

Advent Lutheran Church Newsletter



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PASTOR MATT'S CORNER

By Pastor Matthew Larson

Coming back together

It is interesting as you read the Gospels how many times Jesus finds himself with other people, especially eating meals with all sorts of folk. As we kick off our Fall programs an emphasis on them will be getting people assembled and enjoying time together. Yes, we do this on a regular basis on Sunday mornings but we need to see each other outside of that time. Whether it's meals, study, projects, small groups, prayer, or something else we need that time to be with each other and re-member ourselves for the sake of community. Our picnic on Aug. 28th is one example of letting loose and enjoying a meal along with fun activities to build us up again and get used to each other at the end of this pandemic. As you look through this newsletter please take note of all the opportunities to share your time and presence with one another. Friday dinners, Bible Study, Happy Helpers, Quilters, ST. Arbucks, Confirmation, something new?

WWJD? Remember this? What would Jesus do? How about this...he would sit and have a meal with many different kinds of people and get to know them, and love them. He would gather a group and teach the love of God. That is something I can get behind and it is worth it. Let's get back together!

LETTER FROM THE COUNCIL PRESIDENT

By Denise Walker

Hello Advent,

It has been a busy month with a lot of tedious things needing answers, so I want to thank Cheryl for being so helpful!!

On August 5th, Comunidad Christiana de Spokane (CCdC) resigned the addendum/amendment to purchase the Sullivan Campus property for \$1,550,000. We are now back under contract after the original deadline was missed, so we are now moving ahead with the sale. We have a 45 day estimated closing date (mid September). On August 22nd we received, from CCdC's broker, notification that our buyer has been approved for their funding. They requested a little more time to complete their inspections and environmental study.

On August 23rd the Church Council voted to proceed with Thrivent Financial to be the investment company that will be assisting the Council with setting up the endowment accounts from the funds received from the sale of the Sullivan Campus.

The Congregational Survey has been completed and is now available. It will need to be returned by **September 19th**. Copies will be available at Church and both in the bulletin and this newsletter. There will also a survey via **Survey Monkey (via Facebook)** so everyone in the congregation will have several options to participate in the survey. This survey was designed to help the Council set up goals to move the church forward.

On August 17th the Church received a document from the estate of Florence Wilson with regards to a \$60,000 donation to Advent. After I signed/notarized the document, it was returned so the probate of the Will can continue. We do not expect the funds until after the first of the year.

In the near future, the Council will be organizing a Church "cleanup" day. It will be a good opportunity to spruce up the outside and clean out designated areas inside as well. As a reminder, you can reach out to me or the Council for questions or concerns.

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

HAPPY HELPERS

By Forrest Diehl

After battling with COVID during the first part of August, I agree with Pastor Matt: “It ain’t no fun and I would not recommend it.” (or words to that effect). I’ve actually been sicker with a flu bug and/or a bad cold/bronchitis; but for me, the time it took to recover was telling on the seriousness of the sickness. Also, during the second day of illness and after confirming my sickness was actually COVID by the use of a home test, I was successful in scheduling and getting a PCR-base test and a monoclonal antibody infusion (Bebtelovimab) from the MultiCare Rockwood Urgent Care Clinic on South Hill. I think the infusion helped mightily in lessening my COVID symptoms. The next day, after getting the infusion, my symptoms (constant headache and extreme muscle pain, discomfort and fatigue) were much less – and they continued to lessen for the next three to four days, until gone. When I was without the headache and getting to a point where I was feeling like doing something useful, I couldn’t believe how weak I was. It took another whole week to regain my strength back. Some of that delay in getting my strength and energy back could be from “old age” – but I’d rather attribute it to COVID. During my bout with COVID, and during my recovery, Marlene did not experience any symptoms or sickness (she may have had some sympathy symptoms). We took several post COVID home tests and all of her tests were negative. Also, of interest, was a phone call I received from a Spokane Regional Health District employee. He asked me some survey questions with regard to my COVID experience, since I had been reported COVID positive to them by MultiCare Rockwood Clinic. After the survey questions, he then asked if I had any questions for him to answer. I had a few (mostly about the infusion I had received and my lack of respiratory/cough symptoms) and I asked them. I actually marveled at his answers because his answers were direct, to the point, and relevant. I am so used to hearing about COVID from politicians’ and the medias’ point of view that it was really refreshing to listen to someone who had no interest in politicizing or sensationalizing the disease. After experiencing COVID first hand, I find myself much more reluctant to cast off the public/social health guidelines of this pandemic.

