

Advent Lutheran Church Newsletter



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LETTER FROM THE COUNCIL PRESIDENT

By Denise Walker

Hello Advent,

As we have moved quickly through the first half of the year, we are all finally able to greet each new day with fantastic weather and pretty flowers. Also since we are in the first several weeks of Pastor Matt's sabbatical, I wanted to remind everyone that we have a slate of pastors scheduled to preach at each Sunday worship until Pastor Matt returns in August.

With the **Semi-Annual Congregational Meeting** only a few days away, **June 4th**, the Council has been busy preparing for the meeting. Some important items on the agenda are (1) Vote to approve the Congregational Meeting minutes from December 2022, (2) Vote on a three person slate of Council members; **Linda Young** (current Council member), **Tom Sernka**, and **Cindy Falk**, (3) Vote on the updated Advent Constitution (last updated in 2011). It is important that everyone attends the meeting so we have a quorum required to vote.

One Council note; the Council recently received a request by **Duane Yates** to resign from the Council. Therefore, the Council voted to appoint **Missy Bliesner** to Council to complete the final year of his term.

As previously mentioned, capital improvements for this year are in the bid process. The Council chose six areas to concentrate on; update the heating system, paint both the inside of the church and child center, update the fellowship hall, replace the final section of the church roof, update the sprinkler system and purchase both a new refrigerator and a new freezer. The Council will keep you informed on the progress on these items as more information becomes available.

It's time for **Vacation Bible School, June 26-29**. Please contact **Jody Harris** at **801-450-6079** or the church office with any questions. Please sign up to volunteer and share your time and talents.

A quick reminder, the hospitality committee is in need of individuals to sign up to host Sunday coffee hour or to bring cookies. Check out the signup sheet in the Narthex. Thank you!

I wish each of you good health, family time and some fun filled summer days ahead.

Blessings,
Denise

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

VACATION BIBLE SCHOOL (VBS)

By Jody Harris

Calling all **VOLUNTEERS** and **K-5 students** (grade in 2022/2023 school year) to join the fun at "Stellar VBS," held **June 26-29** from **9:00-12:00**. Participant Forms (due by **June 15** with **\$5** registration fee) & Volunteer Forms are available in the Narthex and online at www.adventlutheranspokane.org.

At **Stellar**, kids discover how they can shine Jesus' love and hope in everyday life and will learn to look for evidence of God all around them through something called God Sightings.

What can you do?

Invite kids to participate - neighbor kids, nieces, nephews, grandchildren, great grandchildren!

Volunteer - we need help with registration the first day (**6/26 from 8:20-9:20am**), people to help supervise the kids during the morning (this could be one day or more), and/or help with snack preparation and distribution.

Donate Funds - place a financial donation in the offering plate, marked **VBS** in the memo section.

Donate Supplies by June 15 - 8 empty one dozen size egg cartons, 200 - 8oz paper cups, 200+ napkins, latex gloves, 50 - 18oz red Solo cups (generic are fine), 3 round plastic tablecloths, 12 fine tip permanent markers, 2 small flashlights, 4 pkgs wet wipes/baby wipes, 40 glow sticks.

Pray for the kids who will join us and for the leadership team as we plan and prepare.

Watch for a list of needed supplies or donate money to help with the cost of VBS.

Have questions? Contact **Jody Harris** at **801-450-6879** (either call or text) or by email at djtlharris@cs.com.



HAPPY HELPERS

By Butch Yarnell

Our fearless leader, **Forrest Diehl**, has been missing this month so this article will not be familiar but the work done this month went along smoothly.

First of all, we want to give a shout out to **Wade Wipperling** for his successful return to **Happy Helpers** after his knee surgery. He brings a lot of wisdom and "know how" to our group and we appreciate having him back.

In the last newsletter, Forrest was showing off his prophecy gift because we certainly have a lot of flowers now at our church both on the south side and in the new barrels in front. Beautiful job ladies!

Forrest keeps better notes than I about who did what so I'll just list some of the things Happy Helpers accomplished and the names of all who helped: **Dave Cook, George Harrison, Daryl Ziemer, Wade Wipperling, and Bill Thurston**. Thanks to **Bob Huber, Dennis Johnson and Wes Todd** who came over after Friday prayer breakfast to set up chairs on Fridays when circumstances keep us from setting them up on Thursday.

Our main focus this month was getting the sprinkler system going because the ladies let us know they had to have water before they would plant. Thanks to **Dave Cook** who became the Sprinkler Control guru, we got water to all the plants and made the ladies happy. **Bill Thurston** did a lot of the digging and removing of plants in the plot that had standing water all last year and we were able to find the leak and fix it. The next step is to replant and beautify that area.

Daryl Ziemer got the half barrels in the front of the east entrance and got them plant ready with soil in them. Both he and **Butch** worked on the sprinklers in those two areas to make sure they are adequately watered.

Last thing we did was to install the window air conditioners in.

We meet each **Thursday morning, 9:00 A.M.**, at the church. Being the new guy to this group, let me say if you are trying to get more involved in our church or want to meet a bunch of fun guys who enjoy doing jobs together, please come. Usually we finish talking by 9:30 A.M. and are done working by 11:00 A.M. Don't worry about the 9:00 A.M. start time and come anytime, we will put you to work anytime you get here.

PARISH NURSE

By Debbie Martin, RN, Parish Nurse

Why We Pass More Gas as We Age And What You Can Do About It

You're aging so gracefully until a not-so-pleasant scent sneaks up and out from behind.

Yes, we're gonna go there. This is a story all about why you may be farting more often as you age, aka why you've become an old fart — and what you can do about it. First, we'll set the record straight. There's limited data actually showing that you toot more as you age.

The only real study looking at this was done in 2017. It was self-reported (how often do you toot daily?) and found that older adults don't necessarily pass gas (or admit to it) more frequently than younger adults.

But some do, and there are real reasons for this. Healthy adults pass gas between 10 and 25 times per day. As you get older, however, you're more likely to take medications, gain weight, become lactose intolerant and have other issues that lead to an increase in gas.

So, it's not necessarily the age that's leading to the tooting — it's all the other stuff.

The actual age at which these changes occur is variable, in part due to the difference in our medical conditions, medications and genetic makeup, says Jesse Houghton, senior medical director of gastroenterology with SOMC Gastroenterology Associates in Portsmouth, Ohio. If you think you're farting more often than you were when you were younger, then read on to determine the cause.

Increased weight gain

Americans tend to gain weight as we age, says Houghton says. This is due to several factors, including decreased metabolism, increased medications that cause weight gain and decreased exercise. "While this can be associated with increased flatulence, it is commonly associated with increased acid reflux and belching," Houghton says.

Medication

Whether it's medication for high blood pressure, type 2 diabetes or heart disease medications, our medication lists seem to grow as we age, Houghton says. "These medications also tend to cause constipation, which often results in retention of gas, and subsequently increased bloating," he says. Common prescription medications also tend to cause weight gain, which can worsen GERD, or gastroesophageal reflux disease.

Lactose intolerance

A common cause of bloating and flatulence is dairy products, and lactose intolerance increases as we age. This is because we have less of the lactase enzyme that helps us digest the carbohydrate lactose, Houghton says.

The anal sphincter weakens

This is simply a result of aging, resulting in less ability to hold in flatulence when we need to. "This is especially true in older women who have had multiple vaginal deliveries," Houghton says.

PARISH NURSE—Continued

Stop the flatulence

This really depends on what's causing it, Houghton says. For example, if you've developed a sensitivity to lactose, you can avoid dairy by substituting oat milk for regular milk — or you can take lactase replacement enzymes before meals that contain dairy.

If you have a weakened anal sphincter, you can do Kegel exercises to strengthen your pelvic floor muscles (some of these supply the anal sphincter).

Avoiding foods that tend to cause gas (broccoli, dairy, beans, brussels sprouts, cabbage and onions) can also help with this, Houghton says.

Avoiding lying in a supine position for at least two hours after eating can also help, says Priyanka Chugh, assistant professor of medicine in the division of gastroenterology and hepatology at Mount Sinai School of Medicine in New York. In conjunction with this, Chugh says, eat your food slowly, chew it carefully, avoid gulping water and skip the bubbly drinks altogether.

Lastly, over-the-counter products such as simethicone (Gas X, Phazyme) and Beano (alpha Galactosidase) can help with excess bloating and gassiness caused by our diets.



THANK YOU

A big thank you to the **Happy Helpers** for all their hard work and help getting the whiskey barrels and bark for the flowers in front of the church. **Daryl Ziemer** got the barrels and the men did an amazing job preparing the soil for Karen and I to plant in!! WE are so thankful we have these people to do this sometimes hard job but it looks wonderful! Thank you so much. Also a big thank you to **Jeremy and Nicola Hostetler** for the coleus and flowers outside the Child Center. Great job all of you!! Thank you so much!!! **Karen Nelson and Carol Scheurer**

Marlyce Murphy and her family wishes to express their deepest and sincerest appreciation for all the love, care, concern, prayers, cards, and ALL everyone did for them during this time of mourning the passing of her son, **Steve**. Thank you everyone who brought cookies, helped set up, and clean up for the memorial reception. You are all appreciated beyond measure, more than you will ever know. Thank you.

Advent wishes to thank **Karen Nelson and Carol Scheurer** for their dedication and hard work in donating and planting the flowers in the barrels at the main entrance of the church and on the south side of the church. The flowers are so beautiful! **THANK YOU!**

OUTREACH COMMITTEE

By Jody Harris



Ronald McDonald
House Charities
of the Inland Northwest

The **Outreach Committee** would like to start volunteering at the **Ronald McDonald House**. Teams of **4 to 6** people are needed and there are different signups for dinner, lunches, and brunch. Please contact **Missy Bliesner at 509-954-6406** to find out more or to sign up to volunteer.



Calling all travelers! When you come back from your travels, bring your memories and the hotel toiletries. Bring them to church and put them in the **'Fill the Shelf'** barrel to help those in need.

SCHOOL SUPPLY DRIVE

The **School Supply Drive** barrel will be in the Narthex from June – beginning of August to collect your donations of school supplies. Supplies will be distributed to the Central Valley Student & Family Engagement Center, Naomi Community (for women & children), and the Advent Child Center. Please contact **Missy Bliesner at 509-954-6406** with any questions.



SPOKANE VALLEY PARTNERS (SVP) FOOD BANK

Thank you for your help to **'Fill the Shelf'** at the **SVP Food Bank** by placing your donations in the barrel in the narthex. A flyer is available in the Narthex if you need some ideas. We encourage donations of **diapers** (size 4,5,6), **Depends** (SML), and **feminine products**.

REQUESTED ITEMS

YES

Non-perishable, unopened cans and packages of food
Fresh produce from your patch or garden
Opened packages of hygiene items (shampoo/lotion) and cat/dog food are okay

NO

No open containers of food
No homemade items (such as jams and jellies, baked goods)
Nothing that requires the item to be distributed under the care of a physician

OUTREACH COMMITTEE-Continued

Food Items:

Canned Soup (low sodium)
Applesauce cups, cans (no sugar added)
Dried fruit, raisins
100% fruit leather
Low sugar fruit jams and jellies
Fruit cups and cans in their own juices
Oats or oatmeal
Boxed Cereal
Granola bars
Rice, brown or white
Macaroni and Cheese
Boxed Dinners
Crackers
Ramen
Baby formula
Ensure
Canned Chicken & Turkey
Canned Tuna or Salmon in water
Canned Tomato Products
Canned Bean Products
Peanut butter & other nut butters
Coffee
Cooking Oils (Olive and Canola)
Fresh Produce (especially during the off-season: December-April)
Shelf Stable Milk & Alternative Milks
(Soy, Rice, Almond)

Hygiene Items:

Baby Diapers (sizes 4, 5, & 6)
Diaper Wipes
Shampoo
Conditioner
Soap
Lotion
Deodorant
Toothbrushes
Toothpaste
Razors
Toilet Paper
Feminine Hygiene Items

Pet Items:

Pet food, Cat litter

Other:

Gas Cards, Bus Passes

(You may place your donations in the barrel in the Narthex).



ANNOUNCEMENTS

Online Worship:

www.youtube.com/c/adventlutheranspokane

GOLDENAGERS OUTING

On **Thursday, June 1**, the **GoldenAgers** are planning a trip to **Arbor Crest** to enjoy the view and listen to the music. You are welcome to bring your own sack dinner or purchase food at Arbor Crest. No outside beverages are allowed. You must purchase a beverage at Arbor Crest. The cost is **\$10 per person** at the gate. If you wish to ride the bus, please meet here at **Advent and ready to leave at 3:45 pm**, otherwise, plan to meet us at **Arbor Crest, 4705 N Fruit Hill Rd, Spokane, WA**. We should be back to the church around 7:30 pm. Questions? Contact **Linda Semmen at 509-389-4191**. **If you wish to attend, see the sign-up sheet on the table in the Narthex.**

SEMI-ANNUAL CONGREGATIONAL MEETING

The **Semi-Annual Congregational Meeting** will be on **Sunday, June 4 following the worship service**. At this meeting we will elect three new Council members, review committee and small group reports, and vote to approve the updated Constitution for Advent Lutheran Church. *Please plan to be present at this brief meeting as we need a quorum.* Thank you.

DOMESTIC MINOR SEX TRAFFICKING PRESENTATION

Butch Yarnell will be doing a presentation about **Domestic Minor Sex Trafficking** at the **Moran Prairie County Library** on **June 6, 2023 from 6:30 p.m. to 7:30 p.m.** This presentation including the twenty minute documentary titled "Chosen" is designed to help you learn how predators operate to manipulate young people face to face and on the internet, how to respond if you recognize the signs, and how you can help keep your children and grandchildren safe. For more information call **Butch at 360.513.0396**.

'COME TO FRIDAY DINNER'

We will only have one 'Come to Friday Dinner' this month, it will be on **June 9** from **5:00 pm-6:00 pm**.

Menu: Taco Bar.

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!

LADIES MONTHLY LUNCHEON

Our next luncheon will be **June 10th** at **11:30 a.m.** at **The Max at Mirabeau**. Please contact **Gerry O'Rourke at 509-893-0787** by **June 7th** 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**. All ladies are welcome!

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. **Please note that on June 9, the meeting will be held at the home of Butch Yarnell, at 6:30 am.** All men are welcome!

ANNOUNCEMENTS-Continued

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**. **Don't forget to get your forms turned in! They are due by June 15th.** Questions can be directed to **Jody Harris at 801-450-6879** (either call or text) or by email at djtharris@cs.com. Participant Forms and Volunteer Forms are available in the Narthex and online at www.adventlutheranspokane.org.

CAMP LUTHERHAVEN

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

8 LAKES LEG ACHES BIKE RIDE

SAVE THE DATE! JOIN US FOR AN IN-PERSON 8 LAKES LEG ACHES BIKE RIDE ON JULY 15, 2023. Join us in-person for one of the best organized rides in Eastern Washington! **8 Lakes Bike Ride** explores the beautiful scenery of Spokane, West Plains, Medical Lake, and Cheney. Routes will be clearly marked and include food stops, medical and mechanical support, and lots of camaraderie! Event proceeds benefit the programs of LCS Northwest (Spokane), a nonprofit human services agency serving victims of trauma throughout Eastern WA & ID, including abused and neglected children, sexual assault survivors, child and adult victims of human trafficking, crime, and assault victims, refugee people, and foster children. Register today! Contact **Christie McKee at 509-343-5020** or cmckee@lcsnw.org. www.lcsnw.org/8LakesRide.



ADVENT LUTHERAN CHURCH COUNCIL

President: Denise Walker – 509-280-0751

walkwa2@msn.com

Vice President: Jeff Peck – 509-470-0075

peckgolfnut@gmail.com

Secretary: Julie Lehman-Meyers – 509- 868-6501

julielehman509@gmail.com

Treasurer: Linda Lahman – 509-999-4348

ldyoung_76@msn.com

Pastor Matthew Larson – 509-280-4140

adventpastor@comcast.net

Missy Bliesner – 509-954-6406 mnurvis@hotmail.com

Sharon Pegau – 509-893-1708 spegau@hotmail.com

Terry Powell – 509-263-7048

terrysp071957@gmail.com

Tes Sturges – 509-990-0418 tessina9229@gmail.com

Linda Tompkins – 509-939-5894 ltomp@gmail.com

INCOME/EXPENSE INFORMATION

Advent General Fund Income/Expense

	<u>April</u>	<u>Year to Date</u>
Income	23,443.80	98,469.09
Expenses	23,734.94	114,919.70
Net	-291.14	-16,450.61

Notes for Advent Lutheran Church

- Expenses include the budgeted disbursement (10%) of benevolence dollars for the ELCA, Spokane Valley Partners, Advent Lutheran Child Center, Maasai Health Systems, and Lutheran Community Services.
- Income for January through April was \$98,469 which is \$15,311 under budget and \$20,375 under last year. It has taken four months to bring in three months of last year's income.
- For January through April, expenses were higher than income by \$16,450.
- Total operating expenses for January through April were \$114,919 which is \$7,777 over budget and \$39,083 less than last year.
- Reserves are \$44,964 which is approximately 1.5 months of operating expenses.

Child Center Income/Expense

	<u>April</u>	<u>Year to Date</u>
Income	69,666.49	304,869.37
Expense	75,399.44	333,900.94
Net	-5,732.95	-29,031.57

Notes for Advent Lutheran Child Center

- Budgeted monthly expenses for 2023 are \$86,802.77. Total Reserve Amount is \$122,005.16. This equates to 1.4 months tuition.

ATTENDANCE

IN-PERSON ATTENDANCE

April 30	83
May 7	90
May 14	98
May 21	68

ONLINE VIEWS

April 30	32
May 7	17
May 14	16
May 21	



PEOPLE IN OUR PRAYERS

Church Family and Friends: Baby Ruth's family, Harry & Manda Benton & family, Diane Buck, Larry Butler, Martha Olene Cason, Georgia Coulston, Henry Domine, Pastor Stacey Friedlein, Faye Grant, Candy Harder, Leigh & Steve Hopkins, Gwen Huber & family, Audrey Knuttel & family, Troy & Linda Lahman, Lexi & Serenity, Jan Madden, Jodi Meddock, Sarah Meddock, Ian & SaraLu Moore, Marian Moseman, Bill Murphy, Marlyce Murphy & family, Tim Murphy, Sonya Neal, Phyllis Nodland, Amaryllis & Ken Otteman, Myrna Rehn, Gerry O'Rourke, Tim O'Rourke, Costa & Fotini Tsakarestos, and Wade Wipperling.

For Family Members & Friends Serving in the Military:

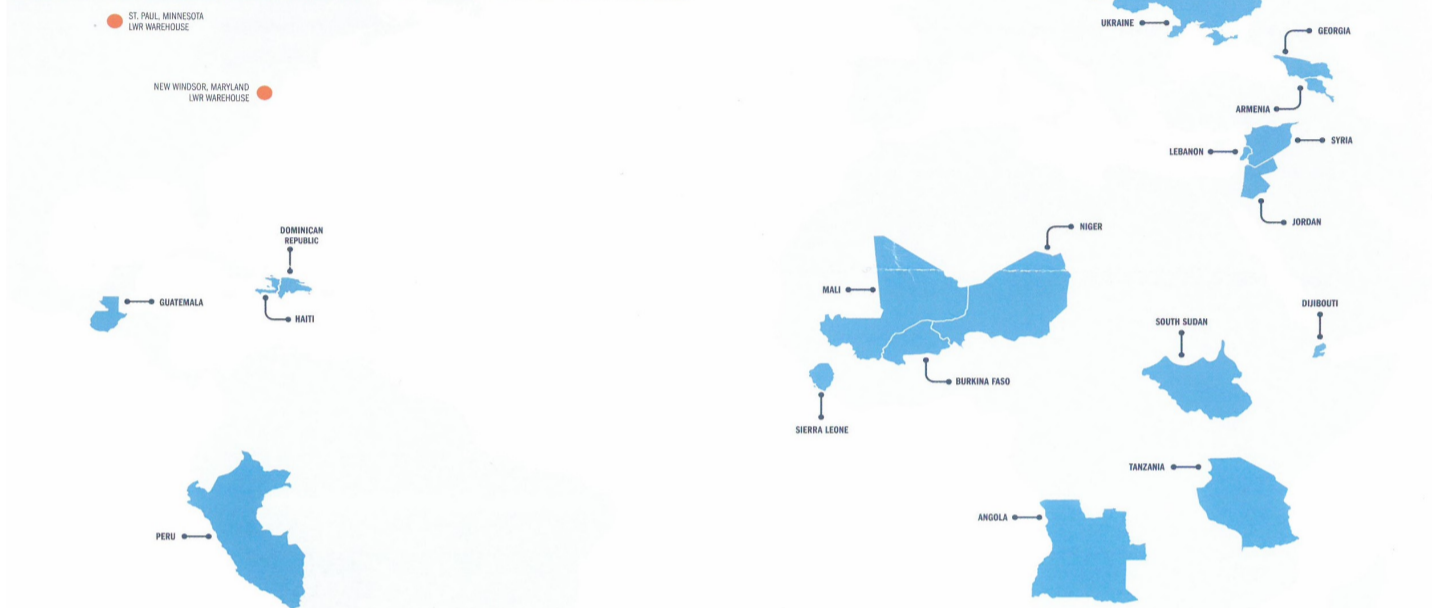
CPT Ashley Allinger, Chaplain US Army, CPT Zane Allinger, USAF, CPL Damien Anderson, Major Ryan Baker, Majors Megan & Robert Barnwell, SGT Alex Baron, USAF, Capt. Jordon Bolster, CPT Christopher Finch, Robert Guyton, TSG Christine Johnson, CW2 Aaron Lang, Sr. Airman Richard Luna III, MSgt. Duncan McFarlane, 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 alcsokane@comcast.net or call the church office at (509) 928-7733.



WHERE DID LWR QUILTS & KITS GO IN 2022?



COUNTRY	SHIPPING WAREHOUSE	QUILTS	BLANKETS	SCHOOL KITS	PERSONAL CARE KITS	BABY CARE KITS	FABRIC KITS	MASKS
ANGOLA	Maryland	18,480			9,890	4,950	1,230	
ARMENIA	Maryland	12,375					1,230	
BURKINA FASO	Minnesota	14,760		4,480	9,100	4,480	4,100	4,400
DIJIBOUTI	Minnesota	10,080		15,360				
DOMINICAN REPUBLIC	Minnesota			15,360				
GEORGIA	Maryland	36,960						
GUATEMALA	Minnesota	7,200			21,700	7,200		
HAITI	Minnesota	8,640			2,800			
JORDAN	Maryland	7,260		5,500				
LEBANON	Maryland	15,180		8,000	6,900	4,200	1,230	
MALI	Maryland	22,440		5,000	4,830	3,150	205	6,250
NIGER	Minnesota	11,160		5,760		3,840		4,400
PERU	Minnesota	15,840			7,000			
POLAND	Maryland	11,520		2,500	7,360	3,480		
SIERRA LEONE	Minnesota	10,800			7,000	3,840		4,400
SOUTH SUDAN	Maryland	3,630	1,650	13,000	3,220	2,100	820	6,250
SYRIA	Maryland			6,500	5,908			
TANZANIA	Minnesota	7,920		6,400		6,080		
UKRAINE	Maryland	6,072		3,000	8,280	3,240		6,250
TOTAL		220,317	1,650	90,860	94,060	46,560	8,815	31,950

This shipping information is from LWR's 2022 fiscal year (Oct 2021 - Sept 2022).

We thank all our dedicated Happy Piecemakers: Manda Benton, Diane Buck, Belle Campbell, Joanne Day, JoAnn Dunlap, Cathy Johnson, Marsha Jones, Colleen Kusler, Sue May, Marian Moseman, Shelle Seaholm, Eva Sturges, Linda Sweet, Midge Thorin, Dee Yates, and Jan Ziemer.

This year so far, the **Happy Piecemakers** have assembled and shipped **114 quilts** and **12 baby care kits** to **Lutheran World Relief**.

JUNE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:00 am Happy Helpers	2 6:30 am Men's Prayer Breakfast	3
4 Semi-Annual Congregational Mtg 9:30 am Worship Service/Holy Communion Sunday School- Last Day After Worship Coffee Fellowship Congregational Mtg. 10:45 am High School Sunday School	5 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts	6 9:00 am Happy Piecemakers 10:30 am ALCC Board Mtg. 5:00 pm Executive Committee 6:00 pm Cub Scouts	7 8:30-9:30 am Fitness Class	8 9:00 am Happy Helpers	9 6:30 am Men's Prayer Breakfast 5:00-6:00 pm 'Come to Friday Dinner'	10 11:30 am Ladies Lunch Group- The Max at Mira-beau
11 9:30 am Worship Service/Holy Communion After Worship Coffee Fellowship 10:45 am High School Sunday School	12 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts	13 9:00 am Happy Piecemakers 5:00 pm Council Meeting 6:00 pm Cub Scouts	14 8:30-9:30 am Fitness Class	15 9:00 am Happy Helpers	16 6:30 am Men's Prayer Breakfast- Denney's Restaurant 12:00 pm Visitation Team Mtg.	17
18 Father's Day 9:30 am Worship Service/Holy Communion After Worship Coffee Fellowship 10:45 am High School Sunday School	19 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts	20 9:00 am Happy Piecemakers 6:00 pm Heads of Committee Meeting 6:00 pm Cub Scouts	21 8:30-9:30 am Fitness Class	22 9:00 am Happy Helpers	23 6:30 am Men's Prayer Breakfast- Denney's Restaurant 5:00-6:00 pm 'Come to Friday Dinner'	24
25 'Fill the Shelf' Sunday 9:30 am Worship Service/Holy Communion After Worship Coffee Fellowship 10:45 am HS Sunday School	26 9:00 am –Noon VBS NEWSLETTER DEADLINE	27 9:00 am –Noon VBS 6:00 pm Cub Scouts	28 9:00 am –Noon VBS	29 9:00 am –Noon VBS	30 6:30 am Men's Prayer Breakfast- Denney's Restaurant	

JUNE HOSPITALITY SCHEDULE

Ministry Description	June 4 Congregational Meeting	June 11	June 18 Father's Day	June 25
	9:30 AM	9:30 AM	9:30 AM	9:30 AM
ASSISTING MINISTER: (1)	Duane Yates			
COMMUNION ASSISTANTS (2)	Grace Hostetler Anna Hostetler	Karen Nelson Carol Scheurer	Shelle Seaholm Linda Sweet	Karen Nelson Carol Scheurer
READER: (1)	Anna Hostetler	Butch Yarnell	Barb Potter	Butch Yarnell
ACOLYTE: (1)	Zoey Tsakarestos			
USHERS (3-4)	1. Atiya Yeoman 2. Claire Marshall	1. Bill Johnson 2. Linda Semmen	1. 2.	1. 2.
GREETERS: (2-4)	1. Grace Hostetler 2. Zoey Tsakarestos	1. Denise Walker 2.		1. 2.
ALTAR FLOWERS	April Marshall			
FELLOWSHIP HOSTS	Marshalls Hostetlers	1. Butch Yarnell 2. 3. 4.	1. 2. 3. 4.	1. Butch Yarnell 2. 3. 4.
(Cookies, etc., 4 people, 2 dozen each)	Nicola Hostetler Midge Kiourkas April Marshall	Denise Walker		Betty Quinn
“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

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RETURN SERVICE REQUESTED



WORSHIP SCHEDULE

SUNDAY

Sunday Morning Worship: 9:30 am In-Person and Online

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