



October 7, 2026

Growing Together in Christ to Love and Serve All People

Poem of the Week:

Song for Autumn

by Mary Oliver

In the deep fall
don't you imagine the leaves think how
comfortable it will be to touch
the earth instead of the
nothingness of air and the endless
freshets of wind? And don't you think
the trees themselves, especially those with mossy,
warm caves, begin to think
of the birds that will come – six, a dozen – to sleep
inside their bodies? And don't you hear
the goldenrod whispering goodbye,
the everlasting being crowned with the first
tuffets of snow? The pond
vanishes, and the white field over which
the fox runs so quickly brings out
its blue shadows. And the wind pumps its
bellows. And at evening especially,
the piled firewood shifts a little,
longing to be on its way.

Upcoming Greeters and Coffee Hosts:

October 11: Eva Mader and Gene Rowland, Greeters; Jay Baxter, Coffee Host

October 18: Lois and Curt Eckley, Greeters; Teresa Jacobs, 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, October 11

9:00 AM Adult Education; Faith & Civic Engagement

Sunday School

10:00 AM Worship, Pastor Sue Wanwig, preaching and presiding

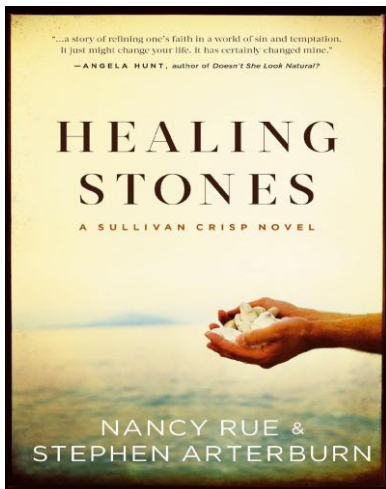
Readings for October 11

Isaiah 25:1-9, Philippians 4:1-9 and Matthew 22:1-14

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 continues in the **hybrid format on October 13th**; will be **ONLINE only on October 20th**. Contact the office by email (kathy@salc.church) if you would like the Zoom link.

Women's Book Group



Our book selection for Fall Women's Book Group will be *Healing Stones* by Nancy Rue and Stephen Arterburn. **We will meet on Wednesday mornings promptly at 10:00 am through November 18.** Our meetings are on Zoom, as well as in-person in our Library.

This is the first book in a series featuring a Christian psychologist, Sullivan Crisp. Enter Dimitria after a terrible incident and everyone turned against her, including herself. "Reluctantly, the two of them begin an uplifting, uneven journey filled with healing and grace. By turns funny and touching, this story explores the ways humans hurt each other and deceive themselves. And it shows the endlessly creative means God uses to turn stones of accusation and shame into works of beauty that lead us onto the path of healing.

A candid yet tender series about pain, healing, and God's invitation for second chances." (Amazon)

Contact Cheryl Jurrus (cheryljurrus74@gmail.com) for more information, a schedule, and the Zoom invitation.



Confirmation 2026

Last year, the ELCC congregations began a partnership for shared Confirmation instruction for our youth. It was a huge success! Sixteen students from five congregations met once a month from September through May for lessons, a meal, and activities. This coming Sunday, we start the second year, and we're really looking forward to it!

Even more exciting, is that the youth who have completed their Confirmation instruction will be confirmed **together** at a special Confirmation worship service on **Sunday, October 25, at 4:00pm**

at Saint Andrew's. Our own **Confirmand, Melanie Grad**, will be recognized at our regular worship service that morning, but she will be confirmed with her peers that afternoon. You are invited to come and celebrate Melanie and all the Confirmands as they affirm the promises made to them in baptism and take the next steps in their faith journey. We hope to see you there!

Pastor Lara

We Blessed Pets!



BLESSING PETS 2026



Saint Francis of Assisi is known as the Patron Saint of animals for his deep reverence for all living creatures. He is remembered for speaking to birds, comforting the "Brother Wolf," and living in harmony with nature.



Youth and Family News

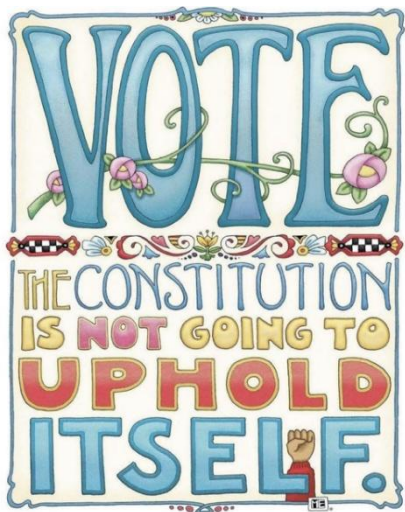


Coming Soon Trunk or Treat!!

Look for the sign up to reserve your "trunk" table on the Narthex Bulletin Board or contact Doug (doug@salc.church) !!

More tables=more fun!!

Costumes encouraged !



GET OUT THE VOTE!

Please join me for a non-partisan "honk & wave" reminding people to return their ballots for the mid-terms.

We'll be gathering on our very own corner of 148th to wave signs and smile, alerting people to the ballot box located on the Bellevue College campus.

Event runs **11:00am-1:00pm, Saturday October 17** but you don't need to stay the whole time. Bringing your own sign is appreciated, but please keep it non-partisan. Please email Beth Donahoe if you're interested! Beth.donahoe@comcast.net.

**SUNDAY,
OCTOBER 11
9:00 AM**

Please join us at our Adult Education Hour.
We'll be discussing the ELCA Social
Statement's viewpoint on
"Christian Nationalism vs.
Living in a Christ Like Nation".
Come early and get a FREE GIFT!

This discussion is led by your
JEDI
(Justice, Equality, Diversity and Inclusion) Committee



OWLS for October:

**O.W.L.S (Older, Wiser, Lutheran Saints)
Tuesday, October 20, 11:45 AM**

Come and meet Captain Darren Rainey, from the Bellevue Fire Department! He will be filling us in on the fine work they do to keep us safe and help when we need them.
We even get a Field Trip to the station across the street to see where they work and live.

OWLS 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.

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

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



Corner of Blessing

Food of the Month – October & November

This year, again, we will be packing Emergency Bags for the Hopelink Food Bank. So, during the months of October and November, we will be collecting the food items to go in the Emergency Bags. Hopelink has asked that we pack “No-Cook” bags as we did last year. They need these to support those with no access to cooking facilities (homeless). The bags will be packed up at the Advent Fair, November 29th).

The items in these bags need to be able to be eaten directly without being heated or the use of a can opener. These need to be things that can be eaten cold and plain.

****All canned items must have a pop-top lid.** Only soups and meals are in cans.

****PAY ATTENTION TO SIZES.** Keeping the weight down is important for homeless. Bigger sizes can't be used.

****MAKE SURE TO CHECK EXPIRATION DATES!** They need to be on or after February 2027!**

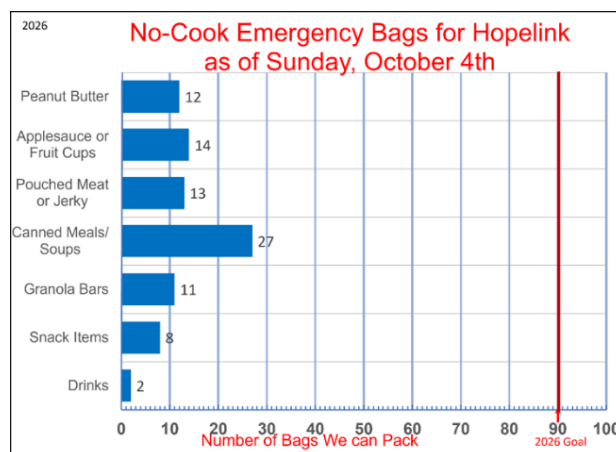
There are seven different items that go in each “No-Cook” Emergency Bag. We will be collecting these items during October and November:

Here are the seven items we will be collecting:

1. **Peanut Butter** – (~16 oz. plastic jar – no-stir)
2. **Applesauce or Fruit Cups Package** – (packages of 4 or 6 cups (about 4-ounce cups), kept in original packaging so that it contains the label, ex: peaches, pears, fruit cocktail, applesauce)
3. **Pouched Meat or Jerky** – (beef jerky or meat sticks (like slim Jims), pouched meat like tuna, chicken, salmon (Starkist is a common brand) Common sizes for both are about 2.5 - 3 ounces.)
4. **Canned Meals/Soups** – (ex: ~15-20 oz, ex: chili, beef stew, canned ravioli, hearty Progresso soups (such as: beef pot roast, chicken pot pie, Italian Wedding, etc. – Pop-Top lid)
5. **Granola Bars*** – (look for ones that are at least 150 – 200 calories each – total at least 1,000 calories)
6. **Snack Items*** (high in calories & will not crush easily. Ex: dried fruit, nuts, trail mix. Individual packages – look for ones that are at least 100 – 150 calories each - total at least 500 calories)
7. **Shelf-Stable Drinks** – (Something that does not require refrigeration and will not puncture easily. Ex: juice boxes, water, protein shakes.)

**The granola bars and snack items can be in larger (Costco) packages since we repackage them into Ziplock's of 6 or 5 items.*

Here is the progress chart as of October 4th.
Check here to see what is needed to pack the most emergency bags:



The Sophia Way updates:

A note about the Events coming soon...



The Fall Community Brunch at St. Luke's Lutheran Church on Saturday, October 17th; 11:30 AM – 1:30 PM. Joyce is going – join her! (You can donate items from the [Amazon Wishlist](#) for the ladies.) Real special, and lots of fun!

The COMING HOME Celebration on Friday, November 6th; 6:30 – 8:30 pm Hilton Bellevue; 300 112th Ave SE, Bellevue.

A very special evening at the Hilton Bellevue, with dinner, music, auction, and people, who believe, (rightly so!) that “stability changes everything”! Join Joyce and John Arnold, they really enjoyed it last year! [Tickets available here.](#)

Any questions at all...let me know!
Blessings,
Joyce Arnold



Porchlight Rotating Shelter

We have the opportunity to help provide dinners for the Porchlight Rotating Shelter while they are at Eastshore Unitarian Church for the month of October. We partnered with them in the past and it is a great way to serve our community. There are 25 men who are clean and sober and have agreed to some rules for the shelter, including doing chores. Eastshore Unitarian is located in the Factoria area and the men will be staying in their sanctuary while their Education building is being remodeled.



They are asking for dinner to be delivered at 6 pm and served at 6:15 pm. The dates urgently needed are October 12, 16, 17, 19, 21, and 22.. Please contact me to sign up.
Cheryl Jurrus (cheryljurrus74@gmail.com)

IT'S THAT TIME OF YEAR AGAIN!

The Health and Wholeness committee is collecting items for LWR health kits which are distributed to those in need around the world including the US. Help us fill as many kits as possible with the following items:

- Bath towels: lightweight, dark colors, size 20"x40" to 27"x52"
- Soap: 4 or 5 oz bars
- Toothbrushes, adult size
- Combs: sturdy (no picks or fine-toothed combs)
- Nail clippers, large size
- Medium size boxes for mailing

Soap and towels are particularly needed. We plan to assemble kits in the south Fellowship Hall on **October 26th, 10am-12 noon**. **Grab a shopping list from the Narthex bulletin board!**



PROTECT YOUR SELF LET'S GET VACCINATED

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.

Stay healthy this fall!

RECOMMENDED ADULT VACCINES

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.

Tips from your Health and Wholeness Committee

COLLECTION OF CLOTHING AND HYGIENE ITEMS FOR COMPASS HOUSING ALLIANCE

Dorcas Circle will be collecting clothing and hygiene items for Compass Housing Alliance through February 2027. Grab a shopping list by the collection bins/elevator!

BOX TOP\$ for Education - Update

For years, Saint Andrew's has collected **Box Tops for Education** and used them to support the work of the **Navajo Lutheran Mission (NELM)** in Rock Point, AZ. In 2019, they stopped accepting these clipped coupons from the product packaging and instead accepted digitally scanning the store receipts of the products purchased.



It turns out that this can provide significantly more funding for NELM. Each product with a box top provides 10¢ for NELM. Multi packs (Costco) provide 10¢ of each product in the pack. And often organizations (stores: like Costco, Fred Meyer, Walmart, etc. and product suppliers like Betty Crocker, Nature Valley, Annie's, etc.) offer bonuses. When you buy a product or a certain number of products while they are offering a bonus, NELM gets an extra 50¢ or \$1.00. Through September, Costco added an additional 10 coupons or \$1.00 for every participating product purchased. (For this, multipacks counted as one product). So, buying a double box of Cheerios for \$6.99 resulted in \$1.20 for NELM. New bonuses will start at the beginning of October.

Another benefit to scanning the receipt is that items purchased for the Corner of Blessing can also support NELM. Items we often collect in the Corner have Box Tops (Progresso soups, General Mills cereals, Nature Valley granola bars, etc.). We couldn't clip the coupons off the products we were donating, but we can certainly scan the receipts.

The process is pretty simple using your smartphone or tablet:

- Download the BOX TOP\$ for Education App from the App Store (Apple) or from Google Play (Android).
- Start the App and create an account using your email address and creating a password.
- Select the school that you want to support with your Box Tops – ***Navajo Lutheran Mission School - Rock Point, AZ.***
- You are ready to go – Use the App to scan store receipts containing products with Box Tops. The App asks permission to access the camera in your phone or tablet. The App helps you line up the receipt and stitch together long receipts. It uses the whole receipt and finds all products with Box Tops. You need to scan the receipt within 14 days of purchase.
- Buy products with Box Tops for Education. Save the receipt and use the App to **scan the receipt within 14 days.**

For questions or if you need help submitting Box Top\$, contact Dick Szabo (dick.szabo@comcast.net).

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!



Come and see what the ELCC is up to this quarter!

All are invited to attend, hear more about the ELCC and the different shared projects and events being planned.

Saturday, October 10, 2026

10:00 am - 12:00 pm

St. Luke's Lutheran

3030 Bellevue Way, Bellevue, WA

98004

Community game nights are full of new games and classics games people love to play together. **The next game night is Sunday, October 18th from 5:00-7:00pm** at St. Luke's. Join other folks from the ELCC for food, fun and fellowship. Dinner is provided, bring a snack to share. If you have a favorite game to play or maybe a new game you would like to learn with new friends, bring it with you. Otherwise, we will have games to play on hand. Everyone is welcome to join the fun. If you would like to help, let Melinda know (melinda@slukes.org). See you then!



Calendar

Wednesday, October 7

10:00 AM Women's Book Group

Thursday, October 8

7:00 PM Chancel Choir Rehearsal

Friday, October 9

Saturday, October 10

Sunday, October 11

9:00 AM Adult Education, *Faith & Civic Engagement*

Sunday School

10:00 AM Worship

4:00 PM Shared Confirmation

Monday, October 12

10:00 AM Health & Wholeness Committee

1:00 PM Staff meeting

7:00 PM Congregational Council, online

Tuesday, October 13

8:30 AM Tuesday Morning Men, online

10:00 AM Pastor's Bible Study, hybrid

7:00 PM Handbell Choir Rehearsal

Wednesday, October 14

10:00 AM Women's Book Group

2:00 PM Care Team Meeting, online

7:00 PM Adult Education Meeting, online

Thursday, October 15

7:00 PM Chancel Choir Rehearsal

Friday, October 16

Saturday, October 17

Sunday, October 18

9:00 AM Adult Education, *Dementia Updates w/ Dr Dave*

Sunday School

10:00 AM Worship

11:15 AM KnitWits

Monday, October 19

1:00 PM Staff

Tuesday, October 20

8:30 AM Tuesday Morning Men, online

10:00 AM Pastor's Bible Study

11:45 AM O.W.L.S. lunch with the BFD

7:00 PM Handbell Choir Rehearsal

Wednesday, October 21

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 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:

