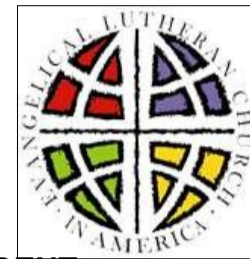


Advent Lutheran Church Newsletter



LETTER FROM THE COUNCIL PRESIDENT

By Denise Walker

Happy New Year Advent!

Saying goodbye to a busy year at Advent in 2023 was quick and exciting. A few 2023 reminders are Pastor's Sabbatical along with several visiting pastors, updating the Constitution and Bylaws, new furnaces & air conditioners installed, purchasing two new kitchen freezers, bench removal for more walkers and wheelchair seating, upgrading the church office computer program plus the painting of the church interior...wow just typing that makes me exhausted.

In the new year the Council has begun the strategies for a few more projects. We are discussing the possibility of taking on an a part-time intern over the next two years. The Synod has approved Advent to host the regional meeting in April. Also, discussions have started about the long awaited updating of the fellowship hall. The Council has begun forming our new Social Committee, headed by Cindy Falk, that has great ideas for adding more social events at Advent. If you have any ideas definitely pass them along. It should be another exciting year for Advent.

I'll close with a new year's verse from Jeremiah 29:11. "For I know the plans I have for you", declares the Lord, "plans to prosper you and not harm you, plans to give you hope and a future".

Prayers for a wonderful 2024,
Denise

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HAPPY HELPERS

By Forrest Diehl

Well, rather than beginning this 2024 year with a resolution, I'll start it with a confession. As I write this to meet the December 15 deadline for the January Newsletter's issue, it is still Advent - the second week. My confession is that each Advent season, I am somewhat startled by John the Baptist taking such a "center-of-the-stage" role during the first part of Advent. The contrast from the description of his hermit-like appearance with animal skin clothing (not to mention his diet) to that of the tender scenes of Baby Jesus, Mary, Joseph, wise-men, and the angels/shepherds seem kind of incongruent to be included in the Christmas season, celebrating Jesus's birth. But I have to say that Pastor Matt's recent sermons have helped me understand that Advent is not just for Christmas celebrating. Advent means a bit more... "to come" or "to arrive". What better example of a facilitator to announce the *arrival* of Jesus' ministry here on earth, than John the Baptist. I like the imagery that John the Baptist was an encourager, a person, through baptizing others, helped them to "hang in there" and keep the faith for the arrival of the Messiah. In the same sense, we should all help encourage one another in our Christian and Spiritual growth. The thoughts of the story of encouragement that Pastor Matt related in one of his sermons seems so apropos. The story was about the world acclaimed Polish pianist/composer Paderewski encouraging a boy, who had haplessly wandered to the center stage and began playing "chopsticks" on a grand piano before the concert was to begin. Rather than admonishing the boy, Paderewski enveloped the boy with his arms, extending them to the keyboard, and concurrently improvised and played a concert piece - an accompanying concert piece to "chopsticks" that was worthy of what the audience had come to hear. While doing that, the world-renowned pianist kept whispering to and encouraging the boy to keep playing. In the same sense, we should use the Advent season as a springboard to keep encouraging each other in thought, word and deed throughout the liturgical year.

Thanks to the Church Council and Staff (**Denise Walker, Tom Sernka, Julie Meyers-Lehman, Ian Moore, Pastor Matt, Linda Tompkins, Linda Young, Missy Bliesner, Cindy Falk, Heidi Perry, and Cheryl Tobin**) for the informative and well-orchestrated Congregational Meeting we had on Sunday, December 3. Our congregational president, **Denise Walker** did an outstanding job in preparing and smoothly guiding us through the meeting's agenda. And thanks to all who helped prepare and publish the informative financial booklet explaining the church and child-center 2024 budget. Having the booklet available to the congregation weeks in advance, before the meeting, sure helps the congregation review and understand the budgets before voting on them. Thank-You!

More funnies:

- Driver: "What am I supposed to do with this speeding ticket?" Officer, "Keep it. When you collect four of them, you get a bicycle."
- I asked a supermarket employee where they kept the canned peaches. He said, "I'll see," & walked away. I asked another & he also said, "I'll see," & walked away. In the end, I gave up & found them myself, in Aisle C.

HAPPY HELPERS-CONTINUED

- I told my physical therapist that I broke my arm in two(2) places. He told me to stop going to those places.
- I put our scale in the bathroom corner & that's where the little liar will stay until it apologizes.
- When I was a kid, I used to watch 'Wizard of Oz' & wonder how someone could talk if they didn't have a brain. Then I got Facebook.
- Do you ever get up in the morning, look in the mirror & think, "That can't be accurate!"
- Apparently RSVP'ing to a wedding invitation with "Maybe next time" isn't the correct response.
- A guy walks into a lumberyard & asks for some 2x4s. The clerk asks, "How long do you need them?" The guy answers, "A long time. We're going to build a house."
- I just burned 1,200 calories. I left the pizza in the oven
- I hate it when people act all intellectual and talk about Mozart when they've never even seen one of his paintings.

Here are some tasks that were done during the month of December involving the Happy Helpers: set-up Christmas Tree in the Sanctuary and prepared it for decorating (**Bill Thurston, Daryl Ziemer, Wade Wipperling, George Harrison, Butch Yarnell**); hung wall Christmas decorations in sanctuary, Narthex, gym (**Francie & Darrell Shoquist, Arne & Kathy Weinman, Bill Johnson, Linda Semmen, Sandra McCune, Karen Nelson, Denise Walker, Butch Yarnell, Wade Wipperling**); set-up and decorated the Sharing Christmas Tree (**Marlene Diehl, Jody Harris, Cheryl Tobin**); adjusted exterior soffits and entrance lights on/off times to changing sunset and sunrise times (**Pastor Matt, Bill Thurston**); shoveled snow from sidewalks (**Bill Johnson, Wade Wipperling, Butch Yarnell, probably others**); set out ice-melt in the east and west entrances (**Wade Wipperling, Butch Yarnell, Dave Cook**); replaced Narthex fire extinguisher and signs after removal for painting (**Dave Cook, Daryl Ziemer**); replaced fluorescent light bulb in women's restroom (**Dave Cook, Daryl Ziemer, George Harrison**); replaced fluorescent light fixtures in outside Broadway sign (**Bill Thurston**); Constructed wooden hanger for window child-guard and installed it in Child Center classroom (**Arne Weinman, Butch Yarnell**); replaced lightbulbs above Narthex bulletin board (**Wade Wipperling, Daryl Ziemer, George Harrison**); tightened bolts to child table in Child Center classroom (**Wade Wipperling, Daryl Ziemer, Butch Yarnell**); cleaned gutters above outside gym door (**Dave Cook, Bill Thurston, Wade Wipperling**); removed bulletin boards and other wall items for future Child Center classroom painting (**Bill Thurston, Wade Wipperling, Dave Cook**); reattached room number sign to Child Center classroom door (**Wade Wipperling**); replaced broken light-switch cover in Child Center classroom (**George Harrison**); repaired paper towel dispenser in men's restroom, Child Center area (**Wade Wipperling, George Harrison**); reattached door stop to parish secretary's office door (**Bill Thurston, Butch Yarnell, George Harrison**); researched and coordinated repairs to be done to church's Bunn coffee percolator (**Wade Wipperling**);

HAPPY HELPERS-CONTINUED

covered and winterized outside patio tables and chairs (**Butch Yarnell, George Harrison, Wade Wipperling**); cleaned and replaced bulb in ceiling light/fan unit, women's restroom Child Center area (**Bill Thurston**) etc.

The Happy Helpers are looking forward to 2024! We meet each **Thursday morning, 9:00 A.M.**, at the church. If you can't make it by 9:00 A.M., come anytime – that's okay! Usually, we finish talking by 9:30 A.M. and finish working by 10:30/11:00 A.M. Visitors are always welcome! In addition to sharing coffee, tea, and "goodies", we share comradery and some talk of football and basketball.

In closing, the **Happy Helpers** laud and praise the work that **JT Quality Painting** is doing on the interior painting of our church and Center are hallways and classrooms. It is a colossal undertaking given the age of our building and the normal "wear & tear" that goes on, especially in a Child-Center facility with energetic and adventure seeking kids of all ages. A heart-felt thank-you goes to **Conrad Moss and all the JT Quality painters** for their hard work and dedication in giving the interior appearance of our facility a much-needed uplift. Two coats of paint have been applied in most cases, and sometimes three coats were needed - not to mention spackling and repairing all the holes, dings, gouges, and scratches in the walls. **Thank-you, thank-you, thank-you!**

RECYCLING NEWS

By Roger Scheurer
Well, here we are at the end of another year and time to bring our aluminum cans in for recycling if we haven't already done so. The guys and gals of the Happy Helpers group come in every week to take care of many small maintenance duties around the church and child care center. We can help them meet some of their expenses by bringing our aluminum beverage cans in and putting them into the marked bins at the northwest corner of the parking lot. Once a month we take them to the recycling center for redemption --sometimes it's a lot and sometimes not so much' but it always helps! any amount --large or small—is acceptable! We combine all into one lot when we sell them. Your cans should be left in bags for easier handling. Thank you.



PASTOR MATT'S CORNER

By Pastor Matt Larson

Did you know that in most cases it takes 4 years for a person to receive the master's degree that is required to become a Pastor in the ELCA (Master of Divinity). Typically, in the third year, the candidate goes on internship in a congregation to apply the classroom work to the "down to earth" work in the local congregation.

Advent has an opportunity to be a part of this tradition, of being an internship site. We have a local candidate that is currently attending Luther Seminary through online and a few onsite classes. He is a second career candidate with a background in commercial banking (STCU). He is a member of St. Luke's on the north side of Spokane. He cannot do his internship at his home congregation.

Brendan Weichert is currently the **Finance Director at Lutherhaven Ministries** and is hoping to maintain that position while doing a half-time internship at Advent, which means he would be with us for 2 years. Because we would be going the route of a half-time internship, we would see Brendan on Sundays and one or two days a week at the church. Also, we would be financially responsible but at half the cost per month than what is usually required.

The Council met with Brendan at their December meeting, and we went over some of the expectations and responsibilities of what this means. The council will be voting in January on whether we will venture into this important part of one of our future pastors of our church. I think we would be a great influence on Brendan, and we could also use some new energy and a new perspective in our teaching, preaching, and leadership here at Advent. The internship would begin sometime in June or July 2024.

A big thank you to all who responded to our end of year appeal to meet our budget. We were about \$24,000 in the red at the end of October and it seems we will end the year in the black once again! Your generosity is a wonderful example of your faith in what we do here at Advent and in Jesus and his desire for us to be a light for the world!

A New Year IS GOD'S GIFT

IN THE JOYFUL MOMENTS
THANK HIM

IN THE BUSY MOMENTS
BLESS HIM

IN THE TRYING MOMENTS
TRUST HIM

IN THE QUIET MOMENTS
PRAISE HIM



ANNOUNCEMENTS

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

POINSETTIAS

If you had purchased a poinsettia, you may now take it home to enjoy. Thank you for helping decorate Advent for Advent and Christmas!

'COME TO FRIDAY DINNER'

Our next 'Come to Friday Dinner' will be on **January 5**, from 4:30 pm-5:30 pm. **Menu:** Pork loin, fettuccine, and vegetables. 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!

MONTHLY LADIES LUNCHEON

Our next luncheon will be **Saturday, January 13th at 11:30 a.m.** at **The Max at Mirabeau**. Please contact **Gerry O'Rourke at 509-893-0787 by January 10th** 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**. *If you sign up for the lunch and are unable to make it to the lunch, please contact Gerry by Friday morning to let her know so the reservation may be adjusted. This helps the staff at the restaurant as well.* **Thank you.**



VISITATION MINISTRY

By going out 2x2, the 11 members of the **Visitation team** are able to meet the current calls for In Home Communion. But, there is more to do and maybe God is calling you to do it. His yoke is easy and his burden light. Would you consider being on a phone team? Or maybe a team that sends cards to sick or shut in members? Or even carrying Communion with a trained member until you feel comfortable in a lead role? Visitation meets as a team every other month for reports, continuing education and fellowship. Our next meeting is **Sunday, January 14th at 11am**. It would be a joy to have you join us. If you feel God calling you to any of those ministries, please contact **Marilyn Keith, 509-808-3346**, or the church office.

ANNOUNCEMENTS-Continued

VOLUNTEERS NEEDED!

If you are available to be a **Reader, Usher, Greeter, or Acolyte**, please see the **Hospitality sign-up sheet** on the table in the Narthex. We are also in need of additional **Assisting Ministers** and **Tellers**. If you are interested, please speak to **Pastor Matt** or call the **Church office at 509-928-7733**.

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!

NEWSLETTER DEADLINE

If you wish to submit an article or announcement for the **February 2024** newsletter, please submit it to the Church office no later than **Wednesday, January 24th**.



OUTREACH COMMITTEE

By Jody Harris

BLESSING BAGS

Have you ever wished you could give something to a person you see in need? Join the **Outreach Committee** on **Sunday, January 21st** as we make **Blessing Bags**. We plan to make bags with food & supplies and bags with dog food. Money from **Thrivent Action Teams** will be used to purchase the supplies. Your help is needed to fill the bags with dog food OR individually packaged food, snacks, tissues, chap stick, band aids, Tylenol, wipes, hand warmers, water, and a note of encouragement. Once the Blessing Bags are assembled, take some to keep in your car to hand out to people in need. If you are unable to help assemble the bags, stop by the church and pick some up! If you have any questions, contact **Missy Bliesner at 509-954-6406** or **Jody Harris at 801-450-6879**.

BE MY VALENTINE

The **Outreach Committee** plans to give a Valentine with a sucker to each of the children at the **Advent Child Center**. If you would like to help assemble these, contact **Missy Bliesner 509-954-6406** or **Jody Harris 801-450-6879**.

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.

SOCK 'EM' TIME!

We want to thank everyone who donated to the **"Sock Em"** sock drive for the **Crosswalk Teen Shelter** in Spokane. What a blessing your donations have made! This is the total count of what you donated:

- 180 women's socks
- 194 men's socks
- 5 sleeping bags
- 14 hats
- 5 blankets
- 2 pairs of gloves
- 5 sweaters

Thank you for all of the donations. All donations went to Crosswalk.

TREE OF SHARING THANK YOU

Thank you so much to our generous congregation! Because of your generosity, many families from the Child Center, Grace Court, and families from our community had gifts under their Christmas trees. **Thank you** for making this outreach activity a huge success and for creating smiles on the faces of members of our own Spokane Valley community. A special thank you goes out to **Marlene Diehl and Jody Harris** as they organized our **Tree of Sharing!**

VITALANT BLOOD DRIVE

Save the Date! Advent will host it's next **blood drive** on **January 21, 2024, 8:30 am-11:30 am**. Questions? Contact **Babs Velategui** at **701-8041**. A **sign-up sheet** is available or you may sign up anytime online at **vitalant.org**.

THANK YOU!

THANK YOU! THANK YOU! THANK YOU to ALL our wonderful and amazing volunteers who came in last month to 'fluff the bows and the greenery' for Advent! Without all your assistance, Advent would have been so beautiful! It takes a lot of work and you were all so wonderful to help! You are ALL so very appreciated! We thank the following: **Bill Johnson, Linda Semmen, Forrest Diehl, George Harrison, Sandra McCune, Karen Nelson, Bill Thurston, Denise Walker, Arne & Kathy Weinman, Wade Wipperling, and Butch Yarnell.**

YOUTH & FAMILY FUN

By April Marshall



Coming up:

I will be looking to book a day to head up to **Silver Mountain** for a tubing adventure. I will be looking to book a **Saturday morning** in late January or early February, so watch for an announcement and sign up at the beginning of January. Cost will be **\$10 per person**.

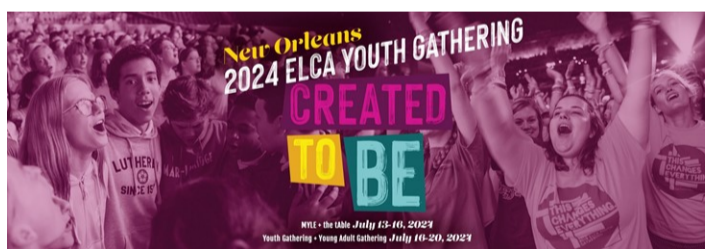
ELCA NATIONAL YOUTH GATHERING

The Youth are continuing their fundraising for the **National Youth Gathering** so continue to watch for various jobs you may sign up for. Below are a few upcoming dates to watch for:

February 11: Bake Sale-Just in time for Super Bowl

May/June: Yard Sale (TBA)

July: Prayer/Postcards for while we are in New Orleans



YOUTH MINISTRY

By Kara Wilson

Greetings from the **ALC St. Arbucks Youth Group!** Merriest Christmas and Holiday Blessings. We are so thankful for all of you and the support you have for our small group. This fall we've gotten a few yards raked but the weather has been a challenge with the early snow. Now that we have a brief warm spell the group is trying to catch back up with those waiting for raking; we appreciate your patience as we negotiate school/work/sports schedules with the daylight hours available. Saturday December 16th was our annual All-nighter and boy are we tired. Here is how our evening proceeded: Teens arrived at the church at 7pm and were given a run-down of the evening.

Piling into the church van we headed out for our adventures.

First stop the Valley Mall at 7:30pm for a 12 Days of Christmas photo scavenger hunt. Mall employees were excited to help our teams make it to the finish line.

Next, at 9:30pm we arrived at Walmart for our Food challenge, to buy as many UNIQUE items as possible with \$20, and all the food then was added to the food bank barrel in the Narthex.

11pm found us back at the church and ready for snacks, Candy, Chips, Pizza, Cookies, the most ridiculous amount of French fries you've ever seen, and more.

Once fueled, an EPIC game of nerf darts ensued (if you are still finding them around, we wouldn't be surprised). Next up, cup flip tic tac toe, gift wrapping challenge, sardines, wheelchair races, and more...

Kinda settling down about 3am for a Christmas movie in the sanctuary where most feel asleep on the pews. But it is an all-nighter and others held on to the bitter end. Hope you enjoyed the recap and if you ever want to join us chaperoning you are welcome

Looking forward to the new year, new activities, and more adventures remembering always to have Jesus in our hearts.



PARISH NURSE

By Debbie Martin, RN, Parish Nurse

AABB - ASSOCIATION FOR THE ADVANCEMENT OF BLOOD & BIOTHERAPIES

WHY DONATE BLOOD?

A blood donation is truly an altruistic gift that an individual can give to others in need. In only 45-60 minutes, an eligible individual can donate one unit of blood that can be separated into four individual components that could help save multiple lives.

From one unit of blood, red blood cells can be extracted and used to treat patients who lost blood due to trauma or those who are recovering from surgery. Plasma, the liquid part of blood, is typically administered to patients with requiring treatment to improve blood clotting. Platelets, a third component, clot the blood when cuts or other open wounds occur, and are often used in the treatment of patients with cancer or those undergoing organ transplants. Finally, cryoprecipitated anti-hemophilic factor (AHF) is also used for clotting factors.

A study supported by AABB's **National Blood Foundation** (TRANSFUSION 2002;42:122S) surveyed more than 5,000 blood donors to find out more about why they donate blood. Nearly 75% of the respondents said that they give blood to help others. Respondents also said that giving blood makes them feel good about themselves, supports their local communities and hospitals, supports their community, and "pays back" society for the times when they or their families have needed blood transfusions in the past.

AABB encourages those who are eligible to donate blood or blood components regularly to ensure that this lifesaving resource is available for patients whenever and wherever it is needed.

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.

PARISH NURSE-Continued

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.

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.

PARISH NURSE-Continued

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 day-time 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.

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.

PARISH NURSE-Continued

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.

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](#)

PEOPLE IN OUR PRAYERS

Church Family and Friends: Alan, Esther Barker, Harry & Manda Benton & family, Candy & Bruce Blackmer & family, Diane Buck, Larry Butler, Martha Olene Cason, Pastor Lori Cornell, Georgia Coulston, Kathleen Curry, Daphne, Ken & Nicki Fiskum & family, Susie Friedlein & family, Faye Grant, Dorothy Grier, Holly Gunby, Candy Harder, Lydia Harris, Leigh & Steve Hopkins, Barbara Hooper, Gwen Huber & family, Rhonda Jerrett, Sandy Kaufman, Karen Klages, Audrey Knuttel & family, Rich Krenkel & family, Troy & Linda Lahman, Leslie, Lexi & Serenity, Lili, Jan Madden, Ian & SaraLu Moore, Marian Moseman, Bill Moore, Jeanne Mummert, Marlyce Murphy & family, Tim Murphy, Sonya Neal, Nicole & family, Ed Orr, Lydia Ortiz, Amaryllis & Ken Otteman, Preuninger family, Myrna Rehn, Gerry O'Rourke, Tim O'Rourke, Darlene Rooney, Sharon Ruth, Beverly Smith, Kevin Smith, Bill Stillman & family, Costa & Fotini Tsakarestos, Turville family, Carlos Velategui & family, Woehrle family, and Steve Woodard.

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, 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.*



ATTENDANCE

IN-PERSON ATTENDANCE

December 3	109
December 10	78
December 17	117

ONLINE VIEWS

December 3	42
December 10	28
December 17	21



JANUARY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year's Day Church Office & Child Center Closed	2 9:00 am Happy Piece-makers 10:30 am ALCC Board Mtg. 6:00 pm Cub Scouts	3 8:30-9:30 am Fitness Class	4 9:00 am Happy Helpers 10:00 am Mid-Week Bible Study	5 6:30 am Men's Prayer Breakfast 4:30 pm-5:30 pm 'Come to Friday Dinner'	6
7 9:30 am Worship Service/Holy Communion After Worship Coffee Fellowship 10:45 am High School Sunday School	8 8:30-9:30 am Fitness Class 5:00 pm Executive Committee 6:00 pm Boy Scouts	9 9:00 am Happy Piece-makers 6:00 pm Ministry Heads Committee Mtg. 6:00 pm Cub Scouts	10 8:30-9:30 am Fitness Class 5:00 pm Council Meeting	11 9:00 am Happy Helpers 10:00 am Mid-Week Bible Study	12 6:30 am Men's Prayer Breakfast-Denney's Restaurant	13 11:30 am Ladies Lunch-The Max at Mirabeau
14 9:30 am Worship Service/Holy Communion After Worship Coffee Fellowship Confirmation 10:45 am High School Sunday School 11:00 am Visitation Team Meeting	15 Martin Luther King, Jr. Day Church Office & Child Center Closed	16 9:00 am Happy Piece-makers 6:00 pm Cub Scouts	17 8:30-9:30 am Fitness Class	18 9:00 am Happy Helpers 10:00 am Mid-Week Bible Study	19 6:30 am Men's Prayer Breakfast-Denney's Restaurant 4:30-5:30 pm 'Come to Friday Dinner'	20
21 8:30 am-11:30 am Blood Drive 9:30 am Worship Service/Holy Communion After Worship Coffee Fellowship Pack Blessing Bags 10:45 am High School Sunday School	22 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts	23 9:00 am Happy Piece-makers 6:00 pm Cub Scouts	24 8:30-9:30 am Fitness Class NEWSLETTER DEADLINE	25 9:00 am Happy Helpers 10:00 am Mid-Week Bible Study	26 6:30 am Men's Prayer Breakfast-Denney's Restaurant	27 9:00 am-1:00 pm Daughters of Norway
28 'Fill the Shelf' Sunday 9:30 am Worship Service/Holy Communion After Worship Coffee Fellowship Confirmation 10:45 am High School Sunday School	29 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts	30 9:00 am Happy Piece-makers 6:00 pm Cub Scouts	31 8:30-9:30 am Fitness Class			

JANUARY HOSPITALITY SCHEDULE

Ministry Description	January 7 Baptism of Our Lord	January 14 Martin Luther King, Jr. weekend	January 21	January 28
	9:30 AM	9:30 AM	9:30 AM	9:30 AM
ASSISTING MINISTER: (1)				
COMMUNION ASSISTANTS (2)	Francie Shoquist Denise Walker	Karen Nelson Carol Scheurer	Francie Shoquist Denise Walker	Sandra McCune Francie Shoquist
READER: (1)		Barb Potter		
ACOLYTE: (1)				
USHERS (3-4)	1. Darrell Shoquist 2. Francie Shoquist 3. 4.	1. 2. 3. 4.	1. 2. 3. 4.	1. 2. 3. 4.
GREETERS: (2-4)	1. Belle Campbell 2.	2.	1. 2.	1. 2.
ALTAR FLOWERS				
FELLOWSHIP HOSTS	1. 2. 3. 4.	2. 3. 4.	1. 2. 3. 4.	XX
(Cookies, etc., 4 people, 2 dozen each)				
“Share with God’s people,Practice Hospitality” Romans 12:13 (NIV)				



Advent Lutheran Church
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Spokane Valley, WA 99216

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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
Thursday Morning Bible Study: 10:00 am

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