

Advent Lutheran Church Newsletter



LETTER FROM THE COUNCIL PRESIDENT

By Denise Walker

Hi Advent!

With Independence Day just around the corner, July 4th is a great day to celebrate with family, friends, food and fireworks! Everyone has their traditions that make this day special, so I hope for each of you to celebrate in safety and fun!

The Council met together for our first meeting with the new Council members on June 13th. **Linda Thompkins** was elected **Vice President** and a member of the Executive Council too. She has been a dedicated member of the Council previously, so I look forward to her continued guidance.

As previously mentioned, the Capital Improvements for this year had a couple of things move forward. The Council voted to purchase the new (additional) refrigerator/freezer to increase storage capacity for Advent. Secondly, **Bill Thurston** informed the **Council** on the assessments for the heating/ac upgrades. The Council voted to move forward with getting the bids to complete the needed upgrades.

A few other areas the Council to action on:

- (1) established a Social committee to help bridge the gap between the hospitality and outreach committees
- (2) increase the size of the budget committee
- (3) discussed the options on increasing the Sanctuary disability seating area
- (4) the Council voted to purchase new upgraded computer software and/or computers for the Church office
- (5) discussed getting bids on upgrading the landscaping on the east side of the property
- (6) Advent's summer barbecue and Lutherhaven fundraiser scheduled for **August 20th.**

In closing, please remember to pray for **Pastor Matt and Kate** during their journey. It is my understanding that Pastor Matt will be posting updates/photos to the **Advent Facebook** page. For those that do not have access, please feel free to send photos to the church office at alcsokane@comcast.net.

Blessings,
Denise

Online Worship:

www.youtube.com/c/adventlutheranspokane

INSIDE THIS ISSUE:

| | |
|---|-----|
| Letter from the Council President | 1 |
| Happy Helpers, Announcements | 2-3 |
| Parish Nurse, Council Member List | 4-5 |
| Outreach Committee, Thank You | 6 |
| Income & Expense, Attendance, People in Our Prayers | 7 |
| July Calendar | 8 |
| July Hospitality Schedule | 9 |
| Worship Schedule | 10 |



HAPPY HELPERS

By Forrest Diehl

My Goodness, it is great to be back home! Even though Marlene and I enjoy travelling and RV'ing, we are still "home-bodies" and would not want a steady diet of travelling. A special thanks goes to **Butch Yarnell** for keeping the Happy Helper reports and updates visible to you in the Newsletter during our absence. In reading Butch's report for last month, I marveled how **Butch** stuck to the facts and did not ramble-on about other extraneous matters. Thanks Butch, and great job!

Oh, speaking about rambling, let me tell you about our 56-day, 7,800 mile, and 13 States (including Washington) trip. It began on 24 April with two other rigs/RVs from Spokane. One rig, the **Britton's**, travelled with us the entire way. The third rig, the **Hansen's**, departed from us on May 5, then rejoined us on June 13, 2023. We experienced temperatures ranging from 34 °F (Philipsburg MT) to 100 °F + (Lajitas, TX). During our trip we visited 11 National Parks (Arches, UT; Canyonlands, UT; Mesa Verde, CO; Carlsbad Caverns, NM; Guadalupe Mountains, NM; Big Bend, TX; Hot Springs, AR; Gateway Arch, MO; Voyageurs, MN; Grand Portage, MN [entrance to Isle Royale N.P.]; and Glacier, MT). I listed both Guadalupe Mountains and Isle Royale National Parks, but there, we only visited the Visitor Centers. We did not take the 3-hour ferry ride to the actual Isle Royale National Park. All the other Parks, we drove and/or hiked in. My overall outlook and opinion of National Parks changed during this trip. Before, I regarded National Parks as a means of preserving natural geological features and resources. Now, especially after visiting Hot Springs, Voyageurs, and Mesa Verde, I recognize that Parks, are, in addition, about people and preserving our heritage/history. One really sees that, especially when viewing the amazing geological features in Mesa Verde and observing how the National Park Service has captured the archeological detail of the cliff dwellers during 1200 A.D. The same is true about the Voyageurs National Park. The history of how, why, and when the French-Canadian fur trappers got their bounty from the western portion of the North American continent to Europe can be viewed in detail very well. Gateway Arch N.P. and Hot Springs N.P. are mostly about man-made features and associated history. One last thing about N.P.'s before I leave the subject: we feel very fortunate that we visited Big Bend National Park when we did. During our time there, the desert flowers were mostly in full bloom (never understood why desert flowers can be so delicate and inviting and the plants so grotesque and threatening). Also, the Rio Grande River (which we followed for about 40 miles) actually looked like a river (we've heard that during the summer there is significantly less water).

We also visited two Presidential Libraries, **Lyndon B. Johnson's** in Austin, TX, and **Harry S. Truman's** in Independence, MO. Both were very rewarding. I had forgotten how much civil rights progress the Nation made during President Johnson's administration – it seems the VietNam crisis had masked it all - in my mind. President Truman's library reminded me how much I enjoyed David McCullough biography on President Truman. And, speaking of presidents, we visited **Ulysses S Grant** National Historic Site in St. Louis, MO.

HAPPY HELPERS-Continued

To see the Dent Family Farm in New Haven, MO first-hand, after reading Ron Chernow's biography on President Grant, was really exciting. We also visited three Civil War National/State Battlefield sites (Pea Ridge, AR; Prairie Grove, AR; and Wilson Creek, MO). Wilson Creek Visitor's Center has the most detailed and thorough Field Artillery display (including artillery's role in battle) that I have ever seen. Other items of interest that we experienced on our trip were: 4-Corners, AZ (the point at which Arizona, Colorado, New Mexico, and Utah meet); Route 66 Car Museum, Springfield, MO (saw the original "Batmobile"); a one hour tour on a Mississippi River paddleboat at St. Louis, MO; rode a tram car to the top of the Gateway Arch (630-ft); visited Lewis & Clark's Boathouse on the Missouri River at St. Charles, MO; visited WWI Memorial (Liberty Tower) in Kansas City, MO; learned everything you want to know about quilting in Hamilton, MO; visited Iowa State Capitol in Des Moines and the Botanical Gardens there; visited the Mall of America in Bloomington, MN and St. Paul's Cathedral in St. Paul, MN; visited Ft. Snelling State Park in St. Paul, MN; visited the headwaters of the Mississippi River in Bemidji/Lake Itasca, MN; Marlene and I stood on the shore of Lake Superior for the first time; and lastly (not chronologically) we visited two active Air Force Bases – Grand Forks AFB, ND, and Minot AFB, ND. At Grand Forks AFB, it was interesting to watch the drones taking off, flying, and landing. One personal side note related to the trip: I ate walleye fish for the first time. I recommend it – if you see it on the menu, order it. During the trip we averaged 11.2 miles per gallon pulling the 5th Wheel about 95+% of the time. The price of diesel ranged from \$3.04 per gallon in Buda, TX to \$4.78 per gallon in Cortez, CO. Our group experienced no flat tires nor any mechanical problems – a good testament for Chevy and Ford diesel trucks.

Enough rambling; thanks for your patience! I received the following list of Happy Helpers accomplishments for the latter part of May and first three weeks in June from **Bill Thurston**: set up table and chairs for Sunday coffee hour (**Daryl Ziemer, George Harrison, Dave Cook**); repaired irrigation drip line (**Butch Yarnell, George Harrison, Daryl Ziemer**); started up courtyard water fountain (**Butch Yarnell, George Harrison, Daryl Ziemer**); adjusted timer for Child Center Playground and Courtyard (**Wade Wipperling**); put up Vacation Bible School sign (**Wade Wipperling**); made doorway threshold repairs (**Daryl Ziemer**); repaired hymn book holder (**Wade Wipperling, George Harrison**); repaired BBQ (**Wade Wipperling, Dave Cook, George Harrison**); repaired and adjusted irrigation sprinklers (**Dave Cook, Butch Yarnell, Daryl Ziemer**); applied new beauty bark to flower beds (**Butch Yarnell, Wade Wipperling, Daryl Ziemer**); repaired kitchen cart (**Wade Wipperling**); ordered coffee pot lids (**Wade Wipperling**); repaired soaker hose (**Wade Wipperling, Butch Yarnell, Daryl Ziemer**); destroyed wasp nest (**George Harrison**); installed new door handle – room #151 (**Wade Wipperling**); repaired Child Center classroom table leg (**Wade Wipperling**). When I received the aforementioned list, I noticed that **Bill's name** was missing on all the tasks. I'm sure you'll agree with me, that he was probably involved in most tasks in one way or another. Thanks for list of completed tasks, **Bill!**

HAPPY HELPERS-Continued

The **Happy Helpers** are looking forward to July. The 4th of July is always a circled date on everyone's calendar. The July Happy Helpers' report may also be void of any comments from me. Our granddaughter, Briana, is getting married in Bellingham and we will be there most of the month. I'm hoping someone can give you an update on the Happy Helpers' progress in the August Newsletter. Happy Helpers meet each **Thursday, 9:00 AM at the church**. All are welcome!

ANNOUNCEMENTS

Online Worship:

www.youtube.com/c/adventlutheranspokane

INDEPENDENCE DAY

The **Church Office and Child Center** will be closed on **Tuesday, July 4th, and Wednesday, July 5th** in observance of Independence Day.

NEW ADDRESS

Please note that **Holly Gunby** sold her house on 4th Avenue and is now living at her parents address at **11204 East 23rd Avenue, Spokane Valley, 99206**. Please use this address when communicating with Holly.

'COME TO FRIDAY DINNER'

Our next 'Come to Friday Dinner' will be on **July 14** from **5:00 pm-6:00 pm**. **Menu:** BBQ chicken and potato salad. 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!

Each 'Come to Friday Dinner' night, **Terry Powell** and his **amazing** crew consisting of **Sue Wipperling** and her granddaughter **Jazlyn**, **Wade Wipperling**, **Karen Nelson**, **Carol Scheurer**, **Tracie Matheny**, **Jack**, **Jodi Meddock**, and **others** who come to help generally prepares anywhere from **30-50 meals**, including our friends from **Grace Court** who come join us. Additional meals are taken to **Truth Ministries** to share with those people there in need of a meal. This is a wonderful ministry provided by Advent volunteers.

LADIES MONTHLY LUNCHEON

Due to vacations and other Summer activities there will be **no Ladies Monthly Luncheon** in **July or August**. We will resume our monthly luncheon again in **September**. If you have any questions call **Gerry O'Rourke 509-893-0787** or **Marian Moseman 509-927-3821**. Enjoy the Summer

VITALANT BLOOD DRIVE

Sleeves Up! Save the date! Advent's next Blood drive is on **August 20, 2023, 8:30-11:30**. If you are able to donate blood, please do so. Help save lives! The need is always critical during the summer months. You may sign up online at vitalant.org or at church in the Narthex. Questions? Please contact **Babs Velategui at 509-701-8041**.

ANNOUNCEMENTS-Continued

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). Register today! Contact **Christie McKee at 509-343-5020** or cmckee@lcsnw.org. www.lcsnw.org/8LakesRide.

ALL-CHURCH BBQ

After church on **Sunday, August 20th**, we plan to have a summer **barbecue** and **Lutherhaven fundraiser**. **The church will provide hamburgers and hotdogs**. Feel free to bring your **yard games** and plan to enjoy a fun time of eating and fellowship! There will be no charge for the BBQ, however, **donations** are gladly accepted as the funds will go toward our **Lutherhaven camperships** for next year. See the **sign-up sheet** on the table in the Narthex to bring a **salad or dessert**. **We will have wonderful raffles to bid on!** Everyone welcome and bring friends!

ALTAR GUILD

Attention Altar Guild Members: Jodi Meddock and Karen Nelson are reorganizing the previous four teams into three. Before we finalize these teams, would each of you please notify either of us, **by September 1st**, if you plan on continuing to serve. We appreciate each of you and hope you'll be willing to serve God in this manner. **Jodi Meddock:** 509-951-7356 (text) or meddockjr@msn.com or **Karen Nelson:** 509-280-2461 (text) or kjnelson28@hotmail.com. 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!

PASTOR MATT & KATE

Reminder! Don't forget to check out **Advent's Facebook** page....Pastor Matt will be posting on his and Kate's adventures!

CAMP LUTHERHAVEN

Lutherhaven Camperships: We have a **sign-up sheet** on the table in the Narthex to sign up your child for summer camp. Join us for the Lutherhaven **fundraiser BBQ** here at Advent on **August 20th** to raise funds for next year's camperships. The BBQ will be free, however, donations are gladly accepted.



LUTHERHAVEN

PARISH NURSE

By Debbie Martin, RN, Parish Nurse

Loneliness: Causes and Health Consequences

While common definitions of loneliness describe it as a state of solitude or being alone, loneliness is actually a state of mind. Loneliness causes people to feel empty, alone, and unwanted. People who are lonely often crave human contact, but their state of mind makes it more difficult to form connections with others.

Growing concerns around the dangers of loneliness have prompted a call to action by US Surgeon General Vivek Murthy, who recently issued an 82-page advisory on the issue. The advisory cites data from several studies, including research that found that nearly half of adults in the US experience feelings of loneliness daily.

Murthy's report also cites a meta-analysis that found that the risk of premature death due to loneliness increased by 26% and 29% due to social isolation. Furthermore, the lack of social connection can increase the risk of anxiety, depression, stroke, heart disease, and dementia.

This article discusses what we mean by the term "lonely," as well as the various causes, health consequences, symptoms, and potential treatments for loneliness.

DEFINING LONELINESS

Loneliness is a universal human emotion that is both complex and unique to each individual. Because it has no single common cause, preventing and treating this potentially damaging state of mind can vary dramatically.

For example, a lonely child who struggles to make friends at school has different needs than a lonely older adult whose spouse has recently died. Researchers suggest that loneliness is associated with social isolation, poor social skills, introversion, and depression.

Loneliness, according to many experts, is not necessarily about being alone. Instead, if you *feel* alone and isolated, then that is how loneliness plays into your state of mind. For example, a college freshman might feel lonely despite being surrounded by roommates and other peers. A soldier beginning their military career might feel lonely after being deployed to a foreign country, despite being constantly surrounded by other troop members.

LONELINESS VS. SOLITUDE

While research clearly shows that loneliness and isolation are bad for both mental and physical health, being alone is not the same as being lonely. In fact, solitude actually has a number of important mental health benefits, including allowing people to better focus and recharge.

- **Loneliness** is marked by feelings of isolation despite wanting social connections. It is often perceived as an involuntary separation, rejection, or abandonment by other people.
- **Solitude**, on the other hand, is voluntary. People who enjoy spending time by themselves continue to maintain positive social relationships that they can return to when they crave connection. They still spend time with others, but these interactions are balanced with periods of time alone.

PARISH NURSE—Continued

CAUSES OF LONELINESS

Contributing factors to loneliness include situational variables, such as physical isolation, moving to a new location, and divorce. The death of someone significant in a person's life can also lead to feelings of loneliness. Additionally, it can be a symptom of a psychological disorder such as depression. Depression often causes people to withdraw socially, which can lead to isolation. Research also suggests that loneliness can be a factor that contributes to symptoms of depression. Loneliness can also be attributed to internal factors such as low self-esteem.

People who lack confidence in themselves often believe that they are unworthy of the attention or regard of other people, which can lead to isolation and chronic loneliness. Personality factors may also play a role. Introverts, for example, might be less likely to cultivate and seek social connections, which can contribute to feelings of isolation and loneliness.

HEALTH RISKS ASSOCIATED WITH LONELINESS

Loneliness has a wide range of negative effects on both physical and mental health, including:

- Alcohol and drug misuse
- Altered brain function
- Alzheimer's disease progression
- Antisocial behavior
- Cardiovascular disease and stroke
- Decreased memory and learning
- Depression and suicide
- Increased stress levels

Poor decision-making

These are not the only areas in which loneliness takes its toll. For example, lonely adults get less exercise than those who are not lonely. Their diet is higher in fat, their sleep is less efficient, and they report more daytime fatigue. Loneliness also disrupts the regulation of cellular processes deep within the body, predisposing lonely people to premature aging.

If you are having suicidal thoughts, contact the **National Suicide Prevention Lifeline** at **988** for support and assistance from a trained counselor. If you or a loved one are in immediate danger, **call 911**.

What Research Suggests About Loneliness

People who feel less lonely are more likely to be married, have higher incomes, and have higher educational status. High levels of loneliness are associated with physical health symptoms, living alone, small social networks, and low-quality social relationships.

PARISH NURSE—Continued

Close Friends Help Combat Loneliness

Statistics suggest that loneliness is becoming increasingly prevalent, particularly in younger generations. According to one 2019 survey, 25% of adults between the ages of 18 and 27 reported having no close friends, while 22% reported having no friends at all.

The rise of the internet and ironically, social media, are partially to blame. Experts believe that it is not the *quantity* of social interaction that combats loneliness, but the *quality*. Having a few close friends is enough to ward off loneliness and reduce the negative health consequences associated with this state of mind. Research suggests that the experience of actual face-to-face contact with friends helps boost people's sense of well-being.

Loneliness Can Be Contagious

One study suggests that loneliness may actually be contagious. Research has found that non-lonely people who spend time with lonely people are more likely to develop feelings of loneliness.

TIPS TO PREVENT AND OVERCOME LONELINESS

Loneliness can be overcome. It does require a conscious effort to make a change. In the long run, making a change can make you happier, healthier, and enable you to impact others around you in a positive way.

Here are some ways to prevent loneliness:

- **Consider community service or another activity that you enjoy.** These situations present great opportunities to meet people and cultivate new friendships and social interactions.
- **Expect the best.** Lonely people often expect rejection, so instead, try focusing on positive thoughts and attitudes in your social relationships.
- **Focus on developing quality relationships.** Seek people who share similar attitudes, interests, and values with you.
- **Recognize that loneliness is a sign** that something needs to change. Don't expect things to change overnight, but you can start taking steps that will help relieve your feelings of loneliness and build connections that support your well-being.
- **Understand the effects of loneliness on your life.** There are physical and mental repercussions to loneliness. If you recognize some of these symptoms affecting how you feel, make a conscious effort to combat them.
- **Join a group or start your own.** For example, you might try creating a **Meetup group** where people from your area with similar interests can get together. You might also consider taking a class at a community college, joining a book club, or taking an exercise class.
- **Strengthen a current relationship.** Building new connections is important, but improving your existing relationships can also be a great way to combat loneliness. Try calling a friend or family member you have spoken to in a while.

PARISH NURSE—Continued

- **Talk to someone you can trust.** Reaching out to someone in your life to talk about what you are feeling is important. This can be someone you know such as a family member, but you might also consider talking to your doctor or a therapist. Online therapy can be a great option because it allows you to contact a therapist whenever it is convenient for you.

SUMMARY

Loneliness can leave people feeling isolated and disconnected from others. It is a complex state of mind that can be caused by life changes, mental health conditions, poor self-esteem, and personality traits. Loneliness can also have serious health consequences including decreased mental wellness and physical problems.

A WORD FROM VERYWELL

Loneliness can have a serious effect on your health, so it is important to be able to recognize signs that you are feeling lonely. It is also important to remember that being alone isn't the same as being lonely.

If loneliness is affecting your well-being, there are things that you can do that can help you form new connections and find the social support that you need. Work on forming new connections and spend some time talking to people in your life. If you're still struggling, consider therapy. Whatever you choose to do, just remember that there are people who can help.

By Kendra Cherry, MEd

Updated on May 03, 2023

Medically reviewed by Margaret Seide, MD



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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 is in the Narthex until the **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 continued help to **'Fill the Shelf'** at the **Spokane Valley 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**.



OUTREACH COMMITTEE-Continued

Naomi Community Wish List

Naomi Community is a community for women and children seeking growth and healing. The organization provides housing for women that is safe, affordable, and committed to sober-living. Rent is income based and gives women the ability to increase their financial capacity without risking the loss of their housing. This provides a pathway to pursue choices that will help her thrive.

If you would like to support Naomi Community, you can purchase the items listed below, or go to their website (naomicommunity.org). Once there, scroll to the bottom and click on Partner with Us. You may then click Donate Here to make a cash donation or scroll down to Other Ways to Partner and click on Donate Needed Items. This will explain how to order from their wish list on **Amazon** – you can ship it directly to them!

| | |
|---|------------------------|
| Toothpaste | Razors |
| Toothbrushes | Tampons |
| Ibuprofen | Women's Sock size 7-10 |
| Q-Tips | Women's shoe size 7-10 |
| Lotion | |
| Body Wash | |
| Shampoo & Conditioner (not from the Dollar Store) | |

Ship your Amazon donations directly to them or put your donations in the Naomi Community collection bin in the Narthex.

THANK YOU

VACATION BIBLE SCHOOL (VBS)

By Jody Harris

Thank you for your support of **Vacation Bible School!** We had **16 children** attending our VBS and **17 volunteers** working with our kids. They learned in all situations that Jesus is always with them and that they can shine His light through their lives to others. It was a **STELLAR** VBS! Thanks to those who provided generous offerings for our VBS this year! You are VERY appreciated!



INCOME/EXPENSE INFORMATION

Advent General Fund Income/Expense

| | <u>May</u> | <u>Year to Date</u> |
|------------|------------------|---------------------|
| Income | 41,270.87 | 139,739.96 |
| Expenses | 30,266.67 | 145,186.37 |
| Net | 11,004.20 | -5,446.41 |

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 May was \$139,739.96.
- Total operating expenses for January through May was \$145,186.37.
- Expenses year to date were higher than income by \$5,446.41.
- Reserves are \$55,968 which is approximately 2 months of operating expenses.

Child Center Income/Expense

| | <u>May</u> | <u>Year to Date</u> |
|------------|-----------------|---------------------|
| Income | 85,550.87 | 390,420.24 |
| Expense | 82,394.00 | 417,212.35 |
| Net | 3,156.87 | -26,792.11 |

Notes for Advent Lutheran Child Center

- Budgeted monthly expenses for 2023 are \$86,802.77. Total Reserve Amount is \$124,244.62. This equates to 1.4 months tuition.
- We received our yearly Early Achiever's Grant of \$5000 in May.

ATTENDANCE

IN-PERSON ATTENDANCE

| | |
|---------|----|
| May 28 | 91 |
| June 4 | 96 |
| June 11 | 83 |
| June 18 | 87 |
| June 25 | 83 |

ONLINE VIEWS

| | |
|---------|----|
| May 28 | 32 |
| June 4 | 19 |
| June 11 | 30 |
| June 18 | 24 |
| June 25 | 16 |



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, Kathleen Curry, Henry Domine, Pastor Stacey Friedlein, Faye Grant, Candy Harder, Leigh & Steve Hopkins, Gwen Huber & family, Audrey Knuttel & family, Troy & Linda Lahman, Larson family, Lexi & Serenity, Jan Madden, Mike & Sandra McCune & family, Jodi Meddock, Sarah Meddock, Ian & SaraLu Moore, Marian Moseman, Bill Murphy, Marlyce Murphy & family, Tim Murphy, Sonya Neal, Amaryllis & Ken Otteman, Rankin family, Myrna Rehn, Gerry O'Rourke, Tim O'Rourke, Romero family, Sandy & her family, Costa & Fotini Tsakarestos, Wade Wipperling, and Beau Zabriskie.

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 alcpokane@comcast.net or call the church office at (509) 928-7733.*



JULY CALENDAR

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|--|--|----------|
| | | | | | | 1 |
| 2 9:30 am Worship Service/Holy Communion Coffee Fellowship 10:45 am High School Sunday School | 3 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts | 4 Independence Day Church Office & Child Center Closed | 5 Church Office & Child Center Closed | 6 9:00 am Happy Helpers | 7 6:30 am Men's Prayer Breakfast | 8 |
| 9 9:30 am Worship Service/Holy Communion After Worship Coffee Fellowship 10:45 am High School Sunday School | 10 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts | 11 9:00 am Happy Piecemakers 10:30 am ALCC Board Mtg. 5:00 pm Council Meeting 6:00 pm Cub Scouts | 12 8:30-9:30 am Fitness Class | 13 9:00 am Happy Helpers | 14 6:30 am Men's Prayer Breakfast-Denney's Restaurant 5:00-6:00 pm 'Come to Friday Dinner' | 15 |
| 16 9:30 am Worship Service/Holy Communion After Worship Coffee Fellowship 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 Piecemakers 6:00 pm Heads of Committee Meeting 6:00 pm Cub Scouts | 19 8:30-9:30 am Fitness Class | 20 9:00 am Happy Helpers | 21 6:30 am Men's Prayer Breakfast-Denney's Restaurant | 22 |
| 23 9:30 am Worship Service/Holy Communion After Worship Coffee Fellowship 10:45 am HS Sunday School | 24 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts NEWSLETTER DEADLINE | 25 6:00 pm Cub Scouts | 26 8:30-9:30 am Fitness Class | 27 9:00 am Happy Helpers | 28 6:30 am Men's Prayer Breakfast-Denney's Restaurant | 29 |
| 30 'Fill the Shelf' Sunday 9:30 am Worship Service/Holy Communion After Worship Coffee Fellowship 10:45 am HS Sunday School | 31 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts | | 8 | | | |

JULY HOSPITALITY SCHEDULE

| Ministry Description | July 2 | July 9 | July 16 | July 23 | July 30 |
|--|---|------------------------------------|-------------------------------------|--------------------------------|-------------------------------------|
| | 9:30 AM | 9:30 AM | 9:30 AM | 9:30 AM | 9:30 AM |
| ASSISTING MINISTER: (1) | Babs Velategui | | Paula Kenney | | |
| COMMUNION ASSISTANTS (2) | Sherry Leatha Sandra McCune | Betty Quinn Francie Shoquist | Annitta Hackett Francie Shoquist | Sherry Leatha Sandra McCune | Annitta Hackett Francie Shoquist |
| READER: (1) | Bob Gieseke | | Butch Yarnell | Barb Potter | |
| ACOLYTE: (1) | | | | | |
| USHERS (3-4) | 1. 2. | 1. 2. | 1. 2. | 1. 2. | 1. 2. |
| GREETERS: (2-4) | 1. Belle Campbell 2. | 1. 2. | 1. Butch Yarnell 2. | 1. 2. | 1. 2. |
| ALTAR FLOWERS | | | | | |
| FELLOWSHIP HOSTS | | 1. Butch Yarnell 2. 3. 4. | 1. Missy Bliesner 2. 3. 4. | | 1. Butch Yarnell 2. 3. 4. |
| (Cookies, etc., 4 people, 2 dozen each) | Holly Gunby Midge Kiourkas Signe Stokes | Belle Campbell | Missy Bliesner | Sandra McCune | |
| “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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WORSHIP SCHEDULE

SUNDAY

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

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