

October 2022

Advent Lutheran Church

Advent Lutheran Church Newsletter



LETTER FROM THE COUNCIL PRESIDENT

By Denise Walker

Hello Advent and Welcome to Fall...

Over the past month things have been coming together on the sale of the Sullivan Campus. Along with my sleuthing partner Cheryl, we have provided the documents requested by the title company.

Next on the agenda was for the Council to meet with our Thrivent **Financial representative, Drew Constanzer**, to set up the two new endowment accounts. That meeting was held on September 21st to start the process and make the fund choices for those accounts.

At the September 13th Council meeting there were a few items to share: (1) Duane Yates asked to step away from his Executive Council position as Treasurer and Linda Lahman has graciously stepped in. (2) The Council voted to approve the Happy **Piece-makers** (quilters) to transfer \$1,000 Thrivent dollars to help with the costs of mailing their quilts in October. (3) **Anna Miner and Kallie Haveman** requested on behalf of their Girl Scout troop, to hold three bake sales to assist with the costs of their planned trip to Washington DC next June. The Council's approval of their request came with the stipulation that they will be the coffee hour hosts on dates 10/23, 12/11 and 2/22/23, plus they have to make the coffee!

The 2023 budget discussions have begun. The Council will be working on the budget over the next two months so that it can be presented to the congregation at the **December 4th Congregational meeting**. Please mark your calendars and plan to attend as a quorum will be needed for voting.

The surveys are being reviewed and the consensus will be presented to the Council at our October meeting. Thank you to everyone that participated and for all your input.

Lastly, thanks to everyone that attended the August picnic. The comments were very positive so we hope to plan another potluck during the upcoming holidays.

As a note, I will be out of town October 1-18 visiting my daughter in Florida. Zoom calls will be my friend :). Enjoy the upcoming fall weather!!

"Called by God's Grace to Love and Serve"

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Online Worship:

[w.youtube.com/c/adventlutheranspokane](https://www.youtube.com/c/adventlutheranspokane)

HAPPY HELPERS

By Forrest Diehl

During the month of September, Marlene and I went on our first cruise. It was a cruise with Holland America cruise line. The ship's cruise title was "7 Nights Norse Legends" scheduled to sail from Amsterdam, Netherlands to Norway and view selected fjords/cities, then return. After we booked our plane tickets, they changed the departure location from Amsterdam to Rotterdam because of the low water level at the former port, resulting from the drought there. Once we got to Amsterdam, we caught a shuttle bus to Rotterdam, about 60 miles away, through the city of The Hague. We went on the cruise with Spokane friends, Mike and Cheryl Britton. Since I have little Happy Helper information, with your patience, I would like to give an overview of our travels.

We left Spokane on September 10, Saturday, flew to SeaTac and had a two-hour layover there. After the layover, and a one-hour delay, we left Seattle and arrived in Amsterdam eight and a half hours later. It was about 10:00 A.M., local time, Sunday, when we arrived in Amsterdam. The shuttle bus that we took from Amsterdam to Rotterdam was a double decker bus, and we rode in the upper level with a glass top. We had a wonderful view of the flat Holland farmland country side, spotted with windmills. In Rotterdam, the shuttle bus dropped us and our luggage off at the Holland America processing/boarding center. We learned later that there were about 2,100 passengers on this particular cruise. Our ship's name was "Rotterdam", touted to be the newest ship of the Holland America Line. The ship is a little under 1,000 ft. in length, 12 decks high, and a little over 100 ft. wide. If you Google it, you'll be impressed - I was.

Anyway, processing onto the ship was somewhat "painless". With that many people processing through, with their luggage, there was a lot going on. The staff/crew was experienced, courteous, friendly, and helpful. We learned that we were supposed to have had a boarding pass at the time of boarding – but we didn't. After verifying our confirmation numbers – that quickly became a non-issue. By about 3:00 P.M. we were on the Rotterdam and in our rooms, 6181 and 6183, on the 6th deck. Our rooms had a balcony, which I was very thankful for. Our suitcases, which we were told to leave in the processing center, magically were in our individual rooms when we entered our rooms. We went to the 9th deck and ate in the buffet area, returned to our rooms and sat on our balconies watching our port departure. The port of Rotterdam is located on the New Maas River. We watched the shoreline pass by us as we departed. Soon darkness fell, I went to bed, but Marlene continued watching the lights, until they faded into the night.

The first event was crossing the North Sea. So, Sunday night, Monday day and night we were at sea. We busied ourselves with onboard activities (music performances, bingo, shopping, dining, and exploring). Tuesday morning, we arrived at the port of Eidfjord, Norway. We visited the small village (about 900), and took a tour of the surrounding area. In the afternoon, we returned to the ship. Wednesday morning, we arrived in Ålesund, Norway. We took a small tour of this sprawling 7-island city (about 60,000).

HAPPY HELPERS-Continued

High atop Aksla, one gets a beautiful view of the seven-island city. Ålesund is about the same distance from the Arctic Circle as Anchorage, AK. Thursday morning, we arrived in the port of Geiranger, Norway. This village (about 300) is noted for its spectacular scenery and is often listed as the best travel destination in Scandinavia. The scenery there was gorgeous. We visited our last cruise destination, Bergen, Norway, on Friday. Bergen is huge city (about 280,000) that has the look and feel of the kind of city it is, a bustling trade and commerce city. From what I heard about Bergen – I kind of got the feeling that there is a similar feeling between Bergen and Oslo, Norway as there is between Spokane and Seattle. We toured Bergen, as best as we could, in a "Hop on, Hop off" bus. The highlight in Bergen was taking the tram car (funicular) high atop to Mt. Fløyen, where we got a bird's eye view of the city. Friday night and Saturday day and night, we spent at sea, returning to Rotterdam. Sunday, we departed the Rotterdam ship, left Rotterdam, Netherlands, and returned to Amsterdam via a taxi. Sunday afternoon we toured Amsterdam as much as our tired sea-legs allowed us to. There we took a canal tour boat and travelled around the sprawling city in a "Hop-on, Hop-off" bus. Following a short night's rest in a Hyatt Place Hotel in Amsterdam, we readied ourselves to return home. On Monday, September 19, we returned to USA, via Delta Airlines from Amsterdam to Minneapolis (8 hours), then to Spokane (2 hours).

Once I get our pictures purged, organized and in a sequential order, I would be receptive in giving a presentation of our trip - similar to what **Pastor Matt** gave on his Camino de Santiago walk in Spain. Just let me know if you are interested...

Remember back on Saturday, April 9, 2022? Well, if you don't, that's ok, I had to look up the date myself. But the activity, **Spring Clean-up**, I remember well and marveled at all the work we got done (weeding, sweeping, pruning, flower bed cleaning, etc.). On **Saturday, October 22, 2022** we are having our **Fall Clean-up Day, beginning at 9:00 AM**. So, I would ask you to take a look around the parking lot, grounds, sidewalks, flower beds, shrubs, trees, bushes, etc. between now and then and identify what you would like to do. On the 22nd, **bring your yard tools** needed to accomplish your task and help others, together. Or just come **with some yard tools** to help in any way you can. By the way, if you haven't noticed, the shrub bed/area, located immediately south of the church, needs some tender loving care in a big way. **If you see and feel the appearance of that area could be improved by an action you could take, please do so!** There is no ownership to that area – it belongs to the congregation. Honestly, it is an area that has gotten out of control, and needs us all to restore and keep its intended curb appeal. Please feel free to make any improvements to that area at any time that is convenient for you. **Thank You!**

HAPPY HELPERS-Continued

Tasks completed during the month of September include: cleaned parking lot sidewalks and gutter line in parking lot (**Terry Powell, Shirley Roraback**); replaced Child Center laundry room door latch/lock (**Butch Yarnell**); replaced gym light fixture fluorescent bulbs with LED fluorescent bulbs (**Bill Thurston, Dave Cook, Wade Wipperling**); made repairs to kitchen swamp cooler water line (**Roto-Rooter**); refilled paper towel dispenser in Women's restroom (**Wade Wipperling, Dave Cook**); installed electrical cord fasteners in Child Center Classroom (**Bill Thurston**); weeded shrub garden, south side of church (**Daryl Ziemer**); replaced toilet lever arm in women's restroom (**Wade Wipperling**); moved table and chairs from sanctuary and placed them in storage room (**Dave Cook, Wade Wipperling**); removed blue tape (for social distancing) from sanctuary floor tile (**Wade Wipperling, Ken Otteman**); getting bids from cleaning companies to dust all surfaces in the sanctuary, including ceiling light fixtures (to my knowledge, this has never been done) as well as having our pews cleaned (**Cheryl Tobin**); made repairs on west Child Center door and door alarm (**Allied Security**); installed four new security cameras providing surveillance to parking lot (**Allied Security**); set up tables and chairs for memorial reception (**Daryl Ziemer, Butch Yarnell, Dave Cook**); adjusted watering times on sprinkler system (**Butch Yarnell**); replaced light bulbs in Child Center Classroom ceiling light fixtures (**Daryl Ziemer, Butch Yarnell, Dave Cook**); etc.

The Happy Helpers are looking forward to the month of October, specifically **22 October, Fall Clean-Up Day!** Hope to see you there! 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. Visitors are welcome too. Speaking of visitors, **Tes Sturges** visited us on September 22 As a **Thrivent representative**, she gave us information on the benefits of being a Thrivent member. Those of us, who were not, she signed us up to be associate members in order to qualify for Thrivent Action projects. **Thanks Tes!**



PASTOR MATT'S CORNER

By Pastor Matthew Larson

Did you see a long lost face in September? Can you remember the last time we had this many people on a Sunday? We have had two of our biggest Sundays for in-person worship in the last four weeks. Wow, it has been great to have a "full" church....there is always room for more! And what about that picnic, what a wonderful time to get together and have some fun and food. Don't think that we won't do that again....because we are! **Reformation Sunday is October 30th** and not only will we have some special musicians joining us for worship but we will be having a **Reformation Potluck**. So, look for more information in the coming weeks about this wonderful Reformation Sunday coming up.

As we prepare for the Autumn change, we always need help with getting our outdoor spaces ready. We will be having a **Fall clean up day, October 22** starting at **9am**. Bring your yard implements, electric cutters, and back strength!! The more hands the better.

There are a number of events and activities in this month's newsletter and what it seems to me is that we are finding our way back. Our way back from the pandemic. Not necessarily going "back" to what and who we were but where and who we are right now. Are we still being safe? Yes. Are we welcoming new faces to our community? Yes we are! Are we seeing more regular ministry and programming? Yes!

As all churches and organizations are dealing with pandemic exhaustion and transition we too will find our way through all of this. If you have found yourself out of touch or out of routine with the church, don't worry about it....come and be welcomed back. We miss you. We are all living in this new time and we will continue to be Christ's church in this place, with all of you being a part of our ministries here at Advent.

Again, thank you for all your support, prayers, and participation at Advent Lutheran Church. We couldn't do this without you! "God's Work, Our Hands."

See you in worship!



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

GOLF OUTING

We are planning a golf outing for any members of our church who would like join in on the fun. The date is **Thursday, October 6, at 12:00 noon at Trailhead Golf Course in Liberty Lake.** Men, women, boys, or girls are all welcome. We are just planning for nine holes, but anyone who wants to play 18 holes can do that also. It is very important to know ahead of time who will be playing so that we will know how many tee times to reserve. Please call or text **Dennis Johnson at 509-701-8529** to sign up. As always with golf, this is contingent upon having decent weather.

MONTHLY LADIES LUNCHEON

Our next luncheon will be **October 8th at 11:30 a.m. at The Max at Mirabeau.** Please contact either **Marian Moseman at 509-927-3821** or **Gerry O'Rourke at 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 has begun! 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! We begin at **10:45 am.** at the Starbucks on Pines & Sprague. 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.**

ANNOUNCEMENTS-Continued

CONFIRMATION

All students **entering 7th or 8th grade** are welcome! We plan to meet on the **2nd and 4th Sundays** of the month for **one hour each after worship.** We will be following a year of the Bible. **Questions?** Please call or email **Pastor Matt.**

ACTIVE ADULT FITNESS CLASS

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

Where: Advent Lutheran Church – (in the gym)

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

Come and try out the class, your feedback is welcomed!

ALL abilities welcome!

Wendy Jackson, Fitness Instructor, 509-362-2135.

THE HAPPY PIECEMAKERS QUILT RAFFLE

The Happy Piecemakers will be raffling two quilts in November. Tickets will go on sale the first Sunday in October. They will also raffle off an American lap quilt or wall hanging at the same time. Tickets for quilts are **\$1.00 each or 6 for \$5.00.** The wall hanging raffle tickets will be **\$.50** each. Our quilts will be shipped Friday, October 14. They will be on the pews the Sunday before **October 9.** Quilts are also available for **sale for \$50 each.**

'COME TO FRIDAY DINNER'

'Come to Friday Dinners' will be **Friday, October 7 and October 21, from 5-6pm.** We look forward to seeing you!

If you are interested, please call the church office at **509-928-7733** 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!

GOLDENAGERS' DAY OUT

Tuesday, October 11th, from 10am-2pm. Friend of Camp Lutherhaven, **Dave Ellingson,** known as the Paddle Pilgrim, will be the speaker. He will be sharing his recent adventure on the 'headwaters' of the Mississippi River. Come and hear him speak about his adventure and what the river teaches about history and environmental stewardship. Lunch included. Advent is covering the cost for participants. See the **sign-up sheet** on the table in the Narthex. **(Meet at the church and ready to leave by 8:45 am and return by 2:45 pm)** Questions? Contact **Linda Semmen at 509-389-4191.** We plan to carpool.

'COME TO FRIDAY DINNER' AND ART SHOW

'ART ON BROADWAY' presenting **"Mini-Masters"** will take place on **October 21st from 5 – 6:30 PM** in the Fellowship Hall. Come Enjoy one of **Terry Powell's** meals and a chance to view artwork based on Master artists from our **Child Center** students. We encourage church members and Child Center families to "eat in" so we can socialize and show our appreciation for the student's artwork! Donations of **\$5** to support the arts would be greatly appreciated. **Outreach Committee** will make a donation to cover meal expenses. Help displaying the artwork would be appreciated. Contact **Heidi Perry or Babs Velategui** if you'd like to help.

ANNOUNCEMENTS-Continued

CLEAN UP DAY

As we prepare for the Autumn change, we always need help with getting our outdoor spaces ready. We will be having a **Fall clean up day, October 22** starting at **9am**. Bring your yard implements, electric cutters, and back Strength!! The more hands the better!

MID-WEEK BIBLE STUDY

Mid-week Bible Study meets each **Thursday, 10:00am-11:30am**. We are studying the Gospel of Luke.

Note: There will be NO Bible Study on October 27.

MEN'S PRAYER BREAKFAST GROUP

The **Men's Prayer group** meets each **Friday** morning at **6:30 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.

NEWSLETTER DEADLINE

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

"SOCK 'EM" TIME!

"Sock Em" time is here! We will be collecting clean, gently used socks, or new socks during the month of October. Please place your donations in the barrel in the Narthex and the socks will go to **'Blessings Under the Bridge'**. Questions? Contact **Manda Benton** at **509-924-6495** or the **Church office** at **509-928-7733**.

TELLERS NEEDED

We are in need of a few more people to assist with Teller duties. This would be a commitment of approximately one Sunday every six weeks and training is provided. Your donation of time and talents enriches the ministry of Advent Lutheran Church and is greatly appreciated! If you are interested or would like additional information, please contact the Church office at **509-928-7733**.



FRIDAY MEN'S BREAKFAST GROUP

The Friday Men's Breakfast at Denny's had a surprise visitor last week. We got a photo of him. It appeared to be a street bum in bare feet and chains. He drew quite a stir at the restaurant entrance with "No shoes, no service." But it was our **Butch Yarnell**, dressed as Jesus' disciple **"Paul."** He had escaped from a Roman jail with bruises and blood stains. Butch clanked into our back room and **recited 2nd Timothy** from memory – in costume and with gusto just for us. Everyone was spellbound. It included one of my favorite bible verses:

"I also suffer these things: nevertheless I am not ashamed: for I know whom I have believed, and am persuaded that he is able to keep that which I have committed unto him against that day."

Paul had invested his life in the cause of Jesus Christ and this letter was the last intimate testimony of a dying man. Paul needed to pass on that commitment to a younger generation - Timothy. All that passion came through in Butch's 10 minute recital as an exhortation for us to pass on our faith as well.



Butch Yarnell portraying Paul

PARISH NURSE

By Debbie Martin, RN, Parish Nurse

What is Macular Degeneration?

Macular Degeneration

Macular Degeneration is the leading cause of irreversible vision loss in adults over 60, affecting more than 10 million Americans. The risk of developing AMD increases with age. If you are 75 or older, your risk is 1 in 3.

At present, AMD is considered an incurable eye disease. While the origins of AMD are still unknown, science has uncovered many of the genetic and environmental factors that contribute to its development, along with the body's malfunctioning mechanisms that cause the deterioration of macula — the central portion of the retina.

The retina is the thin tissue that lines the inside back layer of the eye and transforms light from the images we see into nerve impulses, then sends them via the optic nerve to the brain, where vision occurs. The macula is responsible for capturing detailed information from the center of our visual field, and it gives us our ability to read, drive a car, recognize faces, perceive color and contrast, and see fine details.

When the cells of the macula deteriorate, images are not received correctly. In early stages, macular degeneration does not affect vision other than a diminished ability to see in low light. Later, if the disease progresses, people experience wavy or blurred vision, and, if the condition continues to worsen, central vision may be completely lost. People with very advanced macular degeneration are considered legally blind. Even so, because the rest of the retina is still working, they retain their peripheral vision, which is not as clear as central vision.

Types of Macular Degeneration

There are two basic types of Macular Degeneration: “dry” and “wet.” Approximately 85% to 90% of the cases of Macular Degeneration are the “dry” (atrophic) type, while 10-15% are the “wet” (exudative) type.

Stages of Macular Degeneration

There are four stages of Age-related Macular Degeneration (AMD).

Sub-clinical AMD — Before any of the visible, physical changes to the macula that accompany the later stages of the disease, people start to lose their ability to adapt to dark surroundings. This loss of dark adaptation is more pronounced than the loss of dark adaptation that happens to most people later in life, and must be measured in a doctor's office.

Early AMD – Most people do not experience vision loss in the early stage of AMD, which is why regular eye exams are important, particularly if you have more than one risk factor (see below). Early AMD is diagnosed by the presence of medium-sized drusen (yellow deposits beneath the retina).

PARISH NURSE-Continued

Intermediate AMD – At this stage, there may be some vision loss, but there still may not be noticeable symptoms. A comprehensive eye exam with specific tests will look for larger drusen and/or pigment changes in the retina.

Late AMD – At this stage, vision loss has become noticeable, due to either advanced dry AMD (geographic atrophy) or wet AMD.

Causes of AMD

The specific cause of macular degeneration is not conclusively known, but the interplay between known hereditary and environmental factors is complex. The more that scientists understand the mechanisms that cause the cells of the macula to deteriorate, the more potential treatments they can develop to slow or stop the disease. The challenges are great, because multiple genes are associated with AMD and environmental factors — such as smoking, diet and sun exposure — also impact the disease.

Risk Factors

The biggest risk factor for Macular Degeneration is age. Your risk increases as you age, and the disease is most likely to become apparent in those 55 and older, even though it might start to develop earlier.

Other risk factors include:

Genetics – People with a family history of AMD are at a higher risk.

Race – Caucasians are more likely to develop the disease than African-Americans or Hispanics/Latinos.

Smoking – Smoking doubles the risk of AMD, and recent studies have found that living in an air-polluted environment also increases risk.

Diet—a poor diet, high in saturated fats and cholesterol and low in antioxidants, can increase risk for AMD accelerate its progression.

Treatment

There is currently no known cure for Macular Degeneration, but treatments are available for the wet form of late AMD.

Treatments for the dry form of AMD are in clinical trials, but are not yet available to patients.

There are things you can do to reduce your risk and possibly slow the progression once you've been diagnosed. These consist of lifestyle choices, whose benefits are cumulative, meaning doing two is better than one, three is better than two, etc.

- avoiding smoking
- eating an AMD-healthy diet
- exercising regularly
- maintaining recommended body weight
- maintaining recommended blood pressure
- protecting your eyes from ultraviolet light

An educated, motivated patient who takes an active role in the aspects of disease management that they can control is likely to have the best outcomes and preserve more vision.

PARISH NURSE-Continued

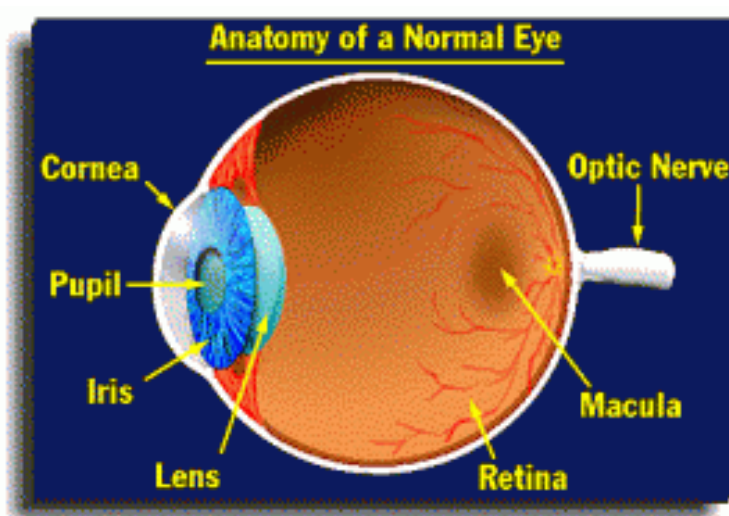
The impact of Macular Degeneration

In addition to vision loss, AMD can affect your mobility, your independence, your ability to perform household activities like cooking and maintaining your finances, relationships with others, and your sense of self. Depression, cognitive decline and an overall decline in health have all been associated with AMD.

AMDF suggests that you seek out resources to help you to address any of these co-morbidities. Start by asking your doctor. Take advantage of the resources in this website. Reach out to AMDF if you need additional help.

How Does AMDF Support Macular Degeneration Research?

The **American Macular Degeneration Foundation** supports important research into the causes of age-related macular degeneration, potential cures and treatments, and into developments that can improve the quality of life for all of those affected by the disease.



ATTENDANCE

IN-PERSON ATTENDANCE

| | | | |
|-----------|-----|--------------|-----|
| August 7 | 87 | September 4 | 78 |
| August 14 | 71 | September 11 | 88 |
| August 21 | 89 | September 18 | 119 |
| August 28 | 106 | September 25 | 79 |

ONLINE VIEWS

| | | | |
|-----------|----|--------------|----|
| August 7 | 45 | September 4 | 27 |
| August 14 | 31 | September 11 | 22 |
| August 21 | 27 | September 18 | 17 |
| August 28 | 26 | September 25 | 21 |



CHILD CENTER NEWS

By Heidi Perry, Child Center Director
We are having an exciting start to the new school for the Child Center. Our enrollment is higher than it was pre-COVID and we have some great teachers running our rooms. In addition to that, we are partnering with the church in several ways. We saw a few of our kids get baptized last month, we are hoping to have some of our staff start running Sunday Nursery, and we have an art show planned during Terry's Friday dinner on **October 21**. As always, thanks for all you do to support the Child Center, and we can't wait to see what the year brings for us both!



BAKE SALE!

Hi, we are **Anna Miner and Kallie Haveman**, we're Cadettes from **Girl Scout Troop 2291** and we are fundraising to go on a trip to Washington D.C and New York City in June of 2023.

With the money we earn from our fundraisers, we will be able to go see a Broadway show in NYC, the Smithsonian's in D.C, as well as the Statue of Liberty, many National monuments such as the White House, the House of Representatives, and so much more. We would love to go and learn about all the history this country has to offer.

We are planning three different **bake sales** here at Advent over the next few months. There will be a fall-themed sale on **October 23rd**, a Christmas-themed sale on **December 11th**, and a Valentine's-themed sale on **February 12th**. If you would like to support us, please come and enjoy some tasty treats!



Thank you,
Anna & Kallie



ADVENT LUTHERAN CHURCH POTLUCK PICNIC

On August 28, right after the Worship service, we had a wonderful picnic potluck!

Everyone had a great time of fellowship and enjoyed wonderful food.

Our **next potluck** will be held immediately after our Worship service on **Reformation Sunday, October 30**.

All are welcome! You will find the **sign-up sheet** on the table in the Narthex.



'COME TO FRIDAY DINNER'



'Come to Friday Dinners' are held twice a month **from 5-6pm.**



'Come to Friday Dinners' is a time of fellowship and delicious food cooked by Terry Powell and assisted by a fun-loving great group of ladies from the church!

You are welcome to stay and enjoy your dinner in the Fellowship Hall or you may take it home to enjoy!

We look forward to seeing you!

EVERYONE is welcome!



INCOME/EXPENSE INFORMATION

Advent General Fund Income/Expense

| | <u>August</u> | <u>Year to Date</u> |
|------------|-----------------|---------------------|
| Income | 22,863.93 | 224,309.02 |
| Expense | 20,324.74 | 217,823.10 |
| Net | 2,539.19 | 6,485.92 |

Notes for Advent Lutheran Church

By Sharon Pegau

- 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-August was \$224,309 which is \$1,497 above budget and \$6,942 above last year.
 - Income includes \$6,400 from the Malzacher grant. (From previous Council meeting information).
 - Much of the increase stems from an increase in envelope offerings (I look for entries that are vastly different than they were the previous Year. In this case I could also point out the income from the Child Center is down but the income from the Child Center is down because they pay a percentage of the salaries and since salaries are down it makes sense that their payment is also down.)
- For the year income was above expenses by \$6,485.
- Total operating expenses from Jan-August was \$217,823 which is \$16,897 under budget and \$33,180 below last year.
 - A large portion of the decrease in expenses over budget is in personnel expenses which are \$11,347 under budget due to the reduction in staff.
 - 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.
 - The Broadway campus expenses have gone up over budget primarily in utilities and janitorial services and the Sullivan campus expenses have gone up over budget primarily in maintenance.
- Reserves are \$49,478 which is approximately 1.8 months of operating expenses.



INCOME/EXPENSE INFORMATION – Continued

Child Center Income/Expense

| | <u>August</u> | <u>Year to Date</u> |
|------------|-----------------|---------------------|
| Income | 86,605.35 | 598,289.88 |
| Expense | 82,000.14 | 593,766.15 |
| Net | 4,605.21 | 4,523.73 |

Notes for Advent Lutheran Child Center

- Income exceeded expenses by \$4,605.21 for August
- August saw new enrollment as we adjust for the new school year.
- Total Reserve Amount is \$157,647.16. Budgeted monthly expenses are \$80,185. This equates to 1.96 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, Jerry Hunsanger, Johnson family, Sandy Kaufman, Anastasia Kinnune, Midge Kiourkas & her family, Audrey Knuttel & family, Troy & Linda Lahman, Lexi & Serenity, Connie Luna, Jan Madden, Sadie Sue MacLeod, Jodi & Rick Meddock & family, Heidi Miner & family, Ian & SaraLu Moore, Bill Murphy, Tim Murphy, Sonya Neal, Gerry O'Rourke, Tim O'Rourke, Amaryllis & Ken Otteman, Terry Powell & family, Myrna Rehn, Karen Rinaldi, Brad & Jacob Sams & family, John Shields, Sr., John W. Shields, Kimberley & Kreagan Shipbaugh, Susan Simpson & family, Karen Stelmack, John Wasinger, William Walker, Young family, and Richard Yudd.

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.*

OCTOBER CALENDAR

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|---|---|---|
| | | | | | | 1 |
| 2 9:30 am Worship Service/Holy Communion After Worship Coffee Fellowship 10:45 High School SS 7:00 – 8:00 pm Al-Anon meeting | 3 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts F/106/158 | 4 9:00 am Happy Piece-makers 10:30 am ALCC Board Mtg. 5:00 pm Executive Committee 6:00 pm Cub Scouts | 5 8:30-9:30 am Fitness Class | 6 9:00 am Happy Helpers 10:00 am Mid-Week Bible Study | 7 6:30 am Men's Prayer Breakfast-Denney's Restaurant 5:00 pm-6:00 pm 'Come to Friday Dinner' | 8 11:30 am Ladies Lunch Group-the Max at Mira-beau |
| 9 Quilt Sunday 9:30 am Worship Service Sunday School After Worship Coffee Hour Confirmation 10:45 High School SS 7:00 – 8:00 pm Al-Anon meeting | 10 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts F/106/158 | 11 9:00 am Happy Piece-makers 5:00 pm Council Meeting 6:00 pm Cub Scouts F/106/158 | 12 8:30-9:30 am Fitness Class | 13 9:00 am Happy Helpers 10:00 am Mid-Week Bible Study | 14 6:30 am Men's Prayer Breakfast-Denney's Restaurant | 15 |
| 16 9:30 am Worship Service Sunday School After Worship Coffee Hour 10:45 High School SS 7:00 – 8:00 pm Al-Anon meeting | 17 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts F/106/158 | 18 9:00 am Happy Piece-makers 6:00 pm Heads of Committee Cub Scouts F/106/158 | 19 8:30-9:30 am Fitness Class | 20 9:00 am Happy Helpers 10:00 am Mid-Week Bible Study | 21 7:00 am Men's Prayer Breakfast-Denney's Restaurant 5:00 pm-6:30 pm 'Come to Friday Dinner' and Art Show | 22 9am-Noon Church Clean-up Day |
| 23 9:30 am Worship Service Sunday School After Worship Coffee Hour Confirmation 10:45 HS SS 7:00 – 8:00 pm Al-Anon meeting | 24 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts F/106/158 NEWSLETTER DEADLINE | 25 9:00 am Happy Piece-makers 6:00 pm Cub Scouts F/106/158 | 26 8:30-9:30 am Fitness Class | 27 9:00 am Happy Helpers | 28 7:00 am Men's Prayer Breakfast-Denney's Restaurant | 29 |
| 30 Reformation Sunday 'Fill the Shelf' Sunday 9:30 am Worship Service Sunday School After Worship Potluck 10:45 HS SS 7:00 – 8:00 pm Al-Anon meeting | 31 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts F/106/158 | | 12 | | | |

OCTOBER HOSPITALITY SCHEDULE

| Ministry Description | October 2 | October 9 | October 16 | October 23 | October 30 |
|--|-------------------------------------|---|---|---|--|
| | 9:30 AM | 9:30 AM | 9:30 AM | | 9:30 AM |
| ASSISTING MINISTER: (1) | Holly Gunby | Paula Kenney | | | Kara Wilson |
| COMMUNION ASSISTANTS (2) | Linda Camp Sue Wipperling | Marian Moseman Betty Quinn | Marian Moseman Sue Wipperling | Linda Camp Denise Walker | Betty Quinn Denise Walker |
| READER: (1) | Holly Gunby | Butch Yarnell | Robert Gieseke | Troy Lahman | Troy Lahman |
| ACOLYTE: (1) | | | | | |
| USHERS: (3-4) | | Bliesners | | Bliesners | |
| GREETERS: (2-4) | Jodi Meddock | Butch Yarnell | Jodi Meddock | Butch Yarnell | Marian Moseman |
| ALTAR FLOWERS: | | | | | |
| FELLOWSHIP HOSTS: | 1. Linda Tompkins 2. 3. 4. | 1. Missy Bliesner 2. Noah Bliesner 3. 4. | 1. Paula Kenney 2. Butch Yarnell 3. 4. | Girl Scout Troup Bake Sale-Kallie Haveman & Anna Miner | REFORMATION POTLUCK 1. Karen Nelson 2. Denise Walker 3. Carol Scheurer 4. |
| (Cookies, etc., 4 people, 4 dozen each) | Marilyn Keith Linda Tompkins | Marilyn Keith Ann Koschalk | Sammie Fletcher Marilyn Keith | Linda Lahman Denise Walker | Reformation Potluck |
| “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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RETURN SERVICE REQUESTED



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”