

# Advent Lutheran Church Newsletter



## LETTER FROM THE COUNCIL PRESIDENT

By Denise Walker

I can't believe that we are already moving into February. After checking my calendar, following are some holidays and Church events to mention.

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February 2nd - Ground Hog Day  
February 12th - Girl Scouts Bake Sale  
February 14th - Valentines Day  
February 20th - Presidents' Day  
February 21st - Fat Tuesday (Mardi Gras) — St. Mark's Service  
February 22nd - Ash Wednesday

While some are fun reminders, please mark your calendars for February 22nd to attend the Ash Wednesday service. It is scheduled for 6:30 pm as is all Wednesday Lenten services for the following 6 weeks.

The Council has begun to work on updating the Church By-laws and Constitution. Also we have just begun the planning for some maintenance priorities around the Church. As any work commences, we will keep the congregation informed and updated.

As the cold weather continues, I am in hopes that on February 2nd, Punxsutawney Phil does not see his shadow, so Spring will arrive early!

## LENTEN THEME FOR 2023

Am I guilty? I know that we all feel a little guilty about something but this Lenten season we will be visited by 6 figures from the Bible to help us understand what part guilt plays in our faith life and how that guilt is treated by God. I suppose you could call this a "guilt trip", however it is more of a walk through some biblical stories and characters who struggle with guilt (or self-righteousness). Come and join us this Lent for some soup at **5:30pm** and worship at **6:30pm on Wednesdays starting March 1. (Ash Wednesday is February 22<sup>nd</sup> and there is no soup dinner).** We will be using **Holden Evening Prayer** as our liturgy.



## Online Worship:

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

## HAPPY HELPERS

By Forrest Diehl

Well, I don't know about you but for some reason the seemingly continual grey skies, short days, lack of greenery, intermittent rain/snow mix, and only short spurts of direct sunlight really seem to be "getting to me", this winter. The melancholy and lethargic feelings that seem associated with the weather give me an empathetic feeling for those who suffer from depression and other mood disorders, including seasonal affective disorder (SAD). During this time of year, I think it is especially important to stay active physically, socially, and mentally. In addition to activity, I am convinced that one's diet and a sufficient amount of sleep are important in having a healthy attitude and outlook. However, the realistic side is that all of the aforementioned activities to combat mood disorders take a certain amount of personal resources. Some people simply do not have those resources nor the motivation to seek them. We offer prayers for them and for the success of those engaged in helping and comforting the less fortunate.

There is always danger in guessing the meaning of a word. Here is a list of medical related words that may lead one to the following erroneous meaning:

- Artery - The study of paintings
- Bacteria - Back door to cafeteria
- Barium - What happens to patients when doctors fail
- Benign - What you be, after you be eight
- Caesarean Section - A neighborhood in Rome
- Cat scan - Searching for Kitty
- Cauterize - Made eye contact with her
- Colic - A sheep dog
- Coma - A punctuation mark
- Dilate - To live long; better than dying early
- Enema - An enemy of Ma's
- Fester - Quicker than someone else
- Fibula - A small lie
- Impotent - Distinguished, well known
- Labor Pain - Getting hurt at work
- Medical Staff - A Doctor's cane
- Morbid - A higher offer
- Nitrates - Rates of Pay for Working at Night; Normally more money than Days
- Node - I knew it
- Outpatient - A person who has fainted
- Pelvis - Second cousin to Elvis
- Post Operative - A designated letter carrier
- Recovery Room - Place to do upholstery
- Rectum - Nearly killed him
- Secretion - Hiding something

## HAPPY HELPERS-Continued

**Lent** begins **Wednesday, February 22, 2023!** Typically, one thinks about Lent as a time for giving something up, taking something on, worshiping more, indulging less, etc. But Lent is much more than that, as I was reminded by a recent article that I read: "If you think of Lent as a season to earn God's favor by your good intentions or good works, than you've got a theological problem. God's grace has been fully given to us in Christ. We can't earn it by doing extra things or by giving up certain other things in fasting. One needs to see Lent as a time to grow in God's grace, to meditate and quietly let God talk to us. Lent gives us the opportunity to reflect on our faith and be more focused on our relationship with God through Jesus Christ." May each of us grow spiritually stronger during our Lenten journey in 2023.

And speaking of Lent, reminds me to remind you to watch for the **Fat Tuesday Jazz Mass at St. Mark's Lutheran Church**. Hopefully it will take place this year. If it does, it will take place during the evening of **February 21, 2023**. Make your reservations early. Marlene and I have attended it numerous times in the past and it is a wonderful way to begin the Lenten Season.

Happy Helpers accomplishments during January were: the take-down and storage of the Christmas decorations and trees (**Butch Yarnell, George Harrison, Bill Thurston, Daryl Ziemer, Dave Cook**); replaced burned out fluorescent light bulbs in sanctuary (**George Harrison, Daryl Ziemer**); vacuumed sanctuary altar area after removal of wreaths, advent candle holder, poinsettias, etc. (**Daryl Ziemer, George Harrison, Dave Cook**); changed out battery in fire exit sign in Child Center hallway (**Butch Yarnell, Dave Cook, George Harrison**); changed wording on outside Broadway Ave sign (**George Harrison, Daryl Ziemer**); set up tables and chairs for after-service social hour in gym (**Bill Thurston, Wade Wipperling, Daryl Ziemer, Dave Cook, George Harrison**); recemented laminate Formica sink countertop side strip in Child classroom (**Wade Wipperling, Butch Yarnell**); cleaned and recemented floor threshold from narthex to sanctuary (**Butch Yarnell, Wade Wipperling**); made repairs on rain gutter over outside gym entrance (**Wade Wipperling**); raked leaves (**Daryl Ziemer, Dave Cook**); changed air filters in furnaces located off the gym and in the furnace/tool room (**Bill Thurston, Wade Wipperling, George Harrison**); changed batteries in men's restroom paper towel dispenser (**Wade Wipperling, Bill Thurston**); tidied-up and organized hymnals, bibles, pamphlets, etc. in the sanctuary pews (**Daryl Ziemer, George Harrison, Butch Yarnell**); Brainstormed constructing art drying racks for two Child Center classrooms (**All**); etc.

The **Happy Helpers** are looking forward to the month of February and Ground Hog's Day (always a chance of an early bright spring to shake the melancholies I talked about earlier)! We meet **each Thursday morning, 9:00 A.M.**, at the church. Coffee, tea, and "goodies" are provided. If you can't make it by 9:00 A.M., come anytime. Usually, we finish talking by 9:30 A.M. and finish working by 11:00 A.M.

## COMMUNITY OUTREACH

By Babs Velategui

### 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"!!**



### VITALANT BLOOD DRIVE

Advent hosted a very successful **blood drive** on January 22, 2023. Thank you to all **17** who signed up, including three first time donors! We collected **13 units** of life saving blood at a much needed time. You are heroes in my book!

### OUTREACH COMMITTEE

**Outreach Committee** is looking for new leadership to continue Advent's work in the community. I am experiencing increased need to travel out of town for care of two 100 year old mothers. We have no annually scheduled events until this summer. The Spring is open for new ideas and possibly a drive to help the naomi community. Our CVSD school supply drive, Spokane Valley Partners Food Drive, Blessings Under the Bridge sock drive and Tree of Sharing have been coordinated by leaders who are very dependable with help from Cheryl. If anyone is interested in taking on the coordination of these and hopefully new endeavors, please let myself, Pastor or Cheryl know. I would continue to be the contact for the semi-annual blood drive. It has been my pleasure to serve as Outreach Chairperson, **Babs Velategui 509 701-8041.**

## ANNOUNCEMENTS

### Online Worship:

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

### LENTEN SCHEDULE

The following is the schedule each Wednesday during Lent. **Ash Wednesday, February 22: Worship service at 6:30 pm. Note: There will be NO soup supper on Ash Wednesday.**

**(March 1st through March 29th):**

**5:30 pm-Lenten Soup Supper**

**6:30 pm-Lenten Worship Service: In-person and livestream**

## ANNOUNCEMENTS-Continued

### MID-WEEK BIBLE STUDY

**Thursday morning Bible Study** meets each week at 10:00 am.

### 'COME TO FRIDAY DINNER'

**'Come to Friday Dinner'** will be on **February 3 & 17**, from **4:30 pm-5:30 pm. February 3rd Menu:** Goulash, salad, bread. **February 17th Menu:** Baked chicken, macaroni & cheese, bread. 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!

### BAKE SALE

**Girl Scouts Kallie Haveman & Anna Miner**, are planning their next **bake sale**, Valentine-themed, on **February 12<sup>th</sup>**. If you would like to support them, please come and enjoy some tasty treats!

### WOMEN'S RETREAT

Women's Retreat at **Camp Lutherhaven, February 10-11.** **"In His Time"** is a retreat for women to strengthen and refresh your walk with Jesus. See the flyer on the bulletin board for all the information on this upcoming exciting weekend! Applications are available on the sign-up table in the Narthex. **Questions?** Contact Camp Lutherhaven at **208-659-3782.**

### VOLUNTEERS NEEDED- (IN-REACH COMMITTEE)

Our **Parish Nurse, Debbie Martin**, is organizing a team of volunteers who would be available to help our church members when they have a need for a ride to a medical appointment, or need some yard work or snow shoveling done, or any other need as it arises. If you are interested and available to be a volunteer when the need arises, please see the sign-up sheet on the table in the Narthex. **Questions?** Please contact the **Church office at 509-928-7733**, or **Debbie Martin at 509-701-6689.**

### NEEDED!

If you are available to be a **Reader, Usher, Greeter, or Acolyte**, please see the **Hospitality sign-up sheet** on the table in the Narthex. We are also in need of additional **Assisting Ministers** and **Tellers**. If you are interested, please speak to **Pastor Matt** or call the **Church office at 509-928-7733.**

### MONTHLY LADIES LUNCHEON

Our next luncheon will be **February 11<sup>th</sup> 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.**

### NURSERY CARE AVAILABLE

Nursery care is available during our worship service. Infants and children are always welcome in worship, but if you think you need the use of a nursery there is a staffed nursery... just ask one of our ushers to direct you to it.

### NEWSLETTER DEADLINE

<sup>3</sup> If you wish to submit an article or announcement for the **March** newsletter, please submit it to the Church office no later than **Tuesday, February 21st.**

## **ANNOUNCEMENTS-Continued**

### **PICTORIAL DIRECTORY**

We are in the process of updating our **pictorial directory** for 2023. If you would like to add /update your photo to the directory, please feel free to stop by the church office between **8 am and 4pm, Monday–Friday**, to have your photo taken. **(It is preferred if you call ahead first).** You may also submit your own photo and email it to the **Church office at [alcspokane@comcast.net](mailto:alcspokane@comcast.net)**. In addition, if your **contact information** needs to be updated, please contact the **Church office at 509-928-7733**.

### **VISITATION MINISTRY**

The **Visitation team** is looking for **two new members**. Each member has 1-2 shut-ins to visit each month. New members are paired with an existing member. The team meets for lunch, sharing, devotion, and continuing education every other month. The next meeting is **February 13th at 11:30 am**. Please see **Marilyn Keith** or call or text her for more information. The team is praying for you as you consider this ministry. **509-808-3346**.

### **THANK YOU**

“THANK YOU! Thank you to everyone who has come forward to help with our Sunday morning fellowship! Thank you to all who have stepped up to be the host for a Sunday and to those of you who have brought goodies! You are all greatly appreciated. I also want to thank the Happy Helpers and those of you who helped with Jim Gunby’s memorial service and Santa Lucia back in December. My heart was with you all and I hear all went well. I hope everyone got enough cookies to eat! Thank you for your prayers for my daughter, they are greatly appreciated. She has finished her treatments and now it’s healing time”. **Sue Wippering**

“Dear Advent, Many, many thanks to the Happy Helpers, ladies of the church, Pr. Matt, Shirley and Cheryl for all your help in making my father’s memorial happen and beautiful. I am so grateful for my brothers and sisters at Advent for all your love and support. Although it has been a trying few years your prayers have been a great help and support to me and my family. Thank you and may God continue to smile on your generous and loving hearts.” **Holly Gunby and family**

### **JAZZ MASS LITURGY**

**Jazz Mass Liturgy** will be celebrated on **Fat Tuesday, February 21st**, at **St. Mark’s Lutheran Church**, 24th & Grand at **7:00 pm**. **Sinful desserts** will be served after worship. If you wish to take the bus, please be at the church and ready to **leave** promptly at **5:30 pm**. We will have room for **14 people** on the bus. **Pastor Matt** will be driving the bus this year. **Tes Sturges** and others from **Advent** will be providing a biscuit and gravy dinner **4:30 – 5:30 pm. on Fat Tuesday here at Advent**. Then those who wish, can take the bus at **5:30 pm** up to St. Mark’s Lutheran Church for the Jazz Mass Liturgy. This will allow everyone an opportunity to participate in the dinner and arrive at St. Mark’s by **7pm** for the Jazz Mass Liturgy.

### **LIVE-STREAM WORSHIP SERVICE**

For those watching online, when you get to the **Advent Lutheran Church YouTube home page**, click on the **‘LIVE’** tab to view the current worship services.

## **PASTOR MATT’S CORNER**

Ash Wednesday, the official start of the season of Lent, those 40 days that we spend in preparation for the great celebration that is Easter, and that symbolically remind us of the 40 days that Jesus spent in temptation before the start of his ministry. This particular time is a time for us to think inwardly and to think deeply about what God is calling us to in our own ministry and in our lives, and these 40 days are a time for us to explore those things.

The collect for Lent that starts our worship today says this, “Almighty and everlasting God, you hate nothing you have made and forgive the sins of all of those who are penitent. Create and make in us new and contrite hearts.” There’s something about the opening to that prayer, the reminder that God hates nothing that God has made, and that God recognizes we are going to fall into trouble, we are going to fall into sin, we are going to fall away from being faithful people. And that all we need to do is to turn back to God and that God will renew our hearts, in essence creating a new heart whenever it is needed.

Years ago, I remember working with a group of five- and six-year-olds. And there was a six-year-old in the pack, Daniel, who was a rambunctious, fun and big-hearted little boy. But, oh my gosh, he was so full of energy! And I used to say, wherever there was trouble in the room, look first for Daniel, because chances he was involved in that trouble. All the paints spill over, look for Daniel. Kids are in a fight and if they’re pinching and hitting each other, look for Daniel. Somebody has swiped the cookies for snack, look for Daniel. And I remember one time, as he was coming out of yet another visit to the time-out corner, I said to Daniel, “Do you think you could try for the rest of the day to really mind your manners and to be careful of other people and of other things?” And he looked at me with absolute seriousness and said, “I don’t know what happens. I try so hard to be good but there’s just so many things to get into, I can’t help myself. Even when I don’t want to do it, I can’t help myself.”

It reminds me of the Apostle Paul talking in the book of Romans, in the letter to the Roman church: that even when we want to do good, we wind up doing things that we don’t mean to do. That God has made a provision for us. God understands some part of us has the same struggle as little Daniel. Some part of us has the struggle that Paul names in Romans – that we do the things that we don’t mean to do. And Lent gives us a chance to look at that, to turn ourselves, again and again, back to God, and ask the question, “What is it that I am called to do now? And what do I need to ask forgiveness for? And who do I need to forgive?” We can’t help but be human and it is helpful always to remember that in our humanness, that God has made nothing on this planet that God doesn’t love, and God will always be able to meet us and help us.

You have my prayers for a holy and deeply fulfilling Lent.

**Article written by Bishop Carlye Hughes – Episcopal Diocese of Newark**

## **PARISH NURSE**

By Debbie Martin, RN, Parish Nurse

Currently we are in the middle of winter and most of us get the winter blues dealing with the cold weather, cloudy, lack of sunshine, etc. However if it is behind a day or two of “winter blues” it may be more than that. It may be Seasonal Affective Disorder. This is a common condition especially in the winter months and it needs to be addressed.

### **SEASONAL AFFECTIVE DISORDER or SAD**

**Overview:** Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons — SAD begins and ends at about the same times every year. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody. These symptoms often resolve during the spring and summer months. Less often, SAD causes depression in the spring or early summer and resolves during the fall or winter months.

Treatment for SAD may include light therapy (phototherapy), psychotherapy and medications. Don't brush off that yearly feeling as simply a case of the "winter blues" or a seasonal funk that you have to tough out on your own. Take steps to keep your mood and motivation steady throughout the year.

**Symptoms:** In most cases, seasonal affective disorder symptoms appear during late fall or early winter and go away during the sunnier days of spring and summer. Less commonly, people with the opposite pattern have symptoms that begin in spring or summer. In either case, symptoms may start out mild and become more severe as the season progresses.

#### **Signs and symptoms of SAD may include:**

- Feeling listless, sad or down most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Having low energy and feeling sluggish
- Having problems with sleeping too much
- Experiencing carbohydrate cravings, overeating and weight gain
- Having difficulty concentrating
- Feeling hopeless, worthless or guilty
- Having thoughts of not wanting to live

#### **Fall and winter SAD**

Symptoms specific to winter-onset SAD, sometimes called winter depression, may include:

- Oversleeping
- Appetite changes, especially a craving for foods high in carbohydrates
- Weight gain
- Tiredness or low energy

#### **Spring and summer SAD**

Symptoms specific to summer-onset seasonal affective disorder, sometimes called summer depression, may include:

- Trouble sleeping (insomnia)
- Poor appetite
- Weight loss
- Agitation or anxiety
- Increased irritability

## **PARISH NURSE-Continued**

### **Seasonal changes and bipolar disorder**

People who have bipolar disorder are at increased risk of seasonal affective disorder. In some people with bipolar disorder, episodes of mania may be linked to a specific season. For example, spring and summer can bring on symptoms of mania or a less intense form of mania (hypomania), anxiety, agitation and irritability. They may also experience depression during the fall and winter months.

#### **When to see a doctor**

It's normal to have some days when you feel down. But if you feel down for days at a time and you can't get motivated to do activities you normally enjoy, see your health care provider. This is especially important if your sleep patterns and appetite have changed, you turn to alcohol for comfort or relaxation, or you feel hopeless or think about suicide.

**Causes:** The specific cause of seasonal affective disorder remains unknown. Some factors that may come into play include:

**Your biological clock (circadian rhythm).** The reduced level of sunlight in fall and winter may cause winter-onset SAD. This decrease in sunlight may disrupt your body's internal clock and lead to feelings of depression.

**Serotonin levels.** A drop in serotonin, a brain chemical (neurotransmitter) that affects mood, might play a role in SAD. Reduced sunlight can cause a drop in serotonin that may trigger depression.

**Melatonin levels.** The change in season can disrupt the balance of the body's level of melatonin, which plays a role in sleep patterns and mood.

**Risk factors:** Seasonal affective disorder is diagnosed more often in women than in men. And SAD occurs more frequently in younger adults than in older adults.

Factors that may increase your risk of seasonal affective disorder include:

**Family history.** People with SAD may be more likely to have blood relatives with SAD or another form of depression.

#### **Having major depression or bipolar disorder.**

Symptoms of depression may worsen seasonally if you have one of these conditions.

**Living far from the equator.** SAD appears to be more common among people who live far north or south of the equator. This may be due to decreased sunlight during the winter and longer days during the summer months.

**Low level of vitamin D.** Some vitamin D is produced in the skin when it's exposed to sunlight. Vitamin D can help to boost serotonin activity. Less sunlight and not getting enough vitamin D from foods and other sources may result in low levels of vitamin D in the body.



### PARISH NURSE-Continued

**Complications:** Take signs and symptoms of seasonal affective disorder seriously. As with other types of depression, SAD can get worse and lead to problems if it's not treated. These can include:

- Social withdrawal
- School or work problems
- Substance abuse
- Other mental health disorders such as anxiety or eating disorders
- Suicidal thoughts or behavior

**Prevention:**

There's no known way to prevent the development of seasonal affective disorder. However, if you take steps early on to manage symptoms, you may be able to prevent them from getting worse over time. You may be able to head off serious changes in mood, appetite and energy levels, as you can predict the time of the year in which these symptoms may start. Treatment can help prevent complications, especially if SAD is diagnosed and treated before symptoms get bad.

Some people find it helpful to begin treatment before symptoms would normally start in the fall or winter, and then continue treatment past the time symptoms would normally go away. Other people need continuous treatment to prevent symptoms from returning.



### SUPER YOUTH TEAM

By April Marshall

I just have a reminder for **Sunday School**: For the month of February, Sunday School will continue to be on the **2nd and 4th Sundays** of the month. That means we will have class on 2/12 and 2/26. We will be back to every Sunday in March.

Additionally, I have put a lot of thought into Vacation **Bible School** this year. Last year, we did a two-day mini-VBS, and while attendance was very small, we still had a great time. I always love the energy of VBS, but I also know it can take time to execute even a mini-VBS successfully.

As many of you know, I started a full time teaching job this year, and the truth is it has taken a lot out of me physically and mentally. I love teaching, but it's not easy. The thought of finishing my first year as a full-time classroom teacher and then planning and executing a VBS has weighed heavily on my mind, and I have come to the decision that I need to step back from the position of VBS Director.

Therefore, I am seeking someone who could spearhead a VBS at Advent as the **VBS Director**. I would be happy to support in any way possible, either in doing a Mini or Full VBS. If this is something you would be willing to do, please reach out to me as soon as possible. I'd love to see this ministry continue. And I'd love to help and support. And I am sorry that I am not in a place at this time to be a VBS Director again, but I know the love and support I have in this congregation, and I know you all understand where I am coming from.

Please let me know if you are interested in volunteering or if you have any questions. My number is **509-808-4099**. Text or calls are fine.



## INCOME/EXPENSE INFORMATION

### Advent General Fund Income/Expense

	<u>December</u>	<u>Year to Date</u>
Income	36,122.15	344,359.64
Expense	35,178.73	334,252.99
<b>Net</b>	<b>943.42</b>	<b>10,106.65</b>

#### Notes for Advent Lutheran Church

- Expenses include the budgeted disbursement (10%) of benevolence dollars for the ELCA Synod, Spokane Valley Partners, Maasai Health Systems, and Lutheran Community Services. Because of your generous giving we were able to share that generosity by giving more than \$2,000 over the amount we had budgeted to give.
- Income from Jan-December was \$344,359 which is \$10,142.64 over budget and \$3,982 less than last year.
- Income includes \$6,412 from the annual Malzacher Endowment, \$10,000 from the Keith & Florence Wilson Endowment, and \$2,500 from the Don Young Endowment.
- Much of the increase stems from an increase in envelope offerings. Child Center fees are down as their fees include a portion of the administrative salaries which have decreased as mentioned below.
- For the year, income was above expenses by \$10,106.
- Total operating expenses from Jan-December was \$334,252 which is \$17,828 under budget and \$31,280 below last year.
- A large portion of the decrease in expenses over budget is in personnel expenses which are \$26,875 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 2021 as well as the reduction in staff.
- The Broadway campus expenses have gone up over budget primarily in insurance, janitorial service and utilities.
- Reserves are \$61,413 which is approximately 2.2 months of operating expenses.

### Child Center Income/Expense

	<u>December</u>	<u>Year to Date</u>
Income	82,894.59	928,046.90
Expense	108,472.85	950,115.90
<b>Net</b>	<b>-25,578.26</b>	<b>-22,069.00</b>

#### Notes for Advent Lutheran Child Center

- Total Reserve Amount is 135,255.17. This equates to 1.6 months tuition.
- December's expenses included \$25,000 in bonuses for staff using grant money awarded to us in 2021.

## PEOPLE IN OUR PRAYERS

**Church Family and Friends:** Baby Beckett, Harry & Manda Benton & family, Diane Buck, Larry Butler, Martha Olene Cason, Georgia Coulston, Genevieve Davenport, Henry Domine, Pastor Stacey Friedlein, Greschik family, Holly Gunby & family, Candy Harder, Leigh & Steve Hopkins, Arlo & Gwen Huber, Jean, Jenn Johnson, Audrey Knuttel & family, Breandan LaFontaine, Troy & Linda Lahman, Pastor Matt & Kristin Larson, Lee family, Lexi & Serenity, Florence Lingle, Jan Madden, Ian & SaraLu Moore, Bill Murphy, Tim Murphy, Sonya Neal, Dave Opsal, Amaryllis & Ken Otteman, Terry Powell & family, Gerry O'Rourke, Tim O'Rourke, Myrna Rehn, Diana Tesdal, Costa Tsakarestos, Webb & Wilson families, Young family, and Yong Yudt & family.

#### **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](mailto:alcspokane@comcast.net) or call the church office at (509) 928-7733.*

## ATTENDANCE

### IN-PERSON ATTENDANCE

December 24	101
December 25	23
January 1	75
January 8	93
January 15	91
January 22	76

### ONLINE VIEWS

December 24	56
December 25	40
January 1	37
January 8	36
January 15	38
January 22	35



## FEBRUARY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 8:30-9:30 am Fitness Class	<b>2</b> 9:00 am Happy Helpers 1:00 pm Mid-Week Bible Study	<b>3</b> 6:30 am Men's Prayer Breakfast- Denney's Restaurant 4:30-5:30 pm 'Come to Friday Dinner'	<b>4</b>
<b>5</b> 9:30 am Worship Service/Holy Communion <b>After Worship</b> Coffee Fellow- ship	<b>6</b> 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts F/106/158	<b>7</b> 9:00 am Happy Piece- makers 10:30 am ALCC Board Mtg. 5:00 pm Executive Committee 6:00 pm Cub Scouts	<b>8</b> 8:30-9:30 am Fitness Class	<b>9</b> 9:00 am Happy Helpers 1:00 pm Mid-Week Bible Study	<b>10</b> 6:30 am Men's Prayer Breakfast- Denney's Restaurant	<b>11</b> 11:30 am Ladies Lunch Group- The Max at Mira- beau
<b>12</b> 9:30 am Worship Service/ Communion Sunday School <b>After Worship</b> Coffee Fellow- ship-Bake Sale Confirmation 10:45 am High School Sunday School	<b>13</b> 8:30-9:30 am Fitness Class 11:30 am Visitation Team Mtg. 6:00 pm Boy Scouts F/106/158	<b>14</b> 9:00 am Happy Piece- makers 5:00 pm Council Meeting 6:00 pm Cub Scouts	<b>15</b> 8:30-9:30 am Fitness Class	<b>16</b> 9:00 am Happy Helpers 1:00 pm Mid-Week Bible Study	<b>17</b> 6:30 am Men's Prayer Breakfast- Denney's Restaurant  4:30-5:30 pm 'Come to Friday Dinner'	<b>18</b>
<b>19</b> 9:30 am Worship Service/ Communion <b>After Worship</b> Coffee Fellow- ship 10:45 am High School Sunday School	<b>20</b> <b>Presidents' Day</b>  <b>Church Office &amp; Child Center Closed</b>	<b>21 Fat Tuesday</b> 9:00 am Happy Piece- makers 4:30 pm Fat Tuesday Dinner 5:30 pm Bus leaves for St. Mark's 6:00 pm Cub Scouts 7:00 pm Fat Tuesday-St. Mark's Lutheran Church <b>NEWSLETTER DEADLINE</b>	<b>22 Ash Wednesday</b> 8:30-9:30 am Fitness Class  6:30 pm Worship Service	<b>23</b> 9:00 am Happy Helpers 1:00 pm Mid-Week Bible Study	<b>24</b> 6:30 am Men's Prayer Breakfast- Denney's Restaurant	<b>25</b> 9:00 am- 1:00 pm Daugh- ters of Norway
<b>26</b> 9:30 am Worship Service Sunday School <b>After Worship</b> Coffee Fellow- ship 10:45 am HS Sunday Sch. Confirmation	<b>27</b> 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts F/106/158	<b>28</b> 9:00 am Happy Piece- makers 6:00 pm Cub Scouts F/106/158	8			



### FEBRUARY HOSPITALITY SCHEDULE

Ministry Description	February 5	February 12	February 19 Presidents' Day Weekend	February 22 Ash Wednesday	February 26
	9:30 AM	9:30 AM	9:30 AM	6:30 PM	9:30 AM
<b>ASSISTING MINISTER:</b> (1)					
<b>COMMUNION ASSISTANTS</b> (2)	Shelle Seaholm Linda Sweet	Shelle Seaholm Linda Sweet	Karen Nelson Carol Scheurer	Karen Nelson Francie Shoquist	Karen Nelson Carol Scheurer
<b>READER:</b> (1)	Marilyn Keith	Dennis Johnson	Butch Yarnell	Barb Potter	Troy Lahman
<b>ACOLYTE:</b> (1)					
<b>USHERS:</b> (3-4)	1. Darrell Shoquist 2. Francie Shoquist	1. Daryl Ziemer 2. Jan Ziemer	1. Forrest Diehl 2. Marlene Diehl	1. 2. 3.	1. 2.
<b>GREETERS:</b> (2-4)	1. Belle Campbell 2.	1. Dennis Johnson 2. Cathy Johnson	1. Butch Yarnell 2.	1. Marian Moseman 2.	1. Jodi Meddock 2.
<b>ALTAR FLOWERS:</b>				XXX	XXX
<b>FELLOWSHIP HOSTS:</b>	1. 2. 3. 4.	1. 2. 3. 4.	1. 2. 3. 4.	XXX	
(Cookies, etc., 4 people, 4 dozen each)	Linda Semmen	Marlene Diehl Marilyn Keith	Jodi Meddock	XXX	
<b>“Share with God’s people .....,Practice Hospitality” Romans 12:13 (NIV)</b>					

Advent Lutheran Church  
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RETURN SERVICE REQUESTED



# Worship Schedule

**SUNDAY**

**Sunday Morning Worship: 9:30 am** In-Person and Online  
**Mid-Week Bible Study: 1:00 pm** Thursday - In-Person and Online

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