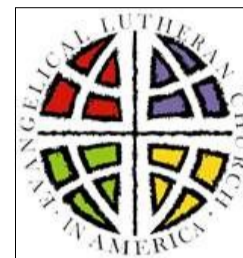


Advent Lutheran Church Newsletter



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PASTOR MATT'S CORNER

By Pastor Matthew Larson

Concerning the Lord's Supper it is taught that the true body and blood of Christ are truly present under the form of bread and wine in the Lord's Supper and are distributed and received there. (Augsburg Confession, Article 10).

What is Holy Communion?

Holy Communion is a sacred meal in which Christ comes to us in bread and wine. "This is my body given for you... This is my blood shed for you." We believe those words to be true. Christ is truly present in Holy Communion. When we receive the bread and wine of this meal, we receive his body and blood.

What happens in Holy Communion?

Christ comes to us in, with and under the bread and wine to nourish the faith of Christians and the church. We share in a sacred meal that spans all time and space. We commune with the saints who have gone before us and with other Christians around the globe who gather at our Lord's table. The uncontainable presence, grace, love, forgiveness and mercy of Christ come to us in simple bread and wine.

Who receives Holy Communion?

All of God's people are welcome to our Lord's table — it's our Lord's table, after all, and all are invited. Let's be clear — it is not "my" table, or "our" table or a "Lutheran" table. It is our Lord's table, and he sends out the invitations — to everyone under the sun.

The norm is for baptized Christians to receive the sacrament, as this is a Christian sacrament that nourishes and strengthens faith in Christ. And it is the norm for Christians to receive instruction prior to first receiving the sacrament and to continue to reflect on and learn about the sacrament throughout their Christian life. Surely a few classes during childhood isn't enough to comprehend the mystery and blessings of Holy Communion, is it? These norms are

PASTOR MATT'S CORNER- Continued

not iron-clad laws, but they are norms, patterns for how this sacred meal is generally practiced.

There is no minimum age for receiving this sacrament. In years past an age-requirement reflected a desire by the church that those receiving the sacrament examine themselves and understand what it is they were receiving. Now such examination and understanding takes place at a variety of ages and is a part of on-going, life-long education and faith formation.

I generally ask that children express an interest in receiving the sacrament and that they are able to sit through and participate in the worship service before receiving Communion for the first time. First-communication classes are held twice annually, during Lent and in the fall.

How should we receive Communion?

We are to receive these gifts of bread and wine, of Christ's body and blood, in faith, trusting that in this meal our Lord comes to us, forgives us our sins, renews us in faith and leads us into new life.

The manner of receiving varies in different churches and even within churches, and there is no "right" way to receive. I suggest that people approach reverently — not somberly, but reverently and expectantly — holding out their hand to receive the body of Christ. Then they may take that bread between two fingers and dip it into the cup, dabbing the bread so as to avoid dripping wine on oneself or on the floor, before consuming the bread and wine together.

Upon hearing the words, "Body of Christ, given for you," and "Blood of Christ, shed for you," it is appropriate to respond "Amen" or "Thanks be to God." It is also perfectly appropriate to smile a joyful smile, as this bread and wine are amazing gifts. Some Christians make the sign of the cross before and/or after receiving the bread and wine, as a sign of blessing and remembrance of their baptism.

PASTOR MATT'S CORNER-Continued

Others may also genuflect or bow before the bread and wine, a gesture that honors the body and blood of Christ and also humbles the one about to receive this great gift of Christ's holy presence. (Portion of an article written by Rev. Chris Duckworth)

I wanted to give you some nice tidbits about Holy Communion in this article. I have noticed these last few weeks in our worship services and in my visits to people that I have not seen for a while the effect of communion on one's spirit. The closeness that this sacrament brings to people. The real presence of Christ for people. I myself have held back some emotion seeing people's reaction to receiving the bread and the wine. It is a great mystery, this connection we have with Jesus. An actual physical connection in the bread and wine as it enters our bodies (and souls?). Christ in us. We are always invited to come to the table and share in this great mystery and once again hear words of forgiveness and promise. What Christ has done on the cross is final and what God has done in raising Jesus from the dead (and defeating death) is final. In these words, Luther says, we hear *summa et compendium evangelii*—the entire saving event. It is intimate and loving. It is an embrace that we had to put on pause for a while but when we were able to, we came back and saw each other and heard those words of institution again and remembered that Christ is with us, around us, and in us. Dare I say we longed for the sacrament and it has not disappointed us!

Continue to enjoy your summer....we can't wait to see you in the following weeks.



LETTER FROM THE COUNCIL PRESIDENT

By Sharon Pegau

In July we have had our first Council meeting with the new Council members. Thank you to **Julie Meyers-Lehman, Duane Yates** and **Tes Sturges** for being willing to serve. Thank you also to **Denise Walker, Linda Lahman, Darrell Shoquist** and **Gerry O'Rourke** for continuing to serve. **Denise Walker, Gerry O'Rourke** and **Duane Yates** along with myself all volunteered to be on the executive council.

If you have a chance to see any of these individuals at Church or around town, please thank them for their service to the Church.

Heidi Perry of the **Child Center** mentioned that she is in the process of trying to hire additional staff. She needs to add the staff before she can open enrollment back up. If you know of anyone who is looking for a job and is great with kids, have them get in touch with Heidi. She can provide the particulars about the requirements she is looking for. We still struggle with the financials and the Church giving which continues its decline. Some of that may be attributed to the summer travel months. Luckily, the Church staff has worked hard to reduce expenses to make up for the loss in revenue.

I heard from someone in the congregation that some are experiencing difficulty in hearing when attending services in person. There are technical reasons for part of this that I am not even going to try to explain as I am not a techy person. We hope that some of that can be resolved in a review of the audio set up for those in person and those online. We encourage those who feel like that are having a hard time hearing to take advantage of the hearing assists. They are located in the back of the room by the audio/visual equipment.

It continues to be very hot and now it looks like we are going to get the smoke as well. Take care of yourself and look out for your neighbors.



PARISH NURSE

By Debbie Martin, RN, Parish Nurse

Hello fellow congregational members,
A few of you have asked me the difference between Alzheimer's and Dementia and to place the information in a newsletter. Here is information for you and I hope it helps and is clear. Please let me know if you would like more information.

If someone you love gets diagnosed with dementia, it means they have a progressive and sometimes chronic brain condition that causes problems with their thinking, behavior, and memory.

Dementia itself is not a disease, but a syndrome; its symptoms are common to several brain diseases.

It will get worse over time. But medications might slow that decline and help with symptoms, such as behavior changes.

There are many different types of dementia. Your loved one's treatments will depend on the type they have.

Alzheimer's Disease

Experts think between 60% to 80% of people with dementia have this disease. More than 5 million Americans have been diagnosed with Alzheimer's. It's what most people think of when they hear "dementia."

If someone you know has Alzheimer's, you'll notice symptoms such as memory loss and trouble planning and doing familiar tasks.

The symptoms are mild at first but get worse over a number of years. Your friend or relative might:

- Be confused about where they are or what day or year it is
- Have problems speaking or writing
- Lose things and be unable to backtrack to find them
- Show poor judgment
- Have mood and personality changes

Vascular Dementia

If a relative or friend of yours gets this type of dementia, it's usually because they had a major stroke, or one or more smaller, "silent" strokes, which can happen without them realizing it.

The symptoms depend on which part of their brain was affected by the stroke.

While Alzheimer's usually begins with memory problems, vascular dementia more often begins with poor judgment or trouble planning, organizing, and making decisions.

PARISH NURSE-Continued

Other symptoms may include:

- Memory problems that disrupt your loved one's daily life
- Trouble speaking or understanding speech
- Problems recognizing sights and sounds that used to be familiar
- Being confused or agitated
- Changes in personality and mood
- Problems walking and having frequent falls

Dementia With Lewy Bodies (DLB)

Lewy bodies are microscopic deposits of a protein that form in some people's brains. They're named after the scientist who discovered them.

If someone you know gets DLB, it's because these deposits have formed in the part of the brain called the cortex. The symptoms include:

- Problems thinking clearly, making decisions, or paying attention
- Memory trouble
- Seeing things that aren't there, known as visual hallucinations
- Unusual sleepiness during the day
- Periods of "blacking out" or staring
- Problems with movement, including trembling, slowness, and trouble walking
- Dreams where you act out physically, including, talking, walking, and kicking

Is it ALZHEIMER'S or Normal AGING?

As you get older, chances are you'll sometimes forget a word, where you left your car keys, or the name of a neighbor you bumped into at the market.

These small memory lapses happen. They're a normal part of aging -- just like creaky knees, wrinkled skin, or blurry vision.

It can help to:

- Write yourself notes
- Place your keys in the same place each day
- Play word games or do crossword puzzles

Because loss of memory is also a symptom of Alzheimer's disease, you might worry that these lapses are a sign of something more serious. Alzheimer's, which affects some 5 million Americans, most of them over 65, is irreversible.



PARISH NURSE-Continued

Other Causes of Memory Loss

In most cases, there's no great cause for worry. Just because you lose your keys or forget someone's name doesn't mean you have Alzheimer's. You could have memory loss due to the normal aging process. Conditions that contribute to memory loss include:

- Depression
- Medication side effects
- Alcohol abuse
- Not enough vitamin B12 or a low thyroid level
- Stress and worry of any kind, such as from the death of a spouse or loved one, or from retirement illness

Memory Loss: What's Normal?

One symptom of more serious memory loss is that you're not aware there's a problem. Family members might seem more worried than you are. If loved ones are talking to you about your memory, take their concerns to heart and see a doctor.

Here's a checklist for what's normal, along with causes for concern.

Normal: You forget daily appointments but remember them later.

Cause for concern: You ask friends and family for details over and over again, or need them to do tasks that you used to do yourself.

Normal: You make a mistake balancing your checkbook.

Cause for concern: You have trouble planning or solving problems that used to be easy. It's hard to do things that involve numbers, like follow a recipe or pay monthly bills.

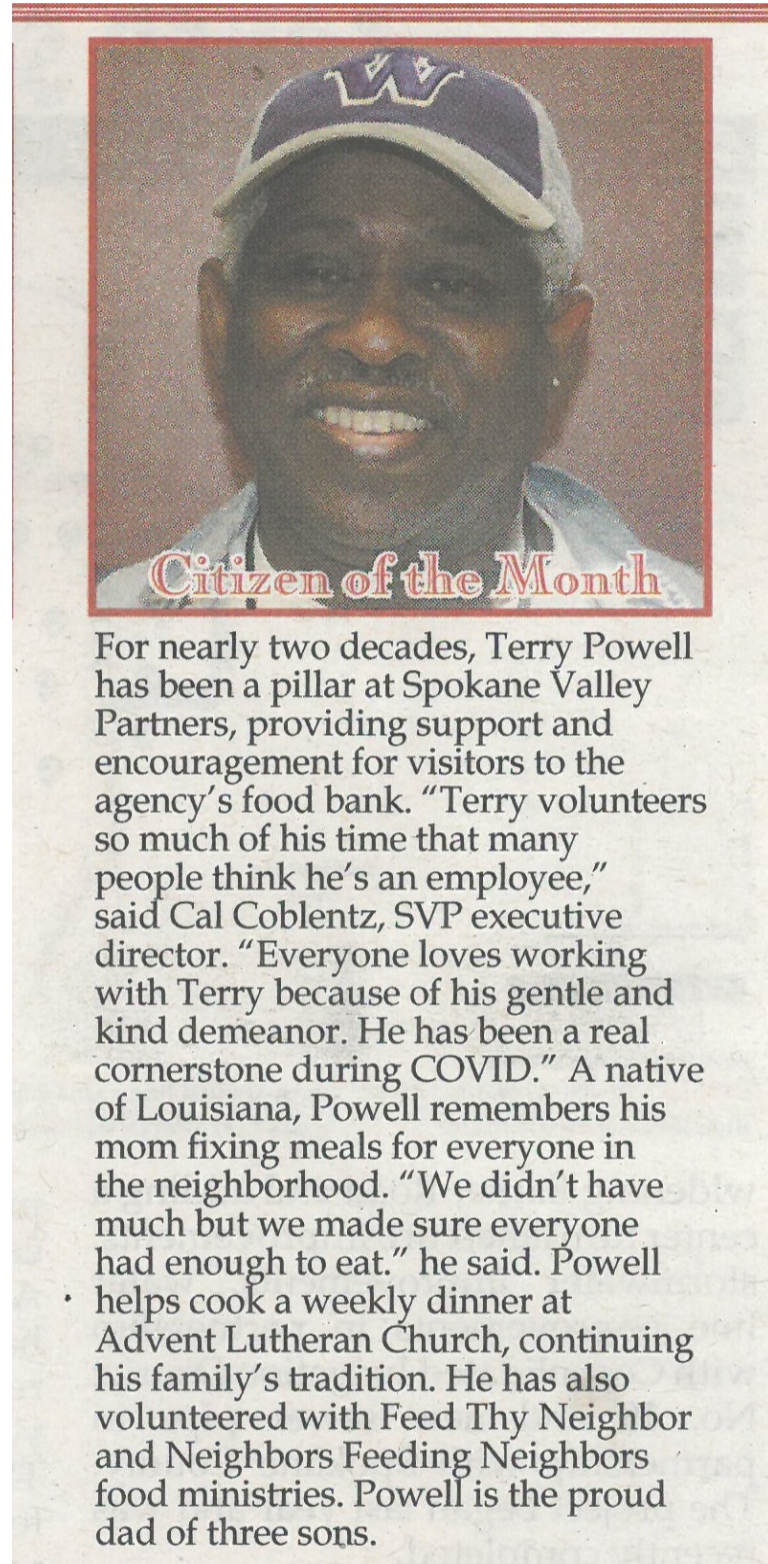
Normal: You need help once in a while with the microwave settings or a TV remote.

Cause for concern: You can't work the stove or drive to a familiar spot.

Resources

Paula Ford-Martin author for WebMD and medically reviewed by Jennifer Caseralla, MD on 9/29/2020
Virginia Anderson author for WebMD and medically reviewed by Jennifer Robinson, MD 12/16/2020

COMMUNITY OUTREACH



COMMUNITY OUTREACH-Continued

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, 9:00 am to 1:15 pm**. A sign-up sheet for appointments will be available in early August. For questions contact **Babs Velategui, 509 701-8041**.



ANNOUNCEMENTS

Online Worship:

www.youtube.com/c/adventlutheranspokane

DINNER TO GO

Our next 'Dinner to Go' night will be on **Friday, August 6, 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

August 6: Baked potato & chili, pork chops

August 20: Lasagna and salad

(Dinner menus are subject to change depending on availability of food items).

MONTHLY LADIES LUNCHEON

Our next luncheon will be **August 14th at 11:30 a.m.** at **The Max**. Please contact **Gerry O'Rourke** at geraldineorourke4837@comcast.net or Telephone **509-893-0787** by **August 11th** so that we can make a reservation.

Attention Ladies! Would you like the privilege of serving our Lord, and this congregation, for one month of Sundays, three times a year? **Altar Guild** has four teams, each with a team leader, that is responsible for preparing the altar and communion for our Sunday services. This is usually done on Fridays, and seldom takes more than an hour. We are also in charge of clean-up after church. This rarely takes longer than half an hour. Would those interested in joining, please call **Jodi Meddock at 951-7356** or **Karen Nelson at 928-7849**. Also, if any current members would like to take a break, please call **Jodi, Karen, or your team leader**. Thank you!

ADVENT CHORAL GROUP INVITATION

As we work toward resuming more of the regular aspects of worship, we are hoping to gather interested singers to provide special music once a month. Plans are underway for a **special kick-off Sunday on September 12th**. We would like to put together a choral group to offer a special song on that day. If you would like to participate, please let us know by contacting me directly at pjkenney42@comcast.net, the church office, or putting your name on the sign-up sheet in the Narthex. There will be two practices at the church prior to **September 12th: Tuesday, August 31 at 6:30 p.m. and Tuesday, September 7 at 6:30 p.m.**

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

Lutherhaven Camperships: If you wish to sign up your child for camp this summer, we have camperships. Please call the **Church office** at **928-7733** to place your child's name on the list or see the sign up sheet on the table in the Narthex. If you have questions about the camps, please contact **Laura at Camp Lutherhaven:** laura@lutherhaven.com or **208-667-3459**.

Anyone want to go for a walk? Summer 2022: Sign up sheet on the table in the Narthex for those interested in learning more about this trip. **Pastor Matt** will have an informational meeting on **August 29th** after the Worship service.

LORD,

Thou knowest better than I know myself
that I am growing older and will someday be old.

Keep me from the fatal habit of thinking I must say something
on every subject and on every occasion.

Release me from craving to straighten out everybody's affairs.

Make me thoughtful but not moody,
helpful but not bossy.

With my vast store of wisdom, it seems a pity not to use it all,
but Thou knowest Lord that I want a few friends at the end.

Keep my mind free from the recital of endless details;
give me wings to get to the point.

Seal my lips on my aches and pains.

They are increasing, and a love of rehearsing them is becoming
sweeter as the years go by.

I dare not ask for grace enough to enjoy the tales of others'
pains,

but help me to endure them with patience.

I dare not ask for improved memory,

but for a growing humility and a lessing cocksureness when my
memory

seems to clash with the memories of others.

Teach me the glorious lesson that occasionally I may be
mistaken.

Keep me reasonably sweet; I do not want to be a Saint -
some of them are so hard to live with -

but a sour old person is one of the crowning works of the devil.

Give me the ability to see good things in unexpected places,
and talents in unexpected people.

And, give me, O Lord, the grace to tell them so.

INCOME/EXPENSE INFORMATION

By Bonnie Calhoun

Advent General Fund Income/Expense

	<u>June</u>	<u>Year to Date</u>
Income	21,666.63	170,677.93
Expense	<u>27,205.44</u>	<u>167,392.67</u>
Net	-5,538.81	3,285.26

Child Center Income/Expense

	<u>June</u>	<u>Year to Date</u>
Income	73,418.09	409,964.40
Expense	<u>67,940.09</u>	<u>387,278.14</u>
Net	5,478.00	22,686.91

Notes for Advent Lutheran Church

- **In June, expenses exceeded income by \$5,539.**
- Average monthly income came in \$1,675 lower than average budgeted monthly income.
- Sunday offerings for January - June 2021 came in \$5,424 lower than January- June 2020.
- Average monthly expenses came in \$2,217 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.
- In addition to budgeted operating expenses, the congregation voted to appropriate \$30,000 of reserve funds for the Sullivan Campus roof replacement project. The current reserve fund balance is \$33,423, which is 1.1 months of budgeted expenses.

Notes for Advent Lutheran Child Center

- **In June, income exceeded expenses by \$5,478.**
- Total income for January-June 2021 increased by \$38,760 when compared to January-June 2020. The increase in income is partially due to the Grant income (\$45,000). These Grants are giving the Center time to adjust to the changing enrollment and corresponding staffing demands.
- Total expenses for January-June 2021 increased by \$36,209 when compared to January-June 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 \$68,565 in reserve, which translates to .9 months of average expenses. In order to maintain financial health, it is the goal of the Center to reach one month of budgeted expenses in its reserve (\$77,509).**

PEOPLE IN OUR PRAYERS

Church Family and Friends: Bennie and his wife Linda, Harry Benton, Joelene Boyd, Barbie Byford, Bud & Betty Jo Cook, Tomas Corsini, Georgia Coulston, Henry Domine, Jean Debuhr & family, Sebastian (Sebi) Dutcher, Jim Gunby, Steve & Leigh Hopkins, Hostetler family, Arlo & Gwen Huber, Audrey Knuttel, Midge Kiourkas's daughter Jodi, Lexi & Serenity, Connie Luna, Jan Madden, Mike McCune, Flo McDougall, John & Nancy McLaughlin, Myrna Rehn, Tim O'Rourke, Randy Peterson, Kimberley & Kreagan Shipbaugh, and the 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 McGoon, 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, 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 alcpokane@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”