

LENT

Ash Wednesday, March 1

Worship on Ash Wednesday, March 1, 11 a.m. and 7 p.m. in Augustana's sanctuary, including Holy Communion and Imposition of Ashes. Child care will be available at 7 p.m. Please note: Both Ash Wednesday services will be in Augustana's sanctuary.

Color your way through Lent

Color your way through Lent, and journey through the stations of the cross. There are 14 different stations that go through the journey of Jesus' crucifixion and end with the 15th station — the resurrection. Large posters will be available during Coffee Hour, in Sunday school classes, and to the Early Learning Center. These posters will be displayed beginning Palm Sunday. You can also participate by taking home your very own coloring book, located on Augustana's entrance tables. Coloring books are available for adults and kids. Take one for a friend, too!

Lent Devotions begin March 1, Ash Wednesday

Free Indeed Devotional Book for Lent is a full-color devotional containing daily readings from Martin Luther's Small Catechism. Each page contains a snippet of Luther's Small Catechism and a reflection as we join Lutheran Christians all over the world studying catechism in celebration of the 500th anniversary of the Reformation.

The small books are available at Augustana's entrance tables. A \$2 free-will offering given to the church office is optional. Adult Sunday school will also be based on this book during Lent. The book is also available as an e-book for phone or tablet (store. augsburgfortress.org).

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good news!

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LUTHERAN CHURCH

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

Thursday, March 16, 4:30 p.m. is the deadline for the April 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
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Katrina Crook | Krista Degerness
Michael Graham | Pr. Ann Hultquist
Kirsten Jensen | Greg Johnson
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Pr. Caitlin Trussell | Pam Uyemura
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Asmir Hodzic, Building and Grounds Manager
Andrija Malbasa, Dawit Haile, Custodians
Kim Kouba, Cindy Maxwell, Wedding Coordinators
Christie Baroody, Director, Augustana Early Learning Center



Daylight Saving Time

Daylight Saving Time begins Sunday, March 12. Turn your clocks AHEAD an hour Saturday night, March 11.

Recently lifted up in prayer . . .

For hope and healing:

- Joyce Boe, Frances Coffey, Charlie Flynn, Cindy Ice, Patricia Marnette, Philip John Maurer, Susan Reece

For comfort and courage:

- Family and friends of William Ash in his death
- Linda Sanders in the death of her mother, Marilyn Bolmeier
- Julie MacDougall in the death of her friend, Wanda Clark
- Cindy Lindeen-Martin in the death of her uncle, George Haedt
- Sonja Engebretson and Palmer Attleson in the death of their friend and cousin, Mavis Lang

- Joni Hopkins in the death of her niece, Pam Messner
- John Pederson in the death of his friend, Pastor Robert Miller
- Don Hass in the death of his sister, June O'Brien
- Marcia Olson in the death of her mother, Reva Rennie
- Mike Uhrich in the death of his friend, John Rund
- Mary Gillman in the death of her cousin, Bill Schulte
- E.L. Van Laningham in the death of his cousin, Dale Van Laningham
- Family and friends of Alice Zwanzig in her death

Rejoice with . . .

- River Lilja Cockrell, daughter of Josie and Nathaniel and granddaughter of George and Julie Cotton, in her baptism
- Stella Andrine Logsdon, daughter of Dan Logsdon and Heidi Aarsby-Logsdon, in her baptism
- Hannah Rae Zeckser, daughter of Tim and Abby Zeckser, in her baptism

Augustana Foundation

River Lilja Cockrell and Hannah Rae Zeckser received MIF4KIDZ Investments in honor of their baptisms, thanks to the Augustana Foundation.

Sheryl Stenseth honored at retirement brunch



Amid an awash of hugs and tender words, Sheryl Stenseth's 40-year career as a professional nurse was celebrated at a congregational brunch on February 4.

