

THE SALT SHAKER

The St. Andrew's Lutheran Times from St. Andrew's Lutheran Church

**God's Work. Our Hands, the ELCA's national day of service,
is September 13, 2026**



Activities on Sunday, Sept 13

11:30 to 12:30PM: Lunch for all Volunteers!

12:30 to 1:30PM: Lutheran World Relief-Tying Knots in Quilts

12:30 to 1:30PM: Putting together Hygiene Kits for Cupboard on 54th St.

12:30 to 2:30PM: Campus Clean-Up

(Events will be in the Community Center)

1:30 to 3:00PM: Border Worship gathers for outdoor worship at Friendship Park, Fellowship Meal and Beach & Park Clean-Up.

We are collecting donations to make Hygiene Kits including:

Soap (travel size or bars),
disposable razors,
travel wet wipe packs, tissue packs,
travel size toothpaste, toothbrushes,
deodorant, bandaids and
new socks



God's work. Our hands.

September 2026

A NOTE FROM THE DESK OF

Pastor Manuel Retamozo

“For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.” — Ephesians 2:10

This September, St. Andrew's will join with 9,000 other ELCA congregations for God's Work. Our Hands.

For those of you who are new to the ELCA, new to St. Andrew's, or even those who have been participating in this for years, I believe it is important for you to have some background or history of this churchwide, nationwide event.

It began in 2013, when the ELCA was turning 25 and wanted to celebrate. For the anniversary, the larger church could have thrown itself a big party in an arena with bands, lights, speakers, and food for everyone. Rather than hosting a lavish celebration, these humble Lutherans chose to mark the milestone by stepping outside the church doors to serve their neighbors. Moving beyond the sanctuary walls and into the community, they embraced the call: “Go in peace to love and serve. Thanks be to God, and we will!”

No spectacular worship experience. No new beautiful hall. Just humble service. We called it "God's work. Our hands."

That first Sunday in September 2013, Lutherans put on yellow t-shirts and went out to clean parks, pack food boxes, visit neighbors, and plant gardens. And it stuck. Every year since, on the second Sunday in September, we've done it again.

It has become who we are: One church, freed in Christ to love and serve the neighbor. This is how we understand ourselves to be followers of Jesus; it's not just some bait-and-switch scheme to make the Lutheran church look good. It's our biblical mandate. From Deuteronomy we read, "Open your hand to the poor and needy neighbor" (15:11), and from Jesus, "The Son of Man came not to be served but to serve" (Mark 10:45) — faith is active in love. Martin Luther, 500 years ago, said it very simply: “God doesn't need our good works, but our neighbor does. God's work, yes — but through our hands.”

This year, we are intentionally putting our time and resources not toward a more spectacular worship experience or a more beautiful building, but toward humble service.

A NOTE FROM THE DESK OF

Pastor Manuel Retamoza

In the lead-up to the weekend of September 12,-13 there are several ways to get involved at St. Andrew's.

We are currently gathering donated supplies to assemble hygiene kits for the Cupboard on 54th Ministry. Following our 10:00 a.m. worship service, everyone is invited to join us on campus as we pack those hygiene kits, tie knots on our Lutheran World Relief (LWR) quilts, and help spruce up our church grounds and facilities.

Another opportunity for this year's "God's Work. Our Hands." is Sunday afternoon. Our congregation is joining ELCA churches from throughout the San Diego area to partner with Border Church for a special joint Synod event. We will gather at Friendship Park on Monument Mesa—located along the U.S. side of the border fence—for an impactful afternoon of worship and hands-on creation care.

Worshiping on the border is a powerful experience: praising God with the wall as our backdrop, listening to the sounds of Mexico filtering through, and putting our faith into action together.

Event Schedule (Sunday, Sept 13):

- 1:30 PM – Border Worship: We gather for outdoor worship at Friendship Park.
- 2:30 PM – Fellowship Meal: Following worship, we will share a lunch of Carne Asada and Pollo Asado under the park's shade sails. A free-will offering will be received to support the ministry of Border Church in Playas, which serves Sunday meals to 50-100 neighbors each week.
- 3:00 PM – Beach & Park Clean-Up: After lunch, we will serve together by caring for local creation with a clean-up along the border.

I look forward to seeing you all in yellow shirts and serving where God has called you,

--Pastor Manuel Retamoza--



A Word from our Preschool...

We are so excited to begin another wonderful school year at St. Andrew's Lutheran Preschool! Our 2026-2027 school year is officially underway, and we are so thankful for the opportunity to care for, teach, and love our preschoolers each day.

Thank You for Helping Our Preschool Grow!

A huge thank you to everyone who has supported our preschool through our "Bee a Blessing" donation board! Your generosity helps provide the everyday supplies our teachers and children use in the classroom, from paper towels and tissues to snacks, art supplies, and everything in between. We are so grateful for the continued support of our St. Andrew's church family!

 **Amazon Wishlist:** https://www.amazon.com/hz/wishlist/ls/3R2RZE2QRILGU?ref_=wl_share

There's Still Time to Join Our Preschool Family!

Our school year has begun, but we still have a few openings available! If you know a family looking for a warm, nurturing, Christian preschool, please send them our way.

St. Andrew's Lutheran Preschool is a small, play-based preschool serving children ages 2-5. Our small size allows us to provide a low teacher-to-child ratio and individualized attention while giving children plenty of opportunities to learn through play, exploration, creativity, and hands-on experiences.

We offer flexible scheduling options, including:

 Early Drop-Off beginning at 8:30 AM

 Preschool from 9:00 AM-12:00 PM

 Lunch Bunch and rest time until 2:00 PM

 Extended care available until 4:30 PM

A non-refundable \$125 enrollment deposit is due at the time of enrollment.

If you know someone who may be interested, we would love for you to share our preschool with them!

A Wonderful Year Ahead

We are looking forward to another year filled with learning, laughter, friendships, creativity, and lots of fun! Our teachers bring a wealth of education and experience in Early Childhood Education and Child Development, and they are dedicated to creating a classroom where every child feels loved, safe, and excited to learn.

Thank you to our church family for continuing to support the ministry of St. Andrew's Lutheran Preschool. Your prayers, encouragement, donations, and referrals make such a difference in the lives of our children and families.

For more information about our preschool, please contact our director, Valerie Macias:

 619-469-3531

 valeriem@standrewslutheran.church

💛 **Thank you for being such an important part of our preschool family!** 💛

PreK - Elementary

SUNDAYS



Our nursery is open during our 8:30 and 10:00am Sunday worship services. Please drop off and sign-in your child in the Preschool building.

Please note that nursery and Sunday School are optional and ALL children are welcome in our worship spaces! Please make yourselves at home and use any toys, books or other tools found in our "Prayground" area in the back of the Community Center!

Middle School (6th-8th Graders)

Sunday School with Dana Wolf has resumed for the school year. (Sanctuary Narthex)

Acolyte training (6th-8th graders who have not been through training or would like a refresher course) will be in the Sanctuary at 4:30PM on Wednesday, September 2. Immediately following the training, there will be a Pool Party at Kyle & Melanie Tweet's house.

The Middle School Youth Gathering will take place November 6-8 at Great Wolf Lodge! Open to 6th-8th graders. Friends are welcome. The theme is "Choose Your Own Faith Adventure!" They will have gatherings with worship and games, hotel nightlife and a day in the Water Park. Register before September 15 to get the early bird price of \$280 (scholarships are available).

Contact Pastor Sarah for more information on any of these events.

High School (St. Andrew's Lutheran Teens - SALT)

Save the Date: The ELCA Youth Gathering will be taking place summer 2027 in Minneapolis, MN! Youth in 8th-12th grade will be eligible to attend this national gathering!

Multi-cultural Youth Leadership Event (MYLE) and the table pre-gatherings (for youth with disabilities): June 26-27, 2027

ELCA Youth Gathering: June 28-July 1, 2027

St. Andrew's Adventure (Includes canoeing, camping, and more!): July 2-5, 2027

Haunted House Research Trip to Haunted Trails will be on Saturday, September 26th. Meet at church at 6:15pm to carpool, friends are welcome. Cost is \$35. Contact Pastor Sarah to reserve a ticket.

SALT Schedule Change: Our high school youth group (SALT) will begin meeting on Wednesday nights starting September 9th as a part of **Wednesday Intergenerational Night (WIN)**

If you have any questions, please contact Pastor Sarah

Border Church

Everyone is invited to Border Church on Sundays at 1:30PM. Worship at the border is open to everyone. Come as you are and join us for a transformative experience.

God's Work. Our Hands Service Project

Join us and ELCA congregations across San Diego for a special worship at Friendship Park for God's Work. Our Hands on September 13 at 1:30PM. After the service, there will be lunch at 2:30PM and activities at 3:00PM including a beach cleanup along the border and estuary edge, removing non-native plants at Monument Mesa and writing letters to individuals at the Otay Mesa Detention Center.

For those who can not attend the Friendship Park service, you can donate items to Mutual Aid for Moms to go to houseless and undocumented families in the U.S. Please deliver the items to

St. Andrews. Needed items include:

Toothbrushes, toothpaste, soap, shampoo, conditioner, diapers, wipes, diaper rash cream, deodorant, hair brush, nail clippers, files, razors, and feminine hygiene items.

Please contact Pastor Manuel for donation drop-off hours or any questions.

Wednesday Intergenerational Night

W.I.N. is **Wednesday Intergenerational Night**, which happens most Wednesday nights during the school year. We gather for dinner, activities, fellowship and fun!

WIN Dinners:

September 9: Roasted Chicken, Veggies and Scalloped Potatoes (Special welcome back dinner)

September 16: Pancakes and Sausage

September 23: Fiesta Night

September 30: Baked Potato Bar

Dinner costs \$5/person and is free for volunteers and children 5 and under!

WIN Trivia Night will take place Wednesday, September 30th at 5:45PM in the Community Center. Join us for the All-Ages Trivia night hosted by St. Andrew's high school group. Bring the whole family or join a team to compete for a prize. Categories will span generations, so everyone can play! Dinner is included and free-will donations will support our youth's summer trip to the ELCA Youth Gathering in Minneapolis.

Seekers Book Group

4:00PM, Community Center - Side A

Yoga

(Beginning October 7)

Dinner

5:15PM, Community Center - Side B

Confirmation Instruction & Dinner

(grades 6-8)

5:30PM, Community Center - Side A

If you have any questions, contact Kristin Hetrick at kristinh@standrewslutheran.church or (619) 251-4204

Book and Bible Study Groups

Men's Group

The St. Andrew's Men's group meets weekly on Friday mornings at 8:00am to 9am for Bible Study in Pastor Manuel's office and on Zoom. Check the box on the Connection Card if you would like the zoom link.

Keenagers

The Keenagers will meet for lunch at 11:30am at BJ's Restaurant in Grossmont Center on Thursday, September 10. Sign up on the Connection Card if you plan to attend. If you have any questions, contact Peggy Leimbach at (916) 548-4819. Keenagers welcome all 55+ and friends.



Adult Forum

The Adult Forum will resume its weekly meetings on September 13 at 9:45am in the sanctuary. Please consider joining. They're a group of kind, thoughtful individuals who love to learn. They read books informing and enlightening us of Christ's message with a focus on ways we can implement it more effectively in our lives. They have lively discussions and personal sharing (no outside reading required!). They are currently reading "Separation between Church and Hate" by John Fugelsang. You can either share a copy in class or purchase your own. For more information, contact Dawn Miller (619) 972-6440.



Tuesday Morning Bible Study

The Tuesday Morning Bible Study resumes at 10:00am on September 15, 2026. They will be beginning a series titled "Daily Faith Practices" and will read and discuss a reading from the previous Sunday's worship service, based on the Revised Common Lectionary. Join in person or on Zoom. Contact Meri Jo Petrivelli for more information or to request the Zoom link.

Seekers Book Group

The Seekers Book Group meets on Side A of the Community Center at 4:00pm on Wednesdays. If you have any questions, contact Carole Huston at sdprof50@gmail.com.

Intern Pastor Joey Gutierrez will deliver his first sermon at St. Andrews on September 19 & 20 worship services



Wear orange shirts for the September 26 & 27 church services in remembrance of Indigenous children who were taken from their homes and forced into residential schools. Watch weekly email for additional information.

Blessing of the Animals will take place October 3 & 4
Bring your pets to receive a special blessing during the worship service!



Special Thank You Notes

“A sincere thank you to your prayers and squares artists at your church. Enna Wallace requested and delivered a prayer quilt to me. It has happy spring time colors and is very cheerful to see and use. Thanks again.”

Donna De Young

“Hi everyone,
A belated thanks to the talented quilters who made my beautiful prayer quilt, to all who tied a knot and said a prayer, and to the whole congregation for their prayers. I seem to be doing well and I know that the prayers helped.
Thanks again.”
Richard Ruttenberg



“Thank you so very much for the beautiful prayer quilt and your wonderful words of faith and support. Your support and prayers have comforted me and provided me with the strength and inspiration I need as I go through the journey. With my sincere thanks and appreciation.”
Alice Martinez

St. Andrew's Quilting & Crafting Ministries

Come join one of our many quilting and crafting groups here at St. Andrew's! You can find more details, contact information and this month's schedule below.



Kay's Bags Ministry (aka Kay's Bags) will meet September 19th and 28th from 9:30am to 12pm on Side A in the Community Center. They make sleeping bags for the unhoused and distribute them through TACO.

Questions contact: Alice Belknap (858) 945-2747

LWR (Lutheran World Relief) Quilters will meet on September 14th and 21st at 10:00am to make quilts to be donated to LWR at the end of the year. *Contact: Deb Bushore (619) 805-5006*

Quilting 101 is a beginning quilting class that meets every Wednesday in the Community Center, Side A from 10:00am to 3:00pm. If you have always wanted to learn to quilt, here is your chance! Simple patterns and plenty of instructions. If possible bring your sewing machine.

Contact: Alice Belknap (858) 945-2747 or Carol Edwards (619) 985-7962



St. Andrew's Prayer and Squares will be meeting Saturday, September 12th from 10:00am-1:00pm. New members are always welcome, no sewing experience is necessary, join us for fellowship and salad bar. *If you have any questions, please contact Stephanie Alexander at 619-592-0898.*



St. Andrew's Crafters will NOT meet in September. See you next month! They are always looking for new crafters and fun new ideas and it's a great way to meet new friends! Please contact Stephanie Alexander at (619) 592-0898 if you have any questions.



Here is a list of those we
prayed for in August:

- **Comfort, Healing & Strength** for Kay Wenzel
- **Peace & Comfort** for Ramsay McNeal's loved ones; Pat Emery (Lori Herman's mom); Sheri Ashelman (Jane Nesvig's niece & her family); Kay Sweet's loved ones
- **Continued Peace & Comfort and Improvement** for Charles Masters (Joanne Beets' long-time friend)
- **Proper Medical Treatment & Comfort & Healing** for Mike Diercks (Lisa Bona's cousin)
- **Successful Surgery & Recovery** for Jessica Eddy (Lee & Jeannine Eddy's daughter) and Miles Lichtenberg (Jessica's husband) that his **PTSD symptoms lessen and he finds strength, patience and peace as Jessica's caregiver.**
- **Thanksgiving for the lives of** Ramsey McNeal; Kay Sweet; Pat Emery; Robert Gabrielson
- **Thanksgiving for Successful Surgery** for Brad (Marilyn Duba's son); Jim Davis (Myrt Niesley's son)
- **Well-being** for Marilyn Duba

*To place a prayer on the prayer list,
please contact Sara Hench at (619)
583-4702 Hench1@cox.net*



Here are the Prayer Quilt
Recipients for August:

- **The Grouell Family** (Dawn Miller's nephew and children) lost their wife and mother, **Angie Grouell** from ongoing health issues. Prayers are for God's blessings, peace and comfort for them all.
- **Guy Erickson** (Preschool teacher Sandra Erickson's father-in-law) has been placed in hospice care. Sandra will be traveling to Arizona to see him. Prayers are for peace and comfort.
- **Edith Sippy** (Khara Clement's client) is in the hospital after a fall. Prayers are for comfort and healing.
- **Robert Larry Gabrielson** (Carol Gabrielson's father) is in hospice. Prayers are for pain relief and comfort during his transition.
- **Tom Trader** (Karen Newby's brother) is having open heart surgery on August 28. Prayers are for peace and comfort

*How to Request a Prayer Quilt:
Prayer quilt request forms can be found in the
church office,
or online at the church website:
www.standrewslutheran.church*

A special thank you to our Prayers & Squares group who gathers monthly to create these beautiful quilts that we are blessed to share with our congregation members, their friends and family, and people in our community, who are then able to wrap themselves in prayer. (If you would like to help create Prayer Quilts, you can find information on the Quilting Page of this Salt Shaker.)

About Us - St. Andrew's Lutheran Church

Staff & Ministry Coordinators

Pastors:

Manuel Retamoza
Sarah Sumner-Eisenbraun

Director of Parish Administration:

Meri Jo Petrivelli

Bookkeeper/Welcome Ministry Coordinator:

Sara Zimmerly

Office Administrator:

Paula McDonald

Preschool Director:

Valerie Macias

W.I.N. Coordinators:

Kristin Hetrick
Coley Adams

Visuals Coordinator

Emma Macias

Music Director:

Teri Carpentier-Antti

Nursery Attendants:

Emma Macias
Alivia Melling
Aliya Vizcarra
Eleanor Werland

Congregation President:

Tracy Fox

Prayer Ministry:

Sara Hensch
hensch1@cox.net

Office Hours:

Monday-Thursday 9am-5pm
Friday 9am-12 noon

The submission deadline for the October Salt Shaker is September 15th. Typed articles with your name and phone number may be left in the church office. Articles must be 200 words or less and may be edited for space. Email submissions are preferred. Send them to: saltshaker@standrewslutheran.church

Reminders and Information:

Please remember to take a look at our [Facebook page](#) for the most up to date congregation information and what's happening here at St. Andrew's! If you are not receiving our weekly emails containing links, bulletins, and more, please call the church office at (619) 464-4211.

Don't forget to go to the [YouTube channel](#) (St. Andrew's Lutheran Church San Diego) for recorded worship services and all other recorded activities!

We are grateful for the financial support provided throughout the year. You can make a contribution via the offering plate, donation tab on our website, mail us a check, drop a check into our office mail slot, or use Venmo.

St. Andrew's Website:

standrewslutheran.church

Venmo: @StAndrewsLutheran-church

Scan this QR Code with your
smartphone to get to our
website with ease:



Our Mission:
“Growing in Faith, Sharing God’s Word,
Welcoming All, Serving Together”



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