

Advent Lutheran Church Newsletter



PASTOR MATT'S CORNER

By Pastor Matthew Larson

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Where is God? Over the past two years I have said this to myself, I have heard it from others, and I have read it in articles from religious publications to the secular news. It's a great question with many answers. This Lenten season we will be exploring this question with speakers from our congregation who will be sharing their experiences with the pandemic these last two years. Where is God in the celebrations and the sufferings? In the losses and the gains? When you're by yourself or with the same people all couped up with nowhere to go? Everyone of us has experienced the pandemic differently and I believe it is very healthy for all of us to hear these stories and maybe relate to them, or not, and see that we have all experienced something different and strange. Beginning **March 9th** we will gather for soup and bread at **6pm** and then go to the sanctuary for our Lenten service at **6:45pm**. **There will be no noon service this year.** If you do not wish to come in the evening, then join us on our **YouTube** channel, we will be livestreaming the service every **Wednesday**.

Ash Wednesday is March 2nd and we will be meeting in-person at **6:30pm** for the imposition of ashes and Holy Communion. **There is no soup supper on Ash Wednesday.**

Terry Powell has graciously offered to make our soup for us so we will have at least one, if not two, choices each Wednesday in Lent. We will serve through the kitchen window and then set up tables with less chairs around them as we continue to follow some protocols still in place, at least for now.

We all experience God's presence differently and in different ways:
For where two or three are gathered in my name, there am I among them.
Matthew 18:20

Where shall I go from your Spirit? Or where shall I flee from your presence? Psalm 139:7

Draw near to God, and he will draw near to you. James 4:8

Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. Hebrews 4:16

Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go. Joshua 4:9

If you haven't been with us for a while consider coming Sunday morning or Wednesday evening this Lent and get back into the groove of worship and community!!

Blessings,
Pastor Matt



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

HAPPY HELPERS

By Forrest Diehl

Welcome to the season of Lent! Lent begins on March 2, thus ending our Epiphany season and beginning the fourth liturgical season this year. When Lent rolls around, I usually feel a certain obligation to “up the ante” on prayer. But then I stop to remind myself that Lent’s purpose is not only a time for increased prayer to God, through Jesus Christ, but a time for us to align ourselves with God’s calling rather than focusing on our own perspective and desires. So, to me, that means peaceful thought, reflection, and meditation (a.k.a. listening) – in addition to prayer. May your Lenten journey be peaceful and beneficial this year!

I just can’t get over the quality of the NFL football play-off games leading up to the Super Bowl AND the Super Bowl Game, itself, this year. Every one of them was a “nail-biter” to the end – each game was close to going into overtime, or went into overtime. I don’t think more exciting and suspenseful games could have taken place, even if they were scripted. Although I was cheering for the Rams to win, I felt badly for the Bengals losing. Both teams were very deserving to be Super Bowl Champs. So, with the Super Bowl being played, we begin the next chapter in sports, NCAA Basketball March Madness. Go Zags!

Speaking of sports, have you been watching the Olympics? I am guilty of not having done so. I’d like to claim that I am not watching the Olympics, because of the host nation’s oppression of human rights and religious freedom. In my opinion, China has no business in hosting the Games. I recently read an article that stated using such an excuse is pretty lame because just think back to the 1936 Olympics. Just because the Nazi regime hosted the 1936 Olympics in Berlin, would you have wanted to miss seeing **Jesse Owens**, a Black American, (if it had been televised) win four gold medals in track and field? After all, it is about the person or team that is in the arena – not the nation who is hosting the event – isn’t it?! But when I try to watch them on NBC TV, honestly, I find the interruption of commercials and advertisements most annoying. And, in saying that, I know I am only using that as another excuse - if it wasn’t for those businesses and corporations spending money to bring the Olympics into our living room, NBC and the other networks would not be able to cover and broadcast the events. Bottom line – I’m just being a sluggard in not watching them.

Oh, before I leave sports, don’t forget about the Iditarod on Saturday, March 5. This year I am cheering for **Kristi and/or Anna Berington**, both from Knik, AK (twin sisters).

Here are more Indian Hills Community Center Billboard Puns/Humor....

- Fungi funds are my yeast favorite. There’s too much room for error.
- If you have to wear both mask and glasses, you may be entitled to condensation.
- When you teach a wolf to meditate, he becomes a werewolf.
- Monsters don’t like to eat ghosts because they taste like sheet.
- The girl in the middle of the tennis court is Annette.

HAPPY HELPERS-Continued

- I was told not to steal kitchen utensils. It’s a whisk I’m ready to take.
- Water is heavier than butane; because butane is a lighter fluid.
- My son wants to study burrowing rodents. I told him to gopher it.
- I’m reading a book called Quick Money for Dummies by Robin Banks.
- Nothing tops a plain pizza!
- When you said life would get back to normal after June... Julyed.
- Lego Store Reopens After Lockdown! Folks Are Lined Up for Blocks!
- Cosmetology Student Misses Class!.... Forced to make -up makeup test!
- Be careful when you eat at Sam & Ella’s diner!
- I pulled a muscle digging for gold. Don’t worry, it’s just a miner injury.
- I never finish anything. I have a black belt in partial arts.
- Ghosts like to ride in elevators because it lifts their spirits.
- What do you call a hippy’s wife? “Mississippi”

Some of the Happy Helpers’ accomplishments during February 2022 were: replaced another fluorescent light bulb in sanctuary, near the altar (**George Harrison**); cleaned one fabric wall panel in gym with vacuum cleaner - it made a big difference – we hope to do them all (**Ken Otteman**); cleaned out paint wall-locker in furnace storage room (**Butch Yarnell, Dave Cook**); transported unwanted paint cans to Sunshine Disposal / Hazardous Waste (**Butch Yarnell**); replaced right rear turn-signal/brake light bulb on Child Center van (**George Harrison**); moved 10-foot ladder from choir area to storage in Carl’s Cabin (**Butch Yarnell, Daryl Ziemer**); replaced furnace/ heat pump filters, 6 each (two on roof, two in gym furnace room, two in tool/furnace room) (**Ken Otteman**); disassembled and removed bench from east front entrance to church (**Ken Otteman, Butch Yarnell, Kent Tibbetts, Daryl Ziemer**); picked up and brought donated Triple Buffet Slow Cooker from Grace Court to church (**Butch Yarnell, Kent Tibbetts**); loaded and transported front bench to **Ken Otteman’s** residence for refurbishing (**Daryl Ziemer, Butch Yarnell, Kent Tibbetts**); cleaned up and trimmed bushes at site where bench was removed (**Butch Yarnell**); etc.

The **Happy Helpers** have been meeting each **Thursday morning, 9:00 A.M.**, at the church. Please join us as your comfort level allows. We are still wearing masks inside, not so much outside. We haven’t reinstated coffee, tea, and “goodies” yet, but we hope to do so, soon. We usually meet at **9am**, talk a bit, then begin working on the tasks. Visitors are welcome; if you just want to come and “test the waters”, do that too...**Dave Opsal** visited us on February 17 and shared some trucking stories/experiences. We are usually finished by 10:00/10:30 A.M.

With all the congregational members, the **Happy Helpers** offer prayers of peace, healing, and comfort for **Dave & Sharon Cook’s family**. **Bud Cook** passed away during the month of February.

CAMP LUTHERHAVEN

Lutherhaven is seeking college-aged staff to come be a part of a summer of a lifetime! New positions, new pay and bonuses, and three new summer sessions to choose from. Staff applications are officially open. Take a look at our website to learn all the details!

SUMMER CAMP REGISTRATION IS OPEN!

Want to cook your own meals in Castaway village? Ride horses through the mountains at Ranch Camp? Sleep in a treehouse and take the slide down to get your delicious camp breakfast? Register and pay in full before 3/15 to receive a \$20 Trading Post credit on your kiddos account!

Questions?
Email us!

**Lutherhaven Ministries
Spring 2022 Events**

- **CCQ: Cut, Crop, Quilt**
February 23-27 (& all spring long!)
- **Camp Lutherhaven Women's Retreat**
March 18-20
- **Camp Lutherhaven Serve & Play Weekend**
April 8-10
- **Shoshone Serve & Play Weekend**
April 22-24
- **Creation Day**
April 29
- **Man Camp**
May 13-15
- **Golden Agers Day Out**
May 17



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208.667.3459

'NEW FACES'



On Sunday, February 6, we formally welcomed those who are new to our community, those who have been with us for a while and also those who have just come in the last few months. We welcome you all to Advent!

- Peggy Hinrichs
- Joseph & Leila Hirtler
- Alice Johnson
- Terry & Carol Johnson
- Beth Klim
- Ann Koschalk
- Jim Ferry
- Betty & Jack Quinn
- Christa Richardson
- Bob Gieseke & Signe Stokes
- Margot Wilson
- Lenard "Butch" Yarnell

When you see one of our 'new faces', we encourage you to share a smile and say a hello and get to know a new friend!



2022 REGIONAL GATHERINGS UPDATE

Dear people of the Northwest Intermountain Synod,

The days in this part of the world are getting longer. That can only mean we are moving towards spring, and with that comes the Northwest Intermountain Synod's 2022 Regional Gatherings. Three one day events spread across our Synod territory. **We look forward to welcoming Linda Staats as our facilitator for each gathering. Linda's specialty is cross-generational ministry and interactive workshops.**

Our time together will be framed by Acts 16:6-15. In this passage, we join Paul and his companions as they strive to listen to where the Holy Spirit might be leading them, act with courage to follow, and share the gospel of Jesus Christ with others. Ministry now, like then, requires similar practices and courage.

Ministry sites from across the Northwest Intermountain Synod are **encouraged to bring as many people as possible** to these gatherings.

The cost will be \$300/congregation, plus \$10 for each additional individual.* Lunch is included with registration. It is suggested you send a group including "golden age" participants in their retirement, wage earning participants in mid-life, young adults just starting out, and youth of any age. The workshop is very interactive, so even the youngest participant's attention will be held. Working together you learn from and about each other. We are also working with Luther Heights Bible Camp and Camp Lutherhaven to provide some programming for school-aged youth. We plan to have child-care available for those with younger kids.

There are some important updates to note, so please read carefully.

We are still planning to gather in person for these events.

- Our **April 30, 2022**, gathering in the Palouse region will be held at the University Inn, Moscow, ID
- Our **May 14, 2022**, gathering in south-central Idaho will be held at the Best Western Hotel and Convention Center, Burley, ID
- Our **May 21, 2022**, in central Washington gathering will be held at Immanuel Lutheran Church, Moses Lake, WA

COVID protocols will be in place at each gathering. Contingency plans are being made should the state of the pandemic force us to gather remotely.

We are postponing registration until March 15. We anticipate making the call before that point of whether we will be gathering in person or via remote means. With this later registration date, it is very important that congregations and participants register in a timely manner.

If we gather remotely, information about those gatherings will be distributed in mid-March.

Even in the midst of all the uncertainties, we are looking forward to gathering with you this spring. May God bless you.

Pastor Phil Misner

* Those serving in specialized ministry and our retired rostered leaders can register with the congregation of which they are a member of or they can register as individual participants; either way the cost will be \$10/person.

PARISH NURSE

By Debbie Martin, RN, Parish Nurse

AGING: WHAT TO EXPECT-By Mayo Clinic Staff
Wonder what's considered a normal part of the aging process? Here's what to expect as you get older — and what to do about it.

You know that aging will likely cause wrinkles and gray hair. But do you know how aging will affect your teeth, heart and sexuality? Find out what changes to expect as you continue aging — and how to promote good health at any age.

Your cardiovascular system

What's happening

The most common change in the cardiovascular system is stiffening of the blood vessels and arteries, causing your heart to work harder to pump blood through them. The heart muscles change to adjust to the increased workload. Your heart rate at rest will stay about the same, but it won't increase during activities as much as it used to. These changes increase the risk of high blood pressure (hypertension) and other cardiovascular problems.

What you can do

To promote heart health:

Include physical activity in your daily routine. Try walking, swimming or other activities you enjoy. Regular moderate physical activity can help you maintain a healthy weight and lower your heart disease risk.

Eat a healthy diet. Choose vegetables, fruits, whole grains, high-fiber foods and lean sources of protein, such as fish. Limit foods high in saturated fat and salt.

Don't smoke. Smoking contributes to the hardening of your arteries and increases your blood pressure and heart rate. If you smoke or use other tobacco products, ask your doctor to help you quit.

Manage stress. Stress can take a toll on your heart. Take steps to reduce stress, such as meditation, exercise or talk therapy.

Get enough sleep. Quality sleep plays an important role in the healing and repair of your heart and blood vessels. Aim for seven to nine hours a night.

Your bones, joints and muscles

What's happening

With age, bones tend to shrink in size and density, weakening them and making them more susceptible to fracture. You might even become a bit shorter. Muscles generally lose strength, endurance and flexibility — factors that can affect your coordination, stability and balance.

What you can do

To promote bone, joint and muscle health:

Get adequate amounts of calcium. The National Academy of Science, Engineering, and Medicine recommends at least 1,000 milligrams (mg) of calcium daily for adults. The recommendation increases to 1,200 mg daily for women age 51 and older and men age 71 and older. Dietary sources of calcium include dairy products, broccoli, kale, salmon and tofu. If you find it difficult to get enough calcium from your diet, ask your doctor about calcium supplements.

PARISH NURSE-Continued

Get adequate amounts of vitamin D. The recommended daily intake of vitamin D is 600 international units for adults up to age 70 and 800 IU for adults over 70.

Many people get adequate amounts of vitamin D from sunlight. Other sources include tuna, salmon, eggs, vitamin D-fortified milk and vitamin D supplements.

Include physical activity in your daily routine. Weight-bearing exercises, such as walking, jogging, tennis, climbing stairs and weight training can help you build strong bones and slow bone loss.

Avoid substance abuse. Avoid smoking and limit alcoholic drinks. Ask your doctor about how much alcohol might be safe for your age, sex and general health.

Your digestive system

What's happening

Age-related structural changes in the large intestine can result in more constipation in older adults. Other contributing factors include a lack of exercise, not drinking enough fluids and a low-fiber diet. Medications, such as diuretics and iron supplements, and certain medical conditions, such as diabetes, also might contribute to constipation.

What you can do

To prevent constipation:

Eat a healthy diet. Make sure your diet includes high-fiber foods, such as fruits, vegetables and whole grains. Limit high-fat meats, dairy products and sweets, which might cause constipation. Drink plenty of water and other fluids.

Include physical activity in your daily routine. Regular physical activity can help prevent constipation.

Don't ignore the urge to have a bowel movement. Holding in a bowel movement for too long can cause constipation.

Your bladder and urinary tract

What's happening

Your bladder may become less elastic as you age, resulting in the need to urinate more often. Weakening of bladder muscles and pelvic floor muscles may make it difficult for you to empty your bladder completely or cause you to lose bladder control (urinary incontinence). In men, an enlarged or inflamed prostate also can cause difficult emptying of the bladder and incontinence. Other factors that contribute to incontinence include being overweight, nerve damage from diabetes, certain medications, and caffeine or alcohol consumption.

What you can do

To promote bladder and urinary tract health:

Go to the toilet regularly. Consider urinating on a regular schedule, such as every hour. Slowly, extend the amount of time between your toilet trips.

Maintain a healthy weight. If you're overweight, lose excess pounds.

Don't smoke. If you smoke or use other tobacco products, ask your doctor to help you quit.

PARISH NURSE-Continued

By Debbie Martin, RN, Parish Nurse

Do Kegel exercises. To exercise your pelvic floor muscles (Kegel exercises), squeeze the muscles you would use to stop passing gas. Try it for three seconds at a time, and then relax for a count of three. Work up to doing the exercise 10 to 15 times in a row, at least three times a day.

Avoid bladder irritants. Caffeine, acidic foods, alcohol and carbonated beverages can make incontinence worse.

Avoid constipation. Eat more fiber and take other steps to avoid constipation, which can worsen incontinence.

Your eyes and ears

What's happening

With age, you might have difficulty focusing on objects that are close up. You might become more sensitive to glare and have trouble adapting to different levels of light. Aging also can affect your eye's lens, causing clouded vision (cataracts).

Your hearing also might diminish. You might have difficulty hearing high frequencies or following a conversation in a crowded room.

What you can do

To promote eye and ear health:

Schedule regular checkups. Follow your doctor's advice about glasses, contact lenses, hearing aids and other corrective devices.

Take precautions. Wear sunglasses or a wide-brimmed hat when you're outdoors, and use earplugs when you're around loud machinery or other loud noises.

Your teeth

What's happening

Your gums might pull back from your teeth. Certain medications, such as those that treat allergies, asthma, high blood pressure and high cholesterol, also can cause dry mouth. As a result, your teeth and gums might become slightly more vulnerable to decay and infection.

What you can do

To promote oral health:

Brush and floss. Brush your teeth twice a day, and clean between your teeth — using regular dental floss or an interdental cleaner — once a day.

Schedule regular checkups. Visit your dentist or dental hygienist for regular dental checkups.

Your skin

What's happening

With age, your skin thins and becomes less elastic and more fragile, and fatty tissue just below the skin decreases. You might notice that you bruise more easily. Decreased production of natural oils might make your skin drier. Wrinkles, age spots and small growths called skin tags are more common.

What you can do

To promote healthy skin:

Be gentle. Bathe or shower in warm — not hot — water. Use mild soap and moisturizer.

Take precautions. When you're outdoors, use sunscreen and wear protective clothing. Check your skin regularly and report changes to your doctor.

PARISH NURSE-Continued

Don't smoke. If you smoke or use other tobacco products, ask your doctor to help you quit. Smoking contributes to skin damage, such as wrinkling.

Your weight

What's happening

How your body burns calories (metabolism) slows down as you age. If you decrease activities as you age, but continue to eat the same as usual, you'll gain weight. To maintain a healthy weight, stay active and eat healthy.

What you can do

To maintain a healthy weight:

Include physical activity in your daily routine. Regular moderate physical activity can help you maintain a healthy weight.

Eat a healthy diet. Choose vegetables, fruits, whole grains, high-fiber foods and lean sources of protein, such as fish. Limit sugar and foods high in saturated fat.

Watch your portion sizes. To cut calories, keep an eye on your portion sizes.

Your memory and thinking skills

What's happening

Your brain undergoes changes as you age that may have minor effects on your memory or thinking skills. For example, healthy older adults might forget familiar names or words, or they may find it more difficult to multitask.

What you can do

You can promote cognitive health by taking the following steps:

Include physical activity in your daily routine. Physical activity increases blood flow to your whole body, including your brain. Studies suggest regular exercise is associated with better brain function and reduces stress and depression — factors that affect memory.

Eat a healthy diet. A heart-healthy diet may benefit your brain. Focus on fruits, vegetables and whole grains. Choose low-fat protein sources, such as fish, lean meat and skinless poultry. Too much alcohol can lead to confusion and memory loss.

Stay mentally active. Staying mentally active may help sustain your memory and thinking skills. You can read, play word games, take up a new hobby, take classes, or learn to play an instrument.

Be social. Social interaction helps ward off depression and stress, which can contribute to memory loss. You might volunteer at a local school or nonprofit, spend time with family and friends, or attend social events.

Treat cardiovascular disease. Follow your doctor's recommendations to manage cardiovascular risk factors — high blood pressure, high cholesterol and diabetes — that may increase the risk of cognitive decline.

Quit smoking. If you smoke, quitting smoking may help your cognitive health.

If you're concerned about memory loss or other changes in your thinking skills, talk to your doctor.

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 on Wednesdays at **10am**, both in-person and on Zoom. We are now studying the Gospel of Matthew.

LUTERHAVEN CAMPERSHIPS

A **sign-up sheet** is on the table in the Narthex to sign up your child for summer camp.

DINNER TO GO

Our 'Dinner to Go' nights for the month of March will be on **Friday, March 4th, 4pm-5:30 pm. and March 18th, from 5pm-6pm.** 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: **March 4th: Oxtail soup, rice, salad. March 18th: Chicken casserole, mixed vegetables.**

MONTHLY LADIES LUNCHEON

Our next luncheon will be **March 12th at 11:30 a.m.** at **The Max at Mirabeau.** Contact **Gerry O'Rourke at 509-893-0787** by the Wednesday before so that she can make a reservation.

NEWSLETTER DEADLINE

If you wish to submit an article or announcement for the **April 2022** newsletter, please submit it to the Church office no later than **Wednesday, March 23rd.**

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!

DAYLIGHT SAVING TIME

Daylight Saving Time Begins! Don't forget to set your clocks **FORWARD one hour** on Saturday night, **March 12.**

ANNOUNCEMENTS-Continued

LENTEN SCHEDULE

The following is the schedule each Wednesday during Lent. **Ash Wednesday, March 2nd: Worship service at 6:30 pm. Note: There will be NO soup supper on Ash Wednesday.**

(March 9th through April 6th):

6:00 pm-Lenten Soup Supper

6:45 pm-Lenten Worship Service: In-person and livestream

EASTER LILIES

You may purchase a **lily or white mum** again this year, the forms are available on the table in the Narthex.

JOB OPENING

Parish Administrator Job Opening: Advent Lutheran Church of Spokane Valley, WA has an opening for a Parish Administrator. Duties include: the development and maintenance of accounting functions for the church and child center including payroll, overseeing the receipt and disbursement of funds, providing financial analysis and reporting, budget development, and risk management, as well as providing oversight of church office administration, maintenance of the church computer network, building maintenance and repairs, and administrative support for the pastor, congregation and child center. The ideal candidate will have 3-5 years of related business and church management experience and an undergraduate degree which includes at least 15 credits of financial and managerial accounting. Knowledge of QuickBooks and Microsoft Office is required. This is a full time position and includes medical and dental benefits. The compensation range will be between \$18.25-\$20.55 per hour depending on experience. Each candidate is required to submit a cover letter, completed application form, and resume by **March 4, 2022** to Advent Lutheran Church, 13009 E Broadway Ave, 99216. Please contact the church office (**509-928-7733** or **alcparishadmin@comcast.net**) for a job description and application form.

CONGREGATIONAL MEETING

Mark your calendars! There will be a Congregational meeting on March 27th following the worship service.

The purpose of this meeting is to vote on whether to **sell or lease the Sullivan Campus** property. **Report packets** outlining the Sullivan Campus sale or lease information and their corresponding funding proposals **are available in the Narthex.** All congregation members are encouraged to attend. Please contact a Council member if you have questions:

Council Members:

President: Sharon Pegau (509-499-9931)

Vice President: Denise Walker (509-280-0751)

Secretary: Gerry O'Rourke (509-893-0787)

Treasurer: Duane Yates (509-218-0141)

Julie Meyers-Lehman (509-868-6501)

Jeff Peck (509-470-0075)

Darrell Shoquist (509-926-7160)

Tes Sturges (509-990-0418)

Linda Young (509-290-5295)

THANK YOU

Dave Opsal wishes to thank everyone for all your love, cards, calls, and all your prayers during the difficult time after his sister **Tanna Sams'** passing. Your support has been very appreciated.

INCOME/EXPENSE INFORMATION

By Bonnie Calhoun

Advent General Fund Income/Expense

	<u>Jan</u>	<u>Year to Date</u>
Income	28,575.17	28,575.17
Expense	<u>29,206.53</u>	<u>29,206.53</u>
Net	-631.36	-631.36

Child Center Income/Expense

	<u>Jan</u>	<u>Year to Date</u>
Income	63,856.72	63,856.72
Expense	<u>64,066.20</u>	<u>64,066.20</u>
Net	-209.48	-209.48

Notes for Advent Lutheran Church

- **Expenses exceed income by \$631.**
- Average monthly income came in \$724 higher than average budgeted monthly income.
- Sunday offerings for January 2022 came in \$9,165 lower than January 2021.
- Average monthly expenses came in \$133 lower than average budgeted monthly expenses.
- Expenses included the budgeted disbursement (10%) of benevolence dollars for the ELCA, Spokane Valley Partners, Maasai Health Systems, and Lutheran Community Services.

Notes for Advent Lutheran Child Center

- **Expenses exceeded income** by \$209.
- Total income for January 2022 increased by \$6,275 when compared to January 2021. The increase in income is mainly due to increases in part-time tuition rates for Private Pay students.
- Total expenses for January 2022 decreased by \$752 when compared to January 2021.
- Payroll expenses dropped by \$6,866 compared to a year ago due to current staffing shortages.
- The Center has \$153,077 in reserve, which translates to 1.9 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 (\$80,185).



PEOPLE IN OUR PRAYERS

Church Family and Friends: Covid Pandemic crisis, Phyllis Bauer, Harry & Manda Benton, Belle Campbell, Martha Olene Cason, Dave & Sharon Cook & family, Georgia Coulston, Henry Domine, Jim Gunby, Hogberg family, Steve & Leigh Hopkins, Arlo & Gwen Huber, Midge Kiourkas's daughter Jodi, Norm & Audrey Knuttel, Lexi & Serenity, Connie Luna, Jan Madden, Bill Murphy, Ed and Loretta Orr; Linda, & family, Heidi Perry & family, Anna Rector, Myrna Rehn, Dianne Ronngren & family, Tim O'Rourke, Mary Ann S., 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, Diana & Rob Rector, 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.*



Advent Lutheran Church
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WORSHIP SCHEDULE

SUNDAY

Sunday Morning: 9:30 am In-Person and Online
Wednesday Morning Bible Study: 10:00 am In-Person and Zoom

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