

Advent Lutheran Church Newsletter



LETTER FROM THE COUNCIL PRESIDENT

By Denise Walker

FALL is HERE!!

September seems to have flown by and now the autumn harvest colors are upon us. Since the leaves will be falling soon enough, take a moment to enjoy the beauty of the season while it lasts!!

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The Council has been busy with several "housekeeping" items such as:

- 1-Council voted to confirm Ian Moore as the newest member to the Council.
- 2-Council voted to accept the Sturm Heating Air Conditioning bid of \$40,380 (plus tax) to replace 4 rooftop furnaces and 4 air conditioners. The work should begin by mid-October.
- 3-The 2024 budget preparation/review has started.
- 4-The Spokane County Tax Assessors church name correction to Advent Lutheran Church should be completed by mid-October.
- 5-Planning/Agenda for the December 3rd Congregational Meeting is underway. The congregation will be voting on two items; **the 2024 Budget and to ratify Advent's Constitution & Bylaws.**
- 6-The Synod Regional Gathering 2024 is tentatively scheduled for April 2024. The Synod has asked Advent to host the Eastern WA/North ID meeting. The Council voted in favor of the hosting so now we are awaiting more information.

As a reminder, please mark your calendars to be in church on **December 3rd** because a quorum will be needed for both votes at our **Annual Congregational Meeting.**

The fall has always been my favorite time of year so I would like to share a favorite quote of mine:

"The heat of autumn is different from the heat of summer. One ripens the apples and the other turns them to cider."

Blessings,
Denise



Online Worship:

www.youtube.com/c/adventlutheranspokane

HAPPY HELPERS

By Forrest Diehl

Fall is here! Football is in the air, public schools have begun their 2023/2024 school year, temperatures are significantly cooler, and a Happy Helper Breakfast with homemade applesauce is scheduled for **Sunday, October 22, 2023**. Yep, it is definitely autumn! We need your help on Thursday, October 19 in making the applesauce and on the following Sunday in volunteering and attending the free-will offering breakfast. The money collected will be used to off-set the cost of the breakfast. Any proceeds gained will be used for future church/Child Center maintenance costs or charitable contributions. This event, coupled with the monies received from the recycle program (thanks to **Roger Scheurer**) are the only sources of revenue for the Happy Helper dedicated fund. **Butch Yarnell** has numerous flyers, announcements, and sign-up sheets out and about. Please help; Thanks!

Here are some funnies that were new to me:
Now that I'm older here's what I've discovered:

1. I started out with nothing, and I still have most of it.
2. My wild oats are mostly enjoyed with prunes and all-bran.
3. I finally got my head together, and now my body is falling apart.
4. Funny, I don't remember being absent-minded.
5. Funny, I don't remember being absent-minded.
6. If all is not lost, then where the heck is it?
7. It was a whole lot easier to get older, than to get wiser.
8. Some days, you're high as a kite; some days you're down in the dumps.
9. I wish the buck really did stop here; I sure could use a few of them.
10. Kids in the back seat cause accidents.
11. Accidents in the back seat cause kids.
12. It's hard to make a comeback when you haven't been anywhere.
13. The world only beats a path to your door when you're in the bathtub.
14. If God wanted me to touch my toes, he'd have put them on my knees.
15. When I'm finally holding all the right cards, everyone wants to play chess.
16. It's not hard to meet expenses . . . they're everywhere.
17. The only difference between a rut and a grave is the depth.
18. These days, I spend a lot of time thinking about the hereafter . . . I go somewhere to get something, and then wonder what I'm "here after".
19. Funny, I don't remember being absent-minded.
20. Eat drink and be merry, for tomorrow we diet.

And for you scientists/mathematicians:

1. The ratio of an igloo's circumference to its diameter = 1 Eskimo Pi
2. 2,000 lbs. of Chinese Soup = Won ton
3. 1 millionth of a mouthwash = 1 microscope
4. Time between slipping on a peel and smacking the asphalt = 1 bananosecond
5. Weight an evangelist carries with God = 1 Billigram
6. Time it takes to sail 220 yards at 1 nautical mile/hr = 1 Knotfurlong

HAPPY HELPERS-Continued

7. 365.25 days of drinking low-calorie beer = 1 Lite Year
 8. 16.5 feet in the Twilight Zone = 1 Rod Serling
 9. Half a large intestine = 1 Semicolon
 10. 1,000,000 aches and pains = 1 Megahurtz
 11. Basic unit of laryngitis = 1 hoarse power
 12. Shortest distance between two jokes = A Straight Line
 13. 2,000 mockingbirds = Two Killomockingbirds
 14. 1 kilogram of falling figs = 1 Fig Newton
 15. 1,000 cc's of wet socks = 1 liter hosen
 16. 8 nickels = 2 paradigms
- (Full disclosure: from Butch Yarnell)

Happy Helper notes for September 2023: I just realized that the entire south shrub/rose/grass garden area along Broadway Avenue is covered with beauty bark. Paper barrier paper was laid down for weed control. It was done during my absence and I strongly suspect **Butch Yarnell, Daryl Ziemer, Bill Thurston, Dave Cook, Wade Wipperling**, and **George Harrison** are responsible for all the hard work. The garden area looks great! Now that I've demonstrated my powers of observation.... moving on to other tasks done... repaired east entrance glass door handle (**Butch Yarnell**); repaired church office door stop (**Butch Yarnell, Daryl Ziemer, Dave Cook**); replaced fluorescent light bulbs in kitchen and parish administrator's office (**Dave Cook, George Harrison**); installed backing on book shelf in Child Center classroom (**Wade Wipperling, Daryl Ziemer, Dave Cook**); set up tables and chairs for Sunday fellowship hours (**Dennis Johnson, Bob Hubert, Daryl Ziemer, Butch Yarnell, Ian Moore, George Harrison, Wes Todd**); adjusted watering times on lawn sprinklers (**Dave Cook**); coordinated with church council and **Sturm Heating and A/C** for a contract to install four each HVAC units in the church (**Bill Thurston**); installed free standing shelf in Child Center classroom (**Dave Cook, George Harrison**); removed three each window air conditioners and re-installed glass window panes (**Bill Thurston, George Harrison, Daryl Ziemer**), etc.

The **Happy Helpers** are looking forward to the month of October and the **Happy Helper Breakfast**. Please help us prepare for and participate in the fall event (not quite an Octoberfest – but close!) The Happy Helpers meet each **Thursday morning, 9:00 A.M.**, at the church. Visitors and new members are always welcome! If you can't make it by 9:00 A.M., that's ok – come anytime. Usually we are done talking/meeting by 9:30 A.M., and finished working by 10:30 / 11:00 A.M.

HAPPY HELPERS BREAKFAST

Happy Helpers Breakfast: Sunday, October 22, 8:00 am – 11:00 am.

All are welcome!

Breakfast menu: scrambled eggs, sausage links, pancakes with regular and sugar free syrup, and traditional applesauce. Drinks will be regular and decaffeinated coffee, hot water, tea, apple and orange juice.

PASTOR MATT'S CORNER

By Pastor Matt Larson

Did you know that we have three parts to our Evangelical Lutheran Church in America (ELCA)? There is the national body, typically called Churchwide that is made up of the national staff, the Conference of Bishops, and the Churchwide Assembly. Then there are smaller regional areas called synods (the word means to walk along with) which have staff and an elected Bishop along with assemblies for business and connection. Then there is the congregation. We are a part of the Northwest Intermountain Synod (what used to be the Eastern Washington-Idaho Synod) but since we now have two congregations in western Wyoming and one in Oregon, we needed to change the name.

The mission statement of our synod is:

“Together in Jesus Christ we are freed by grace to live faithfully, witness boldly, and serve joyfully.”

This last April we had a Bishop election and the Rev. Dr. Meggan Manlove won the election. Since July 1 she has already put many miles on her car, and plane to visit with our congregations. She will be installed as the Fourth Bishop of our synod since becoming the ELCA in 1987. The installation will be in Boise on October 7th. I will be attending (and am in the service) while also attending Synod Council that weekend. (This is my last year on the Synod Council, I will be done in April.) Our Synod staff, I believe, are one of the youngest (average) and am so happy that we have these energetic and faithful leaders. We also are welcoming a new Director of Evangelism and Ministry to the synod office, a familiar face around Spokane, the Rev. Liv Larson Andrews. The Rev. Phil Misner continues his role as Assistant to the Bishop. Please pray for our synod staff as they steer this ship we call the Church, into an unknown future with struggles, opportunities, and faith. And lastly, a big thank you to our synod staff! They really do a lot within our geographically large synod, and there is always lots to do! May we all join in the mission of our synod and remember “Together in Jesus Christ we are freed by grace to live faithfully, witness boldly, and serve joyfully!”

Please pray for our Synod staff as they continue to serve us as we can also serve them. Blessings, Pastor Matt

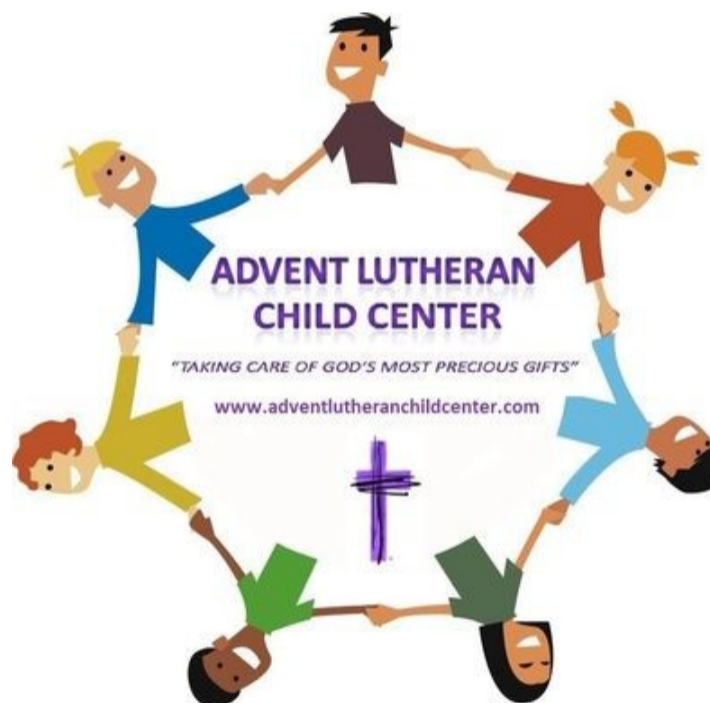


Bishop Meggan Manlove

CHILD CENTER NEWS

By Heidi Perry, Director

Our Toddlers had fun with a full body painting experience last month!



ANNOUNCEMENTS

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

VISITATION MEETING

Our regular meeting will be after church on **Sunday, October 1st**, and brunch will be served.

ADVENT CHORAL GROUP

If you are interested and can commit to joining this group when possible, contact **Paula Kenney at pikenney42@comcast.net** or the church office. **October's Choir offering will be Sunday, October 22.** Practices will be held as follows:
Sunday, October 1 at 8:30 a.m. (prior to worship)
Sunday, October 15 at 8:30 a.m. (prior to worship)

GOLDENAGERS' DAY OUT

GOLDENAGERS' DAY OUT at Camp Lutherhaven! Wednesday, October 4th. Meet at the church and ready to leave by **8:45 am** and return by **2:30 pm.** **Cost is covered by Advent. Lunch will be included.** As the bus is unavailable, we plan to carpool. Please see the sign-up sheet on the table in the Narthex. Contact **Linda Semmen at 509-389-4191** for more information.

'COME TO FRIDAY DINNER'

Our 'Come to Friday Dinner' nights will be **Friday, October 6 & 20 from 5pm-6pm.**
October 6 menu: spaghetti & meatballs, salad, French bread, and dessert.
October 20 menu: Goulash, corn bread, and dessert.
If you are interested, please call the church office at **928-7733** or place your name and the number of meals you wish on the **sign-up sheet on the table in the Narthex.** **EVERYONE welcome!** As always, you are welcome to stay and enjoy your dinner in the Fellowship Hall or you may take it home to enjoy!

MONTHLY LADIES LUNCHEON

Our next luncheon will be **Saturday, October 14th at 11:30 a.m.** at **The Max at Mirabeau.** Please contact **Gerry O'Rourke at 509-893-0787 by October 11th** 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.**

THE HAPPY PIECEMAKERS QUILT RAFFLE

The **Happy Piecemakers** will be raffling **three quilts on Sunday, October 15.** Tickets for the raffle are being sold today through the 15th. You may see one of the **Happy Piecemakers at the table** in the Narthex. Tickets for the raffle are **\$1.00 each or 6 for \$5.00.** Quilts are also available to purchase for **\$50 each.**

BIRTHDAY CELEBRATION

Everyone is welcome to attend **Margaret Ensor's 90th birthday** celebration on **Sunday, October 15th, at 2:00 pm, Broadway Court Estates, 13505 Broadway Avenue, Spokane Valley.** If you are unable to attend, Margaret would love to hear from you! You may send her a card, note, or email to Margaret Ensor, 13505 Broadway Avenue, Apt. 217, Spokane Valley, WA 99216. Phone: 509-990-5715 or email: mensor1312@yahoo.com. Please **RSVP by October 2nd to Cheryl Capoocia at 619-820-6678.** No gifts please.

ANNOUNCEMENTS-Continued

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!

ART ON BROADWAY: MINI-MASTERS

Back by popular demand, the **2nd Annual Art on Broadway: Mini-Masters Art Show** opens on **Friday, October 20th.** Each age group from the **Advent Child Center** will create an art piece based on a master artist's work. Join us at **5pm** for the opening and stay for '**Come to Friday Dinner**'. The work will be on display from **October 20th to November 5th.** If you are interested in helping setup the display on **October 19th,** contact **Jody Harris at djtharris@cs.com or 801-450-6879.**

VOLUNTEERS NEEDED FOR HAPPY HELPERS BREAKFAST

Volunteers are needed to come to Advent on **Thursday, October 19th, at 8am** to assist with preparing the apples so the **Happy Helpers** can make their homemade applesauce. We will also need people to assist with setting up and cooking the sausage on **Saturday, October 21, at 9am** and help with cooking and serving the food on **Sunday, October 22nd.** See the **sign-up sheets** on the table in the Narthex. Questions? Please contact **Butch Yarnell at 360-513-0396** or the **church office at 509-928-7733.** **NOTE:** For those signing up to volunteer for this wonderful breakfast, please plan to meet **after worship on October 15** to go over the logistics of that coming week. (We can do it over coffee in the fellowship hall.)

HAPPY HELPERS BREAKFAST

Happy Helpers Breakfast: Sunday, October 22, 8:00 am – 11:00 am. All are welcome! This breakfast is the Happy Helpers' primary effort to raise money for the operating expenses for the annual maintenance of our facility. Join us! No one goes away hungry! **Breakfast menu:** scrambled eggs, sausage links, pancakes with regular and sugar free syrup, and traditional applesauce. Drinks will be regular and decaffeinated coffee, hot water, tea, and juice: apple and orange.

HAPPY CUT-UPS CARDS

Is your greeting card supply running low? You are in luck - the '**Happy Cut-Ups**' **greeting cards** are back! The cards are displayed on the tables in the Narthex. Simply select the cards you want, make sure you pick up an envelope (s), and make a donation by putting your payment of cash or check into the locked box on the table by the cards.

MID-WEEK BIBLE STUDY

The **Mid-Week Bible study** continues each **Thursday morning at 10am** and you can either join us in person in the classroom or by Zoom. If you would like to join us by Zoom please let Pastor Matt know so that he can send you the link to join us. We are studying **1 and 2 Corinthians.** **NOTE: There will be NO Bible study on October 19.**

ANNOUNCEMENTS-Continued

SOCK 'EM' TIME!

The Annual 'Sock-Em' Drive will run from **October 1 to November 30**. We are reaching out to local organization(s) to determine where we will take the warm socks you donate. Look for the **Sock-Em Drive barrel** in the Narthex and place your donation in the barrel. Contact **Manda Benton** at **509-924-6495** or **mandabenton@icloud.com** or the **Church office** at **509-928-7733**.

'BIG BAND CHRISTMAS'

All are welcome to join us **Saturday, December 16th** at **2:00 pm** at the **University High School Auditorium** for 'Big Band Christmas'.

- For those wishing to ride the bus, please meet at the church and ready to leave by **1:00 pm** to go to University High School).
- Cost is **\$34/Senior tickets**-Make your checks out to **Spokane Valley Summer Theatre** or **SVST** and give to **Linda Semmen** by **Sunday, November 5th**, as a group section will be reserved and paid for in advance.
- See the sign up sheet on the table in the Narthex. With a fresh new script and under the musical direction of **Andrea Olsen**, this years' Big Band Christmas will feature timeless holiday classics like "The Christmas Waltz", "Chestnuts Roasting on an Open Fire" and "Christmas Time is Here" as well as some new, soon to be favorites, including "Candy Cane Lane", "A Hand for Mrs. Claus", and "Kid Again on Christmas". Big band holiday headliner music favorites from yesteryear, featuring the songs of: **Bing Crosby, Judy Garland, Frank Sinatra, Rosemary Clooney, Cole Porter, Irving Berlin** and more. With something for everyone and featuring a **17-piece big band** conducted by **David Brewster**, it's guaranteed to be a **SWEET TREAT** of a show!
Questions? Contact Linda Semmen (509-389-4191).

RECYCLING NEWS

By Roger Scheurer

Good news!! We are still collecting aluminum beverage cans for recycling. Here's how this works—you save your aluminum cans and bring them to us. Large lots or small lots, doesn't matter.

Be sure to leave them bagged for easier handling . Place them into the bin at the northwest corner of the parking lot anytime at your convenience. I will collect them from there and take them to the recycling center and redeem them for cash which goes to the Happy Helpers who in turn use the money for small repair jobs around the church. Thank you **Happy Helpers!!**

This summer's volume was down a bit –but September's looks a little better. So remember...drink up and save your cans for us!!!

OUTREACH COMMITTEE

By Jody Harris

TOILETRIES

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.

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**.



VITALANT BLOOD DRIVE

By Babs Velategui

Although turn-out was low for Advent's latest blood drive, we had 9 donors, one of which was a double donation! That's 30 people needing blood transfusions who can be helped at a time when there is a critical shortage. Thank-you to all my very faithful volunteers for your life-saving gift. I will be out of country for the next blood drive, usually at the end of January. If anyone is interested in taking over as the contact person for Vitalant, please let me know. It is any easy job, but requires some computer skills.

THANK YOU

Thank you Advent Saints for your prayers, cards and calls. I am so grateful for all of you and the love you have given. Recovery is going well. Pain is managed. I am learning patience. God is good. With love and gratitude, **Holly Gunby**



PARISH NURSE

By Debbie Martin, RN, Parish Nurse

COMMON MENTAL HEALTH PROBLEMS IN SCHOOL CHILDREN AND HOW TO ADDRESS THEM

Millions of people struggle with mental health issues on a daily basis, but no one wants to think that these issues might affect children. As a parent, it is your responsibility to know what your child needs and to provide it. This includes identifying problem behaviors and seeking treatment when your child needs help.

It is a fact of life that children are sometimes going to break the rules. It's also a fact that they'll occasionally show an outburst of emotion or throw a tantrum in the middle of the grocery store. Childhood development is a trying time and children are often ill-equipped to understand or properly deal with the changes they're going through.

But there is a point at which behavioral issues go beyond the point of being normal. If your child is becoming extremely withdrawn and avoiding social interaction, it might be something more. If your child is expressing angry or violent thoughts and behaviors, it might be something to worry about. Mental health is a difficult thing to gauge, but you can see the signs when your child exhibits behaviors that are abnormal for their personality or for other children of their age. It is your job as a parent to notice the change and to seek help.

In this article, we'll explore the subject of mental health issues in school children. We'll talk about the most common issues affecting children of school age and how parents and teachers can work together to identify those issues. We'll also talk about what schools and parents can do to support these children.

How Common Are Mental Health Issues in Children?

According to the National Alliance on Mental Illness (NAMI), more than 19% of American adults experience mental illness each year – that's roughly 1 in 5 adults. Mental health issues affect millions of people each year, though awareness is spreading, and more people are seeking help.

But what about those who don't understand what's happening to them? How can they get the help they need if they don't know to ask for it?

Mental health issues in children can be difficult for parents to identify. Not only do many parents not know the signs of mental illness, but changes in behavior are normal in growing children. It's difficult to say whether certain changes should be attributed to normal growth and development or whether they might be early signs of a growing problem. What's more, the stigma against mental health leads many parents to ignore the early signs of mental illness if they do, in fact, notice them.

According to the Association for Children's Mental Health (ACMH), 1 in 5 children and youth have some kind of diagnosable emotional, behavioral, or mental health disorder. Furthermore, 1 in 10 adolescents has a mental health issue serious enough to impair their function at home or in school.

PARISH NURSE—Continued

In many cases, when a child struggles at school, mental health is not the first potential cause to be investigated. It is easier to blame the child's home life, socioeconomic status, or even the child's ability to learn for academic issues rather than recognizing that something deeper may be going on – instead of recognizing that the child might be in need of support.

What Are the Top Children's Mental Health Concerns?

Children can be affected by the same mental health issues as adults, though they typically express them in different ways. For example, an adult with depression may have trouble concentrating or enjoying activities they once enjoyed. In children with depression, irritability is a more common symptom than sadness. Children are also more likely to display behavioral changes as a manifestation of mental issues. For many children, these come out in the form of behavioral issues like oppositional defiant disorder (ODD), conduct disorder (CD), or obsessive-compulsive disorder (OCD).

Some of the most common mental health issues affecting school children are:

- Anxiety Disorder
- Attention-Deficit Hyperactivity Disorder (ADHD)
- Autism Spectrum Disorder (ASD)
- Eating Disorders
- Mood Disorders

Anxiety disorders take many forms. In children, some of the most common kinds are obsessive-compulsive disorder, post-traumatic stress disorder, social phobias, and generalized anxiety disorder. Some amount of worry is normal for any person to experience, child or adult, but when it makes it difficult for the child to function in school or in social interactions, it could be something more serious.

Attention deficit hyperactivity disorder is a complex neurodevelopmental disorder that manifests with a wide variety of symptoms. Many people assume that difficulty concentrating is the primary symptom, but that is not necessarily the case. ADHD affects the child's ability to process their own emotions and to recognize other people's emotions and needs. This often takes the form of impatience and fidgetiness but may also involve trouble following instructions and frequent daydreaming.

Another mental health issue that is difficult to identify and understand is an autism spectrum disorder. It is a developmental disorder that affects the child's communication and behavior. It typically manifests in the first three years of life and is called a "spectrum" disorder because symptoms vary greatly in type and severity. Every child with ASD is different, but many children with the disorder have difficulty communicating and interacting with other people which can be a challenge at school.

In addition to mental health issues that have a neurological foundation, there are also some mental health disorders that can develop over time from the child's situation or environment.

PARISH NURSE—Continued

Eating disorders and mood disorders can affect children of all ages and are often brought about initially by stress or trauma. Children have difficulty identifying and dealing with their emotions, at times, so they sometimes develop unhealthy coping mechanisms. Eating disorders like anorexia, bulimia, and binge-eating disorder can become life-threatening and mood disorders can lead to dangerous and even suicidal thoughts.

What Behavior is “Normal” for Growing Children?

As a parent, you can't be expected to understand everything your child does. You should, however, know your child well enough to notice when something changes. You may not know why your child is exhibiting a change in behavior, but if you notice something, bring it to your pediatrician's attention. In addition to noticing changes in your child's behavior, it also helps to know what is and isn't normal for his or her age group.

Here is a quick overview of normal behavior in children of different ages:

Preschool (4 to 5 years) – Children at this age start to seek their independence and learn how to say “no.” They may throw the occasional tantrum but should begin to gain control over their emotions and impulses. There may be minor outbursts of aggression but should be learning how to use their words. Time-out is an effective discipline technique at this age.

Grade School (6 to 9 years) – Children at this age start to take on more responsibility and start to want more freedom (often more than they can handle). They require guidance to complete chores and homework but will begin to solve problems on their own. They'll start to experience more complex emotions like frustration and anxiety and may lack verbal impulse control. Positive reinforcement-style discipline is effective at this age.

Tweens (10 to 12 years) – At this age, children want even more independence and often become mildly oppositional and argumentative toward parents. They may lack the ability to see the long-term consequences of their behavior and may struggle with social skills.

Teens (13 and over) – Children at this age like to think they are adults but will still struggle with making healthy decisions. Teens go through a variety of phases as they struggle to find themselves as individuals and may change social groups often. Minor rebellion is normal but teens should have improved self-discipline when it comes to doing chores and homework.

As you can see (and have probably already experienced), your child's behavior can be expected to change over time. Once your child hits a certain age, however, they'll be spending more time in school and you may not notice the changes as quickly. Read on to learn how to know if your child is hiding problems at school.

Is Your Child Hiding Problems at School?

Every child experiences ups and downs at school. Changing classrooms, learning difficult material, and going through developmental changes are all sources of stress that can affect your child's behavior at school as well as his mental health. Through all of these changes, it is the parent's responsibility to keep an eye out for warning signs that your child is struggling more than is normal.

PARISH NURSE—Continued

Here are some of the most common signs of mental illness in children:

- Changes in mood (ex: feelings of sadness, withdrawal, or mood swings).
- Intense emotions (ex: overwhelming fear, angry outbursts, extreme anxiety).
- Changes in behavior (ex: out of control behavior, frequent fighting, using weapons).
- Difficulty concentrating decreased performance in school.
- Unexplained weight loss or changes in appetite.
- Physical symptoms such as frequent headaches or stomachaches.
- Self-injury or self-harm, such as cutting or burning and attempted suicide.
- Substance abuse, using or abusing drugs and alcohol.

Unfortunately, these signs are not always easy to identify. In fact, your child could hide some of these symptoms from you if they are worried or ashamed. It is then your job to read between the lines and to see what is really happening.

Here are some hidden signs that your child made be struggling at school:

- Making excuses not to go to school such as faking being sick.
- Skipping school or cutting classes without your knowledge.
- Losing interest in school and in extracurricular activities.
- Developing low self-esteem, comparing self to other children.
- Frequently getting detention or being disciplined at school.
- Refusing to do homework and/or getting poor grades in school.

If you notice your child displaying any of the obvious signs of mental illness or the hidden signs of school problems, don't ignore it. Failing to acknowledge your child's struggle can make matters worse – if the parent doesn't acknowledge the problem, the child may end up feeling like it isn't real, or it doesn't matter. Your child's mental health is fragile and worth protecting.

What Can Schools Do to Support Students' Mental Health?

Failing to notice or address issues at school means that your child's mental and behavioral issues could get worse. More importantly, it leaves your child to deal with those issues alone.

Issues in school can lead to a variety of additional problems for children. For one thing, children with school problems have an increased risk of dropping out. Avoiding school or cutting classes in the short term due to school issues can have long-term repercussions. Your child could fall behind in school and, if their mental and behavioral health issues persist, they may have trouble getting back on track in the future. Worse, they might be labeled a troublemaker and be disregarded entirely. So, what can schools do to support the mental health of their students?

PARISH NURSE—Continued

For many students who have issues with behavior, mental health, or learning ability, the best solution is to develop an individualized education program (IEP) or a 504 plan. Technically speaking, an IEP is a legal document that lays out the details of a special education program involving instruction, support, and other services a child needs to succeed in school. In reality, however, an IEP is more than just a written document – it's a roadmap for teachers and other school staff to help them provide for the child's unique needs. IEPs are a common part of public education. If your child does not require special education to provide for his unique needs, a 504 plan might be more applicable.

These plans are developed for children who can do well in a standard classroom but need special supports or services to be able to learn in that environment. Some of the provisions your child might receive with a 504 plan include extended time on tests, the ability to leave the classroom to take short breaks, or classes to learn coping mechanisms or study skills.

Whether your child receives an IEP, a 504 plan, or neither, it is your job as a parent to provide support at home. Ideally, you'll be able to work with your child's teachers and other school staff to make sure your child's needs are met while he is at school, but it is your job to provide support at home.

How Can You Support Your Child's Mental Health at Home?

As a parent, you want what's best for your child. Unfortunately, it can sometimes be difficult to tell what that is, especially when your child isn't forthcoming about problems they're experiencing. Add to that the fact that your child spends a majority of time at school where you can't observe him, and you can see how mental health issues frequently fall to the wayside.

What can you do as a parent to support your child's mental health at home?

The first step in getting your child the help they need is diagnosing the problem. Talk to your pediatrician and provide as much information as you can about your child's behavior, mood, and problems in school. If you haven't experienced things first-hand, get a detailed report from your child's teacher or other school staff to help your pediatrician get an accurate picture of the problem.

Once your child has been diagnosed with a mental or behavioral health issue, it is important to develop a plan for treatment. Treatment doesn't always (and in many cases shouldn't) involve medication. For children, it often involves supportive therapies to help children cope with the challenges they are experiencing. You and your pediatrician will work together to decide what is best for your child. Here are some of the most effective treatment options for children with mental health issues:

Psychotherapy – Also known as talk therapy, psychotherapy is one of the most effective forms of treatment for mental health issues in general, not just for children. The goal is to teach your child how to understand their mental challenges and to teach them helpful ways of dealing with those challenges. Even if you don't directly

participate in your child's sessions, your child's therapist will want to work with you to make sure your child is getting what they need.

Medication – Medication is not the preferred first option for the treatment of mental health disorders in children, but it is warranted in some cases. Depending on what your child is struggling with, your pediatrician may prescribe antidepressants, stimulants, mood stabilizers, or something else. It is your job to make sure your child takes the medications in the proper dose at the proper times, though you should also teach your child how to manage the medication.

Family Counseling – Even though your child is the one dealing with mental health challenges, it can have an impact on the entire family. Family counseling can help you learn what is going on with your child and how you can help. It is also a great way to learn what not to do – things that could set your child back or keep him from getting the support he needs.

Support for Parents – Being a parent means putting your child's needs before your own, but you can't give your child everything he needs if you don't have to support yourself. Support groups and various resources are available to help you relieve stress, seek individualized help, and learn new strategies for helping your child with their mental health issues.

The next most important thing you can do is build and maintain a strong relationship with your child's teachers and with the school. If your child has been diagnosed with a mental or behavioral health issue, bring it to the school's attention and make sure they are involved in your treatment plan. If your child requires special care or attention at school, work with the school to make sure they get what they need. If the school refuses to work with you or isn't able to offer anything in the way of assistance, it might be time to look for another school that better suits your child's needs.

By bringing your pediatrician and your child's teachers together, you can create a comprehensive support system for your child. It is your job to maintain those connections and to facilitate the treatment plan. Though the road may be difficult, your child depends on you for love and support so do everything you can to give your child what they need to succeed and grow.



**LUTHERAN FAITH COMMUNITY
NURSE ASSOCIATION**

INCOME/EXPENSE INFORMATION

Advent General Fund Income/Expense

	<u>August</u>	<u>Year to Date</u>
Income	22,466.78	207,869.98
Expenses	26,714.74	223,748.82
Net	-4,247.96	-15,878.84

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 August was \$207,869.98.
- Total operating expenses for January through August was \$223,748.82.
- Expenses year to date were higher than income by \$15,878.84.

Child Center Income/Expense

	<u>August</u>	<u>Year to Date</u>
Income	77,168.30	617,209.65
Expense	77,324.90	659,987.42
Net	-156.60	-42,777.77

Notes for Advent Lutheran Child Center

- Budgeted monthly expenses for 2023 are \$86,802.77. Total reserve amount is \$108,052.77. This equates to 1.2 months tuition.
- We had a double payment this month from USDA to make up for last month's missing payment.

ATTENDANCE

IN-PERSON ATTENDANCE

September 3	81
September 10	100
September 17	77
September 24	85

ONLINE VIEWS

September 3	25
September 10	24
September 17	26
September 24	25



PEOPLE IN OUR PRAYERS

Church Family and Friends: Esther Barker, Harry & Manda Benton & family, Diane Buck, Larry Butler, Martha Olene Cason, Georgia Coulston, Kathleen Curry, Pastor Stacey Friedlein & Susie, Faye Grant & family, Dorothy Grier, Holly Gunby, Kaelee Gyllenskog, Candy Harder, Leigh & Steve Hopkins, Gwen Huber & family, Sandy Kaufman, Audrey Knuttel & family, Troy & Linda Lahman, Lexi & Serenity, Jan Madden, Ian & SaraLu Moore, Marian Moseman, Jeanne Mummert, Marlyce Murphy & family, Tim Murphy, Sonya Neal, Lydia Ortiz, Amaryllis & Ken Otteman, Myrna Rehn, Gerry O'Rourke, Tim O'Rourke, Shirley Roraback, Sharon Ruth, Beverly Smith, Kevin Smith, Costa & Fotini Tsakarestos, Carlos Velategui & family, Rick Velategui, Steve Woodard, Dee Yates, and Yudit family.

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.*



OCTOBER CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30 am Choir Practice 9:30 am Worship Service/Holy Communion After Worship Coffee Fellowship Visitation Team Meeting/Brunch 10:45 am High School Sunday School	2 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts	3 9:00 am Happy Piecemakers 10:30 am ALCC Board Mtg. 5:00 pm Executive Committee Meeting 6:00 pm Cub Scouts	4 8:30-9:30 am Fitness Class 8:45 am-2:30 pm Golden-Agers' Day Out-Camp Lutherhaven	5 9:00 am Happy Helpers 10:00 am Mid-Week Bible Study	6 6:30 am Men's Prayer Breakfast 5:00-6:00 pm 'Come to Friday Dinner'	7
8 9:30 am Worship Service/Holy Communion After Worship Coffee Fellowship 10:45 am High School Sunday School	9 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts	10 9:00 am Happy Piecemakers 5:00 pm Council Meeting 6:00 pm Cub Scouts	11 8:30-9:30 am Fitness Class	12 9:00 am Happy Helpers 10:00 am Mid-Week Bible Study	13 6:30 am Men's Prayer Breakfast-Denney's Restaurant	14 11:30 am Ladies Lunch-The Max at Mira-beau
15 8:30 am Choir Practice 9:30 am Worship Service/Holy Communion After Worship Coffee Fellowship Happy Helpers Breakfast Volunteer meeting-in Fellowship Hall 10:45 am High School Sunday School	16 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts	17 9:00 am Happy Piecemakers 6:00 pm Cub Scouts	18 8:30-9:30 am Fitness Class	19 8:00 am Happy Helpers-Applesauce Making NO Bible Study	20 6:30 am Men's Prayer Breakfast-Denney's Restaurant 5:00-6:00 pm 'Come to Friday Dinner' & Art Show	21 9am Happy Helpers Breakfast Prep
22 8:00-11:00 am Happy Helpers Breakfast 9:30 am Worship Service/Holy Communion 10:45 am HS Sunday School	23 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts	24 6:00 pm Cub Scouts NEWSLETTER DEADLINE	25 8:30-9:30 am Fitness Class	26 9:00 am Happy Helpers 10:00 am Mid-Week Bible Study	27 6:30 am Men's Prayer Breakfast-Denney's Restaurant	29 9am-1:00 pm Daughters of Norway
29 Reformation Sunday 'Fill the Shelf' Sunday 9:30 am Worship Service/Holy Communion After Worship Coffee Fellowship 10:45 am HS Sunday School	30 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts	31 6:00 pm Cub Scouts	10			

OCTOBER HOSPITALITY SCHEDULE

Ministry Description	October 1	October 8	October 15	October 22 Happy Helpers Breakfast	October 29 Reformation Sunday
	9:30 AM	9:30 AM	9:30 AM	9:30 AM	9:30 AM
ASSISTING MINISTER: (1)	Duane Yates	Duane Yates	Linda Tompkins	Paula Kenney	Linda Tompkins
COMMUNION ASSISTANTS (2)	Sandra McCune Annitta Hackett	Annitta Hackett Francie Shoquist	Francie Shoquist Kathy Weinman	Sandra McCune Francie Shoquist	Sandra McCune Denise Walker
READER: (1)	Demetrios Tsakarestos	Robert Gieseke	Barb Potter	Butch Yarnell	
ACOLYTE: (1)					
USHERS (3-4)	1. Daryl Ziemer 2. Jan Ziemer	1. Bill Johnson 2. Linda Semmen	1. 2.		1. 2.
GREETERS: (2-4)	1. Belle Campbell 2.	1. Jodi Meddock 2.	1. 2.		1. 2.
ALTAR FLOWERS					
FELLOWSHIP HOSTS	1. Dennis Johnson 2. Cathy Johnson 3. 4.	1. 2. 3. 4.	1. Bliesner family 2. 3. 4.	Happy Helpers Breakfast	1. 2. 3. 4.
(Cookies, etc., 4 people, 2 dozen each)	Cathy Johnson Betty Quinn	Linda Semmen		XXX	
“Share with God’s people,Practice Hospitality” Romans 12:13 (NIV)					



Advent Lutheran Church
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Child Center Phone: 509-928-0231
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www.adventlutheranspokane.org

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WORSHIP SCHEDULE

SUNDAY

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

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