After welcoming special guests, Pastor Caitlin Trussell commenced the program by noting that Sheryl was a radiant example of God's shining light—fulfilling his directive at baptism to let your light so shine that all may see and glorify

Him. Inspired by the hymn "Here I Am, Lord," Dr. Marilyn Stember recounted Sheryl's earliest faith development and how God had called her to become a nurse. After caring for numerous patients over the next decades at Denver area hospitals and earning a graduate degree, she then answered his call to become a parish nurse. Marilyn noted that this consummate parish nurse's influence reached far beyond the

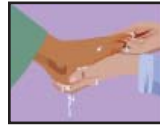
congregation—formally teaching parish nurses, serving in ELCA synod health ministry, and leading regional ecumenical parish nurses. Retired Pastor John R. Pederson noted how individuals in the congregation had opened their lives to Sheryl—sharing both their greatest joys and their deepest worries—and how she had responded with compassion, sound advice, and loving care. President of the congregation David Aarestad expressed gratitude for her countless measures of faithful service and presented her with a congregational gift. Echoing the sentiments of the day, Pastor Ann Hultquist described how both the staff and the congregation had been touched by Sheryl's strong personal faith and her genuine love of life. Musicians for the day featured Julie Cotton on piano and vocals by Krista, Kari, and Randy Degerness. A tasty full-course brunch was prepared by Judy and Win Nyquist. Health Ministry Committee member EJ Amrhein acknowledged members of the staff,

brunch planning committee, and a host of other volunteers.

In response Sheryl thanked God for his many blessings and for his steady guidance during her 40 years as a professional nurse. She expressed her gratitude to the congregation for embracing her warmly with acceptance and love. She shared how Augustana's health ministry was a professional opportunity of a lifetime, permitting her to integrate her core professional knowledge with faith, hope, and healing. Sheryl also graciously thanked her husband Dwight and her family, friends, and colleagues for their generous support throughout her career. In true Lutheran tradition, guests spiritedly joined in the singing of the sending hymn, "Joyful, Joyful We Adore Thee."

While Sheryl will be greatly missed as Faith Community Nurse, she is embarking on a new chapter in her life eager to enrich her life and those around her.

LENT



Continued from cover

Study Luther's catechism at Adult Forum during Lent

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

Free Indeed: The Small Catechism for Today

Be a part of the conversation about life and faith as we join Lutheran Christians around the world studying Luther's Small Catechism in celebration of the 500th anniversary of the Reformation. Books are not required for class, although bring it if you have one. E-book versions are available online at ausburgfortress.org.

- March 5: Pastor Ann Hultquist, Ten Commandments
- March 12: Pastor Caitlin Trussell, The Creed
- March 19: Rev. Dan Rift, Director ELCA World Hunger, Daily Bread
- March 26: Pastor Ann Hultquist, The Lord's Prayer
- April 2: Pastor Caitlin Trussell, Sacraments of Baptism and the Altar



Have soup and practice Faith 5

Thursdays, March 9, 16, 23, 30 and April 6, 5:30 p.m., Anna Paulson Room

Faith 5 is a simple way for faith to be talked about every night in every home. All it takes is practice which we will do together on Thursday evenings in Lent. Join us beginning at 5:30 p.m. for a simple soup and salad supper. We will also learn about how we can share, read, talk, pray, and bless each other. The nursery will also be open during this time.

Midweek Lenten worship offered

On Thursday evenings at 6:45 p.m. during Lent (March 9, 16, 23, 30 and April 6), there will be the opportunity for Evening Prayer in Christ Chapel. Our liturgy will be the beautiful Holden Evening Prayer, and each week an Augustana member will offer a brief reflection on a favorite Bible passage. Everyone is invited to attend the soup supper beforehand, or just to come to the worship service. This is a wonderful way to close out your Thursday and live the season of Lent together.

Youth serve breakfast on Palm Sunday

The Children, Youth, and Family Ministry Committee will be hosting Palm Sunday Breakfast. Join us April 9 in Fellowship Hall for a delicious breakfast, 8:30–10:30 a.m.

Holy Week and Easter

Sunday of the Passion/Palm Sunday, April 9

- 8 a.m., Christ Chapel | 10:30 a.m., Sanctuary
- Palm Sunday Breakfast, 8:30–10:30 a.m., Fellowship Hall

Maundy Thursday, April 13

- 11 a.m. and 7 p.m., Sanctuary
- Noon, Monthly Luncheon, Fellowship Hall

Good Friday, April 14

- Noon and 7 p.m., Sanctuary

Resurrection of Our Lord, Easter Sunday, April 16

- 8 a.m., 9:30 a.m., 11 a.m., Sanctuary

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!

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).

Easter Garden - please print or type

In memory of _____

Given by _____

In honor of _____

Given by _____

Contact name _____

Phone _____

Enclosed \$ _____



Support the food drive as part of your Lenten discipline

Augustana continues its tradition of helping stock the shelves of Metro Caring with a special food drive during Lent. Although Augustana's people generously donate 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.

About Metro Caring

Metro Caring's diverse approach to fighting hunger includes a fully stocked fresh-foods shopping market, healthy living and nutrition education, and tools and resources for self-sufficiency. Metro Caring is passionate about providing nutritious food to those who face economic hardships and helping them become self-reliant. Since beginning operations in their new, larger facility, Metro Caring needs tons more food and toiletries.

How to help to those in need

Please 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 below the sanctuary between Ash Wednesday, March 1 and Easter, April 16. Thank you!

Suggested Shopping List:

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

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

Pastors



I love Lent!

That may seem strange to some people, but I have always loved the season and the different rhythm that comes along with it. The traditional “disciplines” of Lent: prayer, fasting, and giving to those in need, are lived

out by each of us in different ways. You may “give up” something for the season or “take on” a new positive habit; commit yourself to daily reading of scripture and prayer; or volunteer your time to help those who are struggling economically. Whatever you choose to do will help to shape these six weeks as being different from the rest of your year and also deepen your relationship with Christ.

At Augustana we will be worshiping together (and eating together!) on Thursday nights during Lent—see the articles in this issue for more information. We’ve also made available a daily devotion book, *Free Indeed*, which leads us through Martin Luther’s Small Catechism. This is particularly timely as we celebrate the 500th anniversary of the Reformation in 2017. Our Adult Forums will focus on the book and invite us to think about applying the catechism to our daily living.

And during Lent Sunday worship this year, we will hear wonderful Gospel passages from John. Each passage focuses on an encounter that a person has with Jesus and the impact that meeting has on their life. Those readings will also lead us to reflect on our own faith journey.

So, there is much to take in, be a part of, and love about Lent this year! Come and be fed by Christ!

Pastor Ann Hultquist

We love you, God. Help us love you more. (Part 1)

This is Part 1 in a two-part series by Pastor Caitlin about the prayer petition you often hear her use: “We love you, God. Help us love you more.”

Augustine of Hippo (354–430 C.E.) said that our human problem is that we use God and love things rather than loving God and using things. Martin Luther was a 16th century Augustinian monk.

Parallels abound between

Augustine and Luther. Luther’s explanations of the Ten Commandments in the Small Catechism are one example. They each begin with the statement, “We are to fear and love God . . .” I find myself wondering about loving God through this Augustinian lens as we spend Lent reflecting on the Small Catechism.

Luther’s explanation of the Third Article of the Creed about the Holy Spirit reads, “I believe that by my own understanding or strength I cannot believe in Jesus Christ my Lord or come to him, but instead the Holy Spirit has called me through the gospel . . .” This is a really low theological anthropology, meaning that we are drawn to faith by God not by our own intellectual striving — again, very Augustinian. If we are brought to faith in Jesus by God’s power through the Holy Spirit, then we also love God by God’s power in this way.

I often end my public prayers at the children’s sermon, in meetings, or pastoral care by saying, “We love you, God. Help us love you more. Amen.” This prayer is a nod to Luther’s explanation of the Third Article because only with God’s help are we able to love God. There is nothing we can do or not do to make God love us any more or any less. Loving God and asking for God’s help to love redirects us from using God to loving God — redirected only by God’s help. May we all be so redirected this Lent as God’s self-sacrificing love on the cross draws us into faith and deeper love of God.

Peace, **Pastor Caitlin**





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



Projecting my future

Tall and rail-thin, *Maria may appear young and shy, but when she is working with the Evangelical Lutheran Church in Colombia's (IELCO) Proyectando Mi Futuro program, the 14-year-old's leadership skills are on shining display. Maria lives with her mother, grandmother and two younger siblings in a tiny home in Caracolí, a neighborhood outside Bogota, Colombia.

Her grandmother, like many of their neighbors in the crowded barrio, fled her hometown years ago to seek a better life. The streets here are dusty, the homes pieced together with scraps of wood and corrugated steel. Many lack water, electricity and sustainable protection from the elements. The challenges are easy to see.

