



# A PINCH OF SALT

St. Andrew's Lutheran Times

March 12- March 19, 2022

- ◆ This weekend we spring forward! **Daylight Saving Time** begins Sunday morning at 2 am. Remember to change your clocks forward.
- ◆ **Mask Policy Update:** Effective immediately, masks are optional during indoor in-person gatherings for those who are fully vaccinated. We encourage the continued use of masks for those who are not fully vaccinated, or who consider themselves to be at higher risk. If you have any questions, please contact Pastor Manuel, Pastor Sarah or Rick Bushore, the council liaison for worship.
- ◆ **SALT (High School Group)** meet this Sunday, March 13 in the Courtyard from 3-5:30pm for Bible study and games. Check GroupMe or contact Pastor Manuel for more information.
- ◆ **PreK-5th graders are invited to join us for Sunday School during our 10 am service!** During the season of Lent we will be using the theme "Food Truck Party: On a Roll with God!" Preschoolers will meet in the preschool/nursery area. Older children meet on the courtyard at 10:00. The lesson will end in time for children to join their families for communion at the end of the worship service.
- ◆ **Adult Forum** meets via the Zoom platform this Sunday, March 13 after worship (approximately 11:15 AM). The Link to the forum will be posted in the chatbox at the end of the Live Stream Sunday and will be included in the weekly email. We are reading and discussing the book *One Coin Found*.
- ◆ April, May, and June 2022 edition of **Christ In Our Home** is available for you to pick up in back of the Narthex and Community Center.

## « Worship Volunteers this Weekend »

### USHERS

- Saturday 5:00PM- TBD
- Sunday 8:30AM- Jerry Selah
- Sunday 10:00AM- Team "C2"

### LECTORS (READERS)

- Saturday 5:00PM- Rob Stabley
- Sunday 8:30AM- Dawn Miller
- Sunday 10:00AM- Team "C2"

### COMMUNION ASSISTANTS

- Saturday 5:00PM- Lori Herman
- Sunday 8:30AM- Team "T1"
- Sunday 10:00AM- Team "C2"

- ◆ Scan this **QR code** with your smartphone to get to our website.



- ◆ Our **Annual 24-Hour Prayer Vigil** takes place April 8 & 9, 2022. Sign up for 30 minutes of prayer using the sheets on the sign-up table, or sign up online. Prayer requests cards are available on the sign-up table or online. Talk to Meri Jo Petrivelli if you have questions.
- ◆ **A Matter of Balance class has met capacity** and is full. We are happy for the robust response and sad to have to turn folks away. Lori Herman has started a wait list and will contact people if there are cancellations. Hopefully this class will go well and we can offer it again!

**St. Andrew's Lutheran Church**  
8350 Lake Murray Boulevard  
San Diego, CA 92119  
Website: [standrewslutheran.church](http://standrewslutheran.church)  
Venmo: @StAndrewsLutheran-Church

Phone: 619-464-4211  
Email: [Info@StAndrewslutheran.church](mailto:Info@StAndrewslutheran.church)  
Fax: 619-464-4024  
Preschool: 619-469-3531

**Pastors:**  
Pastor Manuel Retamoza  
Pastor Sarah Sumner-Eisenbraun



◆ **Tuesday Morning Bible Study** meets on ZOOM March 15, 2022, at 10:00 AM. Please request the link for the Bible Study on the Connection Card or contact Meri Jo Petrivelli.

◆ All are welcome to join us in March for **W.I.N. Soup Dinners**, at 5:15PM. The cost is \$5 per meal. This week March 16, Chicken Tortilla Soup, Salad & Bread for dinner. We hope you can join us!

◆ **Confirmation will meet IN PERSON** on Wednesday, March 16 at 5:45PM. Dinner this week (Soup & Bread). Parents, keep in mind that due to the Midweek services this week, confirmation class will be out later, about 8:15PM. Check with Pastor Manuel or Pastor Sarah if you have questions.

◆ Join us for **Yoga with Saige** this Wednesday, March 16 at 5:00 PM upstairs in the Community Center. This yoga class is for all ages and abilities. Please bring a mat or blanket and water.

◆ Our mid-week Lenten services will focus on hunger in our community and world, with the theme, "Manna in the Wilderness." We will hear from speakers from organizations who work to feed the hungry. This week (March 16) we welcome Leslie Atkins and Kristin Timmons from the Closet on 54<sup>th</sup>. Make plans now to attend **Lenten Worship** on the following remaining dates at 7:00PM in the Sanctuary- March 16, March 23, March 30, and April 6.

◆ We are grateful for the **financial support** provided throughout the year, but especially during this challenging time. You can make a contribution via the donation tab on our website, mail us a check, drop a check into our office mail slot, or use Venmo.

Income through February, 2022:	\$128,529
Expenses through February, 2022:	\$123,983
Difference:	\$4,546

◆ **Bag Ladies** meet on Saturday, March 19 in the Community Center from 9:30am-12noon. No sewing experience is needed. We make sleeping bags for the homeless. All are welcome. Contact Kay Murphey with any questions.

◆ Help feed hungry people during this season of Lent. St. Andrew's is partnering with Lasagna Love San Diego for a **Drive-Thru Lasagna Distribution Event** in our Lake Murray parking lot on March 19, 12-2pm. To sign up to prepare and donate lasagna go to <https://lasagnaloveportal.org/registration>. Please contact Pastor Sarah with any questions.

◆ **LWR Quilters** meet on Monday, March 21 from 9:30am-12noon in the Community Center. Any questions, please contact Deb Bushore at (619) 805-5006.

## PRAYER MINISTRY



PLEASE KEEP THE FOLLOWING IN YOUR PRAYERS:

**Healing:** Roy Gash; Rachel Esteban (Kathy Freistedt's sister)

**Peace & Comfort:** Family & Friends of Dave Ruddock; Family & Friends of Margaret Marie Espinoza (Paula McDonald's aunt); Family & Friends of Laverne (Carolyn Schnell's aunt)

**Thanksgiving for the Life of:** Dave Ruddock; Laverne (Carolyn Schnell's aunt)

## PRAYERS & SQUARES MINISTRY (PRAYER QUILTS)

*Beatriz Mort (Anna Habetler's friend) has a recurrence of cancer and now has developed diabetes. Prayers are for peace, strength and healing.*

*Chris Short (Lydia Dix's friend) mother passed away. Prayers are for peace and comfort.*

**How You Can Request a Prayer Quilt:** You can request a prayer quilt by calling Stephanie Alexander, the church office or online at our website, [standrewslutheran.church](http://standrewslutheran.church)