

good news!

Augustana
LUTHERAN CHURCH

the
Tower



February 2012
Vol. 36 • No. 2

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As early as the mid-fourth century, Christians have observed a time of preparation before the Easter celebration. The Lenten season begins on Ash Wednesday and lasts for 40 days. The forty days of Lent recall the 40 day fast of Jesus in the wilderness after his baptism (Matthew 4:2, Luke 4:1–2) and Moses’ 40 day fast on Mount Sinai (Exodus 34:28). It is a time of simplicity and preparation. Read on for opportunities for worship, service, and Bible study at Augustana during Lent.

Ash Wednesday Worship

**February 22
11 a.m. and 7 p.m.**

Sanctuary

Ash Wednesday

Augustana invites you to Ash Wednesday worship with Holy Communion and imposition of ashes, Wednesday, February 22, 11 a.m. and 7 p.m., in Augustana’s Sanctuary.

Following 11 a.m. Ash Wednesday worship, a light lunch will be offered in Fellowship Hall. All are welcome. Reservations are required to Augustana’s office (303-388-4678) by Monday, February 20.

Ash Wednesday/Lent continued on page 3

Augustana

LUTHERAN CHURCH



**Evangelical Lutheran
Church in America**
God's work. Our hands.

PHONE: 303-388-4678
FAX: 303-388-1338

E-MAIL: info@augustanadenver.org
WEB: www.augustanadenver.org

Worship/Learning

- 8 a.m. **Worship**
- 9:15 a.m. **Congregational Learning**
September–May
- 10:30 a.m. **Worship**
- Noon Prayers** -
Christ Chapel
Tuesday–Friday

The Tower

The Tower is published monthly for Augustana Lutheran Church, 5000 E. Alameda Ave., Denver CO, 80246-8104. There is no subscription fee.

Thursday, February 16, 4:30 p.m. is the deadline for the March edition. (See article guidelines at www.augustanadenver.org.) Include your name and phone number, and mail written articles to the address above or e-mail them to: goodrum@augustanadenver.org.

Contact Augustana

- when your address, phone, or family information changes;
- when a member of your family is in the hospital;
- when you'd like to schedule or cancel a meeting;
- when you have a joy to share or a prayer concern, or feel the church can assist you in any way.

Congregation Council

President, **Dwight Stenseth**
Vice President, **Jerry Sanders**
Secretary, **Nina Forgo**
Treasurer, **Janet Egan**
Kari Degerness
Sonja Engebretson
Jim Gustad
John Harwell
Howard Jacobsen
Kim Kouba
Bert Lager
Grant Lutz
Julie MacDougall
John Pederson
Katelyn Schneider/Becka Black
Julie Shellhorn

Mission Statement

Guided by the Holy Spirit we gather in Christian community, reach out and invite, offer hope and healing in Jesus Christ, and walk humbly with God.

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- Andrija Malbasa, Enver Kasim**
Custodians
- Kim Kouba, Cindy Maxwell**
Wedding Coordinators
- Susan Davis**..... 303-388-7012
Early Learning Center Director
davis@augustanadenver.org

Recently lifted up in prayer...

for hope and healing:

- Kay Bengston, Don Carlstrom, Alan Cunniff, Randa Degerness, Joann and Don Dickson, Joni Hopkins, LaVonne Huthansel, Betty Lea, Shane MacDougall, Kathie Mathis, Liv Rasva, Kristin Rehkow, Ed Vikman

for comfort and courage:

- Lee Reinhart in the death of his sister, Clare Chase
- Sheryl Stenseth in the death of her aunt, Lorraine Gunlickson
- The family of Betty Harper in her death
- Jerry States and family in the death of his wife, Maxine States
- Jeff Towery in the death of his aunt, Kay Del Christoperson
- Nicole Harwell in the death of her father, George Sterling Parsons
- The family of John Gunderson in his death
- Dolly Lager in the death of her mother, Jenot Mills
- Maria Brotherston in the death of her grandmother, Mireya Urzola
- Merlin Nimrod in the death of his daughter, Michele Nimrod

Rejoice with...

- Elise Virginia, daughter of Delvon and Meghan Nemechek, in her baptism
- Nathan Enrique, son of Mark and Karen Sherman, in his baptism
- Duane Gall who was recognized by USA Table Tennis as the National Volunteer Coach of the Year. Duane is a certified International Table Tennis Federation (ITTF) Level 1 Coach and has been coaching in the metro area at Hiawatha Davis, Malley, and Eisenhower Recreation Centers, Wheatridge Middle School, and the Zing Table Tennis Club in downtown Denver.

Thank you for the gifts!

Next 40 Years Fund

- in memory of Phil and Dorothy Campbell, Elmer and Eva Wrasse

Outreach

- in memory of Papa Nick

Special Gifts

- in memory of Esther Bieber



Tuesday Morning Lenten Series

Beginning Tuesday, February 28, **Malise de Bree** will lead a six-week Lenten series on meditative prayer. *Sanctuary of the Soul*, a book recently written by Richard Foster, will be our primary source for discussion. We will also discuss and quietly reflect upon select psalms and writings by some classical Christian spiritual writers. Our hope will be to nurture and deepen our friendship with Jesus. Because this is a small group, class size is limited. Please call Augustana's office (303-388-4678) to reserve a place and to indicate if you would like for us to order the book for you.

Ash Wednesday Pancake Supper

Come to the pancake supper Ash Wednesday, February 22, 5:30–7 p.m. in Fellowship Hall, featuring hot pancakes, syrup, and orange juice, coffee or tea. Cost is \$5 per adult; \$20 per family, payable at the door.

Net proceeds will go to **Metro CareRing**, a Denver agency which assists needy families with food and counseling. Augustana's group of Thrivent Financial for Lutherans will serve the supper and supplement ½ of the proceeds up to \$1,000.

Reservations are required. Sign-up on the form below and place it in the offering plate, or call Augustana's office at 303-388-4678. Questions? Call **Katherine Cruson** (303-696-7430).

Yes, I/we will attend the Pancake Supper, on Ash Wednesday, February 22!

Name _____

Phone or e-mail _____

Number of adults \$5 per adult _____

Number in family \$20 per family _____

PEAS for the World Lenten Food Drive

Augustana is pleased to continue its annual tradition of helping stock the shelves of **Metro CareRing** during the PEAS for the World Lenten Food Drive! Although Augustana's people generously donate non-perishable food items for Metro CareRing throughout the year, special emphasis on caring for our community's hungry is encouraged during Lent—almsgiving for the poor being one of the three classic disciplines in this season. Please use the enclosed shopping list to purchase items for Metro CareRing throughout Lent as you grocery shop in the weeks leading up to Easter.



Donate. Volunteer. Advocate.

Metro CareRing provides services that their clients continue to need—nutritious food, ID documents, work-supportive services, utility assistance, tokens for the bus, and more. Your support through donations during the coming Lenten season is critical to Metro CareRing's operations, but there are many ways to support Metro CareRing and the hungry in our community. Donate. Volunteer. Advocate. Check out Metro CareRing's website (www.metrocarering.org) for information on how to get involved in advocating for solutions to hunger.

Drop off your food donations in boxes in the Narthex or Fellowship Hall. Please double your paper bags or use a single paper bag with a plastic bag. Thank you!

PEAS for the World shopping list for Metro CareRing

- 2 pounds of rice
- 2 pounds of pinto beans
- 2 cans of tuna fish in water
- 2 boxes of mac & cheese
- 2 cans of a hardy soup
- 3 cans of fruit in light syrup
- 2 cans of vegetables
- 1 can of diced tomatoes
- whole wheat pasta
- pasta sauce
- oatmeal and cereal
- peanut butter
- powdered or canned milk
- bar soap
- sanitary napkins
- diapers (small, medium, or large)

“Thanks, Augustana!”

I would like to thank everyone who sent me greeting cards and for the beautiful flowers from the altar. Thanks, Sheryl, for the Prayer Shawl and Malise for their visits. I'm home now and hopefully will be able to come back to worship soon.

Bless you all,
Irene Jones

Thanks for the visits and prayers from Pastor Bengston and Sheryl Stenseth and for the flowers and prayer shawl given to me. God bless you all!

Sincerely,
Keith Long

Thank you to those who came a-caroling to Oakhurst Towers on the freezing night of December 20 to sing to Palmer [Attleson] and me. What a wonderful, uplifting feeling you gave us.

Charlotte Mitchell

Thanks to all who came caroling. It was a very timely visit that lifted my spirits. My heartfelt thanks to you. It was great.

Robert Olson

We want to express our thanks to the Augustana Christmas caroling group that visited us. It was a special blessing for us. Again, thank you for coming.

Paul and Wally Thomsen

Thanks to Malise de Bree for bringing her carolers to Windsor Gardens—singing and sharing the wonderful news! Wonderful!

Lloyd and Marge Tokheim

I would like to thank those who have brought cookies and have helped serve for funeral receptions this past year. A special thank you goes out to my committee for always being there when called upon to serve.

Farrel Vikman
Chairperson, Funeral Receptions

Special thanks to Augustana for the group that came and sang Christmas carols. I appreciate Augustana's thoughtfulness to me.

Kay Wolfe

Dear John and friends of Augustana Lutheran Church, Thank you for your financial contributions to Metro CareRing! ... We truly appreciate your support. On behalf of all those we serve, Metro CareRing extends our deepest gratitude for your generous contribution. Thanks, John and friends, for your faithfulness and tangible care of those most in need.

Sincerely,
Lynne Butler
Executive Director

Dear Pastor Pederson,
We wish to thank you and your congregation for making Augustana Lutheran Church available for the Bright Stars of Bethlehem Advent service Sunday evening, December 4. The service of readings and carols was extra special because of the beautiful setting and combined choirs, a sound worthy of God's glory.

We hope our Lutheran choirs can be in performances together again next year.

Thank you and those in your congregation who assisted with the program and arrangements.

In Christ,
Our Savior's Lutheran Church Choir

Financial Statement for December 2011

	December 2011	December 2011	December 2010	YTD 2011	YTD 2011	YTD 2010
	Budget	Actual	Actual	Budget	Actual	Actual
All Income	\$137,380.06	\$ 118,924.79	\$ 128,352.06	\$ 990,897.00	\$ 922,414.41	\$ 938,848.09
All Expenditures	89,408.65	101,951.44	99,907.10	990,897.02	968,757.50	949,199.05
Net Income (Loss)	\$ 47,971.41	\$ 16,973.35	\$ 28,444.96	\$ (.02)	\$ (43,343.09)	\$ (10,350.96)



Rev. Bob Kuehner and Judy Lounsberry welcome Laura and Cary Mathis who delivered Angel Tree gifts from Augustana to Lutheran Family Services.

Dear Lutheran Family Services Angel Tree Elves: Thank you to all of you who coordinated the Angel Tree Project for your church, business, family or organization. Without volunteers like you, LFS could never hope to provide these gifts for our clients. You helped to bring smiles to many faces and joy to many hearts.

This year was a banner year in which over 1800 gifts and gift cards were shared with over 600 refugee families, foster children, seniors, and pregnancy clients. The value of these items is figured at \$25 per gift which amounts to over \$45,000 worth of items. Although you don't get to see how grateful our clients are or how much they appreciate your thoughtfulness, I would like to share with you a couple of notes I received. One of our senior clients wrote: "We will have fun next week at the knit shop and having lunch together using the gift card. Being a senior looks rather good—I had no idea how well we were being thought of and cared for. God's blessings have been raining down on me. Thank you and God Bless You."

And a foster mom wrote: "I have two teen foster boys and both were smiling from ear to ear. One of my teens hasn't had a successful, loving Christmas in five years due to his own personal struggles and memories. This year he broke the cycle and celebrated the love of Christmas and Christ. It's a memory he will carry with him forever. Thanks for being part of it." Thanks for being part of it!

Judy Lounsberry
Lutheran Family Services, Church Relations

Augustana gave over 125 Angel Tree gifts for clients of Lutheran Family Services!
Thanks!

Dear Members of Augustana Lutheran,
The All Saints Day Pancake Breakfast was a great success due to your generosity! We are so thankful for your partnership in ministry! We couldn't do it without you.
Peace,
Krista and Urban Servant Corps Volunteers

Augustana Foundation

Thanks to the Augustana Foundation, Elise Virginia Nemechek received a MissionFuture4KIDS investment gift in honor of her baptism.

Congregation Council

Congregational Meeting

Sunday, February 26, noon, Fellowship Hall

A Congregational Meeting is scheduled for Sunday, February 26, noon, in Fellowship Hall. The purpose of the meeting is to receive 2011 year-end reports, recognize lay leaders who completed their elected terms, vote on constitutional amendments, and address any other business that comes before the assembly.

Constitutional amendments were mailed for your consideration in the January edition of *The Tower*. Additional copies are also available from Augustana's website, www.augustanadenver.org, or from Augustana's office.

Lunch served prior to Congregational Meeting

Prior to the meeting, a light lunch will be prepared and served by Judy Nyquist and her associates. To help plan, please call Augustana's office (303-388-4678) with your reservation by Tuesday, February 21. A free-will offering will be taken to offset the cost.

2011 Annual Reports

Annual Report forms for 2011 are being sent to Augustana's staff, organizations, and committees; however, any Augustana group which seeks to serve Christ's mission at Augustana is welcome to submit a report. Sunday, February 12 is the deadline for turning in reports! Contact **Lyn Goodrum** (goodrum@augustanadenver.org or 303-388-4678 ext. 114).

Copies of the 2011 Annual Report will be available to the congregation by Sunday, February 19.

Pulpit



unplugged

“Faith—like most everything else in life—depends on the context.”

Gracia Grindahl often says that Christian education is in the business of creating memories. Its aim is not correct doctrine, moral behavior, pious practices or accurate predictions about the future. The God of childhood is wrapped in memories of friends, teachers, programs, Bible verses, and field trips to help others. Innocence does not last, of course, and the God of childhood must yield to more sophisticated constructions of adulthood. Adulthood honors ambiguity, contingency, fallibility, toleration and tentativeness. Some have views of God too brittle to make the transition. Others welcome growing up. In any event, faith seems to change with the circumstances of life. Another way to say it is that faith—like most everything else in life—depends on the context. As our purpose and aims change in life, so does what we recognize in God.

I sometimes tell people that in the Augustana community they will not find all people to be like-minded or just like themselves. They are likely to find someone, however, whose context and circumstance is similar enough to their own, to the end that their God will be recognizable as well. Those kinds of diverse memories make for a strong congregation, and in my view, it is one of the greatest things to celebrate about this Augustana community.

Pastor John R. Pederson
Senior Pastor

Phoebe Circle continues to meet the first Thursday of each month. Next meeting: Thursday, February 2, 9:30 a.m. Guests welcome; contact **Marianne Woodward** (303-322-8758).

Green Team

Keeping A Green Home

Maintaining a home that is Earth friendly can be a combination of conserving energy and being conscientious about the kinds of chemicals you use. You can find many alternatives to help reduce or eliminate the use of chemicals in cleaning supplies. There are also products available that help conserve energy, water, and reduce waste, which all save natural resources. An additional benefit to conservation is that it usually saves you money and is better for your health.

Choosing green cleaning solutions

Cleaning house requires you to arm yourself with bottles of cleaning solution and various gadgets to help you remove every last speck of dirt. But don't think you have to sacrifice a clean house to be more environmentally friendly. Clean and green aren't mutually exclusive. When you're shopping for environmentally friendly cleaning products, it is important to read the labels and to choose products with as many "natural" and understandable ingredients as possible. Green cleaning products should not contain ingredients such as chlorine, petroleum-based solvents, glycol ethers, or dyes. They should be biodegradable and nontoxic. Truly green cleaners are not tested on animals either. It just takes a little time and effort to find the best cleaning solutions that work for everyone and the environment.

Consider packaging when choosing cleaners

When choosing cleaners, choose one that is safe for everyone in the family, is safe for the environment, conserves natural resources, and—more important—ultimately gets the job done. When picking out cleansers for the home, try to avoid unnecessary dyes and fragrances, and stay away from extra packaging. Be careful with concentrates. Using a cleanser that comes in concentrated form does save on packaging by allowing consumers to dilute it at home, but take care to avoid exposing people and the environment to the highly concentrated ingredients.

People cleaned their houses long before all the fancy products hit the market and the commercials hit the airways. They used common ingredients, and—with a little knowledge and mixing—managed to get rid of dirt and dust. Here are a few of the more natural and less toxic cleaning ingredients: Vinegar, borax, lemon juice, olive oil, rubbing alcohol, and baking soda.

The Green Team

Augustana Presents! and Augustana Arts

Augustana Presents! and Augustana Arts offer two fabulous concerts in February. Not to miss!

Augustana!
Presents!
EVENTS FOR THE COMMUNITY TO DELIGHT AND INSPIRE



Concordia Choir

Augustana Lutheran Church is proud to host the Concordia Choir of Concordia College. On Saturday, February 25, 7 p.m., the Concordia Choir of Moorhead, Minnesota, under the direction of Dr. René Clausen, continues to affirm its reputation as one of America's finest a cappella choirs. Since 1920, the 72-voice choir has performed in nearly every major hall including Carnegie Hall and Kennedy Center as well as numerous European tours. This year's 2012 national tour of the Southwestern United States, spanning 15 days, begins in Denver at Augustana and concludes with San Francisco and Minneapolis. For tickets, visit Augustana's office, shop online at www.ConcordiaTickets.com, or call 1-800-838-3006.

AUGUSTANA *Arts*

A Gala Organ Recital!

James O'Donnell, Organist and Master of Choristers, of Westminster Abbey, London, plays at Augustana! Playing his way across the United States, Denver is one of the concert venues, and Augustana is the select church and organ venue! James O'Donnell is

internationally recognized as a conductor and organist. Since January 2011 he has been President of the Royal College of Organists. He has appeared in concert all over the world, including the United States, Japan, Australia, New Zealand, Canada, and throughout Europe.



James O'Donnell spent five years as Assistant Master of Music at Westminster Cathedral before being appointed Master of Music at the age of 26. His work over the next twelve years with the Cathedral Choir was highly acclaimed, and the choir won many accolades for

its recordings, including the Gramophone "Record of the Year" award in 1998. The Cathedral Choir was also awarded a Royal Philharmonic Society Award, the first choir to be so honored.

In January 2000 James O'Donnell took up his present appointment at Westminster Abbey, where he is responsible for the direction of the music both at the daily choral services and the many national occasions which take place there, including the Wedding of HRH Prince William with Miss Catherine Middleton in April 2011. He conducts The Choir of Westminster Abbey in its program of concerts, broadcasts, recordings and tours, which in recent years have included visits to the Far East, the United States, Australia, Denmark, Germany, and Spain.

This extraordinary opportunity to hear one of the world's leading organists is co-presented by Augustana Arts and the Denver Chapter of the American Guild of Organists. A reception immediately follows the afternoon performance, giving attendees a once-in-a-lifetime opportunity to meet Mr. O'Donnell. The organ recital is at Augustana on Sunday, February 19, 3 p.m.

Tickets may be purchased through the Augustana Arts website (www.augustanaarts.org) or at the door: \$20/Adults, \$15 /Seniors or Students, \$8/Children 5-12 years.

Beyond Augustana

Household items needed

Lutheran Family Services

(Refugee Resettlement)

continues to resettle refugees in the Denver Area. The refugees are people who fled their countries and have lived in camps. They are from Bhutan, Nepal, Burma, Somalia, Ethiopia, and Kenya. LFS finds and furnishes apartments for the refugees. They always need: furniture, silverware, kitchen utensils, plates, bowls, drinking glasses, and new pillows. Your large donated items will be carried out of your home for you. Please call Lutheran Refugee Services (303-980-5400) and ask for Chad in donations. You can also drop off items at 1600 Downing Street; the office is on the fourth floor.



Eat at California Pizza Kitchen and benefit Rainbow Trail

When you eat at **California Pizza Kitchen**, Tuesday, February 7, and show them the promotional flyer which you can pick up from Augustana's entrance tables, 20 percent of your check will be donated to Rainbow Trail Lutheran Camp. To see menu items and restaurant locations, visit www.cpk.com. You can also download the flyer from Rainbow Trail's website, www.rainbowtrail.org.

Turn the corner from charity to justice at Faith Advocacy Day!

Join others from many different faith communities and be encouraged to keep advocating on behalf of the poor and disenfranchised in Colorado! Our voices together are stronger than our individual voices.

**Monday, February 20, 9 a.m.– 2 p.m.
at the History Colorado Museum (1200 Broadway).**

Because it is a holiday, street parking is free that day.

Special guest speaker will be **Miguel de la Torre** from Iliff School of Theology. Hear the legislative priorities for Colorado Council of Churches, Colorado Interfaith Voices for Justice, Lutheran Advocacy Ministry - Colorado, and Jubilee Ministries. Learn how to engage more members of your faith community to participate.

Registration (\$25) includes lunch and is due by Wednesday, February 15. Register on-line at www.lam-co.org or mail registration to Lutheran Advocacy Ministry, 455 Sherman Street, Suite 160, Denver, CO 80203. Questions: **Brad Wood**, Lutheran Advocacy Ministry (bwood@rmselca.org or 303-777-6700).

Save the Date! Ten Thousand Villages to Host Oriental Rug Event at Augustana

Ten Thousand Villages, a nonprofit fair trade store, will host its second annual Oriental Rug Event at Augustana, May 16–19. Featuring a collection of over 300 heirloom-quality oriental rugs, proceeds from the event will support fairly paid adult artisans in Pakistan. The event also includes a free Introduction to Oriental Rugs Seminar on Thursday, May 17, 7–9 p.m., in the Anna Paulson Room. The seminar will cover the entire rug making process, from dyeing the wool to tying the fringes. For more information, please visit tenthousandvillages.com, or call Ten Thousand Villages in Denver (303-316-8773).

Prayers for Healing

Sunday, February 5, 8 a.m. and 10:30 a.m.

In his ministry, Jesus performed many different acts of healing. At his command, his disciples continued a ministry of healing which included the laying on of hands and anointing with oil. The Church continues these practices as part of its ministry in Christ. They express the Church's earnest intercession for those in need of healing and wholeness.

Each of us knows that in our lives there are broken places that need mending, empty places that need filling, hurting places that need forgiving and healing.

A special opportunity for prayers will be added to worship, Sunday, February 5. During Communion you will be invited to come forward for the laying on of hands and prayers for spirit, soul, and body wholeness. A special prayer and instructions will be available in the bulletin that day to guide you through these moments.

Pray for this dimension of Augustana's ministry that builds on an ancient tradition and timeless conviction that God visits us with healing love.



Julene Campbell (left) vacuums while Neila Frisch dusts Christ Chapel.

Volunteer Ministry

Sisters adopt Christ Chapel

Augustana is fortunate to have so many volunteers that help with worship every week, and we also have many volunteers who work behind the scenes. For example, did you know that sisters **Julene Campbell** and **Neila Frisch** clean Christ Chapel twice a year? They adopted Christ Chapel two years ago after reading an article in *The Tower* about adopting a corner of the building to keep clean. They felt called to make Christ Chapel their project, and now once before Christmas and once before Easter they sweep away all the cobwebs, make sure everything is dusted and properly vacuumed and put back in its proper place. Thank you, Julene and Neila, for making Christ Chapel so clean, fresh and ready for worship.

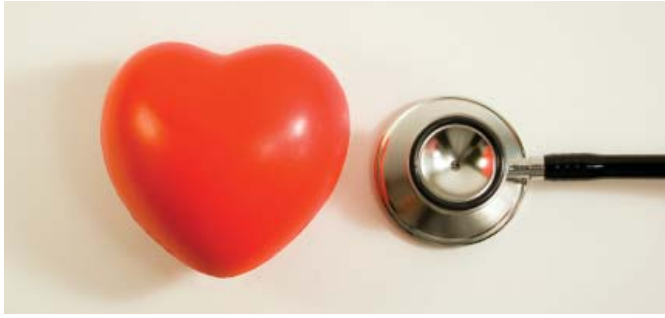
If you would like to take a small corner of Augustana's grounds or building and make it your special project, just call Augustana's office (303-388-4678), and we will help you any way we can.

Volunteer Ministry Committee

A new Volunteer Ministry Committee will be meeting the third Wednesday of every month at 4:30 p.m. in the Ammerman Library. **Sonja Engebretson, Dianne Nelson, Kelly McCartney and LeEtta Choi**, Administrator of Volunteer Ministry and Building Use, make up the committee. New members are always welcome! Contact LeEtta if you are interested (choi@augustanadenver.org or 303-388-4678).

Third Sunday coffee hosts change

Thank you to **Wendy Stalheim** and her coffee hosts committee for providing us with coffee and tea every third Sunday of the month for many years. Welcome **Mary van Vriesland** and **Diane Johnson Foley** for taking on the responsibility of the third Sunday Coffee Hosts.



Health Ministry

Women and Heart Disease

National “Wear Red” Day is celebrated on Friday, February 3, 2012—a day when Americans nationwide demonstrate support of women’s heart disease awareness by wearing red. The red dress, the national symbol for women’s heart health and heart disease prevention, was created in 2002 by The Heart Truth (sponsored by the National Heart, Lung and Blood Institute) as an urgent wakeup call about heart disease in our moms, aunts, sisters, wives, daughters, and friends.

When you hear the term “heart disease,” you may think, “That’s a man’s disease,” but—here’s the truth—one in four women in the United States dies of heart disease, while one in 30 dies of breast cancer. Twenty-three percent of women die within one year following a heart attack; and within six years of a heart attack, 46 percent of women are disabled with heart failure.

Coronary artery disease is the main form of heart disease and involves disorders of the blood vessels of the heart that can lead to a heart attack—an artery becomes blocked, preventing blood flow carrying oxygen and nutrients to the heart muscle. Other forms of heart disease include congestive heart failure or diseases of the heart valve.

While procedures such as bypass surgery and angioplasty can help blood flow to the heart more easily, they are not “cures” for heart disease. Once you get it, you’ll always have it. Many women die of complications from heart disease or become permanently disabled by it. That’s why it is vital to learn all you can to help the women in your life prevent and control this disease!

Ten Commandments for a Healthy Heart

1. Know your risk factors for heart disease.
2. Talk to your health care provider about your risk of heart disease.
3. Have your blood pressure checked regularly.
4. Know your cholesterol numbers. (These numbers include total cholesterol, HDL or “good”

cholesterol, LDL or “bad” cholesterol, and triglycerides.)

5. Have your blood sugar level checked for diabetes.
6. Do not smoke cigarettes or use other tobacco products.
7. Eat for your heart health.
8. Get regular physical activity. (At least 30 minutes of moderate physical activity on most days of the week.)
9. Aim for a healthy weight.
10. Know the signs and symptoms of a heart attack and the importance of seeking medical assistance immediately.

For more information go to:

www.nhlbi.nih.gov/education/hearttruth
www.americanheart.org

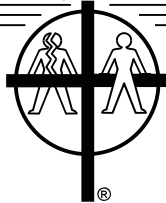
February 19 is Health Ministry Sunday!

Members of Augustana’s Health Ministry team will have information on heart disease for both men and women. Blood pressure screening will be offered.

Health and Wellness Opportunities

Health and wellness opportunities are open to all Augustana members and friends. For information on programs offered (Firm Believers, Yoga, Foot Care Clinic, Prayer Shawl Ministry, and Compulsive Eaters Anonymous), please visit Augustana’s website at www.augustanadenver.org or call the Parish Nurse office (303-388-4678 ext.106). Sheryl’s office hours are Tuesday and Wednesday 8 a.m.–4:30 p.m. and one other day during the week. She changes her voice mail every Monday morning with the hours she will be at the church that week. Please leave a message with any cares or concerns, and she will return your call as soon as possible.

STEPHEN MINISTRY



Stephen Ministry is a commitment to caring and supporting one another through a confidential, one-to-one ministry by trained, caring parishioners.

A Stephen Minister is...

- A caring Christian—desiring to offer his/her support to others in time of need.
- A sharing Christian—bringing who he/she is to each helping relationship, as a partner in another's life experiences.
- A trained Christian—having developed his/her helping skills through intensive (50 hours) course work.
- A dedicated Christian—commissioned by our congregation to confidential, in-depth caring.
- A lay person, man or woman, who “guided by the Holy Spirit”* will develop his/her gifts for bringing “hope and healing in Jesus Christ”* to people who are experiencing transitions in life.

This ministry at Augustana offers high quality, confidential, Christ-centered care and support to people (care receivers) who are experiencing grief, divorce, cancer, job loss, loneliness, disability and other life difficulties. Stephen Ministers meet monthly over dinner to share our faith and study how to become even better caregivers.

How Stephen Ministers are connected to a care receiver...

- **We learn about Someone's Need:**
 - an individual calls a leader listed below,
 - a pastor is contacted,
 - a church member calls,
 - a church staff person hears of a need,
 - a Stephen Minister sees a need.
- **We Respond:**
 - an initial contact is made by the Stephen Ministry Coordinator,
 - a referral is made to a Stephen Minister,
 - Men are matched with men, women to women.

- **Care Begins:**
 - a telephone call is made,
 - an initial personal visit occurs,
 - regular weekly visits continue as long as a need exists, during which the caregiver:
 - listens,
 - prays with and for the person in need,
 - offers resources and referrals as needed,
 - offers Christian love and support as trust is built.

If you wish more information or have any questions about Stephen Ministry at Augustana, please call one of our Stephen Leaders:

Malise de Bree 303-388-4678, ext. 122
Sheryl Stenseth 303-388-4678, ext. 106

*Taken from the Mission Statement of Augustana Lutheran Church.

Counseling service offered at Augustana starting this year

Are you or someone you care about feeling “blue” or “nervous” or just not handling daily activities as usual? **Mary Kennedy**, LCSW, from Lutheran Family Services (LFS) will offer counseling to members of Augustana and the surrounding community on Thursday afternoons and early evenings in the Corner Room, located here in Augustana's Education Building. Mary's experience is with life transitions (especially aging), mood disorders, anxiety, trauma, and grief. She can accept Medicare and other insurance plans or negotiate a sliding fee to make the service more affordable. If you want to know more, call Mary (303-217-5843) to discuss how counseling can help you feel and function better or to schedule an initial session. All information is confidential as LFS is under HIPAA guidelines.

Trailblazers

Snowshoeing at Flying J Ranch

Saturday, February 25, leave Augustana's south parking lot at 9 a.m.

Join us for a snowshoeing adventure at this Jefferson County Open Space park located between Evergreen and Conifer.

Rating: Easy

Distance: Plan on snowshoeing for a couple of hours

Elevation: 8,000 to 8,200 feet

Guide: **Laurie Scott** (303-321-4954)

Congregational Learning

Christian/Muslim Dialogue: Is it worth it and why?

Sundays, 9:15 a.m., Anna Paulson Room

February 5 – Why I, as a Lutheran Christian, have gotten involved in interfaith dialogue. **Rev. Bonita Bock**, Co-Director of Wartburg College West, will speak to the theological and historical reasons for becoming involved in interfaith organizations.

February 12 – **Monir Ludin**, Chairperson for the Abrahamic Initiative and a native of Afghanistan, will address the question. The Abrahamic Initiative is an organization which fosters mutual understanding of the Abrahamic traditions—Christianity, Judaism and Islam. The Abrahamic Initiative received the Martin Luther King Humanitarian Award this year.

February 19 – The **Multicultural Mosaic Foundation**, from the Muslim faith, will be our guests. This is an organization dedicated to cultivating moral and cultural values by promoting understanding, education, dialogue, and peace. They host monthly forums to create dialogue which are open to everyone.

Augustana FIT

Although Augustana's FIT group is generally made up of families, all are welcome to study with them Sundays, 9:15 a.m., in Room 1. **Pastor Pederson** will facilitate the upcoming classes described below:

January 29 – "One Marriage, Two Faiths: Children's Edition"

February 5, 12, 19 – *Luther for Armchair Theologians*, using the book by Steven Paulson.

Annual Women's Retreat

"**Seeking God's will**" is the theme of Augustana's annual women's retreat. Once again it will take place at the Loretto Retreat Center, located in southwest Denver at Wadsworth and Quincy. With **Malise de Bree** leading, the retreat will begin at 4 p.m., Friday, February 17, and end by 3 p.m., Saturday, February 18. The cost for a room and three meals is \$120. Tuesday, February 14, is the deadline for registering. Do consider coming for a grand time of fellowship, discerning and study. To register, call Augustana's office (303-388-4678).



Senior Ministry

February Senior Luncheon

Thursday, February 16,
11:30 a.m., Fellowship Hall

Children from Augustana's Early Learning Center will sing for us and present us with their handmade valentines.

Come hear these delightful children sing their hearts out for us, and invite a friend to come along for song and good food.

Reservations are due by Monday, February 13, in Augustana's office (303-388-4678) to help Judy Nyquist and crew plan their lunch for you.

Helping Others

Easter dinner baskets for Warren Village

Easter is early this year: Sunday, April 8. For many years the people of Augustana have provided Easter dinner ingredients for



the single parents and children living at Warren Village. Warren Village houses 113 families who are going through major life transformations. Easter dinner is one of the high points of their year. And you can help.

Give a gift to purchase an Easter dinner basket for Warren Village. Each basket costs \$35 and includes fresh food items, canned goods, meat, and dessert for a dinner for four. Make checks payable to "Augustana Lutheran Church," indicate "Dinner-Warren Village" on the memo line, and send them to Augustana's office by Saturday, March 24. The Denver chapter of Thrivent Financial for Lutherans has graciously agreed to provide some matching funds for this project.

Call for volunteers

We will be assembling and delivering the Warren Village baskets beginning at 11 a.m., Saturday, March 31. Please put this on your calendar. This is a great project for the entire family. To help, contact **LeEtta Choi**, Volunteer Ministry Coordinator (303-388-4678), or **Jerry Sanders** (303-364-1558).



SOUPer Bowl of CareRing

With the Super Bowl just around the corner, many people are thinking about...food. According to Hallmark Cards, Inc., the Super Bowl represents the No. 1 at-home party event of the year—bigger than New Year’s Eve—and average attendance is 17 people. In one day, viewers will consume 8 million pounds of guacamole, almost 15,000 tons of chips and 4,000 tons of popcorn. The popcorn alone could ring Earth almost 5½ times. Now let’s bring this back to the real world. While Super Bowl fans spend more than \$50 million on party food, others do not have enough food for dinner that evening. You can make a difference. Soup-port those in need in your community by collecting food and dollars for Metro CareRing!

- Pick up some extra cans of food while party shopping.
- Throw a SOUPer Bowl party and invite friends to bring cans of soup and food for MCR.
- Get your faith community involved. Take a special offering for Metro CareRing—have the youth pass soup bowls.
- Have a collection bin for cans of food in your church.

Information: **Ryan Galanaugh**, Food Resources Director (303-350-3663) or www.MetroCareRing.org.

What a great idea! Augustana’s youth will do just that!

On Sunday, February 5, Augustana’s youth will collect cash and food for Metro CareRing as part of the national SOUPer Bowl of Caring. Share the love of Christ by helping Denver’s hungry! Please bring two non-perishable food items for each member of your family to help restock the shelves of Metro CareRing, a food bank which serves the disenfranchised in Denver. Last year Augustana gave over 600 pounds of food/goods and raised over \$1,000! Let’s see if we can beat that total!

See the shopping list for the PEAS for the World Food Drive on page 3 for suggestions on what to donate that day.

Please bring two non-perishable food items per each member of your family to worship for the SOUPer Bowl of Caring, Sunday, February 5.

Hunger and Disaster Response year-end totals

Thanks to you, Augustana was able to give \$25,448 in 2011 for:

ELCA World Hunger Appeal	\$18,478
ELCA Disaster Response	\$6,228
Directly to ELCA World Hunger	\$345
For Personal Care Kits Shipping	\$397

We are indeed “blessed to be a blessing,” and as our Lord has taught, “It is more blessed to give than to receive.” For all these special gifts, thank you.

Thanks to everyone who collected items for and assembled Personal Care Kits! The 111 kits collected will be sent to refugee camps in Africa. Thanks also for your financial gifts to ship the kits to Africa. This is a great way to share our love to those who are in need.

Global Mission Committee



Children's and Family Ministry

A Night of Romance

Saturday, February 11, 4–6 p.m., Fellowship Hall

Couples and families are invited to enjoy a “fancy” dinner prepared by our chef here at Augustana. Enjoy a candlelight dinner, quiet music, and photos suitable for framing taken by a professional photographer. A night you will not soon forget! Dinner is served by the senior high youth, and funds support the youth mission trip to the ELCA National Youth Gathering in New Orleans. Tickets (\$50/couple; \$25/person) are available in Fellowship Hall, Sundays, January 29 and February 5 after both services, or from Augustana’s office during the week.

Confirmation Retreat at Rainbow Trail, February 24–26

This is a time of fellowship and learning with Rainbow Trail staff in the place Augustana’s confirmands have grown to love! Events include lessons in crafts, team-building activities, outdoor activities—such as sledding—fun games, and camp-style songs! Also, intensive classes in confirmation learning and faith growth opportunities. Former graduates of Augustana’s confirmation program are encouraged to come and lead at this event! Cost: \$85. For information, contact **Cary Mathis** (mathis@augustanadenver.org or 303-388-4678 ext. 107).

Upcoming Events

March 2–4, Youth Ski Weekend, Winter Park, CO

This will be a fun event of skiing and community building offered at a reasonable price! We will ski at Winter Park resort and stay at Nina Forgo’s cabin nearby. Thank you, Nina, for your generosity! Cost is \$110 for the weekend which includes lift ticket, rentals, food, and lodging. The price will vary if you need a lesson, if you have your own equipment, lift ticket, etc. Please see Cary for details.

March 9–10, Thirty Hour Famine Synod-Wide Event

This incredible service-centered event for all middle and high school students shares the love of Christ in a real tangible way. It includes raising money for the ELCA World Hunger appeal, feeding the homeless around Denver, and going 30 hours without food. This

continued, next page

Talent wanted!

Spring Fling Talent Show, Sunday, March 11, 3 p.m., Fellowship Hall

Mark your calendar now for this event that should not be missed! You will laugh, you will be amazed, and you will come away with a sense of awe at the talent of Augustana! This is a congregational talent show where people can share their talent—wacky, reposed, music, comedy, drama. If you have a talent we would like to see it! So, whether you are an act or there for the incredible entertainment, you really do not want to miss this event!

Dessert and drinks will be served, and a free will offering will be taken.

Show your stuff!

Performing space is limited; those interested in performing can sign up on the small bulletin board just outside Cary’s office next to Christ Chapel starting on February 26. Performers will be notified of audition dates and times. All ages welcome! Prizes will be awarded for the top vote-getters.

Money raised will support youth going on the summer mission trip to the ELCA National Youth Gathering in New Orleans.

year's synod-wide event will be hosted at Bethany Lutheran Church in Denver, starting at 5 p.m. Buses will leave Augustana at 4:30 p.m. Join over one hundred youth at this memorable event! Friends are always welcome! Cost: \$20. Contact **Cary Mathis** (mathis@augustanadenver.org or 303-388-4678 ext. 107).

April 8, Easter Breakfast and Easter Garden

These annual fundraisers are offered to Augustana's families and are great group-building activities for all involved.

- **The Easter Garden** offers the opportunity to purchase a lily in celebration and/or remembrance of an important person in your life. People may start submitting gifts and information starting Sunday, February 26. Watch for special envelopes in Augustana's pew pockets or donation forms in *The Tower*.
- **Tickets for the Easter Breakfast** will also be available beginning on Sunday, February 26. This youth-led breakfast served on Easter morning is for everyone. Be sure to mark your calendars!



Augustana's youth out and about: Noah McCartney, Rebecca Egan, Garrett Lutz. Middle school youth group good times at Johnny Rockets in Cherry Creek Mall, January 4.

Coming This Summer

June 17–23, Rainbow Trail Day Camp Vacation Bible School at Augustana

Join Rainbow Trail counselors in reaching out to the children of Augustana and the community in this awesome faith-building week! Youth helpers needed to make this event great. In addition, you will get the opportunity to “hang” out with the counselors in the evenings during the week! Mark your calendars now!

July 18–22, Senior High ELCA National Youth Gathering, New Orleans, LA

This national event brings together 40,000 youth from across the country every three years. The primary objective is to inundate the New Orleans area with God's love through continued rebuilding from Hurricane Katrina. In addition, world-renowned speakers, fantastic music, and the opportunity to meet Lutheran youth from all over the country and world are the some of the highlights!

Augustana's Young Adults Group

Plans for wine, basketball, ballet, and horseback riding

Augustana's Young Adults Group seeks to bring young adults (20's and 30's) together for support, fun, and fellowship. For information or to get involved, contact **Kari Degerness** (kdegerness@hotmail.com).

Wine Tasting Party at Katie and Will's house, Saturday, January 28, 5:30–7-ish. Please bring your favorite wine and/or light appetizer to share. Their address is 431 Pearl Street, Denver, 80203. RSVP to Kari (kdegerness@hotmail.com), and let her know what you might bring, so we know we have enough food and wine.

Nuggets game, Wednesday, February 8, 7 p.m. against the Dallas Mavericks. Cost: \$20–\$30/ticket. Please let Kari know ASAP if you would like to join us for this awesome event! Price will vary on what is available at the time and how many tickets we need.

Peter Pan presented by the Colorado Ballet. The Augustana Young Adult Group will pick a date between February 24 and March 4. Cost: \$20–\$25. Please let Kari know what date works for you!

Coming Soon: Horseback Riding and Retreat! Retreat and horseback riding plans are in the works, so keep checking and responding to e-mails!



February 2012

Happy Birthday to...

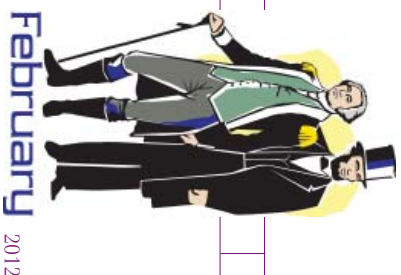
- 1** Evelyn Brewster
Julie Fowles
Craig Tamminga
- 2** Helen Klassen
Micah Levy
Tanner Levy
Maya Stone
Ogden Willoughby
- 3** Lynda Barrett
Linda Crow
Randa Degerness
Frank Rogan
Alexander Tucker
- 4** Robert Abbott
Patsy Miller
Kira Morgenthaler
- 5** Lea Balzer
Eddie Kopperud
Julie MacDougall
Karen Newman
Jerry Rehkow

- Gwen Sterner
- 6** Richard Curtis
Herman Ezpeleta
Duane Gall
Anijong Mayek
Carla McConnell
Larry Smeester
- 7** Marcel Batorowicz
Andrew Harwell
Malow Mayek
Gayla McBride
Jessie Rember
Samantha Robbins
- 8** Jeremy Barrett
Todd Engdahl
John Gustafson
Merlin Nimrod
Jason Regier
Michael Shiveley
Amy Tamminga
- 9** Lila Fie

- Arlene Morgan
- 10** Robert Gardner
Leeland Hill
- 11** Thomas Abbott
Clyde Altum
Kathleen Edstrom
Sarah Jo Kneefel
Lorna Schillereff
- 12** Geneva Corace
- 13** Sharon Heldt
Paul Thomsen Jr.
- 14** Jayden Barrett
Ruth Forselius
Kelly Miller
Bernie Smith
- 15** James Altum
Marianne Bovee
Shea Dirks
Jessica Nimrod
Lise Uhrich
- 16** Gail Bartels
Kiere Gilbertson
Robert Kamicar
Michael Kouba
Ater Mayek
Bronwen
VanOrdstrand
- 17** Luke Hankins
Roger Lidman
- 18** Sandy Barker
Rebecka Black
Alexandrea Cruz
Christopher French
Betty Richards
Erica Schmitt
Nelouise Stapp
Lorna Tiemann
- 19** Tiana Beazer
Randon High
Dorothy Ziebarth
- 20** Michael Bonicelli
Aaron Burns
Anna Rember
- 21** David Aarestad
Cole Hankins
Marlene Miller

- Megan Stone
- 22** Shaney Abbott
Sheryl Dirks
Harry Esbenshade
Rick Friesen
- 23** Dianne Nelson
Erin Saboe
- 24** Anna Maria Cook
- 25** William Aronstein
Maia Kauffman
Kay Madsen
Sigurd Nelson
- 26** Donald Orendorff
Bill Reimers
- 27** Kristen Branch
Nina Forgo
Candace Jones
Verna Somers
- 28** Thomas Fails
Marcia Stevens
Donald Thomson

If your name should have been on this birthday list but wasn't, please call Augustana's office (303-388-4678).



Sunday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>5 Epiphany 5 8am Worship/Communion 9:10am Learning/Fellowship 9:10am Family Ensemble 10:30am Worship/Communion See JASS below</p>	<p>6 9:45am Augustana Firm Believers 11:30am Yoga 7pm Augustana Early Learning Center Board</p>	<p>7 9am Library Committee Noon Prayers 5:30pm Stephen Ministry</p>	<p>8 9am Swedish Class 9:45am Augustana Firm Believers 10am Needlepointers Noon Prayers 6pm Augustana Ringers 6:30pm Compulsive Eaters Anon 7pm Youth/Family Ministry Committee 7pm Health Ministry Committee 7:30pm Chancel Choir</p>	<p>9 9:30am Small Group Bible Study 9:30am Sarah Circle Noon Prayers 5:30pm Yoga 5:30pm Worship Committee</p>	<p>10 9:15am Senior Ellie Choir 9:45am Augustana Firm Believers Noon Prayers</p>
<p>12 Epiphany 6 8am Worship/Communion 9:10am Learning/Fellowship 9:10am Family Ensemble 10:30am Worship See JASS below</p>	<p>13 9:45am Augustana Firm Believers 10am Global Mission Committee 11:30am Yoga 1pm Mary Circle 2pm Career Transition Group</p>	<p>14 9:30am Deborah Circle Noon Prayers 7pm Property Committee</p>	<p>15 9am Swedish Class 9:45am Augustana Firm Believers 10am Needlepointers Noon Prayers 6pm Augustana Ringers 6:30pm Compulsive Eaters Anon 7:30pm Chancel Choir</p>	<p>16 The Tower deadline 9:30am Small Group Bible Study 11:30am Senior Luncheon Noon Prayers 5:30pm Yoga 5:30pm The Argylls</p>	<p>17 9:15am Senior Ellie Choir 9:45am Augustana Firm Believers Noon Prayers</p>
<p>19 Transfiguration of Our Lord Health Ministry Sunday 8am Worship/Communion 9:10am Learning/Fellowship 9:10am Family Ensemble 10:30am Worship/Communion Noon Prayer Shawl Ministry Augustana Arts: 3pm James O'Donnell, Organist See JASS below</p>	<p>20 Presidents' Day 9:45am Augustana Firm Believers 11:30am Yoga</p>	<p>21 Noon Prayers 6pm Augustana Ringers 7pm Congregation Council 7:30pm Chancel Choir</p>	<p>22 Ash Wednesday 9am Swedish Class 9:45am Augustana Firm Believers 10am Needlepointers 11am Worship/Communion Soup Luncheon Noon Prayers 5:30pm Ash Wednesday 7pm Pancake Supper Worship/Communion</p>	<p>23 Noon Prayers 5:30pm Yoga</p>	<p>24 9:45am Augustana Firm Believers Noon Prayers</p>
<p>26 First Sunday in Lent 8am Worship/Communion 9:10am Learning/Fellowship 9:10am Family Ensemble 10:30am Worship 11:30am Congregation Meeting See JASS to right</p>	<p>27 8am Foot Care Clinic 9:45am Augustana Firm Believers 11:30am Yoga</p>	<p>28 9:30am Lenten Bible Study Noon Prayers 1pm The Tower Assembly 1-1:50pm Senior Ministry Committee 7pm Rachel Circle</p>	<p>29 9am Swedish Class 9:45am Augustana Firm Believers 10am Needlepointers Noon Prayers 6pm Augustana Ringers 6:30pm Compulsive Eaters Anon 7:30pm Chancel Choir</p>	<p>Confirmation Retreat, February 24-26 Rainbow Trail Lutheran Camp</p>	

JAMMIN' AUGUSTANA SUPER SUNDAYS

11:30am	Lunch
12:15pm	Cherubs, Choristers, GraceNotes, Senior High Youth, Parent Groups
1pm	Recorders, Y Hope, SONshine Ringers, Parent Groups
1:45pm	BELlievers, Parent Groups

5000 East Alameda Avenue
Denver, Colorado 80246

Augustana
LUTHERAN CHURCH

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FAX: 303-388-1338

WEB: www.augustanadenver.org

E-MAIL: info@augustanadenver.org

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Augustana's youth out and about...

Senior High Christmas/New Year Lock-in, December 29, 2011 at Cherry Creek Mall: Kate Schneider, Cassie Kah, Tanner Levy, Courtney Carter, Micah Levy and friends.

