

Advent Lutheran Church Newsletter



INSIDE THIS ISSUE:

Letter from the Council President	1
Pastor Matt's Corner	2-3
Happy Helpers	4
Parish Nurse, Community Outreach, Announcements, Thank You, Super Youth Team	5-8
Income & Expense, People in Our Prayers, Attendance	9
March Calendar	10
March Hospitality Schedule	11
Worship Schedule	12



LETTER FROM THE COUNCIL PRESIDENT

By Denise Walker

As we move into March, I am reminded of the saying "Luck of the Irish" especially as St. Patrick's Day approaches (March 17th). Euphemisms such as rubbing the blarney stones, leprechauns, four leaf clovers, rainbows and pots of gold add to the fun, but don't forget to wear green! If you add all these wishes and prayers together it could be a dynamite combination especially when asking for peace and healing for everyone.

As we await Easter, Lent has begun. The Church has scheduled several Lenten soup suppers for Wednesdays starting at 5:30 pm with services to follow at 6:30 pm. I hope to see you all come out for the meal, fellowship and worship.

At the recent Council meeting in February, a motion was passed to clean the Church air ducts. Although the cost estimate is \$8,000, it comes from the fact that they have never been cleaned before. The cleaning will benefit everyone, especially those with allergies and health concerns.

The Council have begun the prioritization of areas to start the Church upgrading process. In the future we will be reaching out to recruit congregational members for assistance in their areas of expertise. As a reminder, the budget will dictate the funds available to complete projects large and small.

Please keep your calendars open on Wednesday evenings this month and plan to come out for fellowship and worship.

Blessings,
Denise

Online Worship:

www.youtube.com/c/adventlutheranspokane

PASTOR MATT'S CORNER

By Pastor Matt Larson

(Article written by Christopher Hunt, Feb 1 2018)

As a fairly recent student of the history of Lent, I wondered, “How can I tell a succinct story of Lent?” in the context of the vast history of the Christian Church, spanning nearly two millennia, with all its schisms, reformations, counter-reformations, and revivals. It has definitely not been an easy task, but I hope this overview is a helpful primer for those looking to learn more.

Beginning about six weeks before Easter, Lent is a time traditionally set aside for fasting, prayer, and reflection in preparation to celebrate the resurrection of Jesus Christ. It is one of the most enduring seasons in the Christian liturgical calendar with some elements dating to perhaps earlier than the second century. While observed for centuries by Catholic, Orthodox, Lutheran, Anglican, Episcopal, and Methodist Christians (and certainly others), Lenten traditions and practices have evolved over time. Yet, in spite of a turbulent church history, to say nothing of the ebb and flow of human migration, the rise of kingdoms, the decline of empires, the essence of Lent remains largely unchanged from its earliest history. In recent years, Lent has seen a renewal among evangelical Christians who have been historically wary of some of its trappings.

So, how to tell the short version of a very long history? Let's answer a couple of key questions to find out. Where did Lent come from, and how has it changed over the centuries?

The origins and early history of Lent

Historians generally agree that the 40-day period before Easter, known as Lent, emerged shortly following the Council of Nicea in 325 AD. Earliest observances of Lent seem to have focused particularly on the practice of fasting. Council records suggest that the fast applied at first mainly to new converts as a period of repentance and reflection before baptism at Easter. In any case, Lent quickly became a general practice churchwide. The actual 40-day period varied region-to-region, even church-to-church; some including weekends, some not; some fasting Sundays, others not. But in every case, the fast was strict: one meal a day after 3 PM with no meat, fish, or dairy. It was Pope Gregory I (590 - 604) who finally regularized the period of the fast churchwide, to begin on a Wednesday 46 days before Easter with a ceremony of ash, and not to include Sundays, which were perennial days of celebration.

Other historical records indicate that a pre-Easter season of fasting, had actually been in practice already, as far back as the second century, and perhaps even earlier. In “History of Lent,” Father William Saunders writes that early church father, St. Irenaeus (c. 130 - 202), in a letter to Pope St. Victor, mentioned a dispute about the number of days for the pre-Easter fast. Irenaeus noted that such “variation in observance did not originate in our own day, but very much earlier, in the time of our forefathers.” Irenaeus himself was a third generation disciple after the Apostles, so his dating of lenten fasting back to the time of his “forefathers” establishes it as a practice from the very earliest days of the church. Irenaeus’ letter references the idea of a fast lasting 40 days before Easter, strongly suggesting the concept predated Irenaeus’ own time. Jesus fasting 40 days and 40 nights in the desert to prepare for his public ministry is thought to be the primary inspiration for such a timeframe.

Following Nicea, Lenten practices remained essentially unchanged for centuries. However, by the 800s, the strictness of the fast began to relax. By the 1400s, Christians had begun eating the one meal earlier in the day, and later began to add a smaller meal to keep up their strength for work. Eventually, the one-meal restriction was lifted altogether, and new practices emerged, like the idea of giving up some luxury or need as a personal sacrifice for the season. Over time, “giving something up” became the centerpiece of Lent.

The post-Reformation Protestant critique of Lent

The emergence of various new Christian movements during the Protestant Reformation dramatically affected the tradition of Lent. While some Protestants continued to observe Lent, such as the Lutherans, some like the newly emerged Calvinists criticized the annual rite, claiming there was no scriptural basis for it. They condemned Lent as “man’s” tradition and a works-based vanity. Writing in 1536, John Calvin charged that Lenten practices were not a true imitation of Christ. Jesus kept the laws of Torah throughout his life, and fasted at appropriate times. He fasted 40 days to prepare for his public ministry and to testify that his gospel was from God. Calvin argued that Jesus taught no specific times of fasting. Lent “was therefore merely false zeal, replete with superstition, which set up a fast under the title and pretext of imitating Christ...” (IV.12.20., p. 760). A century later, Puritan theologian John Owen critiqued the Roman church for the Lenten practices of mortifying the flesh, the self-denial of giving something up. Owen charged that Lent called people more to “mortification” for its own sake, to count as righteousness, than to actual belief in the all-sufficient work of a Savior. “The truth is, they neither know what it is to believe nor what mortification itself intends...Such men know neither the Scriptures nor the power of God” (p. 290).

Considering the excesses of the Catholic Church in the years leading up to the explosion of the Reformation, the reformers’ wariness of works-based, or showy, practices is understandable. Luther, Calvin, and many other reformers, confronted many notions of the Catholic Church, such as the selling of indulgences, Purgatory, the Virgin Mary, the Pope, and the intercession of the saints. They relied upon the scriptures alone to understand God’s plan of salvation. For many of them and their progeny in the faith, Lent smacked of righteousness by works.

PASTOR MATT'S CORNER-CONTINUED

As evangelicalism rose in the 18th and 19th centuries, the biblical critique of Lent sharpened. The great evangelist Charles Spurgeon summed up the evangelical distrust of Lent with these words from 1885: "It is as much our duty to reject the traditions of men, as to observe the ordinances of the Lord. We ask concerning every rite and rubric, 'Is this a law of the God of Jacob?' and if it be not clearly so, it is of no authority with us, who walk in Christian liberty."

Lent in More Recent Days and a Renewal Among Protestants

Lent continued to evolve in practice in the centuries following the Reformation. In the Lutheran Church, Lent remained an important part of the lectionary, but was fully voluntary with regard to individual observance, whereas in the Catholic Church it remained a "Sacred Tradition," with the force of church law behind it.

But over the years, Lent has become less strict in almost every western tradition. In the Catholic Church, for example, the number of obligatory fasting days decreased incrementally from six days a week to three, and then eventually, to just two in the whole season of Lent: Ash Wednesday and Good Friday. The well known "fish on Friday" tradition began in the United States in 1966 when the Pope affirmed the abstinence from "flesh" on Fridays. In every tradition, however, the act of "giving something up" has remained strong. For all of these changes, though, the tradition of Lent is still largely recognizable to what it was nearly 2,000 years ago.

In recent years, Lent has resurged in importance among mainline Protestant churches and has even seen renewal among Protestants. In a time that some call the "post-Christian era," many evangelicals have gained a new appreciation for the Church Liturgical Calendar, and for a season to reflect on their need for the cross and to prepare their hearts to celebrate Christ's resurrection. For all faithful observers, Lent is about Jesus and what he did. "You could observe 1,000 Lents," says Eric Ferris, founder of the Lent Experience, "and it won't ever accomplish in your life what the cross of Jesus has." Whether Christians observe Lent or not, what really matters is our embrace of Christ crucified and the empty tomb.



HAPPY HELPERS

By Forrest Diehl

Blessed Lenten Season to You! I hope your Lenten Journey is going well. Lent is a time inspired by Jesus' 40 days in the wilderness, preparing for his own sacrifice. And in that same spirit of self-reflection and sacrifice we use the 40-days preceding Easter to make our own spiritual pilgrimage through Lent. God gives us the freedom to do that. Holy Week (still part of Lent) follows the first 40-days of Lent and begins with Palm Sunday, which this year is April 2nd. Holy Week has two other significant days, Maundy Thursday (Holy Thursday), the day that commemorates the day Jesus gathered his twelve disciples to celebrate Passover, and Good Friday, the day Jesus was crucified. I'm not sure why it is called "Good" Friday. I'm sure one could google that and find lots of answers. For me, the fact that Jesus' death on Friday led to the forgiveness of my sins allows me to accept the word "good", despite all the brutality and suffering leading to His death.

I just finished a book – a good one that I recommend to you – And There Was Light by Jon Meacham. Basically, it is a biography of Abraham Lincoln. And, as its subtitle suggests, Abraham Lincoln and the American Struggle, it is also about the tumultuous period during the Civil War. The book is essentially void of military history. Meacham guides one through Lincoln's family, friends, activities, and political/economic experiences while giving the reader an explanation on how they contributed to Lincoln's persona and personality. Meacham presents all this detail in a manner that flows smoothly and in a style that sparks interest. The research that Jon Meacham must have done is unbelievable, yet it is all there, just for the reading. In this non-fiction storyline, Abraham Lincoln emerged as President Of The United States with two goals in mind: 1) keep all the States united under one government, and 2) end slavery. Lincoln viewed separation of a State from the United States as treasonous and he viewed slavery as immoral. There is a lot of information about the history of slavery in the book, both from the slave-owners' perspective and from the view of the abolitionists/egalitarians. Lincoln sees slavery as a direct violation to the words in the Declaration of Independence, "that all men are created equal". To Lincoln and his followers, "being free" was at the heart of living in the United States and being an American. He abhorred the fact that it was legal to force men, women, and children to live in bondage in the United States. Meacham pointed out that Lincoln was not necessarily a "religious man", per-se, but like most Christians, Lincoln very much acknowledged God's presence in the day-to-day world. Lincoln never joined a church but he read the bible frequently and quoted it often. One clip that President Lincoln wrote, that caught my eye, was on God's Divine Will. He wrote this during the Civil War, during his anguish and empathy for his fellow Americans, who were engaged in battle.

Thoughts on The Divine Will
by Abraham Lincoln (1862)

"The will of God prevails. In great contests, each party claims to act in accordance with the will of God. Both *may* be and one *must* be wrong. God can not be *for*, and *against* the same thing at the

HAPPY HELPERS-Continued

same time. In the present civil war, it is quite possible that God's purpose is something different from the purpose of either party – and yet the human instrumentalities, working just as they do, are of the best adaptation to effect His purpose. I am almost ready to say this is probably true – that God wills this contest, and wills that it shall not end yet. By His mere quiet power, on the minds of the now contestants, He could have either *saved* or *destroyed* the Union without a human contest. Yet the contest began. And having begun, He could give the final victory to either side any day. Yet the contest proceeds."

I was struck how these words and thoughts can apply to any adversarial conflict, even in today's world. This passage affirms that Lincoln felt that God's presence was with the United States, even during its darkest period. Some of the Happy Helpers' accomplishments during February 2023 were: changed the light bulb in the eternal light in the sanctuary (**Dave Cook**); raked leaves (**Bill Thurston, Dave Cook, Daryl Ziemer, George Harrison, Butch Yarnell**); tightened play table legs in Child Center-classroom (**Dave Cook**); set up tables and chairs for Sunday fellowship coffee (**George Harrison, Bob Hubert, Wes Todd, Butch Yarnell, Daryl Ziemer, Bill Thurston**); cleaned leaves and debris from parking lot curb lines (**Bill Thurston, Dave Cook**); scheduled **CleanCo** to clean all church air ducts on February 23 and the Child Center duct work on February 25 (**Cheryl Tobin**); tightened sink cabinet hinge in Child Center classroom (**Dave Cook**); replaced batteries in restroom paper towel dispenser (**George Harrison, Bill Thurston, Daryl Ziemer**); tidied-up the pews in the sanctuary and resupplied envelopes, etc. in pew racks (**George Harrison, Daryl Ziemer**); realigned dishwasher drain to kitchen floor sump basin (**Heidi Davis**); constructed and mounted 4' X 2' non glass mirror in Child Center classroom (**Butch Yarnell, Daryl Ziemer**); etc.

The **Happy Helpers** are looking forward to the month of March and March Madness. A time of the season to say "**Go Zags**"! Happy Helpers meet **each Thursday** morning, **9:00 A.M.**, at the church. Coffee, tea, and "goodies" are provided. Visitors are always welcome. Speaking of visitors, **Susan Wipperling** made coffee for us on February 16. **Thanks Susan!** If you can't attend at 9:00 A.M., come whenever you can. We usually finish talking about 9:30 A.M. and finish working by 11:00 A.M.

Post Script: In 1973, Marlene and I were married in the presence of a Lutheran congregation, Grace Lutheran Church, Lewiston, Idaho. On **Sunday, March 5, 2023** we would like to celebrate our **50th wedding anniversary** in the presence of a Lutheran congregation, **you**. "It is altogether fitting and proper that we do this." Please join us during the coffee fellowship hour. No cards or gifts. Please come!

PARISH NURSE

By Debbie Martin, RN, Parish Nurse

Aging and Health: You and Your Medicines

As you age, it is important to know about your medicines to avoid possible problems. As you get older you may be faced with more health conditions that you need to treat on a regular basis. It is important to be aware that more use of medicines and normal body changes caused by aging can increase the chance of unwanted or maybe even harmful drug interactions.

The more you know about your medicines and the more you talk with your health care professionals, the easier it is to avoid problems with medicines.

As you age, body changes can affect the way medicines are absorbed and used. For example, changes in the digestive system can affect how fast medicines enter the bloodstream. Changes in body weight can influence the amount of medicine you need to take and how long it stays in your body. The circulation system may slow down, which can affect how fast drugs get to the liver and kidneys. The liver and kidneys also may work more slowly affecting the way a drug breaks down and is removed from the body.

Because of these body changes, there is also a bigger risk of drug interactions for older adults. Drug-drug interactions happen when two or more medicines react with each other to cause unwanted effects. This kind of interaction can also cause one medicine to not work as well or even make one medicine stronger than it should be. For example, you should not take aspirin if you are taking a prescription blood thinner, such as Warfarin, unless your health care professional tells you to.

Drug-condition interactions happen when a medical condition you already have makes certain drugs potentially harmful. For example, if you have high blood pressure or asthma, you could have an unwanted reaction if you take a nasal decongestant.

Drug-food interactions result from drugs reacting with foods or drinks. In some cases, food in the digestive track can affect how a drug is absorbed. Some medicines also may affect the way nutrients are absorbed or used in the body.

Drug-alcohol interactions can happen when the medicine you take reacts with an alcoholic drink. For instance, mixing alcohol with some medicines may cause you to feel tired and slow your reactions.

It is important to know that many medicines do not mix well with alcohol. As you grow older, your body may react differently to alcohol, as well as to the mix of alcohol and medicines. Keep in mind that some problems you might think are medicine-related, such as loss of coordination, memory loss, or irritability, could be the result of a mix between your medicine and alcohol.

PARISH NURSE-Continued

What Are Side Effects?

Some medicines can interact with other medicines, foods, drinks or health conditions. Side effects are unplanned symptoms or feelings you have when taking a medicine. Most side effects are not serious and go away on their own; others can be more bothersome and even serious. To help prevent possible problems with medicines, seniors must know about the medicine they take and how it makes them feel.

Keep track of side effects to help your doctor know how your body is responding to a medicine. New symptoms or mood changes may not be a result of getting older but could be from the medicine you're taking or another factor, such as a change in diet or routine. If you have an unwanted side effect, call your doctor right away.

Talk to Your Health Care Professionals

It is important to go to all of your medical appointments and to talk to your team of health care professionals (doctors, pharmacists, nurses, or physician assistants) about your medical conditions, the medicines you take, and any health concerns you have.

It may help to make a list of comments, questions, or concerns before your visit or call to a health care professional. Also, think about having a close friend or relative come to your appointment with you if you are unsure about talking to your health care professional or would like someone to help you understand and/or remember answers to your questions.

Here are some other things to keep in mind:

All Medicines Count: Tell your team of health care professionals about all the medicines you take, including prescription and over-the-counter medicines, such as pain relievers, antacids, cold medicines, and laxatives. Don't forget to include eye drops, dietary supplements, vitamins, herbals, and topical medicines, such as creams and ointments.

Keep in Touch with Your Doctors: If you regularly take a prescription medicine, ask your doctor to check how well it is working, whether you still need to take it, and, if so, whether there is anything you can do (like lowering fats in your diet or exercising more) to cut back or, in time, stop needing the medicine. Don't stop taking the medicine on your own without first talking with your doctor.

Medical History: Tell your health care professional about your medical history. The doctor will want to know if you have any food, medicine, or other allergies. He or she also will want to know about other conditions you have or had and how you are being treated or were treated for them by other doctors. It is helpful to keep a written list of your health conditions that you can easily share with your doctors. Your primary care doctor should also know about any specialist doctors you may see on a regular basis.

PARISH NURSE-Continued

Eating Habits: Mention your eating habits. If you follow or have recently changed to a special diet (a very low-fat diet, for instance, or a high-calcium diet), talk to your doctor about this. Tell your doctor how much coffee, tea, or alcohol you drink each day and whether you smoke. These things may make a difference in the way your medicine works. Tell your health professionals about your medical history and about all medicines or supplements you take.

Recognizing and Remembering to Take Your Medicines: Let your health care professional know if you have trouble telling your medicines apart. The doctor can help you find better ways to recognize your medicines. Also tell your doctor if you have problems remembering when to take your medicines or how much to take. Your doctor may have some ideas to help, such as a calendar or pill box.

Swallowing Tablets: If you have trouble swallowing tablets, ask your doctor, nurse, or pharmacist for ideas. Maybe there is a liquid medicine you could use or maybe you can crush your tablets. Do not break, crush, or chew tablets without first asking your health professional.

Your Lifestyle: If you want to make your medicine schedule more simple, talk about it with your doctor. He or she may have another medicine or ideas that better fits your lifestyle. For example, if taking medicine four times a day is a problem for you, maybe the doctor can give you a medicine you only need to take once or twice a day.

Put It in Writing: Ask your health care professional to write out a complete medicine schedule, with directions on exactly when and how to take your medicines. Find out from your primary care doctor how your medicine schedule should be changed if you see more than one doctor.

One of the most important services a pharmacist can offer is to talk to you about your medicines. A pharmacist can help you understand how and when to take your medicines, what side effects you might expect, or what interactions may occur. A pharmacist can answer your questions privately in the pharmacy or over the telephone.

Here are some other ways your pharmacist can help:

Many pharmacists keep track of medicines on their computer. If you buy your medicines at one store and tell your pharmacist all the over-the-counter and prescription medicines or dietary supplements you take, your pharmacist can help make sure your medicines don't interact harmfully with one another.

Ask your pharmacist to place your prescription medicines in easy-to-open containers if you have a hard time taking off child-proof caps and do not have young children living in or visiting your home. *(Remember to keep all medicines out of the sight and reach of children.)*

Your pharmacist may be able to print labels on prescription medicine containers in larger type, if reading the medicine label is hard for you.

Your pharmacist may be able to give you written information to help you learn more about your medicines.

PARISH NURSE-Continued

This information may be available in large type or in a language other than English. Your pharmacist can help keep track of your medicines.

Before you leave the doctor's office with a new prescription, ask:

- What is the name of the medicine and what is it supposed to do? Is there a less expensive alternative?
- How and when do I take the medicine and for how long?
- Whether to take it with water, food, or with a special medicine, or at the same time as other medicines.
- Can it be taken with over-the-counter medicines?
- If so, when?
- What to do if you miss or forget a dose.
- Whether you take it before, during, or after meals.
- The timing between each dose. For example, does "four times a day" mean you have to take it in the middle of the night?
- What your doctor means by "as needed."
- Are there any other special instructions to follow?
- What foods, drinks, other medicines, dietary supplements, or activities should I avoid while taking this medicine?
- Will any tests or monitoring be required while I am taking this medicine? Do I need to report back to the doctor?
- What are the possible side effects and what do I do if they occur?
- When should I expect the medicine to start working, and how will I know if it is working?
- Will this new prescription work safely with the other prescription and over-the-counter medicines or dietary supplements I am taking?

At the pharmacy, or wherever you get your medicines, ask:

- Do you have a patient profile form for me to fill out? Does it include space for my over-the-counter drugs and my dietary supplements?
- Is there written information about my medicine? Ask the pharmacist if it's available in large print or in a language other than English if you need it.
- What is the most important thing I should know about this medicine? Ask the pharmacist any questions that may not have been answered by your doctor.
- Can I get a refill? If so, when?
- How and where should I store this medicine?

Keep a Record of Your Medicines; Give Your Medicine Chest a Yearly Check-Up

To help you organize information about your medicines, list all the prescription and over-the-counter medicines, dietary supplements, vitamins, and herbals you take. Bring this list with you when you see your doctors and any other health care professional. It is very important that each of them knows what medicines you are taking. The list should include: the name of the medicine, the doctor who prescribed it, how much and how often to take, instructions on how to take the medicine, what it is taken for and any expected side effects.

PARISH NURSE-Continued

MOST COMMON MEDICATIONS FOR OLDER ADULTS
The CDC finds that among adults aged 60-79 in the United States, the following are the most used prescription drug types:

- Lipid-lowering drugs 45%
- Antidiabetic agents 23.6%
- Beta blockers (reduces heart disease or high blood pressure) 22.3%
- ACE inhibitors (reduces high blood pressure) 21.3%
- Proton pump inhibitors (reduces stomach acid production) 16.9%

National Institutes of Health,
<http://health.nih.gov/category/SeniorsHealth>
National Institute on Aging Information Center,
www.niapublications.org External Link Disclaimer
1-800-222-2225, 1-800-222-4225 TTY

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"!!**



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 Naomi. 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

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.

LENTEN SCHEDULE

The following is the schedule each Wednesday during Lent.

(Lent is March 1st through March 29th):

5:30 pm-March 1st: Lenten Potluck Soup Supper (the remaining soup suppers will be provided by Terry Powell)

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

MID-WEEK BIBLE STUDY

Mid-Week Bible Study meets on **Thursday morning at 10am**, both in-person and on Zoom. We are studying the Gospel of John.

'COME TO FRIDAY DINNER'

'Come to Friday Dinner' in March will be **March 10th and the 24th**, from **4:30 pm-5:30 pm**.

March 10th Menu: Tatertot casserole, vegetable.

March 24: Menu: Scrambled eggs, hash browns, bacon or sausage. 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!

PICTORIAL DIRECTORIES

The new pictorial directories are now available in the Narthex. You will find copies on the table under the bulletin board. *Please take one copy per family.* Thank you.

MONTHLY LADIES LUNCHEON

Our next luncheon will be **March 11th 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**.

'NEW FACES' ORIENTATION

Are you new to Advent in the last 3 months? Have you not been a part of one of our 'New Faces' Sundays? Pastor Matt would love to sit down with you and talk about Advent, Lutherans, and how we share Jesus in our community. We will have an orientation after worship on **March 19th** with a planned 'New Faces' Sunday on **Palm Sunday, April 2nd**. If you would like to join us, please communicate with Cheryl or Pastor Matt. If you have any questions, please contact the church office at **928-7733**.

NEWSLETTER DEADLINE

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

ANNOUNCEMENTS-CONTINUED

SYNOD ASSEMBLY

The **Church Council** is seeking volunteers (**one or two volunteers needed**) who would be interested in attending the **2023 Synod Assembly in Pasco, April 28-30**. Please contact a church **Council member** or the church **office (928-7733)** if you are interested in attending.

MEN'S PRAYER GROUP

The **Men's Prayer group** continues to meet each **Friday** morning at **6:30 am** at **Denny's Restaurant** on Sprague and Pines. We are currently using a Lenten devotional, entitled ***Walk Through the Wilderness***. Extra copies are available, please contact **Butch Yarnell**. All men are welcome!

THANK YOU

"Thank you to everyone who sent cards and prayed for me while I recover from hip replacement! I appreciate it all very much! I am doing really well and hope to see you all soon! Thank you again! " **Kristin Larson**

LENTEN WORSHIP

A big thank you to all our volunteers that will be performing a monologue during our evening Lenten services. Come and enjoy Holden Evening Prayer and support our thespians!! **Soup at 5:30pm, Worship at 6:30pm.**

THANK YOU!

Thank you so much for all your generous donations and support! Thanks to you, we have raised enough money to go on our trip to Washington DC and New York City. During our time in New York City and Washington DC, we will watch a Broadway show, visit Ellis Island and The Statue of Liberty, and will see many of the National monuments, as well as so many other amazing things. When we get back, we will make sure to tell you all about it.
Thank you!



Kallie and Anna



SUPER YOUTH TEAM

By April Marshall

I just want to remind our families that in March, Sunday School will return to a weekly schedule.

I am still seeking a **Vacation Bible School Director**, so please reach out to me if you are interested.

With Easter just around the corner, I am now seeking donations of candy to stuff in plastic Easter eggs for the Easter Egg hunt that will happen after the service on Easter Sunday. Please only donate candy that are individually wrapped and will fit in plastic eggs. I will gratefully accept donations up to **Sunday, March 26**. Look for a donation box in the Narthex.

In January, I challenged the students to memorize the names of the original 12 disciples. So far, we have three students who have been able to recall them all: **Anna H., Claire M., and Grace H.**



Here is a picture of the girls with their prizes.

INCOME/EXPENSE INFORMATION

Advent General Fund Income/Expense

	<u>January</u>	<u>Year to Date</u>
Income	24,989.61	24,989.61
Expenses	26,238.49	26,238.49
Net	-1,248.88	-1,248.88

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.
- Income from January was \$24,989 which is \$3,455 under budget and \$3,585 below than last year.
- For the year, income was below expenses by \$1,248.
- Total operating expenses for January was \$26,238 which is \$917 under budget and \$3,243 below last year.
- A large portion of the decrease in expenses from last year is in personnel expenses which are under budget due to the reduction in staff which occurred in April 2022.
- The Broadway campus expenses have gone up over budget primarily in insurance, janitorial service and utilities.
- Reserves are \$58,428 which is approximately 2.1 months of operating expenses.

Child Center Income/Expense

	<u>January</u>	<u>Year to Date</u>
Income	76,339.89	76,339.89
Expense	68,905.58	68,905.58
Net	7,434.31	7,434.31

Notes for Advent Lutheran Child Center

- Budgeted monthly expenses for 2023 are \$68,905.58.
- Total reserve amount is \$141,689.48. This equates to 2.05 months tuition.
- Due to changes in how we track our income/expenses, our income for January did NOT include our full DSHS payment, as payment for January actually arrives in February.
- Due to changes in our payroll cycles, January's payroll was lower than what will be normal.
- February will give us a more accurate picture of what normal monthly income/expenses will look like.

PEOPLE IN OUR PRAYERS

Church Family and Friends: Harry & Manda Benton & family, Rodney Bruse, Diane Buck, Larry Butler, Martha Olene Cason, Georgia Coulston, Genevieve Davenport, Henry Domine, Janet Esser, Pastor Stacey Friedlein, Faye Grant, Holly Gunby & family, Candy Harder, Leigh & Steve Hopkins, Arlo & Gwen Huber, Jenn Johnson, Audrey Knut-tel & family, Breandan LaFontaine, Troy & Linda Lahman, Kristin Larson, Lee family, Lexi & Serenity, Lingle family, Jan Madden, Ian & SaraLu Moore, Kyla Jo Moore, Bill Murphy, Tim Murphy, Sonya Neal, Dave Opsal, Amaryl-lis & Ken Otteman, Terry Powell & family, Christa Richardson, Gerry O'Rourke, Tim O'Rourke, Myrna Rehn, Diana Tesdal, Costa & Fotini Tsakarestos, and Wade Wip-perling.

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.*

ATTENDANCE

IN-PERSON ATTENDANCE

January 29	89
February 5	89
February 12	84
February 19	86

ONLINE VIEWS

January 29	31
February 5	22
February 12	26
February 19	20



MARCH CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:30-9:30 am Fitness Class 5:30 pm Lenten Soup Supper 6:30 pm Worship Service	2 9:00 am Happy Helpers 10:00 am Mid-Week Bible Study	3 6:30 am Men's Prayer Breakfast-Denney's Restaurant 4:30-5:30 pm 'Come to Friday Dinner'	4
5 Second Sunday of Lent 9:15 am Sunday School 9:30 am Worship Service/Holy Communion After Worship Coffee Fellowship 10:45 am High School Sunday School	6 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts F/106/158	7 9:00 am Happy Piece-makers 10:00 am Super Tots 10:30 am ALCC Board Mtg. 5:00 pm Executive Committee 6:00 pm Cub Scouts	8 8:30-9:30 am Fitness Class 5:30 pm Lenten Soup Supper 6:30 pm Worship Service	9 9:00 am Happy Helpers 10:00 am Mid-Week Bible Study	10 6:30 am Men's Prayer Breakfast-Denney's Restaurant	11 11:30 am Ladies Lunch Group-The Max at Mira-beau
12 Third Sunday of Lent 9:15 am Sunday School 9:30 am Worship Service/Holy Communion After Worship Coffee Fellowship Confirmation 10:45 am High School Sunday School	13 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts F/106/158	14 9:00 am Happy Piece-makers 10:00 am Super Tots 5:00 pm Council Meeting 6:00 pm Cub Scouts	15 8:30-9:30 am Fitness Class 5:30 pm Lenten Soup Supper 6:30 pm Worship Service	16 9:00 am Happy Helpers 10:00 am Mid-Week Bible Study	17 6:30 am Men's Prayer Breakfast-Denney's Restaurant 4:30-5:30 pm 'Come to Friday Dinner'	18
19 Fourth Sunday of Lent 9:15 am Sunday School 9:30 am Worship Service/Holy Communion After Worship Coffee Fellowship 'New Faces' Class 10:45 am High School Sunday School	20 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts F/106/158	21 9:00 am Happy Piece-makers 10:00 am Super Tots 6:00 pm Heads of Committee Meeting 6:00 pm Cub Scouts F/106/158	8:30-9:30 am Fitness Class 5:30 pm Lenten Soup Supper 6:30 pm Worship Service	23 9:00 am Happy Helpers 10:00 am Mid-Week Bible Study NEWSLETTER DEADLINE	24 6:30 am Men's Prayer Breakfast-Denney's Restaurant	25 9:00 am-1:00 pm Daughters of Norway
26 Fifth Sunday of Lent 9:15 am Sunday School 9:30 am Worship Service/Holy Communion After Worship Coffee Fellowship/Confirmation 10:45 am HS Sunday School	27 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts F/106/158	28 9:00 am Happy Piece-makers 10:00 am Super Tots 6:00 pm Cub Scouts F/106/158	29 8:30-9:30 am Fitness Class 5:30 pm Lenten Soup Supper 6:30 pm Worship Service 10	30 9:00 am Happy Helpers 10:00 am Mid-Week Bible Study	31 6:30 am Men's Prayer Breakfast-Denney's Restaurant	

MARCH HOSPITALITY SCHEDULE

Ministry Description	March 5	March 12	March 19	March 26
	9:30 AM	9:30 AM	9:30 AM	9:30 AM
ASSISTING MINISTER: (1)	Francie Shoquist Betty Quinn	Sandra McCune Francie Shoquist	Jodi Meddock Francie Shoquist	Karen Nelson Denise Walker
COMMUNION ASSISTANTS (2)				
READER: (1)	Marilyn Keith	Larry Nelson	Barb Potter	Butch Yarnell
ACOLYTE: (1)				
USHERS: (3-4)	1. Darrell Shoquist 2. Francie Shoquist	1. Noah Bliesner 2. Missy Bliesner	1. 2.	1. 2.
GREETERS: (2-4)	1. Belle Campbell 2.	1. 2.	1. 2.	1. Butch Yarnell 2.
FELLOWSHIP HOSTS:	1. Forrest Diehl 2. Marlene Diehl 3. 4.	1. Darrell Shoquist 2. Francie Shoquist 3. Missy Bliesner 4. Noah Bliesner	1. Noah Bliesner 2. Missy Bliesner 3. 4.	
(Cookies, etc., 4 people, 4 dozen each)	Anniversary Cake/Punch-Diehl	Missy Bliesner	Missy Bliesner Marilyn Keith	
“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 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”