

Advent Lutheran Church Newsletter



PASTOR MATT'S CORNER

By Pastor Matthew Larson

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By the time you receive this newsletter we will have finished VBS for the first time in 3 years. It seems inconceivable that it has been that long, but it has. There is a lot of conversation over "What does going back to normal look like?" "Should we go back to normal?" "What is different and how do we evolve into a different time?" These are all good questions. For our VBS program and leaders it was to have a shortened time of 2 days instead of 4 days, which was normal. There are a number of reasons for this but ultimately it was a good decision for all involved.

Looking back can be a comfort and a crutch. Many good memories lie in the past and those are moments of strength, grace, and connection. But sometimes we hold on to the past a little too hard. Sometimes it blinds us to what we are or are becoming. Times they are a changin'.

With the forced implementation of livestreaming our worship service (covid) we have opened a new avenue for people to join us for worship. Yes, we do not "see" them nor are we able to talk to them but they remain "connected". Our in-person attendance has steadily risen for the past 6 weeks but then we had a slight breakout of Covid amongst our people after June 12th and on June 19th we had 34 people at worship. That's ok, we are still finding our way through this Covidventure. Times they are a changin'.

Even though we are experiencing change we are still and will always be a church that centers on Jesus Christ and his saving grace. We will be centered in worship with Word and Sacrament. We will welcome and serve our community as God has taught us. We will remain grounded in a faith that has been passed down generation to generation on God's love for us and all creation. Our strength will always be on what God has done for us and our acceptance and reception of those gifts and promises. The world will change, and the church will change.

However, "Jesus Christ is the same yesterday and today and forever." Hebrews 13:8

In God's Grip,
Pastor Matt



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

HAPPY HELPERS

By Forrest Diehl

Several congregational events highlighted the month of June 2022 at Advent Lutheran Church. The first event was the Congregational meeting on Sunday, June 5. In preparation for that meeting, a booklet was distributed to the congregational members. The booklet contains a full report of all the committees and ministries of Advent Lutheran Church. The booklet gives one pause to be thankful that we have such an active, vibrant, and outreaching congregation! Praise be to God! If you haven't seen the booklet yet, I would encourage you to get one while availability lasts. Committee and activity information contained in the book is and will be applicable for the foreseeable future. Another event took place on 12 June, Sunday after church service, the CPR Class. The CPR class was coordinated by **Debbie Martin** and **Wes Todd**. And thanks to **all** who took the class! The last event, that I bring to your attention, is the VBS (Vacation Bible School), 29-30 June at Advent Lutheran Church. Thanks to **April Marshall** and **all** who participated and volunteered their time! All these events clearly show that our congregation is abiding by our motto to "**Love and Serve**".

In case you missed the humor in the list of aging quips from last month, maybe you can find one that is humorous in this list (or, maybe, you are like me, and don't find aging humorous at all!):

- "I complain that the years fly past, but then I look in a mirror and see that very few of them actually got past." - **Robert Brault**
- "The important thing to remember is that I'm probably going to forget." - **Unknown**
- "As you get older three things happen. The first is your memory goes, and I can't remember the other two." - **Sir Norman Wisdom**
- "It's paradoxical that the idea of living a long life appeals to everyone, but the idea of getting old doesn't appeal to anyone." - **Andy Rooney**
- "Birthdays are good for you. Statistics show that the people who have the most live the longest." - **Larry Lorenzon**
- "The older I get, the better I used to be." - **Lee Trevino**
- "You know you're getting old when you can pinch an inch on your forehead." - **John Mendoza**
- "I was thinking about how people seem to read the bible a lot more as they get older, and then it dawned on me—they're cramming for their final exam." - **George Carlin**
- "I don't feel old. I don't feel anything until noon. Then it's time for my nap." - **Bob Hope**
- "I'm 59 and people call me middle-aged. How many 118-year-old men do you know?" - **Barry Cryer**
- "All men are the same age." - **Dorothy Parker**
- "I don't do alcohol anymore—I get the same effect just standing up fast." - **Anonymous**
- "By the time you're 80 years old you've learned everything. You only have to remember it." - **George Burns**
- "Old age isn't so bad when you consider the alternative." - **Maurice Chevalier**
- "Getting older. I used to be able to run a 4-minute mile, bench press 380 pounds, and tell the truth." - **Conan O'Brien**

HAPPY HELPERS-Continued

- "I have reached an age when, if someone tells me to wear socks, I don't have to." - **Albert Einstein**
- "Grandchildren don't make a man feel old, it's the knowledge that he's married to a grandmother that does." - **J. Norman Collie**
- "You know you are getting old when everything hurts, and what doesn't hurt doesn't work." - **Hy Gardner**
- "When your friends begin to flatter you on how young you look, it's a sure sign you're getting old." - **Mark Twain**
- "You know you are getting old when everything either dries up or leaks." - **Joel Plaskett**
- "There's one advantage to being 102, there's no peer pressure." - **Dennis Wolfberg**
- "I've never known a person who lives to be 110 who is remarkable for anything else." - **Josh Billings**
- "At my age 'getting lucky' means walking into a room and remembering what I came in for." - **Unknown**
- "Old age is when you resent the swimsuit issue of Sports Illustrated because there are fewer articles to read." - **George Burns**
- "The idea is to die young as late as possible." - **Ashley Montagu**
- "You know you're getting old when you stoop to tie your shoelaces and wonder what else you could do while you're down there." - **George Burns**
- "People ask me what I'd most appreciate getting for my eighty-seventh birthday. I tell them, a paternity suit." - **George Burns**
- "Time may be a great healer, but it's a lousy beautician." - **Anonymous**

Official Summer arrived in Spokane on June 21. It may be that by the time you get this newsletter, temperatures may have warmed-up to "summer temperatures". But, at the time of writing this article, temperatures continue to be cool and rainy (last week, it was 42 degrees one morning when I got up). May I remind you, that I am not complaining – I am just commenting. I am actually thankful for all of the rain we have received and that the drought potential for this area has been substantially decreased. **4th of July** is just around the corner. Vacations and summer activities are planned. **The Happy Helpers** wish you all a great summer! And don't forget about your weekly offerings, if you should miss a Sunday church service this summer. I know that have to sometimes write myself a physical reminder. Some of June Happy Helper tasks completed were: planted flowers in flower beds (**Carol Scheurer, Karen Nelson**) (**Thank you Carol & Karen!**); took Child Center Van to Clark's Automotive for repairs – check engine light (**George Harrison, Daryl Ziemer**); checked lawn sprinklers for head damage and coverage (**Dave Cook, Ken Otteman**); applied fertilizer/weed control on lawn as needed (**Don Klages**); replaced toilet paper supply in restroom dispensers (**Wade Wipperling**); made adjustments to watering times for outside patio area (**Ken Otteman**); weeded bush and shrub area/bed south of church (**Daryl Ziemer**); removed patio furniture covers and stored them in Carl's Cabin (**George Harrison**); replaced two burned out fluorescent bulbs in sanctuary wall light fixtures (**George Harrison**); purchased, and replaced hydraulic door closer for Child Center classroom, Room #139 (**Ken Otteman, Wade Wipperling, Arne Weinman**);

HAPPY HELPERS-Continued

replaced needed fluorescent light bulbs in ceiling light fixtures in Child Center teacher's lounge room (**Bill Thurston**); bought and replaced broken hinge on cabinet in Child Center Nursery (**Ken Otteman**); set-up tables and chairs for upcoming Memorial reception (**George Harrison**); emplaced plastic ceiling light fixture cover in the sanctuary – yes, located way up there! (**George Harrison**); replaced broken toilet lever arm in Child Center restroom (**George Harrison**); rekeyed Child Center classroom door lock to accept "A" key and reinstalled door handle/mechanism (**Wade Wipperling**); replaced light bulb in light table located in Child Center classroom (**Bill Thurston**); cleaned outside east entrance sidewalk (**George Harrison**); moved deicer and snow shovels into summer storage area, made adjustments to Rm #139 hydraulic door closer (**George Harrison, Wade Wipperling**); checked the batteries in hand towel dispensers in men's restroom (**Wade Wipperling**); reset watering times on controller for patio drip system (**Harry Benton**); etc.

The Happy Helpers meet each Thursday morning, 9:00 A.M., at the church. Coffee is provided and refreshments just seem to magically appear. Visitors and new members are always welcome. If you can't make it by 9:00 A.M., come anytime. Usually, we finish talking by 9:30 A.M. and working by 11:00 A.M.



LETTER FROM THE COUNCIL PRESIDENT

By Sharon Pegau

This is my last letter as president. I feel so honored and blessed that you and the Council have trusted me to lead you these past four years. It has been a time of trials and so many blessings. I started as president at the same time my stepmom was in her battle with lung cancer. Sometimes the trials in our lives are the things that bring a person the most memories. I feel blessed to have been able to have that time with her but at the same time feel blessed that the opportunity in my new role allowed me time to focus on something else as well as understand that life goes on and that we need to continue living even through our trials.

Then the next year the pandemic hit! Who can have predicted that? But the congregation really stepped up and allowed us the flexibility to try new things so that we could continue to serve you even with the restrictions put in place. We continue to use many of those same tools as we get back together.

This year we had an opportunity to say thank you to Bonnie for all her guidance and management over the years. We continue to find our way with the new structure. I have faith that Cheryl, Heidi, and the new officers will find their new rhythm by the end of the year.

This year we also began the process of removing ourselves from the Sullivan property. Your guidance gave us a clear direction to go. With all your prayers, I feel that we have been blessed with an opportunity that blesses us, Genesis church, the new church, and the community of Spokane Valley. We have given notice to Genesis Church and, as of when I write this letter, they are in their 15-day window to come up with a matching offer.

We will be bringing whichever offer (Comunidad Cristiana de Spokane or Genesis) as the final offer to the **July 24th Special Congregational meeting**. See you there! I think you will be happy with what the team has for you.

I will continue on as a member of the Council for this last year. I hope to be able to spend my time supporting the incoming president, supporting Cheryl, as well as helping the Council figure out the processes we need to put in place in order to handle those duties that Bonnie left for us. Meanwhile the new Council is taking the reins and I have faith they will take you into this new chapter.

I will be there to support in my last year on the Council and make sure they are set up for success.

Personally, I am in an online Project Management Certificate program so that will be keeping me plenty busy through the end of the year.

I am so excited to see what the future holds.

SUPER YOUTH TEAM

By April Marshall

The Super Youth Team enjoyed a great time for their end of the school year Family Fun Day at Flying Squirrel and Round Table Pizza.



VISITATION MINISTRY

By Marilyn Keith

"The mission of Advent Lutheran's Visitation Ministry is to share God's Word and Sacrament with the homebound or those unable to attend worship services. Our visits also include offering comfort, prayer, listening, spiritual nourishment and celebration."

Jesus said, ³⁷ Then the righteous will answer him, 'Lord, when did we see thee hungry and feed thee, or thirsty and give thee drink? ³⁸ And when did we see thee a stranger and welcome thee, or naked and clothe thee? ³⁹ And when did we see thee sick or in prison and visit thee?' ⁴⁰ And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me.'
Matthew 25: 37-40

VISITATION MINISTRY- Continued

Anyone needing encouragement, comfort, or a sense of belonging profits from a visit with our Visitation Ministry teams. While that could include everyone, there are certain individuals who especially need to be reminded that they aren't forgotten, those who can feel rather lonely at times, such as those no longer able to attend church. This is where our volunteers come in. Would you enjoy being a part of this rewarding ministry?!

New Visitation Team Members are always welcome! We would love to grow our team for this rewarding ministry! For more information, please contact **Marilyn Keith at 509-808-3346.**



George Harrison and Beverly Lee at a recent visit



COMMUNITY OUTREACH

SPOKANE VALLEY PARTNERS FOOD BANK

Thank you for your generosity in bringing your food donations for the **Spokane Valley Partners Food Bank** as we continue to **"FILL THE SHELF"!!** The Food Bank is currently struggling as it isn't matching the increased client demand, so your donations are very important. **(You may place your donations in the barrel in the Narthex).**

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



OUTREACH COMMITTEE

Outreach Committee will collect **school supplies** again this summer to donate to the **Central Valley Student and Family Engagement Center**. A collection bin will be in the Narthex up **until the end of July**. They will be hosting a back to school resource fair on August 25. The center provides services for students and families in need, including social, emotional, academic, medical, mental health and nutritional support. The following items have been requested:

- o Spiral bound notebooks
- o Filler paper
- o Pencils
- o Black and blue pens
- o Crayons
- o Markers
- o Colored pencils
- o Pocket folders
- o Highlighters
- o Erasers
- o Glue sticks
- o Liquid glue
- o Composition notebooks
- o **New Backpacks**

BLOOD DRIVE

Sadly, **Vitalant** is unable to provide staffing for Sunday mobile blood drives at this time. The **drive scheduled for August 28 has been cancelled**. You are encouraged to make an appointment at **Spokane Valley Vitalant Donation Center** located at 12117 E. Mission Avenue near Applebee's. **(877) 258-4825**.

ANNOUNCEMENTS

Online Worship:

www.youtube.com/c/adventlutheranspokane

MONTHLY LADIES LUNCHEON

Our next luncheon will **July 9th at 11:30 a.m.** at **The Max at Mirabeau**. Contact **Marian Moseman at 509-927-3821** by the Wednesday before so that she can make a reservation. Please contact either **Marian Moseman at 509-927-3821** or **Gerry O'Rourke at 509-893-0787**. The **sign-up sheet** is on the table in the Narthex or you may call the **Church office at 509-928-7733**.

'DINNER TO GO'

For the summer months, we plan to have only **one 'Dinner to Go'** night for the months of **July and August**. Our next **Dinner to Go** night will be **Friday, July 15 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**. **EVERYONE welcome!** You are welcome to stay and enjoy your dinner in the Fellowship Hall or you may take it home to enjoy! **Menu:** BBQ hot dogs & hamburgers, potato salad, baked beans.

8 LAKES LEG ACHES BIKE RIDE

Saturday, July 16th. Three routes to choose from! Presented by **Kaiser Permanente** and **Lutheran Community Services NW**. Register today! Contact **Christie McKee at 509-343-5020** or cmckee@lcsnw.org. www.lcsnw.org/8LakesRide.

SPECIAL CONGREGATIONAL MEETING

Immediately after Worship on Sunday, July 24, there will be a **Special Congregational Meeting**. The purpose of this meeting is to approve the **June 5 Semi-Annual Congregational Meeting Minutes** and to approve to **accept the offer to purchase the property at 810 S. Sullivan Road, Spokane Valley, WA**. Please plan to stay for this brief meeting. Thank you.

NEWSLETTER DEADLINE

If you wish to submit an article or announcement for the **August** newsletter, please submit it to the Church office no later than **Monday, July 25h**.

BOOTS AND PEARLS

Boots & Pearls is back August 27, 2022! Lutherhaven's 7th Annual fundraising hootenanny on Lake Coeur d'Alene supporting the Campership Fund. We can't wait to celebrate with you! **208-667-3459**.

LUTHERHAVEN CAMPERSHIPS

A **sign-up sheet** is on the table in the Narthex to sign up your child for summer camp. You may also pick up a camp schedule and camp availability on the table in the Narthex.

MEN'S PRAYER BREAKFAST 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!

CHILD CENTER NEWS

By Heidi Perry, Child Center Director

We have hired a ton of new staff in the past few months and they have jumped right in to how we do things around here. They aren't afraid to let them play, let them get messy, and let them have fun. We also took advantage of one of the rare not rainy days to get the kids outside for Circle Time. They loved spending time reading in the courtyard!



CHILD CENTER NEWS-Continued



PARISH NURSE

By Debbie Martin, RN, Parish Nurse

About Extreme Heat

Heat related deaths and illnesses are preventable. Despite this, around 618 people in the United States are killed by extreme heat every year. This website provides helpful tips, information, and resources to help you stay safe in the extreme heat this summer.

What Causes Heat-Related Illness?

Heat-related illnesses, like heat exhaustion or heat stroke, happen when the body is not able to properly cool itself. While the body normally cools itself by sweating, during extreme heat, this might not be enough. In these cases, a person's body temperature rises faster than it can cool itself down. This can cause damage to the brain and other vital organs.

Some factors that might increase your risk of developing a heat-related illness include:

- High levels of humidity
- Obesity
- Fever
- Dehydration
- Prescription drug use
- Heart disease
- Mental illness
- Poor circulation
- Sunburn
- Alcohol use

Who is Most at Risk?

Older adults, the very young, and people with mental illness and chronic diseases are at highest risk. However, even young and healthy people can be affected if they participate in strenuous physical activities during hot weather. Summertime activity, whether on the playing field or the construction site, must be balanced with actions that help the body cool itself to prevent heat-related illness. Use this website to learn more on how to stay safe in the heat this summer, including how to prevent, recognize, and cope with heat-related illness.



INCOME/EXPENSE INFORMATION

Advent General Fund Income/Expense

	<u>May</u>	<u>Year to Date</u>
Income	34,209.94	149,071.52
Expense	25,238.39	148,297.75
Net	8,971.55	773.77

Notes for Advent Lutheran Church

- Income exceeded expenses by \$8,971.55.
- Expenses include the budgeted disbursement (10%) of benevolence dollars for the ELCA, Spokane Valley Partners, Maasai Health Systems, and Lutheran Community Services.

Child Center Income/Expense

	<u>May</u>	<u>Year to Date</u>
Income	76,114.67	353,060.30
Expense	75,148.56	349,557.72
Net	966.11	3,502.58

Notes for Advent Lutheran Child Center

- Income exceeded expenses by \$966.11 for May.
- Both private and state enrollment has steadily increased since January, helping to balance increased staffing costs due to full staffing.
- Total Reserve Amount is \$156,726.16.
- Budgeted monthly expenses are \$80,185. This equates to 1.95 months of reserve.



**Thanks
for Your
Support!**

PEOPLE IN OUR PRAYERS

Church Family and Friends: Julie Bass, Judy Bauer, Harry & Manda Benton, Kathy Bowers, Diane Buck, Larry Butler, Martha Olene Cason, Cindy & Jared, Child Center infant, Dave & Sharon Cook & family, Georgia Coulston, Henry Domine, Graham family, Jim Gunby, Nestor Hernandez, Steve & Leigh Hopkins, Arlo & Gwen Huber, Sam Imus, Debbie Martin's sister Karen, Midge Kiourkas & her family, Norm & Audrey Knuttel, Troy & Linda Lahman, Lexi & Serenity, Connie Luna, Jan Madden, Sadie Sue MacLeod, Bill Murphy, Dave Opsal & family, Gerry O'Rourke, Tim O'Rourke, Amaryllis & Ken Otteman, Anna Rector, Myrna Rehn, Dianne Ronngren & family, Brad & Jacob Sams & family, Kimberley & Kreagan Shipbaugh, Lance Snyder, John Wasinger, and Richard Yudt, those among us suffering with Covid-19 and other illnesses.

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.*



JULY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 7:00 am Men's Prayer Breakfast- Denney's Restaurant	2 11am- 5pm Boy Scouts
3 9:30 am Worship Service/Holy Communion After Worship Coffee Fellowship	4 INDEPEND- ENCE DAY Church Office & Child Center Closed	5 Child Center Closed 9:00 am Happy Piece- makers 6:00 pm Cub Scouts F/106/158	6	7 9:00 am Happy Helpers	8 7:00 am Men's Prayer Breakfast- Denney's Restaurant	9 11:30 am Ladies Lunch Group- the Max at Mira- beau
10 9:30 am Worship Service/Holy Communion After Worship Coffee Fellowship	11 6:00 pm Boy Scouts F/106/158	12 9:00 am Happy Piece- makers 10:30 am ALCC Board Mtg. 5:00 pm Council Meeting 6:00 pm Cub Scouts F/106/158	13	14 9:00 am Happy Helpers	15 7:00 am Men's Prayer Breakfast- Denney's Restaurant 5:00 pm-6:00 pm 'Dinner to Go'	16
17 9:30 am Worship Service/Holy Communion After Worship Coffee Fellowship	18 6:00 pm Boy Scouts F/106/158	19 9:00 am Happy Piece- makers 6:00 pm Heads of Committee Cub Scouts F/106/158	20	21 9:00 am Happy Helpers	22 7:00 am Men's Prayer Breakfast- Denney's Restaurant NEWSLETTER DEADLINE	23
24 'Fill the Shelf' Sunday 9:30 am Worship Service/ Holy Communion After Worship Special Congrega- tional Meeting Coffee Fellowship	25 6:00 pm Boy Scouts F/106/158	26 9:00 am Happy Piece- makers 6:00 pm Cub Scouts F/106/158	27 NEWSLETTER MAILED	28 9:00 am Happy Helpers	29 7:00 am Men's Prayer Breakfast- Denney's Restaurant	30
31 9:30 am Worship Service/Holy Communion After Worship Coffee Fellowship						

JULY HOSPITALITY SCHEDULE

Ministry Description	July 3	July 10	July 17	July 24 Special Congregational Meeting	July 31
	9:30 AM	9:30 AM	9:30 AM	9:30 AM	9:30 AM
ASSISTING MINISTER: (1)		Kara Wilson	Duane Yates		
COMMUNION ASSISTANTS (2)	Carol Scheurer Margo Peck	Carol Scheurer Karen Nelson	Linda Sweet Shelle Seaholm	Linda Sweet Shelle Seaholm	Carol Scheurer Karen Nelson
READER: (1)	Jodi Meddock	Robert Gieseke	Barb Potter	Margot Wilson	Marilyn Keith
ACOLYTE: (1)					
USHERS: (3-4)	Forrest & Marlene Diehl	Darrell & Francie Shoquist	Marian Moseman	Jodi Meddock	
GREETERS: (2-4)	Belle Campbell	Marian Moseman			
ALTAR FLOWERS:			Signe Stokes	Marian Moseman	
FELLOWSHIP HOSTS:	1. Jeff Peck 2. Margo Peck 3. 4.	1. Babs Velategui 2. Rick Velategui 3. 4.	1. Betty Quinn 2. Jodi Meddock 3. 4.	Church Council	1. 2. 3. 4.
(Cookies, etc., 4 people, 4 dozen each)	Margo Peck Kristin Larson	Kara Wilson	Belle Campbell	Church Council Margo Peck Kristin Larson	
“Share with God’s people,Practice Hospitality” Romans 12:13 (NIV)					

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WORSHIP SCHEDULE

SUNDAY

Sunday Morning: 9:30 am In-Person and Online

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