



St. Andrew's
Presbyterian Church

eNews

May 25, 2023

(503) 246-4276, 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'm safely back from my short trip home for part two of my study leave. It was wonderful to be with my play writing group in person and to hear our plays read by actors (and by a pastor posing as an actor!) And it was valuable for strengthening my connections to my family of origin at a tender time for all of us.

I returned to discover that the internet and phone service is down at church so I'm writing to you today from home and Katy is working from home until service is restored or it's time to go in to print. If you've been trying to call the church, it's not you; it's us. And we hope our service provider remedies it quickly. I understand the internet crashed during worship on Sunday-- this was a harbinger of doom, perhaps. I'm sorry for the disruption for our on-line worshipers and for the inability to reach us by phone. Frustrating for all.

This Sunday is Pentecost, the day on which we remember the gift of the Spirit that birthed the church. Six years ago, my first service with you was on Pentecost so this is always a special day in my relationship with you. I hope you'll wear red (or other fiery colors) and come ready to remember the wind of the spirit by blowing bubbles (great week to bring the kids to church!) The Acts reading for the day begins "On the day of Pentecost they were all together in one place..." Might we be? Might you make this a week to come in person so we can have that experience of being all together in one place? I know it is a secular holiday weekend and if you will be away I certainly understand. I pray for traveling mercies and safe celebrations. I do hope many of you will join us and WEAR RED.

Next Wednesday, May 31 (is it really almost June?!), at 2pm, we will be celebrating the life of Bud Berg. I hope you'll mark your calendars and plan to join us. If you'd like to help with the reception, please let Carol Stanfield or Gail Planck know.

Tonight the anti-racism group gathers on Zoom and Saturday the Enneagram group will gather on Zoom. I look forward to learning with all who join me. And I hope you might log on to Zoom tomorrow, Friday, between 10 and 12 for a coffee chat.

I'm going to be on vacation for much of June. I will be in worship the next two Sundays, but off the following three. I'm so grateful to Jan Reynolds for preaching for me this past Sunday. She will preach again on June 11, Sunggu Yang will preach June 18, and the preacher for June 25 is TBD. We have very special music planned for June 25. You won't want to miss it; I'm sorry that I will (though not sorry to have vacation). And when I return, in July, we'll begin outdoor worship.

We are holding our 10am worship time through the summer, but will worship outdoors as much as possible. I hope you'll put on your sunscreen and maybe your sun hats and join us as we worship in the beauty of a PNW summer.

One more thing, I've started talking with a few young families about starting a supper church/messy church Saturday evening service. I know the 10am time is really tough for lots of young families. When we add this service, it will be for all ages... you can even come on Saturday and Sunday if you're willing! If you want to help with the design and launch of this new worship/fellowship/education opportunity, please let me know.

I remain so honored to be your pastor.

In Christ,

Pastor Sarah

Your Respiratory Viruses team learned on 1.19.23 that the surge in respiratory viruses is on the wane and decided it is ok to relax our masking requirement. We still encourage masking in worship, but do not require it. You may bring a mask from home or ushers will have masks available at the door when you enter.

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.

See our website for the most current Respiratory Viruses Policy

SCRIPTURE

May 28

Acts 2:1-4; Romans 8:14-39

Matthew 28:16-20

June 4

Isaiah 6:1-8; Luke 5:8-10

New News & Announcements

TEMPORARY OFFICE HOURS, JUNE 2 - 14

Between June 2nd & 14th our office hours will be Monday-Thursday from 8:30-2:30. We will resume our regular hours on June 15.

CALL FOR A SEMI-ANNUAL CONGREGATIONAL MEETING

On Sunday, June 4th, at the end of worship, just before the benediction, we will hold the semi-annual congregational meeting for the purpose of electing a slate of officers for the coming year(s) including Elders, Deacons, and Foundation Board Directors. This will be a hybrid meeting. If you are unable to attend in person but would like to participate, plan to join us on Zoom. All members of the congregation are eligible to vote in this meeting.

ANTI-RACISM DISCUSSION GROUP

Join us as we finish reading and discussing the book, "All the Real Indians Died Off and 20 other Myths about Native Americans" by Roxanne Dunbar-Ortiz and Dina Gilio-Whitaker. Our next gathering will be tonight, Thursday, May 25, at 6:00pm on Zoom. We plan to discuss myths 14 - the epilogue, and the end of the book. After this session we will take a break for the summer. All are welcome to take part. Contact Pastor Sarah if you have any questions.

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. This season we are using "The Journey Toward Wholeness" by Suzanne Stabile as our guide. If you would like to take part it would be helpful to get a copy of the book and read part two before our April gathering. Our next gathering is this Saturday, May 27, at 1pm on Zoom. Contact Pastor Sarah if you need a reminder of other specific homework.

SERVICE FOR BUD BERG

The service for Bud Berg will be held at St. Andrew's on Wednesday, May 31, at 2:00. Please join us, and continue to hold Janet and all of their family in prayer. If you'd like to help with the reception contact Carol Stanfield or Gail Planck.

UPDATE ON KRISSY

Krissy had her third round of chemotherapy this week and gives this update:

Things are still going well, I'm having some side effects like swollen ankles, port pain and some nerve stuff that isn't too much of a concern right now. I did get some good news, my breast MRI (taken over the weekend) showed that the mass in my left breast and left lymph had decreased in size. So that's something to celebrate. Still trying to maintain my positive attitude and keep life moving forward. I keep telling myself, "Just keep swimming". Only one more round of chemo left on 6/6 yay! Thank you for everyone's continued thoughts, prayers and positive vibes.

There are still some days available in early June to bring Krissy and her family a meal. Sign up online via Meal Train. Instructions for food preferences and delivery are included.

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.

SPIRITUAL FORMATION GROUP

Please join us as we learn and develop practices that enhance our spiritual journeys and daily lives. We meet on the 1st and 3rd Wednesdays of each month from 12:30-2:00pm in the Lounge. For more information contact Jan Reynolds.

MEN'S BIBLE STUDY

Several St. Andrew's men meet on first and third Wednesdays at 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.

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, June 3:

10:30-12:00-Ziploc bag filling and 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 items 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 any time 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. All meal and food contributions can be dropped off at the monthly first Saturday Ziploc ministry day (see above), from 11:30-12:00. Sign-up online to take part.

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, May 28 & June 4

10:00am Hybrid Worship

Zoom & Facebook

(also in person)

Thursday, May 25

6:00pm Anti-Racism Discussion Group, Zoom

Friday, May 26 & June 2

10:00am Virtual Coffee Chat, Zoom

(Password- COFFEE)

Saturday, May 27

1:00pm Enneagram Study Group, Zoom

Reminders & Ongoing News

ARTS FOR A CAUSE

There will be an 'Arts for a Cause' table set-up in the narthex each Sunday as a way to raise funds for different causes supported through and in benefit of St. A's. The table will be dedicated to a different cause every few months and Art sold will follow a theme. This month's theme is the Toiling for Lilies campaign and all proceeds will go to grounds. Anyone is welcome to donate arts, crafts, writing, or items that follow this theme to be sold on the table. For more information contact Darwin.

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 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 program, and help spread the word.

RIDES TO CHURCH

Do you or someone you know need a ride to church on Sundays? If so our Deacons are on hand to give rides to church to those who need one. 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