Fortunately, so are the opportunities. Through your support of ELCA World Hunger, IELCO's Proyectando Mi Futuro is working with young girls and women like Maria in Caracolí to develop their leadership skills and inspire their hopes.

Through her participation in self-esteem classes, Maria has been motivated to do well in school and perhaps go on for further education. Last year, Maria's group decided to learn hairstyling skills, and today, Maria is so proficient that she and the other young women offer their

services to their neighbors. This lets Maria contribute to her family's income.

This year, the group — with some new members — has decided to focus on manicure and pedicure skills, and Maria is thrilled to expand her services in this new area. In addition to skill-building and self-esteem classes, the families in Caracolí receive counseling from staff with IELCO, who provide home visits every two weeks. Thanks to your support of ELCA World Hunger, families like Maria's are turning their hopes for a better life into reality in Caracolí.

*Name withheld for privacy

Your gifts to ELCA World Hunger support innovative solutions that fight hunger and poverty in nearly 60 countries around the world, including the United States. To give a gift to ELCA World Hunger, use the special envelopes in Augustana's pew pockets and make checks payable to Augustana, or give online at www.augustanadenver.org.

Special Guest from the ELCA World Hunger Program

Pastor Daniel Rift, Director of the ELCA World Hunger and Disaster Appeal, will be Augustana's guest on Sunday, March 19. He will be our preacher at both worship services and will also lead the adult forum that morning. For many years our congregation has generously supported the work of this ministry — most notably recently through the purchase of 15 farms during Advent. This ministry helps to supply the needs of those who are hungry around the world and in the United States and also works to make sustainable development a reality in impoverished countries. Plan to come and hear how your giving makes a difference in the lives of others!



Thank you for the cards and prayers during my recent hospitalization and convalescence.

Dorothy Haner

Dear Augustana Lutheran Church,
Thank you and Augustana Lutheran Church for your contributions of 2,037 pounds of in-kind donations throughout the last quarter of 2016! We ended the year strong, and we could not have done it without all of the great food you provided to Metro Caring.

Thank you, again, for helping Metro Caring to provide healthful food to hundreds of Denver families every week.

Ryan Galanaugh
Vice President of Development and Communications

Dear Augustana Lutheran,
Thank you for your generous contribution to New Beginnings Worshipping Community to help further our ministry inside the Denver Women's Correctional Facility. Your gift touches lives exponentially through the women who come to worship, those whom they meet back in the Chow Hall and the Housing Units, and also their children, friends and extended family. Thank you for your faith in this ministry.

We thank you all for walking with us in 2016 and pray that you will continue in 2017. Your accompaniment makes a difference in all of our lives. Thank you.

Pastor Terry Schjang

“Reforming Congregations through Engaging Our Community”

Friday, March 10–Saturday, March 11, at St. Mark's Lutheran Church (111 Del Mar Circle, Aurora, 80011)

This community training workshop will be focused on teams from congregations and empowering them to begin the work of community engagement. Topics include: Charity vs. Justice, Relational Organizing, and Structural Change. Please contact **Pastor Caitlin** (pastor.caitlin.trussell@gmail.com) if you are interested in attending.

Friday, March 10

- 1–4:30 p.m. Rostered Ministers
- Dinner on own nearby
- 6–9 p.m. Congregation Teams

Saturday, March 11

- 8:30 a.m. Coffee and snacks
- 9 a.m.–4 p.m. Congregation Teams (lunch provided)
- **Bishop Jim Gonia**, Rocky Mountain Synod
- ELCA Reverend **Susan Engh**, ELCA Domestic Mission Unit

New dates for Germany Trip! August 23–September 1, 2017

Augustana's trip is now combined with Gloria Dei Lutheran Church, MN (ELCA) led by Pastor Bradley Schmeling.

One-and-all are invited on this pilgrimage through Germany and Luther's world, inspiring the traveler to live courageously by faith in this 500th Year of the Reformation! On Saturday evening, the group will attend English worship service at City Church, where Martin Luther preached, was married, and baptized his six children.

Check out the trip itinerary, cost, and registration online: Trip number 17032 at www.myfaithjourneys.com. Contact Augustana's office for more information (info@augustanadenver.org or 303-388-4678).

Health Ministry

Dry Eyes

Colorado's spring winds may make your eyes burn. You may experience dry eyes in certain other situations such as being on an airplane, riding your bike, sitting in an air-conditioned room, or after looking at a computer screen for a few hours. Some individuals find their eyes become drier as they age.

Dry eye is a common condition that occurs when your tears aren't able to provide adequate lubrication for your eyes. Dry eye feels uncomfortable. Symptoms may include a stinging, itchy or burning sensation in your eye, sensitivity to light, excess tearing, and blurred vision. Many over-the-counter eyedrops are available, but some can feel irritating and others have an annoying thick consistency. Several options are possible for reducing or relieving dry eyes.

You may not need to purchase eyedrops at all. Warm compresses to the eye for 10 minutes using a clean warm washcloth might be your first step. Then gently use a cloth to clean your eyelids and eyelashes with a very diluted mild shampoo solution. Unplugging any blocked tear glands can release the natural fluid and oil to allow your eyelid to glide more easily over the surface of the eye. It may be a few days before you see a benefit.

When warm compresses don't work, you may need to try eyedrops or artificial tears. Avoid eyedrops that say they reduce redness, as extended use can irritate the eye. Some artificial tears contain preservatives which may also irritate the eye if used more than four times a day. If you need to use artificial tears more frequently, purchase

the non-preservative eyedrops that come in single use vials. Throw away each vial after using it once.

Thicker eye products are more lubricating and provide longer relief. But these eye ointments can blur your vision, making them most effectively used at bedtime.

When nonprescription eyedrops are not giving you relief, it is time to talk to your primary care provider or your eye doctor. Perhaps it is a medication you are taking or perhaps it is related to another underlying condition.

When it is a chronic inflammation on the surface of the eye that is causing your dry eyes, it may be possible to control it with a prescription eyedrop. Your doctor may discuss other options with you as well.

Blinking should be painless, but for many dry eye sufferers, it is uncomfortable and affects everyday activities like driving, reading, using the computer and watching TV. Even simple steps to care for dry eyes at home may relieve symptoms and alleviate discomfort. But when not successful, see your health care provider.

Adapted from the Mayo Clinic Health Letter, February 2017. For more information, search dry eyes at www.mayoclinic.org.

Prayers for Healing

Sunday, March 26, 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 healing prayer will be added to worship, Sunday, March 26. Instructions will be available in the bulletin 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.



Music Ministry

March is a month for hosting visiting choirs and a jazz orchestra!

Augustana is pleased to be host to the following ensembles during the month of March. There is something for everyone!

Drake University Choir and Chamber Choir

Friday, March 3 at 7:30 p.m., we welcome back to Augustana the Drake University Choir and Chamber Choir, **Aimee Beckmann-Collier**, conductor. Both choirs have an extensive history of touring abroad and several awards to their name. The choirs' tour repertoire includes music by contemporary American composers, works by Brahms, Schütz, Gretchaninov, and Gershwin, as well as a new piece commissioned by the Drake Choir, written by Eric Whitacre and Charles Anthony Silvestri. There is no charge for the evening concerts but a freewill offering will be taken.



Dick Larson conducts Kantorei

Dick Larson, conductor emeritus, will join **Joel Rinsma** in conducting Kantorei in concert at Augustana the next evening, Saturday, March 4, 7:30 p.m. Kantorei will join forces with Stratus Chamber Orchestra, and perform Vaughn Williams' "A Serenade to Music" as a pillar of the evening. Other repertoire includes music paying homage to the gift of music, including Benjamin Britten's "A Hymn to St. Cecilia," the patron saint of music. Tickets (\$20 Adult/\$15 Senior/\$5 Student) are available online (kantorei.org) or at the door.

Chris Maunu conducts Arvada West

Only three days later, on Tuesday, March 7, 7:30 p.m., **Chris Maunu** (former AVE and continuing member of Chancel Choir) will conduct one of several of his choirs from Arvada West here in the sanctuary at Augustana. Chris has built an amazing choral program at Arvada West over the last several years. His choir won the distinct and highly prized honor of performing at the National American Choral Directors Association conference. This year that conference is being held in Minneapolis, MN. This concert at Augustana serves as their run-out concert (they leave the next day!), and we get the pleasure of hearing one of the foremost high school choirs in the nation sing. The concert is free and open to all.



Luther College Jazz Orchestra

Perhaps you need a break from choral music? Then you are in for a real treat! On Sunday, March 19, 4 p.m., Augustana hosts the Luther College Jazz Orchestra, under the direction of **Tony Guzmán**. The program features a variety of exciting jazz repertoire including works by Duke Ellington, Oliver Nelson, Thelonious Monk, Bill Holman, Astor Piazzolla, Fred Sturm, and many others. Luther jazz faculty member Jon Ailabouni will also be featured on trumpet and flugelhorn. Jazz Orchestra, Luther's premier jazz ensemble, travels annually and tours abroad every four years — most recently in May/June 2016 to Brazil for a three-week, 13-performance immersion in the musical cultures of the country. The band is excited to perform for the Denver community, and hopes you are able to join them at the concert. Freewill offering.



Save the date! July 10–16, 2017

Are you coming to WAM!?

Who: All children who have completed grades 1–7, Augustana children, and friends in the community!

What: Learn how to create scenery, backdrops and props; explore your dramatic side; sing and discover great music!

When: July 10–16, 2017 (Monday through Friday, 9 a.m.–2 p.m., Saturday, 9 a.m.–noon, and Sunday morning worship, 10:30 a.m.)

Where: Augustana Lutheran Church

Cost: \$75 per child; \$125 cap for families

Register: Forms will be available online (www.augustanadenver.org) and at Augustana beginning April 1

Each weekday begins at 9 a.m. and concludes at 2 p.m. Every day includes break-out sessions in art, dance, drama, and music.

On Sunday, July 16 at 10:30 a.m. worship, we will present a musical. We are currently looking at a few great new musicals and will choose one soon. It will be just as great as *Esther* was last year. Promise!

Participants are expected to participate each day, culminating in the Sunday worship and presentation of the musical.

Volunteers needed

We need volunteers for help in art and drama, serving snacks, and moving kids from one class to another. If you or your teenager would like to sign up as a volunteer, please contact **Cindy Lindeen-Martin** (lindeen-martin@augustanadenver.org) for a volunteer form.

Local and Global Involvement

Three outreach ministries you support with your offerings

Did you know that a portion of Augustana's offerings is distributed to 13 local organizations each calendar quarter? Augustana's Social Ministry team reaches from Augustana into the larger Denver community. The Social Ministry Committee manages the distribution of funds to local and state organizations that provide services to citizens of need in our community. The local outreach recipients are divided into two categories: Mission Partners (Lutheran-affiliated organizations) and Basic Human Needs. This month's *Tower* shares about Augustana's Mission Partner outreach recipients. Next month's edition will feature those providing basic human needs.

Rainbow Trail Lutheran Camp is a year-round camping ministry that mainly serves the people of the Rocky Mountain Synod, ELCA. Rainbow Trail offers summer programs for all ages starting with Introduction to Camp for those entering 2nd and 3rd grade all the way through senior high camp for those entering grades 9–12. In addition, Rainbow Trail offers two weeks of family camp as well as Labor Day family weekend where the entire family can come together to experience this wonderful Christian community (www.rainbowtrail.org).

Lutheran Family Services serves Colorado communities through program goals that provide homes and families for abused and neglected children, place children with loving and caring adoptive families, support older adults and caregivers in assessing options, and accessing services, assist refugees and asylees in becoming productive

citizens in their communities, offer parenting assistance or adoption alternatives to young pregnant women, strengthen troubled families, help reduce teen pregnancy in Colorado, share hope with persons suffering from grief and loss related to disaster, and provide basic legal services to immigrants (www.lfsc.org).



Urban Servant Corps is a Lutheran volunteer program involved in ministries serving inner-city Denver. The USC works in cooperation with community agencies, churches, and individuals in the city as channels of God's love and concern. USC volunteers bring a variety of gifts to the larger community. They balance between working with direct service programs to address immediate needs and advocating or networking with other organizations to work for long-term social change (www.urbanservantcorps.org).

Senior Ministry



Vikings: Beyond the Legend Exhibit

Denver Museum of Nature & Science

Join us on Wednesday, March 22, to view the Vikings Exhibit at the Denver Museum. This exhibit lays waste to the one-dimensional stereotype of bearded barbarians with horned helmets. Marvel instead at a culture of surprising refinement, complexity, and achievement, and a supernatural world inhabited by Thor, Odin, and other gods and giants. Fresh insights revealed through new archaeological discoveries and more than 500 treasures, many never before seen outside of Scandinavia, show why the Vikings will always capture our imagination.

For senior members (65+) of the museum the exhibit cost is \$7.95, for senior non-members the cost is \$21.95. The senior audio guide fee for members is \$4 and \$5 for non-members.

We will meet in Augustana's south parking lot at 9:30 a.m. to car pool to the museum. Make your reservation with Augustana's office (303-388-4678) by Sunday, March 19, so we know how many to expect.

After attending the exhibit, we will enjoy lunch together in the museum's cafeteria.

Touch '58 Project

You may not think about it, but it's been 58 years since work began on a new church building at



5000 East Alameda for the congregation of Augustana Lutheran Church. The building that we gather in has seen many improvements and changes over its life, and is used extensively both by our congregation and the community. The most recent improvements came through the "Over the Top!" Campaign with projects addressing lighting, the organ, sound system, the roof, interior and exterior painting. We accomplished a great deal as a congregation in a short time!

For 2017, Augustana has received a significant gift from Merrill and Dorie Fie. The purpose of their gift is to spruce up and maintain certain areas of the building, making sure that it is welcoming and useful for years to come. The areas that are hoped to be improved include the restrooms upstairs and those west of Fellowship Hall; lighting in the Memorial Garden; storage, speakers, painting in Fellowship Hall, and new cabinets in the kitchen.

The Property Committee is working with Justin Bride of Ascent Contracting and Ken Martin as designer. Look for drawings soon of specific projects and for opportunities to donate to Touch '58.



Stratus Chamber Orchestra Clay Kirkland, Harmonica

- Friday, March 10, 7:30 p.m. at Green Mountain United Methodist Church
- Saturday, March 11, 7:30 p.m. at Augustana

EPISODE III: The new replacement becomes the center of the drama. Could it be the orchestra isn't so much a flowerbed as a hot bed?

Works include Piazzolla's *Libertango*, Garrop's *Shadow*, Kirkland/Brahms' *Brahms in Blue*, and Brahms' Symphony No. 3.

Céad Mile Fáilte

Colorado Women's Chorale & Colorado Men's Chorale

Friday, March 17, 7:30 p.m. at Augustana

Augustana Arts extends *céad mile fáilte*, one hundred thousand welcomes, to this very special St. Patrick's Day celebration! Saint Mary's College Women's Choir will be performing with Colorado Women's Chorale. Led by conductor **Nancy Menk**, SMC Women's Choir has been described as a choir where "flawlessly executed avant garde vocal techniques abound." The laddies, Colorado Men's Chorale, will also be on hand for a grand and fun round of traditional Irish folk songs and pub tunes. Last, but certainly not least, very special guest, organist extraordinaire David Eicher, will perform Poulenc's *Litanies a la Vierge Noire de Rocamadouri*, making this an evening you won't want to miss. *Sláinte!*

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.

Augustana Early Learning Center

Eat at Chipotle and support the Augustana Early Learning Center!

The Augustana Early Learning Center will hold a fund-raising night at Chipotle Mexican Restaurant. This year, we are raising money to pay for the fabulous new playground! Please visit the Leetsdale and Monaco location (820 S. Monaco Pkwy., Denver, 80224), on Wednesday, March 15, 4–8 p.m. Fifty percent (50%) of the evening's profits come directly back to Augustana.

You can also support the new playground while you grocery shop

The playground project is well underway with hoped-for completion by the end of March, weather permitting. The nice weather has permitted the children to play and do outdoor activities in Quist Park — a wonderful resource. If you have a heart for early childhood education and would like to help the center's fund-raising efforts toward the playground, you may obtain a King Soopers gift card from the director; the gift card is programmed to benefit the AELC with a percentage of your spending donated by King Soopers. You may also make a direct donation and receive a tax credit for this year.

Children support ELCA World Hunger

The children made a variety of "bowls" for purchase during the Empty Bowl Lunch to raise awareness of world hunger. This raised \$626 which was donated to ELCA World Hunger.

Register for summer programming

Registration is underway for this Summer and Fall. Slots fill quickly, so if you have an interest, contact Chris Baroody, the director. (baroody@augustanadenver.org or 303-388-7012).

Know your AELC board members

AELC Board officers elected for this year are **Brandon Stratton**, president, **Mary Gillman**, vice president, **Don Troike**, secretary, and **Julia Stone**, treasurer.



Ammerman Library

Peruse new books for children and adults

Young children just learning to read should check out *Elephant and Piggie* books by Mo Willem; there are seven different titles. Second and 3rd grade readers will enjoy three new *Clementine* books by Sara Pennypacker.

Older readers will find three books, *Chomp*, *Flush* and *Hoot* by Carl Hiaasen; four *Diary of a Wimpy Kid* books by Jeff Kinney; *Book Thief* by Markus Zusak; and an “Elijah Project” book, *On the Run* by Bill Myers (a bit of the supernatural and Christian life in this one).

We have a variety of books for adults: two Colorado books about the Colorado River and historic hotels; a new Garrison Keillor book; and a book with images of the Prodigal Son called *And Grace Will Lead Me Home* by Robert Brusie. There are 27 new books in all.

For you music lovers, Dick Larson donated a set of five books, titled *Something New to Sing About*, offering three different levels of singing and choral techniques.

So many of you donated books in 2016, and we thank you for your generosity. We have 120 donated books accessioned and prepared for the shelves.

BOOK FAIR

Book Fair features books for families and kids

The Children, Youth and Family Ministry Committee is hosting a family book fair March 12–26 in the Ammerman Library. We will be selling 39 titles available from Spark House Publishing, perfect for families and kids. There will be opportunities to win prizes, and you will get free shipping and find great stories about faith. The Book Fair will be open on Sundays, March 12, 19, and 26, 8 a.m.–noon, and again during the week, 4–7 p.m. on March 13, 15, 16, 20, 22, and 23. Please stop in the Ammerman Library and check out these great resources.





Children, Youth, and Family Ministry

Enjoy soup and discussion at Lenten Faith 5 Nights

Faith 5 is a simple way for faith to be talked about every night in every home. All it takes is practice—which we will do together on Thursday evenings in Lent (March 9, 16, 23, 30, and April 6). Join us beginning at 5:30 p.m. for a simple soup and salad supper. We will also learn about how we can share, read, talk, pray, and bless each other. The nursery will also be open during this time.

3rd graders prepare for Holy Communion in April

First Communion classes will be happening in April with First Communion happening during the Maundy Thursday worship on April 13. These classes are open to 3rd graders and any other youth who are interested in receiving instruction. Please contact **Shanna** (shanna@augustanadenver.org or 303-388-4678 ext. 107) to sign up and for more information.

Babysitting class offered at Augustana

An **American Red Cross Babysitting Class** is being held at Augustana, Saturday, April 15, 9 a.m.–4:30 p.m., Anna Paulson Room. This training will help participants to develop leadership skills; learn how to develop a babysitting business, keep themselves and others safe and help children behave; and learn about basic child care and basic first aid. The recommended age for this course is 11–15 years old. Cost per participant is \$85. The deadline to sign up is April 1. To sign up or for any questions, contact **Shanna** (shanna@augustanadenver.org or 303-338-4678 ext. 107).

Families Inspired Together (FIT)

Sundays, 9:15 a.m., Room 3

- **March 12: Pastor John Bengston**, “Trinity and other Faith-Families Topic(s)”
We will first deal with the Christian understanding of God (whom we know as the Father, Son, and Holy Spirit = the Trinity). Obviously, theologians have chewed on that for nearly 2000 years, so we will not exhaust the topic. We will leave time for any questions that participants wish to explore.
- **March 19: Pastor John Pederson**, “The Lutheran Difference: Augustine’s Children”
While sharing much mission and ministry with the whole Christian church, Lutherans do have some distinctive differences. This series will draw out two of them. The first is a confession (as in “Here I stand,” not as in “I did it”) about what it is to be a human being. That confession owes much to an historical thread which extends back to St. Augustine’s childhood encounter with a pear tree, and beyond. The second will explore confession (again, “Here I stand”) as a significant way for parents to commend their Christian faith to their own children. John Pederson is a retired pastor and member of Augustana. Bring an inquiring mind—this is going to be fun!
- **March 26: Pastor John Pederson**, “The Lutheran Difference: