



# Trendings

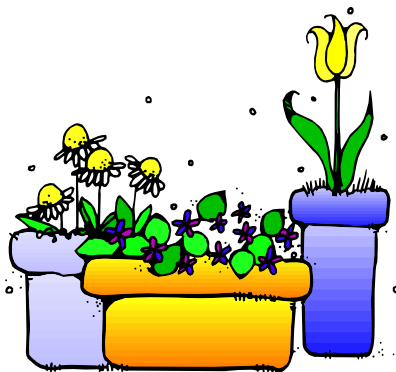
May 6, 2026

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

## *Prayer of the Week:*

O God of justice, give us determination and resolve, so that we can do the work of beating guns into swing sets and give hope to our children. This we ask through your Son, the Prince of Peace, our Lord Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

*Valora Starr, Women of the ELCA (from A Litany for Rachel's Day, May 3, 2026)*



Annual reports are on the way ... are you a committee chair or program chair with great news to report for June 2025-June 2026? **Get all that good news to Kathy by May 11<sup>th</sup>!** Pictures, too, if you have some !

## Upcoming Greeters and Coffee Hosts:

May 10: Jay Baxter and Allen Bolen, Greeters, **COULD BE YOU!** Coffee host

May 17: **Could be YOU!** Greeting and Coffee hosting 😊

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](http://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, May 10<sup>th</sup> (Happy Mother's Day)**

**9:00 AM Adult Education, ELCA Social Statement**

**Sunday School (preschool - 5<sup>th</sup> grade)**

**10:00 AM Worship**

**4:00 PM Joint Confirmation**

**Youth Group**

## Worship Texts for May 10

Philippians 1:1-18a and Luke 9:46-48

**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. **Our last session for the program year is May 19<sup>th</sup>.**

## Book Study with Pastor Lara:

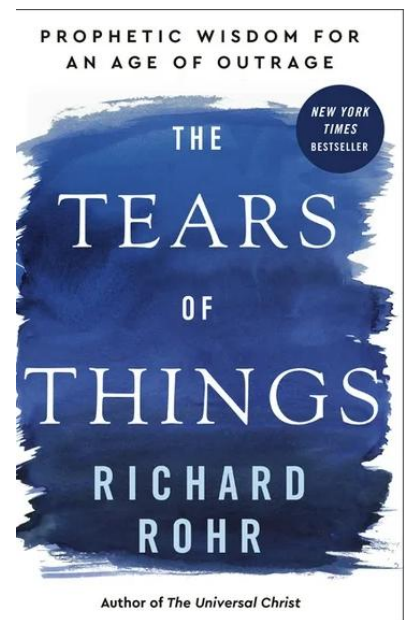
On **Tuesdays and Wednesdays in June**, we will study Father Richard Rohr's book *The Tears of Things: Prophetic Wisdom for an Age of Outrage*. In this book, Father Rohr uses the writings of the Jewish prophets to help us find a compassionate path forward in today's world. The prophets' writings span the gamut of human maturity and emotion as they critique culture and the world's suffering. Their work, and their own spiritual journey, provide reminders of our connectedness to one another and to the world as they acknowledge God's divine love.

There will be two opportunities for discussion each week. On **Tuesdays, there will be a hybrid option from 10:00am - 11:30am either in-person or via Zoom**. On Wednesdays, there will be an **online only option from 7:00pm - 8:30pm**.

We will follow this schedule for the discussions:

- June 2 (Tu), 3 (W) - Introduction, Chapters 1 and 2
- June 9 (Tu), 10 (W) - Chapters 3 and 4
- June 16 (Tu), 17 (W) - Chapters 5 and 6
- June 23 (Tu), 24 (W) - Chapters 7 and 8
- June 30 (Tu), July 1 (W) - Chapters 9 and 10

Please contact Pastor Lara ([pastor@salc.church](mailto:pastor@salc.church)) if you have any questions.



## Adult Education in May:

**Sundays at 9:00 AM in the Fellowship Hall.**

- **May 10:** May 10's forum will review what the **ELCA Social Statement, Faith and Civic Life: Seeking the Well-being of All**, has to say about the relationship between Church and State. It will draw on articles from Sections III-V. This social statement can be found [here](#). Copies are also available in the church office.
- **May 17:** We will have an update on the programs and progress of **Porchlight**.
- **May 24:** Happy Anniversary Saint Andrew's pt.1 - This week we walk down memory-lane in photos and stories! Plan to come and see where we've been in 70 years.
- **May 31:** Happy Anniversary Saint Andrew's pt. 2 - This week we rejoice in where we've been and look forward to where we are going! There will be cake!!

## Get Ready to celebrate!! Saint Andrew's Lutheran Church turns 70 in May!!



Mark your calendars for a two Sunday celebration on **May 24 and May 31**. We will be sharing memories and church history. Start thinking of your personal experiences to share. **Volunteers needed! 70<sup>th</sup> Anniversary Photo Quest**

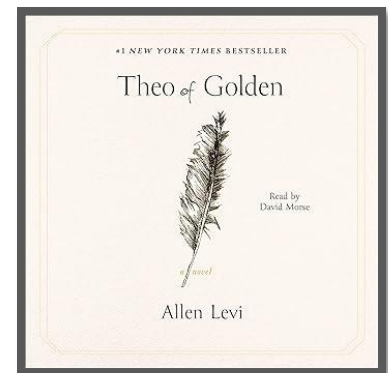
Help us pick the photos for our 70th Anniversary Celebration. Volunteers needed for this fun project of going through our photo collection.

**1 p.m. Tuesday, May 12**

Limited space so please reserve your spot. Call or email Fellowship Coordinator Sherry Grindeland~ 425-746-2529 or [sherry@salc.church](mailto:sherry@salc.church).

## Women's Book Study Book Selection

Our book for the Spring session is *Theo of Golden* by Allen Levi. We meet on **Wednesdays at 10:00 am promptly and end at 11:30 am on time**. We will discuss the book and the implications for our lives as Christians, as we meet together in the church library and on Zoom. We pray together, and we respect each other's opinions and confidentiality. Join us for encouragement, thought-provoking questions, and lots of laughter. Email Cheryl ([cheryljurrus74@gmail.com](mailto:cheryljurrus74@gmail.com)) to get the reading/discussion schedule for our six sessions continue to May 20th.



**Ratification Vote for Constitution Changes:** At our Annual Congregation Meeting on January 25, 2026, we voted on proposed changes to the Saint Andrew's Constitution. A majority of those voting voted in favor of the changes, which means they were approved. The next step, which will happen at the upcoming Semi-Annual Meeting in June 2026, is a second vote on these same changes. This vote will decide if the changes are ratified and requires a 2/3 approval to pass.

On Sunday, **June 14, 2026**, at the **9:00 AM** Adult Education Hour, there will be a discussion about the proposed changes, along with a couple issues raised after the annual meeting. Please join us to learn more, and bring your questions too! Or if you wish to ensure your questions are covered, please reach out to any council member with your questions before this forum.

A copy of the Saint Andrew's Constitution that includes the changes (with explanations for each change) is available for review. A copy is in the church office and it is on the Saint Andrew's website at <https://tinyurl.com/SALCConstitution>.



Mark your May Calendars for these upcoming events for The Sophia Way!

**Bingo Night!** On Friday, May 8th, bring family and friends to the Redmond Community Center for fun with BINGO!

Enjoy amazing fun, food, and prizes, for adults and children! Every dollar raised gives women a safe night in a shelter.

**Summer Brunch!** Our semi-annual brunch is a special event for the women for connection, community, pampering and shopping! It will be held on **Sunday, May 31st, 11AM-2PM** at Salt House Church in Bellevue. The women we serve will gather for the **Summer Community Brunch** - an afternoon of connection, community, pampering, and "shopping" for seasonal clothing and items. It's a day they look forward to!

You can make their experience amazing by donating items they'd love:

- 📿 Jewelry, 🧴 Cosmetics, 🩴 Flip flops & sandals, 👙 Leggings & sports bras
- 👙 Underwear & more

The easiest way to give? Shop directly from our [Amazon Wishlist!](#)

As always, **Saint Andrew's members donate lunch to the ladies at Sophia's Place** in Bellevue, the 4<sup>th</sup> Wednesday of every other month. **Our next lunch will be for May 27<sup>th</sup>**, with collection on Tuesday, **May 26<sup>th</sup>**. For the month of May, I thought maybe we could try something a little different for the ladies...pulled pork! ("Pulled" chicken, also). Heated up, along with brioche buns, they should make great hot sandwiches!

So, the requests for this meal will be:

- Pulled pork, enough for 30 servings (Costco has packages, each feeds approx. 11)
- Shredded cooked chicken, (about 1 ½ pounds)
- Brioche buns (35-40)
- Barbeque sauce, 2 bottles, regular size
- Mustard, ketchup, mayonnaise, 1 bottle each, regular size
- Shredded cheese, (cheddar), 2 medium packages
- Salads- 3
- Baked beans- about 12 servings- 2
- Chips for 36, individual bags
- Juice, two (2) 32 ounce containers
- 3-12 packs of water, (please only 6-12 average sized bottles in a pack)

Would you like to contribute? There is never 'too much'! If the food isn't needed for lunch, it will be used for another meal! **Also, as always, the pantry is in need of** salad dressings of ANY kind; butter; cereals, (other than Cheerios and oatmeal); chicken and vegetable broth; compostable bowls and 10 inch plates; disposable aluminum pans, (9x13 or smaller), and even paper towels and toilet paper! If you are interested in contributing to the lunch meal or to the pantry, please contact Joyce Arnold (arnoldaj44@hotmail.com).

Youth News:



**Sunday, May 10:** Joint Confirmation – 4:00 PM – 7:00 PM  
 Youth Group meets too! 4:00 PM – 7:00 PM



**ELCA Youth Gathering Interest Meetings**

Parents and youth that will be in high school during the 2026-2027 school year are invited to attend one of two interest meetings in May. These meetings are a great place to learn about what the Gathering is and what you need to do to get ready. This meeting will be open to all churches in the ELF group. You do not need to commit to attend the Gathering to attend this interest meeting.

- Interest Meetings
- 5/27 and 5/30, both at 7pm and both over Zoom.

Click on [this link to sign-up](#) and get more info.  
 Questions, contact Doug Johnson, [doug@salc.church](mailto:doug@salc.church).



**Did you know** Sunday, May 17<sup>th</sup> is the last day of Sunday school for the program year!!

# Corner of Blessing Collection for May KidVantage Diaper Drive



**For the month of May, we will collect diapers for KidVantage.**

This year, Saint Andrew's Lutheran is once again participating in the KidVantage drive to collect diapers - one of the most needed items for the people they support. It is a little different this year and is called the High 5 Diaper Drive.

This year we will be collecting the **larger sizes (Size 4 to 7) diapers**. These are the sizes that KidVantage (and their clients really need. They have more than enough of the smaller sizes, but they have a great need for sizes 4 to 7.

So, throughout the month of May, bring packages of **size 4, 5, 6 or 7** diapers to the **Corner of Blessing**.

As in the past, this is a competition between participating organizations. We are sure that Saint Andrew's will do well. But the real goal is to help KidVantage reach their goal of collecting 150,000 diapers so that every child has a better and healthier start at life.

Let's help our struggling young families to not have to choose between feeding the family or buying diapers! For more information, contact Liz Rudolph.



NW Washington Synod Gathering

**Life in God's Garden:  
Seeds of Generosity**

Saturday, May 30 | 9am-5pm



Worship  
Workshops  
Rev. Tim Brown, Keynote  
Lunch included  
\$40/person

at Trinity Lutheran Church, Lynnwood  
& Lynnwood Neighborhood Center

[lutheransnw.org/events](http://lutheransnw.org/events)

**SYNOD GATHERING IN MAY:** Please join us for this full day to celebrate, learn, and connect around the theme of generosity. This is generosity rooted in God's abundant love for creation. Generosity of time, space, talents, and money. Generosity of our hearts.

We will welcome our keynote presenter, **Rev. Tim Brown**, ELCA director for congregational stewardship. Following lunch, there will be two afternoon workshop times - with a total of 22 options from local leaders - such as: *"Gather-Transform-Send: Rooting, Growing, and Bearing Fruit"*; *"Greening Our Churches: Energy & Water Usage"*; *"Rooted in Faith: Advocacy as a Spiritual Practice"*; *"The Society We Want: Where Everyone Belongs and Everyone Can Thrive"*; *"The Trust Triangle: Tending the Soil of Congregational Trust"*; *"Neurodiversity Training and Inclusion"*. Check out

all the workshop offerings for this event [HERE](#) and **let Pastor Lara know by May 7<sup>th</sup> that you are IN!** (She will be registering the group).

**Thursday, May 28<sup>th</sup> :** Our next blood drive is on the horizon! This time the **Bloodmobile** will be our parking lot, which means a few less spots available. Use the QR code to schedule your appointment! They are currently in critical need of O positive. **Bonus - you are entered to win a trip for two to Oahu! Come with a friend - you'll get cookies!**

GIVE BLOOD & WIN **OAHU** BLOOD DRIVE

ST. ANDREW'S LUTHERAN CHURCH BLOOD DRIVE  
Bloodmobile

**Thursday, May 28 | 9:00 AM to 3:00 PM**

Scan the QR code to book your one hour appointment.

Appointments and photo ID required to donate.  
Eat a hearty meal and drink plenty of fluids prior to your appointment.

**DONATE BLOOD APRIL 1-MAY 31 AND ENTER TO WIN A 3-NIGHT TRIP FOR 2 TO OAHU!**

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

@bloodworksnw

**Bloodworks**  
Northwest

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



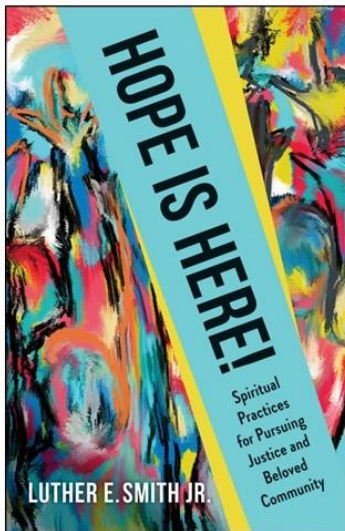
The Eastside Lutheran Church Community (ELCC) are the ELCA churches on the eastside. WE have opportunity to share worship, resources, and events – separately and collectively. While we often share collaborative and in Be sure to check out the website [HERE](#).

### 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!

## Gather-King County Spring Book Study Young Adults (18-35)



Join Gather-King County this spring for a book study on

*Hope is Here!* by Luther E. Smith Jr.

Book study will take place during the month of May. Meetings will be hybrid (in-person and online)

In-person will be held at Holy Trinity Lutheran Church

Fellowship and Discussion will be led by Julia Glassy, the Director of Faith Formation at Holy Trinity Lutheran Church - Mercer Island.

Meeting 1  
First Half of Book  
(Thursday, May 14<sup>th</sup> at 7pm  
refreshments provided)

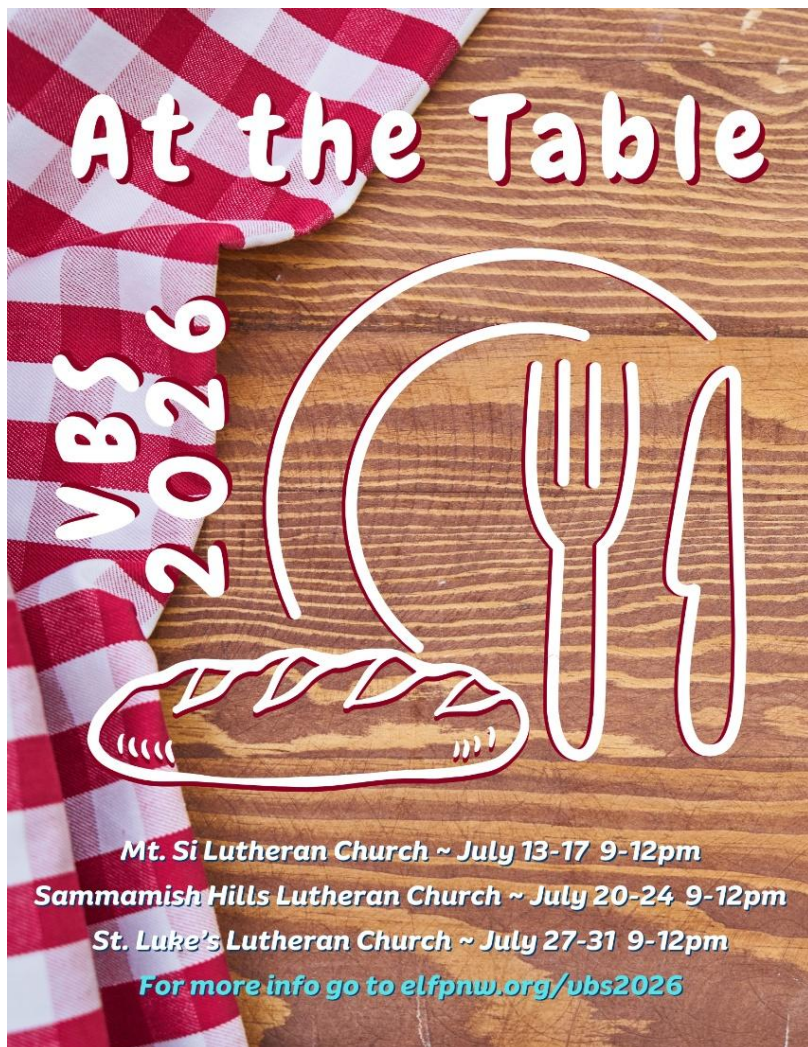
Meeting 2  
Second Half of Book  
(Sunday, May 31<sup>st</sup> at 1PM  
refreshments provided)

Hard copies have been purchased and will be shared when they arrive. I also encourage you to get the audiobook version from your library or another source.

Pickup a hard copy of the book starting the week of April 27<sup>th</sup> at Holy Trinity Lutheran Church (8501 SE 40<sup>th</sup> St Mercer Island, WA 98040). Email Julia at [julia.glassy@htlcmi.org](mailto:julia.glassy@htlcmi.org) to reserve your book today!

## Vacation Bible School:

There are three opportunities and locations for your children to attend Vacation Bible School offered up by the ELCC/ELF group. The program is the same at each one, fees are different. Pick the best date and location for your family (and friends) and sign up to attend!



**Mt. Si in North Bend - July 13-17, 9 AM -12 PM.**

Here is the link for Mt Si: [FREE VBS: At the table | Eastside Lutheran Fe](#)

Details: Come and gather "At the Table" as we explore five Biblical stories centered on storytelling, bread and God's Word. Learn more about what it means to be a share a meal with a neighbor, make crafts, bake bread, and more!

This is a FREE VBS for ages K-6th grade.

**Sammamish Hills - July 20-24, 9 AM -12 PM**

Here is the link for Samm Hills: [VBS: At the Table | Eastside Lutheran Fe](#)

**Cost:** Early bird (by June 21) \$45 per child (if 3+ children from same family \$125 total)

After June 21nd - \$55 per child (if 3+ children from same household \$155 total)

Medical release and payment details info can be found in the registration link.

**St. Luke's, Bellevue - July 27-31; 9 AM- 12 PM:** Here is the link for registration: [VBS: At the Table | Eastside Lutheran Fe](#) A suggested donation of \$20 per participant with a max donation of \$40 per household is appreciated, but no child will be turned away.

*Fundraiser for*  
**RIHALO CHRISTIAN SCHOOL IN BURKINA FASO**  
at Our Savior Lutheran Church



# PRAISE *And* WORSHIP

A partnership between  
New Creation Church and Our Savior Lutheran Church.

**Saturday, May 23, 7-9 PM**

Our Savior Lutheran Church  
745 Front St. S, Issaquah WA 98027  
425-392-4169, [www.oslcissaquah.org](http://www.oslcissaquah.org)



## Calendar

### Wednesday, May 6

10:00 AM Women's Book Group

### Thursday, May 7

2:00 PM Timber Ridge Worship

7:00 PM Choir Rehearsal

### Friday, May 8

*Office is closed.*

3:00 PM Allene Boney Memorial service

### Saturday, May 9

### Sunday, May 10

*Happy Mother's Day*

9:00 AM Education Hour

Sunday School, (preschool – 5<sup>th</sup> grade)

10:00 AM Worship

4:00 PM Joint Confirmation

Youth Group

### Monday, May 11

1:00 PM Staff

7:00 PM Council Meeting

### Tuesday, May 12

8:30 AM Tuesday Morning Men

10:00 AM Pastor's Bible Study

### Wednesday, May 13

10:00 AM Women's Book Group

12:00 PM ELCC Pastor's Meeting

2:00 PM Care Team Meeting

4:00 PM Adult Education Meeting

### Thursday, May 14

7:00 PM Choir Rehearsal

### Friday, May 15

*Office is closed*

### Saturday, May 16

### Sunday, May 17

9:00 AM Adult Education

Sunday School (preschool – 5<sup>th</sup> grade)

10:00 AM Worship

11:15 AM Knit Wits

12:30 PM Acolyte Meeting

### Monday, May 18

1:00 PM Staff

6:30 PM Worship & Music Committee

7:00 PM Discipleship Committee

### Tuesday, May 19

8:30 AM Tuesday Morning Men

10:00 AM Pastor's Bible Study

11:45 AM O.W.L.S.

7:00 PM Outreach Committee meeting

### Wednesday, May 20

10:00 AM Women's Book Group

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

**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:

