

Advent Lutheran Church Newsletter



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LETTER FROM THE COUNCIL PRESIDENT

By Denise Walker

Hello Advent,

The month of May marks the beginning of summer. May has bright and sunny days with showings of new growth on flowers, trees and plants. May is also a time to grow your faith. Psalms 32:8 states; The Lord says, "I will guide you along the best pathway for your life. I will advise you and watch over you".

May is also a time to stay motivated and focused on achieving your goals and celebrate your accomplishments. A great way to stay positive is to spread hope and kindness with friends and family is by simply sending a card or making a phone call to let them know you are thinking of them. This small gift of thoughtfulness will lift your spirits and theirs and fill your hearts.

May is a months for over 145 "celebrations" on the National calendar from National Chocolate Chip Day to National Flip Flop Day. Some notable ones are:

- May 1st - May Day and National Day of Prayer
- May 3rd - Kentucky Derby
- May 5th - Cinco de Mayo
- May 5th - 9th - National Nurses Week and National Teacher Appreciation Week
- May 11th - MOTHERS DAY
- May 26th - Memorial Day

Of these dates the most important date to me is Mother's Day. I miss my Mom and Grandmothers everyday and this day always reminds of a sampler displayed on my grandmother's wall: Love is Patience, Love is Kind, Love is Mom.

At the previous Council meeting we mainly focused on the upcoming **Congregational meeting on June 8th**. We will be voting on the election of new Council members and the new debit cards bylaw. Please plan to stay, your presence is needed and appreciated.

In closing, to each of you, may the month of May be filled with sunshine, kindness and endless blessings.
Denise

HAPPY HELPERS

By Forrest Diehl

Happy Easter! Marlene and I did not attend Easter Service at Advent this year, and unfortunately, we missed out also on attending the Sunrise Service and the Youth Breakfast. We celebrated Easter at Grace Lutheran Church in the Lewiston Orchards, Idaho. The Service was followed by a delicious breakfast buffet. **Pastor Peg** and her family were able to join us during the breakfast. In the past, she typically had to travel to Genesee, ID, and preside over Lutheran worship services there. The Grace Lutheran congregation was friendly, inviting, and cordial to us. I was pleased to see, that for a small congregation, there was a goodly number of young people.

Pastor Peg had about 10 children for her children sermon. Easter season continues this year until Sunday, June 8, 2025, Pentecost Sunday. And the clarion call "**Christ is Risen!..... He is Risen, indeed!**", continues to resonate.

April was a travelling month for Marlene and me. During the first two weekends in April, we travelled and visited some of the Oregon State Parks along the coast. We really enjoyed our stay at two Oregon State Parks, Fort Stevens State Park (near Astoria, OR) and Sunset Bay State Park (near Coos Bay, OR). At both Parks, our 8-month-old dog was able to run freely along the beach – and discovered that salt water is not all that palatable. We had a great time with friends, enjoying each other's company. We ended our trip by visiting our oldest daughter's family (Shanda, Charlie, and twins – Yeshia and Manuel (14)) in Vancouver, WA. There we stayed at Washington State Park, Paradise Point. And as stated in the foregoing paragraph, the following week-end, Easter week-end, we travelled to Clarkston, Washington and camped at Chief Timothy RV Park. The park is located on an island in the Snake River, located about 4 miles west of Clarkston, WA on Hwy US-12. There we camped with our camping group, Spokampers – our first camp-out together this year. There were five rigs that attended. The highlight was an impromptu tour of Wendt's Pottery, a pottery making facility in Lewiston, ID, led by the owner, **Michael Wendt**. He buys bulk clay, stores it, mills it and makes all kinds of pottery. He sells pottery items world-wide. Some of his pottery is made from the Mt. St. Helen's ash eruption in 1980.

HAPPY HELPERS-Continued

Here are some quotes from an e-mail, entitled "**Just shake your head.**"

- We don't throw away perfectly good food in this house. We put it in Tupperware, wait for it to go bad, **then** we throw it away.
- We're having people come by and stare at their phones. If you want to join us, you're welcome to come.
- Nobody told me that when you get a husband, the ears are sold separately.
- I keep trying to make protein shakes, but they keep coming out margaritas.
- "Tolerance will reach such a level that intelligent people will be banned from thinking so as not to offend the imbeciles." – *Fyodor Dostoevsky*
- Do you' all remember, that before the internet, people thought that stupidity was because of the lack of access to information...
- The longer I live, the more convinced I am that this planet is used by other planets as a lunatic asylum.
- Idolizing a politician is like believing the stripper really likes you.
- In the event of a tornado, put some wieners in your pockets. That way, the search dogs will find you first.
- "When the debate is lost, slander becomes the tool of the loser." - *Socrates*

Thanks to the notes taken by **Wade Wipperling** and **Bill Thurston**, tasks completed during the month of April include: updated Broadway Sign with Easter and post-Easter information (**Butch Yarnell, George Harrison**); pruned rose bushes, cleaned leaves, grass, and debris, and raked Broadway landscape area (**Daryl Ziemer, Butch Yarnell**); stored ice-melt and snow shovels in Carl's Cabin (**Conrad Moss, George Harrison, Daryl Ziemer**); set up tables and chairs for Sunday after-worship coffee fellowship/Easter activities (**Dennis Johnson, Bob Hubert, Wade Wipperling, Daryl Ziemer, Dave Cook, Wes Todd**); repaired Child Center classroom window screens and reinstalled them (**Dave Cook**); repaired laundry room washer on/off switch (**Wade Wipperling**); transplanted rose bush in Broadway shrub garden per Valley Fire Dept directive (**Daryl Ziemer**); helped Aqua-Pro representative (**Scott**) turn on irrigation/sprinkler water (**Butch Yarnell**);

HAPPY HELPERS-Continued

changed batteries in laundry room door lock (**Wade Wipperling, Conrad Moss**); uncovered patio chairs and tables and stored covers in Carl's Cabin (**Dave Cook, Conrad Moss, Daryl Ziemer**); repaired coffee cannister (**Wade Wipperling**); weeded west flower bed by Child Center entrance (**Daryl Ziemer**); turned on irrigation water and identified sprinkler head problems (**Dave Cook, Butch Yarnell**); rehung bulletin board in nursery (**Bill Thurston, Wade Wipperling**); tidied-up and cleaned free library area in narthex (**George Harrison**); replaced fluorescent light bulbs in laundry room (**Bill Thurston, Jack Ishitani**); tightened door handle on gym back door (**Wade Wipperling, Jack Ishitani**); trimmed tree branches along McDonald sidewalk and cleaned trash from parking lot/yard (**Daryl Ziemer, Dave Cook**); sprayed weeds along curblin in parking lot (**Daryl Ziemer**); fertilized lawn (**Daryl Ziemer**); etc.

The Happy Helpers are looking forward to the month of May and plant some flowers. We meet each **Thursday morning, 9:00 A.M.**, at the church. Coffee, tea, and "goodies" are provided. I was tasked to provide pastries during April. Thankfully, due to my absence, **Cheryl Tobin**, church administrator, provided them. **Thanks Cheryl! Please join us Thursday mornings!** Visitors and new members are always welcome. If you can't make it by 9:00 A.M., come anytime. Usually, we finish talking by 9:30 A.M. and finish pattering around by 11:00 A.M.

THANK YOU!

"There are no words to describe the thankfulness and love I have for all of you, my Advent family, for the prayers, visits, cards, calls, and food. I'm so grateful to have a second chance at life and will be here to love you all more." **Shirley Roraback**

"Thank you so much to everyone who sent cards and prayed for me, my mom, and my family. Your prayers and support mean the world to me!"
Love, **Kristin Larson**

PEOPLE IN OUR PRAYERS

Church Family and Friends: Tom Anderson & family, Barbara, Barney Barnhart & family, Michael Baumann, Manda Benton, Evelyn Bolster, Linda Bradford, Belle Campbell, George & Sandy Coombs, Georgia Coulston, Nancy Filardo & family, Dorothy Grier, Leigh & Steve Hopkins, Mary & Clancy Howard, family of Audrey Johnson, Judy & Manny, Savannah Kelley, Pastor Matt & Kristin Larson & family, Bridget Madden, Jan Madden & family, McCune family & Donny, Duncan McMillan, Ian & SaraLu Moore, Moseman family, Jeanne Mummert, Amaryllis & Ken Otteman, Jared & Cindy Pauletto, Rector family, Myrna Rehn, Shirley Roraback, Janice Seegar, Eva Sturges, Isabel Toth, family of Margot Wilson, Marlene Wilson, Steve Woodard, Chris Worth & family, and Jenniper Zapay.

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, 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.



PARISH NURSE

By Debbie Martin, RN, Parish Nurse

Are You Getting Enough DEEP Sleep?

What to know about deep sleep and tips to ensure that you get an adequate amount.

Sleep is an essential foundation of our overall well-being, weaving together the intricate tapestry of both our physical and mental health. It's during the tranquil hours of slumber that our bodies engage in restorative processes, ensuring we awaken rejuvenated and ready to face the day. Among the various stages of sleep, deep sleep—often referred to as slow-wave sleep—holds a pivotal role, acting as a sanctuary where crucial healing and revitalization occur.

In this blog, we'll delve into the intricacies of sleep stages, the significance of deep sleep, its numerous benefits, signs of inadequate sleep, and practical tips for improving sleep quality. By prioritizing deep sleep, we pave the way for a healthier, more vibrant life.

Getting Familiar with the Sleep Stages

Before we talk specifically about deep sleep, let's go over the five sleep stages that occur each night. Each sleep cycle has a purpose and lasts for a similar amount of time.

Stage 1

The first stage of sleep occurs when we close our eyes. If we wake up, we can feel like we haven't slept. It's also the stage most associated with the sense of falling, which can jerk us awake. This twitching condition is known as myoclonus. Stage 1 typically makes up 5% of our sleep.

Stage 2

We begin to sleep a little heavier during this stage—but not by much. Our heart rate and brain waves slow down, and our body temperature decreases as we prepare to enter deep sleep. We spend most of our time in Stage 2 sleep—about 45%. However, we can cycle through Stage 2 several times each night until our body moves into Stage 3 or 4.

Stages 3 and 4

We've reached deep sleep! Stage 3 is NREM, while Stage 4 takes us closer to REM sleep. Being awakened during either of these stages can cause feelings of disorientation or confusion.

PARISH NURSE-Continued

These stages account for about 25% of our nightly sleep. Babies, children, and older adults need the most Stage 3 and Stage 4 sleep to feel fully rested.

During deep sleep, our bodies and minds experience:

- Physical repairs to our bodies
- Immune systems strengthening
- Memory consolidation
- Cleansing of metabolic wastes out from brains
- Hormones regulation

Not getting enough sleep during these stages can make us feel tired and lethargic—even if we sleep for an extended period. Our bodies can revert back to Stage 2 sleep if we're not fully ready to reach deep sleep. We'll cover more on this topic in a minute.

Stage 5/REM Sleep

Now out of deep sleep, Stage 5, or REM sleep, is where we start to dream. We have some eye movement, increased respiration rate, and brain activity. Our voluntary muscles can become paralyzed, which is the reason that it can feel like we can't escape from dreams. Luckily, paralysis is a temporary protection mechanism that keeps us from hurting ourselves during REM sleep.

What Are the Benefits of Deep Sleep?

We need 1.5 to 2 hours per night of deep sleep to reap the benefits. Factors such as age and our bodies' unique physiological makeup can affect exactly how much we need to get. Children and teenagers generally require more deep sleep to feel rested. Older adults also need more deep sleep, but many of us don't get enough as we age.

PARISH NURSE-Continued

Enhances Memory and Cognitive Function

Have you ever wondered why you remember things from the past but not something that happened yesterday? This can be due to the memory consolidation that occurs during deep sleep. Our brain acts like a filing cabinet, moving memories from short to long term.

These clean-up tasks during deep sleep help improve cognitive functions such as problem-solving, creativity, and decision-making. They prepare our minds for the day ahead and prevent the build-up of metabolic wastes, which can increase the risk of neurological disorders like dementia and Alzheimer's disease.

Supports Physical Health

A key goal of deep sleep is to repair and rejuvenate our bodies, which is imperative to good physical health. The rest we get during deep sleep helps our muscles and tissue recover and ensures we're not physically tired the next day. Additionally, our cardiovascular systems benefit from deep sleep because this stage reduces our blood pressure and heart rate. Deep sleep strengthens our immune systems. Without adequate deep sleep, our bodies aren't as likely to be able to fight infections and illnesses. It pays to get extra deep sleep when we're sick!

Hormone regulation also occurs during deep sleep. Our bodies process hormones like cortisol and insulin. Cortisol activates our body's response to stress and helps regulate metabolism, blood sugar, blood pressure, and inflammation. Insulin also helps regulate blood sugar and lowers our risk of diabetes.

Improves Emotional Well-being

A proper amount of deep sleep keeps us emotionally stable. We're less likely to feel emotionally deregulated or experience stress and anxiety when we get enough deep sleep.

According to a 2019 study published in the journal **Nature Human Behavior**, the anxiety levels of participants who spent more time in deep sleep were much lower than those who did not. The authors concluded that deep sleep "restored the brain's prefrontal mechanism that regulates our emotion, lowering emotional and physiological reactivity and preventing the escalation of anxiety."

PARISH NURSE-Continued

Signs of Inadequate Deep Sleep

When we don't get enough deep sleep, our bodies and minds don't get the benefits mentioned above, leading to frequent nighttime awakenings or poor physical recovery after exercise. If the cycle of inadequate deep sleep continues, it can lead to sleep deprivation.

Sleep deprivation happens when we don't have enough time to sleep, don't get enough sleep, or both. Common symptoms of sleep deprivation include:

- Daytime sleepiness
- Fatigue
- Irritability
- Difficulty thinking, focusing, and remembering
- Slower reaction times
- Headaches

Tips for Improving Deep Sleep Quality

We now know the benefits of deep sleep and how the lack of deep sleep can impair our minds and bodies. What do we do if we need to get better deep sleep? Here are a few tips to help you reach 1.5 to 2 hours of deep sleep each night.

Establish a Bedtime Routine

A bedtime routine can make it easier to ensure that you get enough deep sleep. Consistency and timing are the key elements of a good bedtime routine. By going to sleep and waking up at the same time every day, you align your circadian rhythm—your 24-hour clock. Keeping these times consistent helps you know that you have enough time to reach deep sleep.

Practice Mindfulness and Relaxation Techniques
Studies have shown that practicing mindfulness quiets the mind and promotes relaxation. Mindfulness and relaxation techniques are essential if you have insomnia. To improve sleep quality, try these techniques:

- Meditation
 - Mindful Breathing
 - Journaling
 - Progressive Muscle Relaxation
 - Guided Imagery
- Aromatherapy

PARISH NURSE-Continued
Create a Better Sleep Environment

Unsurprisingly, you'll sleep better in a calm and cozy bedroom sanctuary with a comfortable mattress. If you've been snoozing on the same mattress for more than seven years or it's uncomfortable, the experts at the Better Sleep Council recommend replacing your old mattress in favor of one that's a better fit.

Change Your Diet

Your diet can help you get better deep sleep if you eat foods rich in sleep-inducing compounds such as:

- **5-HTP/Tryptophan:** Tilapia, canned white tuna, snapper, farmed Atlantic salmon, lobster, blue crab, Pacific oysters; Pork roast, light meat turkey, beef roast, chicken breast; 2% and whole milk, mozzarella and cheddar cheeses, low-fat yogurt, whole eggs; Quinoa, oats, buckwheat, white and wheat bread; Black walnuts, cashews, pistachios, peanuts, almonds, pumpkin and squash seeds, chia seeds, flax seeds; White potatoes, string beans, prunes, bananas, apples
- **Complex Carbohydrates:** Whole grain toast, oatmeal, quinoa
- **Melatonin:** Sunflower seeds, alfalfa sprouts, almonds, eggs; Goji berries, tart cherries
- **Magnesium:** Leafy greens and brassicas; Seeds, nuts, and legumes; Milk, yogurt, and some other milk products; Whole grain cereals, oatmeal, and bran flakes; Bananas
- **Omega-3 Fatty Acids:** Salmon, mackerel, tuna, herring, sardines; Flaxseed, chia seeds, walnuts; Olive oil, coconut oil

On the other hand, you want to avoid certain foods and beverages as bedtime draws near. Limiting the ingestion at least two hours before bedtime can reduce the chance of sleep interruption:

- **Alcohol:** Consuming alcohol before bed can interrupt sleep cycles during the night.
- **Caffeine:** The last thing you want at bedtime is an over-stimulated nervous system.
- **Candy and Sugar:** Eating candy and sugary foods at night can cause your blood sugar to rise or fall. Avoid candies, cookies, sugary drinks, and chocolate prior to bedtime.
- **Heavy or Spicy Foods:** Avoid foods that can cause discomfort or indigestion, leading to poor sleep.

PARISH NURSE-Continued
Get Better Deep Sleep!

In conclusion, deep sleep is vital to our overall health and well-being, serving as the foundation for physical restoration, cognitive enhancement, and emotional stability. By understanding the intricacies of sleep stages and prioritizing sufficient deep sleep, we can harness its numerous benefits—improving memory, bolstering our immune system, and supporting our mental health. As we navigate the complexities of modern life, prioritizing quality sleep becomes essential. Implementing practical tips to enhance our sleep quality can foster a more rejuvenated body, a sharper mind, and a balanced emotional state. Embracing the significance of deep sleep ultimately paves the way for a healthier and more vibrant life.

INCOME/EXPENSE INFORMATION

Advent General Fund Income/Expense

	<u>March</u>	<u>Year to Date</u>
Income	23,975.67	89,023.11
Expenses	<u>27,715.93</u>	<u>93,094.18</u>
Net	-3,740.26	-4,071.07

Notes for Advent Lutheran Church

- Expenses include the budgeted disbursement (10%) of benevolence dollars for the ELCA, Spokane Valley Partners, Advent Lutheran Child Center, and Lutheran Community Services.
- Budgeted monthly expenses for 2025 are \$28,662. Total Reserve Amount is \$34,673. This equates to 1.2 month's of operating expenses.

Child Center Income/Expense

	<u>March</u>	<u>Year to Date</u>
Income	85,505.11	254,395.57
Expense	<u>83,120.62</u>	<u>287,630.79</u>
Net	2,384.49	-33,235.22

Notes for Advent Lutheran Child Center

Notes for Advent Lutheran Child Center

- Budgeted monthly expenses for 2025 are \$104,166.98. Total Reserve amount is -\$39,189.76.

ADVENT LUTHERAN CHILD CENTER NEWS

By Heidi Perry, Director

We are a little over a year into our new Chapel format and the teachers and students look forward to it every week. When I'm gone on a Wednesday, I normally just cancel it, but one of the last times I was going to be gone, I asked the teachers if they wanted to skip it that week, or move it to a Tuesday. They all agreed they wanted it moved to Tuesday.

It has evolved a little bit since starting, moving from one song at the start, to a song at the start and another at the end. Both of these songs are now "dance party" songs. The kids know the routine and they sit down (mostly) quietly after dance party number one to hear the story. As soon as the story is over, it's time for dance party number two and then we sit again to pray. Prayer is so enthusiastic that Cheryl can hear the amens in her office. It's actually quite amazing and I leave Chapel feeling so proud and refreshed and humming the songs the rest of the day.

This year as I was planning the timeline for our Easter stories, I realized that we either skip half the stories, or we follow the church and have a "Holy Week," too. With how much everyone loves Chapel, I knew before asking that the answer would be yes and that it was going to be fun. So this year, we did Chapel all four days before Easter weekend.

"Holy Week" for us started with a palm parade into the sanctuary on Monday while singing our new Hosanna song, a song that's so catchy I actually played it in the car for my teenage daughter one day. Using the church's leftover palm fronds is something we started doing during COVID and is something I look forward to every year. On the way back to class on Monday, one child told me, "that was fun!" I whole-heartedly agreed with him.

The kids were all eager to hear what happened next in the story and were able to remember what had happened the day before. "The soldiers arrested Jesus! I wonder what's going to happen today?" Holy Week ended on Thursday with a visit from the Easter Bunny and a guest musician (a guitar playing dad). We were all very excited to learn that after all the scary and sad things that had happened, "God's Not Dead."

ADVENT LUTHERAN CHILD CENTER NEWS



IN-PERSON ATTENDANCE

April 6	115
April 13	119
April 20	197
April 27	111

ONLINE VIEWS

April 6	26
April 13	36
April 20	35
April 27	25

PASTOR MATT'S CORNER

By Pastor Matt Larson

We are now in the season of Easter until Pentecost Sunday (June 8th). We will be hearing the stories of the post resurrected Jesus and the commission of the disciples. We live in this in-between time of after the cross but before the resolution of God's promises, or "until he comes again." We continue to be the presence and reminder to the world that Jesus is Lord and God has given us the Church to be forgiven, equipped, and loved to go out and share that message with the world. We do this in many ways, and we do it together. Worship being the central action of our faith. We also have opportunities to study, pray, enjoy each other's company, serve, lift up the lowly, and give of our abundance. There are many ways that you can be a part of Advent and we love it when you come and are a part of all that happens here. But most of all, we love when you share Jesus to the world. Next month we will be meeting for our semi-annual congregational meeting to share all that has happened in the last year and have a few elections. Please plan on staying after worship on the **8th of June** to celebrate all that is happening here at Advent.

I want to thank everyone who put in time and talent for our Holy Week and Easter services and events. Everything from the music to the breakfast, it was all great!

See you in worship!
Pastor Matt Larson

NOTES FROM VICAR BRENDAN

By Brendan Wiechert

Greetings!
Happy Easter Season!

I greatly enjoyed preaching/teaching on the psalms on Wednesdays during Lent. I learned a lot in my own research and enjoyed sharing that with all of you. Thank you for the positive feedback!

I also enjoyed going through Holy Week at Advent for the first time. It was a great experience and I am grateful for the opportunity to participate in each service. If one day called to lead a church, I look forward to incorporating aspects of Advent's services!

NOTES FROM VICAR BRENDAN-Continued

At Advent, we will continue with the "Understanding the Old Testament" series through the month of May. May lectures will include Daniel (May 4), Proverbs (May 18), and end our time together with Ecclesiastes (May 25). It has been a good experience for me and I have enjoyed developing some relationships in our discussions. Thank you.

In last month's newsletter, I shared that I was toying with developing a "Brews, Biking, and Bible Study" group targeted at inviting others into community. I am still toying. A couple of you have asked, so I will just offer that we would choose a location, meet there and ride for 30-40 minutes, and then regroup for a short Bible study (maybe with rotating leadership). If you are interested, I want to narrow down an evening and a location near a bike trail (Versalia Pizza?). Please let me know if you are interested and I will put together an announcement.

On the personal side of things, my son Calen graduates from Boise State University on May 10th and I will be out of town that weekend. Hopefully by the time you read this, he will have a teaching job secured in the Boise School District! Spring classes wrap up May 19th. My class, "Cultivating Church in Everyday Life," has been interesting and encouraging for future work beyond the walls of the church. Once this class is finished, I will have two to go; one I hope to complete this Fall and a travel class to Germany I hope to attend as a capstone to my journey through seminary.

The coming end of this journey is beginning to take shape both on paper and in my mind. That is both exciting and terrifying, and I am thankful for the encouragement and support I am enjoying with all of you at Advent Lutheran!

Brendan (Vic Wick)

ROMANIAN CHURCH

Beginning on **May 18th** we will be renting out our sanctuary and gym on **Sundays** between **3-6pm. Mt. Zion Romanian Church** approached us a number of weeks ago and through a number of conversations we have agreed to be in this relationship for at least a year. They are a non-denominational church consisting of many interconnected families. Their services are in Romanian.

ANNOUNCEMENTS

Online Worship:

www.youtube.com/c/adventlutheranspokane

ADULT SUNDAY SCHOOL

The **Adult Sunday School**, lead by **Vicar Brendan**, continues to meet right after worship in the classroom. **There will be no study on May 11.**

VITALANT BLOOD DRIVE

Advent will host it's next **blood drive Sunday, May 4, 8:30 am-11:30 am. The blood bank is in great need of donors! If you are able, please donate.** Questions? Contact **Julie Meyers-Lehman** at **509-868-6501.**

GOLDENAGERS' DAY OUT

Tuesday, May 6 from 10am-2pm, the Goldenagers will be going to **Camp Lutherhaven** for the Spring Goldenagers' Day Out. **Meet at the church and ready to leave by 8:45 am and return by 2:45 pm.** We plan to carpool. **Questions?** Contact **Linda Semmen** at **509-389-4191.** Advent Lutheran Church will cover the costs for attendees.

MID-WEEK BIBLE STUDY

Mid-Week **Bible study** meets each **Thursday morning at 10:00 am.** We continue studying selections from the book of **Genesis.**

MEN'S PRAYER GROUP

The **Men's Prayer group** continues to meet each **Friday morning at 7:00 am** at **Revel Community, 16807 E. Mission Avenue, Spokane Valley**. All men are welcome!

'COME TO FRIDAY DINNER'

'Come to Friday Dinner' will take place on **Friday, May 9 & May 30, from 5:00 pm-6:00 pm.** **May 9 menu:** Meatloaf, potatoes, a vegetable, and a roll. **May 30 menu:** Goulash & cornbread. 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!**

MISSING COMMUNION KITS

We are missing two of our wooden communion kits. If you have them, please return them to the church office. Thank you.

ANNOUNCEMENTS-Continued

SPOKANE INDIANS BASEBALL GAME

Spokane Indians are once again offering **'Faith Nights'** at their stadium. Advent Lutheran has a reservation for **Saturday, May 10th, 6:35 pm. Upper Box Seats, \$13 per ticket.** You may call **Drew Fryling**, Group Ticket Coordinator, Monday-Friday, 9am-5pm at **509-343-6804.**

MONTHLY LADIES LUNCHEON

Our next luncheon will be **Saturday, May 10th at 11:30 a.m.** at **The Max at Mirabeau.** Please contact **Gerry O'Rourke** at **509-893-0787** so she can make a reservation. The **sign-up sheet** is on the table in the Narthex.

COMMITTEE LEADERS

Committee leaders, have you submitted your committee reports for the **Semi-Annual Congregational** meeting booklet? If not, **please submit your report to the Church office no later than May 16th.** This will allow congregation members to review the booklet prior to the **June 8th Semi-Annual Congregational** meeting. **Thank you.**

NEWSLETTER DEADLINE

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

SEMI-ANNUAL CONGREGATIONAL MEETING

The **Semiannual Congregational Meeting** will be on **Sunday, June 8th, immediately following the worship service.** At this meeting we will elect three new Council members and review Committee and small group reports. Please plan to attend as we need a quorum to vote on the new Council members

LUTHERHAVEN CAMPERSHIPS

See the **sign-up sheet** on the table in the Narthex to sign up your child for summer camp at **Camp Lutherhaven.** The camp schedule is posted on the bulletin board outside the classroom.

EASTER CANDY

Thank you everyone who generously donated candy for the Child Center Easter Egg Hunt as well as for the church Easter goodie bags. We received enough donations and everyone had a great time! Your support is very appreciated.

MAY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Satur-day
				1 9:00 am Happy Helpers 10:00 am Mid-Week Bible Study 5:30 pm-6:30 pm AA Meeting	2 7:00 am Men's Prayer Breakfast-Revel Community -16807 E Mission Parkway	3
4 8:30 am-11:30 am Vitalant Blood Drive 9:30 am Worship Service/Holy Communion Coffee Fellowship Adult Sunday School Council Table Talks Confirmation 10:45 am High School Sunday School	5 8:30-9:30 am Fitness Class 4:00 pm Worship & Music mtg. 6:00 pm Boy Scouts	6 8:45 am Goldenagers Leave for Lutheran 9:00 am Happy Piecemakers 4:00 pm ALCC Board Mtg. 6:00 pm Cub Scouts	7 8:30-9:30 am Fitness Class 11:00 am Child Center Chapel 6:00 pm –7:30 pm Girl Scouts	8 9:00 am Happy Helpers 10:00 am Mid-Week Bible Study 5:30 pm-6:30 pm AA Meeting	9 7:00 am Men's Prayer Breakfast-Revel Community -16807 E Mission Parkway 5:00 – 6:00 pm 'Come to Friday Dinner'	10 11:30 am Ladies Lunch-The Max at Mirabeau 6:35 pm Spokane Indians Baseball Game-'Faith Night'-Advent reservation
11 Mother's Day 9:30 am Worship Service/Holy Communion After Worship Coffee Fellowship 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 9:00 am Happy Piecemakers 5:00 pm Council Meeting 6:00 pm Cub Scouts	14 8:30-9:30 am Fitness Class 11:00 am Child Center Chapel	15 9:00 am Happy Helpers 10:00 am Mid-Week Bible Study 5:30 pm-6:30 pm AA Meeting	16 Congregational Report Due 7:00 am Men's Prayer Breakfast-Revel Community -16807 E Mission Parkway	17 9:00 am-1:00 pm Daughters of Norway
18 9:30 am Worship Service/Communion After Worship Coffee Fellowship Adult Sunday School Confirmation 10:45 am High School Sunday School 3:00 pm-6:00 pm Romanian Church	19 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts	20 9:00 am Happy Piecemakers 6:00 pm Cub Scouts	21 8:30-9:30 am Fitness Class 11:00 am Child Center Chapel 6:00 pm –7:30 pm Girl Scouts	22 9:00 am Happy Helpers 10:00 am Mid-Week Bible Study 5:30 pm-6:30 pm AA Meeting	23 7:00 am Men's Prayer Breakfast-Revel Community -16807 E Mission Parkway NEWSLETTER DEADLINE	24
25 'Fill the Shelf' Sunday 9:30 am Worship Service/Holy Communion After Worship Coffee Fellowship Adult Sunday School 10:45 am High School Sunday School 3:00 pm-6:00 pm Romanian Church	26 Memorial Day 8:30-9:30 am Fitness Class Church office & Child Center Closed	27 9:00 am Happy Piecemakers 6:00 pm Cub Scouts	28 8:30-9:30 am Fitness Class 11:00 am Child Center Chapel 10	29 9:00 am Happy Helpers 10:00 am Mid-Week Bible Study 5:30 pm-6:30 pm AA Meeting	30 7:00 am Men's Prayer Breakfast-Revel Community -16807 E Mission Parkway 5:00 – 6:00 pm 'Come to Friday Dinner'	31

MAY HOSPITALITY SCHEDULE

Ministry Description	May 4	May 11 Mother's Day	May 18	May 25 Memorial Day Weekend
	9:30 AM	9:30 AM	9:30 AM	9:30 AM
COMMUNION ASSISTANTS (2)	Bonnie Rehn Sue Wipperling	Jodi Meddock Bonnie Rehn	Jodi Meddock Linda Tompkins	Marlene Diehl Holly Gunby
ASSISTING MINISTER: (1)	Duane Yates		Holly Gunby	
READER: (1)	Larry Nelson	Barb Potter	Holly Gunby	Marilyn Keith
ACOLYTE: (1)				
USHERS (3-4)	1. Darrell Shoquist 2. Francie Shoquist	1. Bill Johnson 2. Linda Semmen	1. 2. 3. 4.	1. 2.
GREETERS: (2)	1. Belle Campbell	1. Denise Walker 2.	1. Belle Campbell 2.	1. Belle Campbell 2.
FELLOWSHIP HOSTS	1. Denise Walker 2. Sue Wipperling 3. 4.	1. Dennis Johnson 2. Cathy Johnson 3. 4	1. Forrest Diehl 2. Marlene Diehl 3. 4.	1. 2. 3. 4.
(Cookies, etc., 2 dozen each)		Linda Semmen		
"Share with God's people,Practice Hospitality" Romans 12:13 (NIV)				

Advent Lutheran Church
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Child Center Phone: 509-928-0231
Fax: 509-892-5219
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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 In-Person and Online

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