Laughable Quotes:

I’m sick of following my dreams, man. I’m just going to ask where they’re going and hook up with ’em later. - Mitch Hedberg
A pessimist is a person who has had to listen to too many optimists. - Don Marquis
“People say nothing is impossible, but I do nothing every day.” – A. A. Milne
Better to remain silent and be thought a fool than to speak out and remove all doubt. - Abraham Lincoln
If I were two-faced, would I be wearing this one? - Abraham Lincoln
The best thing about the future is that it comes one day at a time. - Abraham Lincoln
An alcoholic is someone you don’t like who drinks as much as you do. - Dylan Thomas
Light travels faster than sound. This is why some people appear bright until you hear them speak. - Alan Dundes
The difference between stupidity and genius is that genius has its limits. - Albert Einstein

HAPPY HELPERS-Continued

Do not take life too seriously. You will never get out of it alive.” – Elbert Hubbard
War is God’s way of teaching Americans geography. - Ambrose Pierce
If you want your children to listen, try talking softly to someone else. - Ann Landers
I don’t believe in astrology; I’m a Sagittarius and we’re skeptical. - Arthur C. Clarke
A smile is a facelift that’s in everyone’s price range! - Tom Wilson
A bank is a place that will lend you money if you can prove that you don’t need it. - Bob Hope
My favorite machine at the gym is the vending machine. - Caroline Rhea
I always arrive late at the office, but I make up for it by leaving early. - Charles Lamb
Don’t worry about the world coming to an end today. It is already tomorrow in Australia. - Charles Schulz
“May the forces of evil become confused on the way to your house.” – George Carlin
A day without laughter is a day wasted. - Charlie Chaplin
Political correctness is tyranny with manners. - Charleton Heston
If you think you are too small to make a difference, try sleeping with a mosquito. - Dalai Lama
Remember, today is the tomorrow you worried about yesterday. - Dale Carnegie
Education is learning what you didn’t even know you didn’t know. - Daniel J. Boorstin
Everyone with telekinetic powers, raise my hand. - Emo Philips
All the things I really like to do are either immoral, illegal or fattening. - Alexander Woollcott
“What’s another word for Thesaurus?” – Steven Wright
Never go to a doctor whose office plants have died. - Erma Bombeck
Marriage is the only war in which you sleep with the enemy. - Francois de La Rochefoucauld
The surest sign that intelligent life exists elsewhere in the universe is that it has never tried to contact us. - Bill Waterson

Here is the short version (because of COVID illness and a week-long RV trip to Bellingham, WA) of the Happy Helpers’ tasks that were completed during the month of August: replaced fluorescent light bulbs in ceiling fixture in office copy-room (**Bill Thurston, George Harrison**); replaced furnace / AC air filters (**George Harrison, Daryl Ziemer, Dave Cook**); moved bulletin board in Child Center classroom (**Dave Cook, Bill Thurston, Daryl Ziemer**); removed Oregon Grape vine growing on Child Center playground fence (**Wade Wipperling, Daryl Ziemer**); replaced fluorescent light bulb in Child Center classroom light table (**Bill Thurston, George Harrison**); reglued formica covering trim on child work/play table in Child Center classroom (**Wade Wipperling**); de-winterized and turned on kitchen swamp cooler (**Bill Thurston, Wade Wipperling, Daryl Ziemer**); readjusted timing on garden and lawn sprinklers (**Dave Cook**); sprayed weeds growing in parking lot and along curb line (**Daryl Ziemer**); replaced door latch hardware on men’s restroom located in the Child Center (**Bill Thurston, George Harrison**); pulled and removed weeds from south shrub garden shrub located along Broadway Ave (**Daryl Ziemer**); repaired leaks in irrigation drip system in outside patio area located off the Narthex (**George Harrison**);

HAPPY HELPERS-Continued

continues to monitor lawn fertilizing and weed control (**Don Klages**); discussed action to be taken for constant standing water in arborvitae bed near east Broadway Ave ingress/egress (**Bill Thurston, Daryl Ziemer, Butch Yarnell, George Harrison, Ken Otteman**); removed automobile tire from south east lawn (**George Harrison**); replaced outside flood light bulb to Child Center Playground (**Bill Thurston**); ordered 22 each LED fluorescent bulbs for gym ceiling light fixtures (**Bill Thurston, George Harrison, Butch Yarnell, Pastor Matt**); weeding along the curbing inside the parking lot (**Shirley Roraback**), etc.

The **Happy Helpers** are looking forward to the month of September and the beginning of autumn (can't believe I am saying "autumn" already). The **Happy Helpers** meet **each Thursday morning, 9:00 A.M., at the church**. If you can't make it by 9:00 A.M., that's ok – come anytime. Usually we are done talking/meeting by 9:30 A.M., and finished working by 10:30/11:00 A.M.

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"!!**



ANNOUNCEMENTS

Online Worship:

www.youtube.com/c/adventlutheranspokane

MID-WEEK BIBLE STUDY

We will be resuming our **mid-week Bible Study** starting on **Thursday, September 8th at 10:00am**. We will go until **11:30am**. If you wish to prepare a bit, please feel free to read some of the Gospel of Luke. We will be going through Luke's gospel for most of the Fall and early winter.

MONTHLY LADIES LUNCHEON

Our next luncheon will be **September 10th at 11:30 a.m.** at **The Max at Mirabeau**. Please contact either **Marian Moseman at 509-927-3821** or **Gerry O'Rourke at**

ANNOUNCEMENTS-Continued

509-893-0787 no later than the **Wednesday before** so a reservation may be made. The **sign-up sheet** is on the table in the Narthex or you may call the **Church office at 509-928-7733**.

SUNDAY SCHOOL

Sunday School will start on September 11th. We always have a soft-start time of **9:15 am** and begin class at **9:30 am**. **Questions?** Contact **April Marshall at 509-808-4099**.

SUNDAY SCHOOL-HIGH SCHOOLERS

Calling ALL High Schoolers! Sunday School is back! Starting **Sunday, September 11th, at 10:45 am**. Enjoy a **FREE** beverage each week. Friends are welcome and rides from the church are available. Hope to see you all there! **Questions?** Call **Kara Wilson at 509-994-4196**.

CONFIRMATION

After a few disjointed years of pandemic it will be good to get Confirmation going again on a regular basis. My hope is that we can meet on the 2nd and 4th Sundays of the month for 1 hour each after worship starting in September. So our first meeting will be **September 11th** in the classroom. We will be following a year of the Bible. If you are an **entering 7th grader** please call or email Pastor Matt.

ACTIVE ADULT FITNESS CLASS

Who: Adults who want to improve their overall fitness, by exercising at their own pace

What: Group Exercise Class to improve- Balance, Coordination, Flexibility, Strength, Cardiovascular Endurance.

* Exercises including but not limited to SAIL exercises **"Stay Active and Independent for Life"**

When: Mon & Wed 8:30-9:30am (excluding holidays)

Beginning Monday, September 12, 2022

Where: Advent Lutheran Church – (in the gym)

***Cost:** \$3.00 per class attended

***Check with your doctor before beginning a new exercise routine**

***Overview-** Most exercises can be modified for Low, Moderate or Higher level of intensity

***Class structure and format** is subject to change to safely accommodate as many people as possible in the space.

***Substitute certified fitness instructors** may be asked occasionally to cover the class. **Come and try out the class**, your feedback is welcomed! **Wendy Jackson, Fitness Instructor, 509-362-2135**.

'COME TO FRIDAY DINNER'

'Come to Friday Dinners' will be **Friday, September 16 and September 30, from 5-6pm**. We look forward to seeing you! 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: September 16** is Goulash, salad and a vegetable. **September 30:** Fettucine with shrimp, vegetables.

ANNOUNCEMENTS-Continued

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!

SMART PHONE

If you or someone you know would like a free, new "**Jitterbug**" **Lively Smart** phone, please contact **Dave or Sharon Cook (Sharon— 509-993-1893)**. This phone is designed for giving you access to urgent response services, contacting other family members, simple texting, photo sharing, and internet. On www.lively.com, there are monthly urgent services, talk and text from **\$19.99** per month.

CHANGE OF ADDRESS

Ken and Amaryllis Otteman
222 S. Evergreen, Apt. 304
Spokane Valley, WA 99216

Joseph and Leila Hirtler
738 Madison Street
Monte Vista, CO 81144

THANK YOU

"Dear Advent Church family, I want to thank you for all the prayers and cards of sympathy. What a wonderful church family we have. The support of my Advent family makes difficult times like these seem a little easier. I know Norm is with Jesus and that is a comfort to me. God bless you all". Love, **Audrey Knuttel**

NEWSLETTER DEADLINE

If you wish to submit an article or announcement for the **October** newsletter, please submit it to the Church office no later than **Friday, September 23rd**.



SUPER YOUTH TEAM

By April Marshall

Sunday School will start on September 11th. We always have a soft-start time of **9:15 am** and begin class at **9:30 am**. Our class typically follows the lectionary, so our lessons include prayers, a Bible reading, and a game or project that helps reinforce the lesson we learned. We rejoin the church service during communion, and unless we are elbow-deep into an art project, students will stay with their families in church after communion.

Last year, attendance was a little irregular, which led us to having class every other Sunday. Right now, I'm hoping to have class every Sunday, and that will only change if necessary. Usually, I teach weekly, and I have help from **Nicola Hostetler**. I recently started a new full-time position at Coeur d'Alene High School, so I anticipate that I will be relying on more help from Nicola and anyone else who would be willing to volunteer. We have such a great group of kids in our Sunday School, and I get our lesson plans through Augsburg Fortress, so stepping into teach a class is easy! Let me know if you'd like to lead a class.

As far as youth and family activities, we haven't offered many because of covid-related issues. I'm hoping to increase our activities once again, so please watch the newsletter and bulletins for announcements about that!

I know this is going to be a fun year of Sunday School. I also know that since my youngest, Claire, is now in her last year of Sunday School, this will most likely also be my last year teaching. It's been such a pleasure all these years being with these kids, but I always love to see new faces, too. We are always willing to have new friends join us!

If you have any questions, comments, or suggestions, please feel free to email me. aprilmr.m@gmail.com



PARISH NURSE

By Debbie Martin, RN, Parish Nurse

The Facts About Monkeypox

By Meredith Bailey

On the heels of one global disease outbreak, comes another — monkeypox. Cases of this viral illness are climbing across the United States and the world. Here in Washington state, more than 100 cases of monkeypox have been identified as of August 1, and the rapid global spread of the disease has led the World Health Organization to declare monkeypox a public health emergency of international concern.

While this situation may feel eerily similar to the COVID-19 pandemic, monkeypox and the virus that causes COVID-19 are much different. Here's what we know so far about monkeypox, including how to keep yourself safe and how to get tested.

What is monkeypox?

Unlike the virus that causes COVID-19, monkeypox is not new. The disease traces back to 1958, when two outbreaks occurred among monkeys used for research, according to the Centers for Disease Control and Prevention (CDC).

The first human case was documented in 1970. Monkeypox belongs to the same family of viruses as smallpox; however, its symptoms are much less severe, reports the CDC. Monkey pox is endemic, which means commonly present, in Central and West African countries though outbreaks outside of those countries have happened before, often due to international travel.

This isn't the first time monkeypox has made an appearance in the U.S. There was an outbreak in 2003 linked to animals imported from Ghana.

Why it's a concern

So if monkeypox outbreaks have happened before, what makes this one unusual?

Part of the concern is how quickly monkeypox is spreading across countries where it doesn't typically occur. For example, cases in the U.S. have grown to more than 5,000 in the span of a few months, but this is likely an undercount of the actual case numbers because monkeypox is presenting in ways that aren't typical.

"In the past, people with monkeypox would usually first experience systemic symptoms like fever and fatigue," says Mary Fairchok, MD, a pediatric infectious disease specialist at Mary Bridge Children's Hospital. "Those symptoms would typically be followed by a rash that progressed to blisters and lesions and eventually spread down the body."

"What we are seeing now is that there may not be fever or fatigue, and people may only have a few blisters that appear in specific regions of the body, like the genital or anal area or the mouth. The symptoms are much more subtle, which can make them harder to catch and track, and they can also look like symptoms of some sexually transmitted diseases like syphilis or herpes." While monkeypox is rarely fatal, the lesions can be painful, particularly when they occur on sensitive areas of the body.

PARISH NURSE-Continued

How it spreads and who's at risk

Another aspect of this monkeypox outbreak that makes it different from past outbreaks is how easily it's spreading from person to person. The virus is transmitted through coming into close contact with the blisters or lesions, bodily fluids or respiratory droplets of an infected person, according to the World Health Organization.

"It primarily seems to be spreading now through activities that involve prolonged skin-to-skin contact with someone who has the virus," Dr. Fairchok says. "That could include sex as well as kissing or cuddling or hugging, for example. It can also spread if you share bedding, clothing or other items with a person who has an active infection."

Some people are at higher risk of contracting monkeypox than others, including men who have sex with men. A New England Journal of Medicine study reports that 98 percent of cases between April and June have occurred among this group. However, monkeypox can happen to anyone.

"While a majority of cases so far have been among men who have sex with men, monkeypox isn't a sexually transmitted disease and it isn't restricted to this group," Dr. Fairchok says. "There have been cases of monkeypox spreading among households and there have been a few cases in children as well. Someone who is pregnant can also spread monkeypox to their fetus."

Other groups at higher risk of getting monkeypox include people of any gender or sexual orientation who are sexually active with multiple partners, reports the Washington State Department of Health (DOH).

Testing

It's a good idea to get tested for monkeypox if you are in a high-risk group and have an unexplained rash, blister or lesion. You should also get tested if you have been in close contact with someone that has a probable or confirmed case of monkeypox. Symptoms of monkeypox that can precede a rash include fever, headache, fatigue and swollen lymph nodes.

"I recommend calling your doctor's office or urgent care clinic ahead of time and letting them know that you're concerned you might have monkeypox," Dr. Fairchok says. "That way they can take the appropriate precautions before you walk in the door. Testing usually involves swabbing a lesion and then sending it off to a lab."

While you're waiting for the results, you'll need to quarantine — isolate yourself from others. If you test positive, the CDC recommends quarantining until the illness has fully resolved, which can take between two and four weeks.

PARISH NURSE-Continued

Treatment and vaccination

There are no specific treatments for monkeypox. However, treatments for smallpox are sometimes used since the two viruses are similar.

“Most people with monkeypox don’t require treatment,” Dr. Fairchok says. “But in some cases, providers may prescribe antiviral medication for groups that are at high risk for severe illness — such as young children, those who are pregnant or breastfeeding or people with compromised immune systems — or those who have lesions in concerning areas, such as around the eyes or the rectum.”

Currently, this treatment is in very short supply and is not available through MultiCare; however, the organization is working to get it.

Vaccines for monkeypox are available and can be given to prevent or reduce the severity of an infection in patients who have been exposed to a known case; however, similar to monkeypox treatment, there is also a limited supply of vaccines and that supply is controlled by the Washington State Department of Health.

“We’re just starting to receive monkeypox vaccines in Washington state and the priority is to vaccinate those who are close contacts of confirmed and probable cases,” Dr. Fairchok says. “As supplies increase, we may move on to vaccinating other high-risk groups.”

Preventing monkeypox

While it’s important to be aware of monkeypox and take appropriate precautions, it’s just as important not to panic. Monkeypox can’t spread without close contact and unlike the virus that causes COVID-19 it doesn’t come from a family of viruses that mutate rapidly.

To keep yourself safe, the CDC recommends the following tips:

Avoid close contact with people that have a monkeypox-like rash.

- Avoid sharing items, such as towels, utensils, sheets and clothes, with a person who is infected.
- Practice good hand hygiene — wash frequently with soap and water or use an alcohol-based hand sanitizer.
- Consider limiting the number of sexual partners you have to help reduce the risk of exposure.

Consider minimizing skin-to-skin contact with others at raves, parties, clubs or other large social events.

Want to know more about monkeypox vaccines and treatments?

For more information about monkeypox, including vaccine and treatment availability, visit your local county health department or the Washington State Department of Health website.

About the Author: Meredith Bailey

Meredith Bailey is a staff writer at MultiCare Health System. She crafts stories about science, health and wellness, among other topics.

PARISH NURSE-Continued

FREE TO LIVE IN CONTROL OF OUR DESIRES

“‘I have the right to do anything,’ you say—but not everything is beneficial. ‘I have the right to do anything’—but I will not be mastered by anything.” 1 Corinthians 6:12 (NIV)
“What do you wish mommy would do less?”

I reluctantly asked my kids this conversation-starter question we found in a children’s magazine.

Without a second of hesitation my son answered, “Be on your phone.”

My heart sank. God had already been gently sending signs that the time I spent on my phone was excessive, and my son’s honest answer woke me up to this truth even more.

When I was tired, I reached for my phone. When I was bored, I scrolled through social media. When I was anxious, I looked for a distraction in my email. My phone was my not-so-secret security blanket, and God wasn’t the only one who noticed.

As I prayed to break this unfortunate habit, the Lord led me to 1 Corinthians 6:12, which says:

“‘I have the right to do anything,’ you say—but not everything is beneficial. ‘I have the right to do anything’—but I will not be mastered by anything.”

In this scripture, the Apostle Paul taught the church at Corinth the importance of self-control. As believers, we have a lot of freedom, but we should not use that freedom to make decisions that compromise the lives Christ died for us to have.

You may be thinking, *I often use my phone for good things — to send encouraging emails, text a friend “Happy Birthday” or even pay my tithes.* Me too! And those things are good — but still, the amount of time I spent on my phone and my reasons for doing so were certainly not always beneficial, fruitful or necessary.

This was a matter of self-control. Would I control my phone, or would it control me? God’s call to practice self-control grew increasingly louder.

On one of my anxious social media scrolls, I saw a post from a friend that asked, “If you don’t control yourself, who does?” Yes, God was making His message clear in every way He could.

Whether scrolling social media, making excessive trips to the pantry or growing that pile of packages at our door, we lose control when our wants rule us more than our God does. **We are called to walk by the Spirit, not to be mastered by our desires.**

PARISH NURSE-Continued

How do we break the habits that are not beneficial to free living in Christ? Here are a few steps we can take together: **Seek God. (Matthew 6:33)** We can pray to God for the strength to help us. Often our lack of self-control is rooted in a deeper need. Ask God for revelation as to what that need may be and for healing in that area.

Set boundaries. (1 John 2:17) Don't give complete control to any desire. Set limits on how much and how often you indulge in any activity that may become excessive. Start small and work your way up to more boundaries as necessary.

Give yourself grace. (2 Corinthians 12:9) God isn't revealing your shortcomings because He wants to condemn you. He's doing it because He wants to free you. Don't waste time beating yourself up if you get off track. Focus on God's grace and allow His love to motivate you to keep walking toward freedom.

When we make choices out of self-control and not our feelings that come and go, we find the power to live freely for God.

Self-control is a gift the Holy Spirit gives to all believers. It's not something we need to earn, but it's something we must make the daily decision to use. And as we do, the Spirit releases us from the lesser things of this world and leads us to free living in Christ.

Dear heavenly Father, please lead me by Your grace and the power of Your Spirit to put down lesser things that distract me from Your purpose. I pray for the strength to resist the urge to find satisfaction from this world — I know only You can offer true satisfaction. Thank You for providing for all my needs. In Jesus' Name, Amen.

Written by Christina Patterson, Proverbs 31 Ministries

CHILD CENTER NEWS

By Heidi Perry, Child Center Director

Pre-K has been enjoying doing a couple bike days throughout the summer. It is a hit for the kiddos, and some of the Preschool kids who have been transitioning to Pre-K for the Fall joined in on the last one.

Even our Infants have been enjoying time outside on the playground. There is nothing cuter than chunky little baby feet!!

Last, but not least, is a photo of 6 of our staff who attended a 2 day Conscious Discipline training in August. This is an amazing program and we were lucky enough to have the staffing available to send 1 teacher from each class. Recognize a familiar face in the bunch!? It's always wonderful to have a church member on staff:)



CHILD CENTER NEWS-Continued



INCOME/EXPENSE INFORMATION

Advent General Fund Income/Expense

	<u>July</u>	<u>Year to Date</u>
Income	29,275.91	201,445.09
Expense	24,184.97	197,498.36
Net	5,090.94	3,946.73

Notes for Advent Lutheran Church

- Expenses include the budgeted disbursement (10%) of benevolence dollars for the ELCA, Spokane Valley Partners, Maasai Health Systems, and Lutheran Community Services.
- Income from Jan-July was \$201,445 which is \$6,485 above budget and \$6,117 above last year.
 - Income includes \$6,400 from the Malzacher grant.
 - Much of the increase stems from an increase in envelope offerings
- For the year income is above than expenses by \$3,946. Total operating expenses from Jan-June was \$197,498 which is \$7,882 under budget and \$27,808 below last year.
 - A large portion of the decrease in expenses over budget is in personnel expenses which are \$11,680 under budget due to the reduction in staff and committee expenses which are \$1,792 under budget as the committee are just getting back up and running again.
 - A large portion of the decrease in expenses over actuals from last year is due to the fact we paid for the new roof for the Sullivan campus, a one-time expense, in the summer of last year.
 - Broadway campus expenses have gone up over the past year primarily because of an increase in utilities and janitorial services.
 - The Sullivan campus expenses have gone up over budget primarily in maintenance.
- Reserves are \$55,788 which is approximately 1.9 months of operating expenses.

Child Center Income/Expense

	<u>July</u>	<u>Year to Date</u>
Income	76,516.94	511,681.75
Expense	83,594.89	511,331.11
Net	-7,077.95	150.64

Notes for Advent Lutheran Child Center

- Expenses exceeded income by \$7,077.95 in July.
- July was the first month our payroll reflected a full staffing (no staff out on extended leave and all positions filled).
- Tuition fluctuated for July as families who were planning on leaving for the new school started filtering out and new families had not quite started yet.
- \$3,233.33 was spent on staff bonuses for Education and Retention. These funds come from a grant given to us in December of 2021.
- Total Reserve Amount is \$153,355.55. Budgeted monthly expenses are \$80,185. This equates to 1.91 months of reserve.

PEOPLE IN OUR PRAYERS

Church Family and Friends: Julie Bass, Harry & Manda Benton, Cindy Berry, Kathy Bowers, Diane Buck, Martha Olene Cason, Crowder family, Georgia Coulston, Henry Domine, Amanda Faulkner, Jim Gunby, Paul Hegg, Leigh & Steve Hopkins, Arlo & Gwen Huber, Johnson family, Anastasia Kinnune, Midge Kiourkas & her family, Audrey Knuttel & family, Troy & Linda Lahman, Lexi & Serenity, Connie Luna, Jan Madden, Sadie Sue MacLeod, Meddock family, Heidi Miner & family, Ian & SaraLu Moore, Bill Murphy, Tim Murphy, Gerry O'Rourke, Tim O'Rourke, Amaryllis & Ken Otteman, Myrna Rehn, Karen Rinaldi, Brad & Jacob Sams & family, John Shields, Sr., John W. Shields, Kimberley & Kreagan Shipbaugh, Karen Stelmack, Lance Snyder, John Wasinger, William Walker, Duane Yates, Young family, and Richard Yudt.

For Family Members & Friends Serving in the Military:

CPT Ashley Allinger, Chaplain US Army, CPT Zane Allinger, USAF, CPL Damien Anderson, 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, 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.*



CONGRATULATIONS TO THE TAMUNOMINIPIRIBO FAMILY!

Advent would like to congratulate **Thomas Tamunominipiribo and his son Fanye and daughter-in-law Sam**, on the birth of their triplet daughters, **Noa, Kai, and Mya**. The baby girls were born April 13, 2022. Everyone is healthy and doing well. We are most certain Thomas is enjoying his new role as 'Grandpa'! We thank God for the blessing of their new healthy babies in their lives.



SEPTEMBER CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:00 am Happy Helpers	2 7:00 am Men's Prayer Breakfast- Denney's Restaurant Church Office & Child Center Closed	3
4 9:30 am Worship Service/Holy Communion After Worship Coffee Fellowship 7:00 – 8:00 pm Al-Anon meeting	5 Labor Day Church Office & Child Center Closed	6 9:00 am Happy Piece- makers 10:30 am ALCC Board Mtg. 5:00 pm Executive Committee 6:00 pm Cub Scouts F/106/158	7	8 9:00 am Happy Helpers 10:00 am Mid-Week Bible Study	9 7:00 am Men's Prayer Breakfast- Denney's Restaurant	10 11:30 am Ladies Lunch Group- the Max at Mira- beau
11 9:30 am Worship Service/Holy Communion Sunday School After Worship Coffee Fellow Ship Confirmation 10:45 High School Sunday School 7:00 – 8:00 pm Al-Anon meeting	12 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts F/106/158	13 9:00 am Happy Piece- makers 5:00 pm Council Meeting 6:00 pm Cub Scouts F/106/158	14 8:30-9:30 am Fitness Class 10:00 am Outreach Committee	15 9:00 am Happy Helpers 10:00 am Mid-Week Bible Study	16 7:00 am Men's Prayer Breakfast- Denney's Restaurant 5:00 pm-6:00 pm 'Come to Friday Dinner'	17 8:00 am- 9:00 pm Dulce Castillo - Private Event
18 9:30 am Worship Service/Holy Communion Sunday School After Worship Coffee Fellowship 10:45 High School Sunday School 7:00 – 8:00 pm Al-Anon meeting	19 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts F/106/158	20 9:00 am Happy Piece- makers 6:00 pm Heads of Committee Cub Scouts F/106/158	21 8:30-9:30 am Fitness Class	22 9:00 am Happy Helpers 10:00 am Mid-Week Bible Study	23 7:00 am Men's Prayer Breakfast- Denney's Restaurant NEWSLETTER DEADLINE	24
25 'Fill the Shelf' Sunday 9:30 am Worship Service/Holy Communion Sunday School After Worship Coffee Fellowship Confirmation 10:45 HS School Sunday School 7:00 – 8:00 pm Al-Anon meeting	26 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts F/106/158	27 9:00 am Happy Piece- makers 6:00 pm Cub Scouts F/106/158	28 8:30-9:30 am Fitness Class 10	29 9:00 am Happy Helpers 9:30 am Mid-Week Bible Study	30 7:00 am Men's Prayer Breakfast- Denney's Restaurant 5:00 pm-6:00 pm 'Come to Friday Dinner'	

SEPTEMBER HOSPITALITY SCHEDULE

Ministry Description	September 4	September 11	September 18	September 25
	9:30 AM	9:30 AM	9:30 AM	9:30 AM
ASSISTING MINISTER: (1)			Kara Wilson	
COMMUNION ASSISTANTS (2)	Jodi Meddock Linda Tompkins	Jodi Meddock Signe Stokes	Ann Koschalk Jodi Meddock	Jodi Meddock Marlyce Murphy
READER: (1)	Larry Nelson	Barb Potter	Robert Gieseke	Butch Yarnell
ACOLYTE: (1)				
USHERS: (3-4)	Daryl & Jan Ziemer		Darrell & Francie Shoquist	
GREETERS: (2-4)	Marian Moseman			
ALTAR FLOWERS:				
FELLOWSHIP HOSTS:	1. Paula Kenney 2. Butch Yarnell 3. 4.	1. 2. 3. 4.	1. 2. 3. 4.	1. 2. 3. 4.
(Cookies, etc., 4 people, 4 dozen each)	Jan Ziemer		Kara Wilson	
“Share with God’s people,Practice Hospitality” Romans 12:13 (NIV)				

Advent Lutheran Church
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Child Center Phone: 509-928-0231
Fax: 509-892-5219
www.adventlutheranspokane.org

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Worship Schedule

SUNDAY

Sunday Morning: 9:30 am In-Person and Online
Mid-Week Bible Study: 10:00 am Thursday mornings - In-Person and Online

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