



September 16, 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



Upcoming Greeters and Coffee Hosts:

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

September 27: Lois and Curt Eckley, Greeters; Mark Davis, 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 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 20

9:00 AM Adult Education; Updates from The Sophia Way

10:00 AM Worship

11:00 AM Coffee and Conversation

11:15 AM KnitWits

Worship Texts for September 20

Jonah 3:10-4:11 and Matthew 20:1-16

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 has resumed in a hybrid format on Tuesday mornings.

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.

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

What is your Saint Andrew's story?

Last Saturday, September 12, your Council met for a retreat to begin discussing the question "Who is God calling us to become?" That's a big question, so we spent time in small groups and approached it by asking these more focused questions:

- **What are the things that are most important to us? What do we value the most?**
- **What do we need to add/strengthen? What do we need to eliminate/reduce? What do we want to keep the same?**
- **What is your mindset? How are you approaching this conversation?**

Not surprisingly, as you'll see in the photo accompanying this article, on the next page, there was a lot of overlap in the answers each group gave. We unanimously agree that being a **Christ-centered church** is the core of who we are. It is the umbrella under which we operate, and it connects to everything else.

Among our answers, we also included the "**three words**" that you've begun submitting in response to the question "*What three words would you use to describe Saint Andrew's today?*" In the photo, they're in the lower right-hand corner and they align with the values named by your Council (yay!).

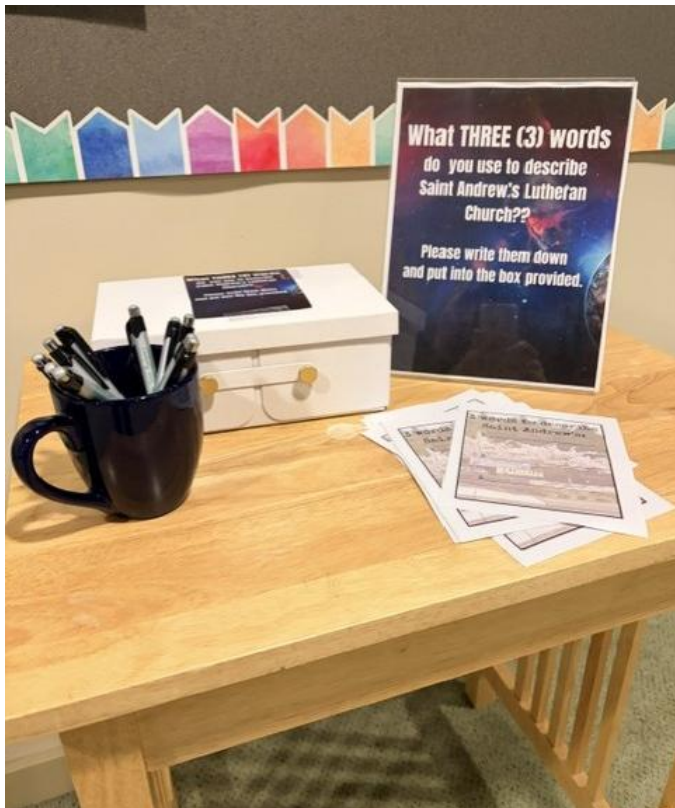
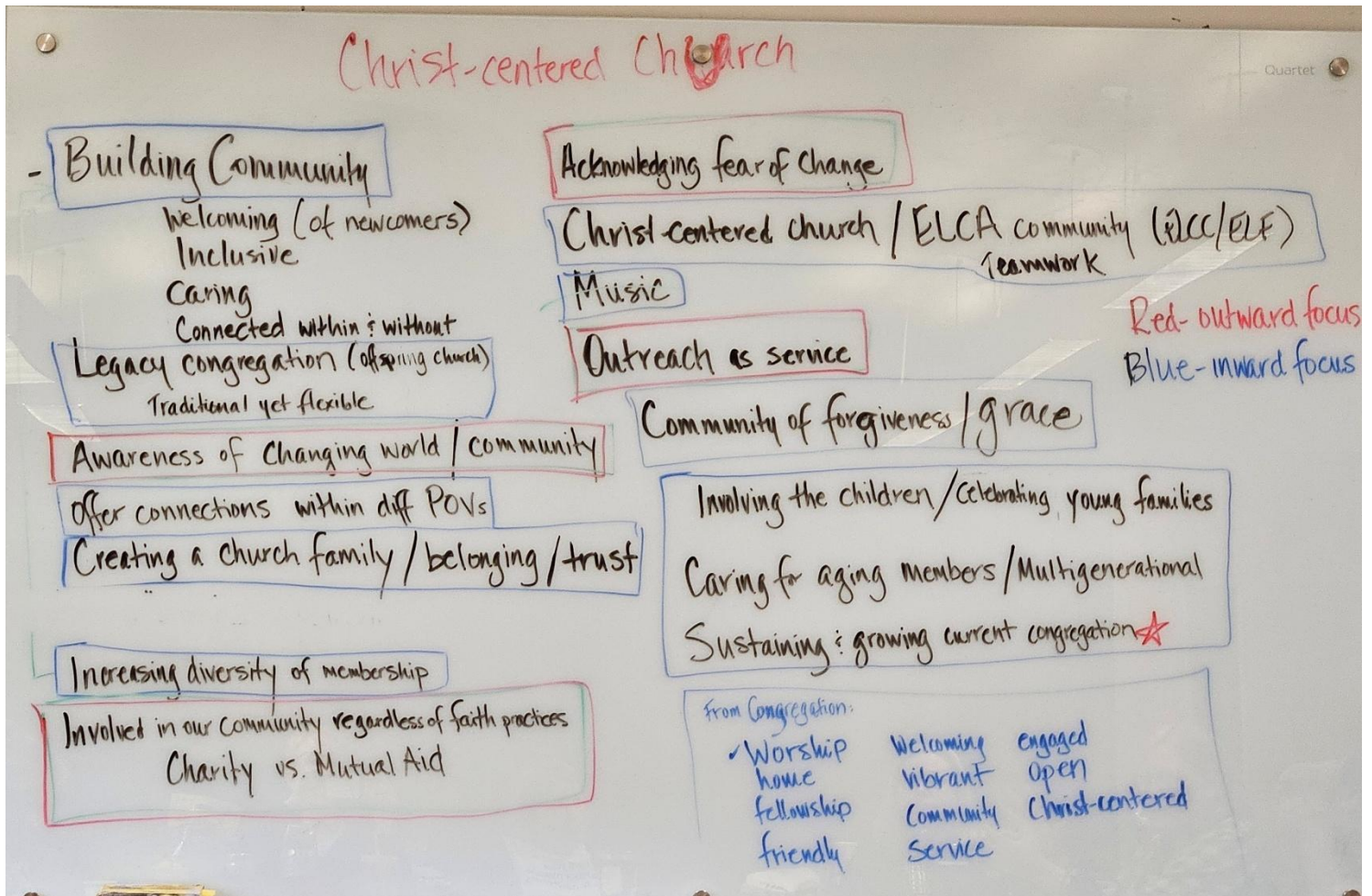
We have a lot more work ahead of us. This discussion will continue in future Council meetings and, most likely, another retreat or two. In the meantime, I invite you to consider the questions listed above. And if you haven't yet told us your three words to describe Saint Andrew's, there's a box and pieces of paper in the Narthex for you to submit them.

One outcome of these questions and conversations is considering how Saint Andrew's has impacted your life and your faith – your "Saint Andrew's Story." In a recent conversation with April Daniel, she shared her Saint Andrew's Story with me. I asked her if she'd be willing to share it with all of you and she agreed, so it's in this newsletter.

What is your "Saint Andrew's Story"? How has our congregation shaped your life and your faith? In upcoming issues of Trendings, we will share others' stories and I encourage you to share yours. There will, no doubt, be overlap in the ways our stories have been shaped – and there will also be differences, as each of us has experienced our congregation differently. Ultimately, though, they will reflect the Christ-centered nature of our faith community – lifting up what we value as we discern the path forward.

With peace,
Pastor Lara





This is the table in the Narthex ...
Be sure to write your **THREE (3) WORDS** to describe Saint Andrew's and submit them!

My Saint Andrew's Story



I've experienced God in a lot of environments. As a child I went to a joyful, progressive Baptist church, but also periodically attended Catholic mass (and illegally took Holy Communion) with my grandparents. Later Mom took us to Self-Realization Fellowship, where we learned about meditation and explored the similarities among all the world's prophets and religions. When I moved from California, I joined Seattle Unity, which offered both prayer and meditation, as well as a choir to sing in. I married a Jewish man, so went to temple on High Holy Days. Then for a long time, I worshipped God only in my heart ... but somehow I always knew I would end up becoming a Lutheran, because of the emphasis on service to the community.

Though I don't remember the details, some 15 years ago, I was directed to bring donations to SALC, the little church across from the LDS temple. When I brought my boxes up the stairs, the people accepting them were so kind and welcoming, that I just knew this would be my church when I was ready to attend. In spring 2024, it was suddenly time for me to go back to church, so I watched one of Pastor Lara's sermons online and then started attending services.

Something I learned in high school is: the best way to make friends and have fun is to get involved. Working together with others builds relationships and a sense of accomplishment, in addition to giving back to the world. I am thankful that there are so many opportunities at St. Andrew's to join in:

- Singing with the Chancel Choir on Thursday nights and Sunday mornings has given me a real sense of community. Not only do we worship God through music, we share our "joys and concerns" as well as laughter as we learn the hymns with Dr. Will and Elaine.
- Visiting with the KnitWits once a month after church lets me be part of some interesting conversations, and I can add my crocheted washcloths or scarf to the pile of knitted goods Dianne sends to various charities.
- Volunteering for the as-needed activities like All Church Work Days, post-Porchlight kitchen clean-up, or helping create the flower cross is always rewarding, since "many hands make light work," and my little tasks contribute to making our church home look inviting.

Some of the activities are a chance to introduce my friends to St. Andrew's without involving religion: I brought a friend to help make tamales for local immigrant families, and he was impressed with the welcome he received and the inclusive spirit in our decor, as well as being thankful for the opportunity to do something to help the community.

My three words for St. Andrew's are ***Worship - Community - Service***, as they feel like what I am here for. I feel like the more I put in, the more I get out of it ... volunteering to help in the office even led to a part-time job as Records Administrator organizing the church's paper files, digitizing old documents, and refining the database records.

I'm so happy to have found this wonderful community, and grateful for all the opportunities to be involved.

Thanks, *April*

Take Note of Upcoming Events:

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 10 slots filled for 9/24. Room for 30 more!!**

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.



Come and get your hands dirty!
Saturday, September 26
9:00 AM - 12 Noon.

Kurt has jobs for all ages and skill levels. Let him know you're coming! (kurt@salc.church)

I believe donuts are going to be available 😊



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.
 - Ask Joyce Arnold about providing food for the Sept. 23rd lunch or to learn more!
- **October 17th**, Fall Community Brunch at St. Luke's Lutheran Church in Bellevue.
 - Visit the Sophia Way website [Amazon Wish List](#) to donate needed wintertime items that will be distributed at the Fall Community Brunch. .
- **October 27th**, Support Network meeting at the 1st Congregational Church in Bellevue.
- **November 6th**, Coming Home Gala Event at the Hilton! [Information HERE.](#)

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

Thanks!



Thank you for the thoughtful cards, prayers, calls and visits with my extended care in the health care center. They have been so encouraging during my long stay at Covenant Living Health Care Center. Blessings on the new year programs. Stella Nieman



2650 148th Ave SE, Bellevue
Parking lot Courtyard

**To celebrate the Feast of St Francis,
the patron saint of animals,
Saint Andrew's Lutheran Church is:**

Blessing the Pets!

Saturday, October 3rd

12:30 PM – 1:30 PM

All Are Welcome!

**Please have
your pet on a
leash or crated
for safety!**



Music Notes:

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

Handbell rehearsals are Tuesdays 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.

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



God's Work, Our Hands Day of Service

From Dick Szabo: SALC did an incredible job collecting food! We collected 31 very well packed crates of food plus 4 additional shopping bags of food (I didn't get enough crates from Hopelink even after going back and fetching 6 more). That is a full 50% more than we collected last year. It totaled 1161 pounds of food! Although we weren't asking for cash donations, we received \$110 for Hopelink (three times what we received last year). This will be a very big help for Hopelink and the people they serve through their food bank.



Thanks to our volunteers: April Daniel, Clare & Rob Moe, Jean Wahlstrom, Marvin Kananen, Joyce and John Nelson, Cheryl Jurrus, Sandy and John Andresen, Judy and Howard Johnson, Sara and Todd Carmichael, Debbie Johnson, Joan Tweten, Mark Davis, and Debbie and Dick Szabo.

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



Youth and Family News

2027 ELCA Youth Gathering Interest Meetings

Parents and youth currently in grades 8-12 are invited to attend one of two interest meetings in September to learn more about the [Gathering](#) in Minneapolis, MN this summer. You do not have to commit at this time, but if you are interested at all, participation is encouraged.

Interest Meetings will be **TONIGHT, September 16th at 7pm** and Sunday, September 20th at 1pm and both over Zoom. *Questions, contact Doug Johnson, (Doug@salc.church)*

Zoom Link for both sessions:

<https://us02web.zoom.us/j/83724746002?pwd=3gzKTKc4EanXluQDuRY5bQCyUWOQ5v.1>

INTEREST MEETINGS

2027 ELCA
YOUTH GATHERING

IMAGINE
more

9/16 at 7pm & 9/20 at 1pm
Both over Zoom

Scan the QR Code get the
Zoom link.

Questions, contact Doug
Johnson.



Hurray!! Sunday School is starting! Bring the kids on Sunday, **October 4 at 9:00 AM** to meet our great teachers and begin the Sunday school year!!

SAINT ANDREW'S LUTHERAN CHURCH**Treasurer's Notes**

As of August 31, 2026

SUMMARY INCOME STATEMENT					
MONTH:				\$ Variance	
	Actual	Budget	Last Year	Budget	Last Year
Rev	50,596	46,650	50,067	3,946	528
Exp	59,709	63,129	59,672	3,420	(37)
Net	(9,113)	(16,479)	(9,604)	7,366	491
YEAR-TO-DATE				\$ Variance	
	Actual	Budget	Last Year	Budget	Last Year
Rev	506,135	491,500	469,452	14,635	36,683
Exp	522,116	531,708	517,867	9,592	(4,249)
Net	(15,981)	(40,208)	(48,415)	24,227	32,435

Our financial results for the month were better than expectations, with a net deficit of \$9,113, favorable to budget by \$7,366.

Revenues for the month were favorable to budget by \$3,946. On a YTD basis, revenues are favorable to budget by \$14,635 and favorable to last year's YTD revenue by \$36,683.

Expenses were favorable to budget by \$3,420 for the month and favorable by \$9,592 YTD.

Our YTD bottom-line of \$15,981 is a deficit and is favorable to what we budgeted by \$24,227 and favorable to last year's YTD results by \$32,435.

If you would like a more detailed look at our financial results, feel free to review the monthly Treasurer's Report, plus our 2026 budget found in a binder on the church office desk. 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

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!

The **ELCC Service Team** is organizing 'new home' kits for our friends at Porchlight who are getting into an apartment and out of homelessness. Can you help? Saint Andrew's is collecting **3-piece towel sets** (bath, hand, washcloth), toothbrushes and toothpaste. If you are able, please bring to the SALC office by **September 29th**. Questions? Talk to Linda Quinn.



FAITH & ADVOCACY WORKSHOP

FAITH ACTION NETWORK
A Partnership for the Common Good

GATHER KING COUNTY
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.

Please use the QR code to register, so they have a headcount for food.

Calendar

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

Thursday, September 24

9:00 AM BLOOD DRIVE!
10:00 AM Grace Book Group
7:00 PM Choir Rehearsal

Friday, September 25

Saturday, September 26

9:00 AM Church Work Day

Sunday, September 27

9:00 AM Adult Education, Mission Report
10:00 AM Worship
11:00 AM Taco Bar Brunch

Monday, September 28

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

Tuesday, September 29

8:30 AM Tuesday Morning Men
10:00 AM Pastor's Bible Study
7:00 PM Handbell Choir Rehearsal

Wednesday, September 30

2:00 PM Forest Edge Tour

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

Andrew Camrud, 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:

