

trendings



August 13, 2025

Growing Together in Christ to Love and Serve All People

Prayer of the Week:

*O God, make clear to us each road.
O God, make safe to us each step;
when we stumble, hold us;
when we fall, lift us up.
When we are hard pressed with evil, deliver us;
and bring us at last to Your glory.*

Celtic Daily Prayer, Book One



Upcoming Greeters and Coffee Hosts:

August 17: WORSHIP IN THE PARK!!! NO WORSHIP SERVICE ON SITE.

August 24: Greeters: Could be YOU! Iva & Myril Schultz, Coffee hosts

Sherry is looking for GREETERS and COFFEE HOSTS for our summer months! Check your vacation schedules and let her know when you can participate in this welcoming ministry!

Contact Sherry (sherry@salc.church) to be a Sunday greeter or to Host coffee hour,
Sign up to provide flowers on the Flower Chart in the Narthex.

**Sunday, August 17: Worship in the Park - WE ARE NOT ONSITE!!
See you at Ebright Creek Park at 10:00 AM for worship + a picnic!**

**Readings for August 24:
Revelation 13:1-18
John 12:27-32**

Tuesday Morning Men: Every Tuesday at 8:30 AM, this group meets for discussion and prayer via ZOOM. They continue all summer!



Committees/Groups/Event Planners at Saint Andrew's – As you make plans for the program year be sure to let Kathy know your calendar needs AND all other details necessary to calendar and advertise at church, in *Trendings* and on the website!



Opportunities for You!

Volunteers keep our church operating. Remember – we offer free training!

Here's a list of opportunities for the next few months. To volunteer, talk to Fellowship Coordinator Sherry Grindeland at church, via phone at 425-746-2529m or email sherry@salc.church.

Greeter – Welcome people as they come to Saint Andrew's for Sunday morning worship.
Open dates: August 24, 31; September 14, 21, 28

Coffee Hosts – Set up the coffee service and provide treats. People start looking for coffee by 8:40 AM so this is an 8:15 AM start time. Clean up about 11:15 AM, after worship service.
Dates available: August 31 and September 7, 14, 21 and 28.

Ice Cream Scooper – We celebrate the end of summer with root beer floats after church on **August 31**. (Labor Day weekend) Four scoopers needed.



Help with Bible Study – As part of our Adult Education/forum program, we will hold a monthly Bible Study at 9 a.m. the second Sunday of the month. **Leaders needed.** We will supply the materials.

Open dates for the fall include: September 14, October 12, November 9 and December 14.

Sunday Brunch: Yep! What could be better than a taco bar or a church potluck or a bowl of hearty soup after worship? We started the Sunday Brunch meals in 2025 and people loved them! We plan to continue them for 2025-26 but always need help. Shift choices are set up (8:15 to 10 a.m.), serving (11 am to noon) and clean-up (noon to 12:30 p.m.) **Dates for the fall are: September 14, October 12, November 9 and December 14.**

Knit Wits! You are meeting on SUNDAY, AUGUST 24th this month.





Yum! Yum!

Root Beer Float Sunday Set

Join us for root beer floats right after the 10 a.m. worship service on Sunday, August 31.

We'll be scooping vanilla ice cream into glasses and you get to add as little or as much root beer as you'd like.

Meet in the Fellowship Hall for this taste treat.

Volunteers needed to help with this sweet fellowship activity. Let Fellowship Coordinator Sherry Grindeland know if you can help via phone at 425-746-2529 or sherry@salc.church.



Sunday, August 17th the combined worshipping communities of the ELCC will worship in God's creation at **10:00 AM**. Post-worship there will be a potluck meal!

What to bring?

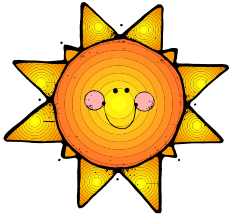
- **Plan for a picnic ...** bring your basket with dishes/ cutlery/ drinkware
- Bring a chair!
- Bring a casserole/hot dish to share.
- Saint Andrew's has also been asked to bring **fruit/salad to share**

Reminder! There will be NO onsite worship service at Saint Andrew's on August 17th!

Looking for an in person option on August 17th?

- Holy Trinity Lutheran Church, Mercer Island – 9:00 AM.
- Our Savior Lutheran Church, Issaquah – 10:00 AM.

Health and Wholeness



With summer in full swing, we are eager to enjoy the outdoors. It's important to remember that increased sun exposure also raises the risk of skin cancer. Below is a summary of the most common types of skin cancer, who's at most risk and how to stay protected.

Brief overview of 3 most common types of skin cancer and treatments.

- Basal Cell Carcinoma. Makes up of about 80% of non-melanoma cancers. Treatments include Mohs surgery, cryotherapy (freezing the lesion,) topical meds and radiation therapy. Most commonly seen on the face but can occur anywhere.
- Squamous Cell Carcinoma: Second most common skin cancer and makes up the other 20% of non-melanoma skin cancers. Again, most commonly found on the face and neck, but can occur anywhere.
- Melanoma makes up about 1% of all skin cancers. While it tends to have a poorer prognosis than other types, it can be successfully treated if detected early. Treatment includes Wide Local Incision or Mohs surgery. (done in layers) Face and neck are common areas, but can occur anywhere.

Who's at risk?

- Having lighter skin and hair
- Family history of skin cancer
- Middle age or older
- Having a weakened immune system
- Intermittent high intensity US exposure (sunburns) especially in childhood, or prolonged indoor tanning
- Living in sunny or high altitude climates
- Having prevalent moles

Practical measures to prevent and minimize your risk of developing skin cancer

- Regularly examine your skin for new or changing moles, spots, or bumps. And don't be shy about asking your partner or friend to check those "hard to reach" areas. If you note anything unusual, report to your physician. He/she can also conduct full body skin exams to help catch issues early.
- Use sunscreen daily with an SPF (sun protection factor) of 30 or higher. Apply generously to exposed skin, even on cloudy days, and reapply after swimming or sweating. (during summer months, I swap out my usual face moisturizer for sunscreen)
- Be mindful that UV rays are the strongest between 10am and 4pm.

- Cover your skin with hats, sunglasses, long sleeves, pants. They also make children's clothing for this purpose. Think long sleeve hoodies.
- Avoid tanning beds which emit UV radiation. Choose self-tanning lotions or sprays instead if you're looking for that bronzed look.

Final thoughts:

Remember: Taking care of your skin means taking care of your health. With smart sun habits and regular skin checks you can lower your chances of developing skin cancer.

1 Corinthians 6:19-20 "Our bodies belong to God. We should honor Him with it. Do you not know that your body is a temple of the Holy Spirit who is in you whom have you received from God?"

Submitted by Terri Anderson

Another Big THANK YOU to the organizing helpers!!

Our last 'summer project day' will be next Tuesday, August 19th. Here's what these teams have accomplished all summer:

- Organized all our greeting cards into fresh boxes and categories.
- Dismantled years of old notes, keeping and filing important documents.
- Reduced duplicates of bulletins and newsletters.
- Sorted through photos and documents into 'decade' boxes.

AND

- As we have sorted through photos, we kept significant 'group shots' – and will have the rest on display on August 31 (Root beer Float Sunday!) and September 7th. Come find a memory and take it home 😊
- Oh- the 3-ring binders!! We have so many --- they will be put out for you to take home, as well.

THANK YOU to the consistent helpers!!

April Daniel, Pat Chinn, Jean Wahlstrom, Melanie Grad, Diane Hogle, Stella Nieman, Terri Anderson. We have shared snacks and laughs all summer – it's been great!!



Outreach and Servant Ministries

Food of the Month – August

Hopelink has asked us to collect **baby food and wipes** during August. These are items that families with very young ones really need but are hard for the food bank to get. Their current supply is incredibly low and the need has been increasing.

So, for August we will be collecting:

- Baby food* (any kind)
- Baby wipes



*(Note: Check the expiration dates. Hopelink is legally required to throw away any expired baby food or formula.)



Our ministry partner, LifeWire is hosting a Gala and Auction and needs volunteer help!

On September 13th, LifeWire will host its signature **World of Hope Gala at Meydenbauer Center in Bellevue**. This inspiring evening brings together community members, partners, and donors to

raise the critical funds needed to support LifeWire's work throughout the year.

They are recruiting volunteers for assistance both the day of the event and in the weeks leading up. It is a great opportunity for to make a tangible impact, build service hours, and be part of a powerful evening of community and compassion. More information on available roles, and our registration portal, can be found at the [link here](#).



ELCC (Eastside Lutheran Church Community) churches, the Synod and the ELCA:

The Eastside Lutheran Church Community (ELCC) has created a new logo and the website has been updated with events throughout the summer to mark on your calendars!

Be sure to check out the website [HERE](#).

Beach Church
at Lake Sammamish
Wednesdays, August 6, 13, 20, 6-7:30PM

We meet for potluck, grilled hotdogs, and smores; games and a swim; devotions and songs.

This is an intergenerational event for members and friends of Issaquah and Eastside churches.

Please bring a dish! Consider bringing your own table setting to reduce trash and recycle. And bring beach games, of course!

Directions: Drive West on E Lake Sammamish PKWY SE; just after Lake Sammamish Park Boat Loading Ramp Road, turn left on SE 44th St and drive to the Lakeshore.

www.oslcissaquah.org www.eastsidelutherancc.org

Volunteers needed: Shoppers for all dates. Can you help?
Email office@oslcissaquah.org or call 425-392-4169. Thank you!

Bring a Chair!

Weekly Calendar – You can access our full calendar [HERE](#).

Wednesday, August 13

1:00 PM Congregation Care Team
2:00 PM Signe Wraith Memorial
4:00 PM Adult Education Planning Team

Thursday, August 14

Friday, August 15

Office is closed.

Saturday, August 16

Sunday, August 17 – NO ONSITE WORSHIP
Worship in the Park (Ebright Creek Park)

Monday, August 18

1:00 PM Staff Meeting

Tuesday, August 19

8:30 AM Tuesday Morning Men
10:00 AM Summer Project Day (last day!)

Wednesday, August 20

Thursday, August 21

Friday, August 22

Office is closed.

Saturday, August 23

Sunday, August 24

9:00 AM Coffee and Conversation
10:00 AM Worship
11:15 AM Knit Wits

Monday, August 25

12:45 AM Constitution Task Force Meeting
1:00 PM Staff Meeting
7:00 PM Outreach Committee Meeting (virtual)

Tuesday, August 26

8:30 AM Tuesday Morning Men

Wednesday, August 27

7:00 PM JEDI meeting (virtual)

The Reverend Lara Forbes, Lead Pastor
pastor@SALC.church

The Reverend Timothy T. Weber,
Shared-Time Pastor
timwebertt@yahoo.com

Dr. Will Simpson,
Director of Music Ministries
will@SALC.church

Doug Johnson,
Director of Youth and Family Ministries
doug@SALC.church

Sherry Grindeland, Fellowship Coordinator
sherry@SALC.church

Kurt Lutterman, Facilities Manager
kurt@SALC.church

Kathy Fisher, Communications Director
kathy@SALC.church

Vanessa Wilkie, Handbell Choir Director

Elaine Koga, Choir Accompanist

Soren Lester, Facilities Set-up

Ann Thorpe, Sunday Church School Coordinator

Joan Tweten, Kitchen Team

Find us on:



SALC Family Social Media Accounts:



We are a Reconciling in
Christ (RIC) Congregation



Do you have an item for
“Trendings”? Please send it to Kathy by 12
Noon on Tuesday (kathy@salc.church)