

# Nineteenth Sunday after Pentecost

## GATHERING

*Welcome to Worship at Saint Andrew's!*

*As we prepare for worship, we invite you to a time of silence and focus.*

*Please remember to silence all electronic devices.*

- C** Congregation
- A** Assisting Minister
- P** Pastor

**PRELUDE**      *Movement Five from "Capriol Suite"*      [Peter Warlock]

**CALL TO WORSHIP**      *Lord, Be Glorified*      ELW Hymn 744  
Congregation

**WORDS OF WELCOME**      (I) Pastor McEachran  
(II) Pastor Yoos

**HYMN**      *Praise the One Who Breaks the Darkness*      ELW Hymn 843

### CONFESSION AND FORGIVENESS

#### APOSTOLIC GREETING

**A** The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.

**C** And also with you.

**KYRIE**      [Steven Janco]

**HYMN OF PRAISE**      [Edwin LeGrice, Walter Greatorex]

#### PRAYER OF THE DAY

*(congregation is seated)*

**A TIME FOR LITTLE DISCIPLES**      Pastor Yoos

## WORD

**FIRST LESSON**      Numbers 11:4-6, 10-16, 24-29

**L** Word of God.

**C** Word of Life.

**PSALM 19:7-14**      *(spoken responsively: A Assisting Minister; C Congregation)*

**SECOND LESSON**      James 5:13-20

**L** Word of God.

**C** Word of Life.      *(congregation stands)*

#### GOSPEL ACCLAMATION

**P** The Good News of Jesus according to Mark.

**C** Glory to you, O Lord.

**GOSPEL**

- P** The Gospel of the Lord.
- C** Praise to you, O Christ.

**SERMON**

*Why Are You Here?*

Pastor Yoos

**HYMN OF THE DAY** *Will You Come and Follow Me*

ELW Hymn 798

**APOSTLES' CREED**

- A** We confess our faith in the words of the Apostles' Creed.
- C** I believe in God, the Father Almighty, Creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

**II. NEW MEMBERS RECEIVED**

**THE PRAYERS**

- A** We are bold to pray:
- C** Have mercy, O God.

**THE PEACE**

- P** The peace of the Lord be with you always.
- C** And also with you. *(shared in community)*

**OFFERING**

**I.** *Festive Bell Flourish* [Lee G. Barrow]  
Handbell Choir

**II.** *Like a River In My Soul* [Traditional Spiritual;  
Chancel Choir Arr. Tim Osiek]

*I've got peace like a river, like a river in my soul.  
I've got peace like a river, soothing river, calmly flow.  
When the world closes in, feel the stillness within.  
I've got peace like a river, like a river in my soul.  
I've got love like an ocean, like an ocean in my soul.  
I've got love like an ocean, endless ocean, deep and full.  
When you're lost and alone, let the waves bring you home.  
I've got love like an ocean, like an ocean in my soul.*

*I've got joy, I've got joy, I've got joy like a fountain in my soul.  
I've got joy like a fountain, like a fountain in my soul.*

*When your hope nearly dies, just remember, once again you shall rise.  
I've got joy like a fountain, love like an ocean, peace like a river in my soul.*

*(congregation stands)*

*Like a River In My Soul*  
Text: Traditional Spiritual;  
public domain.  
Music: Traditional  
Spiritual; Arr. Tim Osiek.

**OFFERTORY VERSE** *For the Fruit of All Creation* ELW Hymn 679**OFFERTORY PRAYER****M E A L****GREAT THANKSGIVING****SANCTUS**

ELW page 153

**EUCCHARISTIC PRAYER****THE LORD'S PRAYER**

- C** Our Father in heaven, hallowed be your name,  
 your kingdom come, your will be done, on earth as in heaven.  
 Give us today our daily bread.  
 Forgive us our sins as we forgive those who sin against us.  
 Save us from the time of trial and deliver us from evil.  
 For the kingdom, the power, and the glory are yours,  
 now and forever. Amen.

*(congregation is seated)***LAMB OF GOD**

[Marty Haugen]

**COMMUNION DISTRIBUTION**

- Jesus, Keep Me Near the Cross* ELW Hymn 335  
*Jesu, Jesu, fill Us with Your Love* ELW Hymn 708  
*Around You, O Lord Jesus* ELW Hymn 468


**POST-COMMUNION BLESSING**

- P** May the body and blood of our Lord and Savior Jesus Christ,  
 strengthen and keep you in God's loving grace, now and forever.  
**C** Amen.

**POST-COMMUNION CANTICLE**

ELW Hymn 845

*Voices Raised to You***PRAYER****S E N D I N G****BLESSING**

- P** The Lord bless you and keep you. The Lord make his face shine on  
 you and be gracious to you. The Lord look upon you with favor and  
 give you peace, in the name of the Father, and of the  Son, and of  
 the Holy Spirit. *Numbers 6:24-26*  
**C** Amen.

**CLOSING HYMN***On Our Way Rejoicing*

ELW Hymn 537

- A** Go in peace to love and serve the Lord.

**C** Thanks be to God.**POSTLUDE***Trumpet Tune in F*

[Scott M. Hyslop]

## PARTICIPANTS

*Presiding Minister* (I) Pastor James N. McEachran (II) Pastor Drew J. Yoos  
*Preaching Minister* Pastor Drew J. Yoos  
*Director of Music Ministries/Organist* Dr. Will Simpson  
*Assisting Ministers* (I) Sue Short (II) Dana Nasby  
*Communion Assistants* (I) Judy Gowdy (II) Jan Bowerman  
*Acolytes* (I) Abby Kasper (II) Sonja Wetmore  
*Altar Guild* Signe Wraith and Elmer Neu  
*Greeters* (I) Bev and Tom Anderson (II) Kendra and David Mills  
*Lectors* (I) Vrishtilata Erling (II) Jan Benson  
*Ushers* (I) The Kasper/McInerney Family  
(II) Mark Davis, Quinn Myhre  
*Coffee Hosts* Human Resources Committee

## WELCOME to WORSHIP

**SOUND SYSTEM:** Today, we hear new clarity of music and the spoken word, as the new sound system in the Sanctuary has been installed. Thank you to Charlie Morgan and his crew from Morgan Sound -- Eric, Andrew, Steve, Nate, and Steve -- for their work, and to Sharon Gurtel and John Nelson for their service as project liaisons.

**COMMEMORATIONS:****Jerome**, translator, teacher, died 420

September 30

Jerome was a biblical scholar and translator, but rather than translating the original Hebrew and Greek scriptures into classical Latin, he worked in the commonly-spoken Latin of the day, creating a version called the Vulgate.

**Francis of Assisi**, renewer of the church, died 1226

October 4

Born into the family of a wealthy merchant, Francis gave up his inheritance to serve poor people. He formed the Order of Friars Minor (called Franciscans), who took on poverty and the task of preaching "using words if necessary." Francis had a spirit of gratitude for all of God's creation.

**Theodor Fliedner**, renewer of society, died 1864

October 4

Fliedner helped to bring about a revival of the ministry of deaconesses among Lutherans. He was influenced in this by Moravian deaconesses he had met. The motherhouse he founded in Kaiserswerth, Germany, inspired many around the world to take up this ministry.

**William Tyndale**, translator, martyr, died 1536

October 6

Tyndale was ordained a priest in England, and wished to translate the Bible into English. He was opposed in this by King Henry VIII, causing him to flee to Germany. He completed the New Testament in 1525, but before he could finish the Old Testament, he was tried for heresy and burned at the stake.

**TODAY ~ SEPTEMBER 30****EARLY SUNDAY MORNING DISCIPLESHIP****EARLY SUNDAY MORNING BIBLE STUDY: Sundays, through November 18**

7:15 am, 322/Conference Room

Facilitators: Jean Wahlstrom and Marvin Kananen

Journey with us through the book of AMOS this fall at the Early Sunday morning Bible Study. The prophet Amos brought a message of responsibility in an affluent time.

**DISCIPLESHIP HOUR...9:45 AM****September 30****DIGGING INTO MISSION IN BELLEVUE: THE TWELVE INSIGHTS**

Presenter: Pastor James McEachran  
301/Fellowship Hall North

Pastor McEachran will discuss Mission on the I-90 Corridor. Through his work with the City of Bellevue, Pastor McEachran will share 12 insights into what it will mean for Saint Andrew's through the growth and development of Bellevue. He served on the Human Services Commission for 10 years, was one of 15 who developed the City Council Plan for affordable housing, and was a member of the Wilburton Citizen's Advisory Committee that built the plan for the development of this neighborhood in Bellevue.

**September 30****STEPPING INTO THE BIBLE (Faith Stepping Stones for Parents of Third and Fourth Graders)**

Facilitators: Pastor Drew Yoos,  
Lois Nelson, Kari Henderson

322/Conference Room

This session includes a brief study of the life of Martin Luther and a discussion of our basic Lutheran beliefs. The third and fourth grade students will be studying Luther's life during this year.

**SUNDAY CHURCH SCHOOL (SCS)** classes welcome children age 2 through grade 5. All classes are downstairs in South Hall. The SCS office is located on the lower level near the Narthex stairs. Students who are new to our congregation are asked to come to the SCS office to register and be welcomed to your class.

**AFFIRMATION OF BAPTISM/CONFIRMATION (ABC)** classes are geared toward youth in grades 6-8. Meet in *302/Fellowship Hall South*

- TODAY: "Introduction to Old Testament"

Those students new to our congregation are asked to contact Interim Director of Discipleship Ministries Pastor Drew Yoos or Pastor McEachran for more information.

**CROSSWALK** is focused on high school age youth, grades 9-12. Got questions? Join us each Sunday in 319/Youth Room for coffee, cocoa, donuts, and conversation. On the last Sunday of each month, gather for "Oasis", a time for our high school students to rest, color, and enjoy a movie.

## FELLOWSHIP

**2019 MISSION TRIP INTEREST MEETING:** All God Squad youth and parents (including current 8th graders) who are interested in hearing more about the 2019 high school mission trip are invited to meet in the 319/Youth Room after 11:00 worship on Sunday, **September 30**. This informational meeting should last about 30 minutes.

## SIGN-UP....

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|---|--|
| <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> to provide a dinner meal for men served by Congregations for the Homeless, <b>October 4, 8, or 14</b>. Sign up in the Narthex.</li> <li><input checked="" type="checkbox"/> to attend the Taizé service at Saint James Cathedral in Seattle on <b>October 5</b>. Sign up in the Narthex.</li> <li><input checked="" type="checkbox"/> Fire Force youth (grades 6-8), for the Fall Retreat on <b>October 19-21</b>. Sign up in the Narthex. Sign up by <b>October 1</b>.</li> </ul> | <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> for Dinner with Young Adults on <b>October 10</b>. Contact Carolyn McKenna.</li> <li><input checked="" type="checkbox"/> to get a flu shot on <b>October 14</b>. Sign up in the Narthex.</li> <li><input checked="" type="checkbox"/> to play in the orchestra during worship on <b>October 14</b>. Contact Dr. Will Simpson, will@SALChome.org or 425-746-2529.</li> <li><input checked="" type="checkbox"/> for the Men's Retreat on <b>October 26-27</b>. Pick up a brochure in the Narthex; it includes a registration form.</li> </ul> |
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## THIS WEEK ~ OCTOBER 1 - OCTOBER 6

### TUESDAY, OCTOBER 2

#### TUESDAY MORNING MEN

Every Tuesday, 6:30 am, *Room 212*

Facilitator: Dick Swaisgood

We are studying **Mark** with "Immersion Bible Studies" by Emerson B. Powery. This study series invites prayerful reading, reflection, and engagement with Scripture, including how to put it into practice in our lives. Invite a friend and join us any Tuesday!

**DORCAS CIRCLE:** The Dorcas Circle meets in 302/Fellowship Hall South Tuesday, **October 2**, at 9:30 am. Everyone is always welcome to join as we sew quilts, school bags, and complete other projects in response to those in need.

**TUESDAY MORNING BIBLE STUDY**

- **October 2: *How to choose, and why you should choose, a good Bible or Two.*** Pastor McEachran will bring a number of Bibles and suggest some of the best for beginning and in-depth study of the Word of God. Bring your favorite translation and join the workshop of Word-Digging. Oh, and guess which is his favorite translation!
- **October 9:** We'll begin ***Witness to New Life in Christ --- Paul's Letter to the Romans.*** Paul had a new vision for his mission, to travel to Spain in a missionary journey for the Lord. It may have been that his mission support came from the house churches in Rome. The Letter to the Romans was his witness to what new life in Christ really meant. This will be a 10- week study. We will begin with a reading and unfolding of Romans 16.

**PLASTER HOUSE FUNDRAISING EVENTS:**

The Plaster House, a part of the Arusha Lutheran Medical Centre in Tanzania, is a rehabilitation center for post-surgery children. On Tuesday, **October 2**, two fundraising events for The Plaster House will be held locally.

- A luncheon at the Women's University Club (Seattle) starting at 11:30 am.
- At 6:30 pm, a bites and beverages event will be held at the Barbee Mill Community Beach Club.

Presentations at both events will include a video showing the building expansion and the work of the Plaster House, and presentations from recent visitors. Consider attending one of these events and/or making a donation in support of this life-changing ministry. Visit <https://plasterhouse.rsvpify.com> to RSVP to either event and for more information. Contact Jean Wahlstrom with questions.

**WEDNESDAY, OCTOBER 3****W.E.B.S. (Women's Evening Book Study):**

Wednesdays, **October 3 - November 14**, 7:00 pm, 322/Conference Room

Our book for this Fall Session is ***Everything Happens for a Reason*** (and other lies I've loved) by Kate Bowler. Pastor McEachran recommended this book and he will join us for the first and last meetings of this session, talking about the Prosperity Gospel and sharing his views on the book. *All women are welcome* for in-depth discussion, sharing, laughter, and prayer. Contact Cheryl Jurrus or Marlyn Thorpe for information.

**FRIDAY, OCTOBER 5**

**TAIZÉ SERVICE:** Join us for a trip to Saint James Cathedral in Seattle for a Taizé Prayer Service on Friday, **October 5**. A Taizé service involves sung and chanted prayers, meditation, a period of silence and liturgical readings. We will meet at Saint Andrew's at 5:00 pm and car pool to Saint James (804 Ninth Avenue) for the 6:30 pm service followed by a no-host dinner at a site to be determined. Sign up in the Narthex or contact Fellowship Coordinator Sherry Grindeland, [sherry@salchome.org](mailto:sherry@salchome.org) or 425-746-2529.

**NEXT SUNDAY ~ OCTOBER 7****WORSHIP****Sunday, October 7: Twentieth Sunday after Pentecost**

Proverbs 1:1-7; Psalm 19:7-14; Hebrews 1:1-4; Mark 10:13-16

**Servers for October 7***Presiding Minister:* Pastor James McEachran*Assisting Ministers:*

(I) Dick Swaisgood (II) Carolyn McKenna

*Communion Assistants:*

(I) Jean Wahlstrom (II) Celeste Ackerbloom

*Altar Guild:*

JoAn Eklof, Karin Eklof

*Greeters:*

(I) Joyce and John Arnold

(II) Shirley and Dean Hobson

*Lectors:*

(I) Brett Nelson (II) Misty Weber

*Ushers:*

(I) Judi and George Miller (II) Mark Davis

*Coffee Hosts:*

Vision Initiative Team

**EARLY SUNDAY MORNING DISCIPLESHIP****EARLY SUNDAY MORNING BIBLE STUDY: Sundays, through November 18**

7:15 am, 322/Conference Room

Facilitators: Jean Wahlstrom and Marvin Kananen

Journey with us through the book of AMOS this fall at the Early Sunday morning Bible Study.

The prophet Amos brought a message of responsibility in an affluent time. This ten-week unit will cover the nine-chapter book. Coffee and light refreshments provided.

**DISCIPLESHIP HOUR...9:45 AM****OCTOBER 7****VISION INITIATIVE**

Presenter: Vision Initiative Team

301/Fellowship Hall North

Two Visioning Workshops were held in July. There was great participation, a lot of excellent discussions were had, and ideas were shared. An abundance of data and input was collected. Since the workshops, the Vision Team has been very busy correlating the data and working on synthesizing clear, concise statements that captures your concepts. The team continues to meet weekly. On Sunday, **October 7**, during Discipleship Hour, the team will share the results of the first two workshops for your review and feedback.

The Vision Initiative Team is Dick Szabo, Jean Wahlstrom, Ann Thorpe, Dana Nasby, and Marvin Kananen.

**October 7, October 14****STEPPING INTO THE STORIES (Faith Stepping Stones for Parents of Kindergarteners)**Facilitators: Lois Nelson, Kari Henderson  
322/Conference Room

The first session is for parents only, and focuses on the academic aspect of academic and social requirements of school. Kari Henderson will lead this discussion.

Session 2 is for children and parents.

We will be making prayer boxes together and talk about praying with the children. Kindergarten students will be blessed and presented with a Story Bible on Sunday, **October 14**, at the 11:00 am worship service.



**SUNDAY CHURCH SCHOOL (SCS) CLASSES**

*South Hall*

**AFFIRMATION OF BAPTISM/CONFIRMATION (ABC)**

*302/Fellowship Hall South*

- **October 7, October 14, and October 28:** *"Introduction to Old Testament"*

**CROSSWALK**

*319/Youth Room*

**FELLOWSHIP**

**APPLES IN THE PARKING LOT:** On Sunday, **October 7**, Saint Andrew's members Vince and Doris Visaya will bring a trailer full of tasty, juicy apples to the Saint Andrew's parking lot! You are welcome to take as many apples as you wish (bringing your own bag is helpful) and leave a donation which will go to the Summer 2019 God Squad (high school) Mission Trip.

**BLESSING OF THE ANIMALS:** In gratefulness for God's creation we will gather on Sunday, **October 7**, at 4:00 pm with our special pets for a service, led by Pastor Yoos, to give God thanks and praise along with prayers and blessings for our animals. Please make sure your pet is leashed or caged and in control. Alternatively, you can bring a photo of your pet. Following the service, the humans will gather for a potluck dinner in 301/Fellowship Hall North.

**EMERGENCY TRAINING:** Our Emergency Operations Plan calls for yearly drills to practice responses to emergency situations. This year, the practiced action will be a police response drill. There will be an after-church training and discussion seminar about the police response drill on Sunday, **October 7**, at 12:30 pm in *301/Fellowship Hall North*.

**COMING UP**

**DISCIPLESHIP HOUR...9:45 AM**

**October 14**

**IS GOD A FOOTBALL FAN?**

Presenter: Pastor Drew Yoos

*301/Fellowship Hall North*

Pastor Drew will talk about how the intersections of football and religion, the ethical implications of watching football, and we'll wonder together who God's favorite football teams might be.

**October 21**

**EMERGENCY DRILL**

Facilitators: Building and Property Committee

Our Emergency Operations Plan calls for yearly drills to practice responses to emergency situations. This year, the practiced action will be a police response drill. A police response will sound the "police siren" alarms throughout the building, call 911 for a police response, lockdown the exterior doors, and send text messages to teachers and staff. If you hear the siren alarm in the building, you should take one of these three actions, in preference order: Run, Hide, Fight. There will be an after-church training and discussion seminar about the police response drill on Sunday, **October 7**, at 12:30 pm in *301/Fellowship Hall North*.

**October 28****TEN THINGS YOU NEED TO KNOW ABOUT REFORMATION**

Presenter: Pastor James McEachran

301/Fellowship Hall North

Spend Reformation Sunday with Pastor McEachran looking back at the Reformation and ahead as we celebrate its 501st anniversary.

**FELLOWSHIP****PROVIDE DINNERS FOR CONGREGATIONS**

**FOR THE HOMELESS:** From Tuesday, **October 2**, through Sunday, **October 14**, Saint Andrew's is providing dinners for 35 men served by Congregations for the Homeless. Volunteers are needed to prepare, deliver, and serve the meals at Eastshore Unitarian Church near Factoria. Deliver the meal at 6:30 pm; serving begins at 7:15 pm. Volunteers are welcome to join in the meals with the men. This is a wonderful outreach opportunity for individuals, small groups, families and friends. Sign up in the Narthex. There are three dates still available: **October 4, 8, and 14.**

**YOUNG ADULTS** (*those who have graduated high school and older*): Young adults of Saint Andrew's get together for dinner on the 2nd Wednesday of the month at 6:30 pm. Our next dinner is **October 10** at Crossroads Mall Food Court. Contact Carolyn McKenna by Monday, **October 8**, if you plan to join us.

**WELCOME BABY YOOS:** A baby shower for Pastors Sara and Drew Yoos will be held 3:00 pm - 5:00 pm on Saturday, **October 13**, in 301/Fellowship Hall. Families are invited – and all children welcomed. We will celebrate the pending arrival of the baby with conversation, games and refreshments. An envelope will be posted on the Narthex bulletin board for contributions to the congregational gift for the family. Questions? Contact either Joyce Kasper, chair of the Discipleship Ministries Committee or Fellowship Coordinator Sherry Grindeland, 425-746-2529 or sherry@SALChome.org.

**FLU SHOT CLINIC:** Flu shots will be available at Saint Andrew's on Sunday, **October 14**, from 8:00 am to 11:00 am. The shots will be administered by the Seattle Visiting Nurse Association. Sign up in the Narthex to ensure an adequate supply of vaccine. For more information, contact Parish Nurse Beverley Watt.

**ORCHESTRA:** The Orchestra will play during both worship services on Sunday, **October 14**. Rehearsal is Saturday, **October 13**, at 10:00 am. To participate or for more information, contact Dr. Will Simpson, will@SALChome.org or 425-746-2529.

**VISION INITIATIVE WORKSHOP - VALUES:** We held two Visioning Workshops in July with great discussions and ideas. On Sunday, **October 14**, from **12:30 pm to 3:00 pm**, we will have a third workshop. This workshop will be on our **values** – why we do what we do. A light lunch and child care will be provided.

**O.W.L.S. (Older Wiser Lutheran Saints):**  
**Quilts Around the World**  
Find out what happens to all the beautiful quilts made by talented Dorcas Circle volunteers at the O.W.L.S. meeting on **October 16**. And how about those personal care kits? Linda Willenberg and Stella Nieman will be the guest speakers, and share where these loving offerings go and who they help. The O.W.L.S. meet the third Tuesday of the month at **11:45 am** in 301/Fellowship Hall North. No reservations or RSVP needed. If able, please pitch-in with a potluck dish for the luncheon. For more information, contact Fellowship Coordinator Sherry Grindeland, sherry@salchome.org or 425-746-2529.

**TIMBER RIDGE WORSHIP GATHERING:**

Pastor McEachran and Pastor Wes Telyea from Our Savior Lutheran Church in Issaquah lead worship gatherings at Timber Ridge in Issaquah on the third Wednesday of the month, at **1:00 pm** in Multi-Purpose Room A. The next worship gathering on **October 17**. All are invited (members and friends of Saint Andrew's - whether you live at Timber Ridge or not!). Inquire at the front desk when you arrive and they will direct you to the room location.

**FIRE FORCE FALL RETREAT:** Youth in grades 6-8, plan to go on the Fire Force Fall Retreat at Warm Beach Camp in Stanwood Friday-Sunday, **October 19-21**. Our weekend theme will be *"OMG! God and the Internet"* where we will explore all the ways and places that God shows up (and doesn't show up) online. Sign up in the Narthex by **October 1**. Contact Pastor Drew Yoos, drew@SALChome.org or 425-746-2529, for more information.

**ADULT MISSION TRIP:** We are considering an adult mission trip to the Navajo Lutheran Mission in Rock Point, Arizona. Probable dates would be **March 21-April 4, 2019**. The trip would include a combination of construction work (no experience necessary) and less physical things. Cost would be air fare and hotel stays for two nights, and space is limited. If you are interested or have questions, contact Fellowship Coordinator Sherry Grindeland, sherry@SALChome.org.

**MEN'S RETREAT:** Men: Join us for our Men's Retreat on Friday-Saturday, **October 26-27**, at Valley Camp in North Bend. Our facilitator for the weekend is Pastor Timothy Weber, who will speak on the theme **"Enriching Life by Embracing Our Dying: The Proper Use of Death Bed Regrets."** A description.... *Psalm 90 admonishes to do the unnatural: "Teach us to number our days that we might apply our hearts unto wisdom." We do everything to avoid the reality of our dying. It is unnatural, maybe even frightening, for us to look at our dying boldly in the face with the prayer: teach me to learn from my dying how I might live with greater abundance. For this task we need the power of the Spirit, courage to face the conversation, and partners in our faith community who might help us. The promise of Christ is that the abundant life awaits us even more than we would ever think.* Brochures with registration forms are in the Narthex. Pick one up, take one for a friend, and register by **October 21**.

## ONGOING OPPORTUNITIES

**DISCIPLESHIP HOUR VOLUNTEERS**

**NEEDED:** As we settle into our fall schedule, we are thankful for the many people who are giving their time and energy to growing disciples at Saint Andrew's. At this time, our SCS/ABC teachers and mentors are still in need of extra support and that responsibility falls to all of us. So if you have any interest and passion for furthering the discipleship ministry of this congregation by using your gifts, please contact Pastor Drew, drew@SALChome.org or 425-746-2529.

**CORNER OF BLESSING/HOPELINK:** Each month, we collect food in the Corner of Blessing. All donations are given to Hopelink to help feed those in our community. In **October and November**, we are collecting items that go into Hopelink's Emergency Bags, which ensure that everyone who comes to Hopelink leaves with food to eat. Pick up a complete list of needed items on the Corner of Blessing table. For next Sunday, **October 7**, we welcome **pasta** (~16 ounce packages dry pasta) and **pasta sauce** (~24 ounce CANS). We also collect **egg cartons**. Hopelink gets fresh eggs in bulk and uses the cartons to repackage the eggs for clients. For more information, contact Debbie Szabo.

**PERSONAL CARE KITS:** Health and Wholeness Ministry is collecting items for Personal Care Kits which will be sent in November. The kits contain basic hygiene items and are sent to areas of the world by Lutheran World Relief where they are needed. Our needs for the fall shipment include the following items:

- toothbrushes
- bath towels - 20"x40" to 52"x37", light weight, dark color
- soap - 4 or 5 ounce bars
- nail clippers - large or small size

Please place items in the basket in the Narthex labeled Health and Wholeness.

**JOIN THE SUNDAY SERVERS TEAM:** If you typically attend the 11:00 am worship service, please consider volunteering to be an **usher, greeter** or **lector**. The need is greatest for ushers! We welcome new volunteers for the 8:30 am service, too. Please contact Fellowship Coordinator Sherry Grindeland, sherry@salchome.org or 425-746-2529.

**CONGREGATIONS FOR THE HOMELESS (CFH):** The CFH Day Center is open year-round providing services to homeless men. Once a week they distribute clothing, and currently are in need of more donations. If you have any gently used men's clothing, please put them in the basket marked "CFH" near the elevator in the Narthex. Items needed are: *jeans, belts, new underwear, t-shirts, light jackets, sweatshirts, fleece jackets, socks, athletic shoes, casual pants and shirts, towels for showers, sweat pants, and sleeping bags.*

**COLLECTIONS:** Dorcas Circle, Health and Wholeness Ministry, and Outreach and Servant Ministries welcome your contributions for Lutheran World Relief, Compass Housing Alliance, Congregations for the Homeless, and The Sophia Way. Lists of needed items are in the baskets near the elevator in the Narthex. Donations can be placed in the same baskets.

**EMPTY PILL BOTTLES:** Health and Wholeness Ministry is collecting empty pill bottles -- **with labels removed** -- for The Sophia Way. The bottles are given to the women to put shampoo and conditioner into for their individual use. Bottles can be placed in the small plastic blue tub in the Narthex.

**BOXTOPS FOR EDUCATION:** In 2016, Jean Wahlstrom and Marvin Kananen volunteered at the Navajo Lutheran Mission (NELM) in Rock Point, Arizona. Saint Andrew's helps the Mission School secure needed school supplies and equipment by collecting box tops. Cut out and bring those little coupons found on various food containers (General Mills products) to the envelope attached to the bulletin board in the Narthex, labeled BOX TOPS. Collectively, these box tops will add up to enable these children to get a better education! To learn more, visit [www.nelm.org/school](http://www.nelm.org/school) or contact Jean Wahlstrom.

**YOUTH REGISTRATION FORMS:** We ask that all families complete a Youth Registration Form **each year**. This form gives us the medical information and permissions needed to help keep children safe while participating in all Saint Andrew's activities for 2018-2019. Complete one form per family.

- Copies of the form can be found in the Narthex near the church office, in the Sunday Church School office, and in classrooms. Return completed forms to the church office.
- The form is also ONLINE as an interactive PDF form; find it along with information on completing and submitting it, at [www.ce.SALChome.org](http://www.ce.SALChome.org).

**RECORDINGS OF CLASSES:** Video and audio recordings of Sunday adult discipleship classes are available online. Links to recordings can be found on the Sunday Morning Discipleship webpage: [adulted.SALChome.org](http://adulted.SALChome.org). The recordings for:

- "Transitions in the Ministry Team" with Pastor Shelley Bryan Wee, from September 16, is available through October 15.
- "Mission in Bellevue" with Pastor McEachran, from September 23, is available through October 22.

**COMMUNION BREAD:** This quite easy and important ministry needs volunteers to give an hour to baking bread which feeds our faith family every Sunday at the altar.

- You can sign up for a specific Sunday to bring bread.
- The bread freezes well, so you can also bake when it is convenient for you, without signing up for a specific day. The bread can be baked anytime, sealed in zip lock bag with the date baked on the label, and placed in the container marked "Altar Guild Bread" in the freezer in the Scullery.

Visit [www.worship.SALChome.org](http://www.worship.SALChome.org) to find links to the sign-up and to the recipe for Luther Bread. Scroll down to "Bake Communion Bread". Contact coordinator Jill Nichols-Hicks for more information.