

# Advent Lutheran Church Newsletter



## LETTER FROM THE COUNCIL PRESIDENT

By Denise Walker

Hello April...Hello Advent!!

Springtime is in the air and most people remember the old adage "April showers bring May flowers" however, I prefer "Welcome April, we're one step closer to Summer"!

Advent will be hosting the Synod Regional Gathering this month on **Saturday, April 27th** starting at 9:30 Registration/check-in, 10:00 am Gathering and 4:00 Closure. Lunch is included in the **\$15.00 fee per person** that is paid to Advent. We have a signup sheet on the table in the Narthex. Since Advent is hosting, we are hoping to having a large congregational turnout.

The speaker, **Grace Pomroy, from the Luther Seminary in St. Paul, MN**, will be speaking on Stewardship for Today and Tomorrow (Ezra 3:10-13). Message: Stewardship is more than money...Stewardship is also about love. The topic will discuss about our resources; time, talents and treasures in response to God's commandment to love God and our neighbors.

Following is a list of some of the items addressed at the previous March Council meeting:

- 1- voted to approve to split the cost (\$1,986.48) for the Catalytic Converters for the Child Center vehicles.
- 2- voted to replace the outdoor lights on the east side of the Church entrance in the amount of \$1,200 plus tax.
- 3- voted to update the Staff Benefits Summary Policy.
- 4- discussed the upcoming Synod Regional Gathering to include congregational attendance and volunteers needed.
- 5- discussed Holy Week March 24th (Palm Sunday) thru March 31st (Easter Sunday).
- 6- discussed upcoming Congregational Meeting on Sunday, June 2nd. We will need to replace four (yes 4) Council members!! Please consider becoming a part of the Council!!
- 7- discussed Pastor Matt's upcoming vacation: April 9th thru April 25th.
- 8- recapped the Thrivent Investment accounts: Building Fund — \$901, 239 and General Fund — \$828,324.
- 9- discussed upcoming Youth Gathering fundraising events: March 31st Easter breakfast and May Yard-sale.

In closing, here are a few "Dear April" quotes that can be a funny way to let the world know you are ready for April to arrive:

- 1- Dear April, you've been gone too long, Welcome Back!!
- 2- Dear April, may you leave the winds of March in the past and usher in the warm days of May.
- 3- Dear April, yeah we are one step closer to Summer!!

Sending Love and Blessings,  
Denise

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## HAPPY HELPERS

By Forrest Diehl

Thanks to all who participated in making our 2024 Lenten Journey to Easter a meaningful one. I think we, the congregation, are extremely fortunate in having all the Wednesday activities that we have - during Lent. It sure helps in affirming our individual and collective spiritual reflections, thoughts, and preparation for Easter. Thanks to all who make all those Wednesday activities happen (**Terry Powell, Sue Wipperling, Jodi Meddock, Karen Nelson, Jodi Bullinger, Jazlyn Bullinger** and to all those who cooked and shared their soups [there were some really good ones!])! The **Joyous Evening Liturgy** services (**Pastor Matt, Kristin Larson, Paula Kenny, Kevin Kelly, Shirley Roraback, Ian Larson, etc.**), and the "I Am the bread of life; I AM the resurrection and the life; I AM the good shepherd/gatekeeper; I AM the light of the world; and I AM the way/truth/life" sermons were all special and meaningful in the preparation for Easter 2024. **Thank-You, All!** Well, I read another book that I simply must tell you about. The book was recommended to me by **Dennis and Cathy Johnson**. I sure enjoyed it! I've read my fair share of books and watched movies about the Japanese Attack on Pearl Harbor, December 7, 1941. The books and movies that I have seen and read were fraught with heroic actions and military strategies/tactics. I came away from each feeling that I had learned a little more about history. But after reading **The Ghosts of Honolulu** (non-fiction), I feel like not only have I learned about history, but I have gained the "inside scoop" on the events leading up to the 7<sup>th</sup> of December, the attack, and the following Hawaiian/Japanese events up until the mid-1950's. Mark Harmon (yes, that Mark Harmon) and co-author Leon Carroll were able to pass on an amazing amount of information about Pearl Harbor while making the story of Douglas Wada very readable. In the late 1930's Hawaii was a hotbed of activity for the military, FBI, and the FDR administration. **The Ghosts of Honolulu** is basically a spy story with hidden stories that give the reader the feeling that he/she is reading "the rest of the story" (to quote Paul Harvey). The book reveals the intriguing "cat and mouse" spy games that Japan and the US military intelligence agencies played. Those games even included a German Nazi mercenary, working for the Japanese consult in Honolulu. The book also addresses the destructiveness of the mass Japanese internment camps that were instituted. Marlene and I have not been to Hawaii, yet, but plan to - in the future. I am going to try to remember to review this book before going so I can visit some of the places talked about in this book. Great book!

I received the following in an email. I thought it had some good thoughts/outlooks on aging:

I asked a friend who has crossed 70 & is heading towards 80 what sort of changes he is feeling in himself? He sent me the following:

1. After loving my parents, my siblings, my spouse, my children and my friends, I have now started loving myself.
2. I have realized that I am not "Atlas". The world does not rest on my shoulders.

## HAPPY HELPERS-Continued

3. I have stopped bargaining with vegetable & fruit vendors. A few pennies more is not going to break me, but it might help the poor fellow save for his daughter's school fees.
4. I leave my waitress a big tip. The extra money might bring a smile to her face. She is toiling much harder for a living than I am.
5. I stopped telling the elderly that they've already told that story many times. The story allows them walk down memory lane & relive their past.
6. I have learned not to correct people even when I know they are wrong. The onus of making everyone perfect is not on me. Peace is more precious than perfection.
7. I give compliments freely & generously. Compliments are a mood enhancer not only for the recipient, but also for me. And a small tip for the recipient of a compliment, never, NEVER turn it down, just say "Thank You."
8. I have learned not to bother about a crease or a spot on my shirt. Personality speaks louder than appearances.
9. I walk away from people who don't value me. They might not know my worth, but I do.
10. I remain cool when someone plays dirty to outrun me in the rat race. I am not a rat & neither am I in any race.
11. I am learning not to be embarrassed by my emotions. It's my emotions that make me human.
12. I have learned that it's better to drop the ego than to break a relationship. My ego will keep me aloof, where as with relationships, I will never be alone.
13. I have learned to live each day as if it's the last. After all, it might be the last.
14. I am doing what makes me happy. I am responsible for my happiness, and I owe it to myself. Happiness is a choice. You can be happy at any time, just choose to be!

I decided to share this for all my friends. Why do we have to wait to be 60 or 70 or 80, why can't we practice this at any stage and age?

The **Happy Helpers** continue to compliment and thank **Roger Scheurer** for the work he does in recycling. **Roger** donates his personal time and resources to make this revenue-generating activity work. There are all kinds of action verbs that describe Roger's actions as he makes the recycling program a money generating and stewardship activity for the church – collects, carries, gathers, transports, lifts, sorts, packages, coordinates, etc. Thanks, **Roger**, for continuing to donate the recycling proceeds to the Happy Helpers' dedicated fund; and thanks to all who support this recycling activity!

Some of the Happy Helper tasks completed during the month of March that can be reported on with the help of **Cheryl**, our Parish Administrator are: replaced broken locking door knob assembly to the Child Center nursery with new one (**Dave Cook**); cleaned and scrubbed stain on sanctuary carpet (**Bill Thurston**); attached paper seat cover dispenser in ladies restroom located off-gym (**George Harrison, Wade Wipperling**); cleaned and reattached window screen outside Child Center classroom (**Wade Wipperling, George Harrison**);

### HAPPY HELPERS-Continued

cleaned metal roller window curtain between gym and kitchen (**Daryl Ziemer, Wade Wipperling**); cleaned mud, rust, and debris from chair that was left outside (**Wade Wipperling**); cleaned and scrubbed stain on gym carpet (**Tom Sernka**); set up tables and chairs for Wednesday Lenten Soup Suppers (**Wade Wipperling**); collecting bids for push-button door openers for east entrance to church (**Bill Thurston**); tightened screws on all handles and hinges on kitchen cabinets (**Wade Wipperling**); replaced bulbs in outside lights, east entrance (**Butch Yarnell, Daryl Ziemer**); reattached cabinet door with new hinges in Child Center classroom (**Bill Thurston, Wade Wipperling**); adjusted DST time adjustment on outside soffit lights (**Butch Yarnell, Pastor Matt**) etc.

**The Happy Helpers** are looking forward to the month of April and "the April showers that bring May flowers". We meet each **Thursday** morning, 9:00 A.M., at the church. Coffee, tea, and "goodies" are provided.

**Wade Wipperling** provided the goodies during the March meetings. Thanks **Wade!** Visitors and new members are always welcome. If you want to join us and can't make it by 9:00 A.M., come anytime. Usually, we finish talking by 9:30 A.M. and finish puttering by 10:30 A.M.

### THANK YOU

"Many thanks to **Kara and her amazing youth crew, Karsen Haveman, Kallie Haveman, Adelei Bocook, and Demetrios Tsakarestos** who did a spring spruce-up of our yard while we were in Montana visiting my 102 year old mom. We are also indebted to **Marilyn Keith** who has offered her garage to store donations for the yard sale. We will be moving to Port Ludlow, WA on the 27th. We had hoped to have more time to say our goodbyes to the many friends we have at Advent. Pastor Matt has been a close friend and dedicated servant since our days at Good Shepherd. We consider you all a blessing and our brothers and sisters in faith! **Babs and Rick Velategui**"

### THANK YOU

"Dear Advent family, thank you so much for your prayers and support. I'm healing well with only a few hiccups. I am grateful for your love and care for me and my family. Additionally, thank you to Jody for organizing the meal train and all the great, healthy meals from my family in Christ." **Holly Gunby and sister Faith.**



### YOUTH MINISTRY

By Kara Wilson

The days are getting longer and warmer, so the high school group has been out in force raking again! The dedication of these kids and parents are awesome as we get closer to our goal which is a very good thing as bills are coming due.

Also, many thanks to those who have anonymously donated to the youth group and those choosing your Thrivent dollars our way, we greatly appreciate it.

I personally ran away on vacation for a bit but hope to have some fun planned, not just work activities for this group, though we do enjoy our St. Arbucks time.

**March 31<sup>st</sup>** is Easter, ALREADY! Hope for a big turn out for service and of course **Easter breakfast.**

**May 11<sup>th</sup>** will be our yard sale and we will be accepting donations at the church starting on **Friday May 10<sup>th</sup>**. The youth will spend the night at the church that night sorting the donations and playing a bit before the big event Saturday morning. Drop by and see the fun Saturday if you can. Hope this message finds you well and Blessings to all.

Where is the best place to get ice cream? Sundae School!



**Kara Wilson and her amazing youth crew: Karsen Haveman, Kallie Haveman, Adelei Bocook, and Demetrios Tsakarestos**

## ANNOUNCEMENTS

### **Online Worship:**

[www.youtube.com/c/adventlutheranspokane](http://www.youtube.com/c/adventlutheranspokane)

### 'COME TO FRIDAY DINNER'

Our 'Come to Friday Dinners' will be on **April 5 and April 19**, from **5:00 pm-6:00 pm**. **Menu on April 5:** Chicken, stuffing, a vegetable. **The menu on April 19: Pork roast, baked potato, salad.** If you are interested, please call the church office at **509-928-7733** or place your name and the number of meals you wish on the **signup sheet on the table in the Narthex. EVERYONE welcome!** You are welcome to stay and enjoy your dinner in the Fellowship Hall or you may take it home to enjoy!

### SAUSAGE FEED

**St. John's Lutheran Church of Sprague is hosting a Sausage Feed, April 7, 11:00 am-3:00 pm. Cost:** Adults: \$15; Children 6-12: \$10; 5 and under: Free. **Menu:** Smoked sausage, mashed potatoes, green beans, sauerkraut, homemade applesauce, dessert. Sprague Community Hall, 3rd & C Street, Sprague, WA. Sponsored by **Thrivent**. Questions? Call **509-660-0928**.

### NAME TAG REQUESTS

Our name tags come with a magnetic back. If you have a pacemaker or other medical condition that would prevent you from using a magnetic back, please let us know. We are happy to order you a name tag with a pin. Thank you. **This order will be placed on April 8.**

### 40TH ANNUAL CHOCOLATE & CHAMPAGNE GALA

**Friday, April 12, 2024**

**6:00-8:30pm**

**Historic Davenport Hotel**

Join us for an unforgettable evening to celebrate the 40th (Ruby) anniversary of the Chocolate & Champagne Gala while supporting life-saving trauma recovery services for individuals, youth, and families impacted by abuse, sexual assault, behavioral health challenges, and other traumatic life experiences. Contact **Lutheran Community Services** for tickets: **509-747-8224**.

### MONTHLY LADIES LUNCHEON

Our next luncheon will be **Saturday, April 13th at 11:30 a.m.** at **The Max at Mirabeau**. Please contact **Gerry O'Rourke at 509-893-0787 by March 6th** 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.

### THE FIG TREE

**Save the date!** The Fig Tree is holding a benefit on **Sunday, April 28, a Gala** celebrating 40 years of **The Fig Tree** will be held at the **Cathedral of St. John** in Spokane, from **5:00-8:00 pm**. For more information, call **509-535-4112**.

### ART SHOW

**Anna Rector** will have her art on display on Wednesday, **May 1st, from 5-7 pm** at **The Max at Mirabeau**. All are welcome to come view her beautiful paintings.

## ANNOUNCEMENTS-Continued

### NEWSLETTER DEADLINE

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

### 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: **May 11:** Yard Sale **July:** Prayer/Postcards for while we are in New Orleans.

### YOUTH YARD SALE

Our Youth will be having a **fundraiser yard sale** on **Saturday, May 11<sup>th</sup>**. *The time will be announced later.* **Donations will be accepted** at the church starting at noon **Friday, May 10<sup>th</sup>**. Thanks so much for supporting our Youth as they raise the funds to attend the **National Youth Gathering in New Orleans in July**.

### SPOKANE INDIANS BASEBALL GAME

**Spokane Indians** are once again offering 'Faith Nights' at their stadium. Advent Lutheran has a reservation for **Saturday, May 18<sup>th</sup>, 5:00 pm**. **See the sign-up sheet on the table in the Narthex. Upper Box Seats, \$13 per ticket.**

### COMMITTEE LEADERS

It's that time of year again....time to be thinking of your committee reports for the **Semi-Annual Congregational** meeting booklet. If you would like to submit a **report about your committee's activities** (photos are great too!), of this past year or what you have planned this coming year, **please submit your report to the Church office no later than May 15th**.

### SEMI-ANNUAL CONGREGATIONAL MEETING

The **Semiannual Congregational Meeting** will be on **Sunday, June 2nd, immediately following the worship service**. At this meeting we will elect three new Council members and review Committee and small group reports.

### 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!

### CHURCH ENTRANCE

Do you have interior design skills or suggestions on how to make the east church entrance more welcoming and functional? **Julie Meyers-Lehman** is organizing a group to come up with ideas on how to refresh and upgrade the area between the two doors. If you're interested, send an email to [julielehman509@gmail.com](mailto:julielehman509@gmail.com) or text to **509-868-6501**.



## ANNOUNCEMENTS-Continued

### GOLDENAGERS' DAY OUT

**Spring GoldenAgers' Day Out! Monday, May 20, 10:00 am-2:00 pm at Camp Lutherhaven.** Please meet at the Church and be ready to leave by **8:45 am**. Please see the **sign-up sheet** on the table in the Narthex if you wish to attend. We plan to return to the church by **2:30 pm**. **Questions?** Contact **Linda Semmen** at **(509)389-4191**. **The cost to attend is covered by Advent.**

### OUTREACH COMMITTEE

By Jody Harris

#### SPOKANE VALLEY PARTNERS FOOD BANK

Thank you for your generosity in bringing your food donations for the Spokane Valley Partners Food Bank as we continue to **"FILL THE SHELF"!!** We continue to collect food each week, however, our big food drive is the last **Sunday** of each month. **You may place your food donations in the barrel in the Narthex. Thank you!**



#### 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. 2<sup>nd</sup> Ave., Spokane  
609-624-2378
- **Naomi Community** (moms & children)  
11214 E. Broadway, Spokane Valley  
509-926-6492

## PASTOR MATT'S CORNER

By Pastor Matt Larson

Some of you may get this newsletter before Easter so read this as if it is after Easter! Thank you to everyone for your energy and time as we made our way through Holy Week. It takes quite a few people to make it all happen. Thank you to the youth for the breakfast! They are well on their way to New Orleans.

At the end of this month, **April 27<sup>th</sup>**, we will be hosting the **Synod Regional Gathering**. This is something fairly new in our Synod as we have gone to every other year Synod Assemblies. There will be 2 other regional gatherings happening after ours, congregations can pick where they want to go. (Also our synod is quite large geographically). We will be gathering around the theme of Stewardship: Funding Forward. A conversation about not only the church today but the church in the future. How can we do it best with the resources we have. We hope to have a good showing from Advent, since you don't have to go that far, right?

**April 9<sup>th</sup>** is not only my birthday but it is the day I will be setting out for my 3<sup>rd</sup> Camino. I will be flying to Madrid and taking a train to Astorga and walking to Santiago de Compostela. Actually, this is just finishing my 2<sup>nd</sup> Camino but not in Portugal as Kate and I think we may return some day and finish it. I will be walking the route I took 7 years ago. I will be walking 11 days and on the 6<sup>th</sup> day I will be meeting my long time good friend in Sarria and he will accompany me into Santiago. (One must walk 100km to receive the certificate and Sarria is about 108km and a very popular starting point for pilgrims with limited time and/or mobility.) My aim this time is to pack lighter, walk slower, and stop more often and enjoy the journey. As I look back at my first Camino I think I walked at a brisk pace to get to where I was sleeping that night (in case they ran out of beds) and now I am not as worried about it. The Camino provides, as I have experienced. It will be a different walk as it is Spring and the chance of wet weather is more pronounced than in August. I ask for your prayers for safe travels and a good walk.

"Mary Magdalene went and announced to the disciples, "I have seen the Lord"; and she told them that he had said these things to her." John 20:18.

As we heard in the beginning of John's Gospel, "Come and see," Mary the first evangelist runs to the disciples and announces "I have seen the Lord," she too brings us into the invitation. Come and see the risen Lord in Word and Sacrament here at Advent. And like the hosts and hostesses in the Aubergues (bunk houses) on the Camino, "We were expecting you", "We are always expecting you!" People old and new will come.....we will always be expecting you!

Happy Easter!

Pastor Matt Larson

## **PARISH NURSE**

By Debbie Martin, RN, Parish Nurse

### **OBSERVING STRESS AWARENESS MONTH 2024: WHAT SHOULD YOU KNOW ABOUT STRESS?**

Since 1992, **Stress Awareness Month** has been observed with the intention of increasing knowledge about the impact of chronic and acute stress. During April, Stress Awareness Month offers a chance to spread awareness and increase your knowledge on managing or preventing stress. In honor of Stress Awareness Month, looking at facts about stress, including common causes, signs of stress, and how to cope with challenging moments, may be beneficial..

### **WHAT IS THE THEME FOR STRESS AWARENESS MONTH 2023?**

The theme for National Stress Awareness Month in 2023 is "Looking After Yourself." This theme focuses on learning to adapt to life's challenges to improve our mental and emotional state. The goal is to help raise awareness of the connection between stress and mental health disorders while encouraging positive behavioral changes to manage stress effectively.

### **WHAT MONTH IS STRESS AWARENESS MONTH?**

April is National Stress Awareness Month. During this month, special focus is put on raising awareness about the modern day stress epidemic and its negative impact on our health. Throughout the month, various activities and campaigns help highlight why managing stress and promoting better mental health is important. For example, chronic stress may contribute to numerous health problems, including immune system challenges, diabetes, and separate mental health conditions.

### **HOW CAN WE MANAGE STRESS IN 2023?**

In 2023, we can manage stress through various strategies, including regular physical activity, mindfulness practices, and finding social support to improve emotional well-being. Free resources specifically created for stress management, such as daily de-stressing planners and online counseling services, are available to help people learn coping mechanisms and work through their own challenges with stress.

### **Understanding stress: How does chronic stress impact the body and mind?**

Stress in minor to moderate doses may be expected, as the body is equipped to handle these reactions. However, ongoing or unattended stress can have serious consequences. Chronic stress impacts the entire body and can harm well-being in the long term.

Ongoing stress is a risk factor for heart disease, dementia, stroke, accelerated aging, depression, anxiety, insulin resistance, prolonged digestive issues, and irritable bowel syndrome (IBS). In addition, chronic stress may impact your outlook on life, interpersonal relationships, performance in the workplace, and self-care.

### **Common causes of stress**

Considering that stress can be detrimental, it can be valuable to know what causes it. Below are some of the most common in the US.

### **Cost of living and finances**

As of 2023, the increase in prices for everyday items, including gas, grocery, and electric or energy bills, is one of the top sources of stress in the United States. In addition, as rental and mortgage rates rise, individuals may struggle to keep their housing.

### **Work**

The workplace has been one of the most substantial stressors in the United States for some time, further complicated by the COVID-19 pandemic. Low salaries, heavy workloads, and unrealistic expectations at work can all heighten workplace stress significantly.

### **The COVID-19 pandemic**

According to the American Psychological Association or APA, 67% of people in the United States say they have faced heightened stress throughout the pandemic.

### **Uncertainty about the future**

In addition to the pandemic, examples of concerns that may cause uncertainty might include planning for an individual's future, climate change, and current events.

### **Relationships and family life**

Interpersonal relationships can include romantic relationships, friendships, and family connections. As relationships are essential for mental health and well-being, having stressful relationships or a lack of social support can cause significant stress.

### **Personal health and well-being**

Some people experience health concerns due to chronic illness or an unexpected disease diagnosis. Others may want to grow resilience against stress to improve their mental health and well-being.

## **PARISH NURSE-Continued**

### **Personal safety**

If you have experienced a recent traumatic event or live in a community that is susceptible to crime, you may experience stress out of fear for your safety.

### **How to recognize signs of stress**

Understanding the signs of stress may help you recognize them and find strategies that target the unique circumstances of your stressful situation. Below are a few of these indicators:

- Increased irritability and anger
- A loss of interest in previously enjoyed activities

### **Mental burnout**

- Changes in appetite
- Changes in sleep patterns
- Gastrointestinal distress like nausea, constipation, diarrhea, and indigestion
- Loneliness
- Body aches and muscle tension
- Mood swings
- Feeling overwhelmed
- Headaches, especially tension headaches or migraines

Each day, check in with yourself to ask if you're experiencing any of the above signs of stress or burnout. If you recognize these signs, you might benefit from contacting someone you trust or a mental health professional. Alongside the other consequences of long-term stress, you may be living with a mental health condition if symptoms do not get better with time or effort.

### **Spending time with others**

Positive social connections and support are proven by research **to reduce stress** and improve mental and physical health. Having appropriate social support resources builds resilience to stress and releases stress-relieving hormones that increase a sense of well-being.

### **Breathing exercises and meditation**

In the 1970s, psychologists began to use the mindfulness meditation technique as a therapeutic intervention for **managing symptoms of stress, anxiety, depression, and worry**. The practice uses techniques like deep breathing to help individuals control their nervous systems, effectively reducing or halting the fight-or-flight response.

### **Progressive muscle relaxation**

Progressive muscle relaxation, like breathing exercises and meditation, is an example of a cost-free way to relieve stress. This activity involves tensing and releasing muscles, moving from the top of your body to your toes or vice versa while inhaling and exhaling. You can find free scripts and videos that guide you through this activity online.

### **Other grounding activities**

Grounding activities outside of breathing exercises and meditation may also be beneficial. For example, the 5-4-3-2-1 technique, also known as the five senses technique, may offer relief. In this exercise, you follow the following steps.

- Name five objects you can see.
- Touch four objects.
- Name three sounds you can hear.
- Name two scents you can smell.
- Find one pleasant, healthy food to taste.

### **Physical activity**

Physical activity can come in several forms, including but not limited to yoga and walking. Exercise may relieve stress and promote physical and mental well-being by releasing endorphins. If you don't usually exercise, know that exercise doesn't necessarily have to be intensive to function. Some people walk or swim for exercise.

### **Addressing the root cause**

Lifestyle shifts may be beneficial in stress management. For example, you might take lessons on stress management at work, limit time spent online, and take a class on setting boundaries. Stress management can also look like employing radical acceptance and focusing on what you can control instead of what you cannot.

### **Art and hobbies**

Having hobbies can benefit your health in multiple ways, as various hobbies, including creative hobbies, may promote stress relief. Outside of art, listening to music, spending time with animals, gardening, reading, socializing, and exercising are ways to reduce stress. Try different activities until you find one you enjoy and feel passionate about.

## **PARISH NURSE-Continued**

### **Therapy with a licensed professional**

Each person can have diverse needs in lifestyle, rest, and overall stress management. If you find it challenging to manage your current stressors, need help adapting healthy coping skills, or believe it is too stressful to reach out for in-person care, you can try online therapy through a platform like **BetterHelp**.

Online therapy can make getting mental health support more convenient. Studies prove online therapy is as effective as in-person care for conditions like depression and anxiety. When you use an online therapy platform, you can discuss stress from home or any location with an internet connection. In addition, you can choose between phone, video, or chat sessions with your therapist.

### **Takeaway**

Research has proven that therapy lowers stress levels and can treat conditions like depression and anxiety, which may co-occur with stress. Practicing the activities above and putting in the effort to manage stress in your life can be a significant way to celebrate Stress Awareness Month or International Stress Awareness Day, supporting your needs year-round. Consider reaching out to a therapist if you're seeking further support with stress-related challenges and mental health.

### **Time in nature**

Research indicates that even a minor amount of outdoor time can relieve stress. Nature can allow you to take a moment to absorb the beauty around you and get a break from professional or at-home duties.





**NORTHWEST INTERMOUNTAIN SYNOD REGIONAL GATHERING**



We are excited to invite you to one of Regional Gatherings this coming spring. This will be an opportunity to learn together, to reconnect with friends and build relationships with people from neighboring congregations. Advent will be hosting the Gathering on April 27.

**April 27, 2024 - Advent Lutheran Church - Spokane Valley, WA**  
**9:30 am Registration**  
**10:00 am Gathering**

Our presenter is **Grace Pomroy** who is the Director of the Stewardship Leaders Program at Luther Seminary in St. Paul, MN. She's a lay, millennial stewardship leader, speaker, and financial educator based in Allyn, WA. She is the co-author of the stewardship book, *Embracing Stewardship: How to Put Stewardship at the Heart of Your Congregation's Life*, as well as author of the 2013 ELCA stewardship resource, "Stewards of God's Love." She is currently working on a book about alternative financial models for ministry with Fortress Press, an imprint of 1517 Media.

**NORTHWEST INTERMOUNTAIN SYNOD REGIONAL GATHERING 2024**

A **Regional Gathering** will be held here at **Advent** on **Saturday, April 27, from 10:00 am-4:00 pm**. In the meantime, if you would like to sign up for this one day event, please see the **sign-up sheet** on the table in the Narthex. The cost is **\$15** (to cover the cost of your lunch). You may place a check in the offering, give it to the church office, or mail it to Advent Lutheran Church. **Please indicate Synod Gathering on your check.** Thank you.

### **ADVENT LUTHERAN CHILD CENTER NEWS**

By Heidi Perry, Director

After attending an ELEA Schools training last year, I was very excited to bring Chapel back to our school after having it stopped since COVID. I came back from the training with a whole new routine and a list of things to buy to make it happen. Then, as things have these last 4 years, one thing and then another just kept happening and it wasn't until March of this year that it actually happened. Ironically enough, just like Pastor Matt's sermon that same week, Taylor Swift was also involved.

Our Preschool and PreK classes attended Chapel that first day and we had 30 kiddos total sitting in the sanctuary alongside their teachers. I watched as one child looked all around as he walked down the aisle, amazed at how cool everything was. We spent the first several minutes just discussing all the things they saw and answering all the questions of "What's that?!"

I was very nervous as we started, because it was a whole new format and I was worried I may not be able to keep the kids attention. We lit candles, sang Jesus Loves Me, answered more questions about the cross hanging from the ceiling and whether or not it would be in the story, and then proceeded to learn about Palm Sunday. The kids practiced saying "Hosanna!" and at the end we sang a closing prayer. Everything went perfect, the kids were engaged, and I was ready to do it again the next week.

So how does Taylor Swift come into all of this? Well the next day, while taking one of the PreK kiddos to the bathroom, he asked me if I could get Taylor Swift to join us for Chapel so she could sing. Great idea, I bet she sings better than I do, but I just don't think she will be able to make it.



**INCOME/EXPENSE INFORMATION**

**Advent General Fund Income/Expense**

	<u>February</u>	<u>Year to Date</u>
Income	19,964.00	43,311.78
Expenses	<u>19,642.87</u>	<u>50,258.55</u>
<b>Net</b>	<b>321.13</b>	<b>-6,946.77</b>

**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 February was \$19,964.00.
- Total operating expenses for February was \$19,642.87.
- Expenses year to date were higher than income by \$6,946.77.
- Budgeted monthly expenses for 2024 are \$28,662. Total Reserve Amount is \$32,674. This equates to 1.1 month's of operating expenses.

**Child Center Income/Expense**

	<u>February</u>	<u>Year to Date</u>
Income	84,443.63	167,082.06
Expense	<u>74,057.19</u>	<u>153,783.39</u>
<b>Net</b>	<b>10,386.44</b>	<b>13,298.67</b>

**Notes for Advent Lutheran Child Center**

- Budgeted monthly expenses for 2024 are \$98,383.61. Total Reserve Amount is \$93,408.89. This equates to 0.95 month's expenses.
- Tuition was up slightly from January and expenses were down slightly. This made for quite a big profit for February.



**PEOPLE IN OUR PRAYERS**

**Church Family and Friends:** Alan, Sharon Ahern, Esther Barker, Bass family, Manda Benton, Candy & Bruce Blackmer & family, Diane Buck, Jessica Bullinger, Larry Butler, Martha Olene Cason, Cindy & family, Pastor Lori Cornell, Georgia Coulston, Kathleen Curry, Bob Dunlap & family, Jim Ferry, Faye Grant, Dorothy Grier, Holly Gunby, Candy Harder, Peggy Hinrichs, Barbara Hooper, Leigh & Steve Hopkins, Clancy & Mary Howard, Gwen Huber & family, Rhonda Jerrett, Alicia Kacobs, Sandy Kaufman, Midge Kiourkas & family, Joanne Limbaugh, Jan Madden, John Marlino & family, Ian & SaraLu Moore, Marian Moseman, Bill Moore, Jeanne Mummert, Marlyce Murphy & family, Amaryliss & Ken Otteman, Judy Pegau, Isaiah Ray, Anna Rector, Myrna Rehn, Jeanne Rice, Myrna Robb, Gerry O'Rourke, Tim O'Rourke, Lonnie Sibley & family, Sharon Ruth, Beverly Smith, Kevin Smith, Stillman family, Isabel Toth, 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, Mst. Sgt. 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](mailto:alcpokane@comcast.net) or call the church office at (509) 928-7733.*

**ATTENDANCE**

**IN-PERSON ATTENDANCE**

March 3	93
March 10	110
March 17	97
March 24	119

**ONLINE VIEWS**

March 3	35
March 10	26
March 17	26
March 24	35

### APRIL CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> <b>8:30-9:30 am</b> Fitness Class <b>6:00 pm</b> Boy Scouts	<b>2</b> <b>9:00 am</b> Happy Piecemakers <b>10:30 am</b> ALCC Board Mtg. <b>6:00 pm</b> Cub Scouts	<b>3</b> <b>8:30-9:30 am</b> Fitness Class <b>11:00 am</b> Child Center Chapel	<b>4</b> <b>9:00 am</b> Happy Helpers <b>10:00 am</b> Mid-Week Bible Study	<b>5</b> <b>6:30 am</b> Men's Prayer Breakfast  <b>5:00-6:00 pm</b> 'Come to Friday Dinner'	<b>6</b> <b>8:00 am-2:00 pm</b> Boy Scouts Pinewood Derby
<b>7</b> <b>9:30 am</b> Worship Service/Holy Communion <b>After Worship</b> Coffee Fellowship Confirmation <b>10:45 am</b> High School Sunday School at Starbucks on Pines	<b>8</b> <b>8:30-9:30 am</b> Fitness Class <b>5:00 pm</b> Executive Committee <b>6:00 pm</b> Boy Scouts	<b>9</b> <b>9:00 am</b> Happy Piecemakers <b>6:00 pm</b> Heads of Committee Mtg. <b>6:00 pm</b> Cub Scouts	<b>10</b> <b>8:30-9:30 am</b> Fitness Class <b>11:00 am</b> Child Center Chapel <b>5:00 pm</b> Council Meeting	<b>11</b> <b>9:00 am</b> Happy Helpers	<b>12</b> <b>6:30 am</b> Men's Prayer Breakfast-Denney's Restaurant	<b>13</b> <b>11:30 am</b> Ladies Lunch-The Max at Mirabeau <b>4:00 pm-8:00 pm</b> AA Quarterly Mtg.
<b>14</b> <b>9:30 am</b> Worship Service/Holy Communion <b>After Worship</b> Coffee Fellowship <b>10:45 am</b> High School Sunday School at Starbucks on Pines	<b>15</b> <b>8:30-9:30 am</b> Fitness Class <b>6:00 pm</b> Boy Scouts	<b>16</b> <b>9:00 am</b> Happy Piecemakers <b>6:00 pm</b> Cub Scouts	<b>17</b> <b>8:30-9:30 am</b> Fitness Class <b>11:00 am</b> Child Center Chapel	<b>18</b> <b>9:00 am</b> Happy Helpers	<b>19</b> <b>6:30 am</b> Men's Prayer Breakfast-Denney's Restaurant  <b>5:00-6:00 pm</b> 'Come to Friday Dinner'	<b>20</b>
<b>21</b> <b>9:30 am</b> Worship Service/Holy Communion <b>After Worship</b> Coffee Fellowship <b>10:45 am</b> High School Sunday School at Starbucks on Pines	<b>22</b> <b>8:30-9:30 am</b> Fitness Class <b>6:00 pm</b> Boy Scouts	<b>23</b> <b>9:00 am</b> Happy Piecemakers <b>6:00 pm</b> Cub Scouts	<b>24</b> <b>8:30-9:30 am</b> Fitness Class <b>11:00 am</b> Child Center Chapel	<b>25</b> <b>9:00 am</b> Happy Helpers	<b>26</b> <b>6:30 am</b> Men's Prayer Breakfast-Denney's Restaurant  <b>NEWSLETTER DEADLINE</b>	<b>27</b> <b>9:30 am-4:00 pm</b> Synod Gathering
<b>28</b> <i>'Fill the Shelf'</i> <b>Sunday Quilt Sunday</b> <b>9:30 am</b> Worship Service/Holy Communion <b>After Worship</b> Coffee Fellowship Confirmation <b>10:45 am</b> High School Sunday School at Starbucks on Pines	<b>29</b> <b>8:30-9:30 am</b> Fitness Class <b>6:00 pm</b> Boy Scouts	<b>30</b> <b>9:00 am</b> Happy Piecemakers <b>6:00 pm</b> Cub Scouts				



**APRIL HOSPITALITY SCHEDULE**

Ministry Description	April 7	April 14	April 21	April 28
	9:30 AM	9:30 AM	9:30 AM	9:30 AM
<b>ASSISTING MINISTER:</b> (1)	Duane Yates		Kara Wilson	Paula Kenney
<b>COMMUNION ASSISTANTS</b> (2)	Francie Shoquist Denise Walker	Sandra McCune Francie Shoquist	Sandra McCune Francie Shoquist	Francie Shoquist Denise Walker
<b>READER:</b> (1)	Missy Bliesner	Barb Potter	Missy Biesner	Butch Yarnell
<b>ACOLYTE:</b> (1)				
<b>USHERS</b> (3-4)	1. Darrell Shoquist 2.	1. Bill Thurston 2. Rita Thurston	1. 2.	1. 2.
<b>GREETERS:</b> (2-4)	1. Patt Scott 2.	1. Jodi Meddock 2.	1. 2.	1. 2.
<b>ALTAR FLOWERS</b>	<b>Easter Flowers</b>	<b>Easter Flowers</b>	<b>Easter Flowers</b>	<b>Easter Flowers</b>
<b>FELLOWSHIP HOSTS</b>	1. Missy Bliesner 2. 3. 4.	1. 2. 3. 4.	1. Missy Bliesner 2. 3. 4.	
(Cookies, etc., 4 people, 2 dozen each)	Missy Bliesner Betty Quinn	Carol Johnson	Missy Bliesner	
<b>“Share with God’s people .....,Practice Hospitality” Romans 12:13 (NIV)</b>				





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Advent Lutheran Church  
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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”**