

# Advent Lutheran Church Newsletter



## EASTER AT ADVENT!

### INSIDE THIS ISSUE:

Photos of Easter at Advent, Poems	1-2
Pastor Matt's Corner, From the Bishop	3
Worship & Hospitality, Super Youth Team, Lutherhaven News	4
Happy Helpers	5
Parish Nurse	6
Income & Expense, Food Bank, People in Our Prayers, Attendance	7
Community Outreach, Child Center News	8
Announcements, Address Change, Thank You, Visitation Ministry, Upcoming Events	9
May Calendar	10
May Hospitality Schedule	11
Worship Schedule	12



## EASTER AT ADVENT!



## POEMS

### “Prayer for Older People”

Lord thou knowest that I am growing older.  
Keep me from becoming talkative and possessed  
with the idea that I must express myself on every  
subject.

Release me from the craving to straighten out  
everybody's life.

Keep my mind free from the recital of endless detail.  
Give me wings to get to the point and then be quiet.

Seal my lips when I am inclined to tell of my aches  
and pains. They are increasing with the years and my love  
to speak of them grows sweeter as time goes by.

Make me thoughtful but not noseey-- Helpful but not  
bossy. With my vast store of wisdom and experience it  
does seem a pity not to use it all, but Thou knowest, Lord,  
that I want a few friends at the end.

*An old news clipping found in the Bible of Janet  
Esser's mother, probably from the Billings Gazette.*  
(Submitted by **Wes Todd**)



### “My Yellow Daffodil”

Oh little yellow daffodil, my pretty daffodil.  
When you came up in the Spring,  
It makes my heart begin to sing.

A yellow delight,  
So cheery and bright,  
With fragrance so sweet,  
From Winter's retreat.

I gently picked and brought you in,  
Out of the cold and breezy wind.  
I placed you in a crystal vase,  
To gaze upon your serene face.

A sweet gift from God above,  
Sending down His touch of love.  
My little yellow daffodil,  
Oh my pretty daffodil.

**By Linda D. Reddekopp**

March 19, 2005

“Taken in by the beginnings of Spring”

## **PASTOR MATT'S CORNER**

By Pastor Matthew Larson

April showers brings May flowers.....we should have a full bloom this May!! May always brings a certain challenge to the church here in the Spokane area. Every weekend there is a designated long standing event. Let me explain: 1<sup>st</sup> weekend – Bloomsday, 2<sup>nd</sup> - weekend Mother's Day, 3<sup>rd</sup> weekend Lilac Parade and festivities, 4<sup>th</sup> weekend – Memorial Day weekend.

Planning for activities and programs gets a little complicated though we seem to continue to have some wonderful programs and ministries. This May though there is another curve ball, our **Synod Assembly** and the election of a new bishop, during the 3<sup>rd</sup> weekend. It has been 18 years since we have transitioned to another bishop (my first year as a pastor) we currently have seven people on the ballot. You can go to the synod website ([ewaidssynod.org](http://ewaidssynod.org)) and read their bio's. Also, there are links on the website to watch a short video where the candidates are answering a few questions about the future of the synod, how they read and interpret scripture, and what their leadership style is. I recommend everyone look at these. On **Sunday, May 7<sup>th</sup>** the Valley cluster will be meeting here at Advent (time not decided yet), to talk about the election and any business in front of the assembly. I ask for your prayers and participation as we elect a new bishop and set out into the future together.

I also would like to inform you that **Holden Village** is back open!! They will be having limited guests this summer and fall with the idea of finishing some of the upgrades during the remediation. We have 7 youth and 2 adults going to **Holden on Memorial Day weekend** for the return of the Holden May Youth Weekends.

Less than two months to go until I begin this **Renewal Time** that the Lilly Foundation has graciously funded for not only my time away, but for our staff and our congregation. As you have heard (I hope) one of the facets of this program is organizing **three dinners** during the renewal time and during these times you will eat some great food, have some time with each other and to look back, look around, and look ahead. Each dinner will have a focus with an activity to help us really plan out into the future. When I return from my renewal time we will then bring in a facilitator that will help us filter and organize our thoughts. I can't stress enough your participation in these dinners, it will be your comments and dreams that will help catapult us forward with mission and ministry. **The dates of these dinners are scheduled for 6:30 pm on:**

**July 12  
August 2  
August 31**

PS – I would like to thank everyone who put in time and energy to make our Lent, Holy Week, and Easter a wonderful time of reflection, celebration, and thanks for all that God has done for us in Jesus Christ!!

## **FROM THE BISHOP**

By Martin Wells

God's beloved People,

Christ is Risen! Christ is Risen Indeed!  
With those words shouted into a darkened sanctuary, **Pr. Eric Dull** and **Pr. Kate LePard** led us into the final part of the great Easter Vigil and the joy of the resurrection of Jesus. What a wonderful night we had at St Mark, Spokane!

The vigil service has inspired me since the first time I witnessed a New Fire in a parking lot above downtown Tacoma at St. Leo's parish. Soon we were engrossed in the great stories of the faith enacted by small family groups and I experienced the dawning realization that my life is bound up in these stories, carried. It happened again this year and I realized that to live in these stories is to be held in faith and carried by this narrative vessel toward resurrection as a way of life, a sure path, a deep comfort, a kind of "home" made of words that bear me in trust. I pray your Easter was equally moving and I join you in giving thanks for musicians, custodians, ushers, readers, flower-bearers, and pastors who made our Easter worship so rich. I am borne again by the Word within the words of our worship!

And now we turn forward to **Synod Assembly** where we face the end of a 9-month call process and the beginning of a new season of leadership for the synod. If you aren't already praying for our process, please join me now in giving thanks that God has raised up nominees for various leadership positions including that of bishop of the synod. I can tell you that this call process for bishop presses faith to new depths for the candidates, and so I ask you to pray for **Matthew Erickson, Peg Harvey-Marose, David Kappus, Kristen Kuempel, Paul Palumbo, Mike Sager, and Shelley Bryan Wee**. Their biographical information and introductory videos can be viewed on the synod website at [www.ewaidssynod.org](http://www.ewaidssynod.org). This is the same place where all your pre-assembly materials are waiting for your download.

As with every call process we're looking for more than a hireling. We're looking for a trustworthy shepherd who can offer wisdom, preach with power and conviction, name a thing, or issue or situation for what it is, and inspire confidence that the Lord of the Church is with us in the mission of the Holy Spirit.

We pray: ***Almighty God, you have given your Holy Spirit to the church to lead us into all truth. Bless with the Spirit's grace and presence the people of the Eastern Washington and Idaho synod as we prepare to elect a bishop. Keep us steadfast in faith and united in love, that we may manifest your glory and prepare for the way of your kingdom; through Jesus Christ, our Savior and Lord. Amen.***

### WORSHIP & HOSPITALITY

Kudos to the **Harry and Manda Bentons** and **Darwin and Dianne Ronngrens** for the exceptional job they did for April.....many services and so many people needed for them.....they did an incredible job to make sure they had people to fulfill all the duties for these many services.

Summer is coming up, so if you are able, sign up to help with Sunday services, even if it is not your team.....many people go on vacation, so extra help is always needed.

### SUPER YOUTH TEAM

By April Marshall

As the school year winds down, there are a few important dates I'd like to highlight for youth happenings.

First, because of **Mother's Day** falling on the second Sunday, there will be **no 2<sup>nd</sup> Sunday Youth and Family Fun Day May 14th**. There will also be no Sunday School. I hope everyone enjoys a day celebrating moms!

The Movie Night date has changed for May. If you don't have plans for the Memorial Weekend, please join us for **Movie Night which will be on Friday, May 26<sup>th</sup> at 5:00 p.m.** As usual we will offer a pizza dinner and then snacks and movies to follow. For the youth, we will be watching **Kubo and the Two Strings (PG)**. The other movie offered will be **Hidden Figures (PG)**. Signing up is also appreciated as we like to make sure to have enough pizza, but it's not required. We hope to see you for Movie Night!

Due to declining attendance in **Sunday School** at the end of the year, this year we **will conclude our classes on May 21<sup>st</sup>**. It has been a really great year of Sunday school, and I appreciate everyone for sharing their children and time with us in the efforts to teach our children about Jesus.

The dates for **Vacation Bible School** have been set for **June 20th-23rd, from 9 a.m. to 12 p.m.** It's a little different this year, running Tuesday through Friday, because of the extra day added to the school year for Central Valley School District. I am looking for volunteers to help us with the VBS, which will be hosted by St. Mary's this year. Look for forms for both attending and volunteering in the Narthex. **The cost is \$15 per child**, but we do offer scholarships for anyone needing them. I strongly encourage signing children up in advance, as very few children will be accepted at the door unfortunately. This should be another great VBS, and I hope to get a good attendance of children and helpers from Advent. Please contact me with any questions -- **April 509-808-4099**.



### LUTHERHAVEN NEWS

By Lauren Gust

#### Camp Corner

*Spring Greetings from Lutherhaven!*

Lutherhaven's spring season is in full swing! School kids from all around will be coming out to camp for Outdoor Education and Men's Retreat at Shoshone is right around the corner. Then, before we know it, summer camp will be here! Keep scrolling to find out everything Lutherhaven has to offer this spring and summer!

Lutherhaven Ministries is your congregation's year-round outdoor ministry. We're Camp Lutherhaven on Lake Coeur d'Alene, Shoshone Mountain Retreat & Ranch up the North Fork of the Coeur d'Alene River, Idaho Servant Adventures, and week-long Lutherhaven Day Camps held in communities around the Northwest. The Camp Corner features news and happenings at Lutherhaven.

Did you know? 2017 marks our 71st year offering quality, safe, Christ-centered programs for campers of every age!

#### Here are a few things coming up at camp:

**Spring Men's Retreat at Shoshone: May 19-21**

- No other weekend like it! Bunch o'guys...weekend away in the mountains... bacon...Jesus!
- Spend time in the wood shop, participate in fun competition shoots, climb the rock wall, spend time in word and worship and meet our speaker, Dick Hardel from Faith Well MT.

Bring a youth age 12-18 for a reduced cost!



## HAPPY HELPERS

By Forrest Diehl

Happy Easter! Our Easter season, this year, lasts until the 4<sup>th</sup> of June, Pentecost Sunday. And, what a great Easter Celebration we had on April 16<sup>th</sup> to begin this Easter season! Thanks to all who shared their leadership, talent, and support in providing the grand Easter Worship Services and associated activities. Thanks to the **Worship and Music Committee** for their planning, preparation, and delivery of music and song during the worship services. Also, thanks to all who aided and helped in providing the Easter Breakfast! I know that **Kara Wilson** and the **Youth Ministry** were very active in making the **Easter Breakfast** a success, and I am sure there were others; it was a collective effort— including all the **Youth Group!** And thanks to the **Youth Ministry (April Marshall)** and **Child Center Center** for planning, organizing and providing the Easter Egg Hunt. **Christ is Risen!.....He is Risen, Indeed!**

**Ken Otteman** made a presentation during April's Church Council meeting with suggested recommendations to improve the appearance of the west entrance to the church and Child Center facility. Basically, the church council gave him permission to replace the black plastic lawn-edging with concrete block edging and to replace the struggling 75-ft. strip of lawn area (located immediately south of the west entrance) with a commercial grade weed barrier and red colored landscaping lava rock. **Ken Otteman** said we can remove the sod with a rental sod-cutter and **Bill Thurston** agreed to haul the old sod and dirt away. We are also going to research the cost of building a metal/material canopy over the sidewalk that leads to the west entrance. **Carol Gerds** had expressed many times that she would like to make the west entrance look more inviting and welcoming rather than looking like a "back-door". Ken said he hopes to begin as soon as weather permits and resources can be acquired. Thanks **Ken**; the Happy Helpers are looking forward to help in this project!

And speaking of Council Meetings, I would like to remind and encourage everyone to take time to read the Minutes of each monthly Council meeting. The minutes are posted on the bulletin board located in the Narthex – the north brick wall, behind which coat racks are located. **Gerry O'Rourke**, the Council Secretary, writes these Minutes and does a wonderful job in capturing what was discussed and the decisions made during the meeting. Council members have the advantage of listening to and processing financial information from our Parish Administrator, **Bonnie Calhoun**, first-hand. And thanks to **Gerry**, congregational members can be privy to similar detailed information. Rather than just reporting the numerical status of the church's and Child Center earnings and expenses, **Gerry** summarizes some the explanations, trends, and analysis that **Bonnie** gives the Council. I cite the financial information only as an example of the outstanding job that **Gerry** does in recording the minutes of all subjects discussed. Her Minutes truly give a summation and flavor of each council meeting.

During the month of April the Happy helpers cleaned and repaired the kitchen electrical fans (**Ken Otteman, Wade Wipperling**); installed a new electrical kitchen light switch (**Ed Orr**); repaired and reattached classroom sink splash

board in the nursery (**Ken Otteman, Bill Thurston**); coordinated with **Jeremy Hostetler** to install an electrical outlet in Child Center classroom; repaired plastic donation tote bins located in Narthex (**Wade Wipperling**); installed new electrical plug/connector to extension cord on mobile coffee cart (**Ed Orr, Jim Gunby**); repaired both round and rectangular tables [metal frames separating from plastic top] (**Wade Wipperling, Bill Thurston, Ed Orr, Ken Otteman, Steve Emig, Jim Gunby, Don Newland, Mel Carlson, Kent Tibbetts, Clancy Howard**); checked, started and ran snow-blower (**Harry Benton**); placed snow shovels and de-icer in Carl's Cabin (**Harry Benton**); swept sidewalks and curb-area next to parking lot [east and west] (**Linda Camp**); replaced door-mounted door stoppers with floor stoppers – double-doors leading from Narthex to kitchen (**George Harrison, Mel Carlson, Bill Thurston, Don Hodge**); placed Lent and Easter wording letters on Broadway Ave reader-board sign (**George Harrison, Don Hodge, Jim Gunby**); tightened sink drain pipe in Child Center classroom (**Kent Tibbetts**); repaired broken east inner entrance door latch (**Harry Benton, Wade Wipperling, Steve Emig, Clancy Howard**); repaired loose edging laminate on Conference Room table (**Wade Wipperling**); constructed three each coat racks (totaling about 20 linear feet) for Child Center hallways (**Ed Orr**); repaired locking latch to Narthex double-doors leading to kitchen (**George Harrison, Don Hodge**); reinstalled kitchen refrigerator shelf (**Wade Wipperling**); installed new windshield wipers on church van (**Bill Thurston, Ken Otteman**); checked on flickering Child Center classroom flickering florescent light and replaced blub in hallway florescent light fixture (**Bill Thurston**); dug post hole and placed a 10-ft high camera-surveillance sign in planting strip along McDonald Road (**Ken Otteman**); watered all plants in sanctuary and Narthex (**Linda Camp**); made deliveries to food bank (**Ken Otteman**); performed maintenance checks on church buses (**Ken Otteman**); cleaned and tidied-up pew areas in sanctuary (**Leroy York**); replaced outside entrance and soffit light-bulbs (**Harry Benton, Jim Gunby, Clancy Howard**); replaced broken ceiling tile in Child Center classroom (**George Harrison, Don Hodge**), set correct time on clock in gym (**Harry Benton, Bill Thurston, Kent Tibbetts**); researching to purchase school classroom clock for gymnasium (**Bill Thurston**); adjusted light sensor in classroom (**George Harrison**); coordinated with Habitat for Humanity to take church conference table per instructions from Church Council (**Wade Wipperling**); ordered new furnace filters (**Mel Carlson**); installed about 20-ft linear feet of coat racks in Child Center hallway (**Ed Orr, Don Newland, Linda Camp**); ordered a case of T-8 florescent bulbs from **Mike McCune**; etc.

The Happy Helpers are looking forward to the month of May and the fruits of all of our April rain, FLOWERS. We meet each **Thursday morning, 8:00 A.M.**, at the church. Coffee, tea, and "goodies" are provided. During April, **Bill Thurston** provided the goodies. Thanks **Bill!** Visitors and new members are always welcome. During April, **Dave Opsal** visited us several times. If you can't make it by 8:00 A.M., come anytime. Usually, we finish talking by 9:00 A.M. and working by 11:00 A.M.

## **PARISH NURSE**

By Debbie Martin

### **May is Osteoporosis Month**

#### **What is Osteoporosis?**

Osteoporosis is a bone disease that occurs when the body loses too much bone, makes too little bone or both. As a result, bones become weak and may break from a fall or even just sneezing. Osteoporosis means "porous" bone, like a honeycomb under a microscope. Osteoporotic bones have loss density or mass and contain abnormal tissue structure. As bones become less dense, they weaken and are more likely to break.

About 54 million Americans have osteoporosis and low bone mass. Studies show that 1 in 2 women and up to 1 in 4 men age 50 and older will break a bone due to osteoporosis.

#### **Osteoporosis is Serious:**

Breaking a bone is a serious complication of osteoporosis, especially in the elderly. Breaks are most likely to occur in the hips, spine, or wrists. In addition to possibility of causing permanent pain, there can also be shortening in height, one becomes hunched over or stooped posture. Osteoporosis may limit mobility, which may lead to isolation, or depression. Twenty percent of seniors who break a hip die within a year either from complications related to the break itself or the surgery to repair it.

Osteoporosis is often called a silent disease because one can't feel bones weakening. Breaking a bone is often the first sign of osteoporosis.

#### **Osteoporosis is Costly:**

Osteoporosis is responsible for 2 million broken bones and 19 billion in related costs every year.

#### **Diseases, Conditions, and Medical Procedures that May Cause Bone Loss:**

##### **Autoimmune Disease-**

- Rheumatoid Arthritis
- Lupus
- Multiple Sclerosis
- Ankylosing Spondylitis

##### **Medical Procedures-**

- Gastrectomy
- Gastrointestinal bypass procedures
- Endocrine/Hormonal
- Diabetes
- Hyperparathyroidism
- Cushings Syndrome
- Thyrotoxicosis
- Irregular periods; premature menopause
- Low levels of testosterone and estrogen in men

##### **Digestive and GI**

- Celiac Disease
- Crohn's
- IBS
- Weight Loss Surgery

#### **Cancer**

- Breast, Bone, Prostate

#### **Mental Health**

- Depression
- Eating Disorders

#### **Other Diseases/Conditions**

- AIDS/HIV
- COPD, emphysema, asthma
- Female athletes-loss of menstrual cycle
- Chronic Kidney Disease, Liver Disease
- organ transplants
- Polio and post-Polio Syndrome
- Malnutrition
- Scoliosis

#### **Medications that May Cause Osteoporosis:**

Aluminum containing antacids; Antiseizure meds such as Dilantin, Phenobarbital; Aromatase Inhibitors; Cancer chemotherapeutic agents; Cyclosporin A ; Gonadotropin releasing hormone; Heparin; Lithium; Methotrexate; Medroxyprogesteroneacetate (Depo-Provera); Protein Pump Inhibitors (PPI's): Nexium, Prilosec, Prevacid; SSI's-Lexapro, Prozac, Zoloft; Tamoxifen; Thyroid Hormones.

**STEROIDS-** taking steroid medication as pills in a dose of 5mg or more for 3 or months can increase the chance of bone loss and developing osteoporosis. While taking steroids it is important to get enough calcium and vitamin D. It is also important to exercise and not smoke.

**Diagnosis:** People can have osteoporosis without any symptoms or signs. A bone mass density (BMD) and labs are done for diagnosis.

**Treatment-**There is no cure however medications can slow or stop the progression and some help rebuild Vitamin D, calcium help, proper diet and exercise. Medications as calcitonin-estrogen and hormone therapies help women.

Some bisphosphonates (Actonel, Fosamax) are approved for men and women.

**Resources:** National Osteoporosis Society



**INCOME/EXPENSE INFORMATION**

By Bonnie Calhoun

**Advent General Fund Income/Expense**

	<u>March</u>	<u>Year to Date</u>
Income	28,523.31	95,405.21
Expense	<u>32,692.09</u>	<u>97,435.51</u>
<b>Net</b>	<b>-4,168.78</b>	<b>-2,030.30</b>

**Child Center Income/Expense**

	<u>March</u>	<u>Year to Date</u>
Income	59,707.27	174,466.81
Expense	<u>56,383.22</u>	<u>165,803.50</u>
<b>Net</b>	<b>3,324.05</b>	<b>8,663.31</b>

**Notes for Advent Lutheran Church**

**In March, expenses exceeded income by \$4,169.**

- Expenses included the budgeted disbursement (10% of benevolence dollars for the ELCA, Spokane Valley Partners, Maasai Health Systems, Lutheran Community Services and the Wenatchee Valley Lutheran Latino Ministry.
- Average monthly expenses came in \$987 higher than average budgeted monthly expenses due mainly to higher utility/snow plow expenses.
- 2017 January-March expenses were \$506 higher than 2017 January-March expenses.
- Average monthly income came in \$243 lower than average budgeted monthly income.
- Sunday offering giving for January-March 2017 was \$7,800 lower than in January-March of 2016.

**Notes for Advent Lutheran Child Center**

- **In March**, income exceeded expenses by \$3,324.
- Total income for the Center has increased by \$5,751 when compared to January-March of last year.
- Expenses have decreased by \$2,756.
- The Child Center is weathering the increases in tuition and minimum wage and have come through the first three months of the year with a net balance of \$8,663.

**SPOKANE VALLEY PARTNERS FOOD BANK AND CLOTHING BANK DONATIONS**

By Ken Otteman

Thank you all for your generous donations to the **Spokane Valley Partners Food Bank**. Our **'Fill the Shelf'** Sunday food drive donations brought in **306 lbs.!** The Food Bank is very grateful for all your donations.

**PEOPLE IN OUR PRAYERS**

**For our Church Family and Friends:** Diane Andring, Steve Amundson, Beverly Armstrong, Bennie, Manda Benton, Ginny Besemer, Tara Bradley, Brown family, Belle Campbell, Mike Canney, Hazel Cascaden, Bud & Betty Jo Cook, Georgia Coulston, Sally Duenow, Sonja Fording, Tillie Funk, Alisa Gergawy, Margaret Gilcrease, Abby Green, Halvorson family, Jan & Jerry Hall, Dolores Hanson, Mary Ann Klemmer, Inez Hodge and family, Leigh & Steve Hopkins, Linda Ingebritsen & family, Aliyah Jahay and family, Elinor Johnson, Marilyn Keith, Doug Kelly, Dana Kelley, Shirley Kjos, Linda Lahman, Alison LaFrance, Laut family, Velma Linerud, Eloise Lorentz, Jan Madden, Malia (family member of Judy Ross) and her Mother, Connie Martin, Sue May, Bonnie Mertes, Joyce Mertes, Jack & Flo McDougall, Katie McIntyre, SaraLu Moore, Marian Moseman, Jeanne Mummert, Gloria Nicol, Norm Knuttel, Gerry O'Rourke, Tim O'Rourke, Joanne Okert, Sarah Owen, Glen Preuninger, Connie Pyle, Anna Rector and Heinz, Myrna Rehn, Martha Schneider, Marvin & Darlene Schwarzenberger, Keith Shipbaugh, Kathy Sordorff, Jaci Stevens, Louise Sperline, Cindy Taskila, Mark & Cindy Thompson & family, Tito Tinajero, Barbara Vawter, Keith & Florence Wilson, Wisecarver family, Sara Zabriskie.

**For Family Members & Friends Serving in the Military:**

2 Lt. Ashley Allingor-Army; 2 Lt. Zane Allingor-USAF, CPL Damien Anderson, TSG Ryan Armstrong, Major Ryan Baker, MAJORS Megan & Robert Barnwell, SSGT Alex Baron, USAF, U.S. Army, Lt. Jordon Bolster, Steve & Christine Coulston, CPT Christopher Finch, Robert Guyton, TSG Christine Johnson, SGT Aaron Lang, Sr. Airman Richard Luna III, MSgt. Duncan McFarlane, Bryan McGoon, SSG Aaron Moeller, Sam Nelson, Sgt. Alex Pohle, Kurt Strigel, SPC Cody Strunks, Colin Wells, U.S. Air Force, Ryan Wells, TSgt Sarah Meddock, TSG Jason Wood, 1Lt. Michael West, Staff SGT Jacob McKenzie.

**Prayers for Eastern Idaho Washington Synod as we prepare for the election of a new Bishop.**

**For Family Members & Friends Serving in Mission fields around the world.**

*If you have a **prayer request**, please send an email to the church office at [alcsokane@comcast.net](mailto:alcsokane@comcast.net) or call the church office at (509) 928-7733.*

**March Services  
Average Attendance: 158**



### COMMUNITY OUTREACH

**'Fill the Shelf' Sunday! The Last Sunday of Every Month.....**

**Spokane Valley Partner's Food Bank** needs food! We know that sometime it is just a matter of remembering to bring something to add to the Food Bank barrels at church.

**Spokane Valley Partners' Food Bank** needs food every month. When you see the **'Fill the Shelf'** logo it will be a reminder that the last Sunday of the month is approaching and we frantically (like the lady in the logo) need your help to fill the box. Please bring what you can so we can help our neighbors down the street!

**Targeted food items remain the same every month:** That being: bean protein (chili, baked beans, pork n' beans), tuna, mac n' cheese, cereal, canned fruit ( no fresh fruit), canned vegetables, canned soups, boxed dinners, and peanut butter.

Thank you all very much!

**'Fill the Shelf' Sunday!  
The Last Sunday of  
Every Month**



### ADVENT LUTHERAN CHILD CENTER NEWS

By Heidi Perry, Director

It's May and that means **Mother's Day Brunch** time! This year, we are moving the Brunch back a week so that it will take place the **Sunday AFTER** Mother's Day.

For those who aren't familiar with our **Mother's Day Brunch**, it is our biggest fundraiser of the year. We get donations from parents and local businesses to auction off as well as serving a delicious brunch after the church service. We will also have balloons available with small prizes for the kids.

We will be serving Brunch **10:30 am-11:30 am**. Our menu includes Quiche, Cheesy Potato Casserole, Fruit platter, Scones, Bacon and Sausage! The auction will look pretty much the same as always, with several baskets filled with goodies, as well as different gift certificate packages.

We moved the Brunch back a week this year due to dwindling participation, both in families attending, and staff able to volunteer. Now our staff who are mothers will actually get to sleep in and enjoy their Mother's Day, rather than having to spend the entire weekend preparing food and being present for church and the Brunch.

We look forward to seeing everyone on **May 21<sup>st</sup>** and celebrating the women who are important in our lives.



### ANNOUNCEMENTS

**Diane Laut's** memorial service will be held on **Saturday, May 6**, at **1:00 pm**, here at Advent.

A memorial service will be held for **Jerry Hall** (Betty Jo Cook's brother), here at Advent on **Saturday, May 13** at **11:00 am**.

We received **\$612** from our **Lenten** offerings. The money will be sent to **Lutheran Community Services** for the **Unaccompanied Refugee Minor Program**.

**'New Faces' Sunday:** On **Sunday, May 7** during our Worship Service, we will be recognizing our **'New Faces'** at Advent. We hope you can join us! If you are new to Advent, we welcome you!

### CONGREGATIONAL MEETING

The **Semiannual Congregational Meeting** will be on **Sunday, June 4th** following the **Worship Service**. We will elect three new council members, nominating committee members, and review committee and small group reports. This meeting is an opportunity for ministry groups and committees to get the word out about their group's activities and who is involved in their ministry. **Committees and small group reports will be due on Sunday, May 14th**. Please turn them in to the church office or email them to Bonnie at [alcp parishadmin@comcast.net](mailto:alcp parishadmin@comcast.net).

### VACATION BIBLE SCHOOL

It is once again time to start planning for our **VBS** program! We will need volunteers! If you are able to volunteer for **VBS, June 20-23**, from **9am-noon**, at **St. Mary's Catholic Church**. Please contact **April Marshall** at **808-4099**. This year's theme is **"Maker Fun Factory."** **Volunteer and Registration forms** are available on the table in the Narthex and on our website at [www.adventlutheranspokane.org](http://www.adventlutheranspokane.org).

### ADDRESS CHANGE

**Chase Strunk** is now at the Naval Air Station in Pensacola, Florida for the next 15 weeks for his training for structural aircraft maintenance. There were 16 graduates that will be attending this program with him, so many familiar faces which will be nice.

**His new address is:**

AB CHASE STRUNK USAF  
230 CHEVELIAR FIELD AVE  
PENSACOLA, FL 32508

There aren't any restrictions on what he can receive, so you can send care packages.

### THANK YOU

**Anna Rector** would like to thank **George Harrison** for his kindness of cutting down a tree branch for her. This was something Anna was unable to do, and George went over and took care of it. George, your assistance was greatly appreciated! Thank you!

The **Happy Piecemakers** would like to extend a huge thank you to our wonderful congregation for their generous support of the Lenten **Baskets of Promise Appeal!**

We collected enough **Personal Care Kit** supplies to make **30 School Kits** and **13 Baby Care Kits** to be sent to **Lutheran World Relief** for distribution. In addition, a quilt is being gifted to a graduating high school senior, and **15** quilts were donated for the women and children at **Hearth Homes**. Monetary donations of \$225.00 were also collected to be used for shipping the kits. Thank you so very much for supporting this mission and giving the dignity of cleanliness to needy people! Many in the world will be blessed by your generosity! God bless you all! **The Happy Piecemakers**

### VISITATION MINISTRY

As a result of an April training held by Holly Gunby, Visitation Chairman, four new people were readied to serve communion to members unable to attend services.

**Don Klages, Dennis Johnson** and **Wade Wipperling** all attended the training and quickly took up the call. They have taken communion to shut-ins, made a same day emergency hospital call, and a subsequent follow-up call.

**Linda Reddekopp** also attended the training. Linda is currently Visitation's Correspondence Secretary. At the request of the office, she sends cards, by Advent's card makers or her own beautiful handmade cards, to those needing a word of encouragement or cheer. They are sent on behalf of the Advent congregation.

Four shut-ins were communed in the month of April. If you are aware of someone currently unable to attend services who would like communion brought to them, please let the office know.

In support of those they serve, two of the communers attended the **Maundy Thursday** service at **Good Samaritan** that Pastor Matt conducts each year. It was an additional privilege to celebrate with those of Advent's extended family.

If you know of someone who needs to know their Christian family cares and would like a home or hospital visit or simply a reminder of the love Christ has for them, please call the Church office. Your request will then be forwarded to either the Pastor or Visitation's Volunteer Coordinator and carried out.

### UPCOMING EVENTS

**Art Exhibit at The Max at Mirabeau Hotel, Wednesday, May 3rd**, from **5-7pm**. This art exhibit will feature the work of **Anna Rector**. Wine and food will be served at a minimal cost and the event is free to attend.

The Board of Directors of Life Services iChoice invites you to an evening with NY Times bestselling author and encourager to millions....An Evening with **Bob Goff: Thursday, May 11** at **The Fox Theater**, 1001 W. Sprague, Spokane. **Dessert at 6pm & Program at 7pm**. For tickets or more information, call **Erica** at **755-0776**.

## MAY 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> <b>10:30 am–11:30</b> ALCC Happy Feet <b>10:30 am</b> ALCC Board Mtg. <b>6:00 pm</b> Super Youth Team Meeting <b>6:30 pm</b> Synod Assembly Planning <b>7:00 pm</b> Boy Scouts F/158	<b>2</b> <b>9:00 am</b> Happy Piecemakers <b>9:30 am</b> Child Center Chapel S <b>5:30 pm</b> Executive Committee <b>6:00 pm</b> Cub Scouts F/106/158	<b>3</b> <b>9:30 am</b> - Mid-week Bible Study 106 <b>7:00 pm</b> –Choir	<b>4</b> <b>8:00 am</b> Happy Helpers Happy Cut-Ups <b>10:00 am</b> Amazing Athletes <b>6:30 pm</b> Praise Team <b>7:30 pm</b> AA Meeting 106	<b>5</b> <b>6:30 am</b> Men’s Prayer Breakfast at Denney’s Restaurant <b>6:00 pm</b> Co-DA Meeting 122	<b>6</b> <b>1:00 pm</b> - Memorial Service for Diane Laut
<b>7</b> <b>‘New Faces’ Sunday Valley Cluster Meeting-TBA</b> <b>9:15 am</b> –Kids’ Worship <b>9:30 am</b> -Worship Service/ Communion <b>After Worship</b> ‘New Faces’ Recognition Coffee Fellowship Happy Cut-Ups Monthly Card Sale <b>10:45 am</b> High School Bible Study at Starbucks TBA-Spokane Valley Cluster Mtg. <b>7:30 pm</b> -Al-Anon 122 AA Meeting 106	<b>8</b> <b>10:30 am–11:30</b> ALCC Happy Feet <b>12:30 pm-5:30 pm</b> ALCC Parent Conferences <b>6:30 pm</b> Worship & Music Committee 106 <b>7:00 pm</b> Boy Scouts F/158	<b>9</b> <b>9:00 am</b> Happy Piecemakers <b>12:30 pm-5:30 pm</b> ALCC Parent Conferences <b>6:00 pm</b> Council Meeting 122 Cub Scouts F/106/158	<b>10</b> <b>9:30 am</b> - Mid-week Bible Study 106 <b>12:30 pm-5:30 pm</b> ALCC Parent Conferences <b>7:00 pm</b> –Choir	<b>11</b> <b>8:00 am</b> Happy Helpers Happy Cut-Ups <b>10:00 am</b> Amazing Athletes <b>12:30 pm-5:30 pm</b> ALCC Parent Conferences <b>7:30 pm</b> AA Meeting 106	<b>12</b> <b>6:30 am</b> Men’s Prayer Breakfast at Denney’s Restaurant <b>12:30 pm-5:30 pm</b> ALCC Parent Conferences <b>6:00 pm</b> Co-DA Meeting 122	<b>13</b> <b>11:00 am</b> - Memorial Service for Jerry Hall
<b>14</b> <b>Mother’s Day</b> <b>9:30 am</b> -Worship Service/ Communion <b>After Worship</b> Coffee Fellowship Pastor Matt’s Bible Study <b>10:45 am</b> High School Bible Study at Starbucks <b>7:30 pm</b> -Al-Anon 122 AA Meeting 106	<b>15</b> <b>10:30 am–11:30</b> ALCC Happy Feet <b>6:30 pm</b> Synod Assembly Planning <b>7:00 pm</b> Boy Scouts F/158	<b>16</b> <b>9:00 am</b> Happy Piecemakers <b>9:30 am</b> Child Center Chapel S <b>5:30 pm</b> Head of Committee Mtg. <b>6:00 pm</b> Cub Scouts <b>6:30 pm</b> Outreach Committee F/106/158	<b>17</b> <b>9:30 am</b> - Mid-week Bible Study 106 <b>7:00 pm</b> –Choir	<b>18</b> <b>8:00 am</b> Happy Helpers Happy Cut-Ups <b>10:00 am</b> Amazing Athletes <b>7:30 pm</b> AA Meeting 106	<b>19</b> <b>Synod Assembly</b> <b>6:30 am</b> Men’s Prayer Breakfast at Denny’s Restaurant <b>9am-11am</b> -SVP Food Sorting <b>6:00 pm</b> Co-DA Meeting 122	<b>20</b> <b>Synod Assembly</b>
<b>21</b> <b>Synod Assembly</b> <b>9:15 am</b> –Kids’ Worship <b>9:30 am</b> -Worship Service/ Communion <b>After Worship</b> Coffee Fellowship Kids’ Hope Mentor Meeting <b>10:30 am-11:30 am</b> Mother’s Day Brunch <b>10:45 am</b> High School Bible Study at Starbucks <b>7:30 pm</b> -Al-Anon 122 AA Meeting 106	<b>22</b> <b>10:30 am–11:30</b> ALCC Happy Feet <b>7:00 pm</b> Boy Scouts F/158	<b>23</b> <b>9:00 am</b> Happy Piecemakers <b>9:30 am</b> Child Center Chapel S <b>6:00 pm</b> Cub Scouts F/106/158  <b>NEWSLETTER DEADLINE</b>	<b>24</b> <b>9:30 am</b> - Mid-week Bible Study 106 <b>7:00 pm</b> –Choir	<b>25</b> <b>8:00 am</b> Happy Helpers Happy Cut-Ups <b>10:00 am</b> Amazing Athletes <b>6:30 pm</b> Praise Team <b>7:30 pm</b> AA Meeting 106	<b>26</b> <b>6:30 am</b> Men’s Prayer Breakfast at Denny’s Restaurant <b>5:00 pm-7:30 pm</b> Movie Night <b>6:00 pm</b> Co-DA Meeting 122	<b>27</b>
<b>28</b> <b>‘Fill the Shelf’ Sunday Youth at Holden Village</b> <b>9:30 am</b> -Worship Service/ Communion <b>After Worship</b> Coffee Fellowship <b>10:45 am</b> High School Bible Study at Starbucks Praise Team Practice <b>7:30 pm</b> -Al-Anon 122 AA Meeting 106	<b>29</b> <b>Memorial Day</b> <b>Church Office &amp; Child Center Closed</b>  <b>Youth at Holden Village</b> 	<b>30</b> <b>Youth at Holden Village</b> <b>9:00 am</b> Happy Piecemakers <b>9:30 am</b> Child Center Chapel S <b>6:00 pm</b> Cub Scouts F/106/158	<b>31</b> <b>9:30 am</b> - Mid-week Bible Study 106 <b>7:00 pm</b> –Choir			

**MAY HOSPITALITY SCHEDULE**

<b>Ministry Description</b>	<b>May 7 9:30 am</b>	<b>May 14 6:30 pm</b>	<b>May 21 9:30 am</b>	<b>May 28 9:30 am Memorial Day Weekend</b>
<b>Communion Assistants (4)</b>	Marlene Diehl	Audrey Knuttel Linda Semmen Francie Shoquist	Beverly Lee	Audrey Knuttel Kate Larson Francie Shoquist
<b>Assisting Minister (1)</b>	Mike Canney	Jeff Zaleski	Kara Wilson	Jeff Zaleski
<b>Reader (1)</b>	Mike Canney	Jeff Zaleski	Kate Larson	Jeff Zaleski
<b>Acolyte (1)</b>		John Henry Wiegand		
<b>Media Person (1)</b>			Bonnie Calhoun	
<b>Ushers (3-4)</b>	Darrell & Francie Shoquist	Bill Johnson Darrell Shoquist	Cindy & Mark Thompson	
<b>Greeters (2-4)</b>	Denise Walker	Linda Rhoads	Patt Scott	
<b>Altar Flowers</b>				
<b>Fellowship Hosts</b>	Darrell & Francie Shoquist Marlene Diehl	Missy Bliesner	Child Center	Darrell & Francie Shoquist
<b>Cookies (4)</b>	Darrell & Francie Shoquist Marlene Diehl	Linda Semmen Eva Sturges	<b>MOTHER'S DAY BRUNCH</b>	Linda Rhoads Francie Shoquist

Team #1 Leaders: Harry & Manda Benton: 924-6495

Darwin & Dianne Ronngren: 443-8996

"Share with God's people .....,Practice Hospitality"  
Romans 12:13 (NIV)

---

Advent Lutheran Church  
13009 E Broadway  
Spokane Valley, WA 99216

Church Phone: 509-928-7733  
Child Center Phone: 509-928-0231  
Fax: 509-892-5219  
www.adventlutheranspokane.org

NONPROFIT ORG.  
U.S. POSTAGE PAID  
VERADALE, WA  
PERMIT NO. 19

RETURN SERVICE REQUESTED



## WORSHIP SCHEDULE

### SUNDAY

**9:15 am** Super Youth Sunday  
**9:30 am** Worship Service with Holy Communion  
**10:45 am** High School Bible Study at Starbucks on Sprague

**“Called by God’s Grace to Love and Serve”**