

ST. ANDREW WEEKLY NEWS

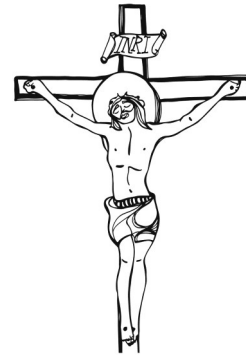
November 22, 2024

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

Worship Service:
Sunday, 9:30 am

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

This Sunday's Worship Service



Our worship celebrating the festival of the Reign of Christ has been planned and will be led by the St. Andrew confirmands. These middle school students—with help from our regular worship planners—decided which scripture lessons we will read and the translations to be used, which hymns we will sing, and how the rest of our worship this Sunday will flow. They provided the basic ideas for the Children's Message, and added their own personal touches to the script written by Libby Calhoun for this Sunday's "Sermon Skit."

This process is designed to help the students more fully understand what our liturgical tradition includes and answer the famous question, "Why do we do what we do?" Reading the lessons, acting out the sermon, and explaining things to young children provide valuable experience using leadership skills. We thank our Confirmands for the joy that they brought to the process and for their eagerness to skillfully communicate a lesson we all need to hear from time to time.

A Thanksgiving Blessing

The Service Committee is delighted to inform the congregation that with the generous donations we received we were able to exceed the funds needed to buy WinCo gift cards for 75 Community Action families. Funds that exceeded the goal will be used to buy WinCo gift cards for Barnes School families or will be donated to the St. Matthew Food Pantry.



Doug & Jan
Morrell
Memorial Service

Saturday, November 23
10:00 am, Sanctuary

Reception to follow in Fellowship Hall.

Barnes School Christmas Giving Tree



St. Andrew is again providing support for students and families of nearby Barnes Elementary School. Barnes has a diverse student population with 66% of the students being Hispanic and 21% White; those of two or more races and African Americans each make up 4% of the student population.

More than 65% of Barnes students qualify for free or reduced lunch. St. Andrew has supported Barnes school students during Christmas for many years, and we are the only organization that provides this service for these students and families.

Here is how it works:

- 1) Pick a tag (or more than one!) from the tree in the Narthex.
- 2) Write the tag number/s, your name, and your email address on the sign-up sheet under the tree.
- 3) Purchase the item or gift card as listed on the tag (the amount for gift cards is at your discretion).
- 4) With the tag attached, return the item or gift card to the basket by **Sunday, December 15**.
- 5) You may include a small age-appropriate toy or book with the gift card.

For questions, you can contact LuAnn Staul, Fran Miller, or Linda McDowall. Thank you for sharing your love and your Christmas spirit!

Dear People of St. Andrew,

On behalf of the Board of Directors of Ecumenical Ministries of Oregon (EMO), thank you for your gift of \$450 to our SOAR Refugees fund. Your gift will directly impact the lives of refugees who are fleeing persecution, violence, and war.



Through our Sponsors Organized to Assist Refugees (SOAR) program, individuals and families find comprehensive resettlement services which include affordable housing, employment, medical care, food stamps, cultural orientation, and language tutoring. Through SOAR Immigration Legal Services they receive immigration related legal services, crime and victimization prevention classes, and citizenship classes.

Thank you so much for your support. We appreciate your partnership in our mission to provide hospitality to refugees and immigrants in our state.

With gratitude,
Frank So
Executive Director, EMO

Cooking for Compost:

Low-Waste Thanksgiving Salads

Adapted from two Earth911 articles published in November 2024

We all know why it's good for us to eat fruits and vegetables. But why is low-waste cooking important? U.S. households toss out about 150 tons of food daily. Food waste has grown by 300% since the 1970's, and the items most likely to be discarded are fruits and veggies, which can easily be composted. Also, integrating fruits into your diet can be a challenge, especially during the fall and winter months when farmers markets are closed. Luckily, there are hearty fall fruits like apples, pears, and grapes. Here are a couple of fall salads to choose from for your Thanksgiving meal.

Of course, the point is to avoid wasting food in the first place, and to send all your trimmings to your compost pile. If you don't have a compost pile, consider freezing the trimmings and giving them to someone who does have one. Find out if you can add food waste to your yard-waste bin. If you don't finish the full recipe at the first meal, be sure to store it in a well-sealed reusable container to keep it fresh to add to different meals for the next couple of days.

Wild Rice Salad with Cranberries

Ingredients

- 1 cup black long-grain or wild rice
- 1/4 cup unsalted sunflower seeds
- 1/3 cup dried cranberries
- 1/4 cup chopped onion or scallion
- 1/4 cup soy sauce
- 1/4 cup fresh lemon juice
- 1/2 cup extra virgin olive oil
- 2 teaspoons grated orange zest



Instructions: Boil 1 1/3 cups of water. Add wild rice, cover and simmer for 50-60 minutes. Mix together cooked rice and sunflower seeds, toss in cranberries and onion. In a separate bowl, whisk together soy sauce and lemon juice, and slowly whisk in oil until well combined. Pour over rice mixture and toss. Sprinkle orange zest on salad.

Chef's tips: Add leafy greens and top with thinly shaved apple slices. Or use this dish as a stuffing recipe.

Autumn Salad

Ingredients

- 2 apples
- 1 pear
- 1/2 cup grapes
- 1/4 cup pecans or walnuts
- 1/4 cup dried cranberries
- 1/2 lemon

Instructions: Cut apples and pear into bite-sized pieces. Squeeze lemon juice over fruit to stop from browning. Slice grapes in half. Simply toss together and voila!

Other considerations: Add it to granola or oatmeal for breakfast. Add a few spoonfuls to yogurt for a fruit and protein snack. Add greens to make a classic Waldorf salad. Add to red leaf or butter lettuce and top with gorgonzola cheese. Top with cinnamon and a dash of sugar for a sweet treat.

Roasted Pear and Arugula Salad

Ingredients

- 5 ounces organic baby arugula
- 2 Bartlett or Bosc pears
- 2 tablespoons butter or margarine
- 1/2 cup pecans
- 1/2 cup blue cheese
- Raspberry vinaigrette dressing to taste (optional)

Instructions: Slice pears lengthwise into quarters. Slices should be no more than 1" thick. Melt butter over medium heat in a skillet and cook pears for 2-3 minutes on each side or until golden brown. Remove pears and allow to cool. Meanwhile mix arugula, pecans, and dressing.



Add warm pears and top with blue cheese. The sweetness of the pears may be enough, but if a dressing is desired, raspberry vinaigrette pairs nicely with the ingredients.

Enjoy! And have a happy and Blessed Thanksgiving!

Liz Hardy
Earth Care Team

Welcome to Our Thanksgiving Table



Casey Tkacz and her husband have a long tradition of inviting people who would otherwise spend the holiday alone to join them at their Thanksgiving table. If you're interested in sharing in this meal, please email Casey (casebeth1209@gmail.com) for details.

Staffing Updates

St. Andrew bookkeeper Karen Mallari has resigned her position as of December 31, 2024, and a search team is currently updating the bookkeeper job description. Once that is complete, the opening will be posted on St. Andrew's website for your information and possible assistance in identifying qualified candidates for the position.



In other news, housekeeper Carol Hogan is now working from 9:30 am – 4:00 pm Monday through Friday.



Anne Newell
Memorial Service
Saturday, December 7
2:00 pm, Sanctuary
Reception to follow in Fellowship Hall.

In Need of Prayers...

<u>NAME</u>	<u>PRAYERS FOR...</u>	<u>CONTACT</u>
Family and friends of Ebba Carroll (Mike's mother)	Peace and God's comfort at her death	Mike & Mary Carroll
Harold Schmalz (friend)	Healing and recovery	Camille Jackson
Art Uecker (father-in-law)	Healing and recovery	Rebecca Uecker
Mary Ann Snider	Strength and healing	Mary Smith
Carol Hogan	Comfort and healing	Carol Hogan
Camille Jackson	Comfort and healing	Sister India Jensen Kerr
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	Healing and assurance of God's presence	Staff
Tandy Brooks, Bob Brown, Dave Bumgardner, Vic Claar, Sabrina Garrison, Barbara Ludwig, Gary Magnuson, Hugh Mason, Rhonda Powell, Jolie Reyna, Jennifer Shaw, Donna Szopko, Shane Throckmorton, 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
Zion Lutheran (The Dalles)	Serving with us in the Oregon Synod	Staff
Spirit of Grace (Hood River)		
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.

Blue Christmas

Even the glorious news of Christ's birth cannot lighten our hearts when we've experienced a great loss or are struggling with sadness. While many around us are singing carols ("Joy to the World," "I Am So Glad Each Christmas Eve," and others), we are simply trying to maintain some sort of equilibrium to see ourselves through the day. It's not easy feeling down when others are filled with so much joyful anticipation. If you are sad this Christmas for any reason, big or small, please join Sister India in the Chapel on **Saturday, December 14**, at 2:00 pm for a Blue Christmas worship service.



Making Ends Meet

Thank you to everyone who has contributed to help St. Andrew's administrative assistant Rhonda Powell and her family meet life's expenses while she continues to undergo cancer treatment. To learn more, please visit gofund.me/d9a92c15.



Christmas Caroling



Are you ready to sing? Caroling was so meaningful to our home-bound folks last year and we are going to do it again! There is a sign-up sheet in the Narthex. Please add your name to the list so Sister India will know you will be going. We will carpool to get from place to place and will all gather in the Narthex at 1:00 pm on **Sunday, December 15**. If you have any questions, please contact Sister India at india@standrewlutheran.com.

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, December 1, 2024

Isaiah 43:1-7
Luke 1:26-38

Highlights for the Week at St. Andrew

Friday, November 22

10:00 am Tai Chi Fellowship Hall

Saturday, November 23

10:00 am Morrell Memorial Service & Reception Sanctuary, Fellowship Hall

Sunday, November 24

9:30 am Worship Sanctuary, livestream, and via Zoom

9:30 am Portland Taiwan Worship Service Chapel

10:45 am Taiwanese Church Fellowship Gathering Chapel

11:00 am Adult Ed: David St. Andrew Room

11:00 am Adult Ed: The Words of God: Languages and Translations Fellowship Hall

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

Monday, November 25—Church Office Closed

10:30 am Connections Team Meeting St. Andrew Room

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

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)

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

Wednesday, November 27

1:00 pm Wednesday Book Group with Sister India St. Andrew Room

Thursday, November 28—Church Office Closed

10:00 am Strength + Stability with Susanne Fellowship Hall

10:30 am Nature Gazing with Susanne Sanctuary of the Firs (subject to change)

6:30 pm Wing Chun Class Children's Commons

Friday, November 29—Church Office Closed

Saturday, November 30

Sunday, December 1

9:30 am Worship Sanctuary, livestream, and via Zoom

9:30 am Portland Taiwan Worship Service Chapel

10:45 am Taiwanese Church Fellowship Gathering Chapel

1:00 pm Twirlers Meeting and Practice St. Andrew Room, Fellowship Hall

Big Horn Brass 2024 Annual Christmas Concert


A favorite holiday event for many community family calendars will return again this year! On **Sunday, December 1**, the Big Horn Brass performs their annual Holiday Concert at St. Matthew Lutheran Church at 10390 SW Canyon Road. The renowned brass ensemble creates the perfect opportunity to hear some of the world's greatest holiday and festive music. The St. Matthew Exaltation Handbells start at 3:00 pm with the Brass concert starting at 3:30 pm.


This year's concert is "Christmas Joy." The 16-member ensemble spreads its sparkling brass tones through an endearing mix of instrumental and vocal holiday favorites. From traditional carols to festive arrangements for brass, the concert will warm the hearts of young and old. Mark Vehrencamp, the tuba player for the brass group that performs at St. Andrew, is also a member of the Big Horn Brass.

This year's free concert is a gift to the community from the Erik Weswig Memorial Fund, Beaverton Arts Commission, and other supporters of holiday music. Erik was a senior at Sunset High School and enjoyed this concert as part of his family Christmas tradition. In his memory, a Memorial Fund was established to support local events that he enjoyed. Donations for future concerts will be gratefully accepted. For more information or to donate, please go to ErikWeswig.com.



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.