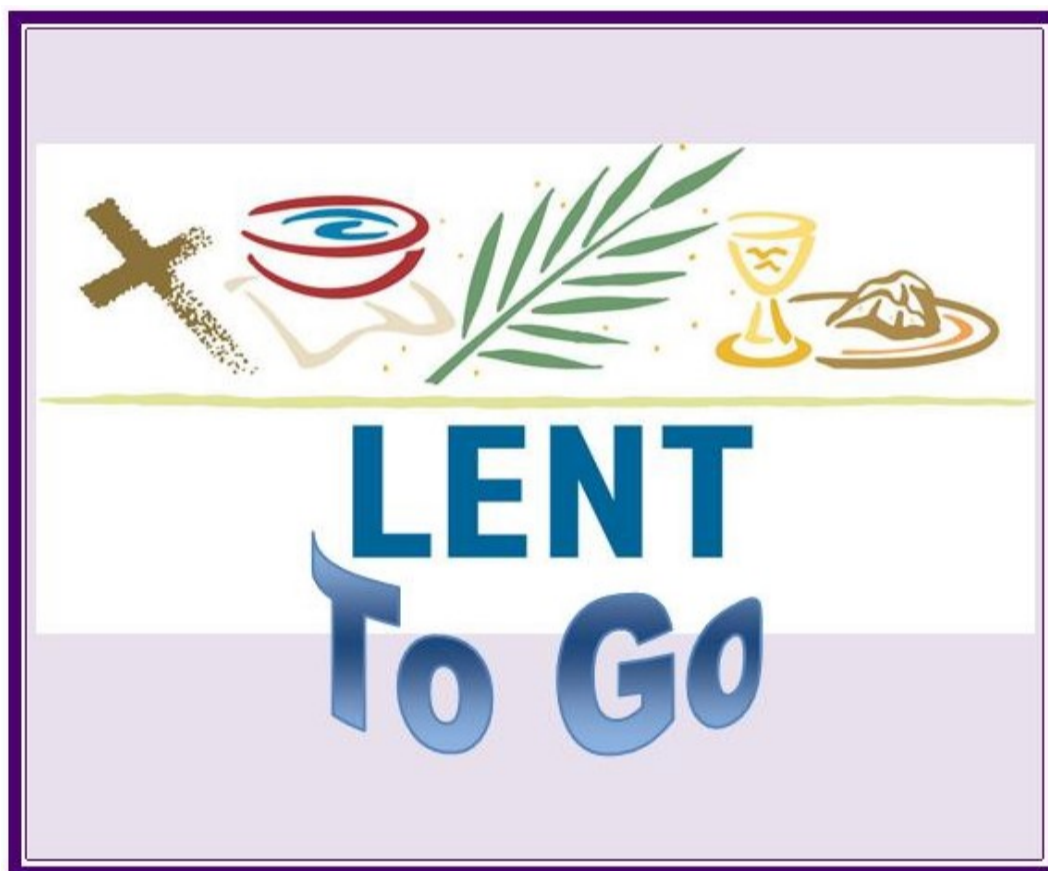


Advent Lutheran Church Newsletter



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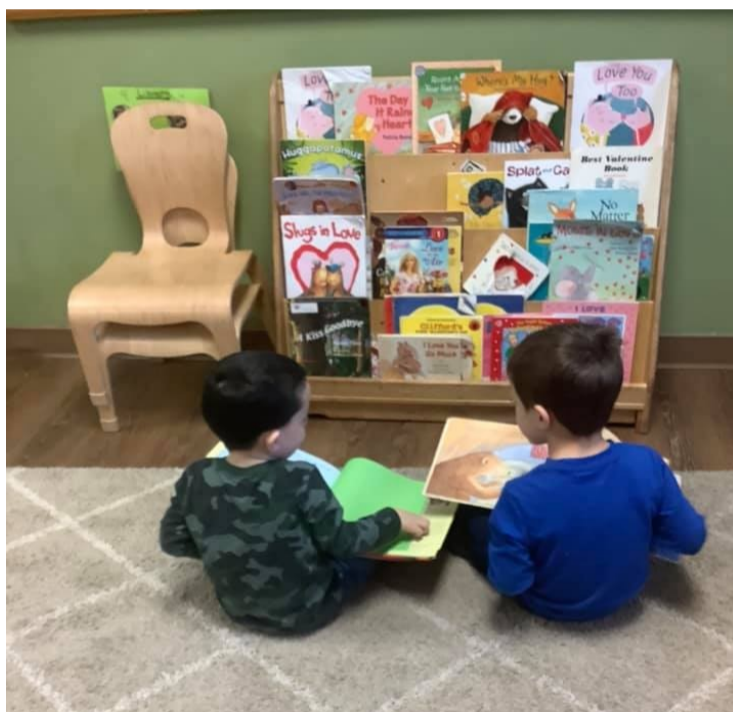
"Going into Exile"

- **Lent to Go** will comprise of a time to pick up a **Lenten packet** with seasonal essentials for **Ash Wednesday** and the **Lenten season**.
- These packets will be available **mid-February** and we will let you know when to come pick them up.
- Refer to **Pastor Matt's article on Page 3** of this newsletter for all the information.

ADVENT LUTHERAN CHILD CENTER NEWS

By Heidi Perry, Director

In February you normally think about Valentines Day, and thus love, so of course our lesson plans reflect that. One of the most important things we can possibly do as child care providers is help children feel loved and help them create relationships. At our center, we want all children and their families to feel like they are part of our family. This means helping children create relationships with each other as well as their teachers. Without feeling loved and valued by the people around you, it's nearly impossible to start learning new skills. Children as young as infants start creating friendships with each other. Our Ones and Toddlers, who are still learning how to speak, will learn their teachers names and friends names quickly and talk about them often. So for us, learning about love isn't just for February and Valentines Day, it's something we practice all year long.



PASTOR MATT'S CORNER

By Pastor Matthew Larson

Lent to Go

How many of you have found yourselves in a drive thru lane these last few months? It seems that the pandemic has made us to "go thru" more stores and restaurants than usual. I have always joked about having a drive-thru window at the church to get your essentials....communion, baptism, confession and forgiveness, etc. Of course that is all it has been, a sarcastic joke. However, This year we have decided to play on this idea and have **Lent to Go**. A way of keeping in contact with you all but also maintain good and healthy boundaries as we get closer to finding a normal again. **Lent to Go** will comprise of a time to pick up a Lenten packet with seasonal essentials for **Ash Wednesday and the Lenten season**. These will be available mid-February and we will let you know when you can "drive thru" and pick them up. If you are unable to come to the church to get your packet, please let the office know and we will find a way to get it to you! Advent's Delivery to Go!

The Lenten season begins on **February 17th, Ash Wednesday**. Ash Wednesday and the following Wednesdays we will be livestreaming a worship service at **6:30pm**, please join us on our **YouTube library** page: www.youtube.com/c/adventlutheranspokane. If you are not able to join us then it will be saved in our library to be viewed anytime after the service (after it uploads). There will be individual ash packets with instructions in the **Lent to Go** packets. We invite all of you to continue the tradition of having a simple meal, soup and bread, on Wednesday evenings and then joining us for the livestream.

The theme for Lent this year will be "**Going into Exile**". How do the stories of the Bible about exile relate to our current situation? How do the people handle exile? How do they stay connected to each other and to God? How does one change while exiled? These will be some of the questions that I will be tackling for our Wednesdays in Lent.

We will be using the familiar **Holden Evening Prayer** as our guide (the booklets will be in the packets). There may be one or two other surprises along the way but they are still being thought out. So, as we "drive thru" these next few weeks of Lent please remember that we may be having Lent to Go, but the church is still here serving you and our community and that we are sharing Jesus in our daily lives. God bless you all and hang in there!

LETTER FROM THE COUNCIL PRESIDENT

By Sharon Pegau

I had a letter all written up for the newsletter that talked about just some of the good things that happened to me in 2020 with a challenge to everyone to come up with their own list of some of the good things that happened to them last year.

And Then.....

The windstorm came, the power went out, and my letter was stuck in my home computer with no power and no internet. In the meantime we have heard from Ken Otteman regarding the roof at the Sullivan campus. Funny we had just talked about that roof at last Tuesday's Council meeting. Well, the news isn't good and work on the roof will need to happen sooner rather than later. Luckily since it had been on our priority list, we knew we would need to address it in the next year or two and had already started considering ways to pay for it. We have a bid, but we don't know if it will change since it has been some time since it was given. But the bid gives us an idea of what we are talking about.

But things have a way of working out. And we can use the opportunities these challenges bring us. I ended up getting "around to it" by cleaning up and organizing the two boxes of files that I had brought home from work. I have just a small pile left to finish up. Helping me with the project was the sunshine that came with the windstorm. It made hanging out in the basement pleasant. And who needs the lights on when the sunshine is coming through the windows? I adjusted, opened all curtains, and let the solar power light and warm the house.

So just like my changing my direction with the power outage and finally getting "around to it," we will do that with the Sullivan roof. It won't be easy (all my computer work is still waiting for me), but I know we will figure it out. So consider this an adjustment, a bump in the road for Advent Lutheran. But know your council is going to figure it out. We ask for your help though. This is not the time to stop giving. The Church will always have financial challenges. This is our current challenge. But we will get through it together.



BELOW ARE THE AMENDED RESULTS OF OUR DECEMBER CONGREGATIONAL VOTE:

By Bonnie Calhoun

It has been brought to my attention that congregational vote count approving the budgets was incorrect. I always save the written ballots from every congregational vote including the most recent one. After careful review, I have discovered that the votes were indeed counted in error. Following is an updated vote count. I apologize for the miscount. I reviewed the ballots twice but missed the no votes.

Member signatures: 77

1. Approval of the December 1, 2019 Congregational meeting minutes

77 I approve.

 I do not approve.

2. Election of the 2020 Council Nominees

- Sharon Pegau (3 year term)
- Jeff Peck (3 year term)
- Linda Lahman (3 year term)

77 I approve.

 I do not approve.

3. Approval of the 2021 Advent Lutheran Church and Child Center Budgets

Child Center 2021 Budget

76 I approve.

1 I do not approve.

4. Advent Lutheran Church 2021 Budget

74 I approve.

3 I do not approve.

PARISH NURSE

By Debbie Martin, RN, Parish Nurse

Heart Attack and Stroke Symptoms

Warning Signs of Heart Attack, Stroke & Cardiac Arrest

HEART ATTACK SYMPTOMS

CHEST DISCOMFORT

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

DISCOMFORT IN OTHER AREAS OF THE UPPER BODY

Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

SHORTNESS OF BREATH

with or without chest discomfort.

OTHER SIGNS

may include breaking out in a cold sweat, nausea or lightheadedness.

Catch the signs early

Don't wait to get help if you experience any of these heart attack warning signs. Some heart attacks are sudden and intense. But most start slowly, with mild pain or discomfort. Pay attention to your body and call 911 if you experience:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes – or it may go away and then return. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** This can occur with or without chest discomfort.
- **Other signs.** Other possible signs include breaking out in a cold sweat, nausea or lightheadedness.

Symptoms vary between men and women

As with men, women's most common heart attack symptom is chest pain (angina) or discomfort. But women are some what more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

DON'T HESITATE TO CALL 911

Learn the signs for heart attack, and remember: Even if you're not sure it's a heart attack, have it checked out. Minutes matter. Fast action can save lives - maybe your own.

Call 911 if you experience heart attack warning signs.

Calling 911 is almost always the fastest way to get lifesaving treatment.

PARISH NURSE-Continued

An emergency medical services (EMS) team can begin treatment when they arrive – up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.

FOR MANY REASONS, IT'S BEST TO CALL 911 SO THAT AN EXPERIENCED EMS TEAM CAN BEGIN TREATMENT AND ARRANGE RAPID TRANSPORT TO THE EMERGENCY ROOM.

CARDIAC ARREST SYMPTOMS

SUDDEN LOSS OF RESPONSIVENESS

No response to tapping on shoulders.

NO NORMAL BREATHING

The victim does not take a normal breath when you tilt the head up and check for at least five seconds.



Common Heart Attack Warning Signs



Learn more at Heart.org/HeartAttack.

PARISH NURSE-Continued

STROKE SYMPTOMS

Spot a stroke F.A.S.T.

FACE DROOPING

Does one side of the face droop or is it numb? Ask the person to smile.

ARM WEAKNESS

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

SPEECH DIFFICULTY

Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?

TIME TO CALL 9-1-1

If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

LIFE AFTER A HEART ATTACK

Explore and embrace your options:

You had a heart attack. Now what?

It's no surprise that many people feel scared, confused and overwhelmed after a heart attack. A heart attack represents a life-changing event.

After your treatment for heart attack, you likely received instructions and a lot of information from your doctor. With time to reflect, you may be trying to understand what happened. You're sure to want to know what you can do to avoid heart problems in the future.

Navigating the road to recovery isn't easy. Questions, confusion, uncertainty and even fear are common. Get answers to your questions and learn more about what to expect.

PARISH NURSE-Continued

5 ways to prevent another heart attack

Make prevention your priority

After a first heart attack, most people go on to live a long, productive life. However, around 20 percent of patients age 45 and older will have another heart attack within five years of their first.

Make preventing another heart attack your first priority. Here are five things you can do:

Take your medications as prescribed. Certain medicines can greatly lower your risk of another cardiac event. That's why it's important for you to understand your medicines and take them correctly. Learn about managing your medications.

Attend your follow-up appointments. Attending your follow-up appointments will help your doctors keep track of your condition and recovery. You can make the most of your time with your doctor by preparing for your appointment.

Participate in cardiac rehabilitation. Cardiac rehabilitation is a medically supervised program designed to help you recover after a heart attack. You should have received a referral to cardiac rehab when you were discharged from the hospital – if you didn't, ask your doctor about it. Learn more about cardiac rehab.

Get support. It's normal to feel scared, overwhelmed or confused after a heart attack. Getting support from loved ones or from people who have also experienced a heart attack can help you cope. Connect with other heart attack survivors and caregivers through our Support Network.

Manage your risk factors. After a heart attack, it's important to manage risk factors (such as high blood pressure, high cholesterol and diabetes) by taking medications, quitting smoking, eating healthy food and getting active. Find out more about managing your risk factors. Learn about other lifestyle changes.

Be Prepared for an Emergency: Learn CPR and AED Skills.



American Heart Association.
You're the Cure

NEWS FROM CAMP LUTHERHAVEN

Greetings from Camp!



Did you know that Valentine's Day is on a 3-Day Weekend this year? Come celebrate with your loved ones at Camp Lutherhaven!

Cabin rentals are just **\$50/night**; come enjoy home-cooked meals, lakeside bonfires with s'mores, and a chance to play outside in the mountains.

You can even play glow-in-the-dark mini golf, practice archery, or select from a variety of family and couples board games by the fireplace!

All are welcome. Book soon to reserve your stay, spots may fill up fast.

Now Hiring Summer Staff!



Would you or someone you know love to be a part of a life-changing summer and join summer staff at Lutherhaven Ministries?

We're looking to hire camp counselors, support staff, life-guards, cooks, kitchen assistants, maintenance workers, wranglers, and more at Camp Lutherhaven and Shoshone Mountain Retreat & Ranch!

Camp staff positions are rewarding, challenging, and unforgettable. Refer someone you know or apply by February 15th for consideration!

NEWS FROM CAMP LUTHERHAVEN-Continued

Donations Needed: Pottery Wheels



Do you have an unused electric-pedaled pottery wheel at home? Looking for a way to bless campers?

We're on the lookout for several electric-pedaled pottery wheels. Share the word with your congregation or let us know if you have a way to help!

Lutherhaven Ministries
Upcoming Events

- ✓ January - April
Stay & Play Family Cabin Rentals
- ✓ March & April
Choose your date: Cut, Crop & Quilt Retreats
- ✓ April 9-11, 2021
Camp Lutherhaven Volunteer Weekend
- ✓ April 23-25, 2021
Shoshone Mtn Retreat Volunteer Weekend
- ✓ May 14-16, 2021
Shoshone Mtn Retreat Man Camp
- ✓ RV & Tent Camping
Available as soon as the snow melts
(usually early April)

LUTHERHAVEN

Questions?

Email us!
laura@lutherhaven.com
www.lutherhaven.com

Lutherhaven Ministries Inc.
3258 West Lutherhaven Road
Coeur d'Alene, ID 83814
208.667.3459

HAPPY HELPERS

By Forrest Diehl

Well, this sure seems to be the Year of/for the Zags. When the #1 national ranking for the Gonzaga Men's Basketball Team was first published, I figured it would last maybe 2 or 3 weeks. But when I watched them play West Virginia, back in the early part of December, I thought "wow", this team is really good! Little did I think that the #1 national ranking would last through the later part of January and beyond (hopefully). Go Zags!

Also, on the national scene (I think Gonzaga is finally on the "national" list – especially after noticing that nine out of ten sportscasters now pronounce "Gonzaga" correctly), – a lot of things went on this month. Because of the pandemic, both Martin Luther King Day and the Presidential Inauguration were somewhat subdued, however. But I have to say that this Martin Luther King Day, Marlene and I exchanged more thoughts and ideas about civil rights and diversity than any other previous Martin Luther King Day. The motivating factor for us doing that was the sermon by the **Rev. Dr. Michael Eric Dyson**, Professor of African American and Diaspora Studies, Distinguished Professor of Ethics and Society at Vanderbilt University, Nashville Tennessee. He titled his sermon "An Imagined Letter from the Apostle Paul to America". In his sermon on January 17 at the Washington National Cathedral, Rev. Dyson talked about the work of Dr. King, the events that happened at our nation's capital on January 6, 2021, American exceptionalism, the subtleties of white supremacy in our society, specific differences between the forty-fourth and forty-fifth presidents, the importance of unity, etc. It was a very powerful and motivational speech. Later, on January 20, Marlene and I watched President Biden's inauguration. We especially enjoyed seeing the previous presidents and their wives sitting together, conversing, and seeming to be enjoying each other's company.

Here's some trivia, maybe even a few facts too, that I received this month in my e-mail. When I read through these, I had a flash back of L. M. Boyd's column, back in the day. Those of you old enough to remember him will probably get the same feeling. I remember in high school, Lewiston Senior High School, during study-hall, the first thing I would do is look to see if the local newspaper, Lewiston Morning Tribune, was available; if it was, I would immediately (like in the Gospel of Mark) read the L. M. Boyd's column. His column was always full of miscellaneous trivia and amusing facts. I found them very entertaining.

- **Stewardesses** is the longest word typed with only the left hand.
- **Lollipop** is the longest word typed with your right hand.
- No word in the English language rhymes with **month**, **orange**, **silver**, or **purple**.
- **Dreamt** is the only English word that ends in the letters "mt".
- Our eyes are always the same size from birth; but our nose and ears never stop growing.

HAPPY HELPERS-Continued

- The sentence: "The quick brown fox jumps over the lazy dog." Uses every letter of the alphabet. (You old timers that took typing lessons knew that, right?).
- The words **racecar**, **kayak**, and **level** are the same whether they are read left to right or right to left (palindromes).
- There are only four words in the English language which end in 'dous': **tremendous**, **horrendous**, **stupendous**, and **hazardous**.
- There are only two words in the English language that have all five vowels in order: **abstemious** and **facetious**. (Now is the time to do your recitation of the vowels "a, e, i, o, u".)
- **Typewriter** is the longest word that can be made using the letters only on one row of the keyboard. (You typists are going to check this out and find out which row.)
- A cat has 32 muscles in each ear.
- A goldfish has a memory span of three seconds. (Mine is about the same, just ask Marlene).
- A **jiffy** is an actual unit of time for 1/100th of a second.
- A shark is the only fish that can blink with both eyes.
- A snail can sleep for three years. (I think this has happened to some politicians also).
- **Almonds** are a member of the **peach family**.
- Babies are born without kneecaps. They don't appear until the child reaches 2 to 6 years of age.
- **February 1865** is the only month in recorded history not to have a full moon.
- In the last 4,000 years, no new animals have been domesticated.
- If the population of China walked past you, 8 abreast, the line would never end because of the rate of reproduction.
- Leonardo Da Vinci invented the scissors.
- Peanuts are one of the ingredients of dynamite!
- Rubber bands last longer when refrigerated.
- The average person's left hand does 56% of the typing.

Some of the Happy Helpers' accomplishments during January 2021 were: care and maintenance to grounds, parking-lot, and sidewalk (**Linda Camp, Others**); cleaning up after wind-storm on January 12 (**Linda Camp**); removal of old branches, limbs and leaves that were piled on grass near Carl's Cabin/trash dumpsters (**Bill Thurston**); sanded and refinished numerous Child Center classroom doors (**Ken Otteman**); removed Christmas ornaments from Christmas trees in sanctuary & narthex and packed/moved decorations and trees into storage (**Don Klages, Bill Thurston**); moved apartment furnishings from one apartment to another in a retirement complex (this was done in the rain and **Bill Thurston's** trailer made this task much easier) (**Wes Todd, Dave Cook, Bill Thurston**);

HAPPY HELPERS-Continued

donated \$50 to Pastor's Discretionary Fund (**All**); reattached hanging air vent deflector grate in kitchen ceiling (**Wes Todd**); replaced fluorescent light bulbs in light fixture located in hallway, outside sacristy (**Bill Thurston**); cut and emplaced an access door to interior of make-up air duct on roof above kitchen (**Ken Otteman**); repaired wind damage to roof gable vent on building at Sullivan campus (**Ken Otteman**); etc.

The Happy Helpers are looking forward to the **Ground Hog Day** (although we are having a very mild winter, thus far) and receiving our **COVID-19 vaccinations** during the month of February. The Happy Helpers remain ready to meet maintenance and upkeep needs at the church and Child Center as best we can during the COVID-19 restrictions. We (**Harry Benton, Linda Camp, Dave Cook, Steve Emig, George Harrison, Clancy Howard, Ken Otteman, Roger Scheurer, Bill Thurston, Kent Tibbetts, Wes Todd, and Wade Wipperling**) continue to look forward to the time at which we can once again meet on Thursdays. Many others are "on call" and willing to help!



ANNOUNCEMENTS

The Church office and Child Center will be closed on **Monday, February 15**, in observance of Presidents' Day.

LENT TO GO

The **Lenten season** begins on **February 17th, Ash Wednesday**. Ash Wednesday and the following **Wednesdays** we will be **livestreaming a worship service** at **6:30pm**, please join us on our **YouTube library** page: www.youtube.com/c/adventlutheranspokane.

Advent's **Lent to Go packets** will be available mid-February and we will let you know when you can "drive thru" and pick them up. If you are unable to come to the church to get your packet, please let the office know (**928-7733**) and we will find a way to get it to you! Advent's Delivery to Go!

COMMUNITY OUTREACH

By Babs Velategui

Please consider sending a donation to Spokane Valley Partners for their Food Bank. You may also drop off food at the Church for the barrel.



THANK YOU

"To the Advent Lutheran Church Tree of Sharing Sponsors: Thank you so much for the amazing generosity and care you have once again shown to our students and families! As we all know, this year has been beyond stressful and so difficult for our young people, and you all make such a difference in providing hope and joy through a smile that will shine on Christmas day. All of us at University Elementary wish you a blessed holiday season. With sincere appreciation and a very Merry Christmas, Shannon Phillips, School Counselor."



INCOME/EXPENSE INFORMATION

By Bonnie Calhoun

Advent General Fund Income/Expense

	<u>December</u>	<u>Year to Date</u>
Income	30,949.35	342,261.87
Expense	28,968.14	332,439.70
Net	1,981.21	9,822.17

Child Center Income/Expense

	<u>December</u>	<u>Year to Date</u>
Income	78,289.21	746,522.81
Expense	59,144.22	736,544.00
Net	19,144.99	9,978.81

Notes for Advent Lutheran Church

- **In December, income exceeded expenses by \$1,981.** The year-end net gain for 2020 was \$9,989.
- Sunday offerings for January – December 2020 came in \$17,060 lower than January – December 2019.
- Average monthly income came in \$1,599 lower than average budgeted monthly income.
- Average monthly expenses came in \$2,413 lower than average budgeted monthly expenses.
- Expenses included the budgeted disbursement (10%) of benevolence dollars for the ELCA, Spokane Valley Partners, Maasai Health Systems, and Lutheran Community Services.

Notes for Advent Lutheran Child Center

- **In December, income exceeded expenses by \$19,145.**
- The net gain in December was the result of a State Covid Grant totaling \$22,220. All in all, the Center has received a total of \$43,753 in Covid Relief Grant Funds in 2020. These grants have kept the Center solvent during the Covid pandemic shut-down and the resulting fluctuation in Child Care needs.
- Total income for Jan-December 2020 decreased by \$6,468 when compared to Jan-December 2019. However, it is worth noting that income would have been down by \$50,221 were it not for the \$43,735 addition of Covid Relief Grant income. The decrease in income was primarily due to reduced enrollment caused by the Covid-19 shut-down in March-April from which the Center has never fully recovered.
- Total expenses for Jan-December 2020 decreased by \$34,619 when compared to Jan-December of 2019. This decrease was mainly driven by the reduction in staff corresponding to the reduction in enrollment during the COVID-19 shut down in March-April.
- Payroll expenses increased this Fall as new staff was hired to meet anticipated enrollment which, unfortunately, did not materialize as expected. This was the driving factor in September-November's large net losses (-\$32,368).

INCOME/EXPENSE INFORMATION - Continued

- **The Center has \$46,761 in reserve, which translates to .6 months of average expenses. In order to maintain financial health, it is the goal of the Center to reach one month of average expenses in its reserve.**

PEOPLE IN OUR PRAYERS

For our Church Family and Friends: COVID-19 pandemic crisis, Steve Amundson & family, Bennie and his wife Linda, Phyllis Bauer, Harry Benton, Kathy Bowers, Kathy Bower's former brother-in-law, Joelene Boyd, Cheana & baby Gracelyn, Chris Conway, Tomas Corsini, Georgia Coulston, Gary Dillon, Stan Drumm, Drummond family, Lillian Enman, Jim Gunby, Leigh & Steve Hopkins, Arlo & Gwen Huber, Eli James & Geraldine, Audrey Knuttel, Midge Kiourkas's daughter Jodi, Midge Kiourkas & her family, Eddie LaBabera, Lexi & Serenity, Jan Madden, Maureen & family, Flo McDougall, John & Nancy McLaughlin, SaraLu Moore, Tim O'Rourke, Jen Parman, Rick Parman, Randy Peterson, Kathy Piper, Herb Postlewait, Terry Powell, Betty Quinn & her family, Ann Schoenwald, Kimberley & Kreagan Shipbaugh, Diana Tesdal & family, Kathy Wipple, Velategui family, and Atiya Yeoman & her family.

For Family Members & Friends Serving in the Military:

1 Lt. Ashley Allingor-Army; CPT Zane Allingor-USAF, CPL Damien Anderson, MSGT Ryan Armstrong, Major Ryan Baker, Majors Megan & Robert Barnwell, SGT Alex Baron, USAF, Capt. Jordon Bolster, CPT Christopher Finch, Robert Guyton, TSG Christine Johnson, CW2 Aaron Lang, Sr. Airman Richard Luna III, MSgt. Duncan McFarlane, Bryan McGoan, SSG Aaron Moeller, Sam Nelson, GySgt. Alex Pohle, AF Staff Sgt. Garytt Shirey, Kurt Strigel, Sgt. Cody Strunks, Colin Wells, U.S. Air Force, Ryan Wells, Master Sgt. AF Nat'l Guard Sarah Meddock, TSG Jason Wood, CPT Michael West, Sgt. Steven West, Staff SGT Jacob McKenzie, Capt. Stephen King, Airman Chase Strunk, U.S. Air Force, LCPL Jared Martin, 2nd Recruit Rafe Rector, and Staff Sgt. Dan Zabriskie in the National Guard, LCPL Breandan LaFontaine, and Airman Justin Wise, US Air Force.

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 alcspokane@comcast.net or call the church office at (509) 928-7733.

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

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WORSHIP SCHEDULE

SUNDAY

Sunday Morning: 9:30 am Worship Service Online
Wednesday Morning Bible Study: 10:00 am- Zoom

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