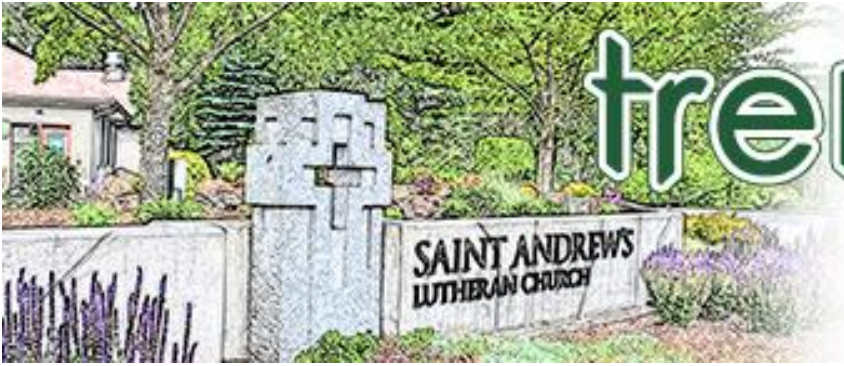




trendings



October 15, 2025

Growing Together in Christ to Love and Serve All People

Prayer of the Week:

A Biblical Response in the United States

*May the cities of our nation
be a training ground
for loving our neighbors as ourselves.*

*May the cities of our nation
be a training ground
for welcoming the immigrant of today,
as were welcomed those of the past.*

*May the cities of our nation
be a training ground
for giving food to the hungry,
to the thirsty giving something to drink,
and to the naked clothes.*

*May the cities of our nation
be a training ground
for medical treatment for everyone,
and changing the prison system.*

*May the cities of our nation
be a training ground
where everyone will learn
how to make gun violence no more,
that the mourning of families
and crying and pain be no more.*

(Mark 12, Leviticus 19, Exodus 23, Matthew 25, Revelation 21)

Maren Tirabassi

Upcoming Greeters and Coffee Hosts:.

October 19: Eva Mader & Gene Rowland, Greeters; Jay Baxter, Coffee host.

October 26: (Reformation Sunday) Hal & Carolynn Ferris, Greeters; Coffee?

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.

Worship is at 10:00 am on Sundays, both in-person and via livestream.

Livestream: Visit salc.church/media to access the bulletin and livestream link on YouTube. If you have a Google account, we invite you to offer a greeting or comment in the chat window.

Sunday, October 19th at Saint Andrews:

- 9:00 AM Adults: Bible Study (1 John)
Sunday School - (Pre-K - 5th Grade!)
- 10:00 AM Worship in-person in the Sanctuary and livestreamed
- 11:00 AM Knit Wits

Readings for October 19:
Pastor David Parks, preaching
1 Samuel 16:1-13
John 7:14-24



Sunday, October 19th we welcome **Pastor David Parks** to the pulpit. Pastor Parks and his wife Carla have appreciated the ministry and extended “family” of St Andrews for many years. Connected by in-laws, siblings and parents, they are attached to The Batemans, Schultz’s and Parks families. David retired from pastoral leadership at Our Savior’s in Everett in 2024. Their son Steven is in Boston and daughter Erin and her wife Beth are in Spokane.

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



Pastor Lara returns to Bible Study on October 21st!



Opportunities for You!

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

Here's a list of opportunities coming up. To volunteer, talk to Fellowship Coordinator Sherry Grindeland at church, via phone at 425-746-2529 or email sherry@salc.church.

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.

Trunk or Treat! We need “trunks” (actually an 8' table), and helpers for this fun, family-friendly event! Sign up on the Narthex bulletin board or contact Doug (doug@salc.church).



The Health and Wholeness Ministry is excited to share we are planning a **blood drive via Bloodworks Northwest**. It will be in late January 2025, and our Fellowship Hall will be the site.

We will be reaching out to the congregation in the next couple of weeks to gauge interest. They require a minimum of **35 confirmed donors**, and if needed, we will open it up to your friends and the community. **Look for a sign up table in the Narthex** for the next couple of weeks and stay tuned for more information. We also hope to secure a speaker from Bloodworks Northwest to provide general information and answer questions at an Education hour in November. *Terri Anderson*



A Taste of Local History - O.W.L.S. in October:

The ever-popular local history series continues at OWLS on **Tuesday, October 21**. *Cristy Lake*, executive director of The Snoqualmie Valley Museum, will be the guest speaker. Her program will highlight the history of the Snoqualmie Valley.

We gather at 11:45 a.m. and enjoy a potluck lunch at noon. If able, please pitch in a dish for the potluck lunch. For more information, contact Fellowship Coordinator Sherry Grindeland at 425-746-2529 or at sherry@salc.church.

Saint Andrew's Stampers are gathering on **Thursday, October 23rd from 1-5pm** at the home of Nancy Davis, 1845 179th PL NE Bellevue WA 98008. We will be making cards for Health and Wholeness. We would love to have you join us, and no previous experience is necessary. If you have questions or are interested, please contact Nancy Davis (davisnancyr@comcast.net)





"Health and Wholeness" needs volunteers to assist with assembling Health Kits for LWR.

When: Monday, Oct. 27

Time: 10-12noon

Where: South Fellowship Hall

Donuts provided!

This fall the Health and Wholeness Committee is collecting items for **Personal Care Kits**. Lutheran World Relief will give these kits to needy people throughout the world (including the US). The need is never ending! Help us fill as many kits as we can with the following items. (We did 180 in the spring)

- **Bath towels: lightweight, dark colors, size 20"X40" to 27"X50".**
- **Soap: 4 or 5 oz.**
- **Toothbrushes: adult size. Multi-packs are ok**
- **Combs: Sturdy (no picks or fine-tooth combs)**
- **Nail Clippers: large sizes**
- **Medium size sturdy boxes, which we use for mailing.**

You may put your donations in the bin designated "LWR/Health Kits Items" in the Narthex or leave on bench in office.

We also accept monetary donations. Clearly mark your check "Kits for LWR" and place in offering plate or mail to Saint Andrew's.

On behalf of Health and Wholeness, thank you thank you thank you! *Terri Anderson*

**Adult Education, Sunday,
October 26, 2025
9:00 AM**

**Plan to attend for great
Information!**

The 10 Warning Signs

An education program presented by the Alzheimer's Association



This presentation is designed to help you be informed about what is normal aging and what is not.

October 26th
9-9:45 am PST
Saint Andrew's Lutheran Church

.....
All are welcome

WHAT YOU WILL LEARN:

- Describe typical age-related memory, thinking or behavior changes.
- Recognize common warning signs of Alzheimer's and dementia.
- Discuss the tips for approaching someone about memory concerns.
- Explain the importance of early detection and benefits of diagnosis.
- Identify possible tests and assessments for the diagnostic process.
- Name the resources available through the Alzheimer's Association.

ALZHEIMER'S ASSOCIATION



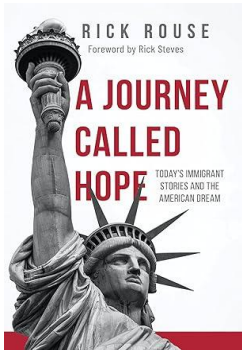
Clothing Needed! From **October 2025 through February 2026** Dorcas Circle will be collecting men's and women's clothing and toiletries for Compass Housing Alliance in Seattle. There is a "clothing bin" near the elevator for your donations. **ALL DONATED CLOTHING ITEMS MUST BE NEW, UNWASHED, AND IN UNOPENED ORIGINAL PACKAGING.**

**Women's clothing is most needed
in sizes Medium through Extra Large.**

- Underwear
- Long sleeve warm shirts
- Sweatpants
- Warm hats
- Warm scarves
- Mittens/gloves

**Men's clothing is most needed
in sizes Large and Extra Large.**

- Boxer shorts
- White T-shirts
- Long sleeve T- shirts
- Long sleeve warm shirts
- Sweatpants
- Warm hats
- Warm scarves
- Mittens/gloves



Saint Andrew's Women's Book Group (Formerly WEBS)

A Journey Called Hope by Rick Rouse is our book selection for Fall 2025. The author tells "today's immigrant stories and the American Dream". Rick Rouse is a Lutheran pastor, professor, author, and popular conference speaker. He plans to visit our group for one of our meetings in November. We are also looking forward to Bill Brueggemann being our guest speaker on October 15th on Zoom.

We will meet promptly at 10:00 am on Wednesdays **through November 19th**. We will end on time at 11:30 am. All women are invited to join us in the Library or on Zoom. We meet together to learn, share our stories, pray, and encourage service. And we laugh a lot!

"Author Rick Rouse weaves a tapestry of immigrant experiences - successes, hopes, challenges, and dreams - that have often unfolded amidst global conflicts and political polarization...We discover how diversity enriches America and our faith." (back cover)

The book is available through Chalice Press (ask Carol Schneider about a discount code) or Amazon (\$19.99). Contact Cheryl Jurrus (cheryljurrus74@gmail.com) for the reading/discussion schedule and Zoom link.



Beware of Phishing emails (not) from the church *Internet Safety tips from Kurt*

With the rise of AI, scammers and their tools are getting better at separating you from your money. No more princes from Nigeria, today's phishing emails are (supposedly) from Rev. Lara Forbes. The ***only*** emails the church ever sends are from <name>@salc.church or <name>_rt+salc@email.breezechms.com. Here are some more red flags to alert you to scammers. One of these red flags should make you very suspicious. Two or more of these strongly suggest a phishing message.

If you have questions, please contact IT Manager Kurt Lutterman at kurt@salc.church.

- **If you have ever replied to another phishing attempt using your current email address or mobile number**
 - Even innocent replies like "I don't understand your request", or Unsubscribe requests
 - "Dark web" sites keep track of who has responded
- **Urgent or threatening language**
 - Pressure to respond quickly
 - Threats of closing your account, legal action, reporting to authorities, publishing webcam video
 - Technical Support: you have a virus, expired subscription, declined credit card
 - Related to current event: natural disaster, war refugees, "Act Now to help"
- **Requests regarding sensitive personal or financial information**
 - Name, SSN, birth date, bank or computer account name or password, credit card number
 - Updates to account information or password
 - Any type of financial transaction: gift cards, direct deposit, crypto-currency, PayPal, Venmo, Cash App, Zelle
- **Anything too good to be true**
 - Winning a lottery, prizes you must pay to receive, inheritance, holding or distributing someone else's money
- **Unexpected email**
 - Receipt for something you didn't purchase, "Call this number to cancel"

- **Information mismatch (hover mouse over address or link, but DO NOT click)**
 - Incorrect sender email address: second to last part of address should be <companyname>, as in www.salc.church
 - Substitution characters in address or subject line: Ç0MCA\$T versus COMCAST (what are the 4 here?)
 - Links to non-official websites
- **Suspicious attachments**
 - Attachments you didn't ask for
 - Weird file names
 - Uncommon file types: HTML, DOC, XLS files can hurt you, among others
- **Unprofessional design**
 - Incorrect or blurry logos
 - Image-only emails (no selectable text)
 - Little, poor or no formatting
 - Spelling or grammar error
- **Something seems "off"**
 - Unusual request
 - Sender "tone"

Safety precautions you should take (based on *The Washington Post*)

- Don't pick up calls from unknown numbers. If it's important, they will leave a message.
- Assume people and companies are not who they say.
- Reach out to the person or company through an official channel published on their website.
- Ask a friend or family member about suspicious messages.
- Call the sender on a number you know is good.
- Slow down and trust your gut.
- Be VERY SKEPTICAL of links or phone numbers in texts, emails, or other messages.

DORCAS NEEDS BOXES!! Dorcas Circle needs extra-large shipping boxes to ship quilts to Lutheran World Relief. We prefer boxes that are approximately **2 feet tall**. Boxes can be broken down and brought to church. If you have any questions, please contact Linda Willenberg at willenberglinda@gmail.com.



**Backpack
Brigade**

The Backpack Brigade is running its 6th year of the Halloween Giving Campaign. Children are hungry in King County and this organization has a plan to END weekend hunger! But they need YOUR support. Did you know \$40 feeds four children for a weekend?? Learn more about the Backpack Brigade [HERE](#). If you are ready to donate to the Halloween Campaign right now – click [HERE](#).

Outreach and Servant Ministries

Corner of Blessing

hopelink

Food of the Months – October & November

This year, again, we will be packing Emergency Bags for the Hopelink Food Bank. So, during the months of October and November, we will be collecting the food items to go in the Emergency Bags. Hopelink has asked that we pack “**No-Cook**” bags as we did last year. They need these to support those with no access to cooking facilities (homeless).

The items in these bags need to be able to be eaten directly without being heated or the use of a can opener. These need to be things that can be eaten cold and plain.

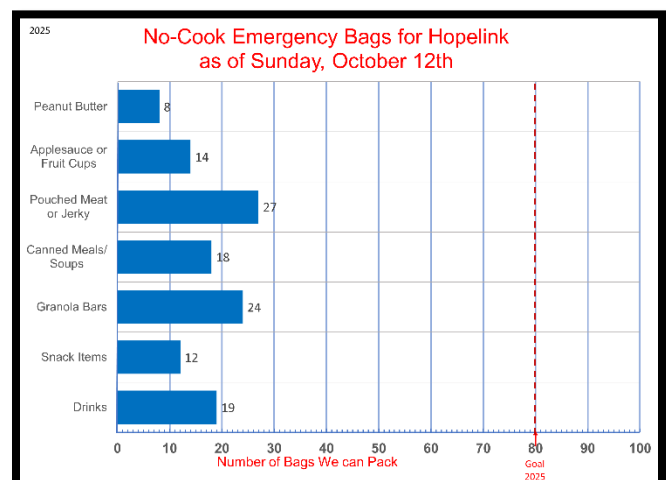
- ****All canned items must have a pop-top lid.** Only soups and meals are in cans.
- ****PAY ATTENTION TO SIZES.** Keeping the weight down is important for homeless. Bigger sizes can't be used.
- ****MAKE SURE TO CHECK EXPIRATION DATES.** They need to be on or after February 2026.

There are seven different items that go in each “No-Cook” Emergency Bag. We will be collecting these items during October and November:

Here are the seven items we will be collecting:

- 1 - **Peanut Butter** – (~16 oz. plastic jar – no-stir)
- 1 - **Applesauce or Fruit Cups Package** – (packages of 4 or 6 cups (about 4-ounce cups), kept in original packaging so that it contains the label, ex: peaches, pears, fruit cocktail, applesauce)
- 2 - **Pouched Meat or Jerky** – (beef jerky or meat sticks (like slim Jims), pouched meat like tuna, chicken, salmon (Starkist is a common brand). Common sizes for both are about 2.5 - 3 ounces.)
- 2 - **Canned Meals/Soups** – (ex: ~15-20 oz, ex: chili, beef stew, canned ravioli, hearty Progresso soups (such as: beef pot roast, chicken pot pie, Italian Wedding, etc. – Pop-Top lid)
- 6 - **Granola Bars** – (look for ones that are at least 150 – 200 calories each – total at least 1,000 calories)
- 5 - **Snack Items** (high in calories & will not crush easily. Ex: dried fruit, nuts, trail mix. Individual packages – look for ones that are at least 100–150 calories each, total at least 500 calories)
- 2 - **Shelf-Stable Drinks** – (Something that does not require refrigeration and will not puncture easily. Ex: juice boxes, water, protein shakes.)

Here is the progress chart as of October 12th. Check here to see what is needed to pack the most emergency bags:



Youth & Family Ministry Events!!

2025 Synod Fall Youth Retreat

All current middle and high school youth are invited to attend the third annual Synod Fall Youth Retreat at Black Diamond Camp, November 7-9. Last year nearly 100 youth and adult leaders from across the synod gathered together and we are expecting at least 100 people participating again this year. If you or your youth are interested in participating, please complete the registration form by clicking [this link](#) or using the QR code.



Cost is \$125 per person. Contact Doug for payment information for each congregation. **Sign up by 10/15! (today)**



It's October! That means *Trunk or Treat* is coming soon!! Sign up on the Narthex bulletin board to have a 'trunk' (actually - an 8' table in the Fellowship Hall) or contact Doug (doug@salc.church). More tables = more fun! Let him know if you can assist in set up, games, food or other adventures for the event!



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](#).



CALENDAR

Wednesday, October 15

10:00 AM Women's Book Group

Thursday, October 16

7:00 PM Choir Rehearsal

Friday, October 17

Office is closed.

Saturday, October 18

Sunday, October 19

Quilt Blessing

9:00 AM Adult Education, Coffee
Sunday School, Preschool – 5th grade
10:00 AM Worship
11:00 AM Knit Wits

Monday, October 20

1:00 PM Staff meeting
7:00 PM Discipleship Committee Meeting

Tuesday, October 21

8:30 AM Tuesday Morning Men
10:00 AM Pastor's Bible Study
11:45 AM OWLS lunch
7:00 PM Bell Choir

Wednesday, October 22

10:00 AM Women's Book Group
7:00 PM JEDI committee meeting

Thursday, October 23

1:00 PM SALC Stampers, Davis home
7:00 PM Choir Rehearsal

Friday, October 24

Office is closed.

Saturday, October 25

3:00 PM Trunk or Treat

Sunday, October 26

Reformation Sunday – wear RED!

9:00 AM Adult Education "Alzheimer's and
Family Impact"
Sunday School Preschool – 5th grade
10:00 AM Worship

Monday, October 27

1:00 PM Staff meeting
7:00 PM Outreach Committee meeting

Tuesday, October 28

8:30 AM Tuesday Morning Men
10:00 AM Pastor's Bible Study
7:00 PM Bell Choir
Building & Property Committee

Wednesday, October 29

9:30 AM CPR/AED training
10:00 AM Women's Book Group

**Weekly Calendar: You can
access our weekly online
calendar HERE.**

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

April Daniel, Records Administrator

Ann Thorpe, Sunday Church School Coordinator

Joan Tweten, Kitchen Team

SALC Family Social Media Accounts:



Find us on:

