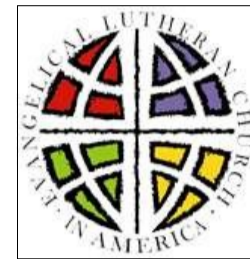


Advent Lutheran Church Newsletter



ADVENT LUTHERAN CHURCH 10 YEARS TOGETHER!

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

PASTOR MATT'S CORNER

By Pastor Matthew Larson

Do you know the atomic number of Neon? Or, how many plagues were sent to the Egyptians? Do you know how many pins there are at the end of a bowling alley? You probably have got it now. 10. Pythagoras thought the number 10 was "perfect" for it was 1+2+3+4 (1 – Existence 2-Creation 3-Life 4-The four elements Fire, Water, Air, Earth).

So, why am I focusing on the number 10? Because on **May 15th** in the year of our Lord 2021 **Advent Lutheran Church will officially be 10 years old! Sunday May 16th** we will recognize this feat during the worship service with words from some of our members and from our Bishop Kristen Kuempel and as usual this will be livestreamed along with in-person worship.

Wow, it's been 10 years. We have certainly had our challenges and struggles along with some wonderful celebrations, worship, activities, outreach, adventures, etc.! As we knew in the beginning of this process, bringing three families together would be hard but you have done it! We have seen changes (oh no!), we have tried and failed and then tried again. We have connected our worship and study with technology, we have had wonderful choir and praise team music, we have seen wonderful quilts and barrels full of food. We have reached out into our community and built relationships. We have helped each other. We have eaten well and sent many many kids to Lutherhaven. We have had and continue to have a thriving Child Center (pandemic aside). We have worshipped, prayed, mourned, laughed, studied, conversed, voted, listened, partied, and loved. We will continue to do these things.

We have distributed over **\$213,000** through our Endowment!! Wow! We have been able to reach out locally, regionally, and globally through these gifts. In light of this, I would like to invite all of you, in celebration of our **10th anniversary** to donate to the **Advent Lutheran Endowment**. Perhaps a gift of \$10...or 10x10 dollars (\$100)...or whatever you could do! A wonderful way of not only remembering our accomplishments now, but to know that there will be more to come in the future!

God has blessed us these 10 years and I wish to give God thanks along with all of you. To be a part of something new and help form and shape it has been one of the highlights of my almost 22 years of ministry as a pastor. The future is ours....Called by God's Grace to Love and Serve. This is our mission at Advent.

10 blessings on you all,
Pastor Matt

LETTER FROM THE COUNCIL PRESIDENT

By Sharon Pegau

He is Risen. He is risen, indeed!

Even though Easter has passed, let us all still remember the joy and the hope that comes from saying "He is risen, indeed." That was the start of the Christian church around the world and the start of a better understanding of what faith promises.

For Advent Lutheran it was also the start of what will hopefully be the permanent return to in-person worship. It was good to see so many familiar faces at the Sunrising service. I'm sure the same was said by those who attended the church service.

As we slowly get back to normal, we will start incorporating more and more activities, although I hope we keep some of the new ways that we have learned over this past year. One activity that we are in the planning phase for currently is our **semi-annual meeting to be held in June**. We are planning to hold that meeting in-person and as long as Washington stays at least in its current phase we should have room for everyone who wants to attend.

One important item of business for that meeting is the election of four Council members. Two of the three persons up for election have chosen to not run again and one person from the previous election has met his limit for the number of years in a row a person can serve. So, I ask you all to prayerfully consider this important aspect of the church. The reason we have term limits is to allow as many voices as possible to have an opportunity to serve in the decision making of Advent Lutheran. It is important to hear from many different perspectives. If you have never served on the Council or have served but it has been a few years, **please consider running for Council**. Let myself, Pastor or Bonnie know and we will include your name in the election.

What we would be asking of you is to attend a one to two hour meeting one evening a month. If you choose to also serve on the Executive Council, you would be adding another hour meeting once a month. Don't let the fact that you are a snowbird or travel a lot dissuade you. One thing we have learned over the past year is to meet remotely and we can make that work for anyone who needs it as we move forward. We are a small group and desperately need members of the church to step forward and help with making sure the church continues to operate for the benefit of us all.

PARISH NURSE

By Debbie Martin, RN, Parish Nurse

Dear congregation members, as we “open back up” some of you may feel some fear, stress, anxiety. This is a long read but I really liked the content and feel it covers quite a bit. God Bless, Debbie Martin, RN Parish Nurse.

Is Returning to Normalcy Causing You Stress?

JOHN WHYTE: Welcome, everyone. I'm Dr. John Whyte, chief medical officer at WebMD. The lockdown has caused many of us to be anxious, to be stressed. And now that we finally got used to it to some degree and there's talk of reopening in many areas of the country, there is reopening, many folks are feeling stressed and anxious again. So how do we deal with those emotions? How do we recognize those emotions?

So I've asked an expert to join me. I've asked **Dr. Mena Mirhom**, a psychiatrist at Columbia University, to come back and help give us some tips as to how to manage all of this. Dr. Mirhom, thanks for joining me again. It's nice to see you.

MENA MIRHOM: Thank you so much for having me, Dr. Whyte. Pleasure to be with you as always.

JOHN WHYTE: Well, let's start off with you talk about the first step is doing a self-inventory to find out what your triggers are. Can you walk us through how someone can do that?

MENA MIRHOM: Absolutely. One of the reasons that's important to do is we use some of these umbrella terms such as stress and anxiety, and those things mean a whole lot of different things to different folks. So one of the ways that we want to begin this process is to go full-blown Oprah self-assessment kind of interview for yourself. The reason that we want to do that is depending on what emotions you uncover, you're going to change your whole approach and what would be most beneficial for you.

So for example, some of the questions you want to ask yourself are, “What are the things that may trigger my anxiety?” “What are the things that make me feel uncomfortable?” “What are the settings that may make me feel uncomfortable?” “Is it more of a social dynamic of being in a place with new people, us wearing masks, maybe not wearing masks?” “Do I shake their hand or I do one of these fist bump things or I do the elbow thing?” “Is it more of a social?”

Some patients have told me, “You know, Dr. Mirhom, the worst thing for me is I'm worried about my commute, being in traffic and road rage, and I haven't had to experience that in a long time.” Is it more of an academic in terms of being in classes again for younger folks or students? These things are all very different. So you want to understand that dynamic as well as you want to also ask yourself, “What are the things that make me feel safe?” “Where do I feel more comfortable?” “Where do I feel, this is familiar, this is something I can do again?”

PARISH NURSE-Continued

So first we want to begin with asking ourselves these details and take some time. I've had folks even go through the process of writing some of this down. You may surprise yourself with how much there is to know about yourself.

JOHN WHYTE: And writing it down really does have an impact on doing this inventory. You also talk about compassion, self-compassion, being nice to yourself. So let's break that down. What does that mean? We don't want to engage in unhealthy behaviors. Does that mean I can binge on Netflix this evening? What does being nice to yourself really mean, practically speaking?

MENA MIRHOM: Yeah, in a practical sense we often talk about the dialogue that's happening internally in our minds. Sometimes we can catch ourselves saying things to ourselves that we would never say to a friend or even, to be honest, someone that we don't like very well. Saying, oh, how could you be thinking this way? Why are you not like so and so? This person is all psyched and excited about the reopening, and you're timid or you're afraid or you're worried about this and that, you do not trust science. You don't trust this.

So the first thing when we talk about self-compassion is that dialogue of giving yourself a little bit of a break, knowing, hey, this has been a tough year, we've been through a whole lot both financially, health-wise, as a country, as a nation, we've been through it. So begin by saying, “It's OK, this is going to be a gradual process, and I'm going to allow myself to have the patience with myself, not to lose my own patience as I'm dealing with myself.” This doesn't mean, as you mentioned here, it's not about just sit home and watch Netflix all day or things like that.

But as we're beginning to take gradual steps, these micro steps that we've talked about in other sessions, to know that, hey, I may take a step forward, re-evaluate, maybe I'll have to pause for a moment. And I'm not going to have this inner dialogue that is highly critical, super, super critical, of every step I make, knowing that I'm going to give myself a bit of a break as I go through this transition process. This is the example that I've given to some patients, is when you're waking up in the morning and someone just turns on the light all of a sudden, and your eyes physically take time to adjust. This is going to be an adjustment period for us, and we need to be patient with ourselves.

JOHN WHYTE: What's the short-term goal, something like being able to get on public transportation? Or is it something that you say by the end of the month, I want to be able to do this? What are some of those examples?

MENA MIRHOM: Yeah, some of those things can certainly be transportation in terms of what is the method that you're getting around these days. Is it public transport for driving for some folks? I've had some patients who the thought of being behind the wheel because of their significant anxiety is a tough thing -- getting on a highway again and getting on a bridge. So maybe if that is a source of anxiety, going back to our self-inventory, perhaps a short-term goal can be: By next week, I'm going to take a little bit of a longer ride than I did before.

PARISH NURSE-Continued

If my social anxiety is more so the issue, so I'm not going to unnecessarily jump into a huge setting, I'm not going to go to a Yankee game, for example, tomorrow. But maybe a short-term goal is: "By next week, I'm going to have coffee with a friend in an outdoor setting and see how I feel; maybe then I'll go out with a few more friends, also in an outdoor setting, and see how that feels as well." And because, especially, I want to comment on the fact that the social skills that we are regaining here are just that. There are skills that can become rusty, and like riding a bike, but you want to get back on the bike and do some practice.

JOHN WHYTE: You and I have chatted a few times over the past few months. And you have a great line where you said, "John, the story you tell yourself is important." What does that mean?

MENA MIRHOM: Absolutely. One of the things that determine our behavior, these are some of the basis for cognitive behavioral therapy, is our thoughts become our actions, our actions become our habits, our habits become our lives. So these track records, or this way that we live our lives, really begin with a story and narrative. Sometimes that narrative is what we're telling ourselves about ourselves. Sometimes that narrative is what we're telling ourselves about the world around us.

For example, the narrative I could be telling myself could be very positive and saying, "I've taken great strides so far," "I've gotten vaccinated," maybe, "I've been among the folks who have done that, and I've taken these small steps, and I have guidance around me, and now I'm confident enough to take steps forward."

Or I could be telling myself a narrative that is more based in fear, more based perhaps in some pseudoscience, more based in negative thinking. And oftentimes, another thing that we say is that you do tend to find what you're looking for. If you're looking for hope, you're going to find it. If you're looking for ways to get discouraged, there's no shortage of that as well.

JOHN WHYTE: I did a short meditation exercise a few weeks ago with Deepak Chopra to talk about how do we address anxiety. But you often talk about the role of breathing, and it may seem simple, we're all breathing. But in many ways, that can impact our mind in terms of our anxiety. So walk us through, you've been quoted as saying, "You have to train like an athlete." And you talk about these skills. So when it comes to breathing, how should we be aware of our breath?

MENA MIRHOM: It's critically important. And the analogy of either an athlete or a Marine or someone who is highly skilled, even though we're not going into combat -- one of the things that you learn to master is how your breathing impacts your heart rate. One of the things that we see when we get stressed out and we get anxious is your body physically begins to feel like it's under attack. It goes into this fight-or-flight mode as we know here. And when it's reacting to this fight-or-flight reaction, one way that you can control that, you can actually literally slow your heart down, is by the way you breathe.

PARISH NURSE-Continued

I'll give you an example. I can get a bit more worked up and a bit more anxious and I can begin to breathe more and more rapidly. And as I'm breathing rapidly, my heart rate rises and my body is sensing now, we're in trouble, things aren't going well. And we're going to begin to continue to escalate that in terms of whatever catecholamines are being released or hormone changes, versus if I recognize and say, "I'm in a stressful environment, I'm going to pause here for a second, and maybe I'll even close my eyes for a moment."

I'll take one slow deep breath, be aware of my breath, be aware of the fact that now, I'm going to be working on something actively to change my anxiety level. And I'm not saying it's magical, it'll happen over one breath. But I am saying it's something it's within our power to actually impact the way we feel physically.

JOHN WHYTE: Now, what about folks that are wondering should they seek professional help. There's a lot one can do with family and friends and colleagues, but what are some of those signs that you may need professional help with a mental health professional?

MENA MIRHOM: Certainly. One of the ground rules here is that we all need a bit of help in one way or another, whatever our social support is. And when we begin to take those steps, it doesn't mean that a professional is going to replace those things, but perhaps can supplement them. If you're, again, on an athletic kick these days, but if you're the greatest athlete in the world, you still need a coach. There isn't an athlete who is just doing it solo.

So I try to walk patients through this little acronym of the four Ds of distress. These are some things that can help make that decision and guide answer that question. One of the Ds, the first D, is duration. If you're trying to do your best with these stress symptoms but they're continuing to be stressful and day in, day out, week in, week out, we're dragging on here duration-wise, that can be one red flag and say, "Maybe I should consider speaking with a counselor or therapist or psychiatrist."

The second D is depth. What I mean by that is we all will get a little bit anxious or stressed at times, but the depth of that experience, or how much it's going to impact you, for example, could be so deep that it can become a panic attack. A panic attack is this feeling of impending doom. That level of a depth of an experience, 0 to 10 on anxiety scale, another red flag. Say, "Hey, maybe I should think about it."

A third D is how it impacts duty. So our duty, whether it's school, work, social life. I've had many patients tell me, "I've been trying my best, but no matter what I can do, I still have such difficult stress and anxiety that it makes it hard for me to go to work," "I'm calling out to work a lot," "I'm not able to go to school the way I usually would." It's impacting your function, impacting duty, red flag again. Maybe you speak with a counselor and they say, "Oh, you're totally fine, there's no problem," but it could be a thought to say, "Maybe I should speak with someone."

PARISH NURSE-Continued

And the last one, is probably the most clear and most important, is danger. If these distressing, stressful situations and feelings are becoming such that you're beginning to have thoughts about harming yourself or maybe life is not worth living, and things feel very dark at that point, and there's a danger element to you in terms of how you're living, that's another important red flag. Seek help faster than you usually would.

JOHN WHYTE: Inch of hurting oneself or hurting others. Well, Dr. Mirhom, I want to thank you again for taking the time to provide these practical tips, recognizing that these are stressful times for everyone. And it's OK not to be OK. **MENA MIRHOM:** Absolutely. Thank you so much, Dr. Whyte. Always a pleasure.

JOHN WHYTE: And if you have questions about COVID, drop me a line. You can email them to us at drjohn@webmd.net or post on Twitter, Instagram, or Facebook. *This interview originally appeared on [WebMD](#) on April 22, 2021.*

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.



The **Outreach Committee** continues to encourage food donations to "Fill The Shelf" for **Spokane Valley Partners**. As we gather in person, let us remember that the needs in our community are great with many people still affected by loss of jobs or housing. Let's see if we can overflow the barrel!

BLOOD DRIVE

We hope to host a **Vitalant blood drive** on Sunday, **August 22nd, from 8:00 am-11:30 am**. We are hopeful that with appropriate safety precautions, we can once again provide this life-saving service to the community at our church. Questions? Contact **Babs Velategui** at **701-8041**.

ANNOUNCEMENTS

For In-Person Worship, please pre-register: **928-7733**
Online: www.youtube.com/c/adventlutheranspokane

Mother's Day is Sunday, May 9.

Lutherhaven Camperships: Camp Lutherhaven is now accepting applications for summer camp. If you wish to sign up your child for camp this summer, we are again offering our camperships. Please call the **Church office** at **928-7733** to place your child's name on the list. If you have questions about the camps, please contact **Laura** at Camp Lutherhaven: laura@lutherhaven.com or **208-667-3459**.

The **Wednesday morning Bible Study** begins at **10am** each Wednesday morning. If you would like to join us, please let **Pastor Matt** know so he can send you the **Zoom** link.

Lenten Offering: This year the total collected was **\$1,150** which will go to **Spokane Valley Partners Food Bank**.

The **Men's Prayer group** meets each **Friday** morning at **7:00 am** at **Denny's Restaurant** on Sprague and Pines.

The **Church office** and **Child Center** will be closed on **Monday, May 31st**, in observance of **Memorial Day**.

The **Semiannual Congregational Meeting** will be on **Sunday, June 27 following the Worship Service**. We are planning to **meet in person** using the recommended safety protocols. At this meeting we will elect three new Council members, nominating Committee members, and review Committee and small group reports. If you would like to submit a report about your committee's activities this past year or what you have planned as things open up more, **please submit your report no later than Sunday, May 23rd**.

VOLUNTEER OPPORTUNITY

Naomi Community has several needs coming up this spring at NAOMI and could use some extra help:

- **Landscaping:** Help spread beauty bark in the garden beds, mow, fertilize, spray weeds.
- **Flip a NAOMI Home:** Help deep clean, paint and decorate a NAOMI Home for the next round of families.
- **Atrium Cleanup:** Deep clean and paint our Atrium which we use as a main entrance and collect material donations for pantry.

These are our most pressing needs. If you are interested in volunteering for any of these projects, please contact Naomi's Director, Angela Slabaugh, at the numbers listed below.

Angela Slabaugh
Executive Director
Office: [\(509\) 926-6492](tel:5099266492)
Cell: [\(509\) 879-0539](tel:5098790539)

ANNOUNCEMENTS-Continued

8 LAKES LEG ACHES VIRTUAL BIKE RIDE

May 30 to June 5, 2021, we will be hosting the 23rd annual **8 Lakes Leg Aches VIRTUAL bike ride**. You pick your favorite ride. Take the journey from your own doorstep during the week of May 30th-June 5th. Ride in one session or break it up into sections throughout the week.

2021 is a significant year for **LCS Northwest** as our Spokane office celebrates its 65th anniversary, and our larger organization celebrates its 100th anniversary. This year we have added a **100-mile option** celebrating our legacy of **Health, Justice and Hope**.

Event proceeds benefit the programs of LCS Northwest (Spokane), a nonprofit human services agency serving victims of trauma throughout Eastern WA & ID, including abused and neglected children, sexual assault survivors, child and adult victims of human trafficking, crime, and assault victims, refugee people, and foster children. We have touched the lives of all ages, cultures, and faith to find hope, resources, and strength to heal and becoming contributing members of our communities.



23rd Anniversary
8 Lakes Leg Aches
Virtual Challenge
May 30th through June 5th, 2021
Spokane, WA
peddling for a Purpose!
Great PRIZES for pledge riders! The more you raise, the bigger the prizes!
For More Information Call 509.343.5020
Presented by Kaiser Permanente & LCS Northwest to benefit vital programs for children & families
www.lcsnw.org/8lakesride

THANK YOU

To Our Advent Lutheran Church Family, Mark and I would like to extend our heartfelt thanks for all of the cards, notes of sympathy, and flowers that we received following the passing of Mark's father George Calhoun and his sister Joanne Wells. It is such a comfort to feel the love and support of our church family during this difficult time. Sincerely, **Bonnie and Mark Calhoun**

ADVENT LUTHERAN CHILD CENTER NEWS

By Heidi Perry, Director

Spring has sprung and the Child Center is ready to get the kids outside in the sunshine and learning about all the things that brings along with it... like BUGS! We purchased caterpillars for all the classrooms, and our School Age Room even got ants, ladybug larvae, and a praying mantis egg sack! The classrooms will get to watch as their caterpillars turn into butterflies and then release them on the playground. School Age will have even more fun with a variety of bugs to observe.



HAPPY HELPERS

By Forrest Diehl

Christ is Risen; He is Risen Indeed! Hope you had a great Easter, Marlene and I sure did. This year, we celebrated Easter with friends and family while camping at Fort Stevens Oregon State Park. And in saying that, I must thank everyone who planned for, volunteered for, and participated in all the Advent Lutheran Church Easter activities (Lent, Holy Week, and Easter Services)! Again, this Easter was special for us because of all the pre-Easter activities that we were able to participate in - with our church family. As I get older, I feel myself appreciating the pre-Easter activities and Easter Celebration more and find them increasingly spiritually meaningful and poignant. So, thanks to all!

The month of May will bring us **Mother's Day on Sunday, May 9, 2021.** I recently received a humorous email related to mothers. A few of these quips definitely reminded me of my mother:

Hilarious Things My Mother Taught Me...

1. My mother taught me TO APPRECIATE A JOB WELL DONE. "If you're going to kill each other, do it outside. I just finished cleaning."
2. My mother taught me RELIGION. "You better pray that will come out of the carpet!"
3. My mother taught me about TIME TRAVEL. "If you don't straighten up, I'm going to knock you into the middle of next week!"
4. My mother taught me LOGIC. "Because I said so, that's why!"
5. My mother taught me MORE LOGIC. "If you fall out of that swing and break your neck, you're not going to the store with me!"
6. My mother taught me FORESIGHT. "Make sure you have clean underwear on, in case you're in an accident and have to go to the hospital."
8. My mother taught me IRONY. "Keep crying, and I'll give you something to cry about."
9. My mother taught me about the science of OSMOSIS. "Shut your mouth and eat your supper!"
10. My mother taught me about CONTORTIONISM. "Will you just look at that dirt on the back of your neck!"
11. My mother taught me about STAMINA. "You'll sit there until all that spinach is gone!"

Here, I'm going to put a plug in for the **Men's Prayer Group** that meets each **Friday morning at 7:00 AM at Denny's Restaurant**, located on the NE corner of Sprague & Pines. Recently, I have been unable to attend this group activity and look forward when I will be able to rejoin them. Before the COVID pandemic hit last year, this group had a pretty consistent group of eight to ten of us who attended regularly. Now that we are in Phase 3 of the State Recovery Plan, the meetings have begun again. I look forward to when I can begin attending the sessions, which include breakfast, round-table prayers, and bible discussions. And, I recommend them to you! This small-group activity definitely fosters fellowship and Christian comradery. Recently I received an Easter card and a phone-call from **Thomas Tamunominipiribo**, wishing me a Happy Easter and stating that he is doing well with family in Georgia (other members of the Prayer Group received cards, as well).

HAPPY HELPERS-Continued

Also, periodically, I receive phone calls from **Dave Opsal**, updating me on his truck-hauling activities. The last phone call I received from him, which was this month – he was making deliveries in Port Angeles, WA, and the next day, he was scheduled to be in Portland, OR. I only mention these communiques to you as evidence that the fellowship from the **Prayer Group** can foster friendship. Hope to see you there!

Included in the Happy Helper's list of related activities during April 2021 were: installation of new sink cabinet and counter top in Child Center Nursery (although this work was contracted out for professional installation, the time in getting the job done was greatly shortened by Infant Lead Teacher **Dulce Castillo and her husband's** work and efforts; Thank You!); installation of two sinks, plumbing, water heater, and drain pump in Child Center Nursery (**Roto-Rooter**); made repairs to sacristy wall (**Rick Britton** with **Happy Helper** support); painted sacristy wall (**Dennis Johnson**); dusted sacristy and moved paraments from quilting room and rehung them in the sacristy (**Marian Moseman, Linda Sweet, Jodi Meddock**); continued work in refurbishing wood on Child Center Classroom doors (**Ken Otteman**); turned on the water to the Broadway campus ground's sprinkler system (**Ken Otteman**); continues to coordinate with Holiday Heating and Cooling for permanent repairs to the kitchen make-up air heater and associated ventilation system (**Ken Otteman**); repaired sprinkler valve located in the Child Center playground and secured access to the valve box (**Ken Otteman**); trimmed bushes and hedges on church grounds (**Linda Camp**); weeded flower and shrub beds (**Linda Camp**); etc.

The **Happy Helpers** are looking forward to the month of May and FLOWERS. 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!

Sadly, to conclude this month's Happy Helper article, I must report to you that I received a phone call from **Linda Camp** this month notifying me that she is not able to continue with Happy Helpers in the future. Please know, **Linda**, that the Happy Helpers will miss your contributions mightily. I'm not sure the church grounds will appear as neat and tidy as they did under your care, efforts, and work. Sincerely, **Thank You** for all that you have done and contributed. And, in the future, please feel welcome to return, when you are able. We will miss your cheerfulness and work ethic.

INCOME/EXPENSE INFORMATION

By Bonnie Calhoun

Advent General Fund Income/Expense

	<u>March</u>	<u>Year to Date</u>
Income	26,276.89	86,145.21
Expense	<u>27,508.26</u>	<u>83,671.76</u>
Net	-1,231.37	2,473.45

Child Center Income/Expense

	<u>March</u>	<u>Year to Date</u>
Income	56,552.23	204,458.29
Expense	<u>59,425.20</u>	<u>191,187.28</u>
Net	-2,872.97	13,271.01

Notes for Advent Lutheran Church

- **In March, expenses exceeded income by \$1,231.** Average monthly income came in \$1,406 lower than average budgeted monthly income.
- Sunday offerings for January– March 2021 came in \$2,201 lower than January-March 2020.
- Average monthly expenses came in \$2,226 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 March, expenses exceeded income by \$2,873.**
- Total income for January–March 2021 increased by \$12,156 when compared to January– March 2020. The increase in income is primarily due to the Grant income (\$30,000). The Center is dealing with the challenge of keeping classrooms staffed according to guidelines while enrollment numbers are down. The Grant is giving the Center time to adjust to the changing enrollment and corresponding staffing demands.
- Total expenses for January-March 2021 decreased by \$3,180 when compared to January –March of 2020. This decrease was mainly driven by the reduction in staff corresponding to the reduction in enrollment during the COVID-19 shutdown in 2020, then offset by the increase in minimum wage for 2021.
- **The Center has \$59,084 in reserve, which translates to .8 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 (\$77,509).**

PEOPLE IN OUR PRAYERS

For our Church Family and Friends: COVID-19 pandemic crisis, Altha & her family, Don Amundson, Bennie and his wife Linda, Phyllis Bauer, Harry Benton, Gordon Bolster, Kathy Bowers, Joeline Boyd, Mark & Bonnie Calhoun & family, Chris Conway, Bud & Betty Jo Cook, Tomas Corsini, Georgia Coulston, Henry Domine, Jim Gunby, Steve & Leigh Hopkins, Arlo & Gwen Huber, Hong family, Audrey Knuttel, Midge Kiourkas's daughter Jodi, Midge Kiourkas & her family, Eddie LaBabera, Vern Lahman, Lexi & Serenity, Doug Linerud & family, Jan Madden, Mike McCune, Flo McDougall, John & Nancy McLaughlin, SaraLu Moore, Tim O'Rourke, Randy Peterson, Sharon Ruth, Kimberley & Kreagan Shipbaugh, Bonnie Stedman & family, Melissa Ward, and Atiya Yeoman.

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, Rafe Rector in Marines, 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.*



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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”