



September 9, 2026

Growing Together in Christ to Love and Serve All People

Prayer of the Week:

You calm and quiet us, eternal God,
as a mother holds her children close;
all people have refuge in the shadow of your wings.
Spread over us the shelter of your peace.
Hold before us the wisdom of your cross,
where we are drawn to you not by might or power,
but by your boundless love and forgiveness
in Jesus Christ, our Savior and Lord. Amen.

(All Creation Sings, pg. 48)

Note: this year marks the 25th Anniversary of the 9/11 attack on the United States. We hold the families of the victims of the attack, the first responders, the citizens of New York and all who are still impacted by that day, in our prayers.

Upcoming Greeters and Coffee Hosts:

September 13: Hal & Carolynn Ferris, Greeters; Teresa Lutterman, Coffee host

September 20: Joyce & Brady Kasper, Greeters; Liz and Gary Rudolph, Coffee Hosts

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 this Sunday, 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, September 13

9:00 AM Adult Education; "Be An Educated Voter"

10:00 AM Worship

11:00 AM Coffee and Conversation

Worship Texts for September 13:

Genesis 50:15-21 and Matthew 18:21-35

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

Pastor's Bible Study resumes in a hybrid format on Tuesday, **September 15th**. Meet in the Library at 10:00 AM, or via Zoom. **Contact Pastor Lara by email** (pastor@salc.church) if you would like the Zoom link.



Last chance to grab a chair, desk or other furniture we don't need here at Saint Andrew's. Check out the goods in the South Hall and marked rooms. Or talk to Kurt. He's going to be getting rid of what remains next week!!

NEST WITH LESS ♦ ♦

O.W.L.S. Lunch
(Older, Wiser Lutheran Saints)

Tuesday, September 15
11:45 AM
potluck lunch!

Questions: Check with Fellowship Coordinator Sherry Grindland at 425 746 2529 or sherry@salc.church.

Learn insider secrets from two experts on clearing your decks, closets and drawers from Saint Andrew's beloved member Liz Rudolph and Anne Watanabe, owners of "The Happy Nest Organizers".



O.W.L.S returns in September: "Nest With Less"

Learn insider secrets from two experts on clearing your decks, closets and drawers.

Saint Andrew's beloved member Liz Rudolph and Anne Watanabe, owners of "The Happy Nest Organizers", will be the guest speakers at the September 15th OWLS luncheon.

Whether you're planning a downsize or just want to get that junk drawer cleaned out, this dynamic duo will inspire you.

OWLS (*Older, Wiser Lutheran Saints*) meets the third Tuesday of the month. The group shares a potluck lunch followed by a program.

You don't need to be older or wiser to come.

We gather at 11:45 am on Tuesday, September 15 and eat at noon.

If possible, please pitch in with a potluck dish share.

Questions? Check with Fellowship Coordinator Sherry Grindland at 425-746-2529 or sherry@salc.church.

Adult Education begins September 13th!

Your JEDI team and Adult Education Committee are planning sessions in September, October, November and December utilizing material from *the ELCA Faith and Civic Life* statement. (Copies are available in the office).

First up is "Being an Educated Voter". Every election at every level of government is important! The upcoming mid-term elections are no exception. Join the team to discuss HOW to be an educated voter for city, county, state and national elections.

Sunday, September 13, 9:00 AM in the Fellowship Hall.

BE AN EDUCATED VOTER!

Your Adult Education team is presenting sessions each month highlighting sections from the ELCA "Faith and Civic Life" materials.

Join your JEDI team on
Sunday, September 13th at 9:00 AM
to discuss being an educated voter!



-  Know the candidates
-  Understand the policies
-  Verify the facts
-  Encourage others to vote

VOTE WISELY, VOTE POWERFULLY!

Adult Education
Sunday, September 27
9:00 AM

Come to see, hear and taste the
Lantern Hill Mission experience
from our Mission Team!



Stay after worship for the
Taco Bar Brunch!!

Mission Team Report

Learn about the great work Saint Andrew's volunteers and others from the Eastside Lutheran Church Community did at Lantern Hill this summer.

The team will share photos and stories during Adult Education Hour on September 27.

Join us in the Fellowship Hall at 8:45 for coffee and treats, program begins promptly at 9 a.m.

We will celebrate the team's accomplishments with a Taco Bar Brunch after worship.

Brunch Time

Plan now for the Taco Bar Brunch on Sept. 27.

Saint Andrew's is providing the food - but we need volunteers to help with a variety of tasks!

Check below and see where YOU can lend a hand:

Jobs include:

- set-up
- shopping for food
- food prep
- serving
- clean-up

To volunteer reach out to Fellowship Coordinator Sherry Grindeland at 425-746-2529 or sherry@salc.church.





We had a GREAT response to the July blood drive ... all slots were filled!! To date - there are only 8 slots filled for 9/24.

Our next blood drive is Thursday, September 24th back in the Fellowship Hall!!

Please use the QR Code and get your slot!!

Share with friends and neighbors - every drop matters.



Last time I'll say It (this month)

Hard-copies of the ELCA's *Social Statement on Faith and Civic Life: Seeking the Well-being of All* are still sitting in the church office just waiting to be read in preparation for our first adult forum of the new school year, **THIS Sunday, September 13**. Or you can download it at www.elca.org/socialstatements.

And if you're looking for something soul-feeding in this increasingly troubled world, might I suggest something by Wendell Berry. Mr. Berry was a farmer, conservationist, novelist, essayist and poet from Kentucky and he passed away last week (August 31) at age 92. He was a cultural critic who found comfort in nature and agrarian life. Any of his poems would be lovely but start with *The Peace of Wild Things*. I can't reprint it here without permission, but googling it or him will help you find it. *Beth Donahoe*

Saint Andrew's: Where are YOU serving in our community? (*Hopelink, Imagine Housing, The Sophia Way, Porchlight, KidVantage - any others that I forgot??*) Let Kathy know - I am going to list ALL our participants and organizations in an upcoming *Trendings*. (email: kathy@salc.church) *Thanks to those of you who have set me your community involvement!*

Adult Education, September 20th, 9:00 AM.

Come to hear about all the great ways The Sophia Way is lifting up women on the Eastside! The Sophia Way is a long-time ministry partner with Saint Andrew's and this is a great opportunity to hear what's happening and what's being planned for the future!



THE SOPHIA WAY

Compassion, Community and Coming Home!

- **Compassion:** Caring about women who have been experiencing extreme trauma in their lives...
- **Community:** Helping them feel a connection with others who give support, encouragement and housing...
- **Coming Home:** To be able to find safe and secure futures...

We at St. Andrew's are part of a caring community for the Sophia Way!

Want to learn more?

- **September 20th,** Sophia Way representatives will speak with us during Adult Education Hour.
- **September 23rd,** St. Andrew's will provide the luncheon meal for the ladies at Sophia's Place.
- **October 17th,** Fall Community Brunch at St. Luke's Lutheran Church in Bellevue.
- **October 27th,** Support Network meeting at the 1st Congregational Church in Bellevue.
- **November 6th,** **Coming Home** Gala Event at the Hilton!

You can be a part of any or all of these events to come!

Ask Joyce Arnold about providing food for the Sept. 23rd lunch or to learn more!

Also, visit the Sophia Way website [Amazon Wish List](#) to donate needed wintertime items that will be distributed at the Fall Community Brunch. .



**Saturday,
September 12**

Helping
hopelink
Help the **HUNGRY**

This event is part of the ELCA's "God's work. Our hands" annual day of service. This is a volunteer opportunity to collect food to help Hopelink fight hunger in our community. Our teams of volunteers will be at the **Crossroads QFC from 10:00 am to 4:00 pm** to collect nonperishable food items from shoppers. All food collected will go to the Hopelink Food Bank in Bellevue.

Our volunteer teams are set – so what can you do on September 12th? SHOP! Come to the Crossroads QFC between 10 am and 4 pm, do a little shopping and then drop off a few items for Hopelink with the volunteers! Bring a friend!!



Music Notes:

There is nothing quite like making music together – and now is the perfect time to join us!

Handbell rehearsals begin Tuesday, September 15, at 7:00 PM. Whether you are an experienced ringer or have always wondered what it would be like to stand behind a table of bells and create something beautiful with a team, we would love to have you. Handbells offer a wonderful combination of music, fellowship, concentration, and fun, and every person truly matters to the ensemble. Handbells will meet in the sanctuary.

Then, on **Thursday, September 17, at 7:00 PM**, the **Chancel Choir** begins rehearsals for the new season. Come lend your voice and be part of the music that helps bring worship to life each week. You do not need to be a professional singer – just bring your love of music, your willingness to learn, and your desire to be part of a welcoming musical community. Chancel Choir will meet in the choir room.

For questions on either ensemble please contact Will Simpson, Director of Music at will@salc.church

Education Forum Recording Help Needed:

We are in need of additional volunteers to record Sunday morning Education Forums. This is a valuable service to the congregation and allows those who miss a Forum to watch it online at their convenience. We use a camcorder that is easy to operate - only three buttons to learn. The time commitment is 8:45 am - 10:00 am, about one Sunday every 4-5 weeks. If you are interested in helping or are just curious and have questions, please contact Susan Hegedus, susanhegedus@outlook.com.

Corner of Blessing

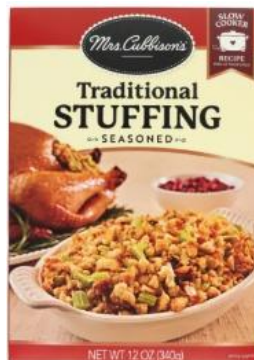
Food of the Month – September

The Hopelink Food Bank tries hard to provide the items needed and desired by the 1700 households they support. As we partner with them, they have come to ask us for items that they don't usually get donated. As we come into the holiday season, the families they support would like to prepare for the holidays and be able to do some baking, but these items are not typically donated. (it is coming up on that time – Hopelink won't get this collection until October.)

So, for September we will be collecting **“Holiday Staples”**. These items include baking supplies, instant mashed potatoes, stuffing, gravy, etc. To support as many households as possible, they ask for specific size packages.

The “foods” for September are:

- Sugar (white in 4-pound bags, brown in 1 or 2-pound packages or coconut in 1-pound packages)
- Flour (wheat or white in 5-pound bags or gluten free options – almond, coconut, all-purpose gluten free)
- Baking soda (1-pound box)
- Baking Powder (about 8 ounce)
- Salt (about 26 ounce)
- Instant mashed potatoes
- Stuffing
- Gravy or gravy mix



Upcoming Fundraiser for our Community Partners:



Porchlight's 2026 *Light The Way* Luncheon:

**Thursday, September 24th , 11:30 AM – 1:00 PM at
The Gary Locke Ballroom, Bellevue College. Suggested donation \$100.
[Register HERE.](#)**

Please join us for a luncheon rooted in community, compassion, and shared purpose as we come together to help our Eastside neighbors move beyond homelessness.

This year's theme, *A Place at the Table*, reflects a simple but powerful belief: everyone deserves a place where they are welcomed, valued, and supported.



Hopelink's 31st Annual *Reaching Out* Celebration:

Thursday, October 15, 5:00 PM – 8:00 PM, Meydenbauer Convention Center

It is free to attend, suggested donation, \$200. [Register HERE.](#)



About Reaching Out: We're pleased to announce the featured speaker for Hopelink's 31st annual *Reaching Out Celebration*: Rick Steves.

Since 1995, the **Reaching Out Celebration** has brought community members from across our region together in support of a shared vision, a community free of poverty.

As Hopelink's premier fundraising event, this evening plays a critical role in raising both awareness and support for our work.

We're honored to welcome Rick Steves to this year's celebration. His lifelong commitment to broadening perspectives, strengthening communities, and supporting causes that create meaningful change aligns deeply with Hopelink's mission. His voice will help underscore what's possible when people show up for one another, both locally and around the world.



Come experience Imagine Housing's second annual **Vibrant Futures Luncheon!**

We're stepping away from the standard slideshow and invite you to come on down for a hands-on, mission-driven look at how your support fosters vibrant futures for individuals, families, veterans, and seniors on the Eastside.

- **When:** Wednesday, October 7th, 2026 | 11:30am - 1:00pm
- **Where:** Meydenbauer Center ; **Admission:** Free

While there is no cost to attend, guests will be given a opportunity at the conclusion of the program to make a meaningful financial contribution in support of Imagine Housing.

[Register to attend HERE.](#)

Health and Wholeness:

STAY HEALTHY THIS FALL: RECOMMENDED ADULT VACCINES

COVID: 2026 Vaccine targets 3 dominant variants with 94% effectiveness against severe illness. Annual booster recommended for adults 65 and older, and for ages 12-64 who are in high-risk groups.

RSV (respiratory syncytial virus): Single dose recommended for adults age 75 and older. For ages 50-74, a single dose for those in high-risk groups. Not currently an annual vaccine.

FLU: For those over 65, CDC recommends an annual high-dose or adjuvanted flu vaccine. For those under 65 years, a standard dose should suffice. When in doubt, always check with a pharmacist or health care provider.

Pneumococcal Pneumonia (ie: Prevnar 20 by Pfizer) Single dose vaccine recommended for adults 50 and older, ages 19 and above for those in high-risk groups. This is not an annual vaccine. Check with pharmacist or health care provider for questions.



Safety Considerations at Saint Andrew's

Our building was constructed in the 1960s, before accessibility needs were widely understood. To help everyone move safely and comfortably throughout our shared spaces, please keep these simple practices in mind:

- Stay attentive when walking or using stairs; avoid conversations while climbing.
- Take your time – there is no need to hurry.
- Choose seating that minimizes stair use if that is helpful for you.
- You are always welcome to commune in your seat; Pastor Lara is glad to bring communion to you.
- Keep walkways clear of bags, walkers, and canes.
- Walkers may be placed in the narthex during worship; ushers are happy to assist.
- Use the elevator for access to Fellowship Hall or the lower level if stairs are difficult.
- Use handrails and ramps whenever needed.
- Mobility-challenged individuals may park in the back lot for easier access.

Thank you for helping us care for one another. Your safety – and the safety of all who worship and gather here – is deeply important to us.

Thrivent Members:

Thrivent Members have two ways to support the mission and ministry of Saint Andrew's. You can create an ACTION TEAM (a \$250 seed money gift card + t-shirts!) and designate your CHOICE DOLLARS to Saint Andrew's!

ACTION TEAM MINISTRIES TO SUPPORT: KnitWits, Dorcas Circle; LWR Kits; Porchlight collections; The Sophia Way lunches; Corner of Blessing; Youth mission activities; KidVantage toy drives; Fall and Spring Church Clean up Days.

Your **CHOICE** dollars can be designated to help our international partners: Kaifka House; MaaSae Girls School, Lantern Hill. (*Donate to Saint Andrew's, and request the dollars be directed there.*)

Have questions? Talk to Sherry or Kathy!

A poster for a 'Fall Clean Up!' event. The background is light green with a faint leaf pattern. On the left, there are four photographs showing people engaged in various outdoor tasks: a group of people on a paved path, two people working on a garden bed, a person on a ladder near a building, and a person working on a fence. The text on the right is in bold, dark green and black fonts. A small green leaf icon is above the title. The event date and time are listed below the title. A green box contains the text 'It's time to clean up from summer and get ready for fall and winter!'. Below this, another green box says 'There are projects for all ages!'. Further down, it says 'We will have 400 bulbs (daffodil and tulip) to plant!'. At the bottom, it says 'Let Kurt know you're coming! He'll have your job ready... And there will be donuts!'.


**FALL
CLEAN UP!**

**Saturday, September 26
9:00 AM - 12:00 PM**

**It's time to clean up
from summer and get
ready for fall and
winter!**

**There are projects for
all ages!**

**We will have 400 bulbs
(daffodil and tulip) to plant!**

**Let Kurt know you're
coming! He'll have your
job ready...
And there will be donuts!**

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

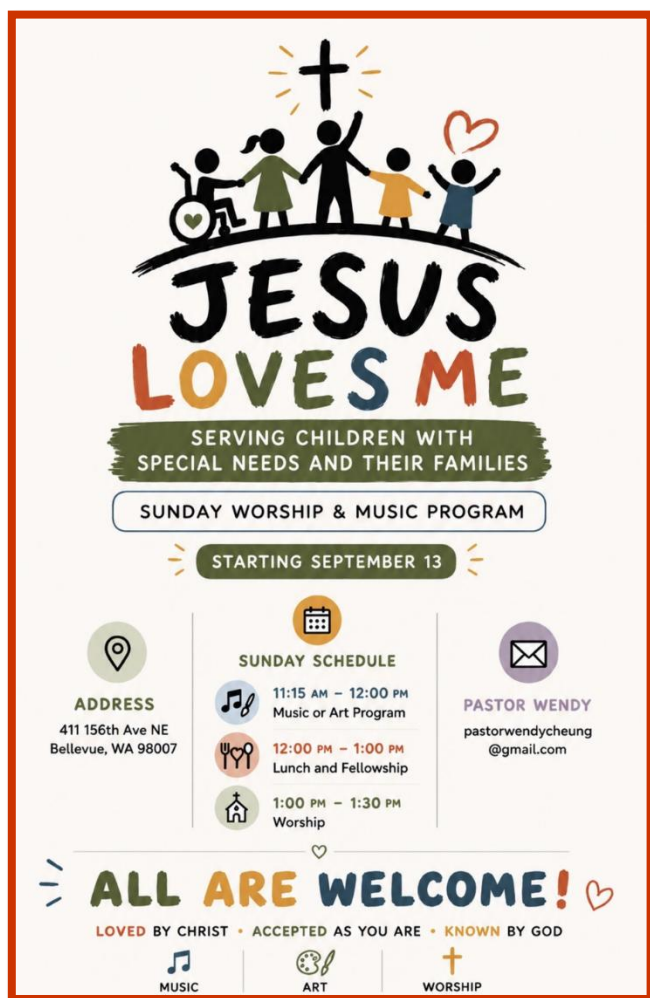


The Eastside Lutheran Church Community (ELCC) are the ELCA churches on the eastside. WE have opportunity to share worship, resources, and events – separately and collectively. While we often share and collaborative service activities and worship opportunities. Be sure to check out the website [HERE](#).

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!



“Jesus Loves Me Lutheran Church”

(formerly Grace Sammamish Church) is continuing their ministry serving children with special needs and their families under a new name and renewed vision.

They meet at Cross of Christ Lutheran Church, Bellevue.

The Eastside Lutheran Church Community pastors will be preaching and participating in this unique, inclusive worship opportunity.

All are welcome to join in!

Help us celebrate and spread the word!

FAITH & ADVOCACY WORKSHOP




YOUNG ADULTS
18-35



REGISTER HERE
FREE TO ATTEND



SEPTEMBER 17TH, 2026
6pm to 7:30pm
PHINNEY RIDGE LUTHERAN CHURCH

We are welcoming Blake Alford (He/Him) from **Faith Action Network** to learn more about advocacy and feel empowered to show up for our community and see an intersection between faith and advocacy.

What to expect: Dinner, everyday faith, discussion/workshopping, and community building

Gather-King County (ELCA Young Adult group for ages 18-35) and Faith Action Network invite you to an evening of community, conversation, and advocacy. There will be dinner, faith conversations, and workshopping.

This event is set up intentionally for young adults ranging from 18 to 35 years old, but it is not exclusive to those exact ages.

While this event is co-organized by an ELCA Lutheran church, but people of ALL denominations and faith backgrounds are welcome to attend this event.

Co-hosts: Julia Glassy (Director of Faith Formation and Communications at Holy Trinity Lutheran Church - Mercer Island/Leader of Gather-King County), and Blake Alford (Operations Director, Faith Action Network).



Saturday, September 12, 6:00 PM – 8:00 PM at St. Lukes’ Lutheran Church, Bellevue, Come for conversation and vespers service!

Join *Holden Off the Road* for an evening of liturgy, community, and conversation. Discover how the words and practices we share in worship act as powerful formation events that shape our lives and send us out into the world. As a bonus, there will be an ice-cream social at the end of the service.



Calendar

Wednesday, September 9

2:00 PM Care Team Meeting, Online
7:00 PM Adult Education Meeting, Online

Thursday, September 10

Friday, September 11

Saturday, September 12

9:00 AM Council Retreat

Sunday, September 13

9:00 AM Adult Education, Faith & Civic Life
10:00 AM Worship
11:00 AM Coffee Hour
11:30 AM Church Council Meeting

Monday, September 14

1:00 PM Staff Meeting

Tuesday, September 15

8:30 AM Tuesday Morning Men, Online
10:00 AM Pastor's Bible Study
11:45 AM O.W.L.S.
7:00 PM Handbell Choir rehearsal

Wednesday, September 16

Thursday, September 17

7:00 PM Choir Rehearsal

Friday, September 18

Saturday, September 19

Sunday, September 20

9:00 AM Adult Education, "The Sophia Way"
10:00 AM Worship
11:00 AM Coffee and Conversation
11:15 AM KnitWits
12:30 PM Acolyte Meeting, online

Monday, September 21

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

Tuesday, September 22

8:30 AM Tuesday Morning Men
10:00 AM Pastor's Bible Study
2:00 PM Sophia Way lunch drop off
7:00 PM Handbell Choir Rehearsal

Wednesday, September 23

10:00 AM Sophia Way Lunch delivery
7:00 PM JEDI committee, 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
timweber@t@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 Rykaczewski, 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:

