



St. Andrew's  
Presbyterian Church

eNews

January 19, 2023

(503) 246-4276, [admin@standrewspdx.com](mailto:admin@standrewspdx.com)

3228 SW Sunset Blvd, Portland, OR 97239

Office Hours: (9am - 3pm, M - TH)

**Join us for worship every Sunday at 10:00am in person *or* on Zoom & Facebook.**

### Thoughts from Pastor Sarah

Dear Kindred in Christ,

I pray every single day, usually as I am surfacing from sleep. Sometimes a bit later. Sometimes in my head and sometimes out loud and sometimes in writing. Sometimes on my knees or in the bath. The how of it changes, but the fact of it doesn't. I didn't always have this morning discipline. I have cultivated it over the past decade plus. And often, it is an immense gift to me.

My prayers follow a rhythm. They start in gratitude, they end in prayers that the highest good be done for a variety of people, places, and situations. They are an opportunity to reflect on the day just behind me and the day just before me and note the blessing of God and need for God's blessing that is apparent. When I learn of crises and distress, I have a reliable place to put what I have heard-- in God's loving care. When I tell people I will pray for them, I often do on the spot, but I always do the next morning. You can count on it.

And it is particularly powerful when I pray for weeks that the highest good be done for something or someone and then I see it done. Let me give you a few examples.

- Last fall I prayed every day that the highest good be done in the St. A's stewardship campaign. And this week your stewardship team and Session are finalizing a budget that is supported by the exceeding generosity of pledgers in 2022, who overgave! And by commitments made for 2023 that nearly equal the commitments made for 2022. Thanks be to God. I'd say the highest good was done, for sure, in our 2023 stewardship campaign-- through the powerful response from all of you. Alleluia!
- For months I prayed that the highest good be done with the formation of a conflict team for the Presbytery of the Cascades, and more recently the specific prayer that the highest good be done with the training retreat for this team. Well we gathered that team for the first time in person this past weekend and held that training retreat and I was blown away. We seemed to have EXACTLY the right people on the team. The highest good was done this past weekend, for sure. Thanks be to God!

And now I'm praying that the highest good be done for our confirmation retreat and worship service this weekend. And I have every reason to have hope for this experience because again and again God shows up and gives me reason to give thanks. I want to be clear about something-- in neither of the examples I lifted up was everything perfect by my standards, or really by any human standards. Whenever you're dealing with human beings things are messy- sometimes a little messy, sometimes a lot messy. People were late to the retreat last weekend, our schedule got thrown off. One person didn't show. But nonetheless... community was built, learning transpired, and we became a team! Not

perfection, highest good. Already I know things are not going to go exactly as I imagined this coming weekend. But God will show up in ways I could never even ask or imagine and surely the highest good will be done.

I will keep praying; you can count on it. I hope you will too.

In Christ, Pastor Sarah

**Your COVID team (now Respiratory Viruses team) met on 12.7 and asks that you please wear a mask in worship until the hospitals are not operating at near capacity. You may bring a mask from home or ushers will have masks available at the door when you enter.**

**We are in the midst of a Tridemic- RSV, Flu, and COVID. The governor has declared another state of emergency. Our hospitals are once again overwhelmed, particularly the pediatric units. Kids are being flown to Boise when they are well enough to make the trip. All three of these are respiratory viruses that can be transmitted before symptoms develop or even if symptoms never develop.**

**Masks are the best tool we have, when gathering, to protect ourselves and, more significantly, to protect our most vulnerable neighbors-- presently infants and children who can get terribly sick with RSV, a virus for which we do not have a vaccine.**

**When we gather and sing and socialize, we expel aerosols that can carry viruses to others. I know that you are committed to serving neighbors. You can do this through the simple act of wearing a mask in public places. We know you're tired of masking. We're all tired of masking. But for the sake of public health, for the sake of our children and grandchildren, let's please do it.**

**The St. Andrew's Respiratory Virus Team (formerly the Covid-19 Team), has updated our Respiratory Viruses Policy to reflect the current 'Tridemic' in our midst: Influenza, Respiratory Syncytial Virus (RSV), and COVID-19 viruses. Please see our website for our most current Respiratory Viruses Policy, and contact us with any questions.**

#### **SCRIPTURE**

January 22

Matthew 5:1-16; Psalm 1:1-3

January 29

Matthew 6:7-21 [25-34]; Psalm 20:7

#### **New News & Announcements**

##### **NEWS ABOUT PER CAPITA FOR 2023**

Every year St. Andrew's pays a per capita fee for all registered members of our congregation from the preceding year. We reported a membership of 176 members at the end of 2021, so we will be paying \$8,026 to the presbytery, some of which will then be passed on to the Synod of the Pacific, and the General Assembly of the PC(USA).

Many Presbyterians opt to make an additional donation, over and above their annual pledge or tithe, to cover the cost of their per capita. If you would be willing to do this, please write a check to the church for \$46 per member of your household, or donate on-line and designate this as a per capita contribution. If you would prefer that this be taken out of your annual giving, that is also acceptable.

Locally these funds help compensate our stated clerk who provides immeasurable support to the congregations of this presbytery and also to support other administrative functions of the presbytery-- training events, and assembly meetings, etc. Nationally these funds help bring together commissioner and advisory delegates at bi-annual assembly meetings, publish the church constitution in multiple languages and formats, gather church leaders from mid-councils

for training, supporting pastors and lay leaders, helping to facilitate ordination exams, facilitating call searches through an on-line platform, supporting the Presbyterian historical society, providing a Presbyterian presence at ecumenical gatherings, and more... We belong to a national church, and we support the wider ministry of the church through both per capita funds and an annual partnership pledge targeted more to the mission of the wider church.

Thank you for supporting the work of the wider church with your generosity.

#### CONFIRMATION IN 2023

This weekend four confirmands and four mentors and Pastor Sarah will spend two days together on Mt. Hood and then we will celebrate confirmation on January 22 in our 10am worship service. Our mentors will continue to connect with the confirmands over the course of the next six months. Please pray for Aubrey, Caroline, Everett, and Sydney and for their mentors Marilyn, Darwin, Kevin, and Lori as we come together this weekend.

#### RED CROSS BLOOD DRIVE AT ST. ANDREW'S

We are hosting another blood drive on Thursday, January 26th, from 11:00-4:00, in the chapel. Many slots are still open so if you've been thinking about donating blood sign up now and help make this a successful event! Registration is online. As an added incentive, all donors in January are automatically entered into a drawing to win tickets to Superbowl LVII. Contact the office if you have any questions.

#### HAPPY BIRTHDAY TO CHUCK STILSON!

Chuck Stilson, longtime member of St. A's, is turning 93 on January 21. He's been suffering from ongoing health problems. Please help him have a Happy Birthday with a card or letter. Contact the office for Chuck's address. It is also listed in the St. A's directory.

#### ANNUAL MEETING - JANUARY 29TH

Our winter semiannual congregational meeting will be in conjunction with the January 29th worship service. There will be several items of business on the docket: the 2022 annual reports, receiving the 2023 budget adopted by the session, approving Sarah's 2023 terms of call, voting on two bylaws amendments recommended by the session, and electing the 2023 Congregational Nominating Committee. One recommended bylaws amendment would reduce the size of the board of deacons from 15 to 12 members. The other recommendation will change the process for electing the elder and deacon representatives on the Congregational Nominating Committee to be in accordance with the Book of Order. The changes are shown below in bold with the underlined phrases to be deleted and the italicized sentence to be added.

The congregation shall form a nominating committee with five voting members in the following manner:

- One of the members shall be a ruling elder who is currently serving on the session **and appointed by the session.**
- One of the members shall be a deacon currently serving **and appointed by the board of deacons.**
- Three of the members shall be members-at-large.

***The session and deacons shall suggest nominees for their representatives for consideration by the nominating committee.***

#### JOIN OUR WONDERFUL YOUNGSTERS ON SUNDAY MORNINGS

Thanks to the wonderful work of Aubrey Schiefelbein, who works in our nursery, we have a consistent presence for our little ones in the Church Nursery most Sundays. Occasionally, we need a replacement for Aubrey, but most of the time we just need someone to check in with her to see if she needs help and be another person available to our children. Come play, read, and be with our inspiring children! Sign up online for a Sunday or two.

#### Learning & Fellowship Opportunities

Members of all classes and groups are encouraged to continue reading and studying at home. Please contact your group leader if you do not find a list or link below.

## MEN'S BIBLE STUDY

Several St. Andrew's men meet on first and third Wednesday sat 7am, usually at Pastor Tom's house. New participants are welcome. For more information, please contact Larry Patterson or the church office. Virtual participation is available upon request.

## CONTINUING ENNEAGRAM EXPLORATIONS

Every fourth Saturday at 1pm, a group of open, curious, compassionate people gathers on Zoom to come to greater understanding of themselves and other people through the tool of the Enneagram. If you have been curious about this tool, now is a good time to jump into the discussion or to reconnect as we are starting a new book study. All are welcome. We hope that you will buy or borrow "The Journey Toward Wholeness" by Suzanne Stabile, and read it in full before our January gathering on Saturday, January 28, at 1pm on Zoom.

## ANTI-RACISM DISCUSSION GROUP

The Anti-racism discussion group is reading the book, 'Caste: The Origins of our Discontents', by Isabel Wilkerson, that "examines the unspoken caste system that has shaped America and shows how our lives today are still defined by a hierarchy of human divisions." Our next meeting is Thursday, February 9, at 6:00pm on Zoom, where we will discuss parts 6, 7, and the epilogue (chapter 25-end). We will also discuss what we would like to study next. The group expressed an interest in learning more about Native American experience and oppression. If you know of good books, movies, podcasts or other resources for this area of study, please let us know. Regulars and new-comers alike are invited to join us. Contact Pastor Sarah for more information.

## Service Opportunities & Mission Updates

We know that there are many requests for basic needs assistance right now. Please contact the Church Office Admin or Mission Team Leader if you have questions or need help with drop-off or deliveries. We hope that you find one or more opportunities that call to you, and please know that any amount of support is appreciated and makes a big difference!

## ZIPLOC MINISTRY

***Saturday, January 28, 10:00-12:00; Ziploc bag filling***

***Saturday, February 4, 11:30-12:00; First Saturday donation drop-off***

We continue our ongoing work of distributing important donation items to our ministry partners, which now includes Operation Nightwatch (see article above). Our goal is to assemble 40 bags a month, which will include enough to give some directly to those living outside in our own neighborhoods. The cost of this is \$250 per month, which currently comes out of our Neighborhood Ministries fund. We welcome continued donations to offset this cost and maintain this regular support of our unhoused neighbors. Suggested donation item include:

- Gatorade
- Water
- Sweet salty snacks (raisins nuts chocolate, not crunchy)
- Soft protein bars (not crunchy)
- Slim Jims or other easy-to-eat single-wrap snacks
- Razors
- Hand warmers
- Toothbrushes
- Toothpastes
- Soap
- Hand sanitizer
- Hand wipes/towelettes
- Socks
- Gloves

Items can be dropped off at First Saturday Donation Drop-off, at anytime during office hours, or on Sundays. Feel free to take an assembled bag or two that are located in the Narthex and give them out as needed. Contact Darwin if you have any questions.

#### MEALS FOR WEST WOMEN'S & CHILDREN'S SHELTER

Once a month volunteers from St. Andrew's provide a large meal and snacks for residents at the West Women's & Children's Shelter. There is a pre-set menu to follow and the recipe for each meal is provided in advance. Delivery drivers are also needed. Sign-up online.

#### HELP RESETTLE AN AFGHAN FAMILY

Amir and Khatera, the brother and sister you helped support, have come a long way in settling into life here. Both are employed full-time, Khatera having secured full-time hours this week. Amir continues to work full-time as a welder, and also moonlights. Khatera works in a grocery store, both in the deli and as a cashier. They continue to study English, as they know that's key for better jobs. They attend a mosque, and have many Afghan friends.

Both have had interviews for obtaining asylum. If Amir is granted asylum, he could then apply to have his wife and three young children immigrate. Eventually, Amir and Khatera would like to have their entire family, including their parents, come. The family business in Afghanistan no longer has customers because of the collapse of the economy. Amir and Khatera help support their parents, Amir's wife and children, and a sister and brother-in-law who are trying to get to Pakistan and eventually the US. This involves sending a significant portion of their income to Afghanistan. As a result, we continue to provide some financial support for part of their rent, car insurance, and other incidentals. If the extended family is able to come, they will need money for application fees and for travel (usually with stops in three countries along the way).

Continued donations to help this family can be made to the Afghan Refugee Fund, via St. Andrew's, and should include your name and address, and whether you're a member of St. Andrew's. Questions? Ask Amy Houchen or Rebecca Nasson.

#### ST. ANDREW'S QUILTERS

The St. Andrew's quilters meet on the second and fourth Wednesdays of each month at 9:30. Their beautiful creations are donated to organizations that provide warmth to those in need. All are welcome to join them! Contact Gail Planck for more information.

#### **Virtual Gatherings & Events**

Sunday, January 22 & 29

10:00am Hybrid Worship

Zoom & Facebook

(also in person)

Friday, January 20 & 27

10:00am Virtual Coffee Chat, Zoom

Saturday, January 28

1:00pm Enneagram Discussion Group, Zoom

#### **Reminders & Ongoing News**

##### ST. ANDREW'S NAMETAGS

Would you like to make a new friend? Wearing your nametag each Sunday at worship can help. You can request a new nametag this coming week. They are being made for visitors and/or members of our worship community. Please contact Katy in the office or Connie Blumthal for a new (or renewed) nametag. "Make new friends, but keep the old. One is silver and the other gold."

#### NEW NATIONAL SUICIDE & CRISIS LIFELINE

People experiencing a mental health crisis have a new way to reach out for help in the U.S., by calling or texting the numbers 9-8-8. The 988 Suicide & Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States. It will function much like 9-1-1, but is solely dedicated to addressing mental health needs. See their website for more information on this potentially lifesaving new program, and help spread the word.

#### RIDES TO CHURCH

We are grateful St. Andrew's is now open for Sunday worship services and are anxious to reunite with friends, fellow members, and all who wish to be part of this. To help make this happen, some of our Deacons are starting a program to give rides to church to people who need them. If you would be interested in receiving this service, or know someone else who would, please let us know so we can get you on our list. If you would be interested in being a driver, please let us know that too. With enough volunteers people may only be needed once a month. Contact the office, Merrie Backer, or Larry Kelly to sign up, or if you have any questions.

**Member Database Access is available anytime. Contact the office to get set up.**

**Thank you for continuing to support the ministries of St. Andrew's through your online donations and checks sent by mail.**

**Office: 503-246-4276**

**Office hours 9:00am - 3:00pm, Monday - Thursday**

**Bookkeeper hours: 9:00am - 1:00pm, Monday & Wednesday**

**The Rev. Dr. Sarah Sanderson-Doughty, Pastor and Head of Staff**

**Don Feely, Director of Music Ministry**

**Katy Rustvold, Office Administrator/Neighborhood Ministries Coordinator**

**Krissy Wilds, Bookkeeper**