

ST. ANDREW WEEKLY NEWS

June 12, 2026

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

Worship Service:
Sunday, 9:30 am

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

Families Come Home to Earth This Sunday!

You are never too young, or too old, to come home to Earth. The Earth Care Team invites you to spend an afternoon experiencing the fun and learning that occurs at St. Andrew's annual Earth Camp for elementary-aged children. "Families Coming Home to Earth" is the theme of this exciting event being held on the patio **this Sunday, June 14**, from 11:00 am to 2:15 pm.



Earth Camp for Everyone will engage the St. Andrew community in multi-generational activities that will guide participants in ways to connect and appreciate our relationship with Earth. This will include interactive teaching stations such as storytime, crafts, composting & earth worms, and Earth discovery. Lunch will be provided for those who signed up in advance, and the day will end with closing music and celebration!

Whether you're young-at-heart or an old soul, join us for an afternoon of summer-camp-style fun! Hope to see you there!

LuAnn Staul
Earth Care Team Chair

Annual Meeting This Tuesday at 6:30 pm

June is an incredibly busy month! There are graduations, weddings, anniversaries, birthdays, sporting events, pride month activities, and, of course, National Fudge Day on June 16. This coincides with the Annual Congregational Meeting of St. Andrew, which is scheduled for the same day, **Tuesday, June 16**, starting at 6:30 pm. But don't worry—you can honor both occasions! Just enjoy some fudge earlier in the day and then join us in Fellowship Hall (or online) that evening!

Why should you attend? Simply put, we need your participation. We will discuss our ministries, elect new Council officers, and approve next year's Ministry and Mission budget. It is also a great opportunity to witness Robert's Rules of Order in action. As a fun fact, Henry Martyn Roberts created Robert's Rules of Order in 1863 after he presided over a chaotic public church meeting and was very frustrated by the lack of order. To avoid that, we will do our best to follow these rules!

Our annual meeting will also be available online via Zoom, and the link will be emailed to you on Tuesday. Virtual attendees are asked to join the meeting room by 6:15 pm so the IT team has enough time to coordinate voting for members on Zoom.



St. Andrew Foundation Board Election during Annual Meeting

The St. Andrew Foundation Board looks forward to your participation in the brief Foundation meeting and election that will be held near the end of St. Andrew's Annual Meeting **this Tuesday, June 16**. Foundation President Tom Mehlhorn will briefly highlight the status and accomplishments of the St. Andrew Foundation, as found in the Annual Report. At this meeting, the Board will be saying farewell to Tira Nessel and thanking her for her years of service on the Foundation Board.

Also during this meeting, you will be asked to elect Cathy Fallon to fill the Board's vacancy. Here is a brief bio of Cathy:



Cathy & Tom Fallon

"My name is Cathy Fallon, and my husband is Tom. We moved here about two years ago to be near our daughter and her family. We joined St. Andrew in January of 2025. We moved from the Atlanta area where we lived for 40+ years. I was a member of an ELCA church there for 30 years where I was very active. I taught Sunday School and VBS, was in choir, co-led an Alzheimer's support group, and was a Stephen Leader, to name a few. I am a retired elementary school teacher. We knew St. Andrew was our new church home the first time we visited."

Free Workshop on Polarization for Progressive-Leaning Communities

How does polarization shape our communities, relationships, and spiritual lives? You're invited to attend a free workshop **this Sunday, June 14**, from 12:30 pm to 3:00 pm at Spirit of Grace (7400 SW Scholls Ferry Rd, Beaverton).



This engaging workshop will explore the social psychology of polarization in both historical and contemporary contexts. Together, we will examine how polarization affects progressive communities, including spiritual communities, and discuss practical ways to mitigate its impact.

This workshop will be presented by Joe Hromco, Ph.D., a clinical psychologist with a long history in community mental health who currently serves as a professor in the School of Graduate Psychology at Pacific University. He is also a longtime member of Spirit of Grace, husband, and father of four. Joe currently serves on the Spirit of Grace steering team. Spirit of Grace is offering this workshop to the larger community and it is free of charge. Please register at forms.gle/eNTLnPtPaWSBjBit6.

About That \$3,000 Bag of Groceries in Your Trash...

Adapted from article posted on Earth911.com, April 2026

The typical family of four in the U.S. throws out more than \$3,000 worth of food every year. Not “wastes” in the sense of eating too much or buying the wrong brand. I mean “throws out” into the trash, into the disposal, or scraped off a plate into the bin.



That is according to the 2026 ReFED U.S. Food Waste Report, which is the most current accounting of the problem. Between uneaten groceries at home and plate waste at restaurants, Americans discard roughly 35 million tons of food every year. This is all food that households have paid for but did not consume.

The climate bill is equally devastating. All of that uneaten food carries an annual greenhouse gas footprint of 145 million metric tons of CO₂-equivalent, the same as driving 36 million passenger vehicles for a year. (CO₂-equivalent is the unit for measuring the impact of different greenhouse gases, including methane, nitrous oxide, and fluorinated gases that trap heat in our atmosphere and warm our planet.) That uneaten food also required about nine trillion gallons of water to grow, water that was never consumed. None of these resources made it to a table. Food is the largest component of landfilled material in the U.S. by weight.

Where does food waste come from inside the home?

- Produce that spoiled before it was used. Fresh fruits and vegetables lose freshness quickly, cost less per pound than animal proteins, and tend to be bought in larger quantities than households consume.
- Left over prepared food. The restaurant-style plate portion has migrated into the home kitchen; our meal portions at home have grown. Leftovers are forgotten, buried in the back of the fridge, or mentally written off the moment a newer meal appears.
- Confusion over date labels. “Sell by,” “best by,” and “use by” mean different things, are not federally regulated (except for infant formula), and are frequently treated by consumers as expiration dates, leading to unnecessary disposal.
- Over-purchasing and oversized packaging. The family-size bag of spinach and the 48-ounce jug of milk are typically the lowest per-unit price and have the highest risk of spoilage for small households. Just because you can buy two for the price of one doesn’t mean you should unless you are sure it will be eaten.
- Composting food waste is better than sending it to the landfill, but the production of the uneaten food still represents calories, dollars, and upstream water and energy that were wasted.



What can you do?

- Audit one week of your kitchen trash. Actually weigh or photograph a week of wasted foods. Families who do this consistently identify their top three loss categories, most commonly produce, leftovers, and bread. The family then concentrates on reducing waste in those categories.
- Shop in your refrigerator first, then the pantry, then the grocery store. Plan at least one “use it up” meal per week built around what is about to spoil.
- Learn the meaning of date labels. “Use by” is the only label where food should not be eaten after the date. “Sell by” is inventory guidance for the retailer. “Best by” is for quality guidance, not safety.
- Freeze aggressively. Bread, cheese, cooked grains, leftovers, and most produce all freeze well.
- Don’t be tempted by low prices of groceries if it involves a larger quantity than you can eat before it spoils.
- Take reusable containers with you to restaurants so you can bring home the leftovers without using single-use carry-out containers. That also gives you a meal you won’t have to cook!

Bon appétit!

Liz Hardy
Earth Care Team

Join St. Andrew in Pride Beaverton Parade

St. Andrew will be walking in Pride Beaverton’s parade on **Sunday, June 28**. The parade begins at 11:00 am on the corner of 2nd & Washington, one block north of the farmers market lot. If you are interested in walking, please see Jan Smith following worship on Sunday to get signed up. It is a short course out into the neighborhood and back to the festival booths at the farmers market lot. You can also just watch the parade along the route, and stay to enjoy the festival and local vendors afterward. However you decide to participate, we hope to see you there!



Let Us “Bake” Bread Together



Do you like to bake? We need your talents to prepare the gluten-free bread we use for Holy Communion at Sunday worship. More bakers are needed to supply enough bread for our growing congregation. To volunteer, please email Carolyn Teifel at carolynteifel@comcast.net. She will send you the recipe along with directions. Volunteers typically bake communion bread about once a month. A big “thank you” to all who support St. Andrew’s ministry and worship through this important task and blessed offering.

Worship In Sanctuary of the Firs on June 21

A beloved summer tradition at St. Andrew, we will meet again for worship in the Sanctuary of the Firs on **Sunday, June 21**, at 9:30 am. Due to technical limitations, this service will only be available live via Zoom for our online worshippers. For those joining us in-person who find it difficult to navigate our outdoor space, a concurrent service will be held inside, as usual.



Why Is It So Difficult to Find a Primary Care Provider in Oregon?

Have you or a loved one tried to find a primary care provider, only to have to wait for months? Do you find it increasingly difficult to book an appointment with your primary care provider?

Have prior authorization headaches impacted your ability to address health issues?

St. Andrew is a member of the Metropolitan Alliance for Common Good. MACG's Healthcare Access research team has spent the last year researching these questions. The team has learned a lot about how complex the problem is. It has also identified a possible avenue to address one of the barriers providers and patients experience as they try to access the best healthcare possible.



MACG is ready to share what has been learned, and propose a possible way forward.

Please join MACG for this Civic Academy where you will learn what has been shared with the team about this complex issue. You will learn about some of the challenges of addressing this issue (spoiler alert: it is *very* complicated) and explore what ways are possible to move forward. This Civic Academy will be held on **Sunday, July 19**, 3:00 pm - 5:00 pm, at Havurah Shalom (825 NW 18th Ave) in Northwest Portland. For more information about this opportunity, and to RSVP, please visit macg.org/pcp_shortage_ca.

Pat Christiansen and Amy Peahl are members of the Healthcare Access team. You're welcome to speak with them regarding any questions you have. And please plan now to join us as we take this next step to make access to primary healthcare available to all people.



Singing Is for Everyone! The Lutheran Tradition of Song

"Next to the Word of God, music deserves the highest praise." –Martin Luther

One of Martin Luther's great contributions to the Church was bringing the message of the gospel to people in their own language. He understood worship as a participatory experience, giving the congregation a larger role in the service and a deeper connection to the liturgy. As worship moved from Latin into the common language of the people, hymns were written with memorable melodies and texts that reflected the power of scripture and the teachings of Christ.



Congregational singing became a hallmark of the Lutheran Reformation. Through song, believers could proclaim their faith, learn the truths of scripture, and participate more fully in worship. The Word came alive through melodies and texts that could be easily sung by everyone.

While music in the Catholic Church of Luther's day was sung only by clergy and those with extensive musical training, Luther believed that the congregation itself should have a voice in worship. He encouraged the creation of hymns that ordinary people could learn and sing together, writing many himself, making music a shared expression of faith rather than something heard only from others.



Eighteenth century manuscript of Toccato and Fugue in D Minor by J. S. Bach

No discussion of the Lutheran musical tradition would be complete without mentioning Johann Sebastian Bach, one of the greatest composers in history. A devoted Lutheran, Bach viewed music as a gift from God and a means of proclaiming the gospel. His works continue to inspire listeners around the world and remain foundational to the study of Western music theory.

"The aim and final end of all music should be none other than the glory of God and the refreshment of the soul." –Johann Sebastian Bach



In Luther's preface to the "Babst" Hymnal, the last major hymnal published that was approved by him during his lifetime, Luther expressed his desire for hymns that would inspire people, "move them to joy in faith," and lead them to sing gladly. So, next Sunday, and in all the coming moments that we lift our voices together, remember that you are participating in a rich tapestry of Lutheran heritage that stretches back over five hundred years. Every hymn we sing is part of that living, ever-reforming tradition.

And if you enjoy singing and wish to participate more fully in this deep Lutheran tradition, consider joining the choir this fall. You do not need to be a professional musician or even be able to read music—only someone willing to share your voice in service to God and the congregation.

John Gladen
Minister of Music



In Need of Prayers...

<u>NAME</u>	<u>PRAYERS FOR...</u>	<u>CONTACT</u>
K. D. (friend)	Accurate diagnosis and successful treatment	Rebecca Uecker
Gary Mann (son-in-law)	Desired test results	Jerry Entrikin
Mary Brown	Effective treatment	Mary Brown
Triniti Gossett (granddaughter)	Healing and recovery	Donna & Warren McAlpine
Glenath Moyle	Healing and recovery	Camille Jackson
Brian & Lori Tubbs (brother & sister-in-law)	Healing and recovery after being struck by a vehicle	Francine Cach
Connie Losk	Healing and recovery from surgery	Mary Smith
Kyler Vogt	Healing and recovery from oral surgery	Staff
Steve Staul (husband)	Healing and speedy recovery from hip replacement	LuAnn Staul
Stormy & family	Patience, resilience, and proper health care	Amber Sterlinski
Joan	Peace and strength following cancer diagnosis	Pr. Allison Bengfort
Greg (friend)	Peace and strength following cancer diagnosis	Linda Fransen
Bonita (friend)	Peace and acceptance of husband Greg's cancer diagnosis	Linda Fransen
Joan (friend)	Proper care and improved health	Linda Fransen
Lee Anne Knapp	Strength and peace	Lee Anne Knapp
St. Andrew Council and Staff	Wisdom and discernment	Staff
St. Andrew Foundation Board		
Portland Taiwan Lutheran Church	Blessings on their ministry	Staff
All who are caregivers for a loved one	Strength and support	Staff
Seminarians and theology students, especially Kim Taylor-Blakemore	Encouragement and support	Staff
Churches serving with us in the Oregon Synod, especially Church of Living Waters (Burns) and Peace (Burns)	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.

Earth Camp 2026 Needs You!

With just ten days left before camp begins, we are actively and urgently recruiting volunteers to help make St. Andrew's annual Earth Camp a success! Check your calendar for the week of **June 22-26**, from 9:00 am to 3:00 pm each day.

We would love to have full-day volunteers for all five days, but any amount of help is greatly appreciated. We cannot run camp safely with our current staffing, so please get the word out! If you aren't available, do you know someone who might be?



If you'd like more information, are interested in volunteering, or have any questions, please reach out to Kyler Vogt (kvogt@standrewlutheran.com) or Emily Staat (earthcampassistant@gmail.com). We'd love to have you join us!

Thank You for Making Last Month's Book Sale a Success!

A big "thank you" to all who helped with the book sale last month! Especially Rebecca Uecker, Teri Brosh, Lindsay Delaney, Barb Gutzler, Martin Mills, Kris Pilon, and my chauffeur & schlepper. And thank you to all of you who came to the sale and those of you who made it possible by bringing me all your lovely books.

We made \$155 at the sale, and \$1,241.42 before that in Powell's credits, with more to come. I'll keep you informed of the final amount. Thank you also to those who brought me books which didn't end up selling; they give me something to put in all the little free libraries I keep stopping at!



Pam Farr

St. Andrew Librarian

St. Andrew Contacts

Council President Chuck Weswig.....	president@standrewlutheran.com
Lead Pr. Allison Bengfort	pastorallison@standrewlutheran.com, 563-210-6304
Assoc. Pr. Colleen Nelson.....	<i>out of town through July 19</i>
Minister of Music John Gladen	jgladen@standrewlutheran.com
Parish Musician Karl Gustafson	kgustafson@standrewlutheran.com
Dir. of Next Generational Ministry Kyler Vogt	kvogt@standrewlutheran.com
Administrative Assistant Martin Mills	office@standrewlutheran.com
Temporary Office Assistant Amber Sterlinski.....	assistant@standrewlutheran.com
Parish Nurses Diane Reiner	503-201-4222
Tira Nesset	503-866-5099

Office Closed for Juneteenth

The Church Office will be closed **next Friday, June 19**, in observance of the Juneteenth holiday.



Due to the holiday closure, article submissions are due by 4:00 pm **this Tuesday, June 16**, so we can publish Weekly News a day earlier than usual. We will respond to emails and calls when the office reopens on **Tuesday, June 23**.



Sign up for Christina Mantey & Robert Casteel's MealTrain® at mealtrain.com/813d44.

For short-term moments of need create a free personal MealTrain®, or sign up to provide meals, at mealtrain.com/groups/standrewlutheranbeaverton.

For more information, or to notify when creating a new one, email mealtrain@standrewlutheran.com.

Preparing for Worship Sunday, June 21, 2026

Romans 6:1b-11
Psalm 69:7-18
Matthew 10:24-39

Highlights for the Week at St. Andrew

Friday, June 12

10:00 am Tai Chi Fellowship Hall

Saturday, June 13—Sunday Worship Announcements deadline is 11:59 pm; submit announcements to pastorallison@standrewlutheran.com

10:00 am MACG Core Team Training, Part II Fellowship Hall

Sunday, June 14

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 Earth Camp for Everyone Patio

2:30 pm Light Opera of Portland Rehearsal Fellowship Hall

Monday, June 15

Tuesday, June 16—Weekly News deadline is 4:00 pm; submit material to office@standrewlutheran.com & assistant@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

10:00 am Worship Planners Meeting Library (Main Level)

12:00 pm Bridge Group Fellowship Hall

5:30 pm Narcotics Anonymous Meeting Chapel

6:30 pm Annual Meeting of the Congregation Fellowship Hall, and via Zoom

7:00 pm Brass Quintet Rehearsal Sanctuary

Wednesday, June 17

6:30 pm Earth Camp Volunteer Training Children's Commons

7:00 pm Al-Anon Family Group Meeting Chapel

Thursday, June 18

10:00 am Strength + Stability with Susanne Fellowship Hall

10:30 am Constitution Update Team Meeting St. Andrew Room

1:00 pm Staff Meeting Library (Main Level)

7:00 pm Council Meeting Chapel, St. Andrew Room

7:00 pm Wing Chun Class Children's Commons

Friday, June 19—Church Office Closed

Saturday, June 20—Sunday Worship Announcements deadline is 11:59 pm; submit announcements to pastorallison@standrewlutheran.com

9:00 am Nifty Notters Fellowship Hall

Sunday, June 21

9:30 am Outdoor Worship Sanctuary of the Firs and via Zoom

9:30 am Indoor Worship Sanctuary

9:30 am Portland Taiwan Worship Service Chapel

10:45 am Taiwanese Church Fellowship Gathering Chapel


**Annual Congregational Meeting
of St. Andrew Lutheran Church**


**This Tuesday,
June 16, 2026**
6:30 pm – 8:30 pm
in Fellowship Hall
and via Zoom



Member packets are available in the narthex by the sanctuary doors.
Members will vote on Council nominees and the proposed budget.

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.