

Advent Lutheran Church Newsletter



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PASTOR MATT'S CORNER

By Pastor Matt Larson

These past few weeks the Gospel lessons from Luke have repeated over and over the importance of prayer. When you read Luke's Gospel you will never go far without stumbling upon prayer. Some of the unique emphases of Luke are Jesus praying before his baptism, before the temptation, before he selects the 12 apostles, before he ascends the mountain of transfiguration. These are but a few incidents in Luke about prayer. Then last Sunday it was Jesus' disciple who asks, "Will you teach us how to pray?"

How many times have we felt like we don't have the words to pray? Whether in deep grief, loss, suffering, or challenging times we sometimes need some "invisible means of support." In those times allow yourself to honestly express your feelings and let the Spirit work in you. God's promise is to be there no matter what. It may not always be how we want it but God's presence is promised. Be persistent, be constant in your prayer life. It doesn't have to be a long-winded prayer all the time. Sometimes simple is best, thank you, help, watch over me, be with my child. Maybe a longer conversation can take place with a long walk or a private place of contemplation. Keeping the line open is more important than the anxiety of what to say. You will find the words; we have been promised the Holy Spirit who "helps us in our weakness, for we do not now how to pray as we ought, but that very Spirit intercedes with groanings too deep for words." (Rom. 8:26)

Prayer keeps God out front. It reminds us that we need God and that our relationship with Jesus is a two-way relationship. Martin Luther wrote that he would have trouble starting his prayers and, in those times, he would begin reciting the Lord's Prayer and the Apostles' Creed to "kickstart" his own words and where they needed to go that day. I have used this tool in the past and it did help me in those times of "Prayer block."

So, you don't need to be anxious or intimidated when you pray. It is between you and God, and God is a very patient and graceful God. As Nike likes to remind us, "Just do it."

See you in worship!
Pastor Matt

YOUTH MINISTRY

By Kara Wilson

Where has the summer gone, it's already AUGUST! You know what that means,... YARD-SALE! Thank you for all your generosity in the past and in what I know the future will be. **August 1st starting at noon we will be accepting** your gracious donations at the church. The youth will stay the night sorting (and hopefully sleeping some) in preparation for **Saturday, August 2nd's yard sale 8am-2pm**. We would love help especially with the break down and taking remaining items to donation centers.

In August we are hoping to make a Silverwood trip as well, though scheduling throughout the summer has been challenging. So those that have signed up for yard help, my apologies we are working on finding times.

July has lots of the youth traveling and up at Lutherhaven, always a blessed experience. But we did manage to have a few St. Arbucks Sundays with great conversation and even made it to mini golf at Puttin' Around in Post Falls.

I hope you've all had a beautiful summer and are excited these last hot days, stay cool.

What do you call it when you drop your coffee mug? A coffee break!

Request to follow us on Instagram [alc.youthgroup](#)



HAPPY HELPERS

By Forrest Diehl

Well, I must say, quoting the lyrics of a great John Denver song, - "Hey, it's great to be back home again!" Even though Marlene and I thoroughly enjoyed our 28-day Alaska Holland America cruise, we are happy to return to Spokane. During our cruise, we were able to go to Sunday general protestant services twice, aboard ship. The two services we went to were well attended (about 40-50 people). Chaplain Alan T. Baker was the guest staff minister who was the presiding ship Chaplain during this cruise. Chaplain Baker and his wife served over 30 years in the U.S. Navy. His public service included Dean of the Chapel at the U.S. Naval Academy and culminated in his appointment to Rear Admiral. We really enjoyed his sermons.

When we were in Nome, 19 June, on a Thursday, we visited Our Savior's Lutheran Church. The church opened their doors during our cruise stay at Nome. Pastor Amanda Snyder welcomed us. The youth group were capitalizing on the opportunity to raise funds for a trip to Niagra Falls, NY, and other places on the east coast this summer. The overall welcoming the town's people gave us was palpable. It is no small event when a cruise ship with over 19 hundred passengers visits a town with the population of just over 3,600, the population of Nome.

In one of Captain Eric van der Wal's briefings he said our 28-day Alaska Arctic Circle Solstice Cruise travelled a total distance of 7,100 nautical miles (round trip – Seattle to Seattle). At the time we began our cruise, we did not know that this same cruise was offered in 2024, but due to ice conditions, they were unable to make it to latitude 66°33'44", the Arctic Circle. Our 2025 cruise was able to make it to that latitude on 20 June 2025, summer solstice day. As exciting as that was and the fact that we closely passed by the islands of Little Diomedes (USA) and Big Diomedes (Russia) – only 2.5 miles and the international date-line separating them, it still did not outweigh the thrill and anticipation that was generated as we visited each port (Ketchikan, Sitka, Juneau, Haines, Valdez, Anchorage, Kodiak, Dutch Harbor, Nome, Wrangell, and Prince Rupert). We also closely visited glaciers (Hubbard, Harvard, Margerie, Lamplugh, Dawes, and many others at a distance).

HAPPY HELPERS-Continued

At each port and scenic stop (except for two), we were successful in booking a tour of the town and/or glacier. That helped in gaining some insight to the history/culture/science of the area and people. We were allowed to spend 8 to 10 hours at each port. We spent 2 days in Anchorage. During the "At Sea" days, there was plenty to do. Kurt Dunbar (Alaska Wildlife expert), Emma Maria (Glaciologist from England), Captain Golden (U.S Coast Guard), and Dr. Dennis Fitzsimonds (Ice and Fjord expert) gave numerous presentations about the culture, wildlife, and landscape of each area that we visited (it reminded me of going to college classes – sitting in an auditorium type classroom - listening to lectures (however I think my level of attention was much more keen this time around). How was the food, you may ask...? It was wonderful! Each evening, we had a gourmet meal and they were more than accommodating to my dietary restrictions. Alaska seafood was offered at each meal. The memories and favorable experience we had on this cruise makes us think we may want to do another cruise in the future. But, as you and I know, there is more to life than cruises! Saying that reminds me of a conversation I had with a gentleman while in an elevator, aboard ship. In making small talk - late in the cruise - he asked me how I was enjoying the cruise. I responded favorably, and in further discussion, I learned that this was his 62nd cruise..... So maybe for some people, cruising is a full-time occupation.

Again, it is good to be back with our church family. Thanks to **Bill Thurston** for his report on the Happy Helpers June activities! It was great reading the July Newsletter. Thanks to all who contribute and keep us informed of the activities. We notice in the Newsletter that the church's logo has changed. Also, I must add, that the beauty of buckets of flowers in front of the east entrance immediately grabbed our attention as we drove into the parking lot for the first time since being gone. Also, what caught my eye, was the cleanliness of the parking lot and curblane. It was not that way when we left. **Thanks to all!**

HAPPY HELPERS-Continued

During the month of July, the Happy Helpers: repaired court yard drip sprinkler system (**Wade Wippering, Dave Cook**); repaired Child Center classroom table (**Dave Cook, Wade Wippering**); mounted new restroom signage (**Bill Thurston, Dave Cook, Wade Wippering**); sprayed weeds in parking lot (**Daryl Ziemer**); did yard work and weeding (**Daryl Ziemer**); changed light bulb in Child Center classroom restroom (**Bill Thurston, Wade Wippering**); collectively decided to work on repairs to patio water fountain/feature next Spring (**All**); reinstalled restroom sign in hallway leading to gym (**Bill Thurston**); coordinated for installation of 4 new countertops to replace old ones in Child Center classrooms (**Heidi Perry**); scheduled to have kitchen grease trap cleaned (**Cheryl Tobin**); trimmed tree and bush branches encroaching on east parking lot (**Conrad Moss, Butch Yarnell**); adjusted water-flow to flower pots nearest to east entrance doors (**Butch Yarnell, Daryl Ziemer, Bill Thurston**); set-up tables and chairs for Sunday after-worship coffee fellowship (**Bob Hubert, Daryl Ziemer, Wade Wippering, Dennis Johnson, Wes Todd**); weeded and cleaned east parking lot curb line (**Daryl Ziemer**); scheduled gym carpet cleaning (**Cheryl Tobin**); etc.

The Happy Helpers are looking forward to the month of August and the upcoming **Youth Group Yard Sale**. We meet each Thursday morning, 9:00 A.M., at the church. Coffee, tea, and “goodies” are provided. During July, **Bill Thurston, Daryl Ziemer, Dave Cook, Wade Wippering, Butch Yarnell** provided the goodies – actually no one would tell me who provided the donuts – so the acknowledgement is a “shot-gun blast”. **Thanks to all!** Visitors and new members are always welcome. If you cannot come to **Happy Helpers by 9:00 A.M.**, come any time. Typically, we finish talking by 9:30 A.M. and finish working by 11:00 A.M.

LETTER FROM THE COUNCIL PRESIDENT

By Holly Gunby

Dear Advent family,
Many of you may still remember Pr. Don Reese, as he was pastor of Christ Lutheran in the 1980's. He always started his sermons describing the Peanuts cartoon in the Sunday paper. I always found this curious and yet, I have come to really enjoy Peanuts cartoons and find they continue to be relevant and meaningful each day. I have a Peanuts flip calendar on my work desk that I have continued to use and find joy in it each day. The one I share today seems very relevant as I now take on the leadership role as President of the congregation.

A year ago, I shared with Madame President Denise that I would be interested in serving on council. Needless did I know that I would be called to be the new president. I am still trying to unravel what this means. It was not my intention when I mentioned this to Denise and pastor a year ago. My only intent was to be more involved and active in a different way.

Trusting in God, I know God has a plan for our family of faith and pray that God will give me and our leadership (council and staff) the wisdom, guidance and joy as we are sent forth to bring in the Kingdom of God in the Spokane Valley and beyond. I look forward to serving you. If you have any words of wisdom, an interest you want to share or of course, concerns, please call me or grab me after worship. I want to hear from you. Together, we can do all things through Christ who strengthens us and calls us to continue to build up the body of Christ.

Your sister in Christ, Holly Gunby



PARISH NURSE

By Debbie Martin, RN, Parish Nurse

SKIN CANCER

Skin cancer is by far the most common type of cancer. If you know what to look for, you can spot warning signs of skin cancer early. Finding it early, when it's small and has not spread, makes skin cancer much easier to treat.

Some doctors and other health care professionals include skin exams as part of routine health check-ups. Many doctors also recommend that you check your own skin about once a month. Look at your skin in a well-lit room in front of a full-length mirror. Use a hand-held mirror to look at areas that are hard to see.

Use the “**ABCDE rule**” to look for some of the common signs of melanoma, one of the deadliest forms of skin cancer:

Asymmetry

One part of a mole or birthmark doesn't match the other.

Border

The edges are irregular, ragged, notched, or blurred.

Color

The color is not the same all over and may include shades of brown or black, sometimes with patches of pink, red, white, or blue.

Diameter

The spot is larger than ¼ inch across – about the size of a pencil eraser – although melanomas can sometimes be smaller than this.

Evolving

The mole is changing in size, shape, or color. Basal and squamous cell skin cancers are more common than melanomas, but they are usually very treatable. Both basal cell carcinomas and squamous cell carcinomas, or cancers, usually grow on parts of the body that get the most sun, such as the face, head, and neck. But they can show up anywhere.

Basal cell carcinomas: what to look for:

Flat, firm, pale or yellow areas, similar to a scar

- Raised reddish patches that might be itchy

PARISH NURSE-Continued

- Small translucent, shiny, pearly bumps that are pink or red and which might have blue, brown, or black areas
- Pink growths with raised edges and a lower area in their center, which might have abnormal blood vessels spreading out like the spokes of a wheel
- Open sores (that may have oozing or crusted areas) and which don't heal, or heal and then come back

Squamous cell carcinomas: what to look for:

- Rough or scaly red patches, which might crust or bleed
- Raised growths or lumps, sometimes with a lower area in the center
- Open sores (that may have oozing or crusted areas) and which don't heal, or heal and then come back
- Wart-like growths

Not all skin cancers look like these descriptions, though. Point out anything you're concerned about to your doctor, including:

- Any new spots
- Any spot that doesn't look like others on your body
- Any sore that doesn't heal
- Redness or new swelling beyond the border of a mole
- Color that spreads from the border of a spot into surrounding skin
- Itching, pain, or tenderness in an area that doesn't go away or goes away then comes back
- Changes in the surface of a mole: oozing, scaliness, bleeding, or the appearance of a lump or bump

In addition to moles, melanoma also can be indicated by open sores, patches of scaly skin, and raised bumps.

You also can develop hidden melanoma, meaning it occurs on parts of your body not exposed to the sun, such as:

- Your toes and the soles of your feet
- The palms of your hands
- Your genitals
- Your scalp

PARISH NURSE-Continued

Certain types of hidden melanoma can develop inside your body. This can make them very hard to detect. For example, you can develop melanoma in your eye (ocular melanoma), which can cause vision changes.

Mucosal melanoma develops in your mucus membranes, found in your nose, mouth, esophagus, and elsewhere. A third type — acral lentiginous melanoma — develops under a fingernail or toenail or on the palms of your hands or soles of your feet. Hidden melanomas are more common in brown or Black people. Acral lentiginous melanoma is also more common in Asian people.

Skin Cancer Prevention

Key Points

- Avoiding risk factors and increasing protective factors may help prevent cancer.
- Being exposed to ultraviolet radiation is a risk factor for skin cancer.
- Treatment of sun-damaged skin to prevent skin cancer:

Topical fluorouracil

It is not known if the following lower the risk of nonmelanoma skin cancer:

- Sunscreen use and avoiding sun exposure
- Chemopreventive agents

It is not known if the following lower the risk of melanoma:

- Sunscreen
- Counseling and protecting the skin from the sun

Cancer prevention clinical trials are used to study ways to prevent cancer.

New ways to prevent skin cancer are being studied in clinical trials.

Avoiding risk factors and increasing protective factors may help prevent cancer.

Avoiding cancer risk factors may help prevent certain cancers. Risk factors include smoking, having overweight, and not getting enough exercise. Increasing protective factors such as quitting smoking and exercising may also help prevent some cancers. Talk to your doctor or other health care professional about how you might lower your risk of cancer.

Being exposed to ultraviolet radiation is a risk factor for skin cancer.

Some studies suggest that being exposed to ultraviolet (UV) radiation and the sensitivity of a person's skin to UV radiation are risk factors for

PARISH NURSE-Continued

skin cancer. UV radiation is the name for the invisible rays that are part of the energy that comes from the sun. Sunlamps and tanning beds also give off UV radiation.

Risk factors for nonmelanoma and melanoma cancers are not the same.

Risk factors for nonmelanoma skin cancer:

- being exposed to natural sunlight or artificial sunlight (such as from tanning beds) over long periods of time
- having a fair complexion, which includes: fair skin that freckles and burns easily, does not tan, or tans poorly
- blue or green or other light-colored eyes
- red or blond hair
- having actinic keratosis
- past treatment with radiation
- having a weakened immune system, including people treated with immunosuppressive therapy after organ transplant
- being exposed to arsenic

Risk factors for melanoma skin cancer:

- having a fair complexion, which includes: fair skin that freckles and burns easily, does not tan, or tans poorly
- blue or green or other light-colored eyes
- red or blond hair
- being exposed to natural sunlight or artificial sunlight (such as from tanning beds) over long periods of time
- having a history of many blistering sunburns, especially as a child or teenager
- having many moles (also called nevi)
- having a family history of unusual moles (atypical nevus syndrome)
- having a family or personal history of melanoma
- being White

Although having a fair complexion is a risk factor for nonmelanoma and melanoma skin cancer, people of all skin colors can get skin cancer.

Prevention:

When it comes to skin cancer prevention, you've likely heard the basics: wear sunscreen daily and reapply every 2-3 hours, avoid tanning beds, wear long sleeve shirts and hats when out in the sun and seek shade during peak sun hours (10 am- 4pm). While those are crucial habits, there are lesser-known strategies that can further reduce your risk—and we're here to share them.

PARISH NURSE-Continued

1. Don't Skip Sunscreen on Cloudy Days

Up to 80% of UV rays can penetrate clouds. Even on overcast days, your skin is exposed to harmful radiation. Make sunscreen a year-round habit, not just a summertime one.

2. Protect Your Eyes and Lips

Skin cancer can appear on your eyelids and lips—two areas people often forget. Use broad-spectrum lip balms with SPF and wear UV-protective sunglasses to shield the delicate skin around your eyes.

3. Upgrade Your Laundry Routine

Believe it or not, some laundry detergents and fabric additives can enhance your clothing's UV protection. Look for laundry products with UV-absorbing compounds that help turn regular clothes into a stronger sun barrier. While helpful, it's **not a replacement** for sunscreen, hats, or UPF-rated clothing. It should be part of a layered sun protection strategy.

4. Check Your Car Windows

While windshields block most UVB rays, side and rear windows often do not. Over time, frequent driving can lead to more sun exposure on your left side. Consider adding UV-protective film to your car windows.

5. Eat Your Sunscreen? (Sort of!)

Certain foods rich in antioxidants—like tomatoes, carrots, leafy greens, and green tea—may help your skin defend itself against UV damage. While they don't replace SPF, a diet high in skin-friendly nutrients can add another layer of protection.

6. Use Tech to Your Advantage

There are apps and wearable devices that track UV levels and remind you to reapply sunscreen. These tools can help you stay consistent with your sun protection throughout the day.

7. Don't Forget Your Scalp

Your part line and scalp are highly vulnerable to sun damage. If you have thinning hair or a shaved head, apply sunscreen or wear a wide-brimmed hat. Spray-on sunscreens are a great option for this area.

PARISH NURSE-Continued

8. Get Regular Skin Checks

One of the most effective ways to catch skin cancer early—or even prevent it—is with routine full-body skin exams. See your dermatologist annually, or more frequently if you have a history of skin cancer or significant sun exposure. Skin cancer is the most common cancer in the United States—but it's also one of the most preventable. By going beyond the basics and incorporating these unique prevention strategies into your daily routine, you're taking powerful steps to protect your skin for life.

PEOPLE IN OUR PRAYERS

Church Family and Friends: Ahern family, Barbara, Barney Barnhart & family, Manda Benton, Linda Bradford, Barbie Byford, Cherie, Dave & Sharon Cook, George & Sandy Coombs, Georgia Coulston, Genevieve Davenport, Bonnie Davis, Heidi Dupree, Janet Esser, Nancy Filardo & family, Joyce Flanigan, Dorothy Grier, Leigh & Steve Hopkins, Mary & Clancy Howard, family of Audrey Jackson, Judy Jaramillo & family, Judy, Savannah Kelley, Midge Kiourkas, Larson family, Leatha family, Jan Madden & family, Duncan McMillan, McCune family & Donny, Megan, Ian & SaraLu Moore, Moseman family, Craig Nurvic, Gerry O'Rourke, Tim O'Rourke, Amaryllis & Ken Otteman, Jared & Cindy Pauletto, Myrna Rehn, Myrna Robb, Roger & Carol Scheurer, Eva Sturges, Tinch family, Isabel Toth, family of Margot Wilson, 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, Major 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.

ADVENT LUTHERAN CHILD CENTER NEWS

By Heidi Perry, Director

In July, I got the chance to experience the story of The Good Samaritan twice. Once during Bikes, Brews, and Bible with Vicar Brendan, and again during Pastor Matt's sermon a few days later. Matt's version told us that we need to have mercy and compassion for our neighbors, knowing that neighbor means anyone we come into contact with, even if they are our "enemy." That we help without judgement and offer all that we can. Brendan's version reminded us that "we are all in the ditch" and in need of help/Jesus. When we remember that we are all imperfect, it helps us empathize with those around us and be more willing to offer help. We all have our own unique circumstances in which we can view these lessons and then live them, but for me, the lessons from this story resonate hard for the child center.

Helping our neighbor is exactly what we do on a daily basis at the child center. "Taking care of God's most precious gifts" is our mission, and in my head, I always add on, "all of God's children." We aren't just here to serve the easy families and easy children, or even just the Christian families, we are here to serve ALL of God's children. It doesn't matter what background the family has, the development of the child or even their behaviors. We are here to love and take care of them all. This means meeting the child where they are and figuring out what they need and then implementing this. Then adjusting over and over and over again as the child & family needs change. Remembering that every single one of us in "in the ditch" and in need of help makes me think of myself and the staff. It's important for us all to participate in self reflection so that we are constantly growing and evolving as teachers.

What worked yesterday may not work today, and every child's need are different and changing. We need to ask for help, and not be afraid to do so, whenever it's needed. Community and teamwork are essential in this field, the idea that we can't do this alone and we do in fact wake up every day needing help to be successful. We participate in weekly, monthly, and yearly trainings as well as having ample opportunity to communicate and team build.

ADVENT LUTHERAN CHILD CENTER NEWS

Remembering that we are all in need of help is so important and can help us judge a little less when someone around us, especially someone we may judge for their circumstances, may need help.

When someone is concerned that a child came in wearing the same clothes or with dirt on them from the day before, I point out different ways that the parent DID provide for their child and remind them how hard it is to be a working parent. When someone comes to me with a concern about a staff member, my first instinct is to figure out what training, guidance, or help they may need to improve in the future, rather than jumping to punishment.

We all need help and we are all capable of offering help when it's needed. Sometimes we just need to stop, take a breath, and reassess so our help is truly coming from the heart and not from judgement.

THANK YOU

"**THANK YOU** to all my friends at Advent!! On July 1, 2025 I experienced a cardiac situation that took me first to Valley General hospital and then onto Deaconess for surgery. Findings were kind of extensive, but because I had a great medical team, lot of good thoughts and prayers from all of you at Advent and tremendous family support, I'm on my way to recovery. Thank you again for your prayers, cards and phone calls all which offered encouragement". **Roger Scheurer**

COMMUNITY RECOGNITION AWARD

On July 15, at the City of Spokane Valley Council meeting, Deputy Mayor Hattenburg presented the July **You Rock! Community Recognition** award to Mr. Terry Powell, recognizing his tremendous contributions to Spokane Valley. Congratulations Terry!



ANNOUNCEMENTS

Online Worship:

www.youtube.com/c/adventlutheranspokane

There will be NO 'Come to Friday Dinner' in the month of August.

BATTLE OF THE PALOUSE

Don't miss the tailgate party of the year!

Vandals vs. Cougs. On Saturday, August 30th (Labor Day weekend). The event begins at 4:00 pm with a Tailgate Party, and the football game kickoff, at 7:00 pm. (You can come to the tailgate party even if you don't attend the game). Cost: Tailgate: adults: \$30, kids \$20.

Game tickets: \$40

Parking: \$20 (free for groups of 4 or more)

Register at:

<https://forms.gle/Jf4oUHoCuBEF9wtb6>. Additional information and the QR code to register is on the flyer posted on the bulletin board outside the classroom at church.

Register before August 7. Great food, Vandals vs. Cougs fun, and connections to support campus Ministry at BOTH schools.

LADIES MONTHLY LUNCHEON SCHEDULE

Our next luncheon will be **Saturday, August 9th at 11:30 a.m.** at IHOP. The **sign-up sheet** is on the table in the Narthex.

This is the schedule for the rest of this year:

August – IHOP

September and October – The Max at Mirabeau

November – IHOP

December – The Max at Mirabeau

If there are any questions please call **Gerry**

O'Rourke at 509-893-0787.

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.**

ANNOUNCEMENTS-Continued

GOLF TOURNAMENT

Come join us! August 17, at 1:30 pm. Trail-head Golf Course in Liberty Lake. Advent will be hosting a golf tournament with a meal after, to raise money for Lutherhaven camperships. Please see the **sign-up sheets** on the table in the Narthex. There are several opportunities for you to participate. You may sign up to be a part of the tournament, you may come to watch and support the participants and enjoy the lunch, or just offer a donation. Thank you! Questions? Call **Cindy Falk at 719-659-0439** or the church office at **509-928-7733.**

NEWSLETTER DEADLINE

If you wish to submit an article or announcement for the **September** newsletter, please submit it to the Church office no later than **Monday, August 25th.**

BIKES, BREW, AND BIBLE STUDY

Bikes, Brew, and Bible Study continues to meet each **Thursday at 5:30 pm.** We are meeting outside **Emry's Beer & Mead Works** located at **21850 E. Wellington Parkway** (just north of Liberty Lake on Harvard Road, but south of the river). We will meet at **5:30pm on Wellington**, share a quick prayer/scripture/reflection, ride out and back on the Centennial Trail for a total of 30-40 minutes, and then reflect in community over a beverage of your choice. Questions? Contact **Vicar Brendan at (509) 863-5100.**

ADVENT COOKBOOK

The **Social Committee** is tossing around some ideas to get an **Advent cookbook** moving forward. Think about some special recipes you would like to share and we will start collecting your recipes in September. Other churches and friends of Advent are also invited to share a recipe. This will be a fundraiser for the Synod office and any additional funds will be used toward the purchase of our new LED sign on Broadway. Questions? Call **Cindy Falk at 719-659-0439** or the church office at **509-928-7733.**

THOUGHTS FROM VICAR BRENDAN

By Brendan Wiechert

Thirty-one more days until I am full-time internship at Advent Lutheran Church! I have that date circled on my calendar and I am eagerly trying to line up all the things I have to get done to make that transition. My main efforts are to develop some currently non-existent Standard Operating Procedures for my finance job at Lutherhaven and welcome my replacement, Rachel Joy, to camp on August 20th. Along the way, I look forward to attending a friend's wedding and preaching three times (twice at Advent and once at ECOR) – my first time preaching three times in a month! **Holy Spirit** activate!

I preached on July 27th about Jesus offering us, His disciples, the GIFT of the Lord's Prayer and that the ultimate gift God gives to us in prayer is not the fulfillment of all our earthly requests, but the presence of the **Holy Spirit** in our lives. As my Lutheran Confessionals professor liked to close our classes, "And now may the Peace of Christ, not the absence of conflict or strife, but the presence of Love, the Love of the Crucified One go with you. Amen." Come **Holy Spirit**! In other news, Pastor Matt, the internship committee, and I are exploring ways to make the next six months most valuable. I am personally looking forward to more time in pastoral care and experience with our worship committee, but there is opportunity for many directions, and (with the **Holy Spirit's** guidance) I am excited for the (full) time to experiment and learn.

And finally, we are continuing to ride and commune on **Thursday** nights at **Emry's at 5:30pm**. Our ridership has been up and down, but last Thursday we had eight riders and then two more joined us afterwards to share a beverage and participate in a discussion on an article Butch Yarnell shared with me about a program in San Diego where people experiencing homelessness are giving a free bicycle after riding 100 miles with a faith-based, homeless service provider group. As always, the conversation was more about relationship building and the **Holy Spirit** leads us where it will. Our group has spanned from under 20 to over 80 years old and, as noted, not everyone rides. Please know you are welcome to join any time!

Thank you, as always, for the opportunity to learn and serve with Advent!

INCOME/EXPENSE INFORMATION

Advent General Fund Income/Expense

	<u>June</u>	<u>Year to Date</u>
Income	26,992.45	167,992.86
Expenses	<u>27,203.24</u>	<u>176,186.86</u>
Net	-210.79	-8,194.00

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 \$27,033. This equates to 0.94 month's of operating expenses.

Child Center Income/Expense

	<u>June</u>	<u>Year to Date</u>
Income	99,498.65	544,774.15
Expense	<u>77,145.57</u>	<u>539,432.99</u>
Net	22,353.08	5,341.16

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 \$-613.38.
- We received our yearly Early Achievers grant of \$5,000 in June.

IN-PERSON ATTENDANCE

July 6	108
July 13	110
July 20	90
July 27	103

ONLINE VIEWS

July 6	57
July 13	26
July 20	27
July 27	25

AUGUST CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 7:00 am Men's Prayer Breakfast-Revel 12:00 pm-6:00 pm Drop off yard sale donations	2 8:00 am-2:00 pm Youth Yard Sale
3 9:30 am Worship Service/Holy Communion Coffee Fellowship Council Table Talks 10:45 am High School Sunday School 4:00 pm-7:00 pm Mt. Zion Romanian Church	4 8:30-9:30 am Fitness Class 4:00 pm Worship & Music Committee meeting 5:00 pm Executive Committee 6:00 pm Boy Scouts	5 9:00 am Happy Piecemakers 4:00 pm ALCC Board Mtg 5:00 pm Heads of Committee meeting 6:00 pm Cub Scouts	6 8:30-9:30 am Fitness Class 11:00 am Child Center Chapel 6:30pm-7:30 pm ACOA meeting	7 9:00 am Happy Helpers 5:30 pm-6:30 pm AA Meeting 5:30 pm Bikes, Brew, & Bible-Emry's	8 7:00 am Men's Prayer Breakfast-Revel Community -16807 E Mission Parkway	9 11:30 am Ladies Lunch-IHOP
10 9:30 am Worship Service/Holy Communion After Worship Coffee Fellowship 10:45 am High School Sunday School 4:00 pm-7:00 pm Mt. Zion Romanian Church	11 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts	12 9:00 am Happy Piecemakers 6:00 pm Council Meeting 6:00 pm Cub Scouts	13 8:30-9:30 am Fitness Class 11:00 am Child Center Chapel 6:30pm-7:30 pm ACOA meeting	14 9:00 am Happy Helpers 5:30 pm-6:30 pm AA Meeting 5:30 pm Bikes, Brew, & Bible-Emry's	15 7:00 am Men's Prayer Breakfast-Revel Community -16807 E Mission Parkway	16
17 9:30 am Worship Service/Communion After Worship Coffee Fellowship 10:45 am High School Sunday School 4:00 pm-7:00 pm Mt. Zion Romanian Church	18 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts	19 9:00 am Happy Piecemakers 6:00 pm Cub Scouts	20 8:30-9:30 am Fitness Class 11:00 am Child Center Chapel 6:30pm-7:30 pm ACOA meeting	21 9:00 am Happy Helpers 5:30 pm-6:30 pm AA Meeting 5:30 pm Bikes, Brew, & Bible-Emry's	22 7:00 am Men's Prayer Breakfast-Revel Community -16807 E Mission Parkway	23
24 9:30 am Worship Service/Holy Communion After Worship Coffee Fellowship 10:45 am High School Sunday School 4:00 pm-7:00 pm Mt. Zion Romanian Church	25 8:30-9:30 am Fitness Class 6:00 pm Boy Scouts NEWSLETTER DEADLINE	26 9:00 am Happy Piecemakers 6:00 pm Cub Scouts	27 8:30-9:30 am Fitness Class 11:00 am Child Center Chapel 6:30pm-7:30 pm ACOA meeting	28 9:00 am Happy Helpers 5:30 pm-6:30 pm AA Meeting 5:30 pm Bikes, Brew, & Bible-Emry's	29 7:00 am Men's Prayer Breakfast-Revel Community -16807 E Mission Parkway	30
31 'Fill the Shelf' Sunday 9:30 am Worship Service/Holy Communion After Worship Coffee Fellowship 10:45 am HS Sunday School 4:00 pm-7:00 pm Mt. Zion Romanian Church			11			

AUGUST HOSPITALITY SCHEDULE

Ministry Description	August 3	August 10	August 17	August 24	August 31 Labor Day Weekend
	9:30 AM	9:30 AM	9:30 AM	9:30 AM	9:30 AM
COMMUNION ASSISTANTS (2)	1. Jodi Meddock 2. Sue Wimperling	1.Jodi Meddock 2.Bonnie Rehn	1.Holly Gunby 2.Linda Tompkins	1.Jodi Meddock 2.Signé Stokes	1..Jodi Meddock 2.Bonnie Rehn
ASSISTING MINISTER: (1)		Butch Yarnell		Duane Yates	Kara Wilson
READER: (1)		Barb Potter	Tom Sernka		Butch Yarnell
ACOLYTE: (1)					
USHERS (3-4)	1.Darrell Shoquist 2.Francie Shoquist	1. 2.	1. 2.	1. 2.	1. Bill Thurston 2. Rita Thurston
GREETERS: (2)	1. 2.	1. 2.	1. 2.	1.	1. 2.
FELLOWSHIP HOSTS	1. 2. 3. 4.	1. 2. 3. 4.	1. 2. 3. 4	1. 2. 3. 4.	1. 2. 3. 4.
(Cookies, etc., 2 dozen each)	Signé Stokes	Carol Johnson			
“Share with God’s people,Practice Hospitality” Romans 12:13 (NIV)					

Advent Lutheran Church
13009 E Broadway
Spokane Valley, WA 99216

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

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RETURN SERVICE REQUESTED



Worship Schedule

SUNDAY

Sunday Morning Worship: 9:30 am In-Person and Online

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