



Trendings

May 13, 2026

Growing Together in Christ to Love and Serve All People

Prayer of the Week:

My Lord God,
I have no idea where I am going.
I do not see the road ahead of me.
I cannot know for certain where it will end.
nor do I really know myself,
and the fact that I think I am following your will
does not mean that I am actually doing so.
But I believe that the desire to please you
does in fact please you.
And I hope I have that desire in all that I am doing.
I hope that I will never do anything apart from that desire.
And I know that if I do this you will lead me by the right road,
though I may know nothing about it.
Therefore, will I trust you always, though
I may seem to be lost and in the shadow of death.
I will not fear, for you are ever with me,
and you will never leave me to face my perils alone.

Prayer of Trust, Thomas Merton

There is a CALLED MEETING of the CONGREGATION set for Sunday, June 14, 2026 at 11:15 AM. Annual reports will be available, there will be a ratification vote on the Constitution updates and updates on other Saint Andrew's business. Plan to attend!

Upcoming Greeters and Coffee Hosts:

May 17: *Carolynn and Hal Ferris, Greeters; Terri Anderson, Coffee host*

May 24: *Judy and Howard Johnson, Greeters; Jay Baxter, 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, May 17th

9:00 AM **Adult Education, Porchlight**

Last Sunday School (preschool - 5th grade) of program year!

10:00 AM **Worship**

11:15 AM **Knit Wits**

Worship Texts for May 17

Philippians 2:1-13 and Luke 6:41-45

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 19th.**



The power of Social Media Are you on Facebook or

Instagram?? Are you following the Saint Andrew's accounts? Are you interacting with them (liking/sharing)? It makes a difference!!!



Find us: **Facebook: Saint Andrew's Lutheran Church, Bellevue. Insta:**

salcbelleuve. Like/follow/share to increase awareness of who we are!!! The

easiest evangelism you'll ever do! There is also a *salcfamilies* account on Insta and Saint Andrew's Bellevue-Families Facebook account for youth-centric information!

Gold Star to Dianne C. who likes and shares posts almost daily!!!

Book Study with Pastor Lara:

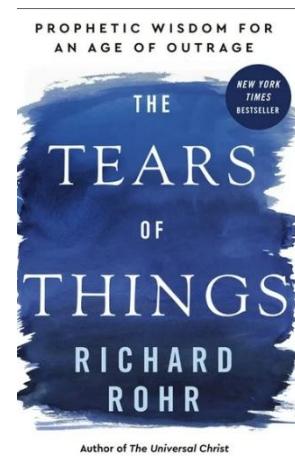
On **Tuesdays and Wednesdays in June**, we will study Father Richard Rohr's book *The Tears of Things: Prophetic Wisdom for an Age of Outrage*. In this book, Father Rohr uses the writings of the Jewish prophets to help us find a compassionate path forward in today's world. The prophets' writings span 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) if you have any questions.



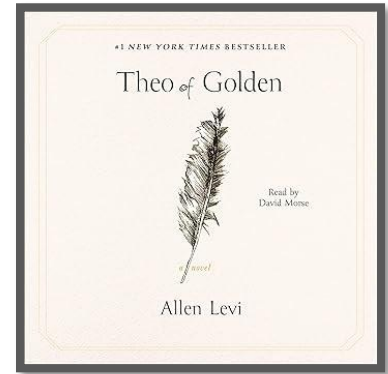
Join us Sunday, May 17th
9:00 AM
As we hear from our friends at Porchlight.
As always, there will be coffee!

PORCHLIGHT Guest Speaker for May 17th Adult Forum at 9:00 am.

Porchlight is our "Ministry of the Month" for the second part of May. We will have a guest speaker from Porchlight for the Adult Forum on May 17th. Brad Chambers is a Porchlight Rotating Shelter Manager. He will share information about the programs at Porchlight and also some of his own journey from being unhoused to having an apartment and a job. Now he is able to help other men find stability, encourage sobriety, and become independent. Show your support for Porchlight, learn together, and meet Brad!

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) 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 Semi-Annual Congregation Meeting on **June 14, 2026**, is a second vote on these same changes. As at the Annual Meeting, one ballot will be presented to decide if all the changes are ratified. This ratification vote requires a 2/3 approval to pass.

On Sunday, **June 7, 2026, at the 9:00 AM** Adult Education Hour, there will be a review of the constitution changes, along with the voting process and how the transition from a Council of twelve members to nine will be accomplished if the ratification vote is approved. Please join us to learn more, and bring your questions, too! Or if you wish to ensure your questions or concerns are covered, please reach out to Constitution Task Force chair Susan Hegedus, susanhegedus@outlook.com, or any council member before this Forum.

Note: the Forum is on June 7, not June 14 as was listed in last week's Trendings.

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>.



It will take TWO SUNDAYS to celebrate 70 years of Saint Andrew's! Come to the Fellowship Hall at **9:00 AM** on **Sunday, May 24th** to joyously reflect on where we've been, see pictures, hear stories!

On **May 31st at 9:00 AM** we will look forward to where Saint Andrew's is going - and there will be cake!!



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

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 4th Wednesday of every other month. **Our next lunch will be for May 27th**, with collection on Tuesday, **May 26th**. 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 cans
- 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).

SAINT ANDREW'S LUTHERAN CHURCH

Treasurer's Notes

As of Apr 30, 2026

SUMMARY INCOME STATEMENT					
MONTH:				\$ Variance	
	Actual	Budget	Last Year	Budget	Last Year
Rev	62,040	69,650	54,942	(7,610)	7,099
Exp	63,583	64,831	67,570	1,248	3,987
Net	(1,543)	4,819	(12,628)	(6,362)	11,085
YEAR-TO-DATE				\$ Variance	
	Actual	Budget	Last Year	Budget	Last Year
Rev	274,786	263,400	245,059	11,386	29,727
Exp	266,655	266,864	258,018	209	(8,636)
Net	8,132	(3,464)	(12,959)	11,596	21,091

Our financial results for the month were a bit down, with a net deficit of \$1,543, unfavorable to budget by \$6,362.

Revenues for the month were unfavorable to budget by \$7,610. On a YTD basis, revenues are favorable to budget by \$11,386 and favorable to last year's YTD revenue by \$29,727.

Expenses were favorable to budget by \$1,248 for the month and favorable by \$209 YTD.

Our YTD bottom-line of \$8,132 is a surplus and is favorable to what we budgeted by \$11,596 and favorable to last year's YTD results by \$21,091.

If you would like a more detailed look at our financial results, there is now a binder in the church office containing each monthly Treasurer's Report, plus our 2026 budget. The Treasurer's Report contains an Executive Summary on page 1 with some graphs, a 2 page income statement, the Balance Sheet and a Fund Balance Activity Report.

Thank you for your faithful generosity and for the many ways you support the life of the congregation. Your giving directly strengthens our ministries and allows us to plan confidently for the months ahead. If you have questions about the numbers or would like to understand any part of the report in more detail, I am always available to chat.

John Andresen, Treasurer

john@salc.church

(206) 349-6521

Youth News:



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.



Did you know Sunday, May 17th is the last day of Sunday school for the program year!!

We are just about a month away from recognizing all our wonderful seniors in worship on June 7. We would love to honor all the hard work that our seniors have done to reach this

wonderful milestone of graduation. I ask that you have your senior complete the information below and return it to me no later than **May 26**. These responses will be shared with the congregation.



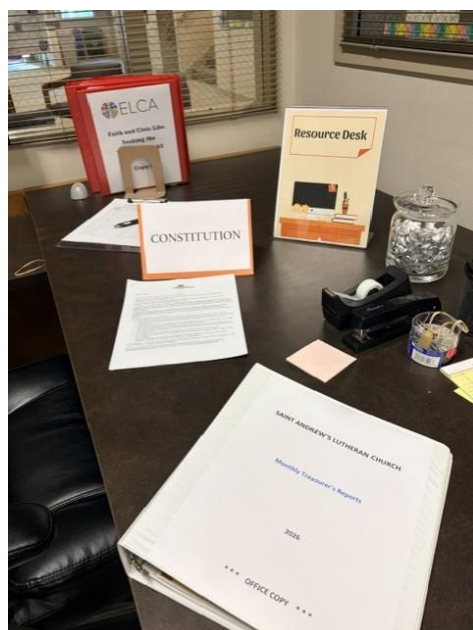
- Name:
- High School/College:
- Plans for Next Year:
- Any honors or accomplishments you want highlighted:
- Favorite memory of Saint Andrew's:
- What are you most excited about in this next chapter of life? Why?
- *If possible, please include a photo of yourself with your response.

We would love to honor all graduates, so if there is a college or other graduate that you would like to honor, please include them as well.

Did you know...

We have a Resource Desk in the office?? It's true! You can find large print copies of the ELCA Social Statement, Treasurers Reports and other topical items!

Did you read this far?? If you've read Trendings today – let Kathy know (kathy@salc.church) and claim your bag of candy 😊



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.





A Visit to Remember: Kafika House Comes to Saint Andrew's

What a joy it was to welcome Sarah Rejman, founder of Kafika House, to our congregation! Her visit left many of us with full hearts and a renewed sense of how our community can make a tangible difference in the lives of children halfway around the world.

For those who may be unfamiliar, Kafika House is a remarkable organization working in Tanzania with a simple but powerful conviction: no child should live with a treatable disability. From cleft lips and clubfoot to burn scar contractures and skeletal fluorosis, many Tanzanian children carry conditions that are entirely fixable, yet financial hardship, geographic isolation, and deep-seated stigma keep them from ever receiving care. Kafika House exists to bridge that gap, guiding children through a full healing journey from outreach and diagnosis, through surgery, to residential rehabilitation and recovery.

Sarah shared the latest news from the team on the ground, and it is clear that the impact is real and growing. Over the coming month, Kafika House will be running a campaign in support of their Outreach Program – a vital piece of the puzzle. It is the outreach team that travels to the remote corners of Tanzania, challenging stigma, raising awareness, and finding the children who would otherwise never know that help is available. Without outreach, the surgeries and rehabilitation that follow cannot happen.

Last year alone, Kafika House's outreach work reached over 30,000 individuals across Tanzania, screened more than 1,100 children, and identified over 380 children with treatable disabilities who went on to receive care.

There are two wonderful ways to get involved:

Stay informed: Visit kafikahouse.org/learn to sign up for Kafika House's newsletter and follow the campaign as it unfolds.

Make a gift: Visit [the campaign donation page](#) to support the Outreach Program directly.

Thank you to Sarah for sharing her time and her passion with us, and thank you to everyone in our congregation who showed up with such warmth and openness. This visit continues to enhance our lasting friendship between Saint Andrew's and the children of Kafika House. Please pray for Sarah and staff in this unique ministry.



“My 16-year-old daughter is in treatment for leukemia and your donation is helping to keep her strong and healthy. Thank you so much.” - A thankful parent

It takes **1,000 volunteer blood donors every single day** to support local Pacific Northwest hospitals. With the recent beautiful PNW weather fewer people are donating and your help is needed to fill [hundreds of appointment slots still open](#). Make an extra effort to give before or during the Memorial Day holiday. Only 3% of the population are blood donors, ask a friend, colleague or neighbor to join you in that exclusive club. Celebrate and share your giving experience on social media to encourage others.

Donate in May & Enter to Win a trip for two to Oahu, Hawaii. Lucky winner will be contacted via email before June 15, 2026, and will have 48 hours to accept their prize. www.bloodworksnw.org/win. Double Entries: Earn double entries when you donate between May 24 - 30. www.bloodworksnw.org/win



Saint Andrew’s is hosting our next blood drive on:
Thursday, May 28, St. Andrew’s Lutheran Church; 9am-3pm
Book Your Appointment with the QR code or here: https://donate.bloodworksnw.org/donor/schedules/drive_schedule/100474

For questions, including those about eligibility, visit this convenient [60-Second Eligibility Checklist](#) (tattoos are OK!). For more details call 800-398-7888 or go to <http://www.bloodworksnw.org>.



Aging in Place



O.W.L.S.

Older, Wiser Lutheran Saints

What you need to keep your life balanced as the days speed by - from staying upright to ideas on healthy aging.

Brigette Quinn, a case manager and RN in the Emergency Department at Overlake Hospital Medical Center, will bring her expertise and handouts to the OWLS (Older, Wiser Lutheran Saints) luncheon on **Tuesday, May 19.**

We gather at **11:45 a.m.** in the Fellowship Hall and enjoy a potluck lunch at noon. If able, please pitch in with a dish to share. Questions? Call Fellowship Coordinator Sherry Grindeland at 425-7460-2529 or email sherry@salc.church.

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](#).

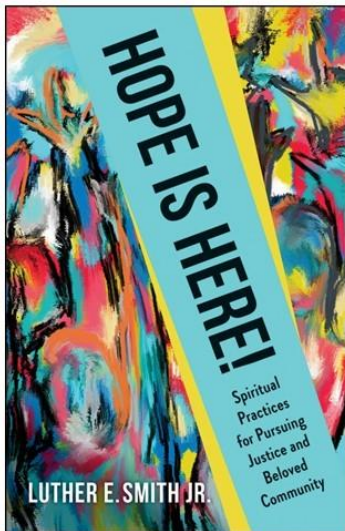
An ELCC newsletter is in the works! Sign up to receive the links!

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 14th at 7pm
refreshments provided)

Meeting 2
Second Half of Book
(Sunday, May 31st 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 27th at Holy Trinity Lutheran Church (8501 SE 40th St Mercer Island, WA 98040). Email Julia at julia.glassy@htlcmi.org to reserve your book today!

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



Calendar

Thursday, May 14

7:00 PM Choir Rehearsal

Friday, May 15

Office is closed

Saturday, May 16

9:00 AM Synod Assembly Zoom meeting

Sunday, May 17

9:00 AM Adult Education
Sunday School (preschool – 5th 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

Thursday, May 21

7:00 PM Choir Rehearsal

Friday, May 22

Office is closed

Saturday, May 23

Sunday, May 24

9:00 AM Education Hour
10:00 AM Worship

Monday, May 25

Office Closed-Memorial Day

Tuesday, May 26

8:30 AM Tuesday Morning Men
11:00 AM Staff Meeting
2:00 PM Sophia Way Lunch Drop Off
7:00 PM Building and Property Committee

Wednesday, May 27

10:30 AM Sophia Way Lunch Delivery
7:00 PM Youth Gathering Interest Meeting
7:00 PM JEDI Committee 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,
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:

