

Advent Lutheran Church Newsletter



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LETTER FROM THE COUNCIL PRESIDENT

By Sharon Pegau

As we look forward to 2022, I want to say a great big **Thank You** to all who have put their heart and soul into making Advent Lutheran Church the awesome place to worship, grow and learn that it is. And **hugs** to all those people who experienced loss or hard times in 2021. Know that we think of you often and pray and love the hurt away, even if it is just for a moment of respite. Thank You and looking forward to an incredible 2022. It's a Breakthrough!

PASTOR MATT'S CORNER

By Pastor Matthew Larson

I have to say I never thought of myself as having a "breakthrough" moment, but I did. I am one of the lucky ones to have caught Covid being fully vaccinated. My symptoms weren't bad but did put me out for over two weeks and I have to tell you that was not fun. Having to cancel Thanksgiving with our families from the west side and to make matters worse, I couldn't even taste the thanksgiving meal! I said to my family after the meal, "Well, I bet that was a wonderful meal!!" My smell and taste are still working there way back to normal but it is strange to simply eat for the texture. I get why they call this a breakthrough case but isn't this going to be around awhile? It's not an Aha! moment. It's Covid, it's a virus. And we will continue to lift our prayers up for all those fighting this and finding ways to cure it.

However, there is another breakthrough I would like to remind you all of this month and that is Epiphany. The tradition of the Magi visiting the baby Jesus. Truly, the Aha moment of the birth of Jesus. These foreign visitors from the East making homage to this newborn baby in a small town away from kingdoms and capitals. An event set aside for the sake of recognizing God's time as a human being, as Jesus.

PASTOR MATT'S CORNER-Continued

Witnesses that have a sudden, intuitive perception of or insight into the reality or essential meaning of something...and that something is Jesus. For the Magi this was an epiphany! In fact, they don't even return to King Herod to let him know about the location of Jesus. They return by another route. And what did they experience? Kingship? Grace? Love? Revelation? We do not know. We don't even know what happened to them after this story, we can only speculate. I like to think that they shared their story over and over and perhaps they even heard stories of an itinerant preacher in the area of northern Israel teaching, healing and preaching the Good News of God's kingdom. Maybe they even heard stories of this man being executed and three days later of being alive again! Maybe. Their journey to Jesus was a wonderful example of faith and generosity. May our lives be a journey to Jesus, with Jesus, knowing that our lives are one big epiphany.

Thank you all again for your faithful giving in 2021. We ended strong with your push at the end of the year!

Pastor Matt



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

HAPPY HELPERS

By Forrest Diehl

Merry Christmas, Everyone! And, Happy New Year! In thinking about the new year, I remember, as you probably do, how anxious I was to leave the 2020 events and enter the new and upcoming 2021 New Year. Comparatively speaking, I find myself even more anxious to leave 2021 in the past, and move on to 2022. The following events (among others worldwide) in 2021 have certainly made it a challenging year:

- Continued spread of COVID-19 and the mutation of new variants
- Armed aggression and attack on our national Capitol on January 6, 2021
- Continued civil unrest and school shootings
- Unprecedented heat wave with accompanying wild-fires throughout the West
- Record flooding from unseasonable rains (hurricane Ida) in the South and East
- A major volcano eruption in Iceland
- Earthquake/s that all but destroyed Haiti.... again
- The consequences of our awkward withdrawal from Afghanistan
- National strife and differences on abortion and immigration

The recent string of destructive and lethal tornadoes that swept through Kentucky, Illinois, Arkansas, Mississippi, Missouri, and Tennessee I think if we were a body of believers who were looking for signs of the "end-times", we would immediately begin choosing dates for the apocalyptic end to come. But we are not. We are a body of believers who believe in **Jesus Christ!** Rather than going through our days enveloped in doom, gloom, fear, and doubt of the foregoing events, we take action to help our brothers and sisters who are suffering from such events. It is for us to walk in love and light, not in fear and darkness. The four advent candles we have this season, reminds us of our Christian attributes: joyful, hopeful, loving and peaceful. And those attributes (I might add one more: prayerful) will make **2022 a Great Year!**

Wow, it sure was good to participate in our congregational meeting (December 12) in person rather than having to do it in an incognito style, as we did last year. A big thank you goes to **Bonnie Calhoun** for preparing and publishing the excellent and detailed financial/administrative packet and agenda for the meeting. It is so helpful to have that information before the meeting, thank you! Also, a special thank-you to all the Council Members (**Sharon Pegau, Denise Walker, Gerry O'Rourke, Duane Yates, Linda Young-Lahman, Jeff Peck, Darrell Shoquist, Tes Sturges, Julie Leman-Meyers, and Pastor Matt, also Heidi Perry**) for all their work in preparing the 2022 budget.

Before moving on, I want to also thank and praise the **Sullivan Campus Property Committee**, who researched how the congregation can best dispatch the Sullivan Campus Property. The congregation's questions and

HAPPY HELPERS-Continued

discussion that followed **Tes Sturges'** excellent overview of their report, during the meeting, clearly showed how much work they have done. Thank you Committee Members (**Bill Thurston, Linda Young-Lahman, Jeff Peck, and Arne Weinman!**)

Stage of Life Quips...

Teen Age: *Have Time + Energy but no Money*

Working Age: *Have Energy + Money..... but no Time*

Old Age: *Have Time + Money.....but no Energy*

- *Sadly, I'm at a stage in my life when errands are starting to count as going out.*
- *Life is a stage and we are constantly changing scenery.*
- *Honestly, I don't even play an active role in my life any more.... Things just happen & I'm like "Oh, is this what we're doing now? Okay."*
- *Sometimes, I shock myself with the smart stuff I say and do. Other times, I try to get out of the car with my seat belt on.*
- *I think bees teach us an important lesson. You may be small. You may be tiny. But when you're chasing someone with a sharp object... people will still run from you.*
- *The first rule of cleaning, while listening to music, is to never use the toilet brush as the microphone... Never.*
- *Perks of being my friend – You'll be the normal one.*
- *Sometimes someone unexpected comes into your life - outta nowhere, makes your heart race, and changes you forever.... We call these people cops.*
- *The main function of the little toe on your foot is to make sure that all the furniture in the house is in place.*
- *My ability to remember song lyrics from the 80's far exceeds my ability to remember why I walked into the kitchen.*
- *As I watched the dog chasing his tail, I thought how easily dogs are amused. Then I realized I was watching the dog chase his tail...*

Here are some of the maintenance and upkeep things that went on at the church and Child Center during the month of December that I know of: raking of leaves (someone/ones has/have been doing this – **Thanks!**) removed Christmas decorations and trees from off-site storage (**George Harrison, Norm & Sherry Leatha**); set-up Christmas Tree in the sanctuary and Tree of Sharing in east entrance foyer (**Bill Thurston, Dave Cook, Butch Yarnell, Bob Hubert**); decorated Christmas Tree in sanctuary (**Sherry & Norm Leatha and family**); decorated Sharing Tree (**Babs Velategui, Marlene Diehl**); removed & stored window air conditioners from Child Center classrooms and Quilting room (**Bill Thurston**); changed fluorescent light bulbs in Narthex and Sanctuary ceiling light fixtures (**Ken Otteman, Bill Thurston**); covered patio tables and chairs with outdoor furniture covers (**Pastor Matt**); adjusted Child Center washing machine drain hose in laundry room (**Bill Thurston**); etc.

HAPPY HELPERS-Continued

The Happy Helpers are looking forward to the **new 2022 year**. In fact, we are meeting for the first time since the COVID hiatus on **Thursday, January 6, 2022 at 9:00 AM**. **Please come; all are invited!** I don't think we will have much to do, maintenance wise (mostly take down the Christmas decorations and store them). But, during that time I would like to take note of who is interested in participating in future Happy Helper activities. Also, I will give a short presentation on the Happy Helper mission, goals, and purpose. Above all, I would like to get your feedback. So please come! I hesitate to have group refreshments, as we have in the past, but I do plan to offer coffee. If you can't come then, please let me know and I will know you are interested. Thanks!

CHILD CENTER NEWS-Continued



CHILD CENTER NEWS

By Heidi Perry



COMMUNITY OUTREACH

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



THANK YOU

TREE OF SHARING

We thank everyone who took a tag off our **Tree of Sharing** and donated a gift! What a blessing you have been to many needy families this year! We also thank **Marlene Diehl and Babs Velategui** for their amazing job of organizing our **Tree of Sharing** again this year!

Many thanks for the generosity Advent has shown in providing food for **Spokane Valley Partners**, warm socks for **Blessings Under the Bridge**, Christmas gift cards for Grace court, cash to send naomi children sledding and gifts for our child care center as well as other families in need. I pray your Christmas was blessed with good cheer, family and friends. As we greet the New Year, Advent will be hosting a blood drive on **January 9th from 8:30 to 12:45pm**. Please sign up in the Narthex for a time slot, remember to eat well, be hydrated and wear your mask. If you know of anyone who would like to join our drive, please encourage them to join us. **Babs Velategui, 509-701-8041**

ANNOUNCEMENTS

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

CHURCH OFFICE

The Church Office is closed through **Monday, January 3, 2022** and will reopen on **January 4, 2022**. If you have a pastoral emergency, please contact **Pastor Matthew Larson at 280-4140**.

MID-WEEK BIBLE STUDY

Wednesday morning Bible Study will resume on **Wednesday, January 5, 2022**.

ANNOUNCEMENTS-Continued

BIRTHDAY CELEBRATION

ALL are welcome to celebrate **Florence Lingle's 100th** birthday party open house at **Grace Court**, on Saturday **January 8th from 1-3 pm**. Feel free to drop in anytime to wish **Florence** a very happy **100th** birthday! Questions? Contact **Lisa at 509-795-6709**.

DINNER TO GO

Our **'Dinner to Go'** nights for the month of **January** will be on **Friday, January 7 & 21 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: January 7: Bean soup, chicken, bread
January 21: Chili, salad

MONTHLY LADIES LUNCHEON

Our next luncheon will be **January 15th at 11:30 a.m.** at **The Max at Mirabeau**. Contact **Gerry O'Rourke at 509-893-0787 or 509-474-0264** by the Wednesday before so that she can make a reservation. Normally we meet on the 2nd Saturday of the month, but as we all want to celebrate with **Florence Lingle for her 100th birthday**, we have moved the date to the 3rd Saturday for this month.

NEWSLETTER DEADLINE

If you wish to submit an article or announcement for the **February 2022** newsletter, please submit it to the Church office no later than **Monday, January 24th**.

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!

HAPPY HELPERS

The **Happy Helpers** is a group of Advent Lutheran Church members, both men and women, who are interested in helping maintain our Church buildings and grounds. The Happy Helpers normally meet (pre-pandemic) here at the Church each **Thursday** morning and enjoy fellowship over a cup of coffee and pastries, and then begin to accomplish some needed tasks around the Church and Child Center. The Happy Helpers plan to have an introductory meeting here at Advent on **Thursday, January 6, at 9:00 am**. All those interested in being a part of the Happy Helpers are invited to attend. For more information, feel free to contact the Church office at **509-928-7733**. The Happy Helpers welcome you!

CONFIRMATION CAMP

Our confirmation kids will be attending a winter retreat at **Lutherhaven** on **January 21-23**. We are looking forward to engaging conversations, hot chocolate, inner-tubing (if there is enough snow), games and campfires!!

ANNOUNCEMENTS-Continued

VITALANT BLOOD DRIVE

Blood Drive: Advent will host its next **blood drive** on **January 9, 2022**. **A sign-up sheet is now available on the table.** Questions? Contact **Babs Velategui** at **701-8041**.

Inclement weather and seasonal illnesses can significantly reduce blood drives and donor availability with little notice, but patients need blood every day of the year.

- It's not just snow and cold, but high winds and heavy rain can also cause road closures and blood drive cancellations.
- Donated blood must continually be on hand before each patient need arises.
- Blood donations are being distributed to hospitals as quickly as donations are collected

All blood types are urgently needed, especially type O

- Type O-negative blood can be transfused to patients of any blood type and is what doctors reach for in trauma situations when there isn't time to determine a patient's blood type.
- Type O-positive can help more than 80% of the population who have Rh-positive blood.

A few stories:

- Blood donors transform the lives of patients like David, who is alive today with the help of 39 blood donors. In March of 2017, his doctor sent him to the ER where an oncologist confirmed that David had leukemia and would have survived only three or four weeks had he not come to the hospital. David spent 100 days in the hospital enduring rounds of chemotherapy, overcoming medical setbacks, and receiving blood transfusions before he finally heard the words "your cancer is in remission"! "Blood donors gave me a chance to get married, and last fall, become a father," said David. "I am so inspired by their sacrifice." **#GiveBlood** to help patients like David: <https://fb.watch/8IFVXxDQuR/>
- Jaziel survived leukemia three times thanks to 134 blood donors. He was just seven years old when he was first diagnosed. "My childhood was interrupted by cancer," reflected Jaziel. "Having had cancer for six long, extremely emotional years, I can say I always knew I wasn't alone thanks to my generous blood donors." Now cancer-free, Jaziel is studying to become an oncology nurse so that he can use his experience to help other patients through their cancer treatments. **#GiveBlood** to help give patients like Jaziel hope during their treatment: <https://fb.watch/8IFZ-Z2xzz/>

PARISH NURSE

By Debbie Martin, RN, Parish Nurse

HEALTHY AGING

Healthy aging is a hot topic. Whether you're concerned about weight gain, sex drive or chronic diseases, the key to healthy aging is a healthy lifestyle. Eating a variety of nutritious foods, practicing portion control and including physical activity in your daily routine can go a long way toward promoting healthy aging.

If an interest in healthy aging leads you to consider anti-aging therapies — such as restrictive diets, supplements or expensive treatments claiming to postpone or even reverse the aging process — be cautious. There's no quick fix when it comes to healthy aging. Know what you're buying, and know how to spot suspicious schemes. Often, anti-aging therapies don't live up to the claims.

Parish Nurse Ministry



INCOME/EXPENSE INFORMATION

By Bonnie Calhoun

Advent General Fund Income/Expense

	<u>Nov</u>	<u>Year to Date</u>
Income	41,149.05	306,664.92
Expense	<u>27,889.43</u>	<u>303,895.69</u>
Net	13,259.62	2,769.23

Child Center Income/Expense

	<u>Nov</u>	<u>Year to Date</u>
Income	64,473.90	746,541.49
Expense	<u>65,774.53</u>	<u>707,008.16</u>
Net	-1,300.63	39,533.33

Notes for Advent Lutheran Church

- **In November, income exceeded expenses by \$13,260.**
- Income was higher this month due to the receipt of an annual \$10,000 foundation grant.
- Average monthly income came in \$2,242 lower than average budgeted monthly income.
- Sunday offerings for January - November 2021 came in \$61 higher than January– November 2020.
- Average monthly expenses came in \$2,489 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 \$32,907, which is 1.1 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 November**, expenses exceeded income by \$1,301.
- Total income for January–November 2021 increased by \$78,508 when compared to January– November 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 – November 2021 increased by \$29,557 when compared to January – November 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 \$85,412 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, Ed & Loretta Orr & family, and sister-in-law Linda, Harry & Manda Benton & family, Belle Campbell, Martha Olene Cason, 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, Kevin Moseman, Bill Murphy, Peterson family, Myrna Rehn & her family, Darwin & Dianne Ronngren, Tim O'Rourke, Dave Opsal & family, and Kimberley & Kreagan Shipbaugh.



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.

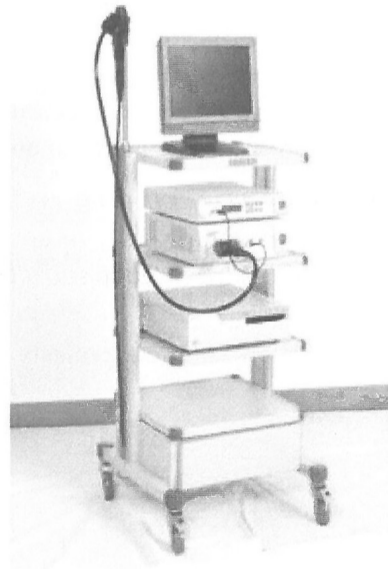
*If you have a **prayer request**, please send an email to the church office at alcspokane@comcast.net or call the church office at (509) 928-7733.*



	MAASAI HEALTH SYSTEMS	
<p>16714 91st Ave. E. Puyallup, WA 98375 a tax exempt 501 (c)(3) charity NEWSLETTER # 57 November, 2021</p>		

Fund raising for an endoscopy unit

Greetings from Maasai Health Systems. We continue to pursue our goal of buying a new endoscopy unit which is used to look inside the upper and lower intestinal tract. This essential tool for evaluating intestinal tract disease will be a replacement for the currently failing endoscopy unit at Selian Lutheran Hospital. The doctors on staff are already trained in using this tool. We have received \$29,000 towards our goal of US \$35,000 and hope to bring in the full amount by the end of the year with your help.



Travels to Tanzania

Debi and I had planned to travel to Tanzania to work at Selian Lutheran Hospital for several months in 2020 and again in 2021. Of course COVID happened so our trips were canceled. We are now both fully vaccinated, but the COVID situation in Tanzania isn't good so we have no clear date for a return.

COVID and Tanzania

I need to explain the situation in Tanzania. Tanzanian President Magufuli stopped COVID reporting over a year ago. When the vaccines came out, he doubted the benefit of vaccination and instead recommended herbal treatments and steam inhalation. The situation changed in March of 2021 when President Magufuli died of heart failure. Under their constitution, the presidency transferred to the vice president. The new president, Samia Suluhu Hassan, is Tanzania's first female president.

Things are very different now. President Samia appointed a panel to make recommendations on how to address the COVID situation. There are huge problems to overcome, but immunization is now being done within the country. Tanzania received their first one million doses of the J&J vaccine donated by the US with a second million doses that have just been donated by China. They have applied for help from the International Monetary Fund so they can buy additional doses, expand immunization programs in place and fund testing. With their population of 50 million, they have a long way to go.

There certainly have been COVID infections and deaths in Tanzania. However, there has been limited testing which was only started recently so the number of infections and deaths is not known. A resurgence of COVID is starting again in Africa, including the Delta variant, so the next wave of COVID may be worse than those seen in the past.

It will be important to immunize across the globe. Ongoing epidemics in distant lands will still be a risk for renewed outbreaks elsewhere. For example, the COVID Delta variant was first identified in India. In the last big Ebola outbreak in West Africa, we ended up with more Ebola cases in the US than they did in East Africa. Also, with a high rate of viral reproduction, the risk of new variants developing increases. The new variants tend to be more contagious and cause more severe disease. We may need to give totally new vaccines if COVID mutates into a drastically different virus. COVID is a global problem that needs to be dealt with on a global basis.

If you haven't already seen our website, please visit maasaihealth.org for additional information including Maasai Health Systems history.

Thank you for your past support for our projects. I look forward to your continued support.

Don Rowberg

President

Maasai Health Systems

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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”