



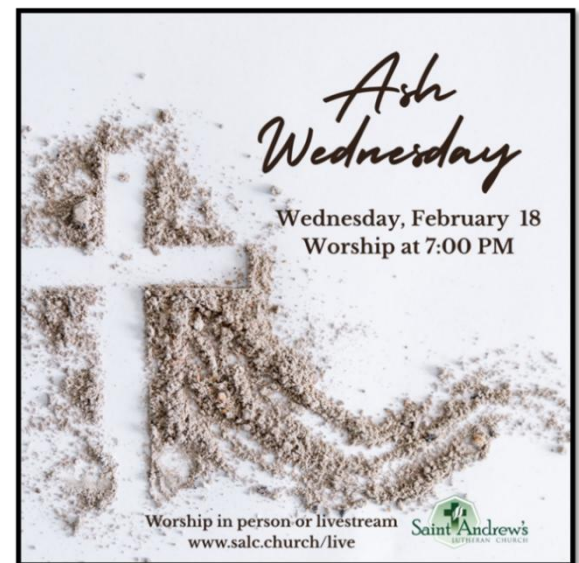
February 18, 2026

Growing Together in Christ to Love and Serve All People

Prayer of the Week:

Prayer of St. Francis of Assisi

Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.
O divine Master, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.
For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.



NOTE: This is a two-week Trendings !

Why? Kathy's going to Disneyland! April Daniel will be covering the office.

Upcoming Greeters and Coffee Hosts:.

February 22: **COULD BE YOU, Greeters; Liz Rudolph, Coffee host**

March 1: **Stella Nieman and Mikel Oswalt, Greeters; Johannes Grad, Coffee host**

March 8: **Judy and Howard Johnson, Greeters; Could be YOU, 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 22, 2026

9:00 AM Adult Education – JEDI
 Sunday school, preschool – 5th graders
10:00 AM Worship in person/livestream

Sunday, March 1

9:00 AM Adult Education, Bible Study
 Sunday school, preschool-5th grade
10:00 AM Worship, in-person/livestream

Lent Devotionals are available in the Narthex. Look on the wall by the stairs and the 'coffee table' in the seating area by the JEDI bookcase.

Reading for February 22
John 8:12-20

Reading for March 1:
John 9:1-41

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.

From Pastor Lara about Worship on March 1st:

The theme of our worship on Sunday, March 1, will be a **service of prayer and healing for the world**. Having a service like this is something that Dr. Will and I have talked about for a while, and with all of the pain and hurt and chaos in our nation and our world, we feel now is a good time for it.

We are having it as our regular Sunday worship, rather than as a separate service on a different day or time, in part so that more people can participate and also as a reminder that our lives are an act of worship. Praying for the healing of our world isn't only something we do in a church building. It's reflected in our daily actions and interactions. And when we worship and pray together, we are reminded that we are part of the Body of Christ wherever we are.

While much of the service will be unchanged, there will be more music! We will begin our worship that day with a time of prayer and reflection by singing some Taizé chants. Our responses to the Prayers of the People will be sung. And Mark Baker will "riff" with Dr. Will on some familiar hymns with the flugelhorn.

Our intent for this service is for it to be encouraging, because every Sunday worship is a celebration of Easter. A reminder that death, chaos, hatred, and destruction do not have the final word. God does. And God's word is life – abundant life for all people.

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The third time WAS the charm! Thanks to Cristy Lake from the Snoqualmie Valley Historical Society for presenting at OWLS on Tuesday! It was so informative and enlightening!!



Telling our story, Listening for God.



## Women's Retreat March 6-8

Rainbow Lodge, North Bend  
\$295 for full weekend

See brochure for price options

Retreat speaker: Pr. Deanna Wildermuth

There is still space 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](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.

## Adult Education/Bible Study

Sunday, March 1, 2026

9:00 AM

"The Good Samaritan"

Join us as we look at this familiar story with fresh eyes and discuss how it applies to our lives now.

Luke 10:24-37



Sunday, February 22

9:00 AM

## **JEDI at Adult Education**

**Come for conversation with our JEDI  
(Justice, Equality, Diversity and  
Inclusion) committee! We will discuss  
the group goals, the upcoming author  
event we are sponsoring with PFLAG and  
other topics around justice.**

**\*PFLAG (Parents, Families and Friends of Lesbians and Gays)**  
is the nation's largest organization dedicated to supporting,  
educating, and advocating for LGBTQ+ people and those who  
love them.

This Sunday come and have conversation with the members of our JEDI committee! Discuss the group goals and share things important to YOU to highlight / educate ourselves about at Saint Andrew's. There will be coffee !

Our JEDI Committee in collaboration with Bellevue/Eastside PFLAG\* is hosting this afternoon with author Nico Lang. Helping our trans kids navigate the times we are in is necessary! Please plan to attend on March 7<sup>th</sup> !

*Author Reading and Q&A*

# **American Teenager**

*How Trans Kids Are  
Surviving Hate  
And Finding Joy  
In a Turbulent Era*

**March 7, 3:00pm  
St. Andrew's  
Lutheran Church  
2650 148th Ave. SE  
Bellevue, WA**



**W/ Nico Lang**



**PFLAG**  
BELLEVUE/  
EASTSIDE

Beginning February 24<sup>th</sup>, **pack a sack lunch** and come to the Fellowship Hall each Tuesday in Lent as we share in music, devotions and lunch together in Lent.

Pastor Lara will lead, Dr. Will is providing music.

Lent is the time to slow down and reflect – join us !



Kathy's office is giving up candy for Lent. The candy jar is gone until Easter Sunday!!

## Coming in March:

- Lent Worship on Sundays
- Tuesdays, Mid-Week Lent Devotions (bring a sack Lunch)
- Joint Confirmation and Youth Group (March 8)
- Community Game Night (March 15)
- Sunday 9:00 AM - Adult Education:
  - March 1 – Bible Study (The Good Samaritan)
  - March 8 – Coffee and Conversation
  - March 15 – Pastor Tim Weber discusses his books
  - March 22 – Kim Baima
  - March 29: Learn about the history of Sunset Hills Memorial.
- Palm Sunday, March 29

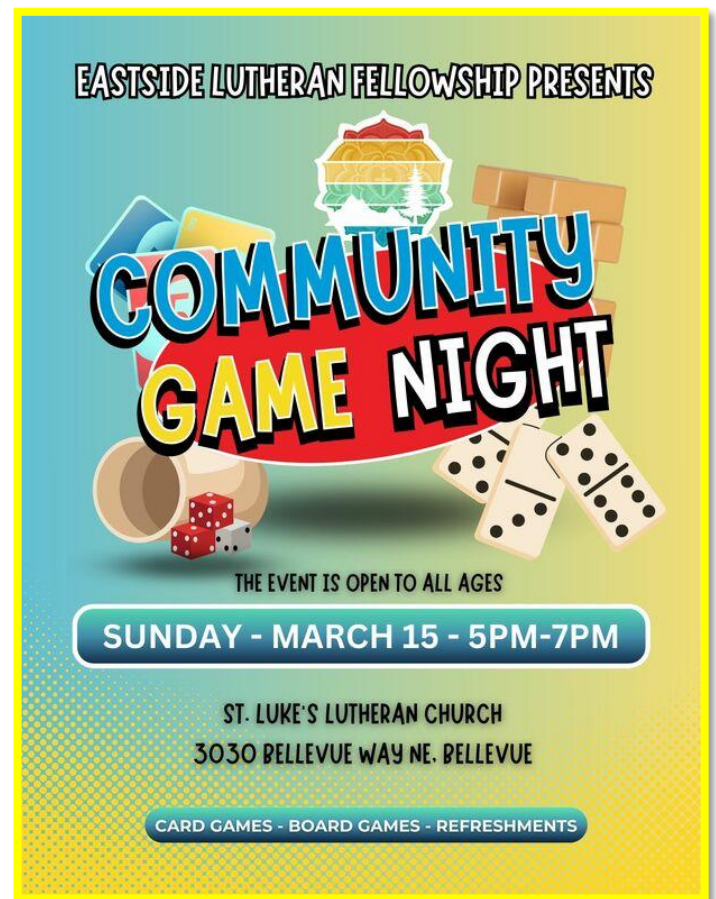




## Youth News:

### Confirmation/Youth Group:

Sunday, March 8<sup>th</sup> at 4:00 PM – 7:00 PM youth converge on Saint Andrew's!! The joint Confirmation class will meet in the Faith and Family Center; High School Youth Group will meet in the Youth rooms. Food will be served!



Choices!! What's YOUR choice for a youth retreat on Memorial Weekend?? Let Doug know by March 1<sup>st</sup>!! (doug@salc.church)

A poster for youth retreats with a blue background and orange abstract shapes. The text is arranged in two columns separated by '-OR-'. The left column features 'Abundance FOR ALL' in a script font, followed by 'May Youth Weekend at Camp Lutherwood Bellingham, WA May 23-25 For all current 8-12 grade youth Open to the whole synod'. The right column features 'A Voice IN THE WILDERNESS' in a mix of script and bold fonts, followed by 'Memorial Day Weekend (Dates TBD) Location TBD Open to youth in our conference For all current 8-12 grade youth'.

## From Health & Wholeness:

### WINTER BLUES OR SEASONAL AFFECTIVE DISORDER (SAD)?

Life in the Pacific Northwest means embracing colder winter months and shorter days. Winter blues are common, but ongoing daily sadness during this time may indicate SAD or Seasonal Affective Disorder.

- **Signs and Symptoms:**

- feeling sad nearly everyday
- losing interest in activities
- decreased energy
- sleeping too much
- increased appetite/weight gain
- feeling hopeless, worthless and/or guilty
- symptoms disappear during spring and summer

#### **CAUSES:**

Chemical imbalances (Serotonin and Melatonin) in the brain trigger a disruption of the body clock or Circadian Rhythm. Reduced sunlight causes a drop in Serotonin, a natural mood elevator, resulting in sadness or depression and an over production of Melatonin (so-called “sleep hormone”), increases sleepiness and lethargy.

- Less sunlight also causes decrease in Vitamin D levels, further lowering Serotonin activity.
- Family history of depression or having other mood disorders
- Living far from the equator
- More common in women and 18-30 age group

#### **DIAGNOSIS:**

Requires clinical evaluation of key diagnostic criteria:

- Symptoms of depression occurring in same season for two consecutive years
- Symptoms show remission in other two seasons
- Physical exam and labs to rule out other disorders (including thyroid disease)
- Provider may refer for psych evaluation

#### **PREVENTION:**

- Exercising or walking outside helps boost mood and reduce stress
- Follow nutritional diet
- Stay connected to family and friends, especially during winter months
- Maximize natural light in house and office
- Starting light therapy or medication before onset of winter can reduce severity of depression



## TREATMENT:

- Light Therapy or Phototherapy (mimics natural sunlight)
- Antidepressants like Selective Serotonin Reuptake Inhibitors (SSRI's)
- Psychotherapy

## THE GOOD NEWS:

The prognosis for Seasonal Affective Disorder is positive. Treatments are available for SAD, and people who get the correct diagnosis and combination of treatments can find relief from symptoms.

*Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."*

*Submitted by Terri Anderson*

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March Blood Drive!

Our next **BLOOD DRIVE** is scheduled for **Thursday, March 26th**. Use the QR code to sign up for a time! We had a great turn out in January – and most participants re-booked for this March date. We're hoping to have 30+ participants this time around. Did you know you can win a trip to Maui when you drop a pint?? PS – the cookies and juice were great 😊



THANK YOU! St. Andrew's members contribute so much to The Sophia Way, including the nourishing lunches you provide for the ladies! In their world of uncertainty, these women are

always so very appreciative of the good food they can depend on! **Our next food collection will be on Tuesday, March 24th**. Look for more information in the next Trendings!

Also, coming up...

Mid March- Coffee with Dietra, discussing the Sophia Way goals for the year and beyond!

Spring- Move from Donation Center in Bellevue to??? (HELP!)

End of April- Volunteer Celebration (Susie Carney won a prize, last year!)

May-Bingo Night- Fun for Everyone!

June or July- Community Brunch at St. Lukes- Join in with other Eastside friends! Very Special!

ALSO, Friday, Feb. 23rd, an important meeting at Cross of Christ at 1PM! We will meet with others from local Lutheran Churches to discuss how we can help our community!

Want to learn more? Ask Joyce Arnold!...And Blessings to you all!

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.

hopelink

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.**



Corner of Blessing - Food of the Month – March

Hopelink has asked us to collect **canned meats** for March. This includes tuna, chicken, SPAM, salmon, etc.



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 Tithe.ly email asking you to verify your email address, and then you are done!

Good Friday ELCC Choir - Calling all Vocalists!

Friday, April 3 Rehearsal 5:45-6:46 PM, then sing for 7 PM Good Friday worship.

Sponsoring Church: Holy Trinity Lutheran Church, Mercer Island

Choir is led by Scott Hafsø, Director of Worship and Music at Holy Trinity Lutheran Church

Questions? Contact music@htlcmi.org or call 206-232-3270

Lent Mid-Week Options in the ELCC (Eastside Lutheran Church Community)



St. Luke's Lutheran Church
Wednesday evenings
6:30 PM Soup Supper; 7:00 PM Worship

Holy Trinity Lutheran Church
Wednesday Nights:
5:45 Soup Supper, 7:00 PM Worship

Our Savior Lutheran Church, Issaquah
Wednesday evenings Pizza and Prayer
6:15 PM Pizza, 7:00 PM Holden Evening Prayer

Cross of Christ Lutheran Church

Sammamish Hills Lutheran Church

Saint Andrew's Lutheran Church
Tuesdays Lunchtime: 11:45 AM - 1:00 PM
Devotions/Music + Bring a sack lunch

Mi Si Lutheran Church
Wednesday Night Soup Supper & Worship
6:00 PM Soup; 7:00 PM "Bless This Night" vespers

CALENDAR

Wednesday, February 18

Ash Wednesday

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

Thursday, February 19

7:00 PM Choir Rehearsal

Friday, February 20

Saturday, February 21

Sunday, February 22

9:00 AM Education Hour
Sunday School (preschool – 5th Grade)
10:00 AM Worship

Monday, February 23

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

Tuesday, February 24

8:30 AM Tuesday Morning Men
10:00 AM Pastor's Bible Study
11:45 AM Lent Devotions/Sack Lunch
7:00 PM Building and Property Committee
Bell Choir Rehearsal

Wednesday, February 25

7:00 PM JEDI Meeting

Thursday, February 26

7:00 PM Choir Rehearsal

Friday, February 27

Saturday, February 28

Sunday, March 1

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

Monday, March 2

10:00 AM Health & Wholeness Committee
1:00 PM Staff Meeting
7:00 PM Executive Committee

Tuesday, March 3

8:30 AM Tuesday Morning Men
9:30 AM Dorcas Circle
10:00 AM Pastor's Bible Study
11:45 AM Lent Devotions/Sack Lunch
7:00 PM Bell Choir Rehearsal

Wednesday, March 4

Thursday, March 5

2:00 PM Timber Ridge Worship
7:00 PM Choir Rehearsal

Friday, March 6

Office is closed

Saturday, March 7

2:00 PM Pride Event/Nico Long

Sunday, March 8

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

Monday, March 9

1:00 PM Staff Meeting
7:00 PM Council meeting/Hybrid

Tuesday, March 10

8:30 AM Tuesday Morning Men
10:00 AM Pastor's Bible Study
11:45 AM Lent Devotions/Sack Lunch
7:00 PM Bell Choir Rehearsal

Wednesday, March 11

2:00 PM CARE Team Meeting
4:00 PM Adult Education Meeting

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,
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Sherry Grindeland, Fellowship Coordinator
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Kurt Lutterman, Facilities Manager
kurt@SALC.church

Kathy Fisher, Communications Director
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:

