



Trendings

February 4, 2026

Growing Together in Christ to Love and Serve All People

Prayer of the Week:

Lord God, with endless mercy you receive
the prayers of all who call upon you.
By your Spirit show us the things we ought to do,
and give us the grace and power to do them,
through Jesus Christ, our Savior and Lord.
Amen.



The elevator is repaired!!

NOTE: Monday, February 9th the Staff will have an in-service from 12 Noon – 2 PM. The office will be closed during this time.

Upcoming Greeters and Coffee Hosts:..

February 8: Katrin and Gunter Bonnofsky, Greeters: Jay Baxter, Coffee host.

February 15: Diane & Andy Hogle, Greeters; Mark Davis, 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, February 8, 2026

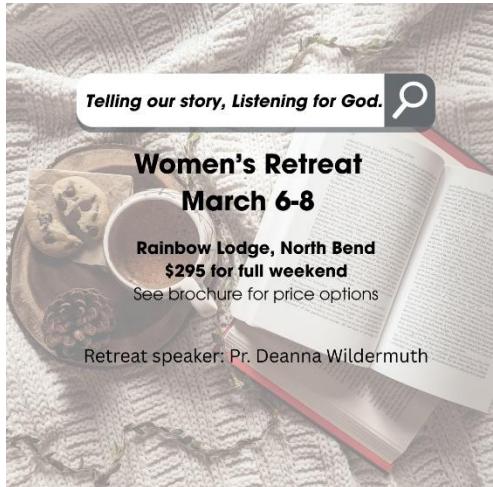
9:00 AM Adult Education - *Coffee & Conversation*
 Sunday school, preschool - 5th graders
10:00 AM Worship in person/livestream

Reading for February 8
Fifth Sunday after Epiphany
John 5:1-18

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



Pastor's Bible Study meets on Tuesday mornings at 10:00 AM in the Library in person and on ZOOM. Contact Pastor Lara for the ZOOM link.



Register NOW for the 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) 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 or 425-746-2529.

Scouts!! We will celebrate SCOUT SUNDAY on February 8 at our 10 AM worship.



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**. 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.

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



Lenten Prayer Partners:

Sign-up TODAY to be a Lenten Prayer Partner: Become a Saint Andrew's *Secret Prayer Partner*. You will be given a name to pray for throughout Lent and someone will pray specifically for you.

We will share information about your prayer partner so you can personalize your prayers for them and remember them with encouraging cards and notes.

How to sign up:

- Fill out a form that will be in the Narthex beginning February 8.
- Email or call Fellowship Coordinator Sherry Grindeland at 425-746-2529 or sherry@salc.church.
- Online at the Prayer Partners on our webpage found [HERE](#).

You will receive an email with your prayer partner information on or before Ash Wednesday, February 18th (If you don't receive the email by noon on February 18, contact Fellowship Coordinator Sherry Grindeland at sherry@salc.church.)

We have a *prayer partner reveal* at the Adult Education Hour on Sunday, April 12th. (The Sunday after Easter.) It is always a joyous occasion to learn who has been praying for us and to hear stories about how the spirit touched us during this time.

Adult Education, February 15th at 9:00 AM!

Adult Education, Sunday February 15

Corporate Stewardship - Building
Stability on the Eastside
9:00 AM

We welcome **Gordon McFadden**. Come hear about one company's efforts to give back to the community, and build a culture of generosity within their organization.

There will be coffee!!



Corporate Stewardship - Building Stability on the Eastside

Gordon McFadden helped start M&N Custom Homes, with founders, Shaun McFadden and Joe Naeset 11 years ago. For the past 8 years M&NCH has provided financial and volunteer support to Jubilee REACH and Imagine Housing, as a commitment to corporate stewardship focused on meeting needs for stability in Eastside communities.

Gordon and his family were members of Saint Andrews for many years, and "Gordy" was one of the founding Board members of Saint Andrew's Housing Group. Come hear about one company's efforts to give back to the community, and build a culture of generosity within their organization.

Ash Wednesday

Wednesday, February 18
Worship at 7:00 PM

Worship in person or livestream
www.salc.church/live



Tuesdays in Lent

February 24 - March 24

Gather for Devotions

11:45 AM

*Bring a sack lunch and
stay to eat with friends,
new and old!*



Membership Review

Periodically, it is customary to review the roll and make sure it's current. It has been four years since this was last done. Per section C8.05.01 of our Constitution, when a member has failed to receive Holy Communion and make a contribution of record for two consecutive calendar years, they may be removed from the membership roll. When a congregation member dies or transfers their membership to another congregation, they are automatically removed from the roll.

The process for determining which person(s) or families may need to be removed from membership, in accordance with the above guidelines, is as follows:

1. Initial review by Office Administrator and Pastor – *complete*
2. Review of list by the entire staff – *in process*
3. Review of list by the Council – *will happen at March meeting*
4. A letter is sent to the person or family advising them that they may be removed from the membership roll, and asking them to let us know of their intent by a certain date – *letter will be sent after Council review is complete*
5. After the deadline has passed, the Council will review the list again to approve the names of the members that will be removed from the roll – *will likely happen at the May Council meeting*

If a person or family is removed from our membership roll, it does not mean that they are cut off from the congregation. We will continue to provide care for them if/as it is requested. If you have questions about this process, please contact Kathy or Pastor Lara.

Corner of Blessing Food of the Month – February

For the month of February Hopelink has asked us to collect **hearty soups!** Non-condensed, High calorie soups are what they need. These are very popular and in short supply this time of year. **Progresso, Amy's and Chunky Campbells** are all great, well-loved brands. Here are some suggested examples: **Italian wedding soup, clam chowder, beef barley, chicken pot pie, lentil and vegetables, tomato bisque, etc.**





Saint Andrew's is participating in a national effort to help those who are hungry. It is called "SOUPer Bowl of Caring" and is held in connection with the Super Bowl. On February 8th – Super Bowl Sunday, we will be having a special collection to address hunger in our neighborhoods.

Hunger is everywhere in our community, from the suburbs on the Eastside to South King County to the streets of Downtown Seattle. It affects everyone: working families, the elderly, young adults and especially children. One in eight children in Washington State face hunger.

As we get excited about the big game on February 8th let's make an extra effort to fight hunger. Before and after the service that day, members of our church will be in the narthex collecting food and donations for this effort.

The key items being collected are:

- **Canned Hearty Soup (It IS the SOUPer Bowl!)**
- **Canned Chili and other meals: (Spaghetti-O's, Ravioli, Pork and Beans, Beef Stew, etc.)**
- **Canned Fruit (~ 15 ounce, preferably NOT in heavy syrup)**
- **Jars of Pasta Sauce (~24 ounces)**
- **Boxes of cereal (especially name brands)**
- **Ramen, Cup of Noodles, Noodle Kits, etc.**
-

Hopelink provides a wide variety of food through their food bank.



Look for a detailed "shopping list" in the Sunday bulletin or in the narthex. Everything collected will go to the Hopelink Food Bank in Bellevue. All money donated will be used by Hopelink to buy the food items required to provide needed nutrition to those who are hungry right in our neighborhoods.

So, come to church on February 8th, fired up about the Seahawks and the big game and ready to make a difference (a SOUPer difference) for those who are hungry.

Outreach and Servant Ministries Ministry of the Month for February



Most Generous God, we thank you for all that you provide to meet the needs of all your people. We thank you for the staff and volunteers at Compass Housing Alliance working to provide essential emergency services for people in our community. Bless and sustain their work. Strengthen our partnership with Compass to support their mission. And watch over and protect the people in our neighborhoods that turn to Compass for these services.

In Jesus name we pray, Amen.

Opportunities to support Compass Housing Alliance:

There are a number of ways that you can help:

- Special collection of warm clothing for the winter months: Through February the Dorcas Circle is collecting underwear, warm hats, etc. for men and women. Please check our website [HERE](#) for a complete list of what's being collected. Clothing items must be new, unwashed and in original packaging.
- In addition, the Dorcas Circle collects bedding, and hygiene items *all year long* for Compass Housing Alliance. Details can be found [HERE](#).
- You can make a donation to Compass Housing Alliance at their website: <https://www.compasshousingalliance.org/donate/>.

Saint Andrew's also supports Compass with money from our Outreach budget and during the holidays through the Love Tree.

The latest news from Compass Housing Alliance:

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

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

Some Background on Compass Housing Alliance:

Compass serves the community with LOVE, just like their founders, the Reverend Otto and Alva Karlstrom, intended more than 105 years ago. For more than a century, Compass Housing Alliance has provided neighbors in our community with support for housing, shelter, and essential emergency needs. With more than 20 sites spanning from Shoreline to Auburn, they have been a constant source of stability for people experiencing homelessness and housing insecurity through world wars, the Great Depression, the Civil Rights movement, and the rapid societal changes of the last two generations. Through every era, in partnership with thousands of supporters, they have adapted and evolved while holding fast to our core values of dignity, respect, and compassionate service.

Compass has Lutheran roots and continues to host a Lutheran congregation, the Church of Steadfast Love, at its main shelter building in Pioneer Square. However, Compass does not require or promote participation in any religious activity as part of its programs. They deeply value diversity in all forms and employ and provide services to people of all backgrounds. For more information on Compass Housing Alliance visit their website [HERE](#).



Donate socks, underwear, and warm knit hats for [Compass Housing Alliance](#) in February as part of a special collection drive for the winter months.

Items needed are:

- Men's underwear (Med-2X) / Women's underwear (Sm - 2X)
- Men's undershirts (med-3X) / Women's colored T-shirts (Short & long sleeve) Sm-2XMen's
- Colored T-Shirts (Short & Long sleeve) Med-3X
- Men's sweat pants (Med-3X) / Women's sweat pants (Sm-2X)
- Art supplies, Games, puzzles, bowls, cups, can openers.

Donations can be placed in the Dorcas Circle bin by the elevator.



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](#).

An ELCC newsletter is in the works! Sign up to receive the links!

Newsletter opt-in instructions:

1. Go to the [ELCC website](#) and scroll to the bottom of the HOME page
2. View the Newsletter Signup section - add your email and press the SUBSCRIBE link
3. Now go to your email inbox and find the Tithely email asking you to verify your email address, and then you are done!

We will update Ash Wednesday worship times from our ELCC churches as we get them.

*Ash Wednesday Worship Services
at Eastside Lutheran Church Community
Congregations*

Bellevue: St. Lukes Lutheran Church:	Holy Trinity Lutheran Church, Mercer Island:
Cross of Christ Lutheran Church:	Our Savior Lutheran Church, Issaquah: 12:00 PM
Saint Andrew's Lutheran Church 7:00 PM	Sammamish Hills Lutheran Church: Mt. Si Lutheran Church, N. Bend: 7:00 PM

*"Remember that you are dust,
and to dust you shall return."*



HYBRID EVENT
Rebuilding After
Repatriation:

The Reality for Children and Youth in Guatemala

Join us for:
 • A live conversation with the Guatemala-based Camino a Casa staff
 • A short documentary about conditions in Guatemala, the impact of US immigration policies, and the stories of three youth who are rebuilding at home
 • A guided discussion about getting involved in this critical work

February 14, 9:30 AM - 12 NOON PST
 A Northwest Washington SynodEvent at Our Savior's Lutheran Church 215 Mukilteo Blvd, Everett, WA 98203

Rebuilding After Repatriation follows the journeys of unaccompanied minors from Guatemala who have been returned to their home communities after attempting to migrate to the United States. The program captures the resilience of young people as they navigate instability in their home countries, family separation and reunification, and building a new life and a brighter future with the help of Global Refuge's Camino a Casa program.

Register for the in-person or online Zoom event using the QR code. For more information, please contact Dan Clements at 425.418.8755 or dan@e-clements.com.

PROGRAM SPONSOR:
 Camino Lutheran, Camino • Christ the Servant, Bellingham • FaithLutheran, Seattle • First, Mount Vernon
 Grace, Des Moines • Holy Spirit, Kirkland • Emmanuel Lutheran, Seattle • Our Savior's, Everett
 St. Luke's, Bellevue • Trinity, Freeland • Trinity, Lynnwood • University Lutheran, Seattle

Global Refuge is an international nonprofit serving newcomers seeking safety, support, and opportunity. We have been a leader in resettlement for over 85 years, dedicated to supporting refugees and other immigrants through advocacy, legal and empowerment to restore a sense of home.

GLOBAL REFUGE: REBUILDING AFTER REPATRIATION:

A NW WASHINGTON SYNOD EVENT

Sat. Feb. 14th, 9:30 am to Noon at Our Saviors Lutheran, Everett

Our synod assembly in May approved a resolution supporting Global Refuge's innovative *Camino de Casa* project. Featuring Andrew Steele from Global Refuge, this hybrid event documents the journeys of unaccompanied minors who have been deported and returned to their country of origin. It highlights how Global Refuge helps them re-enter their communities and be reunited with families, providing mental and physical health screening, job training, and other support that will ensure they have greater success in coming home to stay. Participants will watch a short documentary featuring personal stories of youth and the impact of US immigration policies; and in real time, will ZOOM with

staff and a deportee on the ground in Guatemala. For a preview click on the following link:
https://youtu.be/4RN6_sR73Kc

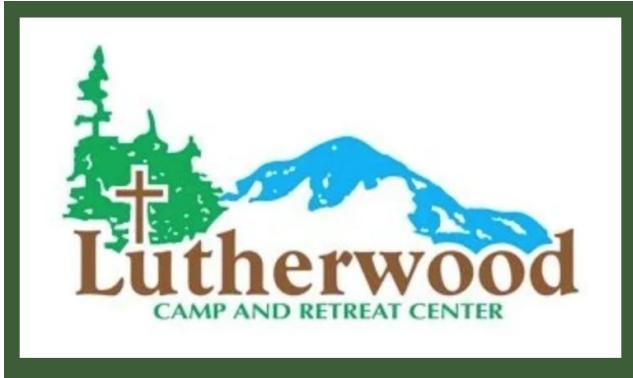
Please register for the in-person OR online ZOOM event at <https://qr.codes/E86ihT>
 For more information, contact Dan Clements at 425-418-8755 or dan@e-clements.com

Porchlight Men's Shelter Hosting at St. Luke's | Saint Luke's | Eastside Lutheran Church Community

Every year, and the entire month of February, St. Luke's hosts approximately 25 men from Porchlight Men's Shelter for meals and overnights.

The men are moving in on January 30th and will have their first meal on that night. Now is the time to sign up for meal assistance. You can make a complete meal for the men by yourself, or ask a few friends to help share the load. Don't like to cook? We could use server hosts. It's a great opportunity to commune with these men - they are so grateful! If you have any questions, please contact Judy Buckmaster at judybuckmaster59@gmail.com. Thank you for your time and generosity. [Please view the meal signup sheet](#), which includes proper instructions.





Summer 2026 Family Camp:

Dates: June 28-July 3 (Full Week) OR June 28-June 30 (Half Week)

Registration: Opens February 1, 2026 - each family registers on their own via the website - registration fills up quickly - please register early!

About Family Camp: [Family Camp – Lutherwood Camp & Retreat Center](#)

Bring the kids and grandparents and join us for Family Camp! This week will include plenty of traditional camp activities like campfires, canoeing, and singing. There are plenty of activities for whole families, as well as opportunities for kids to be together and adults participate in their own Bible Encounter. For more information, reach out to Program Director Ashleigh Ellsworth-Keller at ashleigh.ek@camplutherwood.org. All Ages are welcome

Cost: Base price \$325 per person for full week / Base price \$150 per person for half week

Lodging: The price of Family Camp includes the basic lodging package of the campground (RVs, tents) or in shared cabins (large rooms with 20 bunk-style beds). We will do our best to accommodate as many requests as possible on a first-come, first-served basis and as space allows. Our specialty lodging (Spirit Lodge, the Bungalow, and Lakeside Lodge) MAY be available upon request for an extra cost. Those who fill out the Family Camp interest form will have their housing requests recorded and we will contact you as housing is assigned.

Questions? Read out directly to Ashleigh Ellsworth-Keller at ashleigh.ek@camplutherwood.org



CALENDAR

Wednesday, February 4

10:00 AM Women's Book Group

Thursday, February 5

2:00 PM Timber Ridge Worship

7:00 PM Choir Rehearsal

Friday, February 6

Office is Closed

Saturday, February 7

Sunday, February 8

Scout Sunday

9:00 AM Education Hour
Sunday School (preschool – 5th Grade)
10:00 AM Worship
4:00 PM Joint Confirmation, SALC

Monday, February 9

12:00 PM Staff In-Service Meeting
7:00 PM Council Meeting

Tuesday, February 10

8:30 AM Tuesday Morning Men
10:00 AM Pastor's Bible Study
7:00 PM Bell Choir Rehearsal

Wednesday, February 11

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

Thursday, February 12

7:00 PM Choir Rehearsal

Friday, February 13

Office is Closed

Saturday, February 14

Happy Valentine's Day

Sunday, February 15

9:00 AM Education Hour, Guest Speaker
Sunday School (preschool – 5th Grade)
10:00 AM Worship
11:15 AM KnitWits

Monday, February 16

Office is Closed/President's Day

7:00 PM Discipleship Committee

Tuesday, February 17

8:30 AM Tuesday Morning Men
10:00 AM Pastor's Bible Study
7:00 PM Bell Choir Rehearsal

Wednesday, February 18

Ash Wednesday

10:00 AM Women's Book Group
7:00 PM Ash Wednesday Worship

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

The Reverend Lara Forbes, Lead Pastor
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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:

