



Trendings

July 8, 2026

Growing Together in Christ to Love and Serve All People

Prayer of the Week:

Creator God,
You have filled the world with beauty.
Open our eyes to behold your gracious hand in all your works;
that, rejoicing in your whole creation,
we may learn to serve you with gladness'
for the sake of him by whom all things were made,
Your Son, Jesus Christ our Lord,
Who lives and reigns with you and the Holy Spirit,
One God, now and forever.
Amen.

Source: The Book of Common Worship

July is Name Tag Month: Make our visiting pastors feel welcome by donning a name tag before worship service each Sunday in July. Pastor Lara Forbes will be on a much-deserved vacation for the rest of July. We want our visiting pastors to know who we are. Name tags and pens will be in the usual spot – the counter between the Narthex walkway and the donation bins.

Upcoming Greeters and Coffee Hosts:

July 12: Eva Mader and Gene Rowland, Greeters; Johannes Grad, Coffee host.

July 19: Joyce and John Arnold, Greeters; Johannes Grad, Coffee host.

Contact Sherry (sherry@salc.church) to be a Sunday greeter or to Host coffee hour. She's lining up August greeters/coffee hosts NOW!

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, July 12

10:00 AM Worship (Pastor Kristy Daniels, Church of Steadfast Love and Compass Housing Alliance)

11:00 AM Coffee and Conversation

Worship Texts for July 12

Isaiah 55:10-13 and Matthew 13:1-9, 18-23

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

The "Christ in our Home" devotionals for July, August and September are available in the Narthex. The Large Print version got lost – but they have been re-ordered and will be here soon!

Community Worship in The Park Updates:

Remember: We will be worshipping with other Eastside Lutheran Church Community congregations at Ebright Creek Park at 10 a.m. on August 16.

This fun event includes an outdoor worship service (with communion and Pastor Lara preaching), songs, fellowship and a fun potluck lunch. **St. Andrew's members are asked to bring salads, vegetables and fruit.** We need **two people** to help with the potluck – receiving dishes and setting up the food.

To volunteer, call or email Sherry Grindeland, Fellowship Coordinator at 425-746-2529 or sherry@sakc.church.



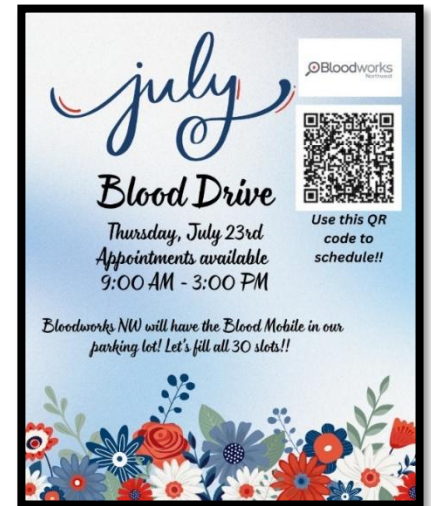
Health and Wholeness:

There is a critical need for blood – and that doesn't take a vacation. Please use the QR code and sign up for the July 23rd opportunity to save lives!

The Bloodmobile will be in our parking lot (it's got A/C, it's cozy and it gets the job done! AND, you get snacks when you're done)

Our goal is to have 20+ participants!!

How can YOU help? Sign up! Share the QR Code with friends and family! Share our social media posts with this information. Every donation makes a difference.



SUMMER HEAT RELATED ILLNESSES/CONDITIONS

With warmer summer temperatures on the horizon, **Health and Wholeness** would like to share information about heat-related illnesses and related conditions. Heat injuries in the Seattle area typically include heat cramps, heat exhaustion and heat stroke. Related conditions are dehydration and sunburn. With preparation and planning, these conditions can often be prevented and more serious symptoms avoided.

Heat Cramps:

- Heat cramps are the mildest form of heat injury. Intense, sudden and involuntary cramps of calves, thighs, shoulders or abdomen occur most often with people performing intense physical activities in hot temperatures.

Heat Exhaustion:

- Occurs when the body can't cool itself through sweating. Excessive water and salt are lost, often worsened by high humidity and physical activity. Symptoms can include heavy sweating, weakness, dizziness, nausea, and headache. If left untreated it can progress to heatstroke, a life threatening condition in which the body temperature regulation fails, leading to confusion, organ damage, or death. Immediate medical attention is critical.
- Vulnerable populations include older adults, young children, people with chronic medical conditions such as cardiovascular disease, diabetes, or respiratory illnesses. Socioeconomic factors also come into play. In 2019 only 44% of homeowners had air conditioning in the Seattle metropolitan area. Today it is closer to 53%. For rental properties it is even less.
- Preventative measures: Spend time in air conditioned spaces and if outside, in shaded areas. Take cool showers and baths. Hydrate frequently and drink fluids even if you do not feel thirsty. Monitor urine color for hydration status.
- Schedule outdoor activities or workouts during the cooler parts of the day.

Heat Stroke:

- Defined by body temperature reaching 104 degrees or warmer. Can progress from heat exhaustion. Skin is often hot, red, and completely dry in weather induced cases.
- Neurological symptoms include confusion, slurred speech, agitation or delirium. Can include seizures or loss of consciousness
- Physical symptoms include rapid heart rate and fast, shallow breathing, severe headache, dizziness, nausea or vomiting.
- These are life threatening symptoms. Call 911. If you are a witness and able, assist by moving person into the shade, apply ice packs to neck, armpits, and groin and/or fanning until help arrives.
- Preventative measures include drinking plenty of fluids, plan outdoor activities or work for cooler parts of the day. Seek shade or move indoors.
- Vulnerable populations: Elderly, children, people with chronic medical conditions (diabetes, cardiovascular disease or respiratory illnesses), outdoor workers and athletes and those lacking air conditioning.

DEHYDRATION:

- Occurs when body loses more fluids than it takes in. Symptoms include extreme thirst, dark yellow urine, fatigue and dry mouth. Can progress to dizziness, confusion, and lack of urination, and organ failure.
- Adequate hydration is crucial. Stay hydrated by drinking water frequently, and eating hydrating foods, particularly when outdoors.
- Vulnerable population as described above: elderly, children, those with chronic illnesses, outdoor workers and athletes

SUNBURN:

- Occurs from excessive UV exposure, causing skin damage, pain and increased risk of skin cancer.
- Severe sunburn can also contribute to dehydration and heat-related illnesses such as headache, nausea, fatigue.
- Symptoms typically appear within a few hours of sun exposure, peaking in 24 hrs. Can range from mild skin redness and warmth to severe pain, swelling, and blistering. Healing can take a few days up to a couple of weeks, depending on severity.
- Preventative measures: Use broad spectrum sunscreen, at least 30 SPF when outdoors, even on a cloudy day or in the shade. Wear protective clothing, re-apply sunscreen every 2 hours, particularly with water activities.
- Seek medical attention if you develop large blisters, especially on the face and hands, experience swelling of affected area, show signs of infection such as blisters with pus. Additional symptoms can be confusion, nausea, fever, or chills, person gets worse in spite of at-home care, experiences eye pain or vision changes, or fever above 102 degrees.

Jeremiah 30:17 "For I will restore health to you and heal you of your wounds," says the Lord.

Submitted by Terri Anderson

Corner of Blessing Collection for July

Hopelink has asked us to collect **cereal** for July. With kids out of school, their customers are looking for this and cereal is not often donated. When they purchase cereal, they don't get much variety. They really appreciate it when we collect cereal.

So, for July we will be collecting:

- Boxes of Cold cereal*
- Oatmeal regular (~18 ounce)
 - or instant (6 - 10 count)



*(Note: Costco packaging with two boxes taped/glued together that can be separated into two boxes are OK, but NOT the single box with two bags inside. They can't be separated in their market.)



Wanna make Tamales for our Community? We need **8-10 volunteers** to join us at the church **Saturday, July 11 at 10 AM** to make and package tamales for our Latin American neighbors in need. All the supplies plus a culinary expert will be on hand. No experience necessary. Contact Beth Donahoe (Beth.donahoe@comcast.net.) to sign up or sign up on the sheet on the bulletin board in the Narthex.



Did you know....you can **SPONSOR** a student at Lantern Hill for \$35 a month! Your sponsorship helps to provide meals, uniforms, teacher salaries. [Check this link](#) to read more about it and read student bios!!



The Sophia Way

This is the time of the year that The Sophia Way also focuses on "Black Hair Care". Sophia Way, along with some other charities, is gathering new hair care items for ladies with black hair. You can donate items easily from the [Amazon Wish List](#).

Also, The Sophia Way donation site is still open, and every Wednesday, 12-2, clothing and small household items are always welcomed. As always, you can leave donations, labelled *The Sophia Way*, by the elevator at Church.

Saint Andrews continues to donate lunch on the 4th Wednesday of every other month. Our next meal for the ladies will be served on **Wednesday, July 22nd**. ***Please drop off your lunch/pantry donations on Tuesday, July 21, 2 PM.*** The main dish will be **SALADS!**

We hope for a variety of fresh salads for the ladies to choose from!

Maybe you have a favorite? (Serving 10-12)

Please contact Joyce Arnold (arnoldaj44@hotmail.com) and let her know what you're bringing, or to ask any questions!

Summer blessings!



We are Hosting Porchlight in August!

Porchlight Rotating Shelter will be coming to Saint Andrew's for the month of **August 2026**. We are able to host the men thanks to our new insurance and hard work by John Nelson to make it happen. There will be more details to come, but we know there are presently 22 men who will be staying at our church from **6:00 pm to 7:30 am**. They are all clean and sober and have passed background checks. Many of them have jobs and they have all agreed to rules, doing chores, and a code of conduct. Our staff and our Church Council approved this, and we look forward to welcoming them very soon. Contact Cheryl Jurrus (cheryljurrus74@gmail.com) if you have questions, suggestions, or want to volunteer to plan, shop, cook, or be a host.

How lucky are we?? We have such talented musicians in our midst!

Thanks to Hillary Nordwell and Melanie Grad for gifting us with music on Sunday!



And to Vanessa Wilkie and Will Simpson for a rousing 4-hand “Stars and Stripes Forever”!

Our 5:00 PM Summer Evening Worship was well-attended and a joy!

Next Summer Evening Worship is August 2nd.

Missing Organ Shoes:

I’m hoping our church family can help with a small mystery. My black organ shoes appear to have gone missing, and after searching everywhere I normally keep them, I’m wondering if they may have been picked up accidentally. If you’ve seen them or happen to have taken them home by mistake, I’d be so grateful if you would let me know or return them to the music area. Thank you so much for keeping an eye out – I truly appreciate your help!

Will

Please find me!!



Christmas in July

It's Back!! Through July 26th you can grab a tag and make some summer wishes come true for children here and abroad! KidVantage supplies families with toys and games year round for birthdays and celebrations! Our friends at Lantern Hill are constructing a new building plus we can provide student support. So, get those elf hats on!!

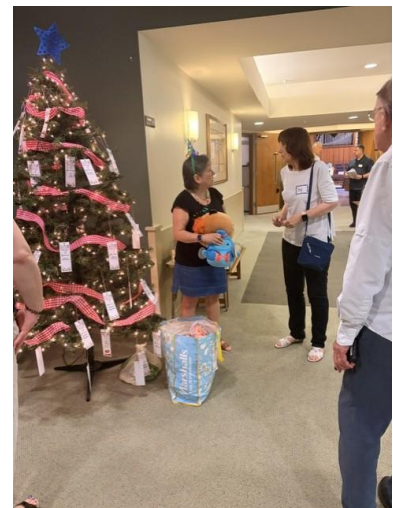
Kid Vantage

- Duplo or mega blocks
- Board books
- Children's books (early readers or chapter books)
- Baby dolls for toddlers
- Board games that don't require batteries
- Princess dolls/18" dolls, with clothes if possible
- Beanie Babies
- Action Figures
- Squashmallows
- AAA and AA batteries



Lantern Hill

- \$10 - 10 meals for students
- \$15 - 1 bus pass for 1 week
- \$25 - 1 student uniform
- \$25 - 225 gallons fresh drinking water
- \$50 - 130 concrete blocks
- \$75 - 200 square feet of standard ceramic tile
- \$100 - 14 bags cement
- \$100 - 3 weeks of electricity
- \$125 - 10-15 bags of stucco for exterior of building
- \$150 - 225 meters of electrical conduit
- \$200 - 1 teacher salary per week
- \$250 - 12 bars of 12-foot rebar

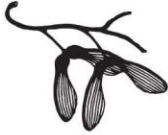
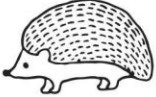
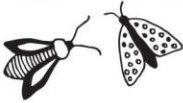


There is a box by the Christmas Tree marked 'Lantern Hill' to place your checks or cash. You can also donate online ([Give | Saint Andrew's Lutheran Church](#)) be sure to mark "Lantern Hill" in the memo box.

CHASING WONDER

☆ PHOTO BINGO CHALLENGE ☆

GRAB YOUR PHONE (OR CAMERA!) AND START CHASING GOD'S BEAUTY, JOY, JUSTICE, HOPE, HUMOR, AND INSPIRATION ALL AROUND. MARK OFF SQUARES AS YOU GO, AIMING FOR A "BINGO," OR COMPLETE THE WHOLE BOARD!

 BIRD'S EYE VIEW	 SOMETHING BROKEN	 SOMETHING THAT FLIES	 A PLACE YOU LOVE	 A SELF PORTRAIT
 SOMETHING THAT GROWS	 SOMETHING WHOLE	 SOMETHING TINY	 A SURPRISING SHADOW	 KINDNESS
 SOMETHING YELLOW	 LIGHT	<i>PAY Attention BE Astonished</i>	 SOMETHING OLD	 WATER
 A REFLECTION	 SOMETHING PEACEFUL	<i>JUSTICE ROLLING DOWN</i>	 SOMETHING NEW	 SOMETHING HOPEFUL
<i>SOMETHING ★ THAT ★ MAKES YOU LAUGH</i>	 SOMETHING BLUE	 A PATTERN OR TEXTURE	 NEIGHBORLY LOVE	 RESURRECTION

"Pay attention. Be astonished. Tell about it."
+ MARY OLIVER



Chasing Wonder Summer Photo Bingo

"Pay Attention. Be Astonished. Tell about it" Mary Oliver

This summer you are invited to be astonished by the beauty around you every day! Let's play "CHASING WONDER" photo bingo!!

- Using the Bingo Board on the previous page and your phone (or camera) capture your summer ... and "tell about it"! Additional copies are available in the Narthex.
- You can upload your photos to the shared Google photo link below.
- Google Shared Photo Link:
<https://photos.app.goo.gl/J7KDSVCtRq8ovWAt7>
- Be sure your picture is titled with the bingo square you are featuring. Add your name to the photo as well.



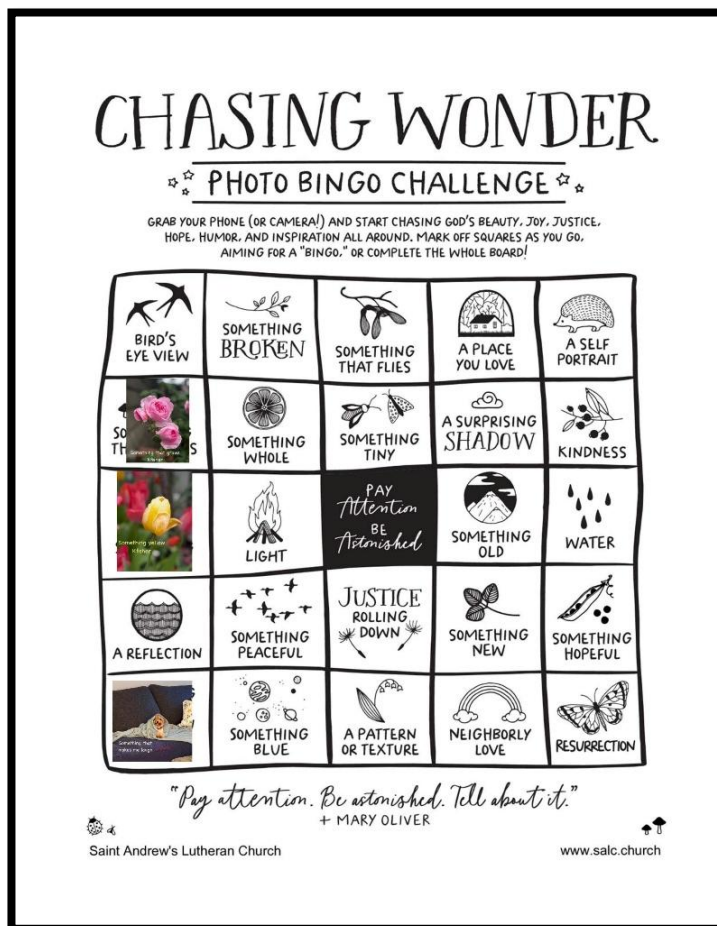
You can add your photo to **your bingo board digitally or taping a hard copy**, and hang on to it (or print and tape it to your board). We will display your 'Chasing Wonder' Bingo Boards when completed. **And on August 30, "Root Beer Float Sunday", we will award prizes!!**

- Horizontal Bingo
- Vertical Bingo
- Diagonal Bingo
- Blackout Bingo
- Most inspiring photo choices
- Funniest photo choices
- (More categories to come)

There will be a BIG BINGO BOARD on the Narthex bulletin board with your photos added as we get them (but YOU are responsible for your OWN board for prizes). You can be inspired weekly by what others are sharing!!

Happy Summer Challenge!!

Drop your labeled photo onto the board space...continue chasing wonder!



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

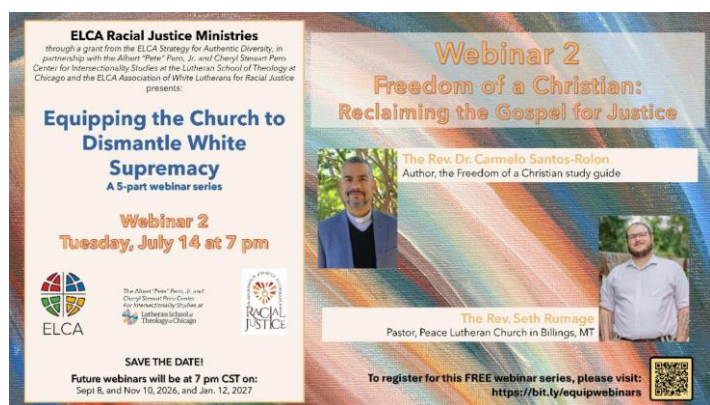


The Eastside Lutheran Church Community (ELCC) are the ELCA churches on the eastside. WE have opportunity to share worship, resources, and events – separately and collectively. While we often share and collaborative service activities and worship opportunities. Be sure to check out the website [HERE](#).

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!



Equipping the Church to Dismantle White Supremacy

A free, 5-part webinar series The second session is July 14 (join any or all of the sessions!) Thanks to a Strategy for Authentic Diversity grant, the series will highlight existing ELCA resources that encourage, equip, and support congregations and synods in the essential work of dismantling white

supremacy. These webinars will elevate voices from across the church who are actively engaging this work and offer both practical and theological grounding.

Learn more about each of these five sessions – and register - here:

<https://www.elca.org/event/051226-equipping-the-church-to-dismantle-white-supremacy>

- Webinar #2: "Freedom of a Christian: Reclaiming the Gospel for Justice" - July 14 at 7 pm central
- Webinar #3: "Dismantle: Using the Devotional in Congregational Life" - September 8 at 7 pm central
- Webinar #4: "Now is the Time: Living Into Our Church's Declarations and Statements" - November 10 at 7 pm central
- Webinar #5: "Commemorating the Emmanuel Nine and George Floyd: Sacred Memory as Call to Action" - January 12 at 7 pm central



Singers Needed for ELCC Choir Summer Worship-in-the-Park, Aug 16th, 10 AM

Rehearsal: Sat. Aug 15th, 10-11am
at St Luke's (3030 Bellevue Way)

On August 16th we will be doing our annual ELCC (Eastside Lutheran Church Community) Service in the Park at 10 am, and we are coordinating & leading music. We will be doing an one-time choir with Tommie Burton as lead soloist and inviting singers from all 5 participating ELCC churches.

We will rehearse Saturday 8/15 10-11 am at St Luke's. Zero prep required - super easy! (Spirit of God is Upon Me by Rickie Byars - funky Gospel groove). Willingness to learn & feel the music is all that's needed. All ages are welcome. [Contact Cheri](#) for more information.



Calendar

Wednesday, July 8

2:00 PM Care Team Meeting
4:00 PM Adult Education Committee Meeting

Thursday, July 9

Friday, July 10

Saturday, July 11

11:00 AM Tamale Cooking

Sunday, July 12

Pastor Kristy Daniels

10:00 AM Worship
11:00 AM Fellowship Hour

Monday, July 13

1:00 PM Staff Meeting
7:00 PM Congregational Council Meeting, Online

Tuesday, July 14

8:30 AM Tuesday Morning Men

Wednesday, July 15

Thursday, July 16

Friday, July 17

Office is closed.

Saturday, July 18

Sunday, July 19

Pastor Jane Prestbye

10:00 AM Worship
11:00 AM Coffee and Conversation
11:15 AM KnitWits

Monday, July 20

1:00 PM Staff Meeting
7:00 PM Discipleship Committee, Online

Tuesday, July 21

8:30 AM Tuesday Morning Men
2:00 PM Sophia Way lunch drop-off

Wednesday, July 22

10:00 AM Sophia Way Lunch Delivery
7:00 PM JEDI Committee Meeting, Online

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:

