

Holy Week and Easter at Augustana

Sunday of the Passion/Palm Sunday, April 9

- 8 a.m.* **Worship** - Christ Chapel
8:30–10:30 a.m. Palm Sunday Breakfast - Fellowship Hall
(No Sunday school or adult classes)
10:30 a.m.* **Worship** - Sanctuary

Maundy Thursday, April 13

- 11 a.m. **Worship** - Sanctuary
Noon Monthly Luncheon - Fellowship Hall
7 p.m.* **Worship** - Sanctuary
Third graders celebrate First Communion

Good Friday, April 14

- Noon **Worship** - Sanctuary
7 p.m.* **Worship** - Sanctuary
The Seven Last Words of Christ by Théodore Dubois

Resurrection of Our Lord Easter Sunday, April 16

- 8 a.m.* **Worship** - Sanctuary
9–10:30 a.m. Coffee Hour - Fellowship Hall
9:30 a.m.* **Worship** - Sanctuary
10:35 a.m. Easter Egg Hunt - Courtyard
11 a.m.* **Worship** - Sanctuary
(No Sunday school, adult classes, or JASS)
*Nursery care available

good news!

5000 E. Alameda Ave.
Denver, CO 80246

Augustana
LUTHERAN CHURCH

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Thursday, April 13, 4:30 p.m. is the deadline for the May edition. E-mail **Lyn Goodrum** (goodrum@augustanadenver.org).

Sunday Schedule

- 8 a.m. and 10:30 a.m. Worship
- 9:15 a.m. Sunday School (September–May)

Chapel Prayer

- Monday, 10 a.m., Christ Chapel

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.

Congregation Council

President: David Aarestad
Vice President: Paul Edstrom
Secretary: Emmett Cruson
Treasurer: Ted Kouba
Paul Blanchard | Elsa Buhr (alt)
Katrina Crook | Krista Degerness
Michael Graham | Pr. Ann Hultquist
Kirsten Jensen | Greg Johnson
AJ Levy | Noah McCartney
Sharon Schillereff | Linda Tinderholt
Pr. Caitlin Trussell | Pam Uyemura

Staff

Ann Hultquist, Senior Pastor
Caitlin Trussell, Pastor
Lisa Mikolajczak,
Finance Administrator
Shanna VanderWel, Director of Youth and Family Ministry
Erin Brown, Children's Ministry Coordinator
Lyn Goodrum,
Publications Administrator
Julie MacDougall, Volunteer Ministry and Building Use
Cindy Lindeen-Martin,
Minister of Music and Organist
LeEtta Choi, Silver Notes Director
Dick Larson, Choral Director
Angela Howard, Choristers and Y Hope Director
Asmir Hodzic, Building and Grounds Manager
Andrija Malbasa, Dawit Haile,
Custodians
Kim Kouba, Cindy Maxwell,
Wedding Coordinators
Christie Baroody, Director, Augustana Early Learning Center

Recently lifted up in prayer . . .

For hope and healing:

- Joe Alexis, Tiana Beazer, Joyce Boe, Linda Crow, The Ellis Family, Ron Graves, Paul Griggsby, Izzie Howard, Terry Huggins, Wilma Hughes, Cindy Ice, Kris Jurgensmeier, Mr. and Mrs. Vince Lovato, Philip John Maurer, Alan Morast, Bob Remmert, Tommy Svensson, Wally Thomsen, Barrett Toole, Dana and Baby VanderWel, Jean Wagner, Morgan, Charlie

For comfort and courage:

- Jane Carlstrom and family in the death of her husband, Don Carlstrom
- Arvetta Hjelmstad in the death of her friend, Erinn Dickson
- Phyllis Gilbertson in the death of her brother-in-law, Dr. David Grande
- Family and friends of June Harper in her death
- Nick Massie in the death of his mother, Elaine Massie
- Family and friends of Ron Sievers in his death

- Judy Smeester and family in the death of her husband, Larry Smeester
- The family of Carol Tamminga in her death
- Glenn Kraft in the death of his brother-in-law, Mark Wyss
- Linda Tinderholt in the death of her cousin, Torril

Rejoice with . . .

- June McFall Walker and Elle Malloy Walker, daughters of James and Krista Walker, in their baptisms
- Parents Heather and David Kinz and grandmother Sandy Branting Kistler in the birth of Brant Stevens Kinz, February 22

Augustana Foundation

Elle and June Walker received MissionFuture4KIDZ Investment Gifts in honor of their baptisms, thanks to the Augustana Foundation.

Thank you for the gifts!

Augustana Early Learning Center Scholarships

- In memory of Lois Olson

Health Ministry

- In memory of Rogers Hauck
- In honor of Sheryl Stenseth

Music Ministry

- In memory of Rogers Hauck

Special Gifts

- In memory of Ruth Ackerman, Clem Blomberg, Harold Blomberg, Helen Blomberg, Marjorie Fuller, Howard Oleson, Ron Sievers, Carol Tamminga, Ria Werner, Alice Zwanzig
- In honor of Pastor Caitlin (house blessing), the baptisms of June and Elle Walker, the baptism of Hannah Zeckser

Touch '58

- In memory of Rogers Hauck



Friends of Sabeel-Colorado Film & Lecture Series presents *Open Bethlehem*, a documentary feature by Leila Sansour, Sunday, April 9, 3–5 p.m., Anna Paulson Room.

Open Bethlehem is a story of a homecoming to the world's most famous little town. The film spans five momentous years in the life of Bethlehem, revealing a city of astonishing beauty and political strife under occupation. The film draws from 700 hours of original footage and some rare archive material.

Meet the filmmaker, **Leila Sansour**; hear her speak about her return to her hometown as it is becoming encircled by Israel's wall. *Open Bethlehem* is a film, but it is also a movement—to save her city. The face of Bethlehem is changing rapidly with potentially detrimental consequences. Reports predict that if trends continue, Bethlehem—a city that provides a model for a multi faith Middle East—may be unsustainable within one generation. Leila's plan to stay a year stretches to five, and is only resolved when she realizes that, sometimes, the biggest dreams take flight from the smallest places.

Free and open to the public. Light refreshments served.

Information: sabeelcolorado.org

Lutheran Family Services Rocky Mountains is hiring!

We are looking for a Church Relations and Development Generalist. This position is a dual position which helps maintain, create and cultivate authentic ministry partnerships with congregations, clergy, parishioners and other community groups. This position also provides administrative support services for the Vice President of Resource Development and the Development staff. To learn more and apply, visit <http://lfsrm.org/about-us/employment/>.

Local meal servers and nurses needed for Sky Ranch

Sky Ranch Lutheran Camp offers a Denver Urban Immersion experience, which brings high school youth to the Denver area for a week of service, learning, and worship with a focus on understanding and ending homelessness and hunger in the Denver area. They are led by Sky Ranch staff members who facilitate a full and exciting experience for campers each week!

Sky Ranch is in need of congregations, youth groups, or families to sponsor and provide hot suppers for these groups! The commitment is simple: Sign up for a date, and Sky Ranch will provide all information regarding the number of participants and any dietary restrictions. Your group or congregation will prepare the hot meal for the Sky Ranch campers. A variety of dates are available in June, July, and early August, and meals can be hosted at your congregation or at an alternate location. Your donation of a simple meal to Sky Ranch makes a huge difference to the youth who come to Denver for a week of service!

Sky Ranch is also in need of Registered Nurses (or NPs, PAs, DOs, or MDs!) to do healthcare check-ins with our Denver groups or to volunteer for a week up at camp.

Interested in providing a meal or volunteering as a camp nurse? Please contact **Hannah Anderson**, High School Program Director (970-493-5258 or Hannah@SkyRanchColorado.org).

Anima Chamber Ensemble

Saturday, April 22, 7:30 p.m., at Augustana

Augustana Arts Concert Series welcomes Anima Chamber Ensemble, a recent addition to the rich Colorado choral landscape. This elite 13-voice ensemble will touch you at your core, as they share their passion for great choral literature. Born out of a love for music, this newly formed ensemble performs music from the Renaissance to the 21st century. As these accomplished musicians share their souls, breathing life into every word they sing, experience the spirit and vitality of choral music deep in your soul.

Stratus Chamber Orchestra

Stories on Stage

Matt Diekman, Viola

- Friday, April 28, 7:30 p.m., The McNichols Building
- Saturday, April 29, 7:30 p.m., at Augustana

EPISODE IV: Finale - Our mystery unfolds as the orchestra faces its greatest challenges. See who will stay. And who . . . will go.

Program music includes Beethoven's *Overture to Creatures of Prometheus*, McLean's *Suite for Viola and Orchestra*, Prokofiev's *Symphony No. 1*, and Corigliano's *Voyage for Flute and Orchestra*.

Purchase tickets to these events online at www.augustanaarts.org, by phone at 303-388-4962, or at the door the night of the event.

Your gifts needed by April 9!

Help provide Easter dinner baskets for families at Warren Village

Augustana continues its tradition of providing Easter dinner food baskets to 106 families at Warren Village, a nonprofit that provides a safe apartment, job training, and child care for single-parent families who have been homeless or close to homeless in our community. Each basket costs \$37 and includes a ham or turkey, canned fruits and vegetables, dinner rolls, and a fruit pie.

Any donation amount is welcome. Checks payable to Augustana Lutheran Church and indicated for Warren Village Easter baskets must reach Augustana by Sunday, April 9. Or, donate online at www.augustanadenver.org. A \$500 Action Team Request has been granted from Thrivent Financial.

Drive the bus and/or help assemble food baskets

Augustana volunteers will organize the bulk food delivery into 106 meal baskets, Sunday, April 9, 12:30 p.m. at the Warren Village office (1300 Gilpin St.). Meet at Augustana's Fairfax entrance at noon if you would like to ride a church bus to Warren Village. The bus will return to Augustana at approximately 2 p.m. A bus driver is needed to drive the bus to and from Warren Village. To help and/or to ride or drive the bus, contact Augustana's office (303-388-4678). This is a great service project for the whole family!

Thank you for your gifts! If you have questions, contact **Jerry Sanders** (303-363-8685).



Pancake Generosity

On Ash Wednesday, March 1, Augustana Thrivent Action Team hosted a pancake supper to benefit Metro Caring. Thrivent donated \$250 which paid all expenses, plus a donation of four boxes of diapers and two jars of peanut butter. Pancake customers donated \$368 which was given directly to Metro Caring. Thanks for your generosity!

Thanks to volunteers Greg Bickle, Emmett and Katherine Cruson, Joni Hopkins, Judy Kessenich, Win and Judy Nyquist, Peggy O'Connell, and Don and Carol Troike for their assistance.

Thanks to Ryan Galanaugh for speaking about Metro Caring.

“Thanks, Augustana!”

Dear Augustana,

Thank you for Augustana Lutheran Church's recent contribution of \$343. Because of this gift, Metro Caring is getting off to a strong start in 2017!

This will be a major year in Metro Caring's history of eliminating hunger in Denver. Too many of our fellow Denverites still don't have access to fresh, nutritious food. They live in “food-forgotten” neighborhoods, where Cheetos and Sprite abound, and carrots and cucumbers are scarce. Their health and ability to be self-sufficient suffer as a result. The young mom's daughter gets an unhealthy start in life. The middle-aged man, who works as a low-wage job, exacerbates his diabetes. The senior's bones don't get the nutritious reinforcement they need.

In 2017, we are developing groundbreaking ways to conquer these challenges.

This would not be possible without your support. Thank you, again, for joining us in our mutual goal to eliminate hunger, food waste, and poverty in Denver.

Thanks for allowing us to be part of your pancake dinner!

Sincerely,
Ryan Galanaugh

Vice President of Development and Communications

Lenten Food Drive for Metro Caring continues

Please continue bringing your donations of non-perishable food items (leave the labels on the cans!) during Augustana's Lenten food drive for Metro Caring. Although Augustana's people generously donate nonperishable food items for Metro Caring 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.

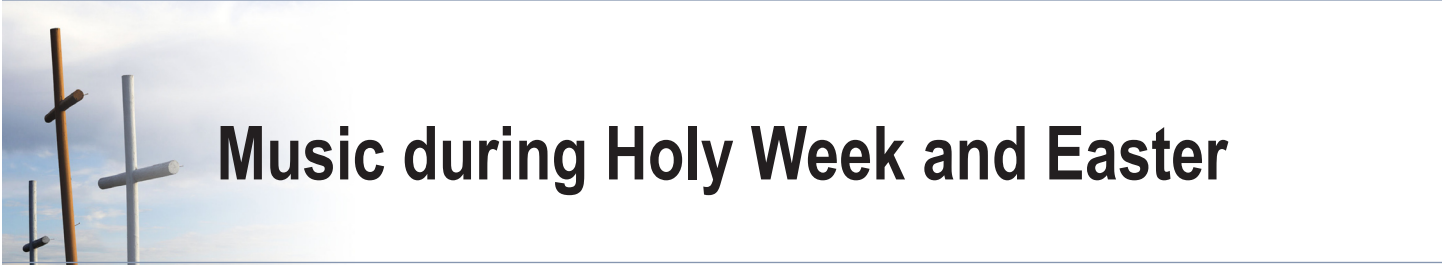


Take the following list with you to the grocery store. Bring your food donations to the Metro Caring boxes located at the Fairfax entrance to Fellowship Hall through Easter, April 16. Thank you!

Suggested Shopping List:

Look for “100% whole grain,” “unsweetened,” “no sodium/salt added,” or “low sodium” on labels.

- Beans, canned or dry
- Brown or white rice
- Quinoa
- Peanut butter (or other nut butters)
- Rolled oats (unsweetened)
- Fruit, canned (in juice, not in light or heavy syrup)
- Vegetables, canned (no or low sodium)
- Tomatoes, canned (no or low sodium)
- Corn, canned (low sodium)
- Soups, canned (low sodium)
- Chicken/beef/vegetable stock and broth (canned and low sodium)
- Stews, canned (low sodium)
- Tuna or chicken (canned, in water)
- Pasta, whole grain
- Pasta sauces (low sodium)
- Cereal, whole grain and low sugar
- Milk or milk substitutes (shelf-stable)
- Oil, olive or canola
- Honey or agave
- Nuts, unsalted
- Seeds, unsalted
- Fruit, dried, unsweetened
- Apple sauce, unsweetened
- Popcorn kernels (not microwavable)



Music during Holy Week and Easter

The choirs at Augustana will be filling worship with anthems of faith and meditation during this holy season.

Maundy Thursday, April 13

Silver Notes sings at 11 a.m. worship, and Chancel Choir sings at 7 p.m. worship. As has become tradition, during the stripping of the altar, the choir sings from the balcony accompanied by the haunting strains of the cello.

Good Friday, April 14

The Seven Last Words of Christ by Théodore Dubois

Good Friday offers two quite different services. The first, at noon, follows the liturgy for Good Friday and has extended pauses for silence.

At 7 p.m. worship, Augustana's Chancel Choir along with orchestra will offer a traditional favorite, *The Seven Last Words of Christ* by Théodore Dubois. Théodore Dubois was born in France in 1837. He spent most of his life in Paris, where he studied at the Paris Conservatory. Dubois was the organist and choirmaster at the Church of St. Clotilde in Paris (where César Franck also served at one time) when he wrote *The Seven Last Words of Christ*. This composition was first performed in 1867 for the Good Friday service at the Church of St. Clotilde. Even though Dubois composed several other works (orchestral, choral and organ), very few of them are still performed today, with the exception of *The Seven Last Words of Christ*. Perhaps part of the reason for his relative obscurity today is that Dubois composed very much in the idiomatic style of his day—a style some consider overly-romantic or trite by today's standards. In this sense, *The Seven Last Words* is very much a "period" piece, in that its style is representative of another time and place—namely, the gilded age of the late 1800s and early 1900s.

Pastor Ann Hultquist will deliver a sermon.

On Good Friday, it is certainly possible to attend both services if one wishes, as both services are completely different. Please join us on Good Friday, as we journey together toward the cross and the promise of salvation.

Easter, April 16

Glorious Easter alleluias break forth from musicians and choirs proclaiming the Risen Savior! All three services (8 a.m., 9:30 a.m., and 11 a.m.) include brass, organ, Augustana Ringers, and the Chancel Choir. Cherubs and Choristers sing at 9:30 a.m., and Y Hope sings at 11 a.m.

Luncheon on Maundy Thursday

Maundy Thursday, April 13, noon, Fellowship Hall

Our April luncheon will held on Maundy Thursday following 11 a.m. worship. Please make your reservation with Augustana's office (303-388-4678) no later than Monday, April 10, to help Judy Nyquist plan the luncheon. Note that this is the second Thursday of the month. The cost is \$8/per person. Invite a friend or a neighbor to worship and to enjoy the delicious luncheon served by Judy and her crew. We welcome visitors!

Fragrance allergies

Please be aware that there are people with sensitivity to fragrance, and as a courtesy to worshipers, we ask people to use discretion with the use of fragrance during Holy Week and Easter.

Office schedule

Augustana's office will be closed the Monday after Easter, April 17. If you have an emergency, call the emergency line (303-862-3027).

Palm Sunday Breakfast



You are invited to Palm Sunday breakfast, April 9, hosted by the youth and their families. Breakfast will be served 8:30–10:30 a.m. in Fellowship Hall with lots of yummy food including pancakes, eggs, and fruit. Your freewill donation will go towards the youth mission trip.

Buy a chick for a buck!

Buck-a-chick envelopes and coloring pictures will be handed out to all Sunday school students on Sunday, April 2. For every dollar you put in the envelope, you purchase a chick for ELCA Good Gifts. These chickens provide families with eggs they can eat and sell! Please return them and a completed coloring picture to your Sunday school teachers on Sundays, April 9 or 16. The posters will be hung around the church as a visual reminder of how many chicks we were able to purchase!

Youth to host egg hunt

Augustana's youth are hosting an Easter egg hunt Easter Sunday, April 16, starting at 10:35 a.m. in the courtyard for all kids 5th grade and under. If there is bad weather, it will be moved to the classroom area.

Lily deliverers needed

Help share Augustana's Easter alleluias by delivering lilies to Augustana's home-centered and hospitalized members and friends early in Easter week or on Easter day. If you would be willing to deliver two or three lilies, contact **Julie MacDougall** (macdougall@augustanadenver.org or 303-388-4678 ext. 104).

Help grow the Easter Garden!

Honor or remember loved ones with a gift to Augustana's Easter Garden. Use the form here or envelopes in pew pockets and make checks payable to Augustana Lutheran Church. The suggested contribution for each individual you wish to honor or remember is \$8. Gifts must reach Augustana's office by Palm Sunday, April 9, to be included in the Easter Garden insert. Gifts for the Easter Garden will support this summer's youth mission trip to Tennessee. Thank you!

Easter Garden - *please print or type*

In memory of _____

Given by _____

In honor of _____

Given by _____

Contact name _____

Phone _____

Enclosed \$ _____

Pastors



For my birthday this past week, my daughter gave me a card that said: You don't look a day over your actual age. (Sarcasm is one of her spiritual gifts!) Birthdays and the changing of seasons can stir up that well-worn phrase

in us: "Where did the time go?" What seems like only yesterday might actually be years ago when we take the time to calculate how much time has actually passed.

Think for a moment about how many Holy Weeks and Easters you have experienced. It may be quite a few, or it may be only several. Regardless of how many times you have made this journey, just as other memories shape us, these days are meant to shape our lives as followers of Jesus. During Holy Week we will hear the words of scripture and also experience the culmination of Jesus' ministry: the servanthood, sacrifice, and love of Maundy Thursday and Good Friday, and then the joy of Easter morning.

These days are an invitation to us to trust Christ, serve the world, and hold onto hope, even in the most unlikely circumstances. The good news of Holy Week and Easter lasts through all the years of our lives and into an eternity that we can only imagine today.

May you know the love and presence of Jesus as we journey together to Easter!

Pastor Ann

We Love You God, Help Us Love You More (Part 2)

Last month, my article covered Augustine and Luther and one of my common public prayers at children's sermons, meetings, and pastoral care, "We love you God, help us love you more, amen." As Lent continues toward Holy Week and Easter, we are invited into the mystery of that love. To be clear, this is not about playing a theological mystery card when something is hard to understand. Rather, God's love is what Christian mystics understand by faith as a promise from God.

Julian of Norwich, 14th century Christian mystic, wrote: "For we are so preciously loved by God that we cannot even comprehend it. No created being can ever know how much and how sweetly and tenderly God loves them. It is only with the help of [God's] grace that we are able to persevere . . . with endless wonder at [God's] high, surpassing, immeasurable love."

Julian emphasizes that God's action comes first, before our action of loving. Her prayers include the desire "to live to love God better and longer." Prior to Julian, Bernard de Clairvaux was a Christian mystic and leader of the church. He wrote: "This perfect love of God with our heart, soul, mind, and strength will not happen until we are no longer compelled to think about ourselves . . . it is within God's power to give such an experience to whom [God] wills, and it is not attained by our own efforts."

Bernard's witness informed the faith of Martin Luther. Loving God and asking to love God more aligns with the prayers of Christian mystics because it is only with God's help that we are able to love God. There is nothing we can do or not do to make God love us any more or any less. In Holy Week, may Jesus' self-sacrificing death on the cross reveal to us the depth of divine love as Easter resurrection reveals the breadth of divine power.

"We love you God, help us love you more, amen."

Peace, **Pastor Caitlin**





Second Sundays Sack Lunch for Local Action and Advocacy

Sunday, April 9, 12:15–1:30
p.m., Anna Paulson Room.
Bring your lunch. Facilitator:
Pastor Caitlin Trussell

These lunches are a pilot, January to May, to offer a way for people to focus locally on issues of human dignity in public life—hunger, incarceration, health care, immigration, literacy, and more. Contact **Pastor Caitlin** for additional information (pastor.caitlin.trussell@gmail.com).

An Update on Second Sundays Sack Lunches for Location Action and Advocacy

March's meeting included discussion about the draft purpose statement for the group. Additionally, four people from the lunch group attended and reported on the community training co-sponsored and led by Bishop Jim Gonia (Rocky Mountain Synod, ELCA), Together Colorado, and FRESC. The training provided encouragement and practical options for focusing on human dignity.

Congregational Learning

Considering making Augustana your church home?

Learn more about Augustana at the newcomers/new members class, which begins Sunday, April 23. We will meet in Room 1 on the first floor of the Education Building, 9:15–10:15 a.m., for four weeks: April 23 and 30, and May 7 and 21. During this time, the pastors will discuss Lutheran beliefs and theology, and various staff and lay leaders will share details about their ministries. If you have questions, please contact **Julie MacDougall** (303-388-4678 or macdougall@augustanadenver.org).

Reservations in advance are appreciated but not required.

Adult Forum

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

April 2: **Pastor Caitlin Trussell**, Sacraments of Baptism and the Altar. Pastor Caitlin concludes the pastors' Lenten series based on *Free Indeed: The Small Catechism for Today*. Join the conversation, deepening connections between life, faith, and each other as we join Lutheran Christians around the world studying Luther's Small Catechism in celebration of the 500th Anniversary of the Reformation.

April 9: Come and eat at the Palm Sunday Breakfast hosted by Augustana's youth working toward their service trip this summer. (No Sunday school.)

April 16: Celebrate the Resurrection at Easter worship. (No Sunday school.)

April 23: **Nelson Bock**, Rocky Mountain Synod Creation Stewards Ministry Team and retired professor of Wartburg College West in Denver. In observance of Earth Day, Rev. Bock will lead a conversation about faith, creation stewardship, and current issues.

April 30: Forgotten Luther: The Reformation was also about social and economic justice? Come and join the conversation with **Pastor Ron Swenson**, **Don Troike**, and a few noted Luther scholars (in short videos) on this thought-provoking topic. "Therefore, we should be guided in all our works by this one thought alone—that we may serve and benefit others in everything that is done, having nothing before our eyes except the need and advantage of the neighbor" (Martin Luther, *Freedom of a Christian*, 1520).

Volunteer Ministry

Augustana celebrates God's hands

Volunteer Appreciation Sunday, April 23

This month, we honor all of the wonderful volunteers who donate their time to Augustana and throughout our community. Our volunteers, who are truly God's hands, will be celebrated on Sunday, April 23, during both services and in Fellowship Hall during Coffee Hour.

Many rewarding ministries serve our faith community. Please contact Augustana's office (303-388-4678 or macdougall@augustanadenver.org) if you are interested in learning more.

Here's a snapshot of how our members serve the community.

Nick Massie: Nourish Community Cooperative Market

For the last several years, Nick has served on the Board of Nourish Community Cooperative

Market and currently serves as Treasurer with a weekly commitment of up to ten hours. The vision for this startup is to develop an inclusive and vibrant community hub centered on a grocery store that will enrich our neighborhoods through proactive community engagement and cooperative ownership, in order to redefine our community's food delivery system.

At the center of several diverse and disconnected

God's work. Our hands.

neighborhoods, the co-op will bridge these communities through shared concern for food access, healthy living, social and environmental responsibility, democracy, respect, and community investment. Typical of a cooperative, Nourish is membership driven. Members buy equity shares of the co-op and have a say in how the organization is run.

To meet the needs of its member-owners, the co-op will supply high quality, culturally relevant, organic, locally grown and supplied products, decreasing the physical and social distance between producers and consumers while reconnecting our communities to food, farms, entrepreneurship and cooperation.

Nick says "no better way to support your community than to own a piece of it."



Augustana's Nick Massie (back row, second from right) is treasurer at Nourish Community Market.

Linda Tinderholt: Clothes To Kids

You will find Linda at Clothes to Kids every Wednesday. This organization has been providing clothes for school age children in the Denver Metro area for more than nine years. Academic success can be a challenge for many students. But for the nearly 195,000 pre-school through 12th grade students in the Denver Metro area from low-income or in-crisis families, a barrier to success is often their lack of adequate school clothing.

Clothes To Kids provides students in need with a free wardrobe twice each year to encourage their success in school. Last year more than 6,500 students were provided with a school wardrobe, and the aim this year is to exceed 7,500.

Linda works in the shop, a welcome store-like setting where each referred student can select five new pair of undies and socks, five tops, four bottoms, a pair of shoes and a coat. School uniforms are also available.

To be eligible for this shopping experience, a child needs to be referred by a teacher, church, Social Services, or similar organization. Any student in the metro area who qualifies for free or reduced-price lunch at school also qualifies. More information can be found on the website (clothestokidsdenver.org), and appointments are required.

Dane Vierow: The Urban Farm

Soon after Caroline and Dane moved to Stapleton 10 years ago, they recognized The Urban Farm as a real gem in their community, so when their kids started to get involved in activities there, it was easy for them to start volunteering their time, to give back to the farm and their community, and to enjoy time “on the farm” themselves. The Urban Farm is an educational, non-profit, functioning farm in Stapleton, complete with horses, cows, sheep, goats, a pig, rabbits, a variety of poultry, a community garden, and aquaponic and aeroponic gardening systems.

Caroline took an interest in poultry and ended up leading the poultry program and becoming a local expert in keeping backyard poultry. Their children got involved in the 4-H program, so Caroline ended up leading that and building it into one of the largest 4-H clubs in the state. Their kids have done 4-H projects in poultry, small animals, pocket pets, shooting sports, and robotics, and have displayed and competed at county and state fairs. 4-H has been and continues to be a great experience for the whole family. Their kids have also enjoyed horseback riding and other husbandry at the farm.

In addition to animal care and other volunteer tasks they have done at the farm, Dane has done pro bono architectural design work through his employer, Grey Wolf Architecture, on-site planning, a modular poultry coop, and an experimental greenhouse. Caroline and Dane have developed a deep interest in the importance of quality food and our food system, so access to The Urban Farm has been a great resource for them to gain knowledge and skill

in food production, and to educate their kids and others. They also believe that it is invaluable to have a natural environment nearby where their children can be exposed to and where they can explore and play creatively.

They make their faith evident in their work and hope that they are a good example to others in the way they live by the way they treat each other and the animals. Caroline has also organized Las Posadas at the farm with their Hispanic Catholic neighbors so the community can enjoy this Southwestern Christmas tradition. The Urban Farm continues to be a wonderful resource and experience for their whole family, and they are glad to have the opportunity to volunteer there and do what they can to help it develop into an even better resource for our community.

Local and Global Involvement

Thank you! Your offerings support basic human needs!

As shared in last month's *Tower*, your weekly offering supports 13 local service agencies. Augustana's Social Ministry team reaches from Augustana into the larger Denver community, managing the distribution of funds to local and state organizations that provide services to citizens in need. Last month's *Tower* highlighted Lutheran-affiliated Mission Partners. Your offerings also support these organizations that provide basic human needs. Watch for information on five more of them next month!

Clothes to Kids of Denver has been providing clothes to school age children in the metro area for more than 10 years. There are nearly 195,000 pre-school through 12th graders who are from low income or in-crisis families near to us. Barrier to success can often be their lack of adequate school clothing. Last year CTK provided school outfits (consisting of five pair of new socks and underwear, four skirts or trousers, five tops, a coat or jacket and a pair of shoes (new or gently worn) to more than 8,000 school children. Each child is eligible by being referred by a school, church or social agency and qualifies for a wardrobe twice annually (clothestokidsdenver.org).

The Delores Project provides safe, comfortable overnight shelter to adult single women who are homeless and without resources. Our model

of service is one of hospitality, respect and regard for the dignity of each guest. In order to serve the most marginalized persons (those who do not easily access mainstream services) attention is given to simplifying admission and program requirements (thedeloresproject.org).

New Beginnings Church is a member of the Rocky Mountain Synod of the ELCA and is sponsored by the ELCA. It conducts non-denominational church services each Friday evening in the Denver Women's Correctional Facility. Its programs include worship, forgiveness classes, Bible study, pastoral counseling, pre-release programs, and aftercare programs. Members of Augustana are invited to attend one Friday evening service per year (www.newbeginningswc.org).

ANSAR Pantry is a MILA-Colorado (Muslims Intent on Learning and Activism) project with the mission "to serve the homeless and underprivileged members of the greater Denver and Aurora communities, without consideration of race, religion, gender, orientation or legal status." Each month ANSAR Pantry provides food, toiletries and other services for hundreds of individuals and families throughout the Aurora and Denver metropolitan areas. Whether homeless or just unable to make ends meet, when clients come to the ANSAR Pantry, they receive food that should last

Financial Statement for February

	February 2017		February 2016	YTD 2017		YTD 2016
	Budget	Actual	Actual	Budget	Actual	Actual
All Income	\$ 79,115.71	\$ 79,332.04	\$ 78,990.25	\$ 155,188.52	\$ 154,475.54	\$ 142,958.75
All Expenditures	90,725.27	86,860.84	81,726.42	177,155.29	166,530.95	162,881.74
Net Income(Loss)	\$ (11,609.56)	\$ (7,528.80)	\$ (2,736.17)	\$ (21,966.77)	\$ (12,055.41)	\$ (19,922.99)

In February, \$6,575 for orchestral musicians for the Organ Celebration Concert, \$1,866 for choral and instrumental music, \$840 for quarterly black and white and colored copies, and \$5,190 for utilities in the church were all provided by our stewardship.



them between 3 to 5 days, bus tokens to help them get home with their food, and items such as deodorant, toothpaste, soap, toilet paper, diapers and other personal hygiene products (www.facebook.com/ANSAR-Pantry-101082548580/).

Metro Caring is Denver's leading hunger-relief program, distributing approximately 2 million pounds of nutritious food to hungry families and individuals while also providing education and tools to help them improve their health and self-sufficiency. Situated in the heart of Denver, Metro Caring offers its participants a holistic approach to hunger relief, through programming focused on Healthy Foods Access, Nutrition and Gardening Education, Self-Sufficiency, and Community Health Services. Last year, Metro Caring served households from 113 Colorado zip codes with the help of more than 1,000 volunteers (www.metrocaring.org).

Many of these organizations offer volunteer opportunities as well as cash and in-kind donations. For more information on Augustana's Outreach programs, go to their individual websites or visit www.augustanadenver.org/volunteer/outreach/.

Augustana's Social Ministry Committee welcomes your participation. Contact **Jerry Sanders** (jsand80230@gmail.com or 303-363-8685) if you have any questions. Augustana makes a real difference both through our funding and personal involvement!

30th Anniversary Palm Sunday Prayer Walk

Sunday, April 9, 1–3 p.m., starting at Urban Servant Corps (1660 Ogden St. Denver)

The **Urban Servant Corps** community will celebrate the beginning of Holy Week as we walk the neighborhood where Urban Servant Corps volunteers have been present for 30 years! Invite your youth group, co-workers, families and neighbors to offer prayers for those who are most in need in our community. May this gathering be an act of faithful support for the justice that we seek in our neighborhoods. Thanks to Bishop Gonia for joining us for this event!

Contact Augustana's office (303-388-4678 or info@augustanadenver.org) if you would like to carpool to the event from Augustana.

Health Ministry

Attend Augustana's 9Health Fair, Monday, April 24 or Tuesday, April 25, 7 a.m.–noon!

Why should you attend Augustana's 9Health Fair? Because below are 24 free or low-cost screenings that will help you own your health. Visit with the Registration Educator (www.9healthfair.org) to learn more about which screenings are right for you.

Blood Chemistry Screening (Blood Draw \$35)

Get a baseline check on your overall health with this screening. Having baseline information on your cholesterol, blood glucose, liver, kidneys, thyroid and more can help you and your doctor monitor your health and prevent health issues from becoming emergencies. Information from this screening complete your Health Risk Assessments (HRA).

Blood Cell Count Screening (Blood Draw \$20)

This screening gives you a general picture of your overall health by checking your white blood cells, hematocrit, hemoglobin levels, and blood-clotting abilities. Your body's ability to fight infection, anemia, liver disease and certain cancers can also be discovered with this screening.

Hemoglobin A1c (Blood Draw \$30)

This screening measures your average blood sugar level for the last 2 or 3 months. If you have diabetes, results give an indication of how well your diabetes treatment plan is working or, if you do not have diabetes, results show if you are at risk of developing diabetes.

Prostatic Specific Antigen (PSA) (Blood Draw \$30)

For persons with a prostate, this screening measures a protein produced by the prostate gland and is recommended if you have a family history of prostate cancer or are monitoring your PSA, per your physician's recommendations. The US Preventive Services Task Force (USPSTF) has recently recommended against routine PSA screening. Other medical organizations continue to recommend it. Please speak to your healthcare provider if you have questions—this test may provide an early warning of prostate cancer or other prostate problems.



Vitamin D (Blood Draw \$45)

This screening is used to provide additional information regarding your overall health. Vitamin D plays an important role in protecting your bones. Many studies also suggest an association between low Vitamin D levels and an increased risk of certain types of cancers, nerve disease, immune disease and heart disease.

Vitamin B12 (Blood Draw \$20)

This screening is used to provide additional information regarding your blood and nerve tissue health. Insufficient Vitamin B12 can lead to some types of anemia, nerve dysfunctions, depression, tiredness, constipation, and lack of appetite among other problems.

Testosterone (Blood Draw, Male: \$35) (Blood Draw, Female: \$45)

This screening measures a hormone that is primarily produced in the testicles of men and ovaries of women. Too high or too low levels of this hormone can result in changes of sex drive, bone density, depression, energy levels, obesity, muscle strength, sleeping patterns, thinning hair and sperm production or menstrual irregularity.

InSure FIT kit for Colon Cancer Screening & Education (Take Home Kit \$25)

This take-home/mail-in kit checks for human blood in the stool. Also, learn about preventing colorectal cancer, one of the most preventable cancers, and why you should get a colonoscopy.

Ask a Medical Question/ Get a Referral

At this station you can ask your local doctors and nurses any question you may have regarding your health as well as discuss any health issue(s) concerning you or your family. You can also obtain resources for follow up at this station.

Ask a Pharmacist

Discuss over-the-counter and/or prescribed medications, medication and/or vitamin interactions, vaccinations, osteoporosis and heart problems, medication safety, pharmacy services, and smoking cessation.

Blood Pressure and Pulse Screening

This screening checks your blood pressure. High blood pressure can lead to stroke, heart attack, heart failure or kidney failure. Your pulse is checked to determine heart regularity and rate. Your blood

pressure should not exceed 119/79.

Body in Balance Screening

This screening checks your body position and posture and checks your flexibility, strength and balance to help you prevent injuries to your neck, back, knee, ankle, foot and other areas.

Bone Health Screening

If you meet two or more risk factors, you are eligible for this screening. Women and men with osteoporosis can break bones in the hip, spine, and wrist. There are no symptoms of osteoporosis until a fracture occurs. Postmenopausal, small, thin women are at greater risk for osteoporosis.

9HealthFair

Breast Screening

With this screening, a doctor checks for breast cancer by looking at, and feeling your breast, chest and underarm areas for changes in shape, size or skin dimpling.

Health Topic Presentation

These presentations offer an opportunity for you to learn about a wide variety of diseases and other health-related topics and ask related questions of community healthcare educators.

Height, Weight, BMI Screening

Learn if you are overweight, underweight or average weight with this screening. You are at risk for stroke, heart disease or other illnesses if you are overweight or obese. You are at risk for osteoporosis, bone fractures and other illnesses if you are abnormally underweight.

Lung Function Screening

Find out if you have breathing issues such as asthma, Chronic Obstructive Pulmonary Disease (COPD) and pulmonary fibrosis with this screening. It measures the amount (volume) and/or speed (flow) of air that can be inhaled or exhaled.

Memory Screening

The purpose of this screening is to test short-term memory related to Alzheimer's Disease using a memory impairment screening tool. Education about dementia will be provided.

Metabolic Syndrome Screening

Metabolic Syndrome is important to recognize because people with this condition have a significantly increased long-term risk of developing cardiovascular disease (heart attack, congestive heart failure, and stroke).

Oral Screening

This screening looks for tooth and gum disease and oral cancer by checking the inside of the mouth for sores and lesions.

Pulse Oximetry

Check the amount of oxygen in your blood with this screening.

An oximeter can detect low blood oxygen levels before symptoms occur which can lead to lung and heart problems.

Skin Screening

This screening checks for skin cancer and other skin problems. The doctor or nurse may look at your scalp, face, neck, arms, hands, upper chest, back and legs.

Sleep Apnea Screening

Through questionnaires, this screening checks for risk factors for a condition known as sleep apnea. This condition causes as many as 30 or more pauses in breathing of 10 seconds or more during sleep. Sleep apnea affects 1 in 5 people and can be life threatening. Recent studies have identified sleep apnea as a risk factor for high blood pressure, irregular heartbeat, diabetes, heart attack or stroke.

Stress Management Screening

Through a private questionnaire, this screening checks your mental wellness by asking you questions about how you cope with life's stressors. Mental health professionals are on hand for you to talk with as well.

Volunteers needed to help with non-medical assignments

As part of our Augustana Lutheran Church community outreach, Augustana, in partnership with Congregation Temple Emmanuel, will again host a 9Health Fair on Monday, April 24 and Tuesday, April 25, 7 a.m.–noon. We look forward to this opportunity to host these health screenings and need your help to make it a welcoming experience for those attending.

If you helped last year, you did such a great job that we will be contacting you again this year! If you haven't been contacted, please give one of us a call.

If you have not participated in the past, we welcome your participation. No experience is necessary for non-medical duties. We will provide the instruction needed.

Contact Non-Medical Coordinators **Karen Fletcher** (303-552-8473) and **Sarah Jacobsen** (303-917-0221).



ELCA World Hunger
Evangelical Lutheran Church in America
 God's work. Our hands.

ELCA World Hunger DOES make a difference

- A simple water well creates healthier communities, and children can attend school.
- Micro loans support funds for women to start their business with food, sewing, baking, etc.
- Young Adults in Global Mission serve one year in a transformative journey.
- New, growing churches around the world receive Bibles in their language to teach, preach and study the Good News.
- Grants are given to support soup kitchens in the United States to serve people with food insecurity.
- Backpacks with food are sent home with children for the weekend in homes with food insecurity.
- Through Buck a Chick, each dollar buys a chick that grows into a hen who produces eggs for families to use for their own meals and to sell as part of a small family business.

These are just a few ways our support makes a difference.

Thanks to Rev. Dan Rift, Augustana members and friends, Pastor Hultquist, and Pastor Trussell, for encouraging our vision to support ELCA World Hunger.

Global Mission purpose statement for Augustana Lutheran Church: **We believe our lives and faith impact others for the sake of the Gospel!**

Hope in drought

A disaster of global proportion continues to take place, but is going relatively unnoticed. Drought is impacting millions of people globally, with southern and eastern Africa the



most heavily affected. Many people are facing a multi-year drought, which has resulted in low crop production, rising food prices and household food insecurity.

Countries, communities, places where Lutheran churches have been at work for generations, are suffering. Lutheran Disaster Response, working with companion churches and trusted partners, has hands and feet on the ground providing care, support and hope.

In regions where little rain has fallen over the years, change must take place for people to survive. Lutheran Disaster Response is helping support projects such as irrigation systems, education around crop and vegetable production, water management, and using tools and resources to help people get the most out of their land. People like Shamble.

In his first year, Shamble is already seeing positive effects. He says, "I was trained and given an improved variety of drought resistant teff [a crop similar to wheat]. My life and my family's life has really improved. I have built a new house and been able to buy some sheep and cows."

Your gifts to Lutheran Disaster Response bring lifesaving aid and resources needed to help those in crisis from disasters. Together, we are working with communities to be more disaster-resilient, helping save lives, improve livelihoods and mitigate the effects of disasters.

To give a gift to ELCA World Hunger, use the special envelopes in Augustana's pew pockets and make checks payable to

Children, Youth, and Family Ministry



Get ready to honor graduating seniors!

Augustana will recognize our graduating seniors on Sunday, April 30. Since we are community together, we will be sending them with a “used” Bible. These Bibles will be placed in Fellowship Hall, Sundays, April 2, 9, and 23. You are encouraged to leave notes, draw a picture, underline your favorite verse, share a memory you have with this student, etc. All are welcome to participate regardless of how well you know the student!

Hey, parents, enjoy an evening out!

Parents’ Nights Out

Friday, April 21, 5–9:30 p.m.

Augustana is offering a night for you and your significant other to spend time together, knowing your child is being well taken care of by Augustana’s professional nursery staff, adults, and caring youth! Infants through 8th grade are welcome for a night of fun. Supper and snacks will be included. A donation of \$20 per child is suggested for this event to support the senior high youth mission trip to Tennessee.

Culture Cooking Class

Explore foods from around the world with us! First experience is Saturday, April 29. More details coming soon in the bulletin!

Parents of college students to pack Easter goodie boxes

On Sunday, April 9, 9:15–10:30 a.m. in Fellowship Hall, parents of college students will prepare care packages for our college students to celebrate Easter. These will replace the mailing previously sent for finals week. Please bring about 25 of whatever you choose—candy, microwave popcorn, packets of hot chocolate, granola bars, toys and trinkets—whatever you think a male or female college student would enjoy. If you can’t attend on April 9, please leave your treats in Augustana’s office, clearly labeled for the college students.

To update your child’s current mailing address at school, contact Augustana’s office (info@augustanadenver.org or 303-388-4678).

Other questions may be directed to coordinators **Joy Hawkins** (Joy.Hawkins@ucdenver.edu or 303-915-7645) or **Jan Brown** (JTBrown0407@gmail.com or 720-563-7589).

Frolic Faith Class offered to families with newborns and toddlers!

Wednesday, April 12, 5:30–6:30 p.m.

Anna Paulson Room

Augustana continues the Frolic Faith Classes for newborns and children up to age 5 and their families. Developed by early childhood experts, this class is part of a suite of resources designed to introduce little ones to faith concepts in age-appropriate ways. Yes, even starting at birth! The hour-long monthly class will include family sharing, Bible story-telling, singing, prayer, and play — all age-appropriate for babies and toddlers and their families. Bring the kids and come!

Led by Children’s Ministry Coordinator **Erin Brown** (303-388-4678 ext. 122 or brown@augustanadenver.org).

Fellowship



Theatre & Theology

Theater and Theology brings members of Rocky

Mountain Synod congregations in and near Denver to productions of the Denver Center for the Performing Arts. After viewing a play, we do a talk-back discussion with cast members on theological issues raised in the play. The plays and these discussions can challenge and stimulate our faith, and, therefore, the mission of the Church, in a unique way. For more information, contact **Rosalee Wanchisen** (303-759-9836 or rwanchisen@gmail.com).

Disgraced

Tuesday, April 25, 6:30 p.m., Ricketson Theatre,
Tickets: \$35

Registration with check payable to Rocky Mountain Synod and footnoted "T&T Augustana: Disgraced" must reach Augustana's office by Tuesday, April 4.

"Terrific and turbulent, with fresh currents of dramatic electricity"
– The New York Times

"Breathtaking, raw and blistering."
– The Associated Press

Amir has spent his adulthood downplaying his upbringing to build the perfect life. But as a high-profile court case and his wife's Islamic-inspired art show reveal just how little his culture is understood by the people around him, their misconceptions become too much to bear. The expectation to be true to yourself and to fit into mainstream society collide in this 2013 Pulitzer Prize-winning play.

April Book Group

Join us Tuesday, April 18, 11:15 a.m., in the Anna Paulson Room as we discuss *A Man Called Ove*. Fredrik Backman tells this charming tale of an older gentleman and his struggles with life and love.

Trailblazers

Mount Galbraith Park Hike

Saturday, April 22, leave Augustana's south parking lot at 9 a.m.

The hiker-only trails in this Jefferson County Open Space park offer breathtaking views of Lookout Mountain, Mount Evans and the Continental Divide.

Rating: Moderate

Distance: 4.2-mile loop



Elevation: 6,300 to 7,300 feet

Guide: **Don Troike** (937-725-5338 or don.troike@gmail.com)

Women, Wine, and Word

This monthly Bible study for women of all ages will meet on Thursday April 27, 7 p.m. The group is currently using the study "Present Over Perfect," which features brief video segments, Bible study, and discussion. The group meets in someone's home each month; please contact **Pastor Ann** (ann@augustanadenver.org) for the April meeting location. Everyone is welcome!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 APRIL 2017						
2 Health Ministry Sunday Worship/Communion 8am 9:15am Learning/Fellowship 9:15am First Communion Class 10:30am Worship/Communion 11:30am Youth Group Noon Prayer Shawl Ministry 3pm Rehearsal: Good Friday (See JASS below)	3 Augustana Firm Believers Chapel Prayer 10am Augustana Early Learning 7pm Center Board	4 9am Library Committee 5:30pm Yoga	5 9:45am Augustana Firm Believers 6pm First Communion: Chalice Making 6pm Augustana Ringers 7:30pm Chancel Choir	6 9:30am Thursday Morning Bible Study 9:30am Phoebe Circle 5:30pm Faith Five Soup Supper 5:30pm Restorative Yoga 6pm Children, Youth, & Family Ministry Committee 6:45pm Lenten Worship: Holden Evening Prayer	7 9:15am Silver Notes 9:45am Augustana Firm Believers	8 Silver Notes Augustana Firm Believers
9 Sunday of the Passion Palm Sunday 8am Worship/Communion 8:30-10:30am Palm Sunday Breakfast 9am College Care Packages 10:30am Worship/Communion 11:30am Altar Guild 11:30am Youth Group Noon Second Sundays Sack Lunch for Local Action 3pm Dress Rehearsal: Good Friday (See JASS below)	10 8am Foot Care Clinic 9:45am Augustana Firm Believers 10am Chapel Prayer 1pm Mary Circle 7pm Rehearsal: Altar Guild	11 9:30am Deborah Circle 5:30pm Executive Committee 7pm Rehearsal: Easter Brass	12 9:45am Augustana Firm Believers 5:30pm Frolic Faith Class 6pm Augustana Ringers 7:30pm Chancel Choir	13 Maundy Thursday The Tower deadline 9:30am Sarah Circle 9:30am Thursday Morning Bible Study 11am Worship/Communion Noon Monthly Luncheon 5:30pm Restorative Yoga 7pm Worship/Communion First Communion 7pm Property Committee	14 9:15am Silver Notes 9:45am Augustana Firm Believers Noon Worship 7pm Worship The Seven Last Words of Christ by Theodore Dubois	15 8am American Redcross 8:45am Babysitting Class "God's work. Our hands" ANSAR Food Pantry 10am Easter Lily Set-up 5pm Children, Youth, and Family Movie Night
16 Easter Day Resurrection of Our Lord 8am Worship/Communion 9:30am Worship/Communion 10:30am Easter Egg Hunt 11am Worship/Communion	17 - office closed -	18 11:15am Book Group 5:30pm Yoga 7pm Congregation Council	19 7:30am Lutheran Men of Denver 9:45am Augustana Firm Believers	20 9:30am Thursday Morning Bible Study 5:30pm Restorative Yoga	21 9:15am Silver Notes 9:45am Augustana Firm Believers 4:30pm Augustana Early Learning 6pm Center Evening of the Arts Confirmation Retreat/ Parents' Night Out	22 9am Trailblazers: Mount Galbraith Park Hike 7:30pm Augustana Arts: Anima Chamber Orchestra
23 Easter 2 Volunteer Appreciation Sunday 8am Worship/Communion 9:15am Learning/Fellowship 9:15am New Members Class 10:30am 9Health Fair Set-up 10:30am Worship/Communion (See JASS below)	24 7am-noon 9Health Fair 10am Chapel Prayer	25 7am-noon Theater & Theology: 6:30pm <i>Disgraced</i> 7pm Rachel Circle	26 9:45am Augustana Firm Believers 1pm The Tower Assembly 6pm Augustana Ringers 7:30pm Chancel Choir	27 9:30am Thursday Morning Bible Study 5:30pm Restorative Yoga 7pm Wine, Women and Word	28 9:45am Augustana Firm Believers 11:30am Silver Notes Year-end Brunch	29 7:30pm Augustana Arts: Stratus Chamber Orchestra "Stories on Stage" with Matt Diekman, Viola
30 Easter 3 8am Worship/Communion 9am Recognition of High School Seniors 9:15am Learning/New Members 10:30am Worship/Communion 11:30am Youth Group (See JASS right)		11:30am Lunch 12:15pm Cherubs, Choristers, GraceNotes, Guitar Ensemble 1pm Recorders, Y Hope, SONshine Ringers 1:45pm BELLievers				

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