

# Trendings



January 14, 2026

*Growing Together in Christ to Love and Serve All People*

## *Prayer of the Week:*

Help me, O God,  
to be faithful in love,  
because hate is too costly to bear;  
to be steadfast in truth,  
because fear masquerades as lies;  
to be grounded in hope,  
because despair is the breath of oppression;  
to be courageous in compassion,  
because cruelty is corrupting to the soul;  
to be tender without turning away,  
because distraction is the tool of the enemy;  
to be awake to your justice,  
because injustice is the opiate of control;  
to be aligned to your mercy,  
because compassion  
is the heart of your Love.  
Amen.

*Bishop Deon K. Johnson, Episcopal Diocese of Missouri*

## Upcoming Greeters and Coffee Hosts:

**January 18: Katrin & Gunter Bonnesofsy, Greeters;**

**Jean Wahlstrom & Marvin Kananen, Coffee Hosts**

**January 25: Carolynn & Hal Ferris, Greeters:**

**Terri Anderson, 9 AM coffee host.**

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, January 18, 2026**

9:00 AM      Adult Education - Budget Review  
                  Sunday school, preschool - 5<sup>th</sup> graders  
10:00 AM      Worship in person/livestream

**Reading for January 18:**  
**Second Sunday after Epiphany**  
**John 2:13-25**

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

**Pastor's Bible Study** meets on Tuesdays at 10 AM. This is in person or via ZOOM. Please contact Pastor Lara for the link.  
(pastor@salc.church)



## Let's Discuss the 2026 SALC Budget

**Sunday, January 18**  
**Adult Education Hour -**  
**9:00 AM**

**Led by your Financial Committee.**  
Vote to approve the budget will be at the January 25 Congregational Meeting

Coffee will be ready!



We will be voting on four (4) council positions at this meeting. You can review the six (6) candidates information now. Candidate booklets are available in the Narthex. Members can request a digital copy of the Candidate booklet. Email Kathy ([kathy@salc.church](mailto:kathy@salc.church)) to get yours.

**Sunday, January 25, 2026**

There is a  
**CALLED MEETING OF THE CONGREGATION**



**11:15 AM**

Fellowship Hall



**Business:**

Approve the Budget

Receive a slate of nominees for Council Positions

Quiet Servant recognitions



## Save the Date:

**Annual Women's Retreat: March 6-7- 8, 2026**

Rainbow Lodge, North Bend

Pastor Deanna Wildermuth, speaker: *"Telling Our Story, Listening for God"*

**Brochures with pricing and room requests are available in the narthex.** A PDF of the brochure can also be sent via email, contact Kathy ([kathy@salc.church](mailto:kathy@salc.church)) if you'd like it emailed. Let Fellowship Coordinator Sherry Grindeland know if you're interested in attending ASAP. (We almost sold out last year.) [sherry@salc.church](mailto:sherry@salc.church) or 425-746-2529.



**OWLS( *Older, Wiser, Lutheran Saints*)** will gather on **Tuesday, January 20<sup>th</sup>**.

*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. Ham and Scalloped potatoes will be provided. 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](mailto:sherry@salc.church).

## SOPHIA WAY NEWS:

The Sophia Way continues to serve many women dealing with homelessness on the Eastside. Many women, about 200, received gift bags from various community organizations during December holidays. Included in the bags were gift cards, and **Saint Andrew's was able to donate 39 gift cards!** Very special AND very useful for the ladies!

**Sophia Way** is currently looking for a new **Donation Site** for all of the clothing and home essentials that are donated. Our donation center, located in downtown Bellevue, has been the gathering spot to distribute needed items. However, the current center will no longer be available by the Spring. If you want more information or have ideas about possible new locations, contact Joyce Arnold.

Also, would you like to learn more about how our congregation can help work with other Lutheran Churches in serving our Eastside Community?

*Please talk with Joyce Arnold!*

## LUNCHTIME!

Meanwhile, Saint Andrew's Lutheran Church will again have the honor of donating a hot lunch to Sophia's Place, (the Bellevue Sophia Way shelter).

**Gathering of items for a lunch and/or pantry needs will be on Tuesday, January 27<sup>th</sup>, 2-2:15 PM,** in the back parking lot, (or time/place to be decided upon). Please let Joyce Arnold know if you would like to participate.

## ELCA News:

### ELCA Social Statements – A Reminder:

“This church shall develop social statements … that will guide the life of this church as an institution and inform the conscience of its members in the spirit of Christian liberty.” (ELCA social statement, “[The Church in Society: A Lutheran Perspective](#)”)

ELCA social statements are teaching and policy documents that provide broad frameworks to assist us in thinking about and discussing social issues in the context of faith and life. They are meant to help communities and individuals with moral formation, discernment and thoughtful engagement with current social issues as we participate in God’s work in the world. Social statements also set policy for the ELCA and guide its advocacy and work as a publicly engaged church. They result from an extensive process of participation and deliberation and are adopted by a two-thirds vote of an ELCA churchwide assembly.

The most recent statement, [Civic Life and Faith](#), was adopted by the 2025 ELCA Churchwide Assembly. We encourage you to read the social statements to learn more about how we as church engage with the world.

**The ELCA, in partnership with Augsburg Fortress, will observe the 2026 National Day of Racial Healing (NDORH) with a **free evening program on Tuesday, Jan. 20, 6-8 p.m. Central time**: “Just Us Narratives: A Night of Centering Multiracial Voices Across the ELCA”**

Online and in person at Our Saviour’s Lutheran Church, Naperville, Ill.

**Tuesday, Jan. 20, 6-8 p.m. Central time  
(4-6 PM Pacific Time)**

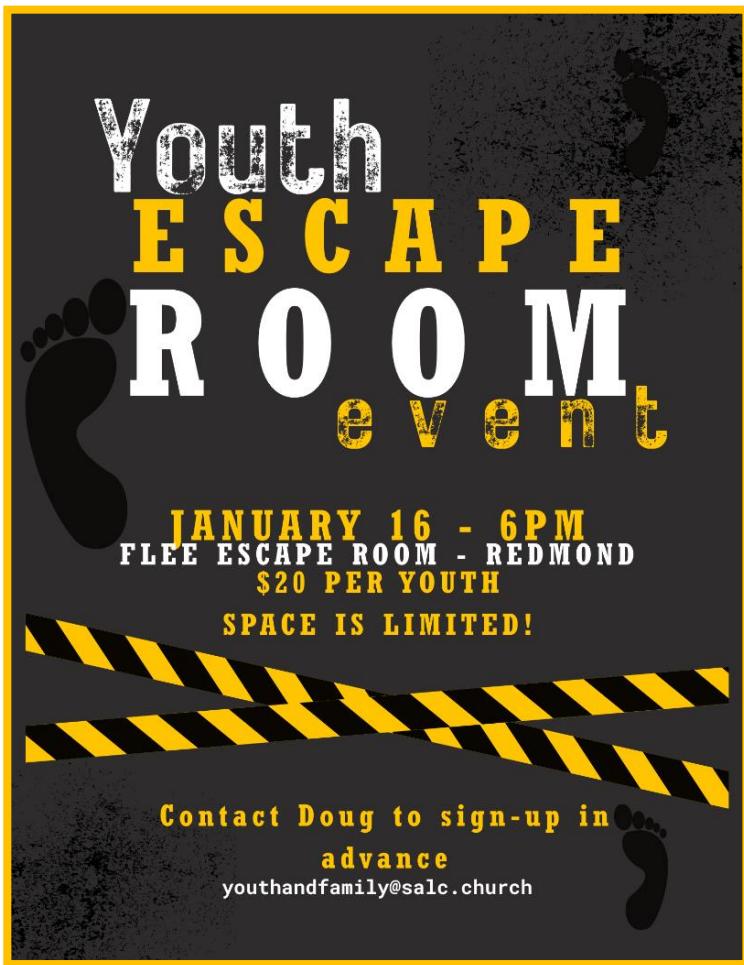
**Online attendees:** No registration is required. [A link to join virtually will be available on this page.](#)

As a sacred practice, story sharing highlights history, preserves language, engages culture, offers wisdom, sustains survival and teaches lessons that foster connection. Join us for a night of intentional storytelling, deep listening and reflection, featuring diverse voices that will draw us closer together.

**About the National Day of Racial Healing:** The NDORH follows Martin Luther King Jr. Day and is hosted by the W.K. Kellogg Foundation as part of its Truth, Racial Healing & Transformation efforts to raise awareness of the need for racial healing and encourage actions that build a more just and inclusive church and society.



# Youth Events!



**Youth  
E S C A P E  
R O O M  
event**

**JANUARY 16 - 6PM**  
FLEE ESCAPE ROOM - REDMOND  
\$20 PER YOUTH  
SPACE IS LIMITED!

Contact Doug to sign-up in advance  
[youthandfamily@salc.church](mailto:youthandfamily@salc.church)



**Eastside Lutheran Fellowship Presents:**

# MOVIE NIGHT

**All Ages Welcome!**

**JAN 18** **4PM** **6PM**



**Sammamish Hills Lutheran Church**  
22818 SE 8th St, Sammamish, WA 98074  
[youthandfamily@salc.church](mailto:youthandfamily@salc.church)

Get ready for Lutherwood Summer 2026!



Summer 2026 Registration for Camp Lutherwood is open now! Check out our amazing, unique programs like Middle School H2O and OAP Advanced Base Camp, as well as the addition of more Day Camps (with transportation provided!). And, of course, we offer Traditional camp all the way through high school. For registration or campership inquiries, reach out to [ashleigh.ek@camplutherwood.org](mailto:ashleigh.ek@camplutherwood.org). You won't want to miss this summer on Lake Samish! *PS - They are hiring counselors, too!! College-folks, who's looking for a fun, meaningful summer job???*

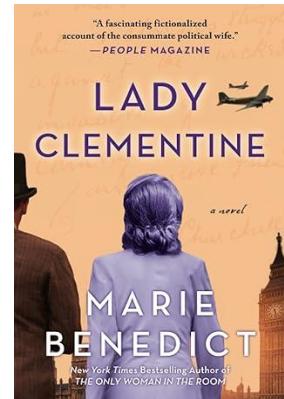


**Communion Bread Bakers Needed!!** Are you willing to bake the bread we use at communion?? It's a simple recipe! Contact Jay Baxter (jaybaxter1956@gmail.com) for the recipe or to volunteer. Hoping to rustle up 2-3 more bakers!!

### Women's Book Group Winter 2026 " LADY CLEMENTINE"

Please mark your calendars for our upcoming adventure into history as we read and discuss Marie Benedict's book *Lady Clementine*. Our SALC Women's Book Group will meet on **Wednesday mornings from 10:00 am to 11:30 am in the Library from January 14th to February 18th**. We will be covering about 70 pages per week, but I think it is light reading and it won't be hard to keep up! The author reveals a wonderful love story, stormy marriage, and historical insights as she follows the life of Winston Churchill's brilliant wife, Clementine Churchill.

*"Benedict is a true master at weaving the threads of the past into a compelling story for today. Here is the fictionalized account of the person who was the unequivocal wind beneath Winston Churchill's wings — a woman whose impact on the world-shaper that was WW2 has been begging to be told. A remarkable story of remarkable woman."* (Amazon)



We encourage one another in prayer, service, thoughtful analysis, and mutual support as we look at the spiritual, historical, political, and feminine aspects of our books. We start promptly and end on time. Join us for sharing our stories and laughing at ourselves as we learn together!

Contact Cheryl Jurrus ([cheryljurrus74@gmail.com](mailto:cheryljurrus74@gmail.com)) for more information, a schedule, and join us online (Zoom) or in-person.



**Choir Note:** Choir Rehearsals begin again on **Thursday, January 29 at 7:00 PM**. All are welcome to come and make a joyful noise!!

# Health and Wholeness Ministry

## Blood Drive! January 22, 2026



### ST. ANDREW'S LUTHERAN CHURCH BLOOD DRIVE

Fellowship Hall

**Thursday, January 22 | 9:00 am - 3:00 pm**

Scan the QR code to book your one hour appointment.

Appointments are required for the best possible donation experience. Same-day appointments available at most locations. Photo ID required.

For safety, we kindly request no visitors under 16 at our donation sites. Eat a hearty meal and drink plenty of fluids prior to donation.

**DONATE BLOOD.**

800-398-7888  
[bloodworksnw.org/giveblood](http://bloodworksnw.org/giveblood)



It's a **Code Red emergency** for our community blood supply! Blood donors are urgently needed to combat a severe shortage. What can you do to help? Book your appointment for our blood drive! (Share this with friends, too) **To reiterate, even if you signed up on paper, you must now sign up digitally, using the QR code.**

These are some basic highlights and general information. For more specific questions please contact the Eligibility Team at [eligible@bloodworksnw.org](mailto:eligible@bloodworksnw.org) or call 425-656-3077 option one.

### HOW TO PREPARE FOR BLOOD DONATION APPOINTMENT

- Hydrate by drinking plenty of fluids for 24 hours
- Eat salty snacks the night before
- Get a good night's rest
- Eat a good breakfast (or lunch depending on app't time)
- Bring picture ID
- Fill out Quickpass at time of appointment (a health questionnaire).

### HEALTH REQUIREMENTS

- Should have generally good health and be feeling well day of appointment
- Plan to undergo a confidential screening interview and mini health check of blood pressure, pulse, temp, and iron level.
- Not everyone is eligible to donate. Some factors are health conditions, meds, or recent travel. Again check link and phone number as noted above for specifics.
- Consider also checking in with your healthcare provider.

### WEIGHT REQUIREMENTS:

- At least 110 pounds

### AGE REQUIREMENTS

- 18 years. No upper age limit
- 16 and 17 year olds can donate with permission forms, provided by Bloodworks NW. Parent or guardian must sign.

## Corner of Blessing

hope link

### Food of the Month – January

For the month of January Hopelink has asked us to collect canned meals! This includes things like beef stew, ravioli, chili, etc. These are really needed during the cold winter months. The size should be about 15 to 20 ounces.



### QUILT RAFFLE

What's better on a cold night than a cozy quilt?? Nothing ... and THIS cozy quilt can be YOURS ...

The Dorcas Circle is raffling this very quilt at the January Annual Meeting !! Proceeds will benefit their Lutheran World Relief efforts.

Raffle tickets will be available on Sunday, January 25<sup>th</sup> only - price? Your generous donation!



## It's official! Compass Housing Alliance and Lutheran Community Services Northwest complete merger

After years of affiliation and partnership, Compass Housing Alliance and Lutheran Community Services Northwest (LCSNW) are finally joining together as one organization!

Our shared values: compassion, love, health, justice, and hope, make this joining together a win-win for the larger community. And we have been consciously moving towards this goal for years.

This partnership has been growing closer over the past 7 years and as of January 1, our legal merger has been completed. Compass is now a division of LCSNW and we proudly will continue doing the work we have for the past 105 years: affordable housing, emergency services, and enhanced emergency shelters for our larger community. By combining LCSNW's network of health and human services and Compass's expertise in affordable housing and emergency services, we can provide a holistic support to the communities we serve.

May God continue to bless this partnership!

Learn more here: <https://www.compasshousingalliance.org/2026/01/deep-rooted-nonprofits-merge-into-stronger-regional-service-provider/>



The City of Bellevue is currently accepting applications for the 2026 Community Academy. This year's academy will take place over nine total weeks – Thursday evenings from **March 19<sup>th</sup> through May 21<sup>st</sup>**. Each session will be held at **6:00-9:00 pm**. Please note, we will not schedule class on Thursday, April 9<sup>th</sup> due to Bellevue School District's spring break.

The Community Academy is a great opportunity to get a behind-the-scenes look at the police department. Topics will include patrol procedures, firearms, 911 communications, narcotics, K-9, major crimes investigations, major accident investigations, defense tactics, hostage negotiations, and more.

We can accommodate up to 35 Community Academy participants, so please share this opportunity with anyone that may be interested!



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

The Eastside Lutheran Church Community (ELCC) are a ELCA churches on the eastside. WE have opportunity to share worship, resources, and events – separately and collectively. While we often share collaborative and in  
Be sure to check out the website [HERE](#).

Who are the churches of the ELCC??

Saint Andrew's Lutheran Church;  
St. Lukes Lutheran Church;  
Sammamish Hills Lutheran Church;  
Cross of Christ Lutheran Church;  
Holy Trinity Lutheran Church;  
Mt. Si Lutheran Church;  
Our Savior Lutheran Church;  
Grace Sammamish Church,  
(A Chinese speaking congregation  
that meets at Sammamish Hills);  
Love of Christ Lutheran Church  
(A Chinese speaking congregation  
that meets at Cross of Christ)



At the recent ELCC meeting, members from most of the churches came together to talk about what we can do collaboratively. **Cooking came up a winner!** Many of our congregations cook for Porchlight, The Sophia Way and others. Would you like to come and see where people from YOUR congregation can contribute? There is a meeting Friday, January 23, 2026, 1:00 PM at Cross of Christ Lutheran, Bellevue. Talk to Joyce Arnold for more information - ([arnoldaj44@hotmail.com](mailto:arnoldaj44@hotmail.com)).

## Learning Opportunities in the Synod:

**Living on the Edge**  
How Human Nature is Being Hacked  
& How We Can Respect Each Other Again

Paths to UNDERSTANDING + Holy Spirit Lutheran Kirkland, WA

**Holy Spirit Lutheran Church**  
10021 NE 124th St  
Kirkland, WA 98034

January 20, 2026  
7:00 PM to 8:30 PM

 Register with QR Code

debating, it offers a hopeful path forward – within ourselves, between our groups, and in the communities we share.

**Holy Spirit Lutheran Church, January 20th, 7:00 PM to 8:30 PM**

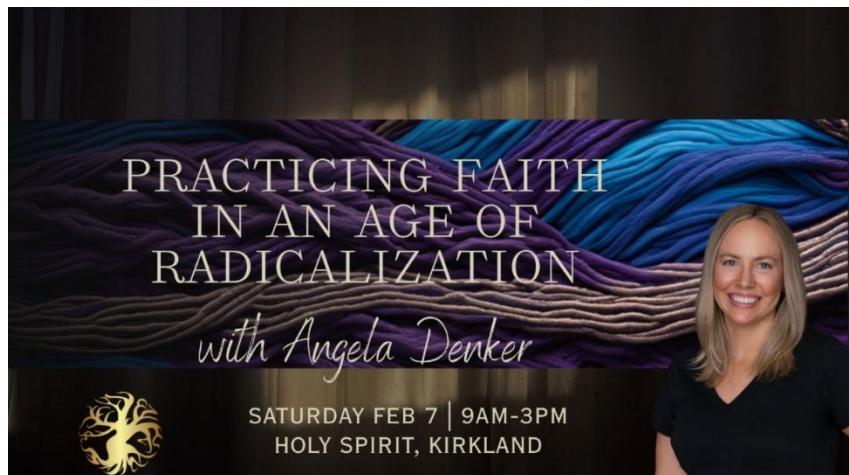
Join The LiVE Project for a timely Saturday Retreat examining how radicalization and Christian Nationalism are shaping our common life. With author and pastor Angela Denker, we'll explore how Scripture is used to advance ideology, why certain communities are especially targeted, and how people of faith might respond together with wisdom and hope.

Register to attend (\$50 pp) and read more about the presenter [HERE](#).

### Living on the Edge: Finding Our Way Forward Together

At a time of deep division, exhaustion, and distrust, many people sense we are standing on the edge of something dangerous – but also something possible. In *Living on the Edge*, community leader and pastor Terry Kyllo explores what is happening beneath our political and cultural conflicts, why so many people feel vulnerable, and how we can rebuild trust and democracy from the ground up.

This talk invites people of all backgrounds to reflect on human nature, civic responsibility, and the shared values that make a diverse society possible. Rather than blaming or



## CALENDAR

### Wednesday, January 14

10:00 AM Women's Book Group  
2:00 PM Care Team Meeting  
4:00 PM Adult Education Committee Meeting

### Thursday, January 15

### Friday, January 16

*Office is closed*

### Saturday, January 17

### Sunday, January 18

9:00 AM Adult Education,  
SALC Budget Review  
Sunday School (preschool – 5<sup>th</sup> Gr)  
10:00 AM Worship  
11:15 AM Knit Wits

### Monday, January 19

*Office is closed – MLK Holiday*

6:30 PM Worship & Music Committee  
7:00 PM Discipleship Committee

### Tuesday, January 20

8:30 AM Tuesday Morning Men  
10:00 AM Pastor's Bible Study  
11:45 AM OWLS

### Wednesday, January 21

10:00 AM Staff Meeting  
10:00 AM Women's Book Group

### Thursday, January 22

9:00 AM BLOOD DRIVE

### Friday, January 23

*Office is Closed*

### Saturday, January 24

### Sunday, January 25

9:00 AM Adult Education,  
Coffee & Conversation  
Sunday School (Preschool – 5<sup>th</sup> grade)  
10:00 AM Worship  
11:15 AM Annual Congregational Meeting

### Monday, January 26

1:00 PM Staff Meeting  
6:00 PM ELF meeting  
7:00 PM Outreach Committee

### Tuesday, January 27

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

### Wednesday, January 28

7:00 PM JEDI Committee

You can access our  
weekly online calendar  
[HERE](#).

**The Reverend Lara Forbes**, Lead Pastor

[pastor@SALC.church](mailto:pastor@SALC.church)

**The Reverend Timothy T. Weber**,

Shared-Time Pastor

[timwebertt@yahoo.com](mailto:timwebertt@yahoo.com)

**Dr. Will Simpson**,

Director of Music Ministries

[will@SALC.church](mailto:will@SALC.church)

**Doug Johnson**,

Director of Youth and Family Ministries

[doug@SALC.church](mailto:doug@SALC.church)

**Sherry Grindeland**, Fellowship Coordinator

[sherry@SALC.church](mailto:sherry@SALC.church)

**Kurt Lutterman**, Facilities Manager

[kurt@SALC.church](mailto:kurt@SALC.church)

**Kathy Fisher**, Communications Director

[kathy@SALC.church](mailto:kathy@SALC.church)

**Vanessa Wilkie**, Handbell Choir Director

**Elaine Koga**, Choir Accompanist

**Abby Kasper**, 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:

