



THE ADVENTURE

July 2023

JULY IS MENTAL WELLNESS MONTH AT ADVENT

Rev. Dr. Gabriele Schroeder

When we began to develop our wellness ministry here at Advent, we began by differentiating wellness from health. With the World Health Organization, we defined health as is "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." Wellness, on the other hand, we defined as an "active, deliberate process toward leading a flourishing life." Wellness includes the habits we develop and the choices we make. In other words, we can positively change our wellness ... more than we are able to improve our health. We can flourish by making healthy choices and by changing unhealthy habits.

The "Ways to Wellness" team that plans our wellness activities has

been discussing many different dimensions of wellness: spiritual, physical, social, emotional, mental, intellectual, financial, and environmental wellness.

Our fall prevention classes have, of course, primarily addressed **physical** wellness. In her grief class, Nancy King did explore **emotional** wellness. My own "Ways to Pray" introduction to prayer aimed to enhance our **spiritual** wellness, just as each Sunday morning worship service does. Many of the regular activities that we have been doing for a long time (such as eating together, playing games together, doing crafts together, engaging in group service activities, or going on outings together) contribute to our **social** wellness.

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FROM THE COUNCIL PRESIDENT KARYL CIMINI

Hello! And Happy New Year!

Yes, I know it's July, but we as a God's family here at Advent are venturing into our new fiscal year, which includes a new budget, new (returning) members on our church council and new members on many of our committees. We don't know what the coming year will hold for us, but we can be assured that God will guide us on our journey.

Before I move on to our journey ahead, a few thank you's are due here. Thank you to council members Nancy King and Linda Belchem, who have served faithfully in helping to guide our congregation as we continue to adjust to the 'new normal'.

A big thanks as well to Tom Werth, who served as our treasurer for the past 3 years. Tom, we appreciate you sharing your gift of financial aptitude with us.

While we thank and say goodbye to Dean Henricks as our departing Endowment Committee Chair, we welcome him as one of our new council members.

And, finally, a huge thank you to Triss Hoppman, our Finance Committee Chair extraordinaire, who for the past 2 years worked tirelessly to get our financial information and practices up to date and within the required parameters.

We are so deeply appreciative of all these individuals for everything they have done.

Next, welcome to our 'new' council members (although I think it would be more appropriate to say 'returning after a hiatus') Lanny Johanek, Robin Bevier, and Dean Henricks. Thank you to all of you for agreeing to participate in the guidance of our congregation over the next 3 years. And, not to be forgotten, our continuing council members include Beth Mora, Pat Johnson, Melanie Chancellor and myself, Karyl Cimini.

During our first council meeting with our new members, we elected our officers for the next

year - we are as follows: Dean Henricks - Treasurer, Beth Mora - Secretary, Robin Bevier - Vice President, and myself - Karyl Cimini - President. We look forward to utilizing the resources we have available to guide our congregation in whatever direction the Lord leads us this year.

A quick introduction about me- I've been a member here for about 25 years. As many of you know, my focus in my church life has been mostly about our youth. Watching them grow in so many ways always fills my heart with joy. The opportunity to help to guide our faith family on our journey over the next year feels a bit overwhelming at this point in time. I'm sure, with time, I'll be moving along as if I've been doing this forever. I simply ask for your patience and prayers as I travel this new (to me) path.

I would like to start this new year off with a challenge for everyone. When I did children's messages on Sunday mornings, I loved to offer our youth a challenge each week to live out our weekly lesson in their daily lives. Now, I present you with the opportunity to do the same. Our stewardship campaign for this year focuses on being "Stewards of God's Love". I ask you to live out this statement in your daily life. How are you a "Steward of God's Love"? We aren't talking about monetary value here - we're talking about all of us spreading his love, in all we do. My challenge to you, is to open yourself up to something new - all the opportunities that present themselves here on our campus and beyond - be an usher, serve on altar guild, learn to be a techie during Sunday worship, join us when we have our monthly day at the food closet (or even volunteer on your own), join our multi-generational activities (like the outdoor paint pour night in July), spread your wings - try something new - wherever you feel a passion to do so. Let's all be "Stewards of God's Love" in our community and see where we can grow.

Lastly, I'd like to encourage you to talk to us. We are a family - the Advent Family. We, your council, are here to make sure we are moving in the appropriate direction - as 'Stewards of God's Love.' If you have a concern, a compliment, a thought - please reach out to us (individually or as a group) by phone, email or whatever way you're

most comfortable and share with us. To keep a family strong - communication is the key...

Blessings to All

Karyl



ADVENT'S MISSION:
Through God's grace,
we gather, worship,
grow, and care



PASTOR'S ARTICLE

(CONTINUED FROM PAGE 1)

July, our worship services will focus on the **mental** dimension of wellness. Through Scripture lessons, sermons, hymns, and prayers, we will address the mental-health challenges that are part of the human condition and from which we seek recovery and healing.

Whether we are still young or of a more advanced age, the pandemic has added to the mental challenges we are experiencing. Among younger people, anxiety has skyrocketed to unprecedented levels. Among older adults, isolation has been taking a toll. In result, most everyone among us knows folks who are struggling with eating disorders, anxiety, depression, bipolar disorder, ADHD, OCD, or dementia.

My hope is that our worship focus on mental wellness will help normalize the way we interact with people who live with mental health challenges. Once it becomes as normal

for us to talk about anxiety as about asthma, we will be able to better support one another.

There is a lot that people of faith can do to overcome the secrecy and the stigma that still surrounds mental illness. There is a lot that faith communities can do to accompany one another during life's many emotional and mental challenges.

I, therefore, invite you to not only attend our worship services, but to also warmly invite your family members and friends to them. You might also want to join us for a post-worship sermon conversation in the Advent Fellowship Hall on July 16.

Pastor Gabi



**JULY =
MENTAL WELLNESS
MONTH**



WAYS TO WELLNESS

"I don't hear very well, I'll probably have to ask you to repeat some things." Jim said.

Ernie and I were having lunch with a friend we have known since high school but hadn't seen for awhile.

As he continued, I flashed back to two years ago, before I had hearing aids, and how often I had said the very same things. I knew I had to say something to Jim.

I told him about how much my life had improved after my doctor visit that led me to getting hearing aids- no more unheard conversations, no more misunderstanding what people were saying, no more asking for clerks, people on the telephone, family, friends, and especially Ernie to repeat things over and over. No more pretending that I knew what was being said on the TV, and no more worrying if I should stay home from some events because I just couldn't hear well enough.

Then I shared with Jim what Carl Hoppman had told us about the connection between lack of hearing and brain health. How researchers at Johns Hopkins did a study and found that those with mild hearing loss were twice as likely to get dementia; and those with severe loss, were five times more likely.

And I wasn't surprised when his rationalizations began, because I had told others the same things he started to tell me.

"It isn't that bad," he said. I told him that if others are commenting on his lack of hearing, he needs to believe them and understand that it's probably worse than he realizes. Mine sure was; my hearing test showed I was successfully hearing only 60 percent of what was said.

"I know someone with hearing aids, and he

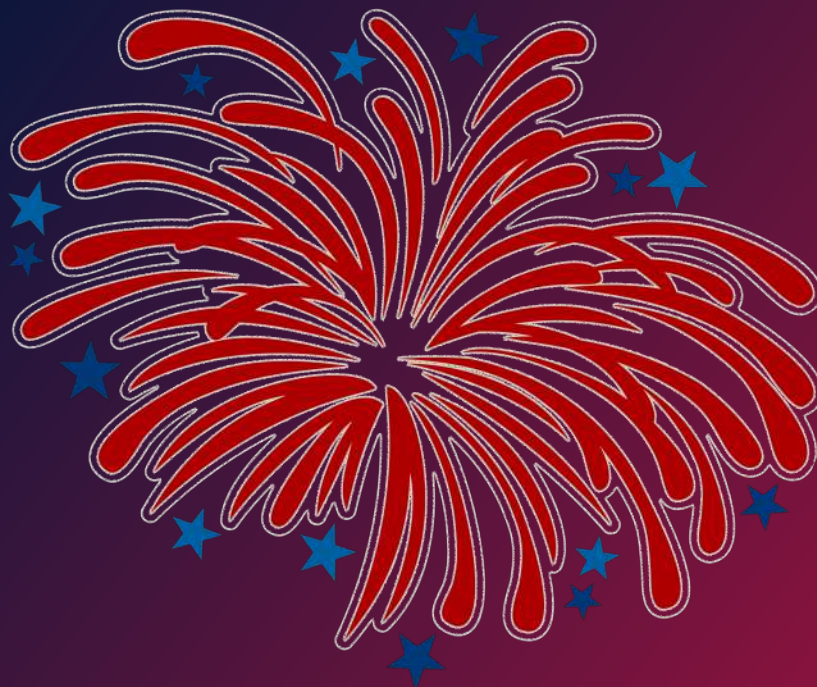
by Debbie Leporini

doesn't like them," he added. I reminded Jim of my journey and how technology has made hearing aids so much better. Mine are fine-tuned exactly to my hearing profile. If I want to, I can even control them with my iPhone. And today's hearing aids are way more affordable. I was pleasantly surprised that mine cost about a third of what I expected! I also let him know that I understood it was a lot to take in. It's best to start with a doctor's visit. Sometimes you might not need hearing aids. The answer could be as easy as removing excess wax buildup.



So I am telling my story to share how regaining my hearing has allowed me to continue to flourish. Now I can hear my grandchildren, my husband, church sermons, the television and my phone. Before, my brain had to work so hard to fill in the blanks. It was frustrating and embarrassing to know that I was still misunderstanding what was being said.

I care about our friend Jim, and want him to thrive. As we left, Jim joked that maybe sometimes it's good that he can't hear his wife tell him things to do, but I know behind that joke, he has concern. If you or someone you know is experiencing hearing loss, please don't wait to get it checked out.





HART SPAGHETTI FEST

by Barbara Olson



Each year Citrus Heights HART hosts the Spaghetti Fest, an important foundation for our fundraising efforts. As an all-volunteer organization, the majority of all our funding goes directly to our programs.

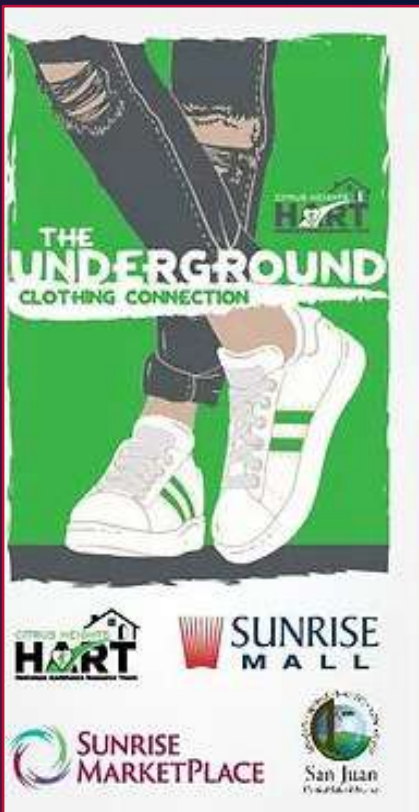
Citrus Heights Homeless Assistance Resource Team (HART) was established in 2016 to help mitigate the challenges facing our local residents at risk of homelessness. Since these are local issues we depend on generous donations of churches, individuals, businesses as well as government and private grants.

Your donation is tax deductible as Citrus Heights HART is a 501c3 organization (tax ID: 81-2056349). The Spaghetti Fest 2023 is scheduled for October 20 at the Citrus Heights Community Center. We have been asking all local churches to begin thinking about how they can help support our fundraiser this year.

Here are the ways you can make this fundraiser a success:

- Purchase a table (8 seats: \$200) and invite friends to come with you.
- Donate a raffle prize of \$50-\$75 or a Silent Auction prize \$75-\$200.
- Provide a dessert for the Dessert Auction

If you have questions please call Barbara Olson at 916-765-3147 or Lanny Johanek at 916-834-8814



** Any checks for this cause, should be made payable to: **Citrus Heights HART**

WAYS TO MEALS
WAYS TO MEALS
WAYS TO MEALS
WAYS TO MEALS
WAYS TO MEALS
WAYS TO MEALS

ADVENT AT THE FOOD CLOSET
3rd THURSDAY OF THE MONTH

SUNRISE CHRISTIAN
FOOD MINISTRY

ADVENT WORSHIP VOLUNTEERS

DATE	JULY 2	JULY 9	JULY 16	JULY 23	JULY 30
GREETER	Tom & Cornelia Chancellor	<i>Available</i>	Dorothy Michaelis	Maggie Ciak	Lesslie Scheurer
PASTOR	Pastor Gabi	Pastor Gabi	Pastor Gabi	Pastor Gabi	Pastor Gabi
ASSISTING MINISTER	Pat Johnson	Melanie Chancellor	Darrell Broadus	Luke Patterson	Pat Johnson
LECTOR	Tolman Family	Troy Malaspino	Cheryl & Ron Adams	Beth Mora	Richard Robinson
COMMUNION ASSISTANT	Altar Guild Members				
ALTAR FLOWERS	Kris & Terry Heath	<i>Available</i>	Sally Smith	Maggie Ciak	<i>Available</i>
AV TECH	Nolana Daoust	David Wammer	Joyce Montag	Troy Malaspino	Bruce Hansen
LIVESTREAM TECH	Kumar Dasari				
USHER TEAM	*Richard Robinson, Joel Blaylock, Tom Chancellor, Troy Malaspino				
ALTAR GUILD	Team D: *Dorothy Michaelis, Lois Sellers, Leslie Scheurer				

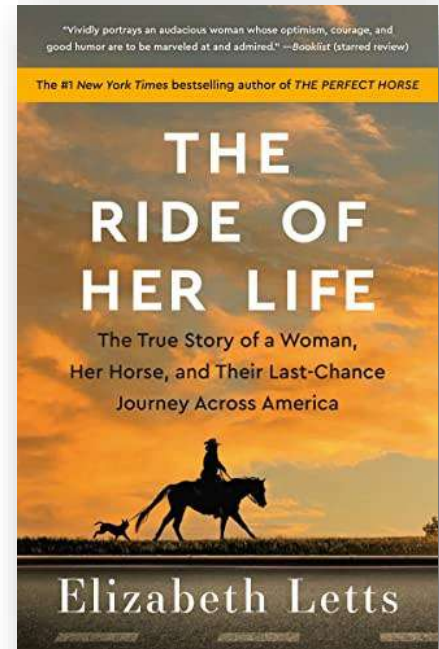
Our book club meets monthly on the
3rd Monday of the month at 7pm. July's book is:

"THE RIDE OF HER LIFE"

by Elizabeth Letts

The triumphant true story of a woman who rode her horse across America in the 1950s, fulfilling her dying wish to see the Pacific Ocean, from the

Save the Date!
Monday, July 17 at 7pm



BIRTHDAYS & ANNIVERSARIES JULY

BIRTHDAYS

Tony Bubba	2	Kris Heath	23
Jennifer Tolman	3	Amy Gariano	24
Carolyn Brian	4	Kalani Presto	24
Josh Tolman	6	Rebecca Williams	25
Dorothy Michaelis	14	Jenny Stern	27
Jenn Wead	16	Britta Peterson	27
Erick Ammons	18		

ANNIVERSARIES

Jon & Laura Schedler 13



Leslie, Leslie's friend Gina,
Ron & Joan's friend Delores
Ron, Joan, Cornelia, and Debbie





For the Love of Our Pets
We Give Thanks, O Lord!

Celebrating all of
God's
Beloved Creatures



REMEMBRANCE
OF RECENTLY DECEASED PETS





**FUN OUTING TO THE
CALIFORNIA AEROSPACE
MUSEUM ON JUNE 23**
14
16 people showed up





AEROSPACE MUSEUM OF CALIFORNIA



ADVENT CAMPOUT AUGUST 17 - 20, 2023

WILLIAM KENT CAMPGROUND LAKE TAHOE



PRAYER CONCERNS INTERCESSIONS & THANKSGIVINGS

DEATHS

The family of Vicki Pleau (a dear friend of Suzane and Bob Henderson for forty years), who died of an aneurysm on Wednesday while flying with her husband to Hawaii. Let us join Suzane and Bob in their prayers for Vicki's husband, Steve, and the rest of Vicki's family

The family and friends of Gail Presto, mother-in-law of Jody Presto, who and all who loved her and miss her. Please pray for Gail's large and loving family, that they find peace in the conviction that Gail has returned into the arms of the God who created her and filled her with his Spirit. The memorial service will be on Saturday, July 29, 2023 at Advent Lutheran Church at 11am

ACUTE PRAYER CONCERNS IN THE ADVENT COMMUNITY

Monte Clouston, Diane Peterson's brother. came thru his ablation with flying colors this time. He is feeling better. He will now be on chemo to fight the amyloidosis, but now it is down to one thing at a time. Please continue to pray that this treatment will prolong his time on earth enough to enjoy life

Terry Heath, who continues to see more specialists for his neurological problems. Let us pray for Kris and Terry to find rest amid their repeated medical appointments

Kathy Johnson, who is struggling with multiple neck and shoulder issues and won't be able to meet with an orthopedic surgeon until early July

Herb Lindner, prayers that for a strong heart and healthy breathing

Sue and Dave Reyes, sister and brother-in-law of Karen Franz. Prayers for healing of Sue's fractured spine, and success of the chemo for Dave who has recurring cancer

ONGOING PRAYER CONCERNS

Rod Sorenson, Karen Sorenson's brother-in-law, has decided to discontinue treatments for cancer. Pray that he has little pain as he lives out his life

Tom Werth, for good cardiac health

Please notify the church office to add or remove your prayer request. Thank you.

E-mail: advent1@adventcitrusheights.org



MOUNT CROSS CAMP



JULY 25-30, 2023



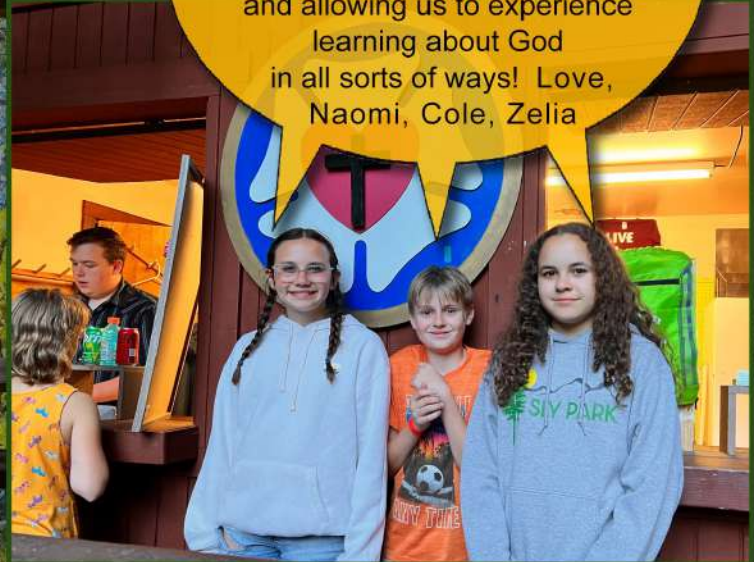




BEN LOMOND, CA



Thank you so much for helping to send us confirmands to Mt. Cross. We had a blast and had so much fun. We made many good memories. Thank you for gifting us the trip and allowing us to experience learning about God in all sorts of ways! Love, Naomi, Cole, Zelia

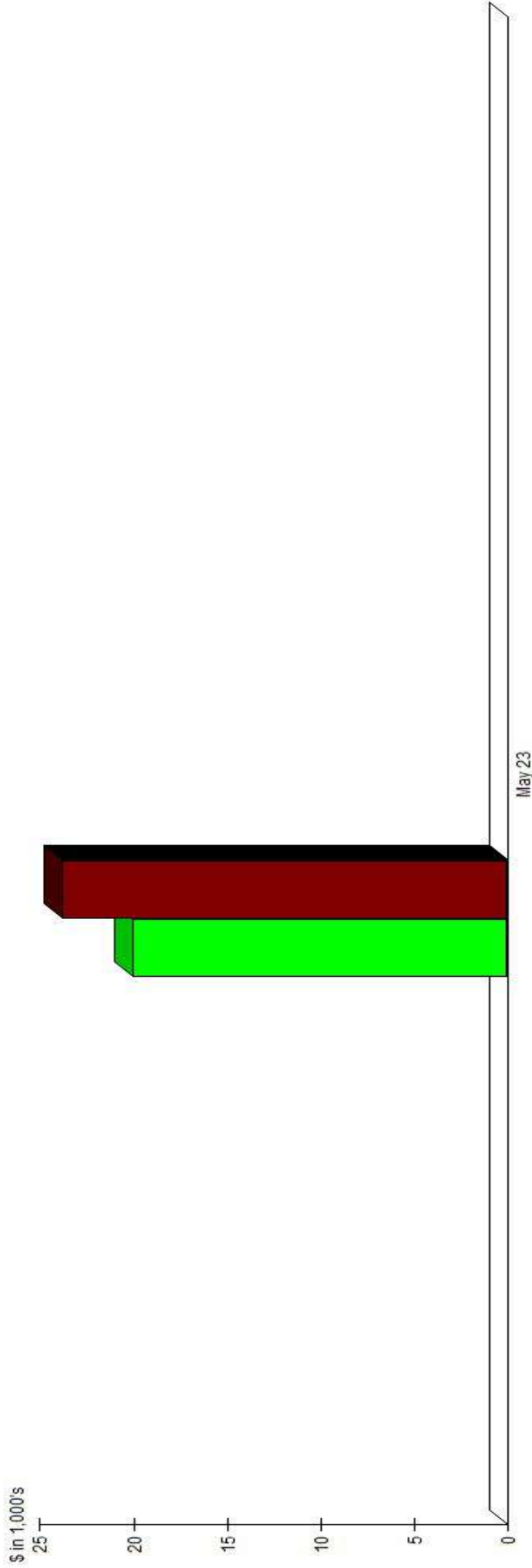




CHURCH CALENDAR JULY 2023

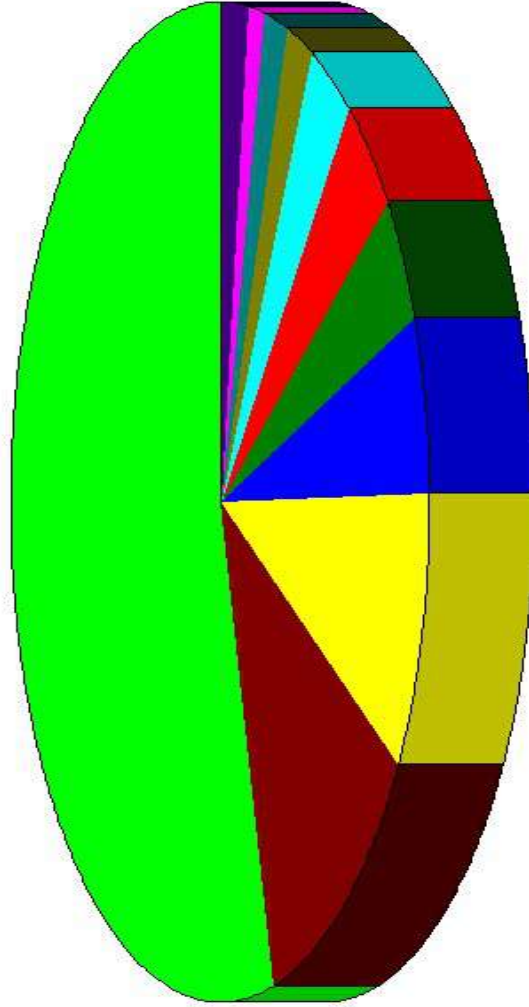
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 9:30am Worship Service with Holy Communion 2:00pm Girl Scouts @ Fellowship Hall 6:00pm AA Meeting - HOW Meeting	3 9:30am Offering Counters 6:00pm AA Meeting	4 Independence Day HOLIDAY- OFFICE CLOSED 12:00pm AA Meeting - One Day at a Time	5 10:00am AA Meeting - Sierra Wednesday Group	6 3:30pm Praise Band Rehearsal 5:30pm - 9:00pm Knitter's Guild @ Fellowship Hall	7 1:00pm Ways of Wellness Committee	8 8:30am Stern-Johnson Bike Club 9:00am Praise Band Rehearsal
9 9:30am Worship Service with Holy Communion 2:00pm Girl Scouts @ Fellowship Hall 6:00pm AA Meeting - HOW Meeting	10 9:30am Offering Counters 11:00am Bunco Babes 6:00pm AA Meeting	11 9:00am Tuesday Crew 9:30am Worship Planning Meeting 12:00pm AA Meeting - One Day at a Time 1:30pm Social Knitters 3:30pm Finance Committee Meeting 5:00pm Executive Committee Meeting 7:00pm Christian Education/Youth Meeting	12 10:00am AA Meeting - Sierra Wednesday Group	13 10:00am Women's Bible Study 3:30pm Praise Band Rehearsal 5:30pm Worship+Music Committee Meeting 6:30pm Church Council Meeting	14 6:30pm - 8:30pm Acrylic Paint Pour Night @ Advent Lutheran Church	15 6:00pm Mexican Train Dominoes
16 9:30am Worship Service with Holy Communion 10:45am LET's TALK - Monthly Sermon Q & A 2:00pm Girl Scouts @ Fellowship Hall 6:00pm AA Meeting - HOW Meeting	17 9:30am Offering Counters 6:00pm AA Meeting 7:00pm Zoom Book Club	18 9:00am Tuesday Crew 9:30am Worship Planning Meeting 12:00pm AA Meeting - One Day at a Time 1:30pm Social Knitters	19 10:00am AA Meeting - Sierra Wednesday Group	20 9:00am - 1:00pm Advent @ the Food Closet 3:30pm Praise Band Rehearsal 5:30pm Endowment Fund Committee Meeting 7:00pm Park Oaks Neighborhood Association Meeting	21	22 8:30am Stern-Johnson Bike Club
23 Summer Choir Practice @ 8:30 sing at 9:30am 9:30am Worship Service with Holy Communion 2:00pm Girl Scouts @ Fellowship Hall 6:00pm AA Meeting - HOW Meeting	24 9:30am Offering Counters 10:00am Serve Lunch @ St John's Program for Real Change 6:00pm AA Meeting	25 9:00am Tuesday Crew 9:30am Worship Planning Meeting 12:00pm AA Meeting - One Day at a Time 1:30pm Social Knitters	26 10:00am AA Meeting - Sierra Wednesday Group	27	28	29 11:00am Celebration of the Life of Gail Presto
30 9:30am Worship Service with Holy Communion 10:45am - 11:45am Mental Health Worship Services in Review 2:00pm Girl Scouts @ Fellowship Hall 6:00pm AA Meeting - HOW Meeting	31 9:30am Offering Counters 6:00pm AA Meeting					

Income and Expense by Month
May 2023



23

Expense Summary
May 2023



TREATURER'S REPORT: MAY 2023

CAN YOU DO SUDOKU?

Sudoku #1352 (Easy)

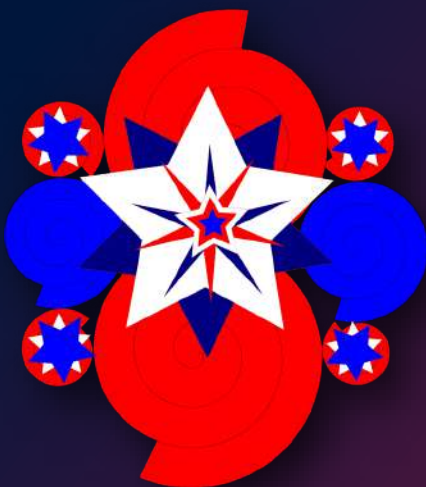
	8	7	5			3	1	
	1	9						5
							8	
9		4				7		
2		3		7	4	9		
			3		9			
							5	3
				5	2	4		7
						8		



The Liberty Bell in Philadelphia is tapped 13 times every July 4th in honor of the original 13 colonies. ...

John Adams and Thomas Jefferson both died on July 4, 1826.

Calvin Coolidge is the only president that was born on the 4th of July.



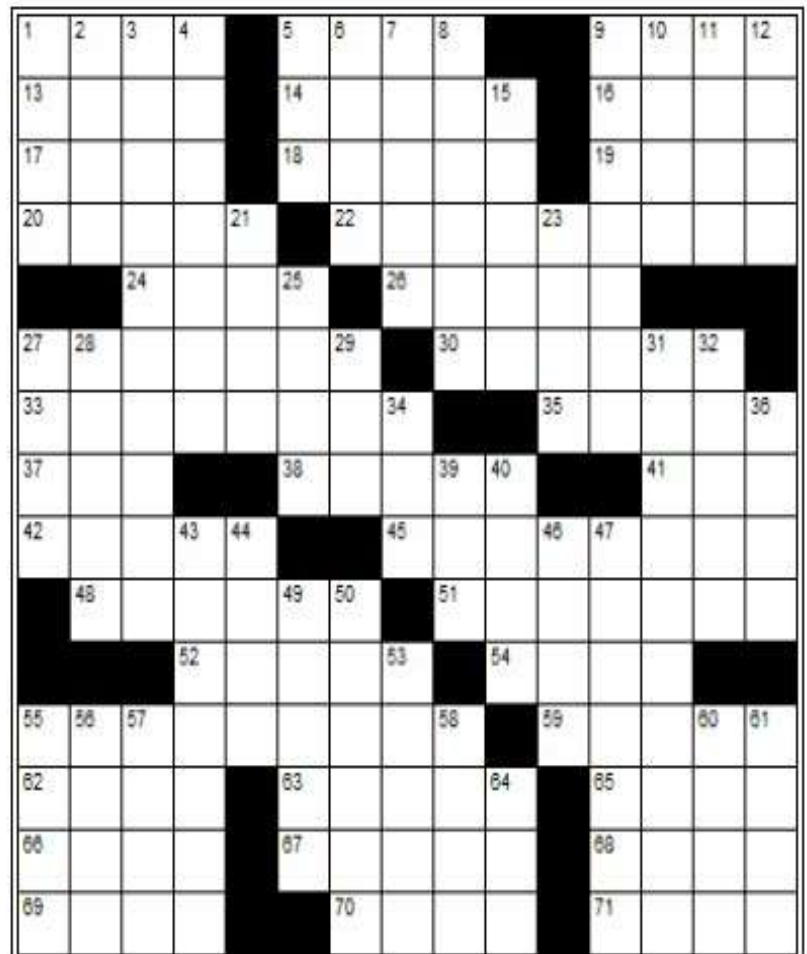
Sudoku #1351 (Hard)

		8			9		6	
	3	6	4			7		5
	7					8	4	
2	9				7	3	5	
	6							
8				2				
				6	4		3	
	2				3			6
				8				

CROSSWORD PUZZLE

ACROSS

1. Pinnacle
5. Finger jewelry
9. Dugout shelter
13. Tibia
14. Agitated
16. Scheme
17. Bagpiper's wear
18. Force open
19. Stone
20. Divided
22. Small European grebes
24. Computer symbol
26. Old Persian coin
27. Unbeatable foe
30. Fire
33. Go too far
35. Coral reef
37. Animal doctor
38. Not fresh
41. Modern
42. Bless with oil



DOWN

- | | | |
|------------------------------|--------------------------------|-----------------------|
| 1. Inquires | 21. Throw | 44. Behold, in old Ro |
| 2. A small fragment | 23. Hello | 46. Reflected sound |
| 3. 10 to the centimeter | 25. Pesky insects | 47. Light sleep |
| 4. Siren | 27. Exploded star | 49. Sea eagles |
| 5. British rule in India | 28. Occurrence | 50. Clandestine |
| 6. Footnote note | 29. Band performance | 53. Fatigued |
| 7. Wanderer | 31. Soft spot of a baby's head | 55. Implored |
| 8. It steers a rocket engine | 32. Fugitive | 56. Big laugh |
| 9. Peach-like fruit | 34. Cushion | 57. Beige |
| 10. Alliance | 36. Prospector's find | 58. Cease |
| 11. Torture device | 39. Top | 60. Incite |
| 12. Writing fluids | 40. Nights before | 61. Barley beards |
| 15. Elastic fabric | 43. Durable | 64. Be in debt |

ANSWER KEYS

A	C	M	E		R	I	N	G		A	B	R	I	
S	H	I	N		A	B	O	I	L		P	L	A	N
K	I	L	T		J	I	M	M	Y		R	O	C	K
S	P	L	I	T		D	A	B	C	H	I	C	K	S
		I	C	O	N		D	A	R	I	C			
N	E	M	E	S	I	S		L	A	Y	O	F	F	
O	V	E	R	S	T	E	P			A	T	O	L	L
V	E	T			S	T	A	L	E			N	E	O
A	N	E	L	E			D	I	V	E	S	T	E	D
	T	R	A	C	E	S		D	E	C	L	A	R	E
			S	C	R	E	W		S	H	U	N		
P	R	E	T	E	N	C	E	S		O	M	E	G	A
L	O	C	I		E	R	A	T	O		B	L	O	W
E	A	R	N		S	E	R	O	W		E	L	A	N
D	R	U	G			T	Y	P	E		R	E	D	S



ANSWER KEYS

Sudoku #1351 (Hard)

4	5	8	2	7	9	1	6	3
9	3	6	4	1	8	7	2	5
1	7	2	5	3	6	8	4	9
2	9	1	6	4	7	3	5	8
3	6	7	8	9	5	4	1	2
8	4	5	3	2	1	6	9	7
5	8	9	7	6	4	2	3	1
7	2	4	1	5	3	9	8	6
6	1	3	9	8	2	5	7	4



Sudoku #1352 (Easy)

4	8	7	5	2	6	3	1	9
6	1	9	4	8	3	2	7	5
3	2	5	7	9	1	6	8	4
9	6	4	2	1	5	7	3	8
2	5	3	8	7	4	9	6	1
1	7	8	3	6	9	5	4	2
7	9	2	6	4	8	1	5	3
8	3	6	1	5	2	4	9	7
5	4	1	9	3	7	8	2	6





ADVENT LUTHERAN CHURCH

5901 SAN JUAN AVENUE
CITRUS HEIGHTS, CA 95628

WWW.ADVENTCITRUSHEIGHTS.ORG WWW.FACEBOOK.COM/ADVENTCITRUSHEIGHTS 916.966.7242

GIVEPLUS⁺

Please also do not forget to send in your offerings or sign up for GIVE PLUS+, a service of VANCO, Advent's online giving service provider. A new GIVE PLUS MOBILE app for both iPhone and other smart phones allow you to donate from your mobile device. The app is available on the Apple App Store or From Google Play. NOW, for your convenience, 'Online Giving' link is LIVE on Advent's website,
in the upper right corner:



Online Giving