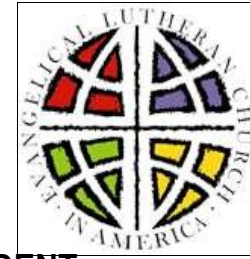


Advent Lutheran Church Newsletter



LETTER FROM THE COUNCIL PRESIDENT

By Denise Walker

Hello Advent,

As everyone knows my start to the new year has been eventful! Thank you for all the prayers!! It is truly a blessing to have such wonderful friends and family. During the long hours waiting for doctors reports and test results on Charlie, I prayed to just restart the new year :)

INSIDE THIS ISSUE:

Letter from the Council President	1
Happy Helpers	2
Youth Ministry	3
Announcements	4
Outreach Committee, Thank You	5
Parish Nurse	6-9
Pastor Matt's Corner	10
Seminary Intern	11
Income & Expense, Attendance, People in Our Prayers	12
February Calendar	13
February Hospitality Schedule	14
Worship Schedule	15

My thoughts for Advent and the Council for this year was to focus on what plans, projects and events we could accomplish to make the church even better than it already is. So at the January council meeting, I shared the Bible verse 1 Peter 4:10, "Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in it's various forms".

With teamwork in mind, the Council discussed and voted on several items, and made some decisions on future projects:

- (1) voted to hire a pastoral intern, Brendon Weichert. It will be a two year half time commitment (6 months, full year and 6 months). It will start in July 2024. We will schedule our first table talk session for questions and answers on February 4th after worship. There will be more information forthcoming in the bulletins and newsletters.
- (2) at the request of the Synod, we voted to send an additional contribution of \$410 to assist with their budget issues.
- (3) voted to distribute the endowment funds of \$13,600 from the 31 groups that applied (29 groups will receive \$450 plus two groups for their requested \$300).
- (4) approved the purchase of a new freezer to replace the old one in the kitchen that is mainly used by the Child Center.
- (5) discussed the year end budget totals but we are still awaiting the final reconciliations due to late December deposits. We should have a very positive ending to the year!
- (6) the Council decided to move forward on getting a proposal to remove the asbestos in the Fellowship Hall. Once this is completed we will then proceed on flooring etc.
- (7) the Council has begun looking into replacing the Advent sign on Broadway. It has been requested the church purchase a new electronic reader board with colorful print and be able to change the messaging remotely. It will be costly, but could have a positive outcome.

During the month of February, Ash Wednesday is on February 14th (yes Valentine's Day). Easter will be early, on March 31st. There will be more information to follow on the times for the services including the soup suppers.

Lastly, as we continue our service to Advent, the congregation and to the community, I am reminded of this quote I've read by Mahatma Gandhi "the best way to find yourself is to lose yourself in the service of others".

Blessings,
Denise



HAPPY HELPERS

By Forrest Diehl

Writing about raking leaves in January - just after a record snowfall in Spokane - seems a bit odd. Odd or not, I am delighted to tell you that the **Advent Youth Group** did an outstanding job in cleaning the last ruminates of leaves from the church/Child Center grounds. December 19, 2023 was a wet and wind-chilled day. But that did not deter the Youth Group from tackling an unpleasant job in miserable weather. Many thanks to **Anna Minor, Adelei Bocoock, Levi Bocoock, Bronte Marshall, Heidi Minor, and Kara Wilson** for raking and disposing of the leaves in and around the property/parking lots. The leaves were wet, soggy, and heavy. A job well done, **Thank-You!**

Another event I must tell you about is **Project ID**. Men from the **Friday Morning's Prayer Breakfast** group were introduced to this nonprofit community outreach program by attending a breakfast hosted by the **Millwood Presbyterian Church** on a chilly Saturday morning, January 13, 2024. The invitation was set up by **Bill Thurston**, who has a friend from that church. The men from that church also have a Men's Prayer Breakfast group and they wanted to extend an invitation to Advent with the intent for us to see and hear the good works of this program. Attending the breakfast were **Bill Thurston, Pastor Matt, Wes Todd, Wade Wipperling, Bob Hubert, George Harrison**, and me. The Millwood Presbyterian Church has opened their Community Center to this organization which provides programs for adults with intellectual and developmental disabilities. Social activities are scheduled at various times throughout the week (days, evenings, weekends) for attendees. Executive Director **Bob Hutchinson** gave us an over view and history of the program (also a Sunday Worship Service is provided). An excellent video was shown. I encourage all to google "**Project ID**" to learn more. Or talk to any of us who attended. It is a wonderful program with the mission to "enhance the possibilities and potential for each individual to become and achieve all that God created them to be".

Points to Ponder:

- If a bottle of poison reaches its expiration date, is it more poisonous or is it no longer poisonous?
- Which letter is silent in the word "Scent," the S or the C?
- Every time you clean something, you just make something else dirty.
- The word "swims" upside-down is still "swims".
- Over 100 years ago, everyone owned a horse and only the rich had cars. Today everyone has cars and only the rich own horses.
- Why is there a 'D' in fridge, but not in refrigerator?
- As I've grown older, I've learned that pleasing everyone is impossible, but pissing everyone off is a piece of cake!
- I'm responsible for what I say, not for what you understand.
- Common sense is like deodorant. The people who need it the most never use it.
- My tolerance for idiots is extremely low these days. I used to have some immunity built up, but obviously, there's a new strain out there.
- It's not my age that bothers me - it's the side effects.

This year **Lent** begins Wednesday, **February 14, 2024**, which is also **Valentine's Day!** It makes me wonder how many times in a century that happens? And speaking of Lent - don't forget about the **Fat Tuesday Jazz Mass** at **St. Mark's Lutheran Church** on South Hill. If you have attended this celebration in the past, I know it is already on your calendar; if you have not, it is scheduled on **Tuesday, February 13, 2024, at 7:00PM**. Plan to arrive early to get a seat!

Happy Helpers accomplishments during January 2024 were: the take-down Christmas decorations and trees (**Wade Wipperling, George Harrison, Bill Thurston, Dave Cook, Sharon Cook, Marlene Diehl, Bob Hubert**); vacuumed/swept sanctuary and narthex areas after removal of wreaths, advent candle holder, poinsettias, etc. (**Sharon & Dave Cook, Bob Hubert**); transported Christmas decorations to offsite storage (**Bill Thurston, Wade Wipperling, Francie Shoquist, Darrell Shoquist**); rehung bulletin boards on newly repainted walls in south hallway, Child Center (**Bill Thurston, Butch Yarnell**); removed bulletin boards in two Child Center classrooms in preparation for painting (**Bill Thurston, Butch Yarnell, Dave Cook**); rehung bulletin boards on newly painted Child Center classrooms (**Butch Yarnell, Dave Cook**); glued down wooden retainer strip to floor for round table storage (**Wade Wipperling**); replaced ceiling light fixture ballast in Child Center classroom (**Jeremy Hostetler**); replaced thermostat in gym (**Jeremy Hostetler, Sturm Electric**); rehung in-boxes on newly painted wall outside Pastor's office (**Wade Wipperling, Dave Cook, George Harrison**); reattached paper towel dispenser to wall in Child Center classroom (**George Harrison**); replaced paper towels in dispenser, men's restroom (**Wade Wipperling**); completed coordinating repair work on Bunn Coffee machine and replaced water line to machine (**Wade Wipperling**); replaced clock in gym (**Bill Thurston, Wade Wipperling**); snow removal and de-icer spreading on sidewalks (**Butch Yarnell, Bill Thurston, Wade Wipperling, Dave Cook**); hung bulletin boards, plexiglass picture board, and white board in Child Center classrooms (**Butch Yarnell, Bill Thurston, Dave Cook, Daryl Ziemer, Wade Wipperling**); consolidated de-icer supply for Child Center and church (**Daryl Ziemer, Wade Wipperling, Dave Cook**); replaced hinges and installed cabinet door in Child Center classroom (**George Harrison, Daryl Ziemer**); replaced curtain rod hooks in Child Center classroom (**George Harrison**); repaired Child Center door gate to Child Center classroom (**Bill Thurston, Daryl Ziemer**); replaced furnace air filters (**George Harrison, Daryl Ziemer**); etc.

The Happy Helpers are looking forward to the month of February and Ground Hog's Day (maybe a chance of an early spring to help recover from that cold/snow snap that we had during the third week of January)! We meet each Thursday morning, 9:00 A.M., at the church. Coffee, tea, and "goodies" are provided. **Bill Thurston** supplied the cookies and the pastries for the month of January. **Thanks Bill!** If you can't join us by 9:00 A.M., come anytime. Usually, we finish talking by 9:30 A.M. and finish working by 11:00 A.M.

YOUTH MINISTRY

By Kara Wilson

Happiest New Year from the **ALC St. Arbucks Youth Group!**

So many thanks for your support purchasing our Christmas Cinnamon Rolls. This gets the group another step closer to the **National Youth Gathering**. I must admit I was fairly stressed out about the rolls. The volume ordered, the time required to make the dough, the oven being broken, all of these reminding me not to lean on my own will but to give it to God, he always makes a way. **AND HE DID!** God put on my heart that it would work out and I just had to let go.

Evidenced by **372 cinnamon rolls** goes to show that truth. There was a great amount of help from the teens and their parents! Of course, we taste tested for quality and decided they were delicious. We hope you enjoyed them as much as we did. Our **next fundraiser** is for **Super Bowl, on Sunday, February 11**. Look for cookies, cupcakes, and more available for your viewing parties. YUM.

I greatly apologize to those whose yards we have not yet made it to rake, but once the snow is gone, we will be happy to clean up if you'll still have us.

Update for the National Youth Gathering we have just received our housing assignment for New Orleans, making it feel even more real that this is happening this summer, WOOOHOO!

Hope to have more fun activities for the group soon so we can share our adventures. But for now, stay warm and God Bless.



ANNOUNCEMENTS

Online Worship:

www.youtube.com/c/adventlutheranspokane

VISITATION TEAM MEETING

A **Visitation Team meeting** is scheduled for **Sunday, February 4th from 10:45 AM to 12:30 PM** in the classroom. Questions? Please contact **Marilyn Keith at 509-808-3346**.

'COME TO FRIDAY DINNER'

Our February **'Come to Friday Dinners'** will be on **February 9 and 23**, from 4:30 pm-5:30 pm. **Menu on February 9:** Fried chicken, mashed potatoes, corn. **Menu on February 23:** Macaroni & cheese 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, February 10th at 11:30 a.m.** at **The Max at Mirabeau**. Please contact **Gerry O'Rourke at 509-893-0787 by February 7th** so a reservation may be made. The **sign-up sheet** is on the table in the Narthex or you may call the **Church office at 509-928-7733**. Thank you.

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/Sub Sandwichs-Just in time for Super Bowl

May/June: Yard Sale (TBA)

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



NEWSLETTER DEADLINE

If you wish to submit an article or announcement for the **March** newsletter, please submit it to the Church office no later than **Friday, February 23rd**.

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

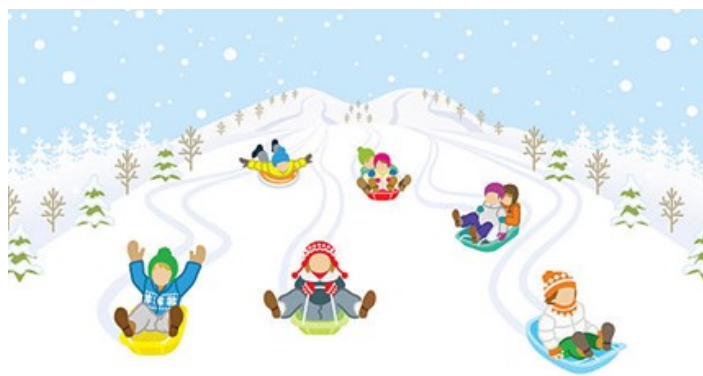
The **Men's Prayer group** continues to meet each **Friday** morning at **6:30 am** at **Denny's Restaurant** on Sprague and Pines. All men are welcome!

ANNOUNCEMENTS-Continued

YOUTH & FAMILY FUN

Silver Mountain Tubing on February 24 at 1:00 p.m.

Tickets need to be purchased in advance and sell out quickly. Sign up by **Sunday, February 4** in the Narthex or email **April Marshall at aprilmr.m@gmail.com**. April will collect money at time of event. Cost will be **\$10 per person. This caps off at 20**—first come, first served! Please see the **sign up sheet on the table in the Narthex. Questions?** Please contact **April Marshall at 509-808-4099**.



LOST AND FOUND

A pair of binoculars was found in the aluminum cans recycling bin. You may claim them in the church office.

LENTEN POTLUCK SOUP SUPPERS

Ash Wednesday is on **February 14** and there will be **NO soup supper on Ash Wednesday**.

Lent is February 21st through March 20th.

Lenten soup suppers begin at **5:30 pm** on **Wednesday, February 21st** and will continue each Wednesday evening at **5:30 pm** through **March 20th**. Please plan on bringing soup to share for our soup suppers. **Terry Powell** will also be providing two different soups each Wednesday night. Our Lenten worship service will begin at **6:30 pm**, both in-person and livestream.

OUR TIME IN LENT

This year **Ash Wednesday is February 14th** (nothing says love like ashes on your forehead, right?). Then the Wednesdays after we will delve into the "I am" sayings of John. We will explore 5 of the sayings, "I am the bread of life", "I am the resurrection and the life", "I am the good shepherd", "I am the light of the world", "I am the way, the truth, and the life". We will be using the **Joyous Light** evening prayer service as our liturgy for the Wednesday services.

OUTREACH COMMITTEE

BE A BLESSING

By Jody Harris

On January 21st we had planned to assemble Blessing Bags after worship for people and dogs in need. Due to the ice, we postponed it to the 28th. Many hands helped assemble the bags in 10 minutes! We made **30 Blessing Bags** for people which included food, water, tissues, chap stick, Hot Hands warmers, and band-aids. You guessed it, the **40 Doggy Blessing Bags** have dog food. Most supplies were purchased using a Thrivent Action Team (\$250). All but one of the people bags were taken. There is a Blessing Bags plastic bin in the narthex with the last bag and the 20 remaining Dog Food bags. Due to the high demand, we plan to do another assembly on **February 25th! The bags are to go in your car to be a blessing to those who cross your path.**

OATMEAL PACKETS FOR SPOKANE VALLEY

PARTNERS

We also postponed making individual servings of Cinnamon Oatmeal for Spokane Valley Partners until January 28th. We had enough supplies to make **78 bags!**

BE MY VALENTINE

The **Outreach Committee** plans to give a **Valentine** to the children & staff at the **Advent Child Center** and the residents of **Grace Court**. If you are a paper crafter, feel free to make some Valentine Cards for us to use. We will assemble the Valentines with a card on **February 11th after worship from 10:30-11:30**. We would love to have your help! Contact **Missy Bliesner 509-954-6406** or **Jody Harris 801-450-6879** with 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.

HAVE EXTRA CLOTHING?

Do you have gently worn clothing you no longer wear/need? Why not donate it to one of these organizations serving our community:

- **Blessings & Beyond** (formerly Blessings Under the Bridge)
12928 E. Mansfield Ave. #1, Spokane Valley
609-294-7265
- **Central Valley Student & Family Engagement Center**
612 S. McDonald Road, Spokane Valley
509-862-8687
- **Crosswalk Youth Shelter**
525 W. 2nd Ave., Spokane
609-624-2378
- **Naomi Community** (moms & children)
11214 E. Broadway, Spokane Valley
509-926-6492

BLOOD DRIVE

I am grateful for the **seven brave donors** who were able to make it to church during an ice event on Sunday, January 21st. The need was great due to other weather related cancelations. Their blood will help at least **24 people** in need.

As Rick and I will be moving to Port Ludlow in the Spring, I will be passing the torch for hosting blood drives to Julie **Meyers-Lehman**. She will continue this 21 year tradition of two blood drives a year (August and January). It all started with the idea of giving up something for Lent. Thanks to all for your support! God bless, **Babs Velategui**

THANK YOU!

"Thank You" to each and everyone of you that have prayed for Charlie's recovery from his broken ribs, Thank You!! To those that have sent emails, texts, sent cards and made phone calls, Thank You!! Lastly to those that helped and supported me when I asked for assistance, Thank You!! Charlie has a few months of recovery time ahead of him so Thank You for your continued prayers!! **Denise Walker**

THANK YOU! THANK YOU! THANK YOU to **ALL** our wonderful and amazing volunteers and **Happy Helpers** who came in on Thursday, January 11th to remove and pack up the bows and the greenery we had placed around the church for Advent! Without all your assistance, Advent would not have been so beautiful during the Advent and Christmas season! It takes a lot of work and you were all so wonderful to help! You are ALL so very appreciated!

THANK YOU to everyone who ordered cinnamon rolls for our Christmas fundraiser. We raised **\$800.00** towards our **2024 Youth Gathering!**



February is Heart Health Month and since it is the number one reason for deaths in males and females, I wanted to have this as my topic.



Being smart about your heart means knowing what causes heart disease and what your individual risk factors are. This fact sheet defines common heart-related terms you should know and sample questions to ask your healthcare provider to help keep your heart healthy.



General Heart Terms

- Heart
- Heart rate
- Heart health
- Heart disease
- Cardiovascular disease
- Coronary heart disease

The **heart** is a strong, muscular organ that pumps blood throughout your body.

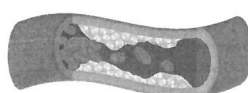
Heart rate, also referred to as your pulse, is the number of times your heart beats in one minute. Resting heart rates vary from person to person.

Heart health is the overall well-being of your heart. Heart-healthy living involves understanding your risk factors, making healthy choices, and taking steps to reduce your chances of getting heart disease.

Heart disease is a catchall phrase for a variety of conditions that affect the heart's structure and function.

Cardiovascular disease is the term for all types of diseases that affect the heart or blood vessels.

Often simply referred to as "heart disease," **coronary heart disease** is the most common form and occurs when plaque (a combination of fat, cholesterol, calcium, and other substances found in the blood) builds up in your arteries. The plaque reduces the amount of oxygen-rich blood getting to your heart.



Plaque can also lead to blood clots, which block blood flow and are the most common cause of a heart attack.



Medical Emergencies

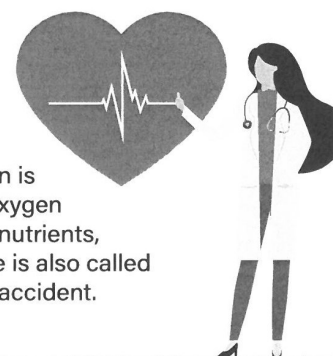
- Heart attack
- Cardiac arrest
- Stroke

Act fast. Call 9-1-1.

A **heart attack**, also known as a myocardial infarction, happens when the flow of blood that brings oxygen to a part of your heart muscle suddenly becomes blocked. Your heart can't get enough oxygen. If blood flow is not restored quickly, the heart muscle will begin to die.

Cardiac arrest occurs when the heart suddenly and unexpectedly stops pumping. If this happens, blood stops flowing to the brain and other vital organs.

A **stroke** happens when blood flow to the brain is blocked. This prevents the brain from getting oxygen and nutrients from blood. Without oxygen and nutrients, brain cells begin to die within minutes. A stroke is also called a transient ischemic attack or cerebrovascular accident.



PARISH NURSE—CONTINUED



Weight Control Terms

- Body Mass Index (BMI)
- Overweight
- Obesity
- BMI chart
- Waist size

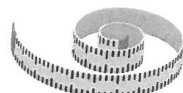
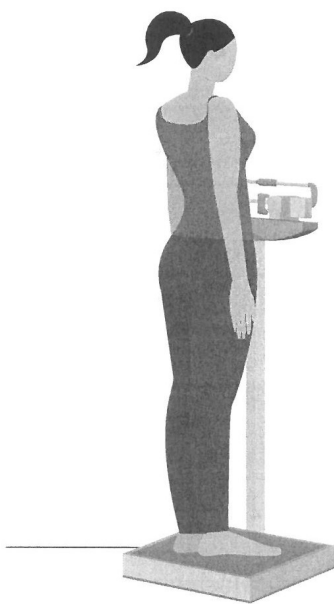
Body Mass Index, or **BMI**, is one measurement used to show if your weight is in the healthy range for your height. BMI measures body fat based on height and weight. Your BMI will fall into one of the four categories — underweight, healthy weight, overweight, or obese.

Overweight and **obesity** means having excess body fat which can increase your LDL, the “bad” cholesterol, and lower HDL, the “good” cholesterol. Overweight and obesity can also increase triglycerides, a type of fat.

Weight Category	Body Mass Index
Underweight	Below 18.5
Healthy weight	18.5 to 24.9
Overweight	25 to 29.9
Obese	30 or above

The **BMI chart** is a table that will help you find your BMI number. Find your height in the left column. Move across the row to your weight. The number at the top of the column directly above your weight is your BMI number. There are also online calculators that will calculate your BMI.

Checking your **waist size** is another way to see if your weight increases your risk of health issues. If most of your fat is around your waist and you have a larger waist size you may be at a greater risk for, high blood pressure, heart disease, and diabetes.



A healthy waist size is less than 35” for women who aren’t pregnant and less than 40” for men.

Be smart about your heart health and talk with your healthcare provider about yours at every visit.

Here are some questions you can use to guide the discussion:

Blood Pressure	Heart Disease Risk Factors	Staying Heart Healthy
<ul style="list-style-type: none"> • What was my blood pressure reading today and what do the numbers mean for me? • How often should I have my blood pressure checked? • What do my blood pressure numbers mean for me if I’m pregnant or thinking of becoming pregnant? • Can any medicines that I take (prescribed or over-the counter) affect my blood pressure? 	<ul style="list-style-type: none"> • What risk factors do I have for heart disease? Is there anything I can do to change these risks? • How can cholesterol affect my heart health? What are my cholesterol levels and are they in a healthy range? • What is my BMI and is there a goal I should be working towards? What is my healthy weight range? • If I smoke or drink, how does it affect my heart health? 	<ul style="list-style-type: none"> • What do you recommend I do between now and my next visit that can lower my risk for heart disease? • How much physical activity do I need to keep my heart healthy? • What foods or diets that can help keep my heart healthy? • How can managing stress affect my heart health? • What tests should I get to get a better understanding of my heart health?

PARISH NURSE—CONTINUED



Cholesterol Terms

- Cholesterol
- High density lipoprotein (HDL)
- Low density lipoprotein (LDL)
- Triglycerides

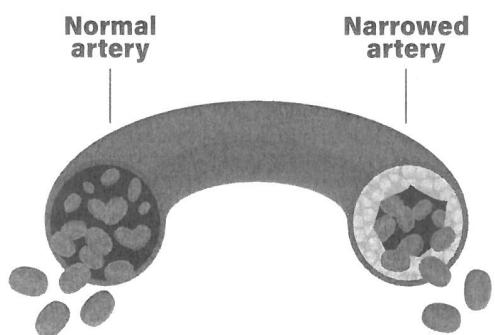
Cholesterol is a waxy, fat-like substance in your cells. Our bodies generally make all the cholesterol needed for good health. Cholesterol helps make hormones, vitamin D, and substances to help you digest foods.

Small packages, called lipoproteins, carry cholesterol through your bloodstream. Two kinds of lipoproteins carry cholesterol:

High-density lipoprotein (HDL) is the “good” cholesterol. HDL helps your body get rid of cholesterol so it doesn’t clog your arteries.

Low-density lipoprotein (LDL) is the “bad” cholesterol. LDL deposits cholesterol inside the blood vessels that carry blood to your heart and other parts of your body. Over time, this may cause your arteries to narrow or be blocked.

Triglycerides are a type of fat in your blood that your body uses for energy. A combination of high triglyceride and low HDL levels can increase your risk for heart attack and stroke.



Desirable Cholesterol Numbers for Adults

Triglycerides	Less than 150 mg/dL
Non-HDL cholesterol	Less than 130 mg/dL
HDL cholesterol	Above 40 mg/dL in men Above 50 mg/dL in women

* Lipid measurements in this table are measured in milligrams (mg) of cholesterol per deciliter (dL) of blood.
** If your triglycerides and non-HDL are above these numbers or your HDL is below, you may want to discuss them with your healthcare provider.



Diabetes Terms

- Diabetes
- Prediabetes

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Having too much glucose in your blood can cause health problems, such as heart disease.

Prediabetes is when your blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes. Over time, a person with prediabetes can develop type 2 diabetes.



PARISH NURSE—CONTINUED

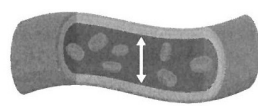


Blood Pressure Terms

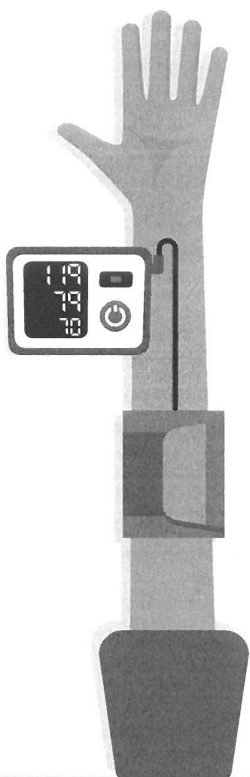
- Blood pressure
- Hypertension
- Preeclampsia
- Blood pressure monitor
- Self-Monitored Blood Pressure (SMBP)

Blood pressure is the force of blood pushing against the walls of your arteries as the heart pumps blood. Blood pressure is measured using two numbers - diastolic and systolic. Systolic is the first number and is the pressure when blood is pumped out of the heart. Diastolic is the second number and is the pressure between heartbeats when the heart is filling with blood.

Hypertension, also known as high blood pressure, develops when blood flows through your arteries at higher than normal pressures.



Healthy blood pressure is less than 120/80 mm Hg. High blood pressure occurs when blood pressure is consistently 130/80 mm Hg or higher.



Preeclampsia is a type of high blood pressure that occurs only during pregnancy. It occurs after the 20th week of pregnancy.

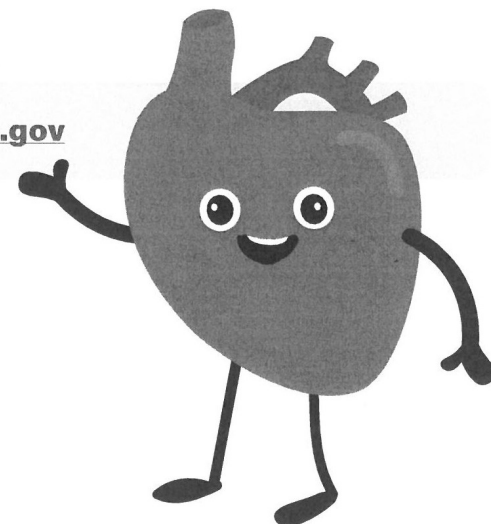
A **blood pressure monitor** has an inflatable cuff that wraps around the arm. A healthcare provider will inflate the cuff, which gently tightens on your arm. The cuff has a gauge on it that will measure your blood pressure. The gauge uses a unit of measurement called millimeters of mercury (mm Hg) to measure the pressure in your blood vessels.

Self-Monitoring Blood Pressure (SMBP) involves a patient's regular use of personal blood pressure monitors to measure their blood pressure away from a doctor's office or hospital — usually at home. These blood pressure monitors are easy and safe to use.

Blood Pressure Levels

Classification	Systolic and Diastolic Readings
Normal	Systolic: less than 120 mm Hg Diastolic: less than 80 mm Hg
Elevated	Systolic: 120-129 mm Hg Diastolic: less than 80 mm Hg
High blood pressure	Systolic: 130 mm Hg or higher Diastolic: 80 mm Hg or higher

For more information to keep your heart healthy visit hearttruth.gov



PASTOR MATT'S CORNER

By Pastor Matt Larson

Why are we getting an Intern?

Good question! Internship is typically in the 3rd year of a 4 year program of a Master of Divinity degree. Though there is more flexibility now than there was in the past. **Brendan Weichert** is currently on an extended seminary experience. He has finished what would be two years of study and experiential ministry in about three years. He has been doing seminary half time while continuing his job as the **Financial Director at Lutherhaven**. His internship will reflect this reality also. We will have Brendan on a half time track for 2 years instead of full time for one year. We were essentially Brendan's final hope to stay local and I am looking forward to having him and this experience.

Brendan will be learning, experiencing, engaging and leading many parts of our ministries and programs here at Advent. He has never been on a church staff so even that dynamic will be new to him. During his time with us he will be evaluated by many of you in terms of his preaching, teaching, planning and implementing program, visitation, etc. We will be forming an Internship Committee that will be his support and feedback for the two years with us.

The formation of a candidate for ministry of Word and Sacrament (Pastor) is specially made during internship. Many pastors, including yours truly, take their experiences of internship with them even to this day. To help one "become" a pastor is a tremendous honor and responsibility. What we do in the next two years together will form Brendan's ministry for life (no pressure).

There is a financial part but because it is half time, we are able to stretch the total that is due. We pay him a small stipend, seminary administrative costs, and costs related to working at Advent (mileage, synod events, intern retreat). The total for 2024 with a starting date of June or July 1 will be around \$10,000. The council passed a motion to use some of the gain from this last year from our reserve fund (one of the 2 funds from the sale of Good Shepherd). We hope to put some or all the costs in our 2025 budget, but that is further down the road. If you have any questions about this endeavor, please feel free to contact me.

In God's grip,
Pastor Matt

The
Season
of
Lent



SEMINARY INTERNSHIP AT ADVENT

Dear Friends at Advent!

My name is Brendan Wiechert and I am looking forward to joining you this summer for my seminary internship! Thank you so much for having me.

I think I know a few of you from my work as Director of Finance at Lutherhaven Ministries. I have been in that role for 2 ½ years (or the time I have been in seminary) after leaving a 30-year career in commercial banking. I plan to continue working ½ time for Lutherhaven while working ½ time with Advent.

I am married to my wife of 30 years, Debbie, and we have two “adult children” (still not used to that term), Emma and Calen. Emma works as a Team Lead at Vanessa Behan and Calen is a Junior at Boise State University working on a Math degree. We live up in Mead, where Debbie works as a school Social Worker for Mead School District.

I grew up Episcopalian in Lawrence, Kansas and Debbie was raised Catholic in Omaha, Nebraska. We were raising our kids Episcopalian until we started attending St Luke Lutheran in north Spokane about 15 years ago. Since then, I have taught Confirmation, served as a chaperone on three mission trips to the Dominican Republic, and traveled with St Luke on a pilgrimage to Israel. While I think a pastoral vocation has always been a whisper in the wind, it is in those activities that the call to ministry grew a little louder.

As noted, I am 2 ½ years through seminary (23 of 30 credits by the time June rolls around). I will be taking a few more credits (one at a time) while I am on internship and hope to graduate in June of 2026. I am so excited to join you and get to know everyone! Thank you again for allowing me to serve with Advent.

Brendan



Brenden Weichert

INCOME/EXPENSE INFORMATION

Advent General Fund Income/Expense

	<u>December</u>	<u>Year to Date</u>
Income	50,135.24	340,092.06
Expenses	32,518.27	341,261.02
Net	17,616.97	-1,168.96

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 December was \$50,135.24.
- Total operating expenses for January through December was \$32,518.27.
- Expenses year to date were higher than income by \$1,168.96.
- Reserve are \$49,212, which is approximately 1.75 months of operating expenses.

Child Center Income/Expense

	<u>December</u>	<u>Year to Date</u>
Income	73,419.06	931,531.77
Expense	72,098.22	999,174.86
Net	1,320.87	-67,643.09

Notes for Advent Lutheran Child Center

- Budgeted monthly expenses for 2023 are \$86,802.77. Total Reserve Amount is \$83,187.45. This equates to 0.95 month's tuition.



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, Cindy & family, Pastor Lori Cornell, Georgia Coulston, Kathleen Curry, Daphne, Dorothy Grier, Candy Harder, Barbara Hooper, Leigh & Steve Hopkins, Clancy & Mary Howard, Gwen Huber & family, Rhonda Jerrett, Sandy Kaufman, Paula Kenney, Karen Klages, Audrey Knuttel & family, Rich Krenkel, Troy & Linda Lahman, Jan Madden, Ian & SaraLu Moore, Marian Moseman, Bill Moore, Jeanne Mummert, Marlyce Murphy & family, Tim Murphy, Amaryllis & Ken Otteman, Isaiah Ray, Myrna Rehn, Gerry O'Rourke, Tim O'Rourke, Sharon Ruth, Beverly Smith, Kevin Smith, Stillman family, Costa & Fotini Tsakarestos, Turville family, Carlos Velategui & family, Charlie Walker, Steve Woodard, and Penny & Jack Zenglein.

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

ATTENDANCE

IN-PERSON ATTENDANCE

January 7	82
January 14	67
January 21	39
January 28	115

ONLINE VIEWS

January 7	33
January 14	40
January 21	60
January 28	24

FEBRUARY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:00 am Happy Helpers 10:00 am Mid-Week Bible Study	2 6:30 am Men's Prayer Breakfast	3
4 9:30 am Worship Service/Holy Communion After Worship Coffee Fellowship 10:45 am High School Sunday School 10:45am-12:30 pm Visitation Team Meeting	5 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts	6 9:00 am Happy Piece-makers 10:30 am ALCC Board Mtg. 6:00 pm Cub Scouts	7 8:30-9:30 am Fitness Class	8 9:00 am Happy Helpers 10:00 am Mid-Week Bible Study	9 6:30 am Men's Prayer Breakfast-Denney's Restaurant 4:30 pm-5:30 pm 'Come to Friday Dinner'	10 11:30 am Ladies Lunch-The Max at Mira-beau 3:00 pm-7:30pm AA Quarterly Meeting
11 9:30 am Worship Service/Holy Communion After Worship Coffee Fellowship Bake Sale/Subs Assemble Valentines Confirmation 10:45 am High School Sunday School	12 8:30-9:30 am Fitness Class 5:00 pm Executive Committee 6:00 pm Boy Scouts	13 Fat Tuesday 9:00 am Happy Piece-makers 6:00 pm Ministry Heads Committee Mtg. 6:00 pm Cub Scouts	14 Ash Wednesday 8:30-9:30 am Fitness Class 6:30 pm Worship service	15 9:00 am Happy Helpers 10:00 am Mid-Week Bible Study 5:00 pm Council Meeting	16 6:30 am Men's Prayer Breakfast-Denney's Restaurant	17
18 9:30 am Worship Service/Holy Communion After Worship Coffee Fellowship 10:45 am High School Sunday School	19 Presidents' Day Church Office & Child Center Closed	20 9:00 am Happy Piece-makers 6:00 pm Cub Scouts	21 8:30-9:30 am Fitness Class 5:30 pm Lenten Soup Supper 6:30 pm Worship service	22 9:00 am Happy Helpers 10:00 am Mid-Week Bible Study	23 6:30 am Men's Prayer Breakfast-Denney's Restaurant 4:30-5:30 pm 'Come to Friday Dinner' NEWSLETTER DEADLINE	24 9:00 am-1:00 pm Daughters of Norway 1:00 pm Tubing at Silver Mountain
25 'Fill the Shelf' Sunday 9:30 am Worship Service/Holy Communion After Worship Coffee Fellowship Confirmation Assemble Blessing Bags 10:45 am High School Sunday School	26 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts	27 9:00 am Happy Piece-makers 6:00 pm Cub Scouts	28 8:30-9:30 am Fitness Class 5:30 pm Lenten Soup Supper 6:30 pm Worship service	29 9:00 am Happy Helpers 10:00 am Mid-Week Bible Study		

FEBRUARY HOSPITALITY SCHEDULE

Ministry Description	February 4	February 11	February 14 Ash Wednesday	February 18 Presidents' Day Weekend	February 25
	9:30 AM	9:30 AM	6:30 PM	9:30 AM	9:30 AM
ASSISTING MINISTER: (1)	Duane Yates				
COMMUNION ASSISTANTS (2)	Holly Gunby Sue Wipperling	Jodi Meddock Linda Tompkins	Jodi Meddock Bonnie Rehn	Jodi Meddock Bonnie Rehn	Jodi Meddock Sue Wipperling
READER: (1)	Butch Yarnell	Barb Potter	Marilyn Keith	Larry Nelson	Marilyn Keith
ACOLYTE: (1)					
USHERS (3-4)	1. Bill Johnson 2. Linda Semmen 3. 4.	1. 2. 3. 4.	1. Bill Johnson 2. Linda Semmen	1. 2. 3.	1. 2. 3.
GREETERS: (2-4)	1. Butch Yarnell 2.	1. 2.	1. 2.	1. 2.	1. 2.
ALTAR FLOWERS			XXX	XXX	XXX
FELLOWSHIP HOSTS	1. Dennis Johnson 2. Cathy Johnson 3. 4.	1. Missy Bliesner 2. 3. 4.	XXX	1. 2. 3. 4.	XX
(Cookies, etc., 4 people, 2 dozen each)	Linda Semmen	BAKE SALE SUB SANDWICHES Marilyn Keith	XXX		Marilyn Keith
“Share with God’s people,Practice Hospitality” Romans 12:13 (NIV)					

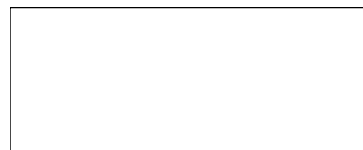


Advent Lutheran Church
13009 E Broadway
Spokane Valley, WA 99216

Church Phone: 509-928-7733
Child Center Phone: 509-928-0231
Fax: 509-892-5219
www.adventlutheranspokane.org

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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”