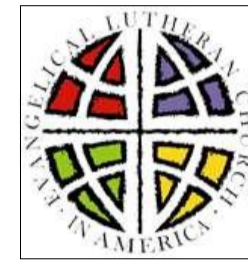


Advent Lutheran Church Newsletter



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LETTER FROM THE COUNCIL PRESIDENT

By Sharon Pegau

The Church's Congregational meeting will be held in December. We have a lot to discuss. We will be voting on the budget for the Child Center and for the church, there are the normal Council reports as well as a report on possible options for the Sullivan campus property.

I encourage you all to read your Congregational meeting packets as there is a lot to digest.

The Council had a vigorous discussion on the budget for the church. We want the budget to be realistic, but felt concerned with presenting a deficit budget. But the truth of the matter is that something must change in order for us to continue on with operating the church. The giving has gone down each year I have been here. In the past, the deficit was made up with cuts in expenses. But there is no expense to cut anymore. In the end the Council compromised. We will be showing the budget dollars as originally presented with the addition of a line item that shows how much the giving would need to increase in order to have a break-even budget. It means a simple \$5.00 a week from giving families. \$5.00 a week! As someone said, "that is one latte." The other topic was the report that the Sullivan Campus Committee put together. **Linda Lahman, Tes Sturges and Bill Thurston** did a great job of looking into the details of what the two options for the Sullivan campus would mean for the church.

They will be at the meeting to answer questions that you might have. Whatever we do will have lasting effects and we want you to have plenty of time to digest the information before making a decision.

I want to assure you that no matter what the decision, the Council is committed to being fiscally responsible with any proceeds.

I hope we see you there for the Church meeting.



Online Worship: www.youtube.com/c/adventlutheranspokane

HAPPY HELPERS

By Forrest Diehl

In the opening paragraph of last year's December Newsletter, I commented on the seemingly public unrest following the national elections. Little did we know what January 6, 2021 would have in store for us. Hopefully we can learn from that event even though it is unfortunate that we have to leave that stain for our future generations to see. I know there are pros and cons to the mail-in ballot, but I sure like Washington State's policy on voting by mail. I think all Washington counties vote by mail, except for one, Pierce County. Accurate vote counting and reporting are paramount. Accepting voting results is key to harmony among the citizenship. Harmony and congeniality are essential in social order in any organization, including church and state. Anyway, I can't help thinking what Will Rogers said about politics: "If you ever injected truth into politics, you'd have no politics."

During the month of December, we will be observing the Advent Season in preparation for Christmas. Thankfully, **Sherry & Norm Leatha and family** have stepped forward to decorate the church for Christmas (Saturday, November 27, 2021). **Norm & Sherry Leatha** and **George Harrison** have already moved the Christmas decorations and Sharing Tree from storage to the Broadway Campus. As I write this, **Cheryl Tobin** is coordinating the following in preparation for the first Sunday in Advent (November 28): 1) set-up and lighting of the sanctuary Christmas tree (**Happy Helpers**); 2) receiving and arrangement of poinsettias in Narthex and sanctuary (**Sue Wipperling, Karen Nelson**); and 3) set up, decoration, and processing of gifts to Sharing Tree (**Babs Velategui, Marlene Diehl**). **Thanks to All!**

Indian Hills Community Center Billboard Puns (Indian Hills, Colorado)

1. *Turning Vegan would be a big missed steak.*
2. *Crushing pop cans is soda pressing.*
3. *I ate a frozen apple; Hard Core!*
4. *When the smog lifts in California, UCLA!*
5. *I hate this snow! No wait, I love this snow!*
Signed, Bi-Polar Bear
6. *Beer nuts for sale - \$1.25 per bag. Deer nuts are under a buck.*
7. *I'm terrified of elevators. Don't worry, I'm taking steps to avoid them.*
8. *Drink wine. It isn't good to keep things bottled-up.*
9. *People are making apocalyptic jokes like there's no tomorrow.*
10. *Cows have hooves because they lactose.*
11. *Huge Fight At Local Seafood Diner! Battered fish everywhere.*
12. *I'm friends with 25 alphabet letters. I don't know "Y".*
13. *For chemists, alcohol is not a problem – it's a solution.*
14. *My relationship with whisky, you ask? It's on the rocks!*
15. *Puns about communism aren't funny, unless everyone gets them.*
16. *Whenever I try to eat healthy, a chocolate bar Snickers.*
17. *Electricians have to strip to make ends meet.*

HAPPY HELPERS-Continued

18. *Well, to be Frank, I'd have to change my name.*
19. *Dogs can't operate MRI scanners, but CT scan.*
20. *Our mountains aren't just funny; there're hill areas.*
21. *Wishing you "A Happy Whatever Doesn't Offend You".*
22. *Life is like beer. Chill for best results!*
23. *Cow stumbles into a field of cannabis. The steaks have never been higher.*
24. *Double negatives are a No-no in English.*
25. *Irony – the opposite of wrinkly.*
26. *The problem with political jokes is that they sometimes get elected.*
27. *Forget world peace – try visualizing using your turn-signal.*
28. *I'm pining for a good pun. I wish they were more popular.*
29. *Silence is golden. Duct tape is silver.*
30. *Afraid of Santa? You may be Claustrophobic.*
31. *Just because you are offended, doesn't mean you are right.*
32. *Sweet dreams are made of cheese. Who am I to dis a brie?*
33. *I danced like no one was watching. My court date is pending.*

Unfortunately, I cannot report on much of the upkeep and maintenance tasks that took place during the month of November. During the first two weeks of November, Marlene and I were visiting our daughters' families located on the west-side (Vancouver, WA, and Bellingham, WA). I do know that **Bill Thurston** and **Ken Otteman** worked mightily replacing the non-working fluorescent bulbs in ceiling light fixtures located in the sanctuary and narthex. **Pastor Matt and Bonnie Calhoun** replaced some bulbs in the offices an office hallway, also. Additionally, **George Harrison** tightened floor bolts to a toilet in one of the rest rooms. I'm sure other tasks took place.

The **Happy Helpers** are looking forward to Advent Season. The Happy Helpers remain ready to meet maintenance and upkeep needs at the church and child-care facility... as best we can, during these distinct phases of the COVID pandemic.

PARISH NURSE

By Debbie Martin, RN, Parish Nurse

Winter can be a difficult time for some people. Long, dark days coupled with cold weather and social isolation can lead to feelings of sadness, anxiety or depression. The coming winter could be especially difficult as infectious disease experts recommend that we "hunker down" to prevent the spread of COVID-19. Proper preparation can help ease this transition and help you feel mentally ready for a pandemic winter.

Here are 8 things you can do this fall to prepare to get ready:

1. Schedule virtual interactions.

Earlier in the pandemic, many people used technology to virtually connect with loved ones. For some, the frequency of this type of interaction slowed during warmer months of summer. Fall is a good time to schedule regular virtual times throughout winter to safely reconnect. A regular check-in schedule gives you something to look forward, and provides the emotional and mental support you need. Everyone needs a varying amount of real social contact, so find a routine that works best for you.

2. Change your screen time routines.

Due to the COVID-19 pandemic, many children and adults are incorporating more screen time into their work or school days. That's why it's more important than ever to evaluate your use of electronics the rest of the day. Screen time tends to increase during the winter because we spend more time indoors. However, there are health benefits related to reducing screen time, including improved physical health, decreased obesity, and more time to play and explore. Take time this fall to set expectations with your family for the number of hours per day along with creating phone-free zones or times.

3. Evaluate how much and what type of news you consume.

It's important to be informed about the world around you, but 24/7 access to news reports can be overwhelming. Ongoing negative news coverage can significantly affect your mood, especially if you consume news that tends to highlight suffering and emphasize feelings of fear or sadness. This fall, track the amount of time you are spending watching television, listening to the radio or reading online news coverage. Set a goal to consume only reliable news sources that report facts, and avoid media that sensationalizes emotions. Limit your exposure or take a break from news and social media if you find that it makes you anxious.

4. Acknowledge changes in holiday traditions.

Social distancing and masking recommendations likely will change some of your holiday traditions this winter. Start a conversation early with your loved ones about expectations and necessary changes. Be mindful of the little things that bring you joy and look for ways to celebrate safely together, even if it is virtually.

PARISH NURSE-Continued

5. Learn a new relaxation exercise.

Relaxation techniques are a great way to help with stress management. Practicing relaxation techniques can have many benefits, including slowing heart rate, lowering blood pressure and fatigue, improving concentration and mood, and reducing activity of stress hormones. There are many different types of relaxation exercises, including deep breathing, meditation, progressive muscle relaxation and others. These techniques take practice, so start in the fall so you can reap benefits during the winter. Talk with your health care provider for recommendations. Or you can check out a book at your local library or find an online resources such as mindfulness mediation audio files to guide you. There are also meditation apps that can lead guided meditations and be helpful. Some cost a monthly fee but many give one month free as a trial period.

6. Plan ways to give back.

Look for ways to help your community, such as blood donations, checking on older people in your neighborhood, or donating supplies or money to local organizations. Helping a cause larger than yourself can give you a sense of purpose and fulfillment and focus your thoughts on the present and things to be grateful for today.

7. Engage in play.

Find an activity to engage in, such as something you enjoy so much that you lose track of time while doing it. It may be an activity you haven't done for a while, a new one you've been meaning to try or something completely out of your comfort zone. This kind of play gives us the opportunity to relax our bodies and minds and take a break from the constant pressures of daily life. Engaging in these types of activities also decreases feelings of irritability and increases social, emotional and physical connections.

8. Seek professional mental health.

Feelings of stress and anxiety are common and normal. It's your body's way to warn you of harm. If your stress and anxiety seem to be taking over your life, it's time to seek professional help. Starting the conversation with your health care provider or establishing care with a licensed therapist in the fall can help you find solutions as we go through winter with COVID-19 in our communities.

Sarah Reichert is a clinical social worker in Behavioral Health in Red Wing, Minnesota.

Preparing for the Holidays

Anticipating holiday times without a loved one can be very difficult. Here are some suggestions for helping yourself through the holiday season.

- ❖ Know that you are not alone. Holidays are a challenge for many people.
- ❖ Pace yourself, and eliminate unnecessary stress. Make it easy for yourself, and realize it is okay to say no.
- ❖ Plan ahead for family gatherings. And pay attention to what feels right for you: you may want to continue some old traditions and create some new ones. Change times and places of holiday meals and rituals; make a memorial contribution to a charity. Also be aware that different family members may have different needs and try to respect that.
- ❖ Talk about your grief. Find caring friends and relatives who will listen and accept your feelings. Speak of your loved one, share stories and look at photo albums together.
- ❖ Some ideas for healing holiday rituals:
 - choose a candle or a single flower for the table to honor your loved one;
 - spend time with family members giving thanks for the special memories of your loved one;
 - have a live Christmas tree and plant it after the holiday as a memorial;
 - provide memorial flowers or greenery for your loved one's church, synagogue, or gravesite;
 - use a special ornament for the tree in your loved one's memory.
- ❖ As the year draws to a close, work on setting realistic goals for the coming year. Make use of this time to reflect on what has meaning and purpose for you and look ahead to a journey of healing. Remember that your grief grows out of your love, and love does not end with death.
- ❖ Have compassion for yourself.

Grieving Through the Holidays

The holidays are an especially challenging time for grieving people. Already, our culture doesn't want to know if you are suffering or grieving and at this time of the year it seems we are REQUIRED to have joy and good cheer all the way through the holidays. Not to mention all the grief triggers associated with each activity we do during the holidays...shopping, music, decorating...all of it. We completely understand if you are dreading this time. Write in the chat right now, what are the most challenging parts of the holidays for you, as you are imagining them.

Three most important things: **Lead with love. Make a plan. Ask for help.**

Lead with love. The holidays can be a very difficult time for grieving people. Good cheer and joy are usually not how grieving people are feeling. Leading with love means having some self-compassion and patience for our selves. We need some grace for our limits and the limits of others. Here are several ideas about good ways to take care of yourself. 1. Honesty is the best policy about our feelings. It isn't self-compassionate to "put on a cherry face" for others. It's perfectly ok to tell folks how you feel. "This is a sad time for me." is a simple statement that can communicate your feelings clearly and succinctly. 2. Making sure you get enough rest can really help. Setting aside time each day to rest can help you do hard things. 3. Make sure the people you spend time with are supportive and understanding. If that's impossible, make sure those sweetie pies are on speed dial so you can reach out if you need them. 4. Feel all the feelings. It's ok to cry at Christmas. This is a great time to pull out the family photos and videos. Look and then cry or laugh and be sure to tell stories. It is right and good to talk about the person we are grieving. Memories can be a lovely consolation in our grief. 5. Remember that each person grieves in her or his own way. No judgments or critical assessments are needed right now. Just love and acceptance that each of us doing the best we can given these circumstances.

Make a plan. The reason this event is Nov. 9, is so we have some time to think and to make a plan that is realistic, given how we feel and what we can do. There are some ideas to consider about your plan. Do you want to be around people? What people do you want to be with? What's your energy level? Put some fun and creativity into your plan. Would you rather be alone? Would it be ok or not ok to be with new people, people you haven't met yet? If you do want to be with people, would you like NOT to be asked how you are doing? Are there some family rituals that you'd like to continue? Is there a new ritual that you'd like to establish this year in honor of the person you are grieving? You can skip greeting cards if that is one thing too many this year. If you are really dreading the whole caboodle it would be ok to go away somewhere where you could do something completely different. Think about what you want to do. After you make your plan, you need to communicate your plan. If anyone is counting on you for their holiday, say young children, siblings or parents, you need to talk about what you want to do this year. It's also different if they are grieving the same person. Then you could have a family meeting and talk about all this together. Perhaps your plan is going over to someone else's home for dinner. Then drive yourself, so you can leave when you are ready to leave. Or one of your sweetie pies on speed dial can come and drive you home. Think about your plan. What's the most important part of it for you? Is there any of it that is non-negotiable? Be clear about this with your family. Healthy boundaries are an important part of self-care. Include flexibility in your plan. If your plan is to go out one night and you are exhausted, it's ok to cancel. In the recovery community there is a saying that expectations are premeditated resentments. Making a plan and communicating the plan helps to set appropriate expectations.

Last but not least...**Ask for help.** If, amazingly enough, you are willing to host again this year, make sure to ask for help. Especially if you're not the kind of person who usually accepts help. Ask for help with cleaning, help with cooking, help with cleaning up after most guests leave. Maybe this is the year to get a ready made dinner from a local grocery store. If you need someone to help you leave a situation when you are ready to go, be sure to set that up ahead of time. Help yourself by writing things down. It's not unusual for grieving people to struggle with concentration or memory, so write a list and put items on the calendar. Being here tonight in this group is one way of asking for help. Nice job!

Grieving During the Holidays

Remember that you are not alone. Thousands of people are grieving during this time, and trying to maintain a good front for others. However, to deny the pain of grief is to live a lie, even if the loss occurred years before. You cannot avoid the holidays, they roll around every year, but you can make choices; take an honest look at what traditions you will and will not do this year.

Greeting Cards (*choose an option*)

- Skip them this year.
- Send only to a special few.
- Send cards imprinted with your name.

Holiday baking (*choose an option*)

- Skip it this year.
- Let friends and family take that on this year.
- Find a good bakery, and buy goodies.

Holiday music (*choose an option*)

- Leave the radio off.
- Play a favorite piece of music and have a good cry.
- Prepare yourself for the music out in public.

Shopping (*choose an option*)

- Shop earlier than usual.
- Let others shop for you.
- Make a short list and stick to it.
- Be honest with people, consider not giving gifts.

Decorations (*choose an option*)

- Limit decorations.
- Have someone else do the decorating.
- Do only the decorating that has meaning to you.

Zoom or In Person Gatherings

- Schedule a meeting time with people you want to see.
- Have a quiet time, alone with your memories.
- Have family members share a happy memory of your missing loved one.
- Light a special candle representing your loved one's memory.

The important part of examining these choices is to only choose to do what you have energy for, and what feels right. You may make one choice this year and a different one next year. To lose someone dear robs you of a sense of control. Gain back some sense of control by making personal choices about your level of involvement in the holidays; this may ease the pain during the coming months.

Adapted from a seminar by Mary Anne Schreder, Centre for Living with Dying.

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).

POINSETTIAS

We will once again be **ordering 20 Poinsettias** to decorate our Sanctuary during our Advent season. You may purchase a poinsettia through the church or bring them from home. If you are wanting to purchase a plant through the church, please see the **order sheets** on the table in the Narthex. The orders are due by **Sunday, December 12.**

DINNER TO GO

Our 'Dinner to Go' nights for the month of December will be on **Friday, December 3 & 17 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.**
Menu: December 3: Spaghetti & meatballs, & salad.
December 17: Beef stroganoff, snow peas, rolls. 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

There will be **NO** ladies lunch in December due to the holidays. The luncheons will resume in January. Questions? Please contact **Gerry O'Rourke** at **509-893-0787** or **509-474-0264.**

ANNOUNCEMENTS-Continued

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.

CONGREGATIONAL REPORTS

Reports for the December 12th Congregational Meeting are available in the Narthex. They contain the proposed 2022 Budgets for the Child Center and Advent and the Sullivan Campus Survey results and Property Report.

NEWSLETTER DEADLINE

If you wish to submit an article or announcement for the **January 2022** newsletter, please submit it to the Church office no later than **Wednesday, December 15th.**

ENDOWMENT COMMITTEE

The Endowment Committee has approved the 5% annual withdrawal of Endowments funds. A portion of these funds will be made available to the congregations in our Synod as well as local ministries. Application forms are available in the Narthex. The deadline is **December 31th.** The Council will review the applications then notify the recipients of the amount of the award. Please contact the church office if you have questions.

TREE OF SHARING

If you are interested in providing a gift for someone less fortunate this Christmas season, we once again have our **Tree of Sharing** set up just inside the Church entrance. We have tags for gifts for the Child Center and Church friends and family. If you wish to donate, **please sign out the tag** you have chosen and return your **wrapped gift** to the Church office on Sunday or during our business hours of **Monday-Thursday, 8 am to 4:30 pm, and Friday, 8 am until noon.** The deadline to **return your gift** is **Sunday, December 12.** Thank you in advance for your support! **Questions? Contact the Church office at 928-7733.** **Marlene Diehl and Babs Velategui** will once again be organizing our **Tree of Sharing** this year! **Thank you Marlene and Babs!**

DECEMBER 26TH WORSHIP

December 26th Worship service will be **Lessons and Carols.** **The Church Office will be closed Christmas Day through New Year's Day and will reopen on January 3, 2022.** If you have a pastoral emergency, please contact **Pastor Matthew Larson** at **280-4140.**

2022 OFFERING ENVELOPES

The **2022 offering envelopes** are now available to be picked up. They will be in the box on the table under the Sanctuary window and listed alphabetically.

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

VITALANT BLOOD DRIVE

Blood Drive: Advent will host it's next **blood drive** on **January 9, 2022. As the date gets closer, there will be a sign up sheet available.** Questions? Contact **Babs Velategui** at **701-8041**.

If you are interested in additional community events, please see the bulletin board outside the classroom for posted events.

ADVENT & CHRISTMAS WORSHIP SCHEDULE

December 5

2nd Sunday of Advent: 9:30 am

Worship Service with Holy Communion

December 12

3rd Sunday of Advent: 9:30 am

Worship Service with Holy Communion

Congregational Meeting

December 19

4th Sunday of Advent: 9:30 am

Worship Service with Holy Communion

December 24-Christmas Eve Service:

5:00 pm & 7:00 pm. Christmas Eve service with Holy Communion

December 26th: 9:30 am

Lessons & Carols-No Communion

THANK YOU

Dear Friends in Christ, **Marlene and Forrest Diehl** thank all who included our daughter in their prayers and thoughts. **Joelene** had her last breast cancer target chemotherapy treatment in November. She is currently feeling well, upbeat, and active following her whole ordeal of treatment which included surgery, chemotherapy, radiation and concluding with 12 months of target chemotherapy. We are blessed to have such a compassionate church family! Blessings to you all!

Thank you to everyone who donated to the "**Sock Em**" sock drive for '**Blessings Under the Bridge**'. Your donations have made a huge difference in the lives of those who truly are in need of a little extra warmth this winter. The recipients are very grateful!

Sullivan Campus Congregational Survey

By Bonnie Calhoun

At the August Council meeting, Council received a report from the Sullivan Campus Property Committee that looked into what our options regarding the Sullivan campus. The report listed five different options for consideration. Thanks to the team for working on this for us! (**Bill Thurston, Linda Young-Lahman, Jeff Peck, and Arne Weinman**)

After reviewing the report, a couple of things became obvious. First, we needed to narrow down our options from five to a more manageable two or three in which we could get some in-depth information on. Second, we wanted to take into consideration the Congregation's thoughts on the matter. "Get the pulse" of our mission so to say. We knew the ideas that were considered when the churches first merged were either not realistic now or maybe were not what the Congregation felt was important anymore.

To get that pulse, we asked the congregation to **rank the five options from 1 to 5**, with 1 being what they thought should be the Church's first option to 5 being the last option the Church should consider. A total of 77 congregation members participated in the survey. The results are listed below:

- 1** Sell the property.
- 2** Lease the property out in a long-term lease arrangement.
- 3** Continue to rent out the property to Genesis Church or other similar group for a comparable rent amount.
- 4** Rent the property to someone else for a higher/commercial rental rate.
- 5** Use the property for some other church mission (e.g., daycare, school, low-income housing).

Upon receiving the results of the survey, the council asked the Sullivan Campus Property Committee to research the feasibility of the first two options: selling the property and leasing it out in a long term lease agreement. They presented the results of their analysis during the November Council meeting. .

Council member **Tes Sturges** will present the Sullivan Campus Property Committee report during the **December 12, 2021 Congregational meeting**. Following this meeting, there will be opportunities to discuss the two options further with council members during the months of January through March. **A final congregational vote on the two proposed options will take place at a special Congregational meeting on March 27, 2022.**

INCOME/EXPENSE INFORMATION

By Bonnie Calhoun

Advent General Fund Income/Expense

	<u>Oct</u>	<u>Year to Date</u>
Income	26,400.87	265,515.87
Expense	<u>27,280.00</u>	<u>275,490.35</u>
Net	-879.13	-9,974.48

Child Center Income/Expense

	<u>Oct</u>	<u>Year to Date</u>
Income	63,191.41	682,067.59
Expense	<u>61,452.99</u>	<u>641,029.21</u>
Net	1,738.42	41,038.38

Notes for Advent Lutheran Church

- **In October, expenses exceeded income by \$879.**
- Average monthly income came in \$3,569 lower than average budgeted monthly income.
- Sunday offerings for January - October 2021 came in \$5,835 lower than January– October 2020.
- Average monthly expenses came in \$2,567 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 \$20,163, 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 October, income exceeded expenses by \$1,738.**
- Total income for January–October 2021 increased by \$74,487 when compared to January– October 2020. The increase in income is mainly due to increased enrollment and Grant income (\$45,100). These Grants have given the Center time to adjust to the changing enrollment and corresponding staffing demands.
- Total expenses for January –October 2021 increased by \$35,350 when compared to January –October 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 \$86,917 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, Belle Campbell, Martha Olene Cason, Bud, Dave, Sharon Cook & family, Tomas Corsini, Georgia Coulston, DeStefano family, Henry Domine, Jim Gunby, Steve & Leigh Hopkins, Arlo & Gwen Huber, Dennis Johnson, Norm & Audrey Knuttel, Midge Kiourkas's daughter Jodi, Lexi & Serenity, Pastor Matt Larson & his family, Connie Luna, Jan Madden, Bonnie Mertes & her family, Mike & Sandra McCune & family, Marjorie Moore's family, Bill Murphy, Pauletto family, Peterson family, Myrna Rehn & her family, Darwin & Dianne Ronngren, Tim O'Rourke, Kimberley & Kreagan Shipbaugh, 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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www.adventlutheranspokane.org

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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”