

Advent Lutheran Church Newsletter



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LETTER FROM THE COUNCIL PRESIDENT

By Sharon Pegau

Last night the Council had a long discussion on the finances of Advent Church and the continued decline in Sunday giving. That then transferred over to the proposed budget and the shortfall that we were being faced with. Honestly these are my least favorite discussions to have but they are necessary.

As we discussed ways to combat what at first seemed like a huge deficit, someone spoke up and asked how many giving families do we have and how much would that deficit amount be if we broke it down by giving family. At the end of the discussion, it was determined that if families gave just \$3 to \$5 more a month we would be able to make up the deficit. Well, that doesn't seem so bad.

So I challenge you. Are you willing to show your faith in God and this church and dig a little deeper in your pocket? I feel like we have a great mission of worshipping together and bringing God's word to Spokane Valley. I definitely feel like our presence is felt through the mentoring program, the Friday night meals, giving to Spokane Valley Partners, the quilt program, etc. But we can't forget to take care of our own home and do what we need to continue to worship together. So if you can, please consider increasing your giving by whatever fits in your budget. It doesn't have to be a lot, just \$3 to \$5 will go a long way. I will be the first to step up and make that commitment starting right now.



Online Worship:

www.youtube.com/c/adventlutheranspokane

HAPPY HELPERS

By Forrest Diehl

As I write this and look out our home office window, the autumn colors of the trees and bushes are stunning. From our house we have an excellent view of the Hutton Settlement campus as we look easterly. The fall hues of the broad leaf trees are beautiful, especially in contrast with the different shades of green from the conifer trees collocated with them. I am amazed that the fall colors seem so bright this year, especially with the extreme dry & heat-spells we had this summer. Also, one would think, with the moderate warm fall temperatures we have been having, that the fall colors would be somewhat subdued, but that does not seem to be the case! I've heard that the diminishing hours of sunlight, during the fall, has more to do with determining autumn colors of deciduous trees than falling/colder temperatures. I find it amazing to learn that trees native to the Northern Hemisphere (such as oaks, beeches, etc.), when transported to the Southern Hemisphere (e.g., New Zealand), and transplanted, readily adapt to the reverse cycle where they lose their leaves in the March – May timeframe, and begin the leaf-budding process in September – October timeframe. Anyway, whatever the reason, the trees here in Spokane area are sure beautiful this year! On Saturday, October 16, I went on a 12-mile bike ride with family members through the Turnbull Wildlife Refuge. The fall colors there, particularly along the wetlands and marshes, were gorgeous. Our bike ride ended at Amber Lake. Upon seeing it, it made me wonder if the lake got its name from the picturesque image that it presents this time of year.

Recently, I received an email entitled "Strange Facts About USA". The following statements are from that email. I think a trivia category is more fitting for this list than a factual category....:

More people live in New York City than in 40 of the 50 states.

The word "Pennsylvania" is misspelled on the Liberty Bell.

There is enough water in Lake Superior to cover all of North and South America in one foot of liquid.

In Longview, Washington there are treetop bridges made specifically to help squirrels cross some city streets.

In 1872, Russia sold Alaska to the United States for about 2 cents per acre.

It would take you more than 400 years to spend a night in all of Las Vegas's hotel rooms.

Western Michigan is home to a giant lavender labyrinth so big you can see it on Google Earth.

There's an island full of wild monkeys off the coast of South Carolina called Morgan Island, and it's not open to humans.

There's enough concrete in the Hoover Dam to build a two-lane highway from San Francisco to New York City.

Arizona and Hawaii are now the only states that don't observe daylight savings time. (Speaking of which, don't forget to change to standard time on November 7)

HAPPY HELPERS-CONTINUED

Boston has the worst drivers out of the nation's 200 largest cities. Kansas City has the best drivers.

Kansas produces enough wheat each year to feed everyone in the world for about two weeks.

Oregon's Crater Lake is deep enough to cover six Statues of Liberty stacked on top of each other.

The Empire State building has its own zip code.

The Los Angeles Coroner's Office has its own quirky gift shop called "Skeletons in the Closet."

The Library of Congress contains approximately 838 miles of bookshelves – long enough to stretch from Houston to Chicago.

At 46 Letters, Massachusetts's Lake Chargoggagoggmanchauggagoggchaubunagungamaugg has the longest place name in the U.S. (even though it's based on a joke).

In 1922, a man built a house and all his furniture entirely out of 100,000 newspapers. The structure still stands today in Rockport, Massachusetts.

The entire Denver International Airport is twice the size of Manhattan.

In 1893, an amendment was proposed to rename the country to the "United States of Earth."

A highway in Lancaster, California, plays the "William Tell Overture" as you drive over it, thanks to some well-placed grooves in the road.

The total length of Idaho's rivers could stretch across the United States about 40 times.

The town of Centralia, Pennsylvania has been on fire for 55 years.

The one-woman town of Monowi, Nebraska is the only officially incorporated municipality with a population of 1. The sole 83-year-old resident is the city's mayor, librarian, and bartender (and I bet Ken Otteman has been there).

The entire town of Whittier, Alaska lives under one roof.

The number of bourbon barrels in Kentucky outnumber the state's population by more than two million.

Well, again, like last year, the Happy Helper Christmas Potluck Luncheon is cancelled this year. Typically, the luncheon takes place at the Good Samaritan's Village Community Center during the first part of December, but is cancelled due to COVID.

Although the Happy Helpers are not active in planning, forming, and presenting the 2022 Child Center and Advent Lutheran Church Budgets, we keep all those, who are, in our prayers. The Church Council (**Sharon Pegau, Denise Walker, Gerry O'Rourke, Duane Yates, Linda Lahman, Jeff Peck, Darrell Shoquist, Tes Sturges, and Julie Lehman-Meyers**), Administrative Personnel (**Bonnie Calhoun, Heidi Perry, and Cheryl Tobin**), and Pastor (**Pastor Matt**), are presently planning for and preparing to present a new annual budget for congregational approval. Please include them in your prayers.

HAPPY HELPERS-CONTINUED

Our Broadway Church Campus appearance is also enhanced by the fall seasonal colors (although it would be even better with the removal of fallen leaves from the lawn, sidewalks, and parking lot – hint, hint). Here are some of the maintenance and upkeep things that went on during the month of October that I am aware of: fall clean-up of the flower beds and pots located adjacent to the east entrance (**Karen Nelson**); loaded and transported Advent Lutheran Quilts and Health Kits (**27 boxes**) to St. Luke's Lutheran Church (**George Harrison, Butch Yarnell**); helped move **Georgia Coulston** from her old apartment to **Good Samaritan Society Facility** (this was a collective **congregational effort**, which included a few Happy Helpers); outside patio, located off the narthex, care and maintenance (not sure who is doing this, but it looks great, **Thanks!**); coordinated a service call with Holiday Heating and Air for fellowship furnaces and air-conditioners maintenance (**Bonnie Calhoun**); etc.

The **Happy Helpers** are looking forward to **All-Saints' Day**, remembering that we are all saints, as **Pastor Matt** reminds of each week. The Happy Helpers remain ready to meet maintenance and upkeep needs at the Church and Child Center facility... as best we can, during the distinct phases of this COVID-19 pandemic.

RECYCLING NEWS

By Roger Scheurer

Thank you to everyone that has been bringing aluminum cans to our recycling program. As you know, we have bins at the northwest corner of the parking lot for you to put your cans into—then once a month we take them to the recycling center and turn them into cash. This is used by the **Happy Helpers** for some of their maintenance projects around the church. So for this year we've been averaging about **\$25 bucks a month**. This is much appreciated—please remember that the cans should be bagged in plastic bags of some kind if at all possible. Again thank you for helping us with this monthly fundraiser. Thanks, **Roger Scheurer**



PASTOR MATT'S CORNER

By Pastor Matthew Larson

Well, here it is. It's that time of year where we begin to assess where we are at and look ahead with hope and excitement. "Excitement you say Pastor?" Yes, excitement and hope.

It is "**Stewardship**" season. A catch all phrase that signifies a time to make a commitment to the future of our ministries and programs, of our worship and small groups, of our youth and elder events, of our buildings and grounds, and to our staff. Yes, it is true that we have not had a traditional stewardship campaign as in years past but in a way, we DO have a way that we commit ourselves to continue in excitement and hope here at Advent and that is our budget. Our budget for the next year is put together with sensible changes through giving patterns, cost of living, previous years expenditures, and priorities. We have a conservative budget, and we have been very conscious with expenses and expected income. And then we vote on it, saying, "We will do this, together!" Through the last ten years we have seen our congregation reach out and get us through the year in the black almost every year, and that is a strong testament to your faith and support of this congregation!

We may even make it this year, but we need your help.

It has been 1 ¾ years since we started on this pandemic timeline and in that time, we have improvised and leaned into different ways of being church and you all have responded with support, encouragement, and prayer. However, it has been 1 ¾ years. We are in a time of "compassion fatigue". This is not unusual in times of disaster and uncertainty. Our rituals and rhythms have changed. Yet, there is hope and excitement. The masks will come off, we will have coffee hour again, we can be together and enjoy each other's company. We have seen a number of new faces in worship and the Confirmation class has 7 kids making their way through their journey of faith, some small groups have been meeting in person and our livestream continues to reach out to those not with us. Our Child Center is increasing in staff and kids again! Yes!

However, our giving is down from last year at this time, about **\$11,000**. If you need to "catch up", please do so. If you are looking at end of year gifts, please consider Advent. If you are in a position to give a bit more, we could use it. And, for all those who have faithfully given to Advent this year, our utmost thanks!

Of course, stewardship is not a season but something we do all year long. Giving back to God what is first God's, ourselves. To know that we are loved by God and secure in his promises of grace and salvation we reach out, we embrace, and we give back.

Thank you Saints!

In God's Grip,
Pastor Matt

Broken heart syndrome is on the rise, especially among older women

13 October 2021, by Thor Christensen, American Heart Association News

Broken heart syndrome, a life-threatening condition whose symptoms mimic a heart attack, is on the upswing, according to new research that shows the sharpest increases among women 50 and older.

Published Wednesday in the *Journal of the American Heart Association*, the study examined 135,463 cases of broken heart syndrome in U.S. hospitals from 2006 to 2017. It found a steady annual increase among both women and men, with women making up 88.3% of the cases.

The overall increase wasn't unexpected as the condition has become increasingly recognized among medical professionals, said Dr. Susan Cheng, the study's senior author. But researchers were taken aback to find the rate of the condition was at least six to 12 times higher in women ages 50 to 74 than it was in men or in younger women.

"These skyrocketing rates are both intriguing and concerning," said Cheng, director of the Institute for Research on Healthy Aging in the department of cardiology at the Smidt Heart Institute at Cedars-Sinai in Los Angeles.

The condition, also known as Takotsubo cardiomyopathy, has been studied for decades in Japan and elsewhere. But it wasn't well known internationally until 2005, when the *New England Journal of Medicine* published research on it.

Triggered by physical or emotional stress, broken heart syndrome causes the heart's main pumping chamber to temporarily enlarge and pump poorly. Patients experience chest pain and shortness of breath, symptoms similar to those of a heart attack

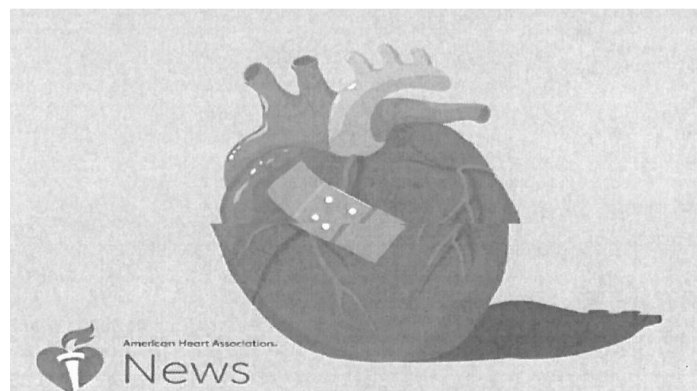
If they survive the initial phase of the disease, people often can recover in days or weeks. However, the longer-term effects are still being studied. Despite apparent recovery of heart muscle function, some studies show people who have had broken heart syndrome are at heightened risk for future cardiovascular events.

Cheng said more research is needed to understand the risks and reasons why broken heart syndrome seems to disproportionately affect middle-aged to older women.

The end of menopause may play a role, she said, but so might an uptick in overall stress.

"As we advance in age and take on more life and work responsibilities, we experience higher stress levels," she said. "And with increasing digitization around every aspect of our lives, environmental stressors have also intensified."

The study arrives at a time when public health organizations have been delving deeper into the mind-heart-body connection. In January, the American Heart Association published a scientific statement on the connection, saying there were "clear associations" between psychological health and cardiovascular disease risk.



PARISH NURSE-continued

By Debbie Martin, RN, Parish Nurse

While the study was done before the rise of COVID-19, Cheng said the stress of the pandemic has likely led to a rise in the number of recent cases of broken heart syndrome, many of them undiagnosed.

"We know there have been profound effects on the heart-brain connection during the pandemic. We are at the tip of the iceberg in terms of measuring what those are," she said.

Dr. Erin Michos, who helped write the AHA's scientific statement but was not involved in the new research, said the findings underscore how important it is for doctors to screen patients for mental health conditions.

She also called for more research to understand a disease about which little is known.

"We should all be worried about why its incidence is on the rise," said Michos, an associate professor of medicine and director of Women's Cardiovascular Health at Johns Hopkins School of Medicine in Baltimore.

The study, she said, serves as a potent reminder that everyone needs be proactive about their mental health, especially those with cardiovascular risks.

"We can't avoid all stress in life, but it is important for patients to develop healthy coping mechanisms. Some strategies include mindfulness meditation, yoga, exercise, eating healthy, getting adequate sleep and cultivating social relationships for support systems," Michos said. "For patients with significant psychological stress, a referral to a clinical psychologist or other clinician with expertise in mental health is recommended."

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APA citation: Broken heart syndrome is on the rise, especially among older women (2021, October 13) retrieved 18 October 2021 from <https://medicalxpress.com/news/2021-10-broken-heart-syndrome-older-women.html>

COMMUNITY OUTREACH

Please keep your food donations coming as the need continues to be great, so let's **"FILL THE SHELF"!!**



ANNOUNCEMENTS

Online Worship:

www.youtube.com/c/adventlutheranspokane

MID-WEEK BIBLE STUDY

Wednesday morning Bible Study meets at 10 am with the option of in-person class and Zoom for those who wish to be with us online. We are studying the book of Ezekiel. If you are interested in the Bible Study, please let the Church office know or email Pastor Matt and let him know (adventpastor@comcast.net).

DINNER TO GO

Our 'Dinner to Go' nights for the month of November will be on **Friday, November 12, from 4pm-5:30 pm**. If you are interested, please call the church office at **928-7733** or place your name and the number of meals you wish on the **signup sheet on the table in the Narthex**. The menu for **November 12** will be **Chicken Chow Mein and mixed vegetables**. If you are unable to arrive by 5:30 pm, Terry will still be here until 6pm and you are still welcome to stop by for a meal to go.

MONTHLY LADIES LUNCHEON

Our next luncheon will be **November 13th at 11:30 a.m.** at **The Max**. Please contact **Gerry O'Rourke** at geraldineorourke4837@comcast.net or **893-0787** by **November 10th** so that a reservation can be made.

"SOCK 'EM" TIME!

"Sock Em" time is here! We are continuing to collect clean, gently used socks, or new socks through the month of November. Please place your donations in the barrel in the Narthex and the socks will go to **'Blessings Under the Bridge'**. Questions? Contact the **Church office at 928-7733**.

MEN'S PRAYER GROUP

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

ANNOUNCEMENTS-Continued

NEWSLETTER DEADLINE

If you wish to submit an article or announcement for the **December** newsletter, please submit it to the Church office no later than **Wednesday, November 17th**.

CONGREGATIONAL MEETING

Sunday, December 12th, immediately following the Worship service. The purpose of this meeting is to approve the 2022 Church and Child Center budgets and to review a report regarding the future of the Sullivan Campus Property.

PICTORIAL DIRECTORY

We are in the process of updating our pictorial directory for 2022. If you would like to add your photo to the directory, please feel free to stop by the church office during the month of **November** and **Bonnie** will take your picture. Her office hours are: **7am-3pm Monday through Thursday**. We hope to have a new updated directory published by the end of December. We are waiting on photos for the Child Center staff and they may not have them ready until sometime in December.

THE FIG TREE FALL FUNDRAISER

For the second year, **The Fig Tree** is launching a fall campaign to invite renewing and new sponsors to donate. We invite new and ongoing readers to join those supporting The Fig Tree's mission of sharing stories, connecting people, fostering understanding and inspiring solidarity among the diverse community of people in the Inland Northwest. The "Fall Festival of Sharing" will run **October 21 through November 30** which is **Giving Tuesday**. There are opportunities to donate through **The Fig Tree Facebook Fundraiser** at facebook.com/donate/862532537964752/, on our website at www.thefigtree.org/donate.html or by mail to The Fig Tree, 1323 S. Perry St., Spokane, WA 99202.

HAPPY PIECEMAKERS

The **Happy Piecemakers** have shipped **20 Baby Kits** and **193 quilts** to **Lutheran World Relief**. We thank all our **dedicated Happy Piecemakers**: Manda Benton, Diane Buck, Belle Campbell, Joanne Day, JoAnn Dunlap, Marsha Jones, Colleen Kusler, Sue May, Marian Moseman, Shelle Seaholm, Patt Scott, Eva Sturges, Linda Sweet, Midge Thorin, Dee Yates, and Jan Ziemer.

BIRTH ANNOUNCEMENT

From Anna: "Filled with excitement and truly feeling absolutely blessed by all of your prayers, **Ignatios Constantine Tsakarestos AKA: Iggy** made his debut at 2:30 am on **Thursday, October 21**. He is eating very well and has zero health concerns at this time! He weighed in at 6lbs exactly and 18" long." Grandparents are **Duane and Dee Yates**. Congratulations to **Anna and Jim Tsakarestos and their family!**

THANK YOU

"Dear Friends, This has been an eventful year for me and my family. Thank you all for your prayers and other support while I underwent cancer treatment. That seems to have been successful and I once again have hair! I am now awaiting a date for hip transplant surgery, which was postponed due to the cancer treatment. I am blessed to have such a wonderful church family here in Spokane Valley. God Bless You!" **Kathy Bowers**

INCOME/EXPENSE INFORMATION

By Bonnie Calhoun

Advent General Fund Income/Expense

	<u>Sept</u>	<u>Year to Date</u>
Income	21,748.93	239,115.00
Expense	<u>27,195.50</u>	<u>248,199.45</u>
Net	-5,446.57	-9,084.45

Child Center Income/Expense

	<u>Sept</u>	<u>Year to Date</u>
Income	66,553.96	618,876.18
Expense	<u>56,082.18</u>	<u>578,925.08</u>
Net	10,471.78	39,951.10

Notes for Advent Lutheran Church

- In September, expenses exceeded income by \$5,447.
- Average monthly income came in \$3,553 lower than average budgeted monthly income.
- Sunday offerings for January - September 2021 came in \$11,070 lower than January- September 2020.
- Average monthly expenses came in \$2,538 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. As a result, the current reserve fund balance is \$21,053, which is .7 months of budgeted expenses. It is the goal to achieve and maintain one month's of budgeted expenses in reserve (\$30,116).
- 2022 Budget planning has begun.

Notes for Advent Lutheran Child Center

- In September, income exceeded expenses by \$10,472. This larger net balance is the result of increased enrollment as well as operating short staffed. The Council approved a pay increase for the teaching staff in August with the hope of attracting more applicants. This has helped somewhat.
- Total income for January-September 2021 increased by \$66,966 when compared to January- September 2020. The increase in income is mainly due to increased enrollment and Grant income (\$45,100). These Grants are giving the Center time to adjust to the changing enrollment and corresponding staffing demands.
- Total expenses for January -September 2021 increased by \$41,329 when compared to January - September 2020. This increase is driven by increases in payroll costs due to increases in hourly pay rates and an increase of staff and administrative costs corresponding with increases in enrollment.

- The Center has \$85,830 in reserve, which translates to 1.1 months of budgeted expenses. In order to maintain financial health, it is the goal of the Center to maintain at least one month of budgeted expenses in its reserve (\$77,509).
- 2022 Budget planning has begun.

PEOPLE IN OUR PRAYERS

Church Family and Friends: Covid Pandemic crisis, Loretta Orr's brother Bennie and his wife Linda, Harry & Manda Benton & family, Joelene Boyd, Belle Campbell, Bud, Dave, Sharon Cook & family, Tomas Corsini, Georgia Coulston, Henry Domine, Jim Gunby, Steve & Leigh Hopkins, Arlo & Gwen Huber, Norm & Audrey Knuttel, Midge Kiourkas's daughter Jodi, Lexi & Serenity, Connie Luna, Jan Madden, Bonnie Mertes & her family, Marjorie Moore's family, Bill Murphy, Pauletto family, Peterson family, Myrna Rehn & her family, Darwin & Dianne Ronngren, Tim O'Rourke, Kimberley & Kreagan Shipbaugh, Mark Treder, and the Underdahl family.

For Family Members & Friends Serving in the Military:

CPT Ashley Allinger, Chaplain US Army, CPT Zane Allinger, 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
Wednesday Morning Bible Study: 10:00 am

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