

ST. ANDREW WEEKLY NEWS

August 7, 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

Buy Nothing Free Swap Event This Saturday



Some of you may remember the Buy Nothing Neighborhood Swap event that was held at St. Andrew back in April. The event was such a success that the same group is going to host another free swap again this Saturday, August 8, from 9:00 am to 12:00 pm.

This is an event where community members can get rid of things they no longer need or want, and go home with items that other people have brought. It's a great way to keep stuff out of the landfill while at the same time going home with free stuff.

Yes, everything is FREE! Come "shop" among any and all of the donated items without spending a single penny! Invite your neighbors and friends as well!

If you want to donate items, please bring them to Fellowship Hall today, August 7, between 3:30 pm and 5:30 pm, or this Saturday, August 8, between 8:00 am and 9:30 am.

Item donations: Please note that all donated items need to be in very good or like-new condition. Acceptable donations include household items, clothing, shoes, kitchen wares, outerwear, unexpired food, back-to-school supplies, toys, books, and more.

Please do not bring anything that is damaged, broken, torn, or stained. Also, no items that are larger than a kitchen chair; you may bring a photo of said large items, with your contact information attached, so interested parties can directly arrange pick-up with you.

In short, this is an event where people can "gift" things they no longer need or want, and go home with things they do want. The best of any left-over items will be delivered to local non-profit groups that serve the wider community. Note that you do not have to donate in order to "shop" for free stuff.

Liz Hardy

Brass Quintet Joins Worship on August 16



Join us for worship on Sunday, August 16, as St. Andrew will be blessed with bright and beautiful sounds from its brass quintet offering music in a lively mix of dixieland and ragtime styles. The quintet's joyful, spirited music will add a unique, uplifting, and energizing dimension to our morning. See you there!

Water, Water, Everywhere...

During the final three weeks of September, St. Andrew will participate in the Season of Creation, an ecumenical worldwide celebration of prayer and action to protect our common home. The theme for this year is "Living Water." Each Sunday of this season, our worship will focus on gratitude to God, Creator of all things, especially water, lamenting our failures to steward this precious gift, and exploring ways in which we can protect our environment and work toward a more just and life-giving world for the entire human family as well as the non-human creation.



As part of this celebration, there will be a Blessing of the Waters. You are invited to bring a small sample of water from any source that is meaningful to you. It can be from a vacation trip, from your favorite fishing hole or swimming pool, from rainfall, even from the water you drink or give to your thirsty plants.

Small watertight bottles are available in the narthex. Collect your sample (safely, please!), label it with your name and the source location, then bring it with you to place along the windows in the sanctuary. Feel free to check out where all the different samples have come from. During a worship service in September, all of the waters collected will be poured into the baptismal font (along with a sanitizing solution) as a symbol of our unity with each other and all creation.

We hope this is a meaningful part of your summer activities.

Worship Planning Team

A Message from the Earth Care Team

Do not forget that the ashes falling from the sky are all that remains of the firs, grass, thistles, bears, coyotes, deer, and mice. Scoop some up in a sacred manner. Take it to your altar. Offer prayers for these beings. Honor their death. Pray for life. Call in rain. Remind fire that it is full, has gobbled enough, and can rest. May all the beings be safe. May all the beings be loved. May all the beings be remembered. May all the beings be mourned.



Lead Pastor on Holiday until August 18



Pr. Allison Bengfort is out on vacation through Monday, August 17. During this time, Associate Bridge Pastor Colleen Nelson is available for pastoral concerns and emergencies. Pr. Allison returns Tuesday, August 18.

Reasons for Hope from a Trip to Iceland

Many of you know that I have recently visited Iceland. It was an amazing trip in many ways, but the part I want to share with you is how seriously Icelanders take climate change. Iceland is one of the few countries on track to meet the Paris Agreement goals aiming to achieve carbon neutrality before 2040 and significantly cut greenhouse gas emissions in the coming decades. Iceland's climate goals are among the most ambitious in the world.



Hot steam coming from the ground

90 percent of homes, guesthouses, and businesses in Iceland get their hot water through geothermal energy. Hot water tanks are rare! While some buildings are supplied hot water directly from bore holes dug into the ground, more often it will come from geothermal plants.

We toured a geothermal plant and saw the giant pipes transporting hot geothermal water down the mountain into the city. The cold water comes from glacial rivers. Buildings are also heated with geothermal energy. Of course, Iceland has an advantage with all the volcanic activity. It is called the Land of Fire and Ice!

Did you know that the U.S. actually leads the world in geothermal electricity production? However, it is a very small percentage of the amount of electricity the country produces per capita. The U.S. could do much better! Iceland has a population of only 400,000, yet 30 percent of its electricity comes from geothermal, making it the world leader in the geothermal share of electricity. The other 70 percent of electricity in Iceland comes from hydropower, as there are so many rivers and waterfalls coming from the glaciers.



Iceland is also a very windy country, and is beginning to build wind farms. Because Icelandic energy is relatively cheap, compared to other countries, more data centers are expected to appear. Also, while the population is 400,000, there are 2.5 million visitors each year and the number of tourists keeps growing. Therefore, the country will need more energy to support data centers and tourism needs of the future.

I saw a lot of electric cars and charging stations in Iceland. In fact, the government plans to ban the sale of all gasoline- and diesel-powered passenger vehicles—with an exception for heavy-duty vehicles—by 2030. The country is working on expanding electric vehicle infrastructure, offering incentives for EV purchases, and promoting public transportation.

I saw signs in the hotels encouraging guests to take the stairs and avoid using elevators when possible. I rarely saw single-use cups, but when they were offered, there was also a sign encouraging people to keep the cup and reuse it as long as possible.



One other cool thing about Iceland that is not climate-related: the Evangelical Lutheran Church of Iceland is the state church and the largest religious institution in the country with more than 56 percent of the population identifying as members in 2026. Lutheranism became the official religion of Iceland around 1000 CE. Hallgrímskirkja is on a hilltop in Reykjavík and serves both as a parish church and a national monument. It is the largest church in Iceland and the second tallest building in the country.

If you ever have a chance to go to Iceland, you should do it!

Liz Hardy
Earth Care Team

St. Andrew Walks with You

With the warm weather our area has been experiencing, many people are fortunate to have air conditioning, access to a daily shower, and clean clothes. Unfortunately, this is not the case for those who live on the streets of our city. Since 1968, Outside In has supported those in need by breaking the cycles of homelessness, poverty, and health issues. This successful program provides safe spaces for people to receive support and care free of judgment.

For many years, St. Andrew has supported this wonderful organization by collecting necessities for those seeking its help. You have an opportunity to show God's love and live out St. Andrew's values of Community Care and Neighbor Care by purchasing **new adult socks** to be donated to Outside In. Your donations of **new adult socks** may be placed in either the blue or yellow barrels in the narthex. The collection drive will continue through **August 30**. Thank you for supporting this worthy cause!



Service Committee

Coming Soon at St. Anthony Catholic, Tigard: MACG Foundations of Organizing Training

Metropolitan Alliance for Common Good (MACG) is an alliance of organizations that work together on issues of importance to their members. St. Andrew has been a member on the alliance since 2018. Did you know that the crosswalk just past Johnson Creek on Butner Road was St. Andrew's very first organizing project? Currently, a MACG team is launching a campaign to eliminate the need for prior authorizations for primary care. This would affect about one million people in Oregon who have commercial insurance.



In order to do our work, we practice tried-and-true techniques for building people power and strengthening institutions. We learn these techniques at training events.

The next event will be held in late August, over two sessions, both 9:00 am – 1:00 pm, **Saturdays, August 22 & 29**. Learn more and register by visiting macg.org/august2026.

Amy Peahl and Pat Christiansen are members of the Training Team and will be two of the leaders for this event. Please check in with either of them if you have any questions.

Singing Together as a Healing Practice

There is something delightfully human about singing together.

Long before there were sanctuaries, concert halls, hymnals, microphones, or choirs with matching folders, humans have been singing together. Throughout history people have used songs to express that which cannot be said by words alone. To celebrate, mourn, work, worship, tell stories, welcome children, mark important moments, and simply enjoy being alive. We don't know exactly when human beings first discovered the power of singing together, but we know that it is ancient, and nearly universal. Every major culture that we have record of raised their voices together. Perhaps that shouldn't surprise us. Our bodies inherently know how to sing together.

Your body viscerally knows that you are not alone...in that connection is real healing.

We breathe together and listen together. We synchronize our voices, our bodies, and our hearts. Modern research on group singing has found evidence of physiological synchrony between singers, including attunement of heart rate and breathing patterns. Our nervous systems are remarkably responsive to the people around us, and singing together gives those systems a reason to settle into a shared rhythm. In other words: your body viscerally knows that you are not alone. And in that connection is real healing.

Singing can stimulate the release of endorphins, the body's natural feel-good chemicals, which can contribute to feelings of safety and well-being. Making music also engages the brain's reward pathways, including dopamine, which is associated with motivation, pleasure, and the satisfaction we experience when something comes together. There is also evidence that making music can help reduce levels of cortisol, one of the hormones associated with stress. The result can be a remarkably simple yet profound experience: we walk into rehearsal carrying the concerns of our week, spend an hour breathing and making music together, and walk out feeling lighter.

And then there is oxytocin. Often called the "bonding hormone," oxytocin is involved in social connection, trust, and attachment. Research suggests that shared musical activities contribute to social bonding and are associated with increased oxytocin responses. There is something scientific about making music with other people that tells our brains and bodies, "These are my people. I belong here."

But there's more happening than just chemistry. Music requires us to engage our brains in a remarkable number of ways at once. We process language and melody, we retrieve memories, and we anticipate what comes next. We listen to other voices while monitoring our own, we control our breath, and coordinate our muscles. We pay attention to rhythm and pitch even as we focus on communicating the meanings behind the text as they express through beautiful melodies and harmonies. For older adults especially, that combination of cognitive, physical, and social engagement can be deeply valuable. Singing exercises memory and attention while simultaneously giving us an opportunity to learn something new. It facilitates connections across the entire brain and increases cognitive elasticity, our brain's ability to adapt, switch between tasks, and reconfigure neural pathways.

Our lives are full of things that pull us apart. We are constantly asked to hurry, multitask, make decisions, respond to notifications, and navigate an increasingly noisy world. Singing asks something starkly different from us. It asks us to listen, to breathe together, to pay attention. To be uniquely present with the people around us. To attune ourselves, our nervous systems, and even our heart beats to one another.



For a little while, we aren't just individuals carrying our own worries and responsibilities. We are choristers working toward the same goal. We listen and watch for the same entrance. We breathe at the same time. We make room for one another and find our place in the blend of the group.

We celebrate when a difficult passage finally comes together... and something magical happens when it does—we experience the particular joy of making something that none of us could make alone.

That may be one reason singing has such a deep place in religious traditions around the world. Human beings know that there are some things we understand better when we sing them together. In Christian worship, we sing our gratitude, grief, longing, hope, love, faith, and trust. Sometimes we sing because we feel joyful. Sometimes we sing because we desperately need to remember that joy still exists.

That is one of the beautiful things about a church choir. We don't always arrive at rehearsal or at worship feeling our best. We bring our whole lives with us. We bring celebrations and disappointments, exhaustion and excitement, grief and hope. Yet, for a few short moments together each week, we set those things aside, breathe as one, and make something beautiful. In doing so we remind one another that we belong and that our burdens can be made lighter through sharing the load with each other and with God.

Every week, the choir gathers again. We learn, we practice, we make mistakes, we laugh, and we try again. We discover that difficult things can become easier with patience and that our individual voices become stronger when they are supported by others.

That is part of what the church is meant to be: a place where we practice belonging, hope, and joy together.

So, if you've been looking for a way to reconnect with music, with community, with your own breath, or simply with the people sitting beside you in worship, consider joining us. Come breathe with us. Come sing with us. Come make something together. There is room for your voice here.

The church is a place where we practice belonging, hope, and joy together.

John Gladen
Minister of Music

Book Report on *A Peace of My Mind*

Editor's note: This book is one of the new titles available to borrow from St. Andrew's library.



What does peace mean to you? Is it just for you or your family, or maybe—when you say peace—you mean the country you live in.

Define peace. Is it a good feeling? Love? Safety? Does it just mean getting along, no active fighting, just, getting along? Does it make a difference how you define peace? What if we all worked to attain peace as we see it, and no more? Could we agree on one type of peace? How many types are there?

These are the sort of questions that this book brings up. And, yes, people do see peace in all those different ways. And that makes sense. People would see peace through the eyes of their own culture and I doubt anyone could get someone to change, or agree to try.

So, if all people did work for peace as they each see it, would that be okay? Would it be enough? This book won't give you any real answers, but it will give you a good idea of how many different ways there are of seeing peace that you could contemplate, and the lovely pictures give you a way to see who feels that way.

Pam Farr
Librarian

Dear St. Andrew Lutheran,

On behalf of everyone at the Domestic Violence Resource Center (DVRC), I would like to thank you for your generous donation. Your support means so much to us and to the survivors we serve.

Since 1975, DVRC has been providing life-saving services and programs to survivors, but our work would not be possible without people like you! Every contribution strengthens our mission of providing safety, support, and empowerment to those who have experienced domestic violence.

Please know that your kindness and generosity make a true difference. We are grateful for your support and partnership in creating a safer community for all.

Warmly,
Amy Babcock
Executive Director

Recent Additions for Adults in St. Andrew Library

These new titles are now available to be checked out of the St. Andrew's upstairs library:

Fiction

- *A Girl Called Samson* by Amy Harmon
- *The Lion Women of Tehran* by Marjan Kamali
- *The Swallows of Kabul* by Yasmina Khadra
- *54 Miles* by Leonard Pitts, Jr.

Non-fiction

- *The Bomber Mafia: A Dream, a Temptation, and the Longest Night of the Second World War* by Malcolm Gladwell
- *A Peace of My Mind: Exploring the Meaning of Peace One Story at a Time* by John Noltner
- *Human Nature: Nine Ways to Feel about Our Changing Planet* by Kate Marvel
- *Holy Faces: 26 Reflections* by Julie K. Aageson
- *Raising Mentally Strong Kids: How to Combine the Power of Neuroscience with Love and Logic to Grow Confident, Kind, Responsible, and Resilient Children and Young Adults* by Daniel G. Amen, MD & Charles Fay, PhD
- *Bread of Heaven: A Treasury of Carmelite Prayers and Devotions on the Eucharist* by Penny Hickey, O.C.D.S.
- *A Civil Action* by Jonathan Harr
- *Hug a Tree: And Other Things to Do Outdoors with Young Children* by Robert E. Rockwell, Elizabeth A. Sherwood, and Robert A. Williams



Help The Roots Children's Church Return on September 13



THE ROOTS

With back-to-school season approaching, The Roots Christian Education Committee is planning for this fall's return of The Roots Children's Church, which begins **Sunday, September 13.**

Following the Children's Sermon, kindergartners through fifth graders are invited to the Children's Library for a Bible story, games, art, music, and other activities, before returning to the sanctuary for communion.

With Kyler Vogt's absence, we need volunteers to help gather the children and support the program. Please consider volunteering for one of the following roles:

Story Leader: Lead a 30-minute session using the Project GO curriculum, which includes options for telling the story with books, props, puppets, and videos, as well as follow up activities. Story leaders rotate teaching about once every four to six weeks. Groups are small, averaging four to six children, and the kids are delightful. If you can't commit to signing up on a regular basis, we are also looking for substitutes to call as needed.

Assistant: Help gather the children, guide them to the library, and alert the story leader when it is time to return to worship for communion. No preparation is needed.

If you would like to volunteer for either position, please contact Lindsay Delaney (lindsdelan@gmail.com). We'd love for you to join our team!

Hiring a New Children & Youth Ministry Staff Member

Now that Kyler Vogt has ended his time with us as Director of Next Generational Ministry, the HR Team will be developing a job description for a new staff member to oversee children and youth ministries at St. Andrew. We will be seeking input from the youth, their families, and the wider congregation as we develop this job description. Stay tuned to learn how you can share your input. We hope to post the position at some point this fall. In the meantime, all children and youth programming will continue under the leadership of volunteers and Pr. Allison Bengfort.



In Need of Prayers...

NAME	PRAYERS FOR...	CONTACT
K. D. (friend)	Accurate diagnosis and successful treatment of chronic pain	Rebecca Uecker
Joyce Bianucci (sister)	Comfort and peace as she begins hospice care	Judy Scholz
Liz Roscoe (daughter)	Healing and recovery from surgery	Susan Reiser
Mary Smith	Healing and recovery from pneumonia	Mary Smith
Alex Stinekraus	Healing and recovery	Alex Stinekraus
Lee Anne Knapp	Strength and support	Lee Anne Knapp
Bethany (daughter-in-law)	Successful treatment and healing	Mary Smith
Family of Bethany (named above)	Comfort and peace while awaiting her successful treatment	Mary Smith
Becky Clark and her caregiver, Kristen (friend and friend's daughter)	Strength and comfort	Sue Cahlander
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 New Life (Florence) and Atonement (Newport)	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.

LWR School Kits Supply Collection Update

St. Andrew continues to collect donations for school kits that, once assembled, are boxed up and shipped by Lutheran World Relief (LWR) to those all around the world coping with poverty, disaster, conflict, and more.

A sign-up sheet is available on the coffee bar if you would like to help pin and sew the remaining bags needed. Signing up gives us an idea of the days and times people are available to help with this project. To the right you will find what supplies are still needed to accomplish St. Andrew's goal of filling 300 bags. These numbers are being updated every week until the goal is met.

SCHOOL KIT SUPPLY LIST	Have	Need
Notebooks, 70-sheet of wide- or college-ruled paper; no loose-leaf paper	909	291
Crayons, box of 16 or 24	83	217
Pencil sharpener	156	144
Ruler, 30 centimeters long, or a ruler with inches on one side and centimeters on the other	170	130
Blunt scissors (safety scissors with embedded steel blades work well)	207	93
#2 pencils with erasers (preferably unsharpened)	1,094	406
Black or blue ballpoint pens (no gel ink)	930	570
Eraser, 2 ½ inches	193	107

An important note regarding supply donations:

It is imperative that donations follow the above guidelines. LWR will **not** accept supplies that do not fit the above requirements. Some of the donations received thus far are not able to be used to fill school kits. If you'd like to return items that are unable to be used, or donate them to a collection that does accept them, they have been left inside a paper Fred Meyer bag next to the LWR collection bin. For more information, visit lwr.org/kits/school-kits/instructions.



Dear St. Andrew,

Thank you for the cards, calls, visits, food, prayers, and support. I have an extremely rare form of neuroendocrine cancer called DIPNECH. One of its symptoms is shortness of breath, which makes talking challenging at times. Dr. Hagen Kenneke of the OHSU Knight Cancer Center is directing my care now and I'm hopeful will be able to mitigate my symptoms and get me back to more normal activities. I so appreciate all of you and the interest you have shown in my progress. Thank you!

Gratefully,
Connie Lusk



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, August 16, 2026

Isaiah 56:1, 6-8
Psalm 67
Matthew 15:21-28

St. Andrew Contacts

Council President Allison Katsufakis..... president@standrewlutheran.com
Lead Pr. Allison Bengfort pastorallison@standrewlutheran.com, 563-210-6304
Assoc. Pr. Colleen Nelson..... pastorcolleen@standrewlutheran.com, 269-274-1365
Minister of Music John Gladen jgladen@standrewlutheran.com
Parish Musician Karl Gustafson kgustafson@standrewlutheran.com
Church Admin. Kacey Woodbridge administrator@standrewlutheran.com
Administrative Assistant Martin Mills office@standrewlutheran.com
Parish Nurses Diane Reiner 503-201-4222
Tira Nasset 503-866-5099

Highlights for the Week at St. Andrew

Friday, August 7

10:00 am Tai Chi Fellowship Hall
3:30 pm Buy Nothing Project Neighborhood Swap Early Drop-Off/Set-Up Fellowship Hall

Saturday, August 8

9:00 am Buy Nothing Project Neighborhood Swap Event Fellowship Hall

Sunday, August 9

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
6:00 pm Light Opera of Portland Rehearsal Fellowship Hall

Monday, August 10

Tuesday, August 11

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 Facility Management Team Meeting St. Andrew Room
10:00 am Tai Chi Fellowship Hall
12:00 pm Bridge Group Fellowship Hall
2:00 pm **Worship at The Springs** **Chapel @ The Springs at Tanasbourne**
5:30 pm Narcotics Anonymous Meeting Chapel
7:00 pm Brass Quintet Rehearsal Sanctuary
7:00 pm Light Opera of Portland Rehearsal Children's Commons

Wednesday, August 12—Weekly News deadline is 4:00 pm; submit material to office@standrewlutheran.com & administrator@standrewlutheran.com

7:00 pm Al-Anon Family Group Meeting Chapel

Thursday, August 13

10:00 am Strength + Stability with Susanne Fellowship Hall
12:00 pm Alzheimer's Support Group St. Andrew Room, Children's Library
7:00 pm Foundation Team Meeting Library (Main Level)
7:00 pm Light Opera of Portland Rehearsal Fellowship Hall
7:00 pm Wing Chun Class Children's Commons

Friday, August 14

10:00 am Tai Chi Fellowship Hall

Saturday, August 15

9:00 am Nifty Notters Fellowship Hall

Sunday, August 16

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
6:00 pm Light Opera of Portland Rehearsal Fellowship Hall

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.