

# Advent Lutheran Church Newsletter



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**PASTOR MATT'S CORNER**

By Pastor Matthew Larson

"Return to your home, and declare how much God has done for you." Luke 8:39

What now? That seems to be on a lot of people's minds these days.....what now? Do we go back to how we did things? Can we? Will friendships, our favorite restaurant, church be the same? Maybe? Maybe not. What is for sure is that Advent is here and is still praying, worshipping, studying, sharing Jesus out in the world, etc. I know that we may not see you a lot this summer, and I get it, we can get out!! I hope if you are around during the summer you will come and worship with us and see some of the familiar faces that have been absent for a while.

What we are planning on this September is a good old fashion Homecoming! I hope to play this up as much as we can. Who knows, we could have a BBQ, tailgating, cheers, fight songs, halftime show?, well you get it, a great big party to bring us back home to Advent and give us some momentum into the fall. A time to celebrate and a time to give thanks to God for all that God has done for us.

Also, imagine that you have extra tickets for this Homecoming event and invite friends and neighbors to join us. (As long as they root for the right team...). Just kidding. One thing I have seen throughout this pandemic is people reaching out to help and the need to have a "homebase". We are homebase. We are here for your "at-bats" and when you cross the plate after running the bases. We may not see you after you hit it out and run the bases but we will be here when you come back home.

"Return to your home, and declare how much God has done for you." Luke 8:39

**WANT TO GO FOR A WALK?**

Ever wonder what it would be like to walk all day, eat, sleep, then get up in the morning and do it all over again? How about for 12-13 days? In Spain or Portugal? Well, there is an opportunity for you to experience the Camino de Santiago in the Summer of 2022. Kara Wilson and Pastor Matt are organizing a group to go and walk one of the routes to Santiago de Compostela.

There will be an informational meeting on **August 29<sup>th</sup>** after worship to see how many are interested in going. If you have any questions please feel free to talk to Pastor Matt or Kara. This will be about a 2 1/2 week journey. Costs, times, which route to take, fundraising, etc. will be discussed at the meeting.



## **PARISH NURSE**

By Debbie Martin, RN, Parish Nurse

### **LUNG HEALTH**

Sometimes we take our lungs for granted. They keep us alive and well and for the most part, we don't need to think about them. That's why it is important to prioritize your lung health.

Your body has a natural defense system designed to protect the lungs, keeping dirt and germs at bay. But there are some important things you can do to reduce your risk of lung disease. Here are some ways to keep your lungs healthy.

### **DON'T SMOKE**

Cigarette smoking is the major cause of lung cancer and chronic obstructive pulmonary disease (COPD), which includes chronic bronchitis and emphysema. Cigarette smoke can narrow the air passages and make breathing more difficult. It causes chronic inflammation, or swelling in the lung, which can lead to chronic bronchitis. Over time cigarette smoke destroys lung tissue and may trigger changes that grow into cancer. If you smoke, it's never too late to benefit from quitting. The American Lung Association can help whenever you are ready.

### **AVOID EXPOSURE TO INDOOR POLLUTANTS THAT CAN DAMAGE YOUR LUNGS**

Secondhand smoke, chemicals in the home and workplace, and radon all can cause or worsen lung disease. Make your home and car smokefree. Test your home for radon. Avoid exercising outdoors on bad air days. And talk to your healthcare provider if you are worried that something in your home, school or work may be making you sick.

### **MINIMIZE EXPOSURE TO OUTDOOR AIR POLLUTION**

The air quality outside can vary from day to day and sometimes is unhealthy to breathe. Knowing how outdoor air pollution affects your health and useful strategies to minimize prolonged exposure can help keep you and your family well. Climate change and natural disasters can also directly impact lung health.

### **PREVENT INFECTION**

A cold or other respiratory infection can sometimes become very serious. There are several things you can do to protect yourself:

- Wash your hands often with soap and water. Alcohol-based cleaners are a good substitute if you cannot wash.
- Avoids crowds during the cold and flu season.
- Good oral hygiene can protect you from the germs in your mouth leading to infections. Brush your teeth at least twice daily and see your dentist at least every six months. Get vaccinated every year against influenza. Talk to your healthcare provider to find out if the pneumonia vaccine is right for you.

**IF YOU GET SICK, KEEP IT TO YOURSELF!  
PROTECT THE PEOPLE AROUND YOU, INCLUDING  
YOUR LOVED ONES, BY KEEPING YOUR DISTANCE.  
STAY HOME FROM WORK OR SCHOOL UNTIL  
YOU'RE FEELING BETTER.**

## **PARISH NURSE-Continued**

By Debbie Martin, RN, Parish Nurse

### **GET REGULAR CHECK-UPS**

Regular check-ups help prevent diseases, even when you are feeling well. This is especially true for lung disease, which sometimes goes undetected until it is serious. During a check-up, your healthcare provider will listen to your breathing and listen to your concerns. If you need health insurance, learn more about your options.

### **EXERCISE**

Whether you are young or old, slender or large, able-bodied or living with a chronic illness or disability, being physically active can help keep your lungs healthy.

You already know exercise is good for you. You probably think about the way it can boost your fitness, trim your waistline, strengthen your heart and even improve your mood. But did you know that exercise can also help keep your lungs healthy?

### **How Does Exercise Strengthen the Lungs?**

When you are physically active, your heart and lungs work harder to supply the additional oxygen your muscles demand. Just like regular exercise makes your muscles stronger, it also makes your lungs and heart stronger. As your physical fitness improves, your body becomes more efficient at getting oxygen into the bloodstream and transporting it to the working muscles. That's one of the reasons that you are less likely to become short of breath during exercise over time.

Some types of exercise can also strengthen the muscles of the neck and chest, including the diaphragm and muscles between the ribs that work together to power inhaling and exhaling.

### **The Benefits of Exercise**

Exercise has lots of benefits for everyone, whether you are young or old, slender or large, able-bodied or living with a chronic illness or disability. Physical activity can reduce your risk of serious illness, including heart disease, stroke, diabetes and some forms of cancer, including lung cancer. Being active can help you stay active, by strengthening bones, improving flexibility and agility, reducing weight gain and improving sleep. Regular exercise is good for your head too. It can reduce feelings of anxiety and depression, improve attention and memory, and reduce the risk of dementia, including Alzheimer's disease.

### **What Types of Exercise and How Much?**

National guidelines recommend that all adults get 30 minutes of moderate physical activity five days a week. It doesn't have to be a formal exercise program to be beneficial. Some examples of moderate activity include walking briskly, recreational bicycling, gardening and vigorous housecleaning.

Both aerobic activities and muscle-strengthening activities can benefit your lungs. Aerobic activities like walking, running or jumping rope give your heart and lungs the kind of workout they need to function efficiently. Muscle-strengthening activities like weight-lifting or Pilates build core strength, improving your posture, and toning your breathing muscles.

### **PARISH NURSE-Continued**

By Debbie Martin, RN, Parish Nurse  
Breathing exercises in particular can strengthen your diaphragm and train your body to breathe more deeply and more effectively.

#### **Some Things to Keep in Mind**

Always talk to your doctor before you start or modify your exercise routine. This is especially important if you have an underlying health condition.

Avoid exercising outdoors when pollution levels are high. When the air is bad, walk indoors in a shopping mall or gym or use an exercise machine. Limit the amount of time your child spends playing outdoors if the air quality is unhealthy.

#### **Exercising with Lung Disease**

People living with lung disease can and should get regular exercise for all the same reasons as everyone else. Your lungs and heart stay stronger, you are better able to perform the tasks of daily living and you feel better in mind and body. But if you already are dealing shortness of breath, it can be intimidating to think about increasing your physical activity. **It is important to work with your healthcare team to make a fitness plan that works for you.**

### **ANNOUNCEMENTS**

#### **Online Worship:**

[www.youtube.com/c/adventlutheranspokane](http://www.youtube.com/c/adventlutheranspokane)

#### **MONTHLY LADIES LUNCHEON**

Our first luncheon was a great success. It was so good to see so many smiling faces. Our next luncheon will be July 10<sup>th</sup> at 11:30 a.m. at **The Max**. Please contact **Gerry O'Rourke** at [geraldineorourke4837@comcast.net](mailto:geraldineorourke4837@comcast.net) or Telephone 509-893-0787 by July 7<sup>th</sup> so that we can make a reservation.

#### **DINNER TO GO**

Our next 'Dinner to Go' night will be on **Friday, July 9, from 5pm-6:30 pm**. Advent will be offering a sack dinner to go. If you are interested, please call the church office at **928-7733**. **Menu: Goulash, Salad Bread, Dessert**. Everyone welcome! **Questions?** Contact **Terry Powell** at **263-7048**. *(Please note that the days have been changed from every other Thursday to every other Friday night).*

**July 23:** Chicken fettucine, vegetable, dessert

**August 6:** Baked potato & chili, pork chops  
(Dinner menus are subject to change depending on availability of food items).

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

**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](mailto:laura@lutherhaven.com) or **208-667-3459**.

### **COMMUNITY OUTREACH**

By Babs Velategui

Please keep your food donations coming all summer. Kids are home from school and the need continues to be great, so let's **"FILL THE SHELF"!!**



#### **BLOOD DRIVE**

Roll up your sleeves! Advent will host a **Vitalant Blood Drive** on **August 22, 8:30 to 11:30 am**. A sign-up sheet for appointments will be available in early August. For questions contact **Babs Velategui, 509 701-8041**.



## HAPPY HELPERS

By Forrest Diehl

A couple of congregational events highlighted the month of June 2021 at Advent Lutheran Church. The first event was the Semi-annual Congregational meeting, held on Sunday, 27 June. In preparation to that meeting an agenda booklet was published and made available to the congregational members, well in advance to the scheduled meeting. In addition to the meeting's agenda, the 20-page booklet summarizes the many activities, committees, and ministries of Advent Lutheran Church. The booklet gives us pause to be thankful that we have such efficient office staff (**Pastor Matt, Bonnie Calhoun, Cheryl Tobin, Heidi Perry**) and Council personnel (**Sharon Pegau, Gerry O'Rourke, Darrell Shoquist, Denise Walker, Jeff Peck, Linda Young, Dennis Johnson, Bill Thurston, and George Harrison**) to keep us informed and "in-the-loop". Also, we have an active, vibrant and outreaching congregation! **Praise be to God!** I particularly liked the article on **Grace Court**, that our **Council President, Sharon Pegau** wrote. The article is very informative on one of our ministries that I was not familiar with. Thank-You! I really enjoyed the fact that woven into each article was an upbeat tone of perseverance and positiveness about the future, despite the hurdles and challenges that COVID has given us. **Bishop Kuempel's** article certainly gives us hope for the future and some "lessons learned" examples we can use in the future – especially in the area of cyber outreach. And for me, the second highlight of the month is/was that June marked the beginning of our congregation transitioning from a COVID modus operandi to that of one being less restrictive. That also warrants a "**Praise be to God!**"

And from the lighter side of Christianity:

Don't let your worries get the best of you; Remember, Moses started out as a basket case.  
Some people are kind, polite, and thoughtful, until you try to sit in their pews.  
Many folks want to serve GOD, But only as advisers.  
It is easier to preach ten sermons, than it is to live one.  
The good Lord didn't create anything without a purpose, but mosquitoes come close.  
When you get to your wit's end, you'll find God lives there.  
People are funny; they want the front of the bus, middle of the road, and back of the church.  
Opportunity may knock once, but temptation bangs on the front door forever.  
Quit griping about your church; If it was perfect, you couldn't belong.  
If a church wants a better pastor, it only needs to pray for the one it has.  
We're called to be witnesses, not lawyers or judges.  
God Himself doesn't propose to judge a man until he is earthly dead. So why should you?  
Some minds are like concrete - thoroughly mixed up and permanently set.  
Peace starts with a smile.  
I don't know why some people change churches; what difference does it make which one you stay home from?

## HAPPY HELPERS-Continued

Be ye fishers of men. You catch 'em - He'll clean 'em.  
Coincidence is when God chooses to remain anonymous.  
Don't put a question mark where God put a period.  
Don't wait for 6 strong men to take you to church.  
Forbidden fruits create many jams.  
God doesn't call the qualified, He qualifies the called.  
God grades on the cross, not the curve.  
God loves everyone, but probably prefers 'fruits of the spirit' over 'religious nuts!'  
God promises a safe landing, not a calm passage.  
He who angers you, controls you!  
If God is your Co-pilot, swap seats!  
In Prayer: Don't give God instructions, just report for duty!  
The task ahead of us is never as great as the Power behind us.  
The Will of God never takes you to where the Grace of God will not protect you.  
We don't change the message. The message changes us.  
You can tell how big a person is by what it takes to discourage him/her.  
The best mathematical equation I have ever seen:  
1 cross + 3 nails = 4 given.

During the month of June, the maintenance and upkeep tasks completed at the church that I know of are: Sullivan campus building reroofed (**Premier Roofing Contract**); continued to adjust spray and times on sprinkler system (**Ken Otteman**); installed window air conditioners in designated Child Center classrooms (**Bill Thurston**); replaced broken belt and leaking drain hose on Child Center washing machine (**Ken Otteman, Bill Thurston**); replaced fluorescent light bulbs in church office light fixture (**Bill Thurston**); trimmed hedges located outside Child Center office windows (**Pastor Matt**); continued lawn maintenance (fertilizer & herbicide applications) (**Don Klages**); installed 16-ft length of lattice along a fence line in the Child Center playground (**Ken Otteman, Bill Thurston**); etc.

We (**Harry Benton, 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! The Happy Helpers are looking forward to the month of July. Forewarning: the Happy Helper Report for the August Newsletter may be absent. During the first part of the month, Marlene and I plan on doing some RVing and during the latter part of the month, we are flying to Alaska to visit friends. Hopefully someone will be able to update you on July's maintenance and upkeep activities.

### INCOME/EXPENSE INFORMATION

By Bonnie Calhoun

#### Advent General Fund Income/Expense

	<u>May</u>	<u>Year to Date</u>
Income	31,697.51	149,011.30
Expense	<u>29,884.64</u>	<u>138,911.47</u>
<b>Net</b>	<b>1,812.87</b>	<b>10,099.83</b>

#### Child Center Income/Expense

	<u>May</u>	<u>Year to Date</u>
Income	66,085.96	336,546.31
Expense	<u>64,967.72</u>	<u>319,251.40</u>
<b>Net</b>	<b>1,118.24</b>	<b>17,294.91</b>

#### Notes for Advent Lutheran Church

- **In May, income exceeded expenses by \$1,813.**
- Income received a boost due to the receipt of \$6,006 from the annual Malzacher Grant.
- Average monthly income came in \$318 lower than average budgeted monthly income.
- Sunday offerings for January– May 2021 came in \$4,293 lower than January-May2020.
- Average monthly expenses came in \$2,334 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 May, income exceeded expenses by \$1,118.**
- Total income for January–May 2021 increased by \$53,757 when compared to January– May 2020. The increase in income is partially due to the Grant income (\$35,000) as well as increase in tuition income. These Grants are giving the Center time to adjust to the changing enrollment and corresponding staffing demands.
- Total expenses for January-May 2021 increased by \$25,366 when compared to January –May of 2020. This increase is primarily driven by increases in payroll costs due to increases in minimum wage and an increase of staff corresponding with increases in enrollment.
- **The Center has \$63,108 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:** Altha & her family, Don Amundson, Bennie and his wife Linda, Harry Benton, Gordon Bolster, Kathy Bowers, Joelene Boyd, Bunkowske family, Barbie Byford, Mark & Bonnie Calhoun & family, Chris Conway, Bud & Betty Jo Cook, Tomas Corsini, Georgia Coulston, Henry Domine, Jean Debuhr's mother Betty, Jim Gunby, Steve & Leigh Hopkins, Arlo & Gwen Huber, Nathaniel Johnson, Beth Klim, Audrey Knuttel, Midge Kiourkas's daughter Jodi, Eddie LaBabera, Lexi & Serenity, Doug Linerud & family, Jan Madden, Mike McCune, Flo McDougall, John & Nancy McLaughlin, Kathy Piper & family, Myrna Rehn, Ken Roberts & the Wilson family, Tim O'Rourke, Randy Peterson, Kimberley & Kreagan Shipbaugh, Bonnie Stedman & family, and Gene Strunk & 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, 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](mailto:alcspokane@comcast.net) or call the church office at (509) 928-7733.*



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## WORSHIP SCHEDULE

### SUNDAY

**Sunday Morning: 9:30 am** In-Person and Online

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