

Advent Lutheran Church Newsletter



LETTER FROM THE COUNCIL PRESIDENT

By Denise Walker

Happy Easter Advent!

We have an exciting month ahead of us. It starts with Holy Week culminating with **Easter Sunday**. There will be two services; **Sunrise Service at Saltese Cemetery at 8:00 am** and then at **10:00 am at Advent**. We hope to have good turnouts for both services especially with visiting friends and family. Also, we will be hosting an **Easter Egg hunt** for the kids after worship at Advent.

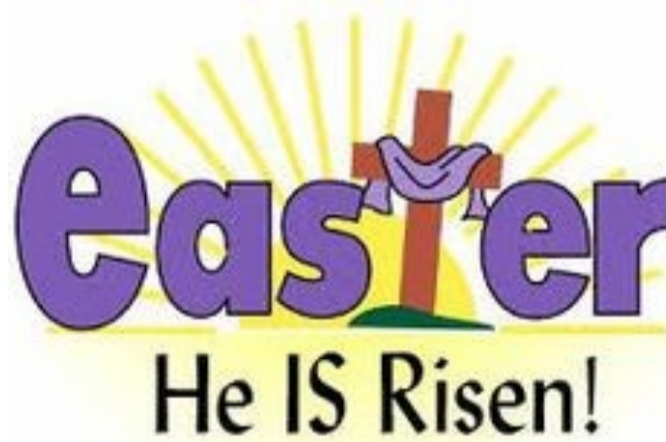
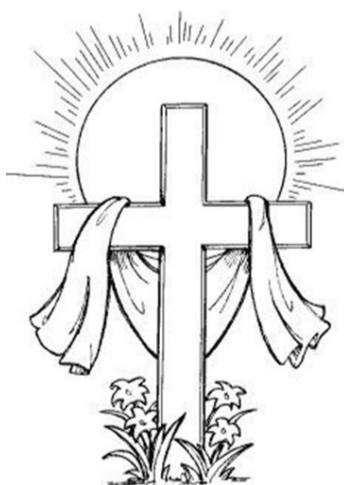
At the end of the month (**April 28-30**) the **Synod Assembly** will be meeting to elect a new Bishop. As most of you know, **Pastor Matt** is one of the nominees. I know his decision to accept the nomination was made after thoughtful prayer and overwhelming family support. With that, please join me in supporting him in his pastoral journey.

With regards to Council business; (1) we are still working on the lengthy priority (wish) list of Advent's upgrades and (2) working on the overhaul of the Church By-laws and Constitution. These two items alone will take time for careful thought and due diligence to make the correct decisions that benefit the Congregation as a whole. Please feel free to reach out to the Council with any ideas that will help continue to make Advent even better.

Blessings,
Denise

INSIDE THIS ISSUE:

Letter from the Council President	1
Happy Helpers, Pastor Matt's Corner	2-3
Parish Nurse, Recycling News, Community Outreach, Outreach Committee	4-5
Announcements	6
Income & Expense, Attendance, People in Our Prayers, Thank You	7
April Calendar	8
April Hospitality Schedule	9
Worship Schedule	10



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

HAPPY HELPERS

By Forrest Diehl

Congratulations! We are on the last leg of our Lenten Journey to Easter! I must express how fortunate I think we are at Advent Lutheran Church in having all the Wednesday activities that we have during Lent. It sure helps in affirming our individual and collective commitment to this time of reflection, discipline, and preparation for Easter. Thanks to all who make all those Wednesday activities happen (**Terry Powell, Sue Wipperling, Jodi Meddock, Karen Nelson**, and to all those who cooked and shared their soups)! The Holden Evening Services (**Pastor Matt, Kristin Larson, Paula Kenny, Holly Gunby, Kevin Kelly, Shirley Roraback, Ian Larson, etc.**), and the *"Am I Guilty"* monologues were all special and meaningful in the preparation for Easter 2023. **Thank-You!**

Airline Announcements:

- *A United Flight Attendant announced, 'People, people we're not picking out furniture here, find your seat and get in it!'*
- *On landing, the stewardess said, 'Please be sure to take all of your belongings... If you're going to leave anything, please make sure it's something we'd like to have.'*
- *An airline pilot wrote that on this particular flight he had hammered his ship into the runway really hard. ' He said that, in light of his bad landing, he had a hard time looking the passengers in the eye as they exited the plane, thinking that someone would have a smart comment. Finally, everyone had gotten off except for a little old lady walking with a cane. She said, 'Sir, do you mind if I ask you a question?' 'Why, no, Ma'am,' said the pilot. 'What is it?' The little old lady said, 'Did we land, or were we shot down?'*
- *As the plane landed and was coming to a stop at Ronald Reagan, a lone voice came over the loud speaker: 'Whoa, big fella, WHOA!'*
- *After a particularly rough landing during thunderstorms in Memphis, a flight attendant on a Northwest flight announced, 'Please take care when opening the overhead compartments because, sure as heck, everything has shifted after a landing like that.'*
- *Another flight attendant's comment on a less than perfect landing: 'We ask you to please remain seated as Captain Kangaroo bounces us to the terminal.'*
- *Overheard on an American Airlines flight into Amarillo, Texas on a particularly windy and bumpy day after an extremely hard landing: ',Ladies and Gentlemen, welcome to Amarillo Please remain in your seats with your seat belts fastened while the Captain taxis what's left of our airplane to the gate!'*
- *'Your seat cushions can be used for flotation; and, in the event of an emergency water landing, please paddle to shore and take them with our compliments.'*
- *'As you exit the plane, make sure to gather all of your belongings. Anything left behind will be distributed evenly among the flight attendants. Please do not leave children or spouses... except for that gentleman over there.'*

HAPPY HELPERS-Continued

- *Heard on Southwest Airlines just after a very hard landing in Salt Lake City. The flight attendant came on the intercom and said, 'That was quite a bump, and I know what y'all are thinking. I'm here to tell you it wasn't the airline's fault, it wasn't the pilot's fault, it wasn't the flight attendant's fault, it was the asphalt.'*
- *After a real crusher of a landing in Phoenix, the attendant came on with, 'Ladies and Gentlemen, please remain in your seats until Capt. Crash and the Crew have brought the aircraft to a screeching halt against the gate. And, once the tire smoke has cleared and the warning bells are silenced, we'll open the door and you can pick your way through the wreckage to the terminal.'*
- *Part of a flight attendant's arrival announcement: 'We'd like to thank you folks for flying with us today. And, the next time you get the insane urge to go blasting through the skies in a pressurized metal tube, we hope you'll think of US Airways.'*
- *Heard on a Southwest Airline flight - 'Ladies and gentlemen, if you wish to smoke, the smoking section on this airplane is on the wing and if you can light 'em, you can smoke 'em.'*

The Happy Helpers, again, compliment and thank **Roger Scheurer** for the work he does in recycling. **Roger** donates his personal time and resources to make this revenue-generating activity work. There are all kinds of action verbs that describe Roger's actions as he makes the recycling program a money generating and stewardship activity for the church – collects, carries, gathers, transports, lifts, sorts, packages, coordinates, etc. Thanks, **Roger**, for continuing to donate the recycling proceeds to the Happy Helpers' dedicated fund; and thanks to all who support this recycling activity!

Some of the tasks completed by the Happy Helpers during the month of March were: shoveled snow from sidewalks (**Wes Todd, Bill Thurston, George Harrison, Butch Yarnell, Dave Cook**); obtained new lock for off-site storage, exchanged the old with new lock, and coordinated with Church/Child Center offices for key distribution (**Butch Yarnell**); replaced fluorescent bulbs in wall fixtures in sanctuary (**George Harrison, Dave Cook**); reattached curtain rod bracket to wall in Child Center office (**George Harrison**); rehung felt board in Child Center classroom (**George Harrison, Dave Cook**); researched and purchased outside corner wall guards for Child Center hallway (**Dave Cook**); purchased and resupplied church with fluorescent light bulbs (**Mike McCune**); set up tables and chairs for Sunday after-worship coffee fellowship (**Dennis Johnson, Bob Hubert, Daryl Ziemer, Butch Yarnell**); replaced Child Center classroom cabinet hinges on door that fell off (**Bill Thurston**); replaced fluorescent light bulbs in classroom, conference room, and Child Center classroom (**Bill Thurston, Daryl Ziemer, Dave Cook**); spackled wall damage in Child Center classroom (**George Harrison**);

HAPPY HELPERS-Continued

donated zip ties to Happy Helper's tool supply (**George Harrison**); replaced the sanctuary lectern microphone and mounted on right side of lectern (**Butch Yarnell, Dave Cook, Daryl Ziemer**); set out ant traps near sacristy and cleaned up dead ants afterwards (no funeral) (**Daryl Ziemer**); replaced sanctuary ceiling fluorescent light bulbs and properly adjusted numerous ceiling light fixture lens covers (**Bill Thurston, Dave Cook, Daryl Ziemer**); made repairs on toilet paper dispensers in restrooms off the gym (**Bill Thurston, Butch Yarnell**); researched and purchased flag stand for Lutheran flag (**Bill Thurston**); cleaned leaves and debris from outside courtyard off the narthex (**Daryl Ziemer**); cleaned acolyte candle-lighter/snuffers (**George Harrison**); trimmed trees along west side of building and conifer tree in Child Center playground (**Bill Thurston, Daryl Ziemer, Bob Hubert, George Harrison, Butch Yarnell**); hauled all the forementioned tree trimmings away in his truck and trailer (**Bill Thurston Thanks Bill!**); etc.

The **Happy Helpers** are looking forward to the month of April and consistent **SPRING** temperatures. We meet each **Thursday** morning, **9:00 A.M.**, at the church. Coffee, tea, and "goodies" are provided. Visitors and new members are always welcome. If you want to join us and can't make it by 9:00 A.M., come anytime. Usually, we finish talking by 9:30 A.M. and finish working by 10:30 A.M.



PASTOR MATT'S CORNER

By Pastor Matt Larson

What if?

As many of you know I have accepted the nomination to run for Bishop of our synod. It has been almost one month since I formally accepted. It has also been almost a month of what ifs? This decision did not come easily, after many conversations and heartfelt prayer I decided to run. This does not in any way suggest that I am done at Advent. I love being here with all of you. I simply felt the need to see if my skills and experience are what is needed right now for our synod. So, what if I win the election? (That's a big if!) I would most likely be at Advent through August and then an interim pastor would be brought in and the call process would begin. And what if I lose the election? Then we continue doing ministry here in Spokane Valley together!

Also, I have a **sabbatical** scheduled to start **May 15th**. What if I win the election? I would not go on a three month sabbatical though I will take some time off in the summer to walk the Camino from Lisbon to Santiago de Compostela. What if I lose the election? I will take my three month sabbatical with the focus of looking "down the road" to where Advent can thrive and continue to be a strong congregation, reaching out and reaching in.

So, I humbly ask for all your prayers and support during this "What if" period. The **Synod Assembly** is **April 28-30** in Pasco. Also, lift up all those who will be running not only for Bishop but Vice President and council and committee openings. It will be a full agenda!

I hope all of you will be with us during Holy Week as we make our way to Easter Sunday once again. Both **Maundy Thursday** and **Good Friday worship services** will begin at **6:30pm** and on Sunday the **Easter Sunrising Service** at **Saltese Cemetery** will be at **8am** and our worship at **Advent** will be at **10am**.

Oh, and one more thing. Lord, can we have some sunshine and warmth? Amen.

Blessings,
Pastor Matt

PARISH NURSE

By Debbie Martin, RN, Parish Nurse

Is it Normal for Men to Experience Incontinence?

Does the increased urge to urinate often wake you up in the middle of the night, or do you find yourself needing to use the restroom every hour? Do you often feel like your increased urination frequency gets in the way of your day-to-day activities? Or do you notice that you leak urine when performing specific activities such as lifting something heavy or going up the stairs?

Despite what you may have heard, male incontinence is not a normal aspect of aging. It's a treatable condition. Whether you're experiencing incontinence with urgency or just have the increased frequency to urinate, a physical therapist can help you in tailoring an independent program to combat these symptoms and occurrences.

What is urgency urinary incontinence or OAB (Overactive Bladder) and what causes it?

Simply put, urge incontinence is the urgent desire to urinate associated with the uncontrolled loss of urine.

Why does it happen? There's no one simple answer here. There can be a multitude of reasons why an individual may experience urge urinary incontinence. I've listed some of the most common causes below. Typically, the underlying cause is that the bladder muscle, called the detrusor, is overactive.

Some common urge incontinence triggers include hearing running water, opening the garage door or front door of your home, and not feeling secure when you're in an area where there are no restrooms nearby.

What is stress incontinence?

Stress incontinence is the involuntary loss of urine with increased intraabdominal pressure. Often, patients who have stress incontinence will experience symptoms when performing specific activities such as running, jumping, going up or down stairs, lifting something heavy, coughing or sneezing.

What are some common causes of incontinence or increased urinary frequency?

- Radical prostatectomy
- Prostatitis
- Prostate cancer
- Neurologic conditions (Stroke, Parkinson's Disease, Spinal Cord Injury, etc.)
- Cystitis
- UTI
- Urinary stones
- Obstructions
- Weakness in the pelvic floor
- Overactive pelvic floor
- Increased weight
- Smoking
- Age related changes
- Bathroom habits that have been formed over time, including "Just in Case" voiding

PARISH NURSE-Continued

Diet (caffeine, alcoholic beverages, carbonated beverages, spicy foods, highly acidic foods such as tomato based products and citrus fruits can contribute to the condition)

What is the normal physiology of the bladder?

You may wonder how long it takes the bladder to fill, and how often you should pee on a daily basis. What is considered normal? Like most things in life, everyone is different. The normal amount of times someone voids in a 24-hour period is six to seven times a day, or, on average, waiting two or more hours between visits to the restroom. This can vary widely with some people going as few as 4 and others as often as 10.

The average bladder is able to hold about 2 cups of urine, which studies show takes an average of 9-10 hours for your body to produce depending on how much fluid you drink. That does not, however, mean you should not feel the urge to urinate sooner than that. Research tells us that receptors in your bladder tell your brain that you need to pee when it is only a quarter of the way full.

What are good bladder habits?

Good bladder habits can help keep your bladder healthy and keep you from developing urinary incontinence. Bladder training can even be an effective part of treating urinary incontinence, reducing the sense of urgency and helping control leakage. Incorporate the following tips in your daily routine.

- Make sure you are taking your time when toileting and use a comfortable position.
- Avoid straining/pushing out the flow of urine — urine should flow easily and at a steady stream.
- Avoiding "JIC" (Just in Case) voiding should be avoided. What this means is that you should only use the restroom when your bladder is full and you have a strong urge to go. Don't use the restroom just because you are trying to avoid having to go at a later moment. Don't hold your bladder for too long.

What is the best way to maintain good bladder health?

There are a number of ways to keep your bladder happy and healthy, including practicing good bladder habits as outlined above. Other tips include:

- Drink fluids throughout your whole day. How much water to drink will be dependent on your body size, but a good rule of thumb is to drink between half an ounce to an ounce of water for each pound you weigh. So for instance, if you weigh 180 pounds, you should drink at least 60 ounces of water in a day.
- Limit the amount of alcohol, caffeine, chocolate, artificial sweeteners, spicy foods, acidic foods (tomato based foods, citrus foods), and carbonated beverages you consume daily since these are common bladder irritants.
- Focus on maintaining the strength of your pelvic floor.

PARISH NURSE-Continued

What are the pelvic floor muscles and why are they important?

The pelvic floor includes a “sling” of muscles that attaches from your pubic bone to your tailbone at the bottom of the pelvis. Together, the pelvic floor muscles serve a range of functions including:

- support the pelvic organs, bladder, and colon
- start and stop the flow of urine as well as the passage of flatulence and bowel movements
- stabilize the hips, lumbar spine, sacrum, and pelvis when we move
- move blood and lymphatic fluid back toward the heart sexual function

How do I engage the pelvic floor muscles?

Most folks are familiar with the term “Kegel.” But what are Kegels and can anyone do them? A Kegel is an exercise that specifically targets the pelvic floor muscles.

To do a Kegel, think about the sensation of stopping the flow of urine mid-stream or of holding back gas or a bowel movement and replicate the way you would tighten those muscles in those instances. It should feel like the sling of muscles is tightening and you may even experience a lifting sensation upward.

Are you nervous or uncertain about seeing a PT for the following symptoms?

While Men’s Health Physical Therapy is a relatively new and somewhat poorly understood, it is an ideal option for men experiencing pelvic floor dysfunction, including urinary incontinence.

Physical therapy has a high success rate in treating pelvic floor symptoms – 70-80 percent.

There are many ways physical therapists work with patients to help them achieve control of their bladder and bowels. Treatment plans vary based on individual situations.

Common treatments to expect when you see a physical therapist for Pelvic health physical therapy may include:

- Bladder retraining
- Voiding diaries
- Quick Flick Maneuver
- Mind-set / distractors
- Pelvic floor strengthening
- Kegels
- Diaphragmatic breathing
- Transverse Abdominis recruitment via Posterior Pelvic Tilt
- Diet modification
- Alcohol beverages
- Caffeine
- Carbonated beverages
- Artificial sweeteners
- Spicy foods
- Acidic based foods (tomatoes, citrus)
- Biofeedback

RECYCLING NEWS

By Roger Scheurer

Happy Spring and thank you to everyone that has contributed to our aluminum can fund raising program! As you may know, we have collection bins at the northwest corner of the parking lot for aluminum beverage can donations. These cans should be bagged in plastic bags of any kind before putting them into the bins. Once a month we take the cans to a recycling center and redeem them for cash that the **Happy Helpers** use for small repair projects around the church. Since 2011 when we started this program here at Advent, we’ve recycled over **4700 lbs.** of aluminum cans. This generated a little over **\$2,500.00**. Last year we cashed in **432 lbs.** for which we received **\$206.00**. Hopefully we can up that amount this year. So save all of your beverage cans!! This is an easy little fundraiser for us. Again, thank you for your empties!!!

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”!!**



CAMP LUTHERHAVEN

Lutherhaven Camperships: We have a **sign-up sheet** on the table in the Narthex to sign up your child for summer camp.

OUTREACH COMMITTEE

We are very pleased to share that **Jody Harris and Missy Bliesner** have agreed to co-chair the **Outreach Committee!** We thank **Babs Velategui** for all the dedication and hard work she has contributed to the Outreach Committee and its various events over the past several years. **THANK YOU Babs!** With the extra care Rick and Babs’s mothers are needing, it has become necessary for Babs to step back for a bit. Babs will continue to be the contact for the semi-annual Blood Drive. We look forward to partnering with Jody and Missy on the various events planned for throughout the upcoming year.

ANNOUNCEMENTS

Online Worship:

www.youtube.com/c/adventlutheranspokane

HOLY WEEK SCHEDULE

Palm Sunday: April 2

9:30 am Worship service with Holy Communion

Maundy Thursday: April 6, 6:30 pm

Good Friday: April 7, 6:30 pm

(The Church office and Child Center will be closed)

Easter Sunday: April 9

8:00 am Sunrising Service: Saltese Cemetery (in person only)

10:00 am Worship service with Holy Communion

(All services are in-person and online)

CHORAL GROUP

Choral Group Practice: There is one more practice for the special music to be offered Holy Week and Easter Sunday. It will be **Wednesday, April 5th at 6:30 p.m.** Questions? Contact **Paula Kenney** at **509-991-3869** or the Church Office at **509-928-7733**.

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. There will be **NO** Bible study **April 6**.

MEMORIAL SERVICE

Rev. Duane Uilleland passed away March 6. A memorial service will be held at **St. Luke's Lutheran Church, Spokane, Tuesday, April 11 at 1:00 pm.**

'COME TO FRIDAY DINNER'

'Come to Friday Dinner' in April will be **April 14 and April 28**, from **5:00 pm-6:00 pm**.

April 14 Menu: Ham & baked potatoes, green beans, and dessert.

April 28 Menu: Spaghetti, crunchy green salad, French bread, and dessert. 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!

INTERMENT SERVICE

An interment service will be held on **Saturday, April 15, at 11:00 am** for **Douglas and Beverly Lee**, at **St. John's Cathedral** in Spokane.

CIVIC THEATRE

Civic Theatre presents **National Pastime:**

Thursday, April 20, 2023

The play begins at 7:30 pm.

Cost is \$12/students and \$27/adults

Everyone is welcome to attend the **National Pastime**, an award-winning play for the 75th anniversary of Jackie Robinson's historic MLB debut.

If you wish to ride the bus, please indicate on the sign-up sheet. If so, please be here at the church ready to leave by **6:30 pm.** Questions? Please contact **Linda Semmen** at **509-389-4191**.

ANNOUNCEMENTS-Continued

LADIES MONTHLY LUNCHEON

Due to the Easter Holiday in April we have changed our luncheon date to the **THIRD Saturday, April 22nd**. Please sign up or call **Gerry O'Rourke** at **509-893-0787** by **Thursday, April 20th** for reservations.

GOLDENAGERS' DAY OUT

Spring GoldenAgers' Day Out! May 2, 10:00 am-2:00 pm at **Camp Lutherhaven**. Please meet at the Church and be ready to leave by **8:45 am**. Please see the **sign up sheet** on the table in the Narthex if you wish to attend. We plan to return to the church by **2:30 pm.** Questions? Contact **Linda Semmen** at **389-4191**.

SPOKANE INDIANS BASEBALL GAME

Spokane Indians are once again offering 'Faith Nights' at their stadium. Advent Lutheran has a reservation for **Saturday, May 13th, 5:00 pm.** See the sign-up sheet on the table in the Narthex, or you may call the Church office at **509-928-7733**. **Upper Box Seats** is **\$13 per ticket**. These are traditional stadium style seats with seat backs and are located closer to the middle of the stadium.

SEMIANNUAL CONGREGATIONAL MEETING

The **Semiannual Congregational Meeting** will be on **Sunday, June 4 following the Worship service.** At this meeting we will elect three new Council members and review Committee and small group reports. If you would like to submit a **report about your committee's activities** (photos are great too!), this past year or what you have planned this coming year, **please submit your report to the Church office no later than Sunday, May 7th.**

NAME TAGS

If you are in need of a **name tag**, please see the **sign-up sheet** on the table in the Narthex. Our name tags come with a magnetic back. If you have a pacemaker or other medical condition that would prevent you from using a magnetic back, please let us know. We are happy to order you a name tag with a pin. Thank you.

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. All men are welcome!

VACATION BIBLE SCHOOL (VBS)

Please join us for four days of **VBS on June 26th - 29th from 9:00-12:00!** VBS open to elementary-aged participants (K-5 for the 2022-23 school year), and the cost is only **\$5**. Participant Forms (not yet available) will be due by **June 15th**. More information will be available in the weeks to come. Start thinking about who you will invite to participate - will it be the neighbor kids, nieces, nephews, grandchildren, great grandchildren? Pray for the leadership team as we plan and prepare for VBS. We will be looking for volunteers for stations and group leaders (the volunteer form is not yet available). Pray about how you will participate in VBS. Put the dates on your calendar and look for the form in the next week or so. Questions can be directed to **Jody Harris** at **801-450-6879** (either call or text) or by email at djtlharris@cs.com.

INCOME/EXPENSE INFORMATION

Advent General Fund Income/Expense

	<u>February</u>	<u>Year to Date</u>
Income	27,497.94	52,487.55
Expenses	27,837.78	54,076.27
Net	-339.84	-1,588.72

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 for January through February was \$52,487 which is \$4,402 under budget and \$285 above last year.
- For January through February, expenses were higher than income by \$1,569.
- Total operating expenses for January through February were \$54,076 which is \$4,148 over budget and \$7,179 less than last year.
 - A large portion of the increase in expenses from last year is in maintenance which included pew cleaning and duct cleaning as well as an increase in utilities and janitorial fees.
 - Personnel fees are down from last year as we had an extra person on payroll through April of 2022.
- Reserves are \$58,428 which is approximately 2.1 months of operating expenses.

Child Center Income/Expense

	<u>February</u>	<u>Year to Date</u>
Income	82,026.64	158,366.53
Expense	80,029.32	149,975.75
Net	1,997.32	8,390.78

Notes for Advent Lutheran Child Center

- Budgeted monthly expenses for 2023 are \$68,905.58.
- Total reserve amount is \$142,645.95. This equates to 2.07 months tuition.

ATTENDANCE

IN-PERSON ATTENDANCE

February 26	77
March 5	106
March 12	94
March 19	93
March 26	85

ONLINE VIEWS

February 26	35
March 5	26
March 12	26
March 19	22
March 26	22



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, Susan Fox & family, Pastor Stacey Friedlein, Faye Grant, Holly Gunby & family, Candy Harder, Peggy Hinrichs & family, Leigh & Steve Hopkins, Gwen Huber & family, Audrey Knuttel & family, Troy & Linda Lahman, Lee family, Lexi & Serenity, Jan Madden, Steve Masini, Ian & SaraLu Moore, Marian Moseman, Bill Murphy, Tim Murphy, Sonya Neal, Phyllis Nodland, Amaryllis & Ken Otteman, Terry Powell & family, Myrna Rehn, Richardson family, Gerry O'Rourke, Tim O'Rourke, Diana Tesdal, Costa & Fotini Tsakarestos, Ulleland family, and Wade Wipperling.

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.*



THANK YOU

"THANK YOU to all my Church family for the prayers, well wishes, cards, phone calls, and visits, as I continue to recover from total knee replacement. I am finally make healing progress and will be back to almost normal soon. God Bless you all, **Wade Wipperling**"

"Thanks to all who attended and helped host Marlene and Forrest's anniversary celebration during the coffee fellowship hour on 5 March 2023. Your loving spirit is gratefully received! And, also thanks to Pastor Matt and the congregation for the special blessing at the end of the worship service. That was especially generous and greatly appreciated!" **Marlene & Forrest and Family**

APRIL CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:00 am ALCC Easter Egg Hunt
2 Palm Sunday 'New Faces' 9:30 am Worship Service/Holy Communion/'New Faces' Sunday School After Worship Coffee Fellow- ship 10:45 am High School Sunday School	3 Holy Week 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts	4 Holy Week 9:00 am Happy Piece- makers 10:30 am ALCC Board Mtg. 5:00 pm Executive Committee 6:00 pm Cub Scouts	5 Holy Week 8:30-9:30 am Fitness Class 6:30 pm Choir Practice	6 Maundy Thursday Holy Week 9:30-11:00 am Basic Balance 6:30 pm Worship Service	7 Good Friday Holy Week 6:30 am Men's Prayer Breakfast Church & Child Center Closed 6:30 pm Worship Service	8 Vigil of Easter
9 Easter Sunday 8:00 am Sunrising Service-Saltese Cemetery 10:00 am Worship Service/Holy Communion After Worship Coffee Fellow- Ship/Easter Egg Hunt	10 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts	11 9:00 am Happy Piece- makers 10:00 am Super Tots 5:00 pm Council Meeting 6:00 pm Cub Scouts	12 8:30-9:30 am Fitness Class	13 9:00 am Happy Helpers 9:30-11:00 am Basic Balance 10:00 am Mid-Week Bible Study	14 6:30 am Men's Prayer Breakfast- Denney's Restaurant 5:00-6:00 pm 'Come to Friday Dinner'	15 11:00 am Interment for Doug- las & Beverly Lee- St. John's Cathedral
16 9:30 am Worship Service/Holy Communion Sunday School After Worship Coffee Fellow- Ship 10:45 am High School Sunday School	17 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts	18 9:00 am Happy Piece- makers 10:00 am Super Tots 6:00 pm Heads of Com- mittee Meeting 6:00 pm Cub Scouts	19 8:30-9:30 am Fitness Class	20 9:00 am Happy Helpers 9:30-11:00 am Basic Balance 10:00 am Mid-Week Bible Study	21 6:30 am Men's Prayer Breakfast- Denney's Restaurant	22 11:30 am Ladies Lunch Group- The Max at Mirabeau 9:00 am- 1:00 pm Daugh- ters of Norway
23 9:30 am Worship Service/Holy Communion Sunday School After Worship Coffee Fellow- Ship/Confirmation 10:45 am HS Sunday School	24 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts NEWSLETTER DEADLINE	25 9:00 am Happy Piece- makers 10:00 am Super Tots 6:00 pm Cub Scouts	26 8:30-9:30 am Fitness Class	27 9:00 am Happy Helpers 9:30-11:00 am Basic Balance 10:00 am Mid-Week Bible Study	28 Synod Assembly 6:30 am Men's Prayer Breakfast- Denney's Restaurant 5:00-6:00 pm- 'Come to Friday Dinner'	29 Synod Assem- bly
30 'Fill the Shelf' Sunday Synod Assembly 9:30 am Worship Service/Holy Communion Sunday School After Worship Coffee Fellow- Ship 10:45 am HS Sunday Sch.			8			

APRIL HOSPITALITY SCHEDULE

Ministry Description	April 2 Palm Sunday	April 9 Easter Sunday	April 16	April 23	April 30
	9:30 AM	9:30 AM	9:30 AM	9:30 AM	9:30 AM
ASSISTING MINISTER: (1)	Duane Yates	Kara Wilson			Duane Yates
COMMUNION ASSISTANTS (2)	Ann Koschalk Jodi Meddock	Jodi Meddock Linda Tompkins	Jodi Meddock Marlyce Murphy	Jodi Meddock Bonnie Rehn	Jodi Meddock Signe Stokes
READER: (1)	Jody Harris Marilyn Keith	Butch Yarnell	Marilyn Keith		
ACOLYTE: (1)	Noah Bliesner				
USHERS: (3-4)	1. Bill Johnson 2. Linda Semmen	1. 2.	1. 2.	1. Darrell Shoquist 2. Francie Shoquist	1. 2.
GREETERS: (2-4)	1. Denise Walker 2.	1. Butch Yarnell 2.	1. Belle Campbell 2.		1. 2.
FELLOWSHIP HOSTS:	1. Missy Bliesner 2. 3. 4.	1. 2. 3. 4.	1. Marilyn Keith 2. 3. 4.		
(Cookies, etc., 4 people, 4 dozen each)	Missy Bliesner Babs Velategui Jan Ziemer				
“Share with God’s people,Practice Hospitality” Romans 12:13 (NIV)					



Advent Lutheran Church
13009 E Broadway
Spokane Valley, WA 99216

Church Phone: 509-928-7733
Child Center Phone: 509-928-0231
Fax: 509-892-5219
www.adventlutheranspokane.org

NONPROFIT ORG.
U.S. POSTAGE PAID
VERADALE, WA
PERMIT NO. 19

RETURN SERVICE REQUESTED



WORSHIP SCHEDULE

SUNDAY

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

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