

ST. ANDREW WEEKLY NEWS

November 8, 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



On **November 10**, we will be discussing *The Measure*, by Nikki Erlick, at the home of Mary Smith, with Susan Werner Reiser leading the discussion.

This creative and curious book should make for an interesting discussion. The book deals with the theme of discrimination, and how we consider length of life as a measure of happiness or value.

At the November meeting we will be selecting books to read and discuss for the first half of 2025, so please bring any titles you would be interested in reading to that meeting.

Future reading:

December 8, 2024

Book: *The Women*, by Kristin Hannah
Location: Fran Miller's home

Dianna Carlson will help with refreshments

Discussion Leader: Fran Miller

January 12, 2025

Book: *White Too Long: The Legacy of White Supremacy in American Christianity*, by Robert P. Jones

Location: Elaine May's home

Discussion Leader: Elaine May

Men's Book Club News

The Men's Book Club will meet on **Monday, November 11**, at 7:00 pm to discuss the book, *All the Pretty Horses*, by Cormac McCarthy. Tim Holte will host this discussion at his home. This title is also available in the St. Andrew Library.



Future reading:

December 9, 2024

Book: *Facing the Mountain: A True Story of Japanese American Heroes in World War II*, by Daniel James Brown

Host: Ted Miller

January 13, 2025

Book: *Voices of a People's History of the United States in the 21st Century: Documents of Hope and Resistance*, by Anthony Arnove and Haley Pessin

Host: Gary Grafwallner

February 10, 2025

Book: *Empire of the Summer Moon: Quanah Parker and the Rise and Fall of the Comanches, the Most Powerful Indian Tribe in American History*, by S. C. Gwynne

Host: Larry Bliesner

Adult Education: David

Taught by Paul Navarre, this class focuses on the shepherd, musician, poet, slayer of Goliath, king, and ancestor of Jesus. David is not just a central figure for Christians but is also revered by Jews and Muslims alike. In this class, we'll look at the life and works of David as recorded in the Bible, while also looking to Jewish, Islamic, and non-secular sources for additional clues about who David was—if he actually existed at all. Classes continue this Sunday at 11:00 am in the St. Andrew Room.



Jonah and the Big Fish

The Roots story this weekend will focus on *Jonah and the Big Fish*. Jonah wants the Ninevites—enemies of the Israelites—destroyed, but God's love is much larger, embracing even those who have done us harm.

As Kristin Johnston Largen writes in the Jonah notes to the *Lutheran Study Bible*, "The story of Jonah shows how God is in control—of wind and waves, of swimming fish, and, most importantly, of helping us see the way of mercy and forgiveness."



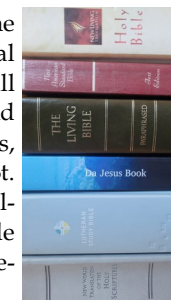
Roots participants will listen to the story and then work with the images and themes that emerge for them, creating individual collages. Children are invited to bring a small photo of themselves to include in the collage.

Cindy Stadel
Roots Storyteller

The Words of God: Languages & Translations

Editor's note: The 2024-2025 Education Booklet mistakenly uses Word (singular) for the title of this class. We apologize for the error, and will use the correct name in this publication going forward.

Why is it so hard to agree on the words of the Bible? This course takes a linguistic and cultural lens to the issues of Bible translation. We will explore why understanding the languages and cultures of the time is important to translations, early translation into the vernacular (hello, St. Jerome!), and why translating anything, especially scripture, is devilishly tricky. We'll conclude with a look at the latest translation, the New Revised Standard Version Updated Edition.



This weekend's class will focus on "Burned after death: Early translations and resistance to translation." Join teacher Lynn Santelmann at 11:00 am on Sunday in Fellowship Hall.

How to Achieve Zero Food Waste

Adapted from Earth911 article by Anna Dement, October 16, 2024

Statistics show that in the U.S., 66 million metric tons of food is wasted each year. Of that, about 40 million metric tons of it ends up in landfills, which represents 30%-40% of our overall food supply, and is the single largest component in landfills. Once food becomes refuse, it emits methane gas that accelerates climate change and as the temperatures rise, it decreases the planet's capacity to absorb carbon dioxide.

Food Waste Fact: In addition to understanding the impacts of food waste, we need to understand exactly when food really should be discarded. "Sell-by" dating often encourages people to discard food too early, before it has spoiled.

Currently, there are no regulations at the federal or state levels regulating food safety except for baby food and infant formula. Consumers often interpret "sell-by" dates as the date food should no longer be consumed, when that date actually refers to the date the store should no longer sell the item. Consumers often don't realize that when food is stored properly, it is still good to eat and has not spoiled for days past the "sell-by" date.

Label Limbo: These practices translate to a sizable amount of food waste in a very short period of time. California has passed A.B. 660, a bill that standardizes food date labels in an effort to prevent food waste statewide. California will now have 2 types of labels. The first label, "Best if used by," will be used to indicate when the quality of a product, rather than its safety, would be at stake. The second label, "Expires on" will be used for perishable foods indicating the date by which the food should be consumed. It is expected that other states will follow California's lead.

The Environmental Protection Agency (EPA) has announced an initiative to achieve a 50% reduction in food waste by 2030. The EPA's goal is to use the food saved from wasteful behavior to increase food security. By teaming up with charitable organizations and companies in the private sector, the EPA envisions greater access for the hungry and those in need of food that would otherwise be headed to the landfill. These organizations will transport food to shelters, soup kitchens, and food pantries.

Waste Not, O' Wise One! Here are some things you can do to minimize food waste from your household. The environment and your wallet will thank you!

- ◆ Inventory: Shop your fridge, freezer, and pantry, and make a list of what you really need before going shopping.
- ◆ Food menus: Create food menus for the week of all your meals; factor in planned lunches and dinners.
- ◆ Avoid specials: When shopping, don't be fooled by specials. If you can't eat one carton of yogurt before it spoils, you won't be able to eat two cartons of yogurt before they spoil.
- ◆ Stick to your list. Store layouts are designed to encourage impulse buying; don't get sucked in by enticing displays.



- ◆ Beware of bulk: Don't buy perishable items—like produce, meat, or dairy—in bulk, especially if you are a family of one or two, unless you are sure it will be eaten. If you do buy in bulk, portion out your food immediately, and freeze what you won't eat right away.
- ◆ Rotate food items: As you restock your fridge, freezer, and pantry, rotate the older items to the front where you will see them and use them first.
- ◆ Store foods separately: Store bananas, apples, and tomatoes by themselves, and store fruits and vegetables in different bins. Many fruits give off natural gases as they ripen, making nearby produce spoil faster.
- ◆ Only wash before consuming: To prevent mold, don't wash fruits and veggies until you are ready to use them. If you do wash them, make sure they are dry before you store them.
- ◆ Midweek check-in: Midway into the week, check the contents of your fridge to determine the freshness of leftovers and produce. Be sure to eat that food first before it perishes.
- ◆ Freeze often: Freeze items that you won't have time to eat before it spoils.
- ◆ Dining out? When dining out, opt for places that offer smaller plate dishes, or plan to share a dish. You can also bring containers from home so that you are able to take the leftovers without using single-use plastic take-out containers.



Liz Hardy
Earth Care Team

An Immigrant Story from Myanmar

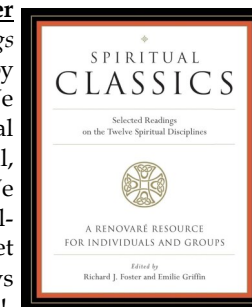


Naw Bi is a young immigrant from Myanmar and a member of the Karen community, a persecuted minority with an estimated 67,000 people living in diaspora. Naw Bi will be at St. Andrew to practice sharing her story in the Sanctuary with a small group of empathetic listeners before taking it to a larger venue as part of The Immigrant Story's public presentations.

Please consider joining us in holding a welcoming space for this young immigrant woman on **Sunday, November 17**, at 2:00 pm in the St. Andrew Sanctuary.

Wednesday Book Group News

We are starting a new book on **November 13**, titled *Spiritual Classics: Selected Readings on the Twelve Spiritual Disciplines*, edited by Richard J. Foster and Emilie Griffin. We will be exploring the writings of spiritual thinkers such as Catherine Marshall, Claire of Assisi, and Meister Eckhart. We are a group that meets to discuss spirituality and how it works in our lives. We meet in the St. Andrew Room on Wednesdays from 1:00 pm to 2:30 pm. All are welcome!



Sister India Jensen Kerr

In Need of Prayers...

<u>NAME</u>	<u>PRAYERS FOR...</u>	<u>CONTACT</u>
Family and friends of Jonathan Pearson (friend)	Peace and God's comfort at his death	Beverly Briggs
Family and friends of Kurt Beane (brother-in-law)	Peace and God's comfort at his death	Steve Christiansen
Family and friends of Ann Ciabattari (mother)	Peace and God's comfort at her death	Renee Wrede
Family and friends of Bill & Victoria	Peace and God's comfort at their daughter's death	Sharon Fako
Jay Meredith (husband)	Thanksgiving for successful medical procedure	Pam Meredith
Mary Ann Snider	Comfort, peace, and wisdom	Sr. India Jensen Kerr
Ira Schab	Comfort, healing, and recovery	Ira Schab
Clay Keyser and Carly Keyser (grandchildren)	Safe service in the Air Force	Debi Gustafson
Lee Anne Knapp	Safe travel and peace during business trip	Lee Anne Knapp
Camille Jackson	Comfort and healing	Camille Jackson
Raven Krause Imhoff (son's dog)	Comfort and healing	Lee Anne Knapp
Individual friends and loved ones	Whatever they need	Staff
All those who are caregivers for a loved one	Strength and support	Staff
St Andrew Council Executive Committee Staff	Wisdom and discernment	Staff
All seminarians and theology students, especially Sister India Jensen Kerr	Encouragement and support	Staff
St. Andrew Foundation	Blessings on their ministry	Staff
Gethsemane Lutheran (Portland)	Serving with us in the Oregon Synod	Staff
Pilgrim Lutheran (Portland)		
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.

Thanksgiving Meals for Community Action

The Service Committee is once again sponsoring Thanksgiving meals for Community Action families and we need your help. Our goal is to collect \$4,500, enough to buy seventy-five \$60 WinCo gift cards for these families. Any donations that exceed our goal will be used for our upcoming Barnes School Christmas Giving Tree, or donated to the St. Matthew Food Pantry for feeding anyone in the community who needs food assistance.

If you wish to give online, select "Thanksgiving Food Drive" in the drop-down menu below "Fund," or you can send a check made out to St. Andrew with "Thanksgiving Food Drive" in the memo line. Deadline is **November 19**.

If you have any questions, feel free to contact:

LuAnn Staul (ljstaul@gmail.com / 503-314-6321) or

Linda McDowall (mcdowall.ml@gmail.com / 503-649-5091) **No Alcohol or Tobacco Products**



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.



A Prayer for Peace and Quietness



O God, from whom come all holy desires, all good counsels, and all just works: give to us, your servants, that peace which the world cannot give, that our hearts may be set to obey your commandments; and also that we, being defended from the fear of our enemies, may live in peace and quietness; through Jesus Christ our Savior, who lives and reigns with you and the Holy Spirit, God forever.
Amen.

-From *Evening Prayer*, ELW page 317

St. Andrew Contacts	
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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

Friday through Monday,
contact Sister India Jensen Kerr

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

Preparing for Worship Sunday, November 17, 2024

Hebrews 10:11-25
Psalm 16
Mark 13:1-8

Highlights for the Week at St. Andrew

Friday, November 8

10:00 am Tai Chi Fellowship Hall

Saturday, November 9

Sunday, November 10

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

2:00 pm Light Opera of Portland Rehearsal Children's Commons

Monday, November 11—Church Office Closed

7:00 pm Men's Book Club Home of Tim Holte

Tuesday, November 12

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

1:30 pm Service Committee Meeting Library

4:30 pm HR Meeting via Zoom

7:00 pm Brass Quintet Rehearsal Sanctuary

Wednesday, November 13—Weekly News deadline is 4:00 pm; submit material to office@standrewlutheran.com and charker@standrewlutheran.com

1:00 pm Sanctuary Team Meeting Library

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

6:00 pm Bells of Grace Rehearsal Sanctuary

7:00 pm Sanctuary Choir Rehearsal Sanctuary

Thursday, November 14

9:30 am Seekers of the Heart of God Bible Study St. Andrew Room

10:00 am Strength + Stability with Susanne Fellowship Hall

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

1:00 pm Staff Meeting Chapel, Library

6:30 pm Wing Chun Class Children's Commons

7:00 pm Foundation Team Meeting Library

Friday, November 15

10:00 am Tai Chi Fellowship Hall

Saturday, November 16

9:00 am Nifty Notters Fellowship Hall

Sunday, November 17

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

1:00 pm Twirlers Meeting & Practice Fellowship Hall

2:00 pm Light Opera of Portland Rehearsal Children's Commons

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.