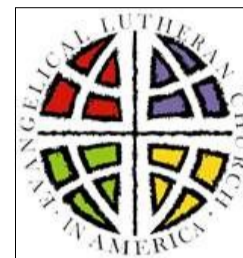


Advent Lutheran Church Newsletter



LETTER FROM THE COUNCIL PRESIDENT

By Denise Walker

Greetings Advent!

Summer has welcomed us with its warm, sunny and hot days! I hope everyone is staying cool and hydrated.

INSIDE THIS ISSUE:

Letter from the Council President	1
Parish Nurse	2-4
Announcements, Child Center News	5
Outreach Committee, Council Member List	6
Income & Expense, Attendance, People in Our Prayers	7
August Calendar	8
August Hospitality Schedule	9
Worship Schedule	10

The Council has continued working on the church upgrades by gathering the necessary bids for the work required on the designated projects to beautify Advent both inside and outside. The process has been slower than we like, mainly because we are dealing with the contractors busy summer schedules.

The new refrigerator and freezer should have been installed by now, so that we can utilize it during our upcoming event. A flyer has been designed describing the Summer BBQ, Lutherhaven Fundraiser and Vitalant Blood Drive. Please sign up to bring cookies, brownies, ice cream bars and/or a yummy salad. Also, remember to bring your yards games to add to the fun.

There will be sign up sheets for the **Lutherhaven Fundraiser** baskets. No donation is too small whether it an individual item or a whole basket (maybe a group of people can get together to donate a basket). There will be a loud auction, silent auction and a raffle to raise funds for scholarships that send kids and adults to camp. Please watch the church bulletins for updates. Another thing to mention, we will be selling the cards made by the "Cut-ups" to add to their funds for a donation of their choosing.

We are down to the last few weeks of Pastor Matt's sabbatical. I'm sure everyone is looking forward to his stories along with Kate's and Dan Harris's too. His first Sunday back is **August 20th** which coincides with our **BBQ, Lutherhaven Fundraiser and Vitalant Blood Drive**. It will be both a celebration and eventful Sunday for sure!

As a note, I will on vacation from August 4th through August 17th. I can be reached by phone or email. I look forward to seeing everyone on the August 20th! Mark your calendars and come join the celebrations!!

Blessings,
Denise



Online Worship:

www.youtube.com/c/adventlutheranspokane

PARISH NURSE

By Debbie Martin, RN, Parish Nurse

Gastroesophageal reflux disease (GERD) occurs when stomach acid repeatedly flows back into the tube connecting your mouth and stomach (esophagus). This backwash (acid reflux) can irritate the lining of your esophagus.

Many people experience acid reflux from time to time. However, when acid reflux happens repeatedly over time, it can cause GERD.

Most people are able to manage the discomfort of GERD with lifestyle changes and medications. And though it's uncommon, some may need surgery to ease symptoms.

Symptoms

Common signs and symptoms of GERD include:

- A burning sensation in your chest (heartburn), usually after eating, which might be worse at night or while lying down
- Backwash (regurgitation) of food or sour liquid
- Upper abdominal or chest pain
- Trouble swallowing (dysphagia)
- Sensation of a lump in your throat

If you have nighttime acid reflux, you might also experience:

- An ongoing cough
- Inflammation of the vocal cords (laryngitis)
- New or worsening asthma

When to see a doctor

Seek immediate medical care if you have chest pain, especially if you also have shortness of breath, or jaw or arm pain. These may be signs and symptoms of a heart attack. Make an appointment with your doctor if you:

- Experience severe or frequent GERD symptoms
- Take over-the-counter medications for heartburn more than twice a week.

Causes

GERD is caused by frequent acid reflux or reflux of non-acidic content from the stomach.

When you swallow, a circular band of muscle around the bottom of your esophagus (lower esophageal sphincter) relaxes to allow food and liquid to flow into your stomach. Then the sphincter closes again.

If the sphincter does not relax as it should or it weakens, stomach acid can flow back into your esophagus. This constant backwash of acid irritates the lining of your esophagus, often causing it to become inflamed.

PARISH NURSE—Continued

Risk Factors

Conditions that can increase your risk of GERD include:

- Obesity
- Bulging of the top of the stomach up above the diaphragm (hiatal hernia)
- Pregnancy
- Connective tissue disorders, such as scleroderma
- Delayed stomach emptying

Factors that can aggravate acid reflux include:

- Smoking
- Eating large meals or eating late at night
- Eating certain foods (triggers) such as fatty or fried foods
- Drinking certain beverages, such as alcohol or coffee
- Taking certain medications, such as aspirin

Complications

Over time, chronic inflammation in your esophagus can cause:

- **Inflammation of the tissue in the esophagus (esophagitis).** Stomach acid can break down tissue in the esophagus, causing inflammation, bleeding, and sometimes an open sore (ulcer). Esophagitis can cause pain and make swallowing difficult.
- **Narrowing of the esophagus (esophageal stricture).** Damage to the lower esophagus from stomach acid causes scar tissue to form. The scar tissue narrows the food pathway, leading to problems with swallowing.
- **Precancerous changes to the esophagus (Barrett esophagus).** Damage from acid can cause changes in the tissue lining the lower esophagus. These changes are associated with an increased risk of esophageal cancer.

Diagnosis

Your health care provider might be able to diagnose GERD based on a history of your signs and symptoms and a physical examination.

To confirm a diagnosis of GERD, or to check for complications, your doctor might recommend:

- **Upper endoscopy.** Your doctor inserts a thin, flexible tube equipped with a light and camera (endoscope) down your throat. The endoscope helps your provider see inside your esophagus and stomach. Test results may not show problems when reflux is present, but an endoscopy may detect inflammation of the esophagus (esophagitis) or other complications. An endoscopy can also be used to collect a sample of tissue (biopsy) to be tested for complications such as Barrett esophagus. In some instances, if a narrowing is seen in the esophagus, it can be stretched or dilated during this procedure. This is done to improve trouble swallowing (dysphagia).
- **Ambulatory acid (pH) probe test.** A monitor is placed in your esophagus to identify when, and for how long, stomach acid regurgitates there. The monitor connects to a small computer that you wear around your waist or with a strap over your shoulder. The monitor might be a thin, flexible tube (catheter) that's threaded through your nose into your esophagus. Or it might be a clip that's placed in your esophagus during an endoscopy. The clip passes into your stool after about two days.

PARISH NURSE—Continued

- **X-ray of the upper digestive system.** X-rays are taken after you drink a chalky liquid that coats and fills the inside lining of your digestive tract. The coating allows your doctor to see a silhouette of your esophagus and stomach. This is particularly useful for people who are having trouble swallowing. You may also be asked to swallow a barium pill that can help diagnose a narrowing of the esophagus that may interfere with swallowing.
- **Esophageal manometry.** This test measures the rhythmic muscle contractions in your esophagus when you swallow. Esophageal manometry also measures the coordination and force exerted by the muscles of your esophagus. This is typically done in people who have trouble swallowing.
- **Transnasal esophagoscopy.** This test is done to look for any damage in your esophagus. A thin, flexible tube with a video camera is put through your nose and moved down your throat into the esophagus. The camera sends pictures to a video screen.

Treatment

Your doctor is likely to recommend that you first try lifestyle changes and nonprescription medications. If you don't experience relief within a few weeks, your doctor might recommend prescription medication and additional testing.

Nonprescription medications

Options include:

- **Antacids that neutralize stomach acid.** Antacids containing calcium carbonate, such as Mylanta, Roloids and Tums, may provide quick relief. But antacids alone won't heal an inflamed esophagus damaged by stomach acid. Overuse of some antacids can cause side effects, such as diarrhea or sometimes kidney problems.
- **Medications to reduce acid production.** These medications — known as histamine (H-2) blockers — include cimetidine (Tagamet HB), famotidine (Pepcid AC) and nizatidine (Axid AR). H-2 blockers don't act as quickly as antacids, but they provide longer relief and may decrease acid production from the stomach for up to 12 hours. Stronger versions are available by prescription.
- **Medications that block acid production and heal the esophagus.** These medications — known as proton pump inhibitors — are stronger acid blockers than H-2 blockers and allow time for damaged esophageal tissue to heal. Nonprescription proton pump inhibitors include lansoprazole (Prevacid 24 HR), omeprazole (Prilosec OTC) and esomeprazole (Nexium 24 HR).

If you start taking a nonprescription medication for GERD, be sure to inform your doctor.

PARISH NURSE—Continued

Prescription medications

Prescription-strength treatments for GERD include:

- **Prescription-strength proton pump inhibitors.** These include esomeprazole (Nexium), lansoprazole (Prevacid), omeprazole (Prilosec), pantoprazole (Protonix), rabeprazole (Aciphex) and dexlansoprazole (Dexilant). Although generally well tolerated, these medications might cause diarrhea, headaches, nausea, or in rare instances, low vitamin B-12 or magnesium levels.
- **Prescription-strength H-2 blockers.** These include prescription-strength famotidine and nizatidine. Side effects from these medications are generally mild and well tolerated.

Surgery and other procedures

GERD can usually be controlled with medication. But if medications don't help or you wish to avoid long-term medication use, your doctor might recommend:

- **Fundoplication.** The surgeon wraps the top of your stomach around the lower esophageal sphincter, to tighten the muscle and prevent reflux. Fundoplication is usually done with a minimally invasive (laparoscopic) procedure. The wrapping of the top part of the stomach can be complete (Nissen fundoplication) or partial. The most common partial procedure is the Toupet fundoplication. Your surgeon will recommend the type that is best for you.
- **LINX device.** A ring of tiny magnetic beads is wrapped around the junction of the stomach and esophagus. The magnetic attraction between the beads is strong enough to keep the junction closed to refluxing acid, but weak enough to allow food to pass through. The LINX device can be implanted using minimally invasive surgery. The magnetic beads do not have an effect on airport security or magnetic resonance imaging.
- **Transoral incisionless fundoplication (TIF).** This new procedure involves tightening the lower esophageal sphincter by creating a partial wrap around the lower esophagus using polypropylene fasteners. TIF is performed through the mouth by using an endoscope and requires no surgical incision. Its advantages include quick recovery time and high tolerance. If you have a large hiatal hernia, TIF alone is not an option. However, TIF may be possible if it is combined with laparoscopic hiatal hernia repair.

Because obesity can be a risk factor for GERD, your health care provider could suggest weight-loss surgery as an option for treatment. Talk with your provider to find out if you're a candidate for this type of surgery.

PARISH NURSE—Continued

Lifestyle and Home Remedies

Lifestyle changes may help reduce the frequency of acid reflux. Try to:

- **Maintain a healthy weight.** Excess pounds put pressure on your abdomen, pushing up your stomach and causing acid to reflux into your esophagus.
- **Stop smoking.** Smoking decreases the lower esophageal sphincter's ability to function properly.
- **Elevate the head of your bed.** If you regularly experience heartburn while trying to sleep, place wood or cement blocks under the feet at the head end of your bed. Raise the head end by 6 to 9 inches. If you can't elevate your bed, you can insert a wedge between your mattress and box spring to elevate your body from the waist up. Raising your head with additional pillows isn't effective.
- **Start on your left side.** When you go to bed, start by lying on your left side to help make it less likely that you will have reflux.
- **Don't lie down after a meal.** Wait at least three hours after eating before lying down or going to bed.
- **Eat food slowly and chew thoroughly.** Put down your fork after every bite and pick it up again once you have chewed and swallowed that bite.
- **Avoid foods and drinks that trigger reflux.** Common triggers include alcohol, chocolate, caffeine, fatty foods or peppermint.
- **Avoid tight-fitting clothing.** Clothes that fit tightly around your waist put pressure on your abdomen and the lower esophageal sphincter.

Alternative Medicine

Some complementary and alternative therapies, such as ginger, chamomile and slippery elm, may be recommended to treat GERD. However, none have been proved to treat GERD or reverse damage to the esophagus. Talk to your health care provider if you're considering taking alternative therapies to treat GERD.

Preparing for Your Appointment

You may be referred to a doctor who specializes in the digestive system (gastroenterologist).

What you can do

- **Be aware of any pre-appointment restrictions,** such as restricting your diet before your appointment.
- **Write down your symptoms,** including any that may seem unrelated to the reason why you scheduled the appointment.
- **Write down any triggers to your symptoms,** such as specific foods.
- **Make a list of all your medications,** vitamins and supplements.
- **Write down your key medical information,** including other conditions.
- **Write down key personal information,** including any recent changes or stressors in your life.
- **Write down questions to ask your doctor.**
- **Ask a relative or friend to accompany you,** to help you remember what the doctor says.
-

PARISH NURSE—Continued

Questions to ask your doctor

- What's the most likely cause of my symptoms?
- What tests do I need? Is there any special preparation for them?
- Is my condition likely temporary or chronic?
- What treatments are available?
- Are there any restrictions I need to follow?
- I have other health problems. How can I best manage these conditions together?

In addition to the questions that you've prepared to ask your doctor, don't hesitate to ask questions during your appointment anytime you don't understand something.

GERD: Can certain medications make it worse?

Certain medications and dietary supplements can irritate the lining of your esophagus, causing heartburn pain. Others can increase the severity of gastroesophageal reflux disease (GERD). GERD is a chronic condition in which stomach acid flows back (refluxes) into your esophagus. This backwash of acid causes irritation and inflammation of the lining of your esophagus.

Medications and dietary supplements that can irritate your esophagus and cause heartburn pain include:

- Antibiotics, such as tetracycline and clindamycin
- Bisphosphonates taken orally, such as alendronate (Fosamax), ibandronate (Boniva) and risedronate (Actonel, Atelvia)
- Iron supplements
- Quinidine
- Pain relievers, such as ibuprofen (Advil, Motrin IB, others) and aspirin
- Potassium supplements

Medications and dietary supplements that can increase acid reflux and worsen GERD include:

- Anticholinergics, such as oxybutynin (Ditropan XL), prescribed for overactive bladder and irritable bowel syndrome
- Tricyclic antidepressants (amitriptyline, doxepin, others)
- Calcium channel blockers, statins, angiotensin-converting enzyme (ACE) inhibitors and nitrates used for high blood pressure and heart disease
- Narcotics (opioids), such as codeine, and those containing hydrocodone and acetaminophen (Norco, Vicodin, others)
- Progesterone
- Sedatives or tranquilizers, including benzodiazepines such as diazepam (Valium) and temazepam (Restoril)
- Theophylline (Elixophyllin, Theochron)

If you have **GERD**, ask your doctor if medications you take may affect your symptoms.

ANNOUNCEMENTS

Online Worship:

www.youtube.com/c/adventlutheranspokane

'COME TO FRIDAY DINNER'

Our next 'Come to Friday Dinner' will be on **August 4** from **5:00 pm-6:00 pm**. **Menu:** Meatloaf, mashed potatoes, 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!

VITALANT BLOOD DRIVE

Sleeves Up! Save the date! Advent's next Blood drive is on **August 20, 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**.

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 desserts of cookies, ice cream bars, or brownies**. **We will have wonderful raffles to bid on!** Everyone welcome and bring friends!

LUTHERHAVEN GIFT BASKETS

The **Lutherhaven auction** is fast approaching and items are needed. We need people to shop for themed baskets and gift cards. We need gift cards for the gift card tree we are raffling and they can be any price and type. For the baskets we are asking for people/families/groups to shop for a certain theme. **Basket cards** are located with the BBQ sign up in the Narthex. Please take a card...shop, and have items at the church office by **August 13th**. We are also looking for a few volunteers to help at the day of the auction with various tasks. If you are interested in volunteering or have any questions about donating, please contact **Missy Bliesner at mnurvis@hotmail.com or 509-954-6406**.



ANNOUNCEMENTS-Continued

MEN'S PRAYER GROUP

The **Men's Prayer group** meets each **Friday** morning at **6:30 am** at **Denny's Restaurant** on Sprague and Pines. All men are welcome!

BOOTS AND PEARLS

Join Lutherhaven's 8th Annual Hootenanny at **Camp Lutherhaven on Lake Coeur d'Alene** for an evening of fun and generosity supporting the **Lutherhaven Campership Fund**, making camp available to **ALL children regardless of ability to pay**. Annually, nearly 65% of campers come for free or at reduced cost thanks to donors like you. **Boots & Pearls** includes a cruise boat ride to Lutherhaven from downtown Coeur d'Alene; live fiddle music; local wine & beer tasting; meaningful program, paddle raise to support the **Lutherhaven Campership Fund** & a delicious gourmet meal that will delight any foodie, catered by local chefs! This year, **Boots & Pearls** is on **Saturday, August 26, 2023**. Invite a friend and we'll see you there! **Find details, RSVP, or to register: lutherhaven.com/events/ or (208) 667-3459**

CHILD CENTER NEWS

By Heidi Perry, Child Center Director

We celebrated "**International Mud Day**" in July at the Child Center. Most years our Pre-K Class will have a mud day, but this year we were able to convince a couple other rooms to participate, as well! Thankfully, the weather was perfect for hosing everyone off before coming back inside and a lot of fun was had by all!



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 this Fall**. 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.



ADVENT LUTHERAN CHURCH COUNCIL

President: Denise Walker – 509-280-0751
walkwa2@msn.com
Vice President: Linda Tompkins – 509-939-5894
ltomp@gmail.com
Secretary: Julie Lehman-Meyers – 509- 868-6501
julielehman509@gmail.com
Treasurer: Linda Young – 509-999-4348
ldyoung_76@msn.com
Pastor Matthew Larson – 509-280-4140
adventpastor@comcast.net
Missy Bliesner – 509-954-6406 mnurvis@hotmail.com
Cindy Falk-719-659-0439 cindyfalk9@gmail.com
Terry Powell – 509-263-7048 terrysp17@gmail.com
Tom Sernka – 509-270-9166 tomsernka@comcast.com
Tes Sturges – 509-990-0418 tessina9229@gmail.com

INCOME/EXPENSE INFORMATION

Advent General Fund Income/Expense

	<u>June</u>	<u>Year to Date</u>
Income	22,204.45	161,944.41
Expenses	26,865.87	172,037.24
Net	-4,661.42	-10,092.83

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 June was \$161,944.41.
- Total operating expenses for January through June was \$172,037.24.
- Expenses year to date were higher than income by \$10,092.83.
- Reserves are \$51,322 which is approximately 1.9 months of operating expenses.

Child Center Income/Expense

	<u>June</u>	<u>Year to Date</u>
Income	70,432.17	459,359.27
Expense	86,419.14	503,791.85
Net	-15,986.23	-44,431.91

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 1.2 months tuition.
- Budgeted monthly expenses for 2023 are \$86,802.77. Total Reserve Amount is \$106,604.82. This equates to 1.2 months tuition.
- Expenses were a bit higher than normal for June due to maintenance on our van, new iPad purchases for classrooms, and extra supplies purchased for the summer.
- Income was lower than normal due to delayed postings for July.

ATTENDANCE

IN-PERSON ATTENDANCE

July 2	76
July 9	68
July 16	100
July 23	92

ONLINE VIEWS

July 2	38
July 9	47
July 16	48
July 23	36

PEOPLE IN OUR PRAYERS

Church Family and Friends: Harry & Manda Benton & family, Debbie Boyles, Diane Buck, Larry Butler, Martha Olene Cason, Georgia Coulston, Kathleen Curry, Henry Domine, Pastor Stacey Friedlein, Faye Grant, Candy Harder, Dan Harris, Leigh & Steve Hopkins, Gwen Huber & family, Audrey Knuttel & family, Troy & Linda Lahman, Larson family, Lexi & Serenity, Jan Madden, Mike & Sandra McCune & family, Marsha, 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, Carlos and Gavi Velategui, Rick Velategui, 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 alcspokane@comcast.net or call the church office at (509) 928-7733.*

AUGUST CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 am Happy Piece-makers 10:30 am ALCC Board Mtg. 5:00 pm Executive Committee Meeting 6:00 pm Cub Scouts	2 8:30-9:30 am Fitness Class	3 9:00 am Happy Helpers	4 6:30 am Men's Prayer Breakfast 5:00-6:00 pm 'Come to Friday Dinner'	5
6 9:30 am Worship Service/Holy Communion Coffee Fellowship 10:45 am High School Sunday School	7 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts	8 9:00 am Happy Piece-makers 5:00 pm Council Meeting 6:00 pm Cub Scouts	9 8:30-9:30 am Fitness Class	10 9:00 am Happy Helpers	11 6:30 am Men's Prayer Breakfast	12
13 9:30 am Worship Service/Holy Communion After Worship Coffee Fellowship 10:45 am High School Sunday School	14 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts	15 9:00 am Happy Piece-makers 5:00 pm Heads of Committee Meeting 6:00 pm Cub Scouts	16 8:30-9:30 am Fitness Class	17 9:00 am Happy Helpers	18 6:30 am Men's Prayer Breakfast-Denney's Restaurant	19
20 BBQ/Lutherhaven Fundraiser 8:30-11:30 am Vitalant Blood Drive 9:30 am Worship Service/Holy Communion After Worship BBQ 10:45 am High School Sunday School	21 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts	22 9:00 am Happy Piece-makers 6:00 pm Cub Sco	23 8:30-9:30 am Fitness Class	24 9:00 am Happy Helpers	25 6:30 am Men's Prayer Breakfast-Denney's Restaurant	26
27 <i>'Fill the Shelf'</i> Sunday 9:30 am Worship Service/Holy Communion After Worship Coffee Fellowship 10:45 am High School Sunday School	28 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts	29 9:00 am Happy Piece-makers 6:00 pm Cub Scouts	30 8:30-9:30 am Fitness Class	31 9:00 am Happy Helpers		

AUGUST HOSPITALITY SCHEDULE

Ministry Description	August 6	August 13	August 20 CHURCH BBQ & LUTHERHAVEN	August 27
	9:30 AM	9:30 AM	9:30 AM	9:30 AM
ASSISTING MINISTER: (1)		Holly Gunby		
COMMUNION ASSISTANTS (2)	Jodi Meddock Marlyce Murphy	Holly Gunby Bonnie Rehn	Jodi Meddock Linda Tompkins	Holly Gunby Bonnie Rehn
READER: (1)	Robert Gieseke			
ACOLYTE: (1)				
USHERS (3-4)	1. Darrell Shoquist 2. Francie Shoquist	1. 2.	1. Debbie Martin 2.	1. 2.
GREETERS: (2-4)	1. Patt Scott 2.	1. 2.	1. 2.	1. 2.
ALTAR FLOWERS				
FELLOWSHIP HOSTS		1. 2. 3. 4.	Church BBQ	1. 2. 3. 4.
(Cookies, etc., 4 people, 2 dozen)	Sandra McCune Patt Scott		See Sign Up Sheet for Desserts/Salads	
“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

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