

ST. ANDREW WEEKLY NEWS

November 21, 2025

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

Worship Service:
Sunday, 9:30 am

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

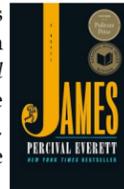
Final Listening Session Is This Sunday



We hope you will join us to share your input which will shape the direction of our congregation's culture, programming, and staffing in the coming years. This final listening session on being an intentionally multigenerational church will be held in Fellowship Hall **this Sunday, November 23**, at 11:00 am.

Spirituality Book Group News

The Spirituality Book Group will meet in the upstairs library **this Sunday, November 23**, at 2:30 pm with Mary Smith leading the discussion on *James: A Novel* by Percival Everett. In 2024, this title won the Pulitzer Prize along with the National Book Award. All are welcome! If you have any questions, please contact Mary Smith.



"Huck Finn is a masterpiece. This retelling just might be, too. James takes Mark Twain's classic tale and places the enslaved sidekick, James, at its center." -New York Times review

Future Reading: The Spirituality Book Group will not meet in December. On **January 11, 2026**, Cathy Fallon will lead discussion on *The First Ladies* by Marie Benedict and Victoria Christopher Murray. And on **February 15**, Elaine May will lead discussion on *Invisible Boy: A Memoir of Self Discovery* by Harrison Mooney.

Basics of Community Organizing Training

We are stronger together than we are alone. The Metropolitan Alliance for Common Good (MACG) uses this fundamental principle to train leaders to take action on issues important to our community. Intrigued? Join us **this Sunday, November 23**, from 2:00 pm to 5:30 pm and learn skills that will transform people into effective public actors. The training will be held at the SMART Local 16 Union Hall in NE Portland. Find directions and register for this event by visiting: tinyurl.com/macg251123.



Questions? Speak with Pat Christiansen or any member of the St. Andrew Community Organizing Team: Pr. Allison Bengfort, Sonja Ackman, Gretchen Bancroft, Larry Bliesner, Amy Peahl, or Lynn Santelmann.

Thanksgiving Goal Achieved

"I was hungry and you gave me something to eat." -Matthew 25:35

Thank you to the people of St. Andrew for generously supporting this year's Thanksgiving Community Action fundraiser. With your help, 78 families will be able to count their blessing as they enjoy a Thanksgiving meal. Thanks to you, we have exceeded our \$5,460 goal! Funds that exceeded our goal will be used to support Barnes School families and the St. Matthew Food Pantry.



The Grateful Service Committee

Barnes School Christmas Giving Tree

Our 2025 Christmas Giving Tree will support 20 Barnes School families. Barnes School serves a diverse, financially challenged student body. One hundred "ornaments" decorate the Giving Tree, with each ornament tag providing information about the recipient and where to purchase a gift card for the recipient.



Here is how it works:

1. Select tag(s) from the tree.
2. Note the number and description on the tag.
3. Find the number and description on the list and provide your name and email so we can track the tags as they come back. (This information will not be shared.)
4. Purchase the gift card from the specified location. We suggest that the gift card purchases be for a minimum of \$25.
5. Return the gift card with the tag to the church by **December 14**. Leave the gift card(s) with a Service Committee member or with the office during the week.
6. We also welcome gifts of children's books and stuffed animals.

Thank you for helping to make this Christmas special for these families.

Let us know what questions you have by contacting either: LuAnn Staul (ljstaul@gmail.com / 503-314-6321), or Mary Smith (dbits1@gmail.com / 503-332-9732).

Free Community Concert at St. Matthew



Big Horn Brass and the St. Matthew Exaltation Handbell Ensemble invite you to their 2025 annual concert, "Christmas Joy," on **Sunday, November 30**, at 2:30 pm. This is a free community concert being held at St. Matthew Lutheran, 10390 SW Canyon Rd. in Beaverton. You can learn more about this free event by visiting: erikweswig.com.

Please Submit Your Upcoming Concerts!

'Tis the season for spreading joy through music! Do you have a concert you're participating in this holiday season that you'd like the community to know about? Please submit it for inclusion in a new Weekly News list of upcoming community events so the people of St. Andrew can come out and support you! Submissions should include your name (or the name of the congregation member participating), name of the event, time, place, ticket costs, and a link if you have one. Please send all submissions to John Gladen at jgladen@standrewlutheran.com.

Update from Recent Food Pantry Delivery

Last Thursday, Mike & Mary Carroll delivered 91 lbs. of food from the barrel in the narthex to the St. Matthew Food Pantry. Thank you to them for their work in delivering and thank you to YOU for your donations!



Simple Swaps for a Green and Healthy Thanksgiving, Part II

Adapted from an Earth911 article originally posted November 4, 2025.

Thanksgiving is just around the corner, and for many this day symbolizes guilt-free gluttony. While merriment and raising a sustainable toast are more than encouraged, here are some simple swaps that will keep the pounds (and chemicals) off, while promoting animal welfare and a healthier, happier planet. Last week I focused on the turkey; this week we'll look at the rest of the meal.

Bread: Eat the right kind of carbohydrates; buy 100% whole grain and 100% whole wheat. A "good carb" contains "whole grain" or "stone ground" flour. These flours contain the entire grain kernel, hence more nutrients. Look for USDA Organic and Non-GMO items. If the label just says "wheat flour" or "unbleached wheat flour," it doesn't contain the whole grain. Also, avoid the word "enriched" which means part of the kernel including fiber has been removed.



Vegetables and fruit: Choose USDA Organic produce with a 5-digit PLU (Price Look Up) code starting with #9 and Non-GMO Project Verified. Pesticides have not been used on "Organic" food. (A 4-digit PLU number indicates pesticides have been used.) If your budget is tight, stick with conventionally grown produce on the Environmental Working Group's Clean Fifteen list: ewg.org/foodnews/clean-fifteen.php. This is a list of 15 produce items that have the lowest levels of pesticide residues. It also contains a list of 12 produce items with the highest levels of pesticide residue.

Dairy products: Choose organic dairy products from grass-fed cows. Look for labels that say "100% Grass-Fed," "Pasture-Raised," or carry the American Grass-Fed Association certification. Organic dairy products come from milk produced by cows that have not been treated with synthetic hormones or antibiotics. Or try plant-based alternatives like oat milk, almond milk, or cashew cream for your mashed potatoes and desserts. Avoid dairy from factory farms where cows are confined indoors, given growth hormones, and fed GMO corn and soy instead of their natural diet of grass.

Cranberry sauce: Make your own cranberry sauce from scratch using organic fresh or frozen cranberries, organic sugar or maple syrup, and organic orange zest. It takes just 15 minutes, and you know exactly what goes in it. Or better yet, use natural sweeteners like maple syrup, honey, or coconut sugar, and add warming spices like cinnamon, ginger, and cloves. Avoid canned cranberry sauce which typically contains high-fructose corn syrup, artificial colors and preservatives, and possibly pesticide residues.



Stuffing/Dressing: Make stuffing from scratch using organic whole grain bread, organic vegetables (celery, onions, and carrots), organic herbs, and organic broth. You can add nutritious ingredients like mushrooms, chestnuts, dried fruits, and nuts for extra flavor and nutrition. For an even healthier twist, try alternative grains like quinoa, wild rice, or farro mixed with roasted vegetables, fresh herbs, and toasted nuts for a nutrient-dense side dish. Note that boxed stuffing mixes often contain MSG, artificial flavors, excessive sodium, hydrogenated oils, and preservatives. They are also usually made with refined white bread that offers minimal nutritional value.

Gravy: Make homemade gravy using the natural pan drippings from your organic, pasture-raised turkey for the base, and organic flour or cornstarch for thickening. Scratch recipes give you complete control over the ingredients and sodium content. You could try making a vegetable-based gravy made with mushrooms, onions, and nutritional yeast for a rich, savory flavor that's plant-based and equally delicious. Avoid jarred or pre-packaged gravies that are loaded with MSG, artificial flavors, excessive sodium (some contain over 400 mg per serving!), and often contain trans-fats and artificial colors. Many also use conventional animal products from factory farms. (Last week I wrote about why that's bad.)

Sweet potato casserole: Choose organic sweet potatoes and skip the marshmallow topping, which is laden with corn syrup and artificial colors. Instead, roast sweet potatoes with a touch of organic butter or coconut oil, a sprinkle of cinnamon, and a drizzle of pure maple syrup. Top with organic pecans for crunch. Try roasting sweet potatoes with savory herbs like rosemary and thyme instead of sugar. Sweet potatoes are already naturally sweet and packed with vitamins A and C, fiber, and antioxidants. They don't need added sugar. Avoid canned yams sweetened with corn syrup, and leave off the high-fructose corn syrup marshmallows.

Have a happy Thanksgiving, and above all, thanks be to God for our many blessings!

Liz Hardy
Earth Care Team

Let's Talk About Late Life Depression

Aging with Grace, a small faith group of Holy Trinity Catholic, is pleased to announce they will have a guest speaker, Dr. Adi Shafir, for the meeting on **Friday, December 5**, being held in Fellowship Hall at St. Andrew. Dr. Shafir is a geriatrician and specializes in palliative care. She sees patients in the outpatient palliative care clinic at the OHSU Knight Cancer Institute and conducts geriatrics consults at the Internal Medicine Clinic. She completed medical school at University of Pittsburgh, internal medicine residency at University of Pittsburgh Medical Center, and a combined geriatrics and palliative care fellowship at University of California San Francisco. She lives in Beaverton with her husband, 2-year-old daughter, and 7-year-old pug.

Dr. Shafir will join Aging with Grace to talk about "Late Life Depression." Her presentation will be held at St. Andrew Lutheran Church in Fellowship Hall at 1:00 pm. This event is free and open to the public—everyone is welcome to attend.

If you have any questions, please contact Hilary Hutchinson at hilaryhutch@yahoo.com.



In Need of Prayers...

<u>NAME</u>	<u>PRAYERS FOR...</u>	<u>CONTACT</u>
Mary Brown	Accurate diagnosis and treatment	Carol Harker
Dori (cousin)	Comfort and peace while best friend is on hospice	Carol Hogan
Tom Clark (brother)	Desired outcome from cancer treatment	Bonnie Bliesner
Mary (sister-in-law)	Healing and recovery	Carol Hogan
Curt Walters (son-in-law)	Healing and strength	Bill & Sharon Roos
Bob Brown	Peaceful transition to new living situation	Carol Harker
Sharon Fako (mother)	Thanksgiving for desired test results & release from hospital	Rebecca Uecker
Evangelical Lutheran Church in America (ELCA)	Blessings on our ministry	Staff
ELCA Presiding Bishop Yehiel Curry	Strength and wisdom	Staff
ELCA Church Council and Staff	Courage and wisdom	Staff
Ecumenical, interfaith, and secular partners in ministry	Blessings on their work	Staff
Loved ones in need of ongoing prayer, including Tandy Brooks, Stacye Erickson, Rhonda Powell, Jennifer Shaw, Arden Tarum, Megan Webber	Healing and assurance of God's presence	Staff
Churches serving with us in the Oregon Synod, especially Pilgrim Lutheran (Portland)	Blessings on their ministry	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. Requests will remain on the prayer list for two weeks unless otherwise specified.

Join Us for Christmas Caroling on Sunday, December 14!

All are invited to share the joy of the season as we bring Christmas music and warm greetings to our wider community. We'll gather for lunch at the church from 12:00 pm - 1:00 pm, then head out together for an afternoon of caroling.



Our first stop will be The Springs where we'll sing as a group for residents and staff. Afterward, we will split into smaller groups to visit and sing at the homes of St. Andrew congregants who could use a bit of extra Christmas cheer this year.

Do you play an instrument? We would love to have musical accompaniment as part of the afternoon. All ages and abilities are welcome. A sign-up sheet is available in the narthex, near the main door into the sanctuary. For more information, please contact Pr. Colleen Nelson. Help us share the light, warmth, and music of Christ's birth with our community!

Blue Christmas Service & Soup Luncheon, Friday, December 20

Christmas can be a season of joy, but it can also be a season of longing, grief, and tender memories. Our Blue Christmas Service creates space for quiet reflection, comfort, and hope—an opportunity to rest in God's presence amid whatever this season holds for you.



We'll gather for worship in the Chapel at 12:00 pm, followed by soup and community in Fellowship Hall beginning at 1:00 pm. Friends, neighbors, and anyone who might welcome a gentle place this season are warmly invited.

A sign-up sheet is available in the narthex by the entrance to the sanctuary—we'd appreciate a count for food. If you'd like to help with set-up, please contact Kim Taylor-Blakemore at 503-545-6133. We hope you'll join us for this meaningful time of healing, reflection, and connection.

Help EcoFaith Match Funds and Equip Climate Justice Leaders!

EcoFaith Recovery has equipped hundreds of people who have organized thousands of others for climate, social, and racial justice. EcoFaith currently has a \$7500 matching grant available that will match new and increased donations. In order to end the year in the black, EcoFaith still needs to raise \$22,837. Your generous donations will equip leaders today who will work for justice for decades to come at ecofaithrecovery.org.

St. Andrew Contacts

Council President Chuck Weswig.....president@standrewlutheran.com
 Lead Pastor Allison Bengfort..... pastorallison@standrewlutheran.com, 563-210-6304
 Associate Pr. Colleen Nelson.....pastorcolleen@standrewlutheran.com, 269-274-1365
 Minister of Music John Gladen..... jgladen@standrewlutheran.com
 Dir. of Next Generational Ministry Kyler Vogt..... kvogt@standrewlutheran.com
 Parish Executive Carol Harker charker@standrewlutheran.com
 Administrative Assistant Martin Mills.....office@standrewlutheran.com
 Parish Nurses Diane Reiner 503-201-4222
 Tira Nasset..... 503-866-5099

Save the Date: Sat., Dec. 6

Editor's note: This article has been updated to reflect a change in timing of this event.

Get out those elf hats and Christmas sweaters: it's time for a Hanging of the Greens and St. Andrew Carol Sing-Along Party! Join us on **Saturday, December 6**, for a joyful afternoon of carols and community, led by our music minister, and preceded by the official decorating of the church for Christmas.

We'll need many hands (and ladders!) to hang wreaths, garlands, and greens throughout the sanctuary and narthex.



Bring your holiday spirit, your singing voice, and maybe your favorite cookies to share! The Hanging of the Greens will begin at 2:00 pm, followed by the Carol Sing-Along at 3:30 pm.

Revamping Our Welcome

You might notice that the "Greeters" section has disappeared from the Worship Leaders online sign-up. We're taking some time to rethink and refresh how we welcome visitors to St. Andrew. Kim Taylor-Blakemore, our field education seminarian, is working on a new approach that we'll be trying out with a small pilot group. We'll share more as things come together—so stay tuned for updates in Weekly News!



**Preparing for Worship
 Sunday, November 30, 2025**

Lamentations 3:55-57
 Luke 1:5-13

Highlights for the Week at St. Andrew

Friday, November 21

10:00 am Tai Chi Fellowship Hall

Saturday, November 22—Sunday Worship Announcements deadline is 11:59 pm; submit announcements to pastorallison@standrewlutheran.com

Sunday, November 23

9:30 am Worship with Children's Church 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 | Listening Sessions: Becoming an Intentionally Multigenerational Church Fellowship Hall

11:00 am Confirmation for Middle School Youth Library

11:00 am High School Youth Group Youth Room

2:30 pm Spirituality Book Group Library

Monday, November 24—Church Office Closed

7:00 pm Evening Prayer Chapel

Tuesday, November 25—Weekly News deadline is 4:00 pm; submit material to office@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

5:30 pm Narcotics Anonymous Meeting Chapel

7:00 pm Brass Quintet Rehearsal Sanctuary

7:00 pm Light Opera of Portland Rehearsal Fellowship Hall

Wednesday, November 26

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

Thursday, November 27—Church Office Closed

Friday, November 28—Church Office Closed

Saturday, November 29—Sunday Worship Announcements deadline is 11:59 pm; submit announcements to pastorallison@standrewlutheran.com

Sunday, November 30

9:30 am Worship with Children's Church Sanctuary, livestream, and via Zoom

9:30 am Portland Taiwan Worship Service Chapel

10:45 am Taiwanese Church Fellowship Gathering Chapel

Office Closed for Thanksgiving Holiday

Please keep in mind that the Church Office will be closed next **Thursday & Friday, November 27-28**, in observance of Thanksgiving. Because of the holiday closure, article submissions are due by 4:00 pm on **Tuesday, November 25**, so that Weekly News can be published on the following day. We will respond to emails and calls when we return to the office on **Tuesday, December 2**. Have a happy Thanksgiving!



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.