

St Andrew Lutheran Church

# Heartbeat

February 2020



## Show your team spirit in our Souper Bowl soup competition

Ready for a little friendly competition? Who do you want to win Super Bowl LIV –The Kansas City Chiefs or the San Francisco 49ers? Root on your favorite team by placing a can of soup (or more) in the bucket in the Narthex labeled with the team of your choice. The “competition” will run through Super Bowl Sunday, February 2. All soup collected will be donated to the Interfaith Food Center.



## Spring planting workshop

Saturday, March 14, 10 a.m. to noon

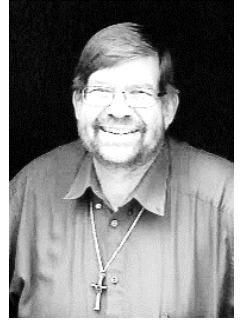


Would you enjoy your own home grown vegetables? Get ready for spring planting with this free event led by a Los Angeles Master Gardener.

Topics will include spring crops, transplanting seedlings, mulching and composting, companion plants, and container gardening.

- Free seedlings
- Handouts
- Refreshments

## LENTEN DISCIPLINES



Lent is coming and begins on Ash Wednesday, February 26. Many people during Lent adopt the discipline of giving something up. Often this is some type of food, like chocolate or dessert, or a habit, like biting your finger nails. I have a friend who gives up Facebook during Lent.

The practice of giving something up for Lent goes back to the early Christian church, when baptisms were only done on Easter Sunday. In preparation for that event, baptismal candidates had to fast for the entire season of Lent (every day except Sunday, because Sundays – little Easters – are “in” Lent, but not counted as part “of” Lent). The purpose of the fasting was to help the candidates realize that, as hard as it is to give up food, it would be impossible to give up sinning. Thus, the need for God’s forgiveness received in baptism.

This is a bit revisionist, but fasting for forty days was eventually felt to be too great a burden for the candidates, so the church lessened the discipline to giving up meat during Lent. That soon was perceived also as too difficult, so the practice changed to giving meat up on Fridays (in honor of Christ’s sacrifice on Good Friday). Fish was not considered meat; thus eating fish on Friday became a common practice, especially for Roman Catholics. That’s why so many restaurants have a fish special on Friday. (Note, however, that restaurants serve coffee every day for the Lutherans!)

During Lent we acknowledge our bondage to our sinful natures. As Paul says in Romans 7:19: *“For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing.”* Yet the Lenten season is also about recognizing the sacrifice of Christ that frees us from our sin. The need to earn forgiveness through personal sacrifice is removed by the cross.

Still, I think there is merit to Lenten disciplines. These can help us grow in our faith and in our walk as disciples of Jesus Christ. Rather than giving something up, however, let me suggest that during Lent each of us considers taking on something extra, just as Christ took on our sins and carried them to Calvary. In fact, on Transfiguration Sunday, February 23, I will present in worship a discipline for Lent that I believe will be a blessing to our congregation and to many folks in our community. Be sure to come!

If you do want to give something up, here are a couple of thoughts:

- ✘ Make the commitment to give up some of your time to attend Lenten services at St. Andrew (or elsewhere) including Ash Wednesday, Wednesday midweek services, Maundy Thursday, and Good Friday.
- ✘ Set aside a daily or weekly pleasure, like eating out or a beverage at Starbucks. Donate the money you save to a charity.
- ✘ Consider a special study that will help you grow in your faith.
- ✘ To truly get the sense of the impossibility of giving up sinning, set aside something significant, like the use of your car or your telephone for those forty days.

I don’t think that Lent should be a burden. Rather, I hope that you can approach Lent with joy as an opportunity for faith development. The celebration of Easter is all the more powerful when we have walked with Christ all the way to the cross during the season of Lent. Whether you join us in taking something on, or you choose to give something up, or you just continue on your current path, I pray that God will bless you during this special time in the life of the church.

In Christ’s love,

*Pastor Jeffrey*

# Ways you can **SERVE**

We are pleased to announce that In December we collected 17.5 lbs. of canned meat! Thank you all for your generous contributions!

## **Bread for the World Pancake Breakfast – February 9**



St. Andrew has a long history of supporting Bread for the World, a collective Christian voice that urges our nation's decision makers to end hunger at home and abroad. Historically, we have donated to Bread for the World in honor of one of our former pastors, John Sutherland, who enthusiastically embraced this worthy organization and their valuable work.

As a demonstration of our support for Bread for the World, we will be bringing back our Bread for the World Pancake Breakfast on Sunday, February 9, from 9:00 – 10:30 AM in the Fellowship Hall. Breakfast will include pancakes, sausage, fruit, juice, and coffee.

A free will offering will be taken at the breakfast to benefit Bread for the World. Offering envelopes will also be available for those who want to make a donation but will be unable to attend the breakfast.

## **February soup collection for IFC**

We are collecting soup for the Interfaith Food Center (IFC) in February. If you participated in our Souper Bowl Sunday friendly competition your donation will go to the IFC. Bread for the World Communications

## **Interfaith Food Center – update on donations accepted**

Some of you have asked about donating specific items to the Interfaith Food Center (IFC). Aside from food, the IFC accepts the following items (which can be placed in the brown bin in the Narthex):

- Egg cartons – please open flat and one dozen size
- Empty prescription/pill bottles – remove personal information/labels
- Socks

Items they are not able to accept due to lack of space:

- Clothing, shoes, purses
- Towels, blankets/quilts

Thank you for your continued generosity and willingness to help those in need!



## **MAKE A DIFFERENCE IN FIVE MINUTES**

Would you like to help address world hunger? Provide screenings for breast cancer? Help veterans? Seek solutions to Alzheimer's and diabetes? You can do this and more in five minutes using your computer. Log into [thehungersite.greatergood.com](http://thehungersite.greatergood.com) everyday when you first use your computer. You will be taken to a website where your free click helps to fight hunger and end poverty. After you click, you'll be taken to a page that lists other free ways to help: breast cancer, animals, veterans, autism,

Alzheimer's, diabetes, literacy, rainforest, and greater good (which picks a special focus each day). Because of generous donations for each click contributes to addressing these areas of concern. Bookmark thehungersite.greatergood.com website and begin your computer time helping others every day.



### Food Drive Challenge

St Andrew has joined the competition with other local churches to see which churches can collect the most of a certain item. **The food item we are collecting in February will be Canned Soup.** All donations that we collect will be counted for the competition and then donated to the Interfaith Food Center.

### Other Ways You Can Give!

<p><b>Goodshop &amp; Good Search</b>          St. Andrew is now a charity with goodsearch.com which includes goodshop! If you use either of these St. Andrew gets money!</p>	<p><b>Amazon Smile!</b>          St. Andrew is now a charity with Amazon Smile! Just do your shopping at smile.amazon.com with St. Andrew selected as your charity!</p>	<p><b>Ebay!</b>          St. Andrew is now a charity with ebay.com so if you sell items on ebay you can donate the fees to go to St. Andrew (it comes up Fullerton).</p>
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### Note form the Evangelism Team

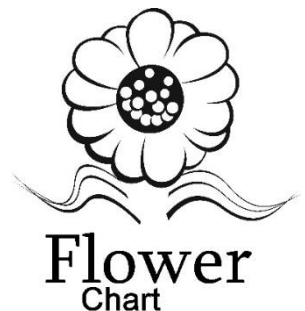
Please pick up an Evangelism brochure from the table in the lounge. The brochure has all the information needed so that you can give a new neighbor who just moved near you regarding St. Andrew. Thank you to everyone who has their Thrivent Choice dollars directed to St. Andrew.

If anyone has need of Thrivent Action Dollars please contact either Betty Dagen or Len Bobier. Each project can be awarded \$250. These are free dollars. Following up on the Pastors suggestion why not walk over to a neighbor and get to know them better. They may be a future prospect for the church. Maybe you know a former church member that is not attending church.

-Len Bobier

### 2020 Flower Chart

The 2020 Flower Chart is available for sign ups in the lounge. Flower bouquets cost \$35 and can be dedicated to the memory of someone or to celebrate anniversaries, birthdays, or anything really! When you sign up please make sure to mark whether you want to take the flowers home or donate them to be given to one of our homebound members.





# Daily Prayers for an End to Hunger



*Give us today our daily bread  
... your will be done  
on earth as in heaven.*



*They will hunger no more.* — Revelation 7:16

Prayer is not asking. Prayer is putting oneself in the hands of God, at His disposition, and listening to His voice in the depths of our hearts.

— *Mother Teresa*

## SUNDAY

O GOD, I pray for all those around the world who struggle with hunger and suffer from malnutrition. Grant them strength and courage as they work to create a better life for themselves and their communities. May conflicts cease, crops flourish, and good governance grow. In the name of Jesus, who is the Bread of Life for the world. Amen.

*The steadfast love of the Lord never ceases,  
his mercies never come to an end;  
they are new every morning;  
great is your faithfulness.*

— *Lamentations 3:22-23*

## MONDAY

HEAVENLY FATHER, I pray for the one in seven children in our country who lives in a family that struggles to get enough to eat. Grant patience and wisdom to parents who work so hard to see that their children have the food they need to grow and learn. Amen.

*For you, O Lord, are good and forgiving,  
abounding in steadfast love to all who  
call on you.*

*Give ear, O Lord, to my prayer;  
listen to the cry of my supplication.*

— *Psalms 86:5-6*

## TUESDAY

LORD GOD, I pray for our president, members of Congress, and other elected leaders. May they be moved to make ending hunger in our own country and around the world by 2030 a priority for our nation. Grant them clear minds and generous hearts to sustain and improve those programs that provide help and opportunity to so many people. In the name of Christ, who came not to be served but to serve. Amen.

*Do not be conformed to this world, but  
be transformed by the renewing of your  
minds, so that you may discern what is  
the will of God — what is good and  
acceptable and perfect.*

— *Romans 12:2*



# Daily Prayers for an End to Hunger

## WEDNESDAY

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O GOD, look with compassion on the one in nine Americans who face hunger in this country. Preserve their dignity as they struggle to get enough to eat. May those looking for jobs find new opportunities to earn a living. May those who are unable to work be supported and sustained by their communities. Amen.

*Again Jesus spoke to them, saying, "I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life."*

— John 8:12

## THURSDAY

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I GIVE THANKS for my church and all other churches that work together to end hunger. Bless the efforts of those organizations that offer relief in times of emergency as well as those who support long-term development. May our witness to the Gospel of your love and compassion shine ever more brightly. Amen.

*Happy are those ... whose hope is in the Lord their God, who made heaven and earth ... who keeps faith forever; who executes justice for the oppressed; who gives food to the hungry.*

— Psalm 146:5-7

## FRIDAY

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O CHRIST, you gave your life on the cross to overcome evil and injustice. May your abundant love inspire those who volunteer and work in food pantries and other feeding programs in my community. May they offer both kindness and respect to those who depend on the food they provide. Amen.

*By the tender mercy of our God,  
the dawn from on high will break upon us,  
to give light to those who sit in darkness and  
in the shadow of death,*

*to guide our feet into the way of peace.*

— Luke 1:78-79

## SATURDAY

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O GOD, may the Spirit of the Risen Christ inspire me to rededicate myself to ending hunger in the world you created for us. Grant me boldness and courage as I seek to persuade our nation's leaders to change the policies and conditions that allow hunger to persist. I ask you to bless my prayers, my actions, and my giving. Amen.

*I have been crucified with Christ; and it is no longer I who live, but it is Christ who lives in me.*

— Galatians 2:19b-20a

Visit [bread.org/pray](http://bread.org/pray) and sign up to receive prayers and other resources for fulfilling God's vision of a world without hunger.



**breadfortheworld**  
HAVE FAITH. END HUNGER.

425 3rd Street SW, Suite 1200  
Washington, DC 20024  
800-822-7323 [bread.org](http://bread.org)

Bread for the World is a collective Christian voice urging our nation's decision makers to end hunger at home and abroad.

# Andy's Kids Club



Andy's Kids Club is every Sunday morning at 9:30. We welcome children ages 3 to 3rd grade. We have music, games, crafts, and fun lessons. We have a very exciting year planned! Andy's Kids Club is held inside the Fellowship Hall.

We also celebrate birthdays! If your child has a birthday coming up or if they had a birthday recently, please bring them so we can make their day extra special.

## StATIC Youth Group

We meet every Sunday evening from 6pm- 7:30pm in the youth room. StATIC is for all middle and high school youth. Outings are scheduled once a month. Please contact Elissa for more information.

## YOUTH GROUP

Youth group for 4<sup>th</sup>-6<sup>th</sup> graders is every Sunday morning at 9:30 in the youth room. Please contact Elissa for more information.

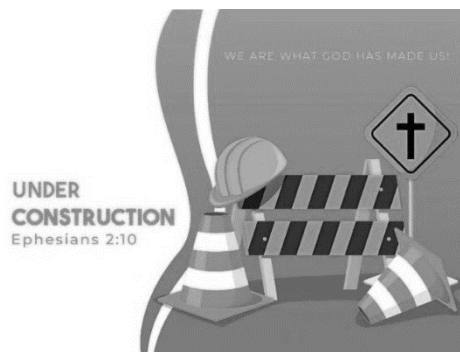
The words "YOUTH GROUP" are written in a bold, blocky, sans-serif font. To the right of the text is a vertical graphic element consisting of a cross shape with horizontal lines extending from it, resembling a stylized cross or a graphic design element.



# Elementary Winter Retreat

The Elementary Winter Retreat at Luther Glen Farm is on February 21st-23rd. The cost is \$145 per person and it includes all meals. The weekend consists of worships, community time, games, and time with the animals at the Luther Glen Farm.

Please let Elissa know if you're interested or if you would like more information. The deadline to register is February 7<sup>th</sup>.



## Under Construction

“For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.” – Ephesians 2:10

This article follows up on the presentation to our congregation about church and public spaces security by Sean Cronin, City of Irvine, police officer.

I have received training from the FBI Special Agents, retired CIA operatives and tactical combat medics on these and other related topics.

There have been 18 fatal shootings in churches in the last 21 years as opposed to 220 school shootings with 59 of the school shootings resulting in fatalities. There are over 300,000 plus churches in the US. which makes church shootings tragic but rare. Still, we must be aware and take appropriate precautions. Violence may occur in any public space: malls, sporting events, restaurants, theme parks, churches, schools.

## **Three things to remember:**

### **Before- a violent event**-Situational Awareness/Precaution

- Be aware of your surroundings
- Is there someone or something out of place, unusual, suspicious
- Yelling, screaming, explosions, other loud sounds
- It is unusually quiet, in a public place.
- At your home use good locks and stout doors! Consider installing a simple alarm system with a panic button.

### **During- a violent event**- You may walk in on or be present at a violent event - **3 things to do:**

- **Run**- Get away. In your car? keep driving! On foot? Run or walk away as fast as possible
- **Hide**-Under tables, pews, in or behind cars, etc.
- **Fight**- Last resort, use anything that can help your fight/resist.

### **After -a violent event** – Injuries/ bleeding due to knife, bullets wounds -stop the bleeding! Call 911

- tourniquets
- tactical bandages
- chest wound vent seal bandages
- anything that will stop bleeding
- consider buying a tactical first aid kit
- be a good witness, take notes, remember details

I will restate the tragedy of mass violence and shootings. We must all participate in conversations about why they take place and act appropriately to curb violence. But remember we are all more likely to be injured in a fall at home or at the supermarket than be anywhere near a horrible even. Don't live in fear but be informed and prepared. I am always available to answer questions. See you at church!

Art Revueltas



## Prayers for February 2020

### Local Members in Assisted Living

**Barbara Dubois**  
(The Orchard)

**Shirley Kellison**  
(Imperial)

*"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God." Philippians 4:6*

#### Members of St. Andrew

~ Connie Isais

**Members of St. Andrew (Long Term)** ~ Leslie Barr ~ John Biddle

~ Barbara DuBois ~ Bob Ehlers ~ Doris Johnson ~ Lois Kalla

~ Shirley Kellison ~ Krystal Martin ~ Mickey Rosario ~ Sally Sauer

~ Jasmine Simmons ~ Connie Tucker ~ Lorraine Tunberg ~ Sandy Wicker ~ Jan Wolverton

~ Grace Gundell

#### Family & Friends

~ Sara A. ~ Lowell Beilman ~ Holly Beilman Carver ~ Elsa Covarrubias

~ Truman Dawn ~ Craig Dean ~ Jim Edwards ~ Lucy Flores ~ Betty Fowler

~ Maria L. ~ Louis Garay ~ Laci Massaro ~ Margaret Jorgenson ~ Caitlyn Naylor

~ Steven Oertel ~ Ginger Walters ~ Kent ~ Marsha

~ Octavio Osuna ~ Fernando Perez ~ Brad Pollard ~ Carmen Pollard ~ Terri Robertson

~ Carl Yin ~ Freddie ~ Joe ~ Maureen ~ Renee

#### Family & Friends (Long Term)

~ Jeralyn Ehlers ~ Chiari Eliazarras ~ Grant Eyles ~ Christine Fantz

~ Marcus Glidden ~ Shirley Loveless ~ Judy McNeill ~ Matthew Muldown

~ Don Spur ~ Osvelia Revueltas ~ David Uken ~ Eric, Kurt & Bill

~ Pastor Skip McComas

**Note:** While we continue to lift up everyone on our prayer list to God's love and care, we want to stay as up-to-date and current as possible. Please remember you can add anyone to our prayer list at any time, or call the church office or the pastor with updates about how to pray for them. Prayers of praise for answered prayers are joyfully welcomed. Thank you for your faithful prayers. We will keep each person on the list for 3 months, unless you request otherwise. Long term requests will be kept until there is a request to remove them.



Ken Beardslee	2/1
Jan Beardslee	2/1
Jen Oertel	2/1
Emma Simple	2/2
Anthony Serrano	2/1
Samantha Sipple	2/2
Sondra Shanahan	2/12

Joshua Klyde	2/21
Marian Humphrey	2/21
Vicki Linta	2/21
Jeanie Anderson	2/22
Arianna Rodríguez	2/24
Nancy Bobier	2/27
David Dickerson	2/28



Don and Sally Sauer	2/14
Ronney and Lorraine O'Brien	2/21



## Worship Service Volunteers for February 2020

Thank you for serving at our worship services. Please notify the office if you cannot serve on the assigned date. Readers are also Communion Servers.

8:30 Service	Greeters	Readers	Communion Servers	Ushers	Refreshments
Feb 2	Bobbe Muldown Carol Sipple	Art Revueltas	Ellen Anderson Diane Fort-Woody	John Biddle James Arend	Esther Anna Circle
Feb 9	Ken & Grace Christiansen	Emily Bruhns	Jan Beardslee Margie Murphy	John Biddle James Arend	Pancake Breakfast
Feb 16	Carol Sipple Ellen Anderson	Barbara Revueltas	Sondra Shanahan Marsha Ehlers	John Biddle James Arend	Gloria Morse
Feb 23	Chris Allen Margie Murphy	Nicholas Reed	Emily Bruhns Barbara Revueltas	John Biddle James Arend	Margie Murphy

10:30 Service	Greeters	Readers	Communion Servers	Ushers	PowerPoint	Children Chats
Feb 2	Jennifer Oertel	Betty Dagen	Jennifer Oertel Isla Holmes	Jerry York	Chris Allen	Pastor Jeffrey
Feb 9	Dave & Marianne Dickerson	Kathy Mitzen	Dave Dickerson	Dave & Josh Klyde	Leila Klyde	Diane Fort- Woody
Feb 16	Suzanne Thompson	Isla Holmes	Dolores York Kathy Mitzen	Jerry York	Marie Jorgensen	Pastor Jeffrey
Feb 23	Sharon Pollard	Jennifer Oertel	Betty Dagen Isla Holmes	Dave & Josh Klyde	Mardie Heller	Marie Jorgensen

10:30 Service	Acolytes
Feb 2	Nadalie Crocker Jasmine Rodriguez
Feb 9	Evelyn Dickerson Justin Linta
Feb 16	Emma Sipple Samantha Sipple
Feb 23	Jasmine Rodriguez Ariana Rodriguez



# February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>EVERY SUNDAY</b> 8:30AM Traditional Service 9:30Am Ed. Hour 10:30AM Contemp. Service					Every Friday Pastor's Day Off	1 7:30AM Men's Breakfast
2 5:30PM Men's 12th Step 6PM Youth Group 7PM Families Moving Forward	3 2:30PM Homework Club	4 6PM Hannah Circle 6PM Boy Scout Parents 7PM Boy Scouts	5 11AM Bible Study 2:30PM Homework Club 5:45PM Girl Scouts	6 1PM WAM Quilters	7 7PM ICFG	8 4PM Eagle Scout Ceremony
9 9:30AM Bread for the World Breakfast 11:45AM Worship/music 5:30PM Men's 12th Step 6PM Youth Group	10 1PM Esther Anna Circle 6PM Youth and Ed.	11 10:30AM La Leche League 7PM Boy Scouts	12 2:30PM Homework Club 6:00PM Mission and Service	13 1PM WAM Quilters	14 7PM ICFG	15
16 2PM VDC Group 5:30PM Men's 12th Step 6PM Youth Group	17 Office is closed  President's Day	18 7PM Boy Scouts	19 2:30PM Homework Club 5:4PM Girl Scouts	20 1PM WAM Quilters	21 7PM ICFG	22 6:30PM Major Keys
23 Noisy Offering 12:30PM Confirmation 5:30PM Men's Fellowship 6PM Youth Group	24 2:30PM Homework Club	25 7PM Church Council 7PM Boy Scouts	26 10AM Altar Guild 2:3PM Homework Club	27 10AM OC Food 1PM WAM Quilters	28 7PM ICFG	29

## Save The Date!

You are invited to attend the Congregational Care Commission meeting, on Sunday, February 16th at 9:45 a.m. in Pastor Jeffrey's office. The meeting is planned so that we can go over ways to grow the commission.



St. Andrew Lutheran Church  
11345 Miller Rd  
Whittier, CA 90604  
(562) 944-1148 Fax (562) 944-2313  
Website: [www.standrewlutheranchurch.org](http://www.standrewlutheranchurch.org)  
email: [office@standrewlutheranchurch.org](mailto:office@standrewlutheranchurch.org)

January 2020 Issue



## **Sunday Worship Hours**

8:30 a.m. Liturgical Service with Organ  
9:30 a.m. Education Hour all ages  
10:30 a.m. Contemporary Service with Rejoice Band

Ministers: Every Member and Our Staff

*Pastor:* Jeffrey Nelson

*Director of Youth & Family Ministry:* Elissa Mitzen

*Organist/Choir Director:* Randy Guiaya

*Praise Team Director:* Matthew James

*Adult Education:* Marsha Ehlers

### ***Our Mission Is Local and Global***

Local ministries include supporting:

The Interfaith Food Center (562-903-1478),

Cold Weather Shelter ministry with the homeless and Lutheran Social Services.

Global ministries include WAM Quilters, KIVA, and Bread for the World.