

# Advent Lutheran Church Newsletter



## LETTER FROM THE COUNCIL PRESIDENT

By Denise Walker

As I begin writing this article, I think of Easter and what it means to me besides faith, family and love of Jesus. Two main thoughts come to mind:

- 1 - the three R's; rejoice, rebirth and resurrection.
- 2 - two scriptures; John 3:16 and John 11:25

\* "For God so loved the world, that he gave His only begotten Son, that whosoever believeth in me shall not perish, but have everlasting life" (John 3:16).

\* "Jesus said to her, I am the resurrection and the life. The one who believes in me will live even though they die" (John 11:25).

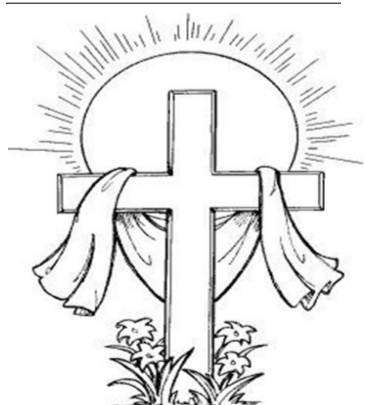
I hope these things make some impact on you as they do me.

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The February Council meeting addressed the following:

- 1 - voted to approve the purchase and installation of a new church server, two new computers and software to replace the outdated computers, and the time and expense of transferring all our data, in the amount of \$14,805, from Cycrest. The new server will cover all computers for both Advent and the Childcare Center. It will have faster speed plus more storage capacity.
- 2 - voted to donate the Lenten offerings to the Naomi House.
- 3 - voted to transfer \$300 from the Advent Thrivent dollars to the Youth Gathering Fund as designated by the outside donation.
- 4 - discussed the **April 27th Synod Regional Gathering at Advent Lutheran Church**. A planning meeting will be scheduled in the near future to discuss food, set-up and child care. Registration will be available soon through the Synod website.
- 5 - discussed a small change to the Advent vacation policy. The new policy will be voted on at the next Council meeting.
- 6 - voted to schedule the next **Congregational meeting on June 2nd**.
- 7 - discussed that the Council table talks will be scheduled for once a month.
- 8 - discussed the **Youth Gathering fundraisers**; yard sale for approximately May.
- 9 - discussed that a new Handicap entrance be added to the east side of the building. It was agreed that it is an important improvement, more information is needed.



In closing, while I understand that Easter means several different things to everyone, most people have Jesus at the forefront. So, as we celebrate this Easter season, please be reminded a quote from renowned Pastor Billy Graham, "God proved his love on the Cross when Christ hung, and bled, and died, it was God saying to the world " I love you".

## HAPPY HELPERS

By Forrest Diehl

Welcome to the season of Lent! Blessings to each of you on your Lenten Journey. This year Lent came early, February 14. Those of you who attended the **Fat Tuesday Jazz Mass at St. Mark's Lutheran Church** on February 13, I'm sure, will agree with me that it was a very uplifting worship service. The **Rev Dr. Daniel White from Whitworth Church** gave the sermon. Both the sermon and the jazz liturgy (arranged and written by **Dan Keberle**) made it a very inspirational worship service. May each of your Lenten journeys this year be peaceful, thoughtful and beneficial! I am very much looking forward to the Wednesday Lenten Services and soup suppers at Advent.

Well, after having come down with COVID in February (second time I've had it – first was in 2022), I still recommend not catching it. I tested myself on a home test, and it tested positive. Marlene took me to the urgent care facility, and their test confirmed our home test. I was prescribed Paxlovid. My opinion of Paxlovid is that it is a very strong antibiotic that is difficult to take, but does the job in combating COVID. One has to take 3 pills (horse-sized) each morning and evening for five days. The entire time I had a metallic taste in my mouth – with no appetite to rid the taste (BTW, an excellent way to lose weight, but again, not recommended). During the medication, I could feel my muscle soreness, headache, sore throat, cough, and listlessness improve. By the 6<sup>th</sup>/7<sup>th</sup> day, I was back to normal, except for the weakness from atrophy.

**Here are more Indian Hills Community Center Billboard Puns/Humor** (courtesy of **Ken Otteman**) ....

- I wanted to get my pants hemmed quickly – so I called Taylor Swift.
- I finally watched the documentary on clocks. It was about time.
- A tombstone with a typo? Well, that's a grave mistake!
- My wife and I can't count calories and we have the figures to prove it.
- I made chicken salad last night. Apparently, they prefer grain.
- Fruit farmers eat what they can and can what they can't.
- I'm taking steps to overcome my hiking addiction. I'm not out of the woods yet.
- Women's roofing expo this weekend. All the shingle ladies will be there.
- The doctor said I have high nitrates, so I'm switching to day rates.
- When the dentist married the manicurist, they fought tooth and nail!
- I have a black eye in karate.
- The banana went to the doctor because it wasn't peeling well.
- I bought a fake koi fish. It's my decoy.
- Great hide and seek players are really hard to find.
- Laughing out loud is forbidden in Hawaii because it's the low HA State.
- Swarms of flying insects threaten the town! Police deploy the SWAT Team!

## HAPPY HELPERS-CONTINUED

- Larva was a great band before the Beatles emerged. James Bond sports gray hair in his latest film: "No Time To Dye".

Some of the Happy Helpers' accomplishments during February 2024, that I know of (I was absent more Thursdays than present) were: hung bulletin board and paper drying rack in Child Center classroom (**Bill Thurston, Dave Cook, Butch Yarnell**); replaced furnace air filters in furnaces located off the gym (**Daryl Ziemer, Dave Cook**); coordinated with AVISTA for status of gas pipe and possible removal (**Wade Wipperling**); cleaned p-trap in Child Center classroom sink (**Wade Wipperling**); installed new ceiling track lighting fixture in narthex for hallway bulletin board (**Jeremy Hostetler**); installed 2 new hallway ceiling LED light fixtures in Child Center (**Jeremy Hostetler**); installed new TV in classroom (**Bill Thurston, George Harrison, Daryl Ziemer, Dennis Johnson**); tightened cabinet door hinges in Child Center classroom (**Wade Wipperling, Dave Cook**); lubricated wheels on chair dolly cart located in gym (**Wade Wipperling**); changed light bulb in light fixture above narthex bulletin board (**Jeremy Hostetler**); updated wording on Broadway sign (**George Harrison**); reinstalled door stop to east entrance outside door (**Bill Thurston**); reattached "Church Office" sign to wall (**Wade Wipperling, Dave Cook**); repaired folding leg hinge to 6-ft table in gym (**Wade Wipperling, Dave Cook**); lubricated side door hinge to Child Center van (**Daryl Ziemer, George Harrison**); transported and donated used TV to donation business (**Wade Wipperling, Bill Thurston**); etc.

**The Happy Helpers** are looking forward to the month of March (the NCAA tournament will give us lots to talk about). This year, March brings us all kinds of annual events: first day of Spring, Daylight Savings Time, Palm Sunday, Good Friday, and Easter. Wow, a busy month! We meet each Thursday morning, 9:00 A.M., at the church. Please join us! If you can't join us by 9:00 AM, come anytime. Typically, we finish talking by 9:30 A.M. and finish working by 11:00 A.M. Coffee, tea, and "goodies" are provided. **Butch Yarnell** supplied the cookies and pastries for the month of February. Thanks **Butch**!

**Post Script:** During the Fat Tuesday Jazz Mass, the following prayer was offered: "We pray for your continual blessing upon the increased cooperation and understanding between people of different faiths, cultures, and politics. Hear us O God. Your mercy is great." I was struck by how wonderful it would be, if only that prayer could come to fruition.



## YOUTH MINISTRY

By Kara Wilson

Well Advent Lutheran you've done it again! You take such great care of this youth group with your support.

Super Bowl Subs were a hit and your donations to the bake sale help make the **National Youth Gathering** a reality for us.

We raised **\$1157**. Yes, we have a ways to go still, God will provide. We have housing reserved and flights made with a deposit, we are almost there.

Next plan is the May yard sale but more ideas may arise in between so stay tuned.

Our **St. Arbucks** continues to be a great time, talking and sharing our faith and lives with one another.

Our **motto** is "All I need is a little bit of coffee and a whole LOT of Jesus!"

Short and sweet this time, but thought for the day:  
**Remember:** You might not be perfect, but Jesus thinks you're to die for.



## ANNOUNCEMENTS

### **Online Worship:**

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

### DAYLIGHT SAVING TIME

**Daylight Saving Time begins Sunday, March 10th.** Set your clocks **forward ONE HOUR** Saturday night, March 9th.

### MEALS FOR HOLLY GUNBY

**A Meal Train** has been setup for **Holly Gunby** to help her with meals following knee replacement surgery. If you would like to go online to schedule a date that works for you, go to <https://mealtrain.com/4edg88>. **After logging on to the site, scroll down to view the calendar.** If you prefer to call or text to **schedule a date**, please contact **Jody Harris at 801-450-6879.**

### CHOIR PRACTICES

Choir practices at the church to prepare for Easter:

Tuesday, March 5, 6:30 p.m.

Sunday, March 10, 8:30 a.m.

Tuesday, March 12, 6:30 p.m.

Sunday, March 17, 8:30 a.m.

Tuesday, March 19, 6:30 p.m.

**Questions? Contact Paula Kenney at 509-991-3869.**

### LENTEN POTLUCK SOUP SUPPERS

**Lenten soup suppers** continue each **Wednesday evening** at **5:30 pm** through **March 20th**. Please see the **sign up sheet** on the table in the Narthex. Our **Lenten worship service** will begin at **6:30 pm**, both in-person and livestream.

### 'COME TO FRIDAY DINNER'

Our **'Come to Friday Dinners'** will be on **March 8** from **4:30 pm-5:30 pm**, and on **March 22**, from **5:00 pm-6:00 pm**. (Due to Daylight Saving Time). **Menu on March 8th is Beef stroganoff and veggies.** The menu on **March 22 is meatloaf.** 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!

### THE FIG TREE

**Save the dates!** **The Fig Tree** is holding two benefit events. A **lunch** on **Friday, March 8, at 11:00 am** at Cataldo Hall at Gonzaga University, and 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.**

### MONTHLY LADIES LUNCHEON

Our next luncheon will be **Saturday, March 9th** 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.

## ANNOUNCEMENTS-Continued

### EASTER FLOWERS

You may purchase a white **Easter Mum** to **decorate the sanctuary after Easter.** The forms are available on the table in the Narthex. The cost is **\$15** per plant. Deadline is **Sunday, March 24.** (Due to some having allergies, this year we will purchase two Easter Lilies and 16 white Mums).



### HOLY WEEK SCHEDULE

**Palm Sunday: March 24**

9:30 am Worship service with Holy Communion

**Maundy Thursday: March 28, 6:30 pm**

**Good Friday: March 29, 6:30 pm**

**(The Church office and Child Center will be closed)**

**Easter Sunday: March 31**

**8:00 am Sunrising Service:** Saltese Cemetery-(in person only)

**10:00 am** Worship service at Advent with Holy Communion

**(All services are in-person and online)**

### NEWSLETTER DEADLINE

If you wish to submit an article or announcement for the **April** newsletter, please submit it to the Church office no later than **Friday, March 22nd.**

### 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 the 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.**

### 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.**

## ANNOUNCEMENTS-Continued

### 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/June:** Yard Sale (TBA)  
**July:** Prayer/Postcards for while we are in New Orleans

### 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**.

### SEMIANNUAL 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. If you would like to submit a **report about your committee's activities** (photos are great too!), this past year or what you have planned this coming year, **please submit your report to the Church office no later than May 15th**.



## OUTREACH COMMITTEE

By Jody Harris

### BE A BLESSING

On February 25<sup>th</sup> we assembled **30 more Blessing Bags** for people which included food, water, tissues, chap stick, hand warmers, and band-aids. Another **Thrivent Action Team** provided **\$250** in funds for this project. Please feel free to pick up bags to take with you from the Blessing Bags plastic bin in the Narthex. **The bags are easy to take in your car to be a blessing to those who cross your path.**

### BE MY VALENTINE

Thank you to those who helped with hands and/or encouragement for our **Valentine Project**. We assembled 158 Valentines. The Child Center received 60 for the children which included a bible verse Valentine and a mini-size Rice Krispie Treat. Babies & toddlers (13) received a bible verse Valentine with baby food Puffs snacks. The teachers (21), Pastor Matt, & Cheryl received cards made by **Denise Walker** and a full-size Rice Krispie Treat. Grace Court residents (62) received either a handmade card or a bible verse Valentine, a package of Mother's Cookies Valentine cookies, and some Lifesavers. All Valentines and cards said, "With Love From The Advent Lutheran Church Family."

### 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

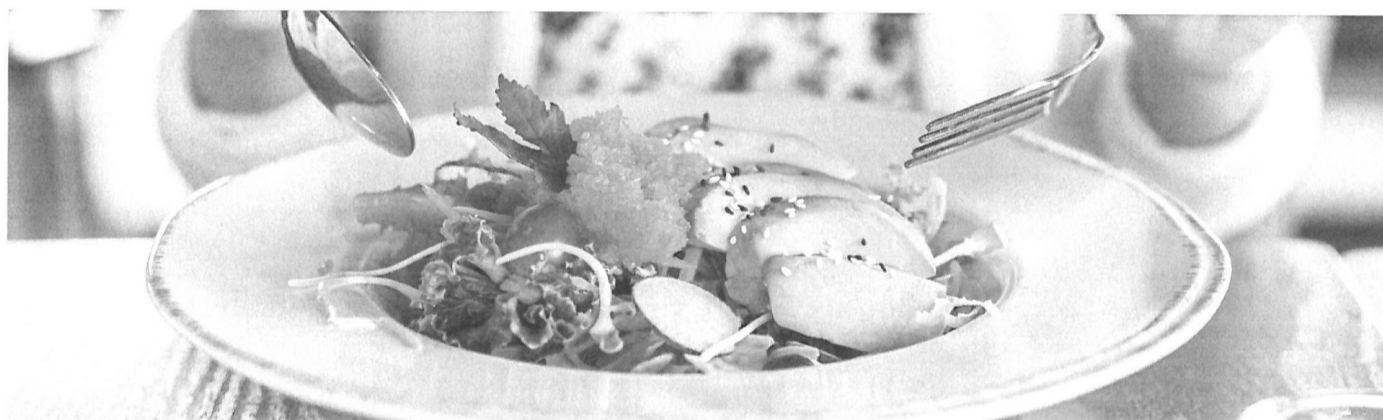
# Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



## Beyond the Table

This year's theme for National Nutrition Month® inspires us to look *Beyond the Table* when thinking about our health and the environment. Choices we make daily, including what we're going to eat and drink, can make a big difference — both now and in the future.



School and family meals are important, but healthy choices go beyond the foods and drinks we enjoy while sitting at the lunch or dinner table. They include our snacks, breakfasts on the go, eating out with friends, and even where foods are grown and how they're prepared.

Our food choices also can affect the health of our planet. Have you ever thought about the work that goes into producing the foods we eat? This includes how food is grown or raised, where and how it is made, as well as its safety. It's important to think about the foods we eat and the nutrition they provide, but is there more we could be doing to improve our health and the environment?

### ***These are a few tips to help you reach Beyond the Table:***

#### **Focus on a healthy eating routine**

Making healthy food choices may seem difficult at times, especially when eating away from home, but it doesn't have to be. Many eating places provide nutrition information right on the menu or online to help you choose healthier options. When purchasing food from a store, use a grocery list and pay attention to sales. You also can learn about resources in your community that offer access to healthy foods, such as food banks.

#### **Seek the help of a Registered Dietitian Nutritionist (RDN)**

Registered dietitian nutritionists, also known as RDNs, are food and nutrition experts who help people live healthier lives. RDNs can help you explore ways *Beyond the Table* to reach your health goals. Make an appointment with an RDN who specializes in your specific needs to jumpstart your plan for personal wellness.

**PARISH NURSE-Continued**

**Learn what's involved in growing your food**

There are many ways you can learn about how your food is produced. Visit a local farm or farmers market and talk with the people who are growing and harvesting your food. Many farmers and food producers will be happy to answer your questions, let you sample products or provide recipes for foods that are new to you. Some local farms even have tours, so people can see how they operate.

You also can grow your own fruits and vegetables at home. Want to try gardening but have limited space? Grow herbs or lettuce indoors. Tomatoes, peppers or strawberries may work, too, if you have a patio or porch with enough sunlight. Schools, churches and other places may offer community gardens where you can participate in the growing process and share in the harvest.

Not quite ready to get your hands in the dirt? Many local farms offer programs, which include "farm shares" of produce during a growing season. Depending on the farm, additional products such as eggs or meat might be included.



Supporting farmers by buying locally grown and seasonal foods can help you eat with the environment in mind. Other steps include decreasing food waste at home by creating new dishes from leftovers or by composting. You also can add more plant-based foods to your meals and snacks.

National Nutrition Month® is a great time to start thinking about how you can go *Beyond the Table* to improve both your health and the planet's.

**To find a registered dietitian nutritionist in your area and get additional food and nutrition information, visit [eatright.org](http://eatright.org).**

**eat<sup>®</sup>  
right.** Academy of Nutrition  
and Dietetics

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

## PASTOR MATT'S CORNER

By Pastor Matt Larson



This Lenten season we are looking at the “I am” statements in the Gospel of John. As I have been studying them, one of the thoughts I have had is that not only was John trying to tell us who Jesus is but that the statements themselves are personal affirmations about what Jesus does. It reflects his words and actions as he walks around Israel and teaches, heals, and shares the good news about God and God’s promises.

When I visited our bathroom in the child center last week I ran into these “I am” statements on the mirror. What a wonderful way to not only see these positive statements but they see them as they are looking at themselves. How often have you looked in the mirror and thought, “I am amazing?” “I am radiant?” “I am kind?” We need these affirmations! God has created us in love to live life to the fullest and share that love with others. But we don’t always, do we? We think less of ourselves, or hear messages from others that put us down and then we are not fully ourselves. Jesus wants us to be “full of ourselves”. Fully us, fully loved. I am so thankful for our child center staff for their direction, teaching, and love for “God’s most precious gifts.”

I pray that our congregation can continue to be a place where people are lifted up, affirmed, and loved. To show others how wonderful they are. I hope that as we see new faces in our midst that we will extend that affirmation and welcome to them.

We will celebrate Palm Sunday and Easter during this month of March and I hope that as we hear the messages again of new life, of love, and resurrection may we know that God has done all this for all of us, for all of creation. And remember this, “I am a baptized child of God”, one of the best affirmations there is!! See you Wednesday evenings during Lent and Sundays to celebrate all that God has done.



## NORTHWEST INTERMOUNTAIN SYNOD REGIONAL GATHERING



### **Regional Gatherings - What, Why, and Who?**

I have been reading instructor Grace Pomroy's Stewardship Leaders Newsletter for at least five years. I know the word stewardship does not excite everyone as much as it does me, so let me state clearly that there has always been something unique about Pomroy's approach to generosity and stewardship. It is holistic, includes both data and stories, creative (but not trendy), and it is always grounded in scripture and prayer. Last summer, when I read the draft of her forthcoming book, I loved the way she started with the Ezra 3:10-13 passage and also began each chapter with Dwelling in the Word (similar to Lectio Divina). Over the years, I learned that Pomroy's seminary students do case studies on the various ways churches are finding or creating funding streams beyond the Sunday offering. So, when she said she was available to present at our three regional gatherings this spring, I was elated.

The regional gatherings are something I have been excited about since the idea first arose. Full-disclosure, I was one of the original three authors of the resolution that moved us into this experiment. I wonder sometimes if people think we wrote the resolution because we disliked synod assemblies. Nothing could be further from the truth. I love synod assemblies! I also love long retreats and full weeks at our outdoor ministry sites. I love the ELCA Youth Gathering. I am a product of so many of our Lutheran gathering events and spaces. My faith in the Triune God has been nourished, my soul has been fed, my conscience prodded, my sense of belonging and belovedness nurtured, and my imagination opened by gathering with other Christians.

I helped write the original resolution about regional gatherings because I wanted more people in our synod to have access to those spaces. Generally, only two lay voting members can attend from each church. Who can take off work and who can be away from home for two nights limits who is available to be voting members. We knew, back in 2018, that when we gathered people, as we did for the Treasure Valley Cluster church council leadership retreats, that they all enjoyed being together and learning from one another. That was pre-global-pandemic, so consider our desire now for companionship and knowing we are not following Jesus on our own. Finally, we original authors recognized the financial burden of annual synod assemblies on many congregations. The regional gatherings are less than one-third the cost for food and lodging. There are even more savings when calculating travel costs. Yes, some things are lost in not having synod assembly annually, but I still believe the gains can and will outweigh those losses.

There were around 250 of us in the Tri-cities for Synod Assembly 2023. What if 150-200 people attended each of the regional gatherings in 2024? We would double the number of people who have an experience learning, praying, worshipping, and eating with other Lutheran Christians across our synod! Who in your congregation would like a day with other ELCA Lutheran Christians? Who is ready to be inspired by Grace Pomroy, who cares deeply about congregational life and grounds her work in rich scriptural interpretation and wonderful questions? Who wants to get to know other people in your congregation with a mini-road trip to Twin Falls, Spokane Valley, or Ellensburg? Get ready to register and we will see you this spring.

**Bishop Manlove**

**ADVENT LUTHERAN CHILD CENTER NEWS**

By Heidi Perry, Director

The Child Center had an In-Service Day in February and the classrooms all got deep cleaned and organized. It was especially exciting this time since the rooms were freshly painted a few months ago.



**INCOME/EXPENSE INFORMATION**

**Advent General Fund Income/Expense**

	<u>January</u>
Income	24,989.61
Expenses	<u>26,223.49</u>
<b>Net</b>	<b>-1,233.88</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 January was \$24,989.61.
- Total operating expenses for January was \$26,223.49.
- Expenses year to date were higher than income by \$1,233.88.
- Budgeted monthly expenses for 2024 are \$28,662. Total Reserve Amount is \$64,472. This equates to 2.2 month's of operating expenses.

**Child Center Income/Expense**

	<u>January</u>
Income	82,638.43
Expense	<u>79,726.20</u>
<b>Net</b>	<b>2,912.23</b>

**Notes for Advent Lutheran Child Center**

- Budgeted monthly expenses for 2024 are \$98,383.61. Total Reserve Amount is \$83,022.45. This equates to 0.87 month's expenses.
- When looking at the 2024 budget, January's numbers were exactly where we wanted them to be
- Administrative expenses match up, and lower than budgeted income balanced with lower than budgeted staffing.
- Budgeted income is based off full enrollment, which we only come close to hitting a few months of the year. Ideally, when enrollment is lower, staffing will also reflect this.



**PEOPLE IN OUR PRAYERS**

**Church Family and Friends:** Alan, Esther Barker, Candy & Bruce Blackmer & family, Diane Buck, Larry Butler, Martha Olene Cason, Cindy & family, Pastor Lori Cornell, Georgia Coulston, Kathleen Curry, Bob Dunlap & family, Faye Grant, Dorothy Grier, Holly Gunby, Candy Harder, Peggy Hinrichs, Barbara Hooper, Leigh & Steve Hopkins, Clancy & Mary Howard, Gwen Huber & family, Rhonda Jerrett, Sandy Kaufman, Rich Krenke & family, Joanne Limbaugh, Jan Madden, John Marlino & family, Ian & Sara-Lu Moore, Marian Moseman, Bill Moore, Jeanne Mummert, Marlyce Murphy & family, Amaryllis & Ken Otteman, Judy Pegau, Isaiah Ray, Myrna Rehn, Gerry O'Rourke, Tim O'Rourke, Lonnie Sibley & family, Sharon Ruth, Beverly Smith, Kevin Smith, Stillman family, Isabel Toth, Costa 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 McGoan, 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 [alcsokane@comcast.net](mailto:alcsokane@comcast.net) or call the church office at (509) 928-7733.*

**ATTENDANCE**

**IN-PERSON ATTENDANCE**

February 4	91
February 11	100
February 18	85
February 25	90

**ONLINE VIEWS**

February 4	34
February 11	30
February 18	36
February 25	30

### MARCH CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 6:30 am Men's Prayer Breakfast	2
3 <b>Third Sunday of Lent</b> 9:30 am Worship Service/Holy Communion <b>After Worship</b> Coffee Fellowship 10:45 am High School Sunday School	4 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts	5 9:00 am Happy Piecemakers 10:30 am ALCC Board Mtg. 6:00 pm Cub Scouts 6:30 pm Choir Practice	6 8:30-9:30 am Fitness Class 5:30 pm Lenten Soup Supper 6:30 pm Worship Service	7 9:00 am Happy Helpers 10:00 am Mid-Week Bible Study	8 6:30 am Men's Prayer Breakfast- Denney's Restaurant 4:30 pm-5:30 pm 'Come to Friday Dinner'	9 11:30 am Ladies Lunch-The Max at Mirabeau
10 <b>Fourth Sunday of Lent</b> 8:30 am Choir 9:30 am Worship Service/Holy Communion <b>After Worship</b> Coffee Fellowship Confirmation 10:45 am High School Sunday School	11 8:30-9:30 am Fitness Class 5:00 pm Executive Committee 6:00 pm Boy Scouts	12 9:00 am Happy Piecemakers 6:00 pm Heads of Committee Mtg. 6:00 pm Cub Scouts 6:30 pm Choir Practice	13 8:30-9:30 am Fitness Class 5:30 pm Lenten Soup Supper 6:30 pm Worship service	14 9:00 am Happy Helpers 10:00 am Mid-Week Bible Study 5:00 pm Council Meeting	15 6:30 am Men's Prayer Breakfast- Denney's Restaurant	16 10:00 am Boy Scouts Pinewood Derby Set up
17 <b>Fifth Sunday of Lent</b> 8:30 am Choir 9:30 am Worship Service/Holy Communion <b>After Worship</b> Coffee Fellowship 10:45 am High School Sunday School	18 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts	19 9:00 am Happy Piecemakers 6:00 pm Cub Scouts 6:30 pm Choir Practice	20 8:30-9:30 am Fitness Class 5:30 pm Lenten Soup Supper 6:30 pm Worship service	21 9:00 am Happy Helpers 10:00 am Mid-Week Bible Study	22 6:30 am Men's Prayer Breakfast- Denney's Restaurant 5:00-6:00 pm 'Come to Friday Dinner'	23 9:00 am- 1:00 pm Daughters of Norway  3:00 pm ALCC Easter Egg Hunt
24 <b>Palm Sunday</b> 9:30 am Worship Service/Holy Communion <b>After Worship</b> Coffee Fellowship Confirmation 10:45 am High School Sunday School	25 <b>Holy Week</b> 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts	26 <b>Holy Week</b> 9:00 am Happy Piecemakers 6:00 pm Cub Scouts	27 <b>Holy Week</b> 8:30-9:30 am Fitness Class	28 <b>Holy Week</b> <b>Maundy Thursday</b> 9:00 am Happy Helpers 6:30 pm Worship Service	29 <b>Good Friday</b> <b>Holy Week</b> 6:30 am Men's Prayer Breakfast- Denney's Restaurant 6:30 pm Worship Service <b>Church Office &amp; Child Center Closed</b>	30 <b>Easter Vigil</b>
31 <b>Easter Sunday</b> <b>'Fill the Shelf'</b> 8:00 am Sunrising Service-Saltese Cemetery 10:00 am Worship Service/Communion <b>After Worship</b> Coffee Fellowship 10:45 am Easter Egg Hunt						

### MARCH HOSPITALITY SCHEDULE

Ministry Description	March 3	March 10	March 17	March 24	March 31
	9:30 AM	9:30 AM	9:30 AM	9:30 AM	9:30 AM
<b>ASSISTING MINISTER:</b> (1)	Paula Kenney				
<b>COMMUNION ASSISTANTS</b> (2)	Betty Quinn Linda Sweet	Linda Camp Betty Quinn	Karen Nelson Carol Scheurer	Karen Nelson Linda Sweet	Karen Nelson Carol Scheurer
<b>READER:</b> (1)	Barb Potter	Barb Potter		Butch Yarnell	Butch Yarnell
<b>ACOLYTE:</b> (1)					
<b>USHERS</b> (3-4)	1. Jodi Meddock 2. Rick Meddock 3. 4.	1. Darrell Shoquist 2. Francie Shoquist 3. 4.		1. 2. 3. 4.	1. 2. 3. 4.
<b>GREETERS:</b> (2-4)	1. 2.	1. 2.	1. 2.	1. 2.	1. 2.
<b>ALTAR FLOWERS</b>	XXX	XXX	XXX	XXX	Easter Flowers
<b>FELLOWSHIP HOSTS</b>	1. Forrest Diehl 2. Marlene Diehl 3. 4.	1. 2. 3. 4.	XXX	1. 2. 3. 4.	XX
(Cookies, etc., 4 people, 2 dozen each)					
<p><b>“Share with God’s people .....,Practice Hospitality”</b>  <b>Romans 12:13 (NIV)</b></p>					



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RETURN SERVICE REQUESTED



## 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”**