

# ST. ANDREW WEEKLY NEWS

January 17, 2025

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

Worship Service:  
Sunday, 9:30 am

[www.standrewlutheran.com](http://www.standrewlutheran.com) ■ Telephone: 503-646-0629

## Mortgage Match Challenge

St. Andrew is sprinting ever closer to the \$50,000 Mortgage Match goal prompted by a generous donor late in 2024. Please make your contributions to the Mortgage Match fund no later than **Friday, January 31**.

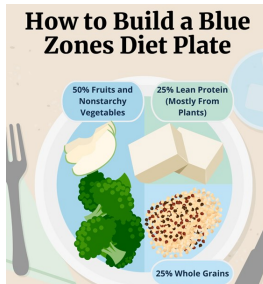
As of this week, the Financial Secretaries reported that we are only \$11,980 away from completing the drive. To contribute to the Mortgage Match challenge, please indicate this on your check or on your giving envelope. You may also give online by visiting [standrewlutheran.com/give](http://standrewlutheran.com/give). Please select "Mortgage Match Challenge" in the dropdown menu. Thank you, everyone, for your contributions!

**ALMOST THERE!**

## Nourishing Conversations:

### Foods from the Blue Zones

If you've ever wanted to try a plant-based meal, but don't know quite where to start, consider coming to Parish Nurse Tira Nessel's "Nourishing Conversations" Adult Education experience on **Monday, January 20**. This week, she will explore "Foods from the Blue Zones."



People begin gathering in the kitchen and Fellowship Hall about 5:00 pm to set the tables, chop a bounty of vegetables, and get to know each other. If you're unable to arrive that early, that's not a problem. Nearing 6:00 pm, we join hands to sing the table blessing and then we eat and talk together. Participants are expected to stick around to assist with cleanup afterwards, providing even more time for fellowship.

One of the benefits of plant-based meals is that they are generally much cheaper to prepare, but we still hope participants will donate toward the cost of the food. A free-will offering bowl makes it easy to chip in—and anything over and above the total cost of the food will be donated to St. Andrew's Lenten Food Drive.

## Community Warehouse Donation Drive

Your donations of new or gently used clean linens, kitchen wares, and other items can help transform a house into a home for people in need in our area.



The purple bins to place your donations are in the Narthex by the doors leading into Fellowship Hall. Please reference the flyer posted above the bins to learn more about which items are being collected. The final day for items to be dropped off at the Church will be **Sunday, February 2**. Thank you for your support!

## It's OK to be an Imperfect Environmentalist

Article originally written by Sheila Michail Morovati, January 2024

As we step into a new year, the tradition of making resolutions is alive and well. Three in ten Americans have set New Year's Resolutions for things such as exercising more, reading more, improving their health, improving finances, spending more time on relationships, and more. Some want to reduce their environmental footprint by cutting down on energy consumption, adopting a fully plant-based diet, going totally plastic-free or trying a zero-waste lifestyle. While these are commendable goals, few people can actually maintain such a strict level of sustainability.

A 2024 survey by The American Psychological Association (APA) found that 53% of Americans feel that climate change is impacting their mental health, a phenomenon known as climate anxiety: feeling concerned about our warming World while not knowing where to begin or what to do to help.

As we set lofty environmental goals for ourselves, there's an uncomfortable truth: our resolutions are often broken due to lack of motivation, feeling overwhelmed, or simply not seeing immediate results. There's a day that is marked for the abandonment of our wishful new year's resolutions called "Quitter's Day," named for the second Friday of the year when most people give up on the high expectations they have set for themselves.

There is no point in overwhelming ourselves to the point of failure. If we set realistic, achievable goals, we have a higher chance of success. Try avoiding plastic cutlery by keeping a set of reusable silverware in your car or your bag. Do the same with a reusable water bottle and/or mug to avoid plastic water bottles and disposable cups. Convert 40% of your meals to plant-based foods; remember the new food guidelines say half of your plate should be fruits and veggies. Cut in half the amount of meat you eat, especially beef, lamb, and pork. That's good for you and the planet. Commit to carpooling or using public transportation 2-3 times per week. Or better yet, walk or bike when you can. Again, good for you and the planet. These ideas are more doable than the "all or nothing" mindset. And they help meet another goal we all have: saving money!

The idea of perfection is not practical and it can be paralyzing. Imperfect environmentalism is a (new to me) term that refers to folks who are aware of their environmental impact and strive to minimize it, but also recognize their limits and know that no one can be 100% sustainable. Large masses of people participating in addressing the climate crisis is more impactful than a few people trying to do it all. Margaret Mead said, "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."

So this New Year take a moment to re-evaluate your resolutions with a lens of imperfection. You may find that you can make them last longer, and maybe even become new habits!

Liz Hardy  
Earth Care Team

## Welcoming New Members This Sunday!

Please join us for worship this **Sunday, January 19**, as we welcome and affirm eight new members to the St. Andrew community:

**Ron Castner** (he/him) and **Erin Leake Castner** (she/her) are long-time residents of Cedar Mill and were members of Trinity Episcopal Cathedral for many years. Ron is retired from careers in engineering and financial planning and enjoys walking and home improvement projects. Erin is a retired oncology social worker and enjoys quilting, reading, and time with friends. Their daughter lives in Washington, D.C. Both enjoy spending time at the Oregon coast with their dog, Charli. They are happy to have found such a welcoming faith community at St Andrew.



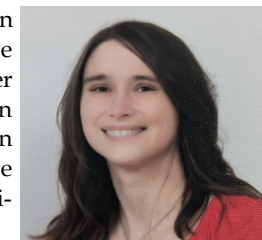
**Charlotte Cheney** (she/her) was born and raised in Poulsbo, WA, and she grew up coming down to Oregon to visit her grandparents and cousins. She was raised Catholic, and taught from a young age to find God in the natural world and people around her. Charlotte values community and Jesus's teaching that all are loved and welcome to the table, which has been a huge factor in connecting with Lutheranism. Charlotte was introduced to St. Andrew by her now husband, Brian Cheney (he/him), while they were dating. The couple was married in 2023 and live with their two cats in Forest Grove. Charlotte works as a mental health counselor, and in her spare time enjoys crafting (knitting & crochet), reading, hiking, and gardening.

**Tom** (he/him) and **Cathy** (she/her) **Fallon** moved here in August from the Atlanta area to be with their daughter, son-in-law, and new grandson. Tom is a retired university professor; Cathy is a retired elementary school teacher. They enjoy reading and playing games. They also spend quality time with family, friends, and nature.



**Sandy** (she/her) and **Rick** (he/him) **Koch** (pronounced "Cook") moved to Beaverton two years ago to be near two of their three children and grandchildren. Their son and daughter-in-law live in New York City. They previously lived near the shores of Lake Erie in Sandusky, Ohio. Sandy was an elementary teacher, and Rick worked in sales, the legal system, and special education. Sandy enjoys spending time with her grandchildren, gardening, reading, antique and thrift shopping, and decorating. Rick enjoys hiking and exploring the natural beauty of Oregon and the PNW. The Kochs look forward to being part of the vibrant, active ministry of the St. Andrew faith community.

Originally from St. Louis, MO, **Casey Tkacz** (she/her) lived in Spain, Germany, Finland, and most recently Chicago before moving to Beaverton in August of 2024. Casey lives with her husband Francisco and their dog Dapper in Central Beaverton and enjoys the local nature and being a member of the Beaverton Community Band. Her hobbies include playing clarinet, nature walks, and Pilates. She works as a Data Analyst for a small business advocacy organization. She's glad to be part of St. Andrew!



## A Prayer for New Members



Almighty God, by the love of Jesus Christ you draw people to yourself and welcome them into the household of faith. May we show your joy by embracing new siblings as we bear your creative and redeeming word to all the world. Keep us close together in your Spirit, in the breaking of bread and the prayers, and in service to others, following the example of Jesus Christ, our servant and Lord. **Amen.**

## New Event: The Last Sunday

A brand-new event is being hosted here at St. Andrew Lutheran on **Sunday, January 26**, at 6:00 pm in Fellowship Hall.



This first-ever iteration of The Last Sunday will center around a meal, a short talk, and group discussion. The nursery will be staffed for children ages five and under to hang out while parents attend the gathering. For the official flyer and to read more about this exciting event, please visit: [bit.ly/4jaHZf2](https://bit.ly/4jaHZf2). So that we can prepare the appropriate amount of food, if you're planning to attend, please RSVP at this link: [bit.ly/40aiYld](https://bit.ly/40aiYld).

If you have questions or would like to know more about this event, you can contact Kyler Vogt, check out the flyer included in Weekly News, and you can follow this event @TheLastSundayPDX on Instagram. It would be great to see you there!

*Kyler Vogt*

Director of Next Generational Ministry

## In Search of Event

### Coordinators for St. Andrew

It is a wonderful blessing to have the building space we do here at St. Andrew. As part of our mission to reach out into the community and create space for all, we like to open our building for outside organizations to host their events when rooms of ours are not being used. This takes a lot of work! We need interested individuals who want to become a part of the event coordinating team who could serve as leaders to organize and plan the larger events that are held here.

In the past couple of months, we have had to decline to host certain events that would require more effort than the staff or Facilities Team were able to manage. Individuals who are interested in furthering the mission of St. Andrew by helping us host community events should contact the church office by phone (503-646-0629) or email ([office@standrewlutheran.com](mailto:office@standrewlutheran.com)) so the Facilities Management Team can begin compiling a list of volunteers at their next meeting on **February 4**. Thanks!

# ST. ANDREW'S LUTHERAN CHURCH, BEAVERTON

STARTING SUNDAY JANUARY 26TH, 2025 AT 6PM

JOIN US EACH MONTH TO RECLAIM THE GOOD NEWS  
FROM THE CORROSIVE FORCES OF SUPREMACIST CHRISTIANITY

# The LAST SUNDAY



"When  
fascism  
comes to  
America  
it'll be wrapped in  
**the flag**  
and carrying  
**a cross.**"

## **The church of Jesus should be a movement of hope,**

a liberating force for good across nations and boundaries, called to change lives and change the very world by radically loving neighbor and enemy alike.

However, we have to be honest about the state of the church in the 21st Century:

**The church in America has become a destabilizing force  
A coercive tool to empower dangerous leaders  
A breeding ground for bigotry and prejudices**

The destructive forces of Supremacist Christianity are so embedded in the DNA of the American Church that many believers actively reject the teachings of Jesus when they see them lived out – dismissing the Good News as wokeness and the work of rabble-rousers. Instead of working to realize God's vision of peace for the world, Christians have become known for making life hell for their neighbors. We have to be honest about how we got here, how we move forward, and what it means to be *Good News People* in an age of so much fake news, bad news, and bad faith actors.

**Join us on The Last Sunday of every month to:** Share a meal together; find encouragement in community; *engage in a bullshit-free zone* to confront, heal, and turn away from Christian toxicity. Yes, times are dark. There are likely darker days ahead. Now more than ever, let us come together to reclaim the beauty, grit, and power of the Good News.

SPONSORED BY:

 **St. Andrew**  
LUTHERAN CHURCH



Follow us on Instagram **THE LAST SUNDAY PDX**  
Connect with us at [thelastsundaypdx@gmail.com](mailto:thelastsundaypdx@gmail.com)

# HERE'S WAY TOO MUCH INFO ABOUT THE LAST SUNDAY

## WHO IS THIS FOR?

**With love: This is not your grandma's church service.**

This unorthodox event is specifically created as an uncensored space to empower upcoming generations – especially folks between the ages of 16 & 50 years old – the same generations who have left the church in disillusionment as Supremacist Christianity left behind the teachings of Jesus.

## WHAT IS "SUPREMACIST CHRISTIANITY"?

Our term for the ways in which American Christianity has been hijacked by forces such as nationalism, racism, sexism, homophobia, war, economic exploitation, environmental destruction, & other sins of predatory dehumanization.

## OUR GOAL:

Unite believers, seekers, doubters, and justice makers to disturb American Christians' heretical relationship with power. We also emphasize the importance of engaging in this with joy. This is soul work, and our hope is to have folks leaving feeling rejuvenated and hopeful, not drained or discouraged.

### What a night at The Last Sunday might look like:

- This is a traveling event, with each month hosted by different partner churches/organizations in the Portland Metro area
- Events will be approximately an hour and a half long, and include:
  - *Sharing a communal meal*
  - *Experience a creative and thought-provoking presentation*
  - *Breaking into small groups to discuss and reflect*
  - *Highlight and support Good Works happening in our area*

### What we are asking from partner organizations/churches:

- Host The Last Sunday at your building once per year
  - *Provide space for meal and gathering*
  - *Provide food and beverages*
  - *Provide audio and video equipment and someone to run it*
  - *Provide child care during the event (minimum of two adults)*

### What we are asking from individuals who participate:

- All will be welcomed at The Last Sunday. However, those who choose to participate must be willing to:
  - In the words of our pal Ted Lasso, "**Be Curious, Not Judgemental**"
    - *Not quick to be offended; a posture of openness, curiosity, and radical humility; recognizing that being wrong feels like we are right*
  - Be honest and provide space and grace for others to be honest too
    - *No one is getting cancelled for earnestly sharing their thoughts*
    - *Space and grace to be wrong – and also to be challenged and grow*

PLEASE  
**RSVP**  
HERE



## In Need of Prayers...

<u>NAME</u>	<u>PRAYERS FOR...</u>	<u>CONTACT</u>
Family and friends of Kim Watts Engstrom (friend)	Peace and God's comfort at her death	Lee Anne Knapp
Stacy Erickson	Comfort and healing	Dana Taylor Blakemore
Peggy Thompson	Comfort and healing	Sr. India Jensen Kerr
Jay Meredith	Comfort and healing	Sr. India Jensen Kerr
Andrew Robertson (fmr. St. Andrew member)	Comfort and peace	Sandi Beavers
Paul Robertson (father of Andrew, above)	Comfort and peace	Sandi Beavers
Bill Shaw (father)	Healing and recovery	Lee Anne Knapp
Amina Malik Zada	Healing and recovery	Cindy Stadel
Rhonda Powell	Effective treatment and comfort	Staff
Margaret (sister)	Safety from wildfires	Robert Hawthorne
Bp. Brenda Bos & wife Janis	Peace, safety, and recovery from wildfire damage	Pr. Allison Bengfort
All victims of the California wildfires	Peace, safety, and recovery	Staff
Individual friends and loved ones	Whatever they need	Staff
All those who are caregivers for a loved one	Strength and support	Staff
Those confined to their homes, Dave Bumgardner, Bettye Eldridge, Jean Fredrickson, Marlene Maxwell, Ethel Ritchey, Helen Rogers, Sharon Roth	Assurance of God's presence	Staff
All who are imprisoned	Peace and strength	Staff
Ecumenical Ministries of Oregon Holy Trinity Catholic Church	Blessings on their work	Staff
Our Saviour's Lutheran (Seaside)	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](mailto:office@standrewlutheran.com), or fill out the prayer request form on the church website.

## Nifty Notters

On the first and third Saturdays each month, the hard-working members of our quilting group, the Nifty Notters, meet in Fellowship Hall to assemble quilts for the various missions of the Church. This work needs you! All hands are welcome to drop in at any point between 9:00 am and 2:30 pm, or bring a lunch and stay for the whole work session. Upcoming dates for Nifty Notters to meet are: **January 18**, **February 1**, and **February 15**. Please help us by offering your support to continue this important ministry!



## Adult Ed. Class Recordings

Here at St. Andrew, adult education is all about "Nurturing Faith and Equipping for Ministry." In pursuit of that mission, we strive to offer a variety of educational opportunities on Sunday mornings and throughout the week. Generally, our Sunday morning classes are also recorded and made available online for those unable to attend in-person. You can find these recordings by visiting our website, and looking under Education > Adult Education, and clicking the first link, "Adult Education at St. Andrew."

You can also use this link below: [standrewlutheran.com/education/adult-education/](http://standrewlutheran.com/education/adult-education/)

## Let's Get to Know Our Inner Children through SoulCollage®!



Do you know who your inner children are and how they appear in your life? Join Sister India on **Sunday, February 16**, from 1:00 pm to 4:00 pm in Fellowship Hall where we will discover what our inner children have to say. SoulCollage® is a form of self-discovery through art. We glue images to 8x5 cards and read from the images to learn new things about ourselves. It is a truly transformative process! Don't worry if you are not a skilled artist; this is a place where you can join in community, have fun, and access your inner wisdom. If you want more information about SoulCollage® visit [soulcollage.com](http://soulcollage.com). Hope to see you there!

St. Andrew Contacts	
	Council President Liz Hardy ..... <a href="mailto:president@standrewlutheran.com">president@standrewlutheran.com</a> , 360-632-4900
	Lead Pastor Allison Bengfort..... <a href="mailto:pastorallison@standrewlutheran.com">pastorallison@standrewlutheran.com</a>
	Sister India Jensen Kerr ..... <a href="mailto:india@standrewlutheran.com">india@standrewlutheran.com</a>
	Deacon Susan Reiser, Church Musician and Interim Minister of Music ..... <a href="mailto:srwerner.reiser@standrewlutheran.com">srwerner.reiser@standrewlutheran.com</a>
	Dir. of Next Generational Ministry Kyler Vogt..... <a href="mailto:kvogt@standrewlutheran.com">kvogt@standrewlutheran.com</a>
	Parish Executive Carol Harker ..... <a href="mailto:charker@standrewlutheran.com">charker@standrewlutheran.com</a>
	Administrative Assistants Martin Mills ..... <a href="mailto:office@standrewlutheran.com">office@standrewlutheran.com</a> Rhonda Powell ..... <a href="mailto:office@standrewlutheran.com">office@standrewlutheran.com</a>
	Parish Nurses Diane Reiner ..... 503-201-4222 Tira Nessel..... 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, January 26, 2025

1 Corinthians 12:12-31a  
Luke 4:14-21

## Highlights for the Week at St. Andrew

### Friday, January 17

10:00 am Tai Chi ..... Fellowship Hall

**Saturday, January 18—Sunday Worship Announcements deadline is 11:59 pm; submit announcements to [pastorallison@standrewlutheran.com](mailto:pastorallison@standrewlutheran.com)**

9:00 am Nifty Notters ..... Fellowship Hall

### Sunday, January 19

**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: Christian Extremism; the Heresy and Its Consequences ..... Fellowship Hall

11:00 am Confirmation 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, Lower Level Classrooms

### Monday, January 20—Church Office Closed

5:00 pm Nourishing Conversations ..... Fellowship Hall, Kitchen

6:00 pm The Immigrant Story Music Rehearsal ..... Children's Commons

### Tuesday, January 21

7:00 am Men's Gathering and Bible Study ..... Elmer's Restaurant on 158<sup>th</sup> (1250 NW Waterhouse Ave)

7:00 am Sunrise Women ..... Elmer's Restaurant on 158<sup>th</sup> (1250 NW Waterhouse Ave)

10:00 am Tai Chi ..... Fellowship Hall

10:00 am Worship Planners Meeting ..... Library

12:00 pm Bridge Group ..... Fellowship Hall

5:00 pm Stewardship Team Meeting ..... Pastor's Office

7:00 pm Brass Quintet Rehearsal ..... Sanctuary

7:00 pm Community Organizing Team Meeting ..... St. Andrew Room

**Wednesday, January 22—Weekly News deadline is 4:00 pm; submit material to [office@standrewlutheran.com](mailto:office@standrewlutheran.com) & [charker@standrewlutheran.com](mailto:charker@standrewlutheran.com)**

10:00 am The Last Sunday Meeting & Rehearsal ..... Fellowship Hall

11:00 am Alzheimer's Support Group ..... St. Andrew Room

1:00 pm Minister of Music Search Team Meeting ..... via Zoom

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, January 23

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

2:00 pm Immigrant Story ..... Sanctuary

6:30 pm Wing Chun Class ..... Children's Commons

7:00 pm IT Meeting ..... Offsite

### Friday, January 24

10:00 am Tai Chi ..... Fellowship Hall

**Saturday, January 25—Sunday Worship Announcements deadline is 11:59 pm; submit announcements to [pastorallison@standrewlutheran.com](mailto:pastorallison@standrewlutheran.com)**

2:00 pm Neighborhood Climate Conversation ..... Fellowship Hall

### Sunday, January 26

**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: Christian Extremism; the Heresy and Its Consequences ..... Fellowship Hall

11:00 am Confirmation 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, Lower Level Classrooms

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

6:00 pm The Last Sunday ..... Fellowship Hall, Kitchen

## 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.