills Christian Church (Disciples of Christ) invites you to join them in presenting this wonderful work on **Sunday, October 27**, at 4:00 pm. Singers of all faiths and perspectives are invited to be a part of the choir.

Rehearsals will be at Murray Hills Christian Church, 15050 SW Weir Road, Beaverton, from 2:00 pm—4:30 pm on Sunday afternoons beginning **September 29** and continuing weekly until the performance. A nominal registration donation of \$40 per singer is requested. This helps to finance choral scores, pay instrumentalists, rent choral risers, and other associated costs. Pre-register by **Monday, September 23**, at murrayhills.org.

Questions? Contact Ellie Hodder, Director of Music Ministries at Murray Hills Christian Church, by phone at 503-524-5230, or by email at ellie.hodder@comcast.net.

Making Ends Meet

Year-round, the good people of St. Andrew reach out to generously help people we don't know. We make quilts, provide food, collect housewares, buy school supplies, cook meals, and shop for socks and underwear.

And now we have an opportunity to help our administrative assistant Rhonda Powell and her family meet life's expenses while she continues to undergo cancer treatment. To learn more, please go to <https://gofund.me/d9a92c15>.



Thank you!

St. Andrew Contacts

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, Church Musician and
 Interim Minister of Music srwerner.reiser@standrewlutheran.com
 Dir. of Next Generational Ministry Kyler Vogt..... kvogt@standrewlutheran.com
 Parish Executive Carol Harker charker@standrewlutheran.com
 Administrative Assistants Martin Mills office@standrewlutheran.com
 Rhonda Powell office@standrewlutheran.com
 Parish Nurses Diane Reiner 503-201-4222
 Tira Nasset..... 503-866-5099

Emergency Pastoral Care

Sunday and Monday, contact
Sister India Jensen Kerr

Friday and Saturday, contact
Pastor Allison Bengfort

At other times, please call the
church office at 503-646-0629.

Preparing for Worship Sunday, September 29, 2024

James 5:13-20
Psalm 19:7-14
Mark 9:38-50

Highlights for the Week at St. Andrew

Sunday, September 22

| | | |
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| 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 | Adult Ed: St. Andrew Core Values | Fellowship Hall |
| 11:00 am | Adult Ed: The Book of Romans | St. Andrew Room |
| 11:00 am | Confirmation Classes 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 | Twirlers Meeting & Practice | Fellowship Hall, St. Andrew Room |
| 2:00 pm | Light Opera House of Portland Rehearsal | Children's Commons |

Monday, September 23—Church Office Closed

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| 9:00 am | LWR School Bag Assembly | Fellowship Hall |
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Tuesday, September 24

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| 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 | Brass Quintet Rehearsal | Sanctuary |
| 7:00 pm | Light Opera House of Portland Rehearsal | Fellowship Hall |

Wednesday, September 25—Weekly News deadline is 4:00 pm; submit material to office@standrewlutheran.com and charker@standrewlutheran.com.

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| 11:00 am | Alzheimer's Support Group | St. Andrew Room |
| 1:00 pm | Wednesday Book Group with Sr. India | St. Andrew Room |
| 6:00 pm | Bells of Grace Rehearsal | Sanctuary |
| 7:00 pm | Sanctuary Choir Rehearsal | Sanctuary |

Thursday, September 26

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| 10:00 am | Strength + Stability with Susanne | Fellowship Hall |
| 1:00 pm | Staff Meeting | Chapel, Library |
| 6:30 pm | Wing Chun Class | Children's Commons |
| 7:00 pm | Foundation Team Meeting | St. Andrew Room |
| 7:00 pm | IT Meeting | Offsite |
| 7:00 pm | Light Opera House of Portland Rehearsal | Fellowship Hall |

Friday, September 27

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| 10:00 am | Tai Chi | Fellowship Hall |
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Saturday, September 28

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| 9:00 am | Nifty Notters | Fellowship Hall |
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Sunday, September 29

| | | |
|----------------|--|---|
| 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 | Adult Ed: St. Andrew Core Values | Fellowship Hall |
| 11:00 am | Adult Ed: The Book of Romans | St. Andrew Room |
| 11:00 am | Confirmation Classes 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 |
| 2:00 pm | Light Opera House of Portland Rehearsal | Fellowship Hall |

Upcoming Nifty Notters Dates

We'll be meeting the next two Saturdays, **September 28** and **October 5**, in Fellowship Hall from 9:00 am—2:30 pm. Drop in for any part of the day or pack a lunch and stay the entire time! All supplies are provided and all hands are welcome. We will not meet on October 19.



Installation of Pastor Allison Bengfort

Save the date!

Saturday, October 19, 2024
10:30 am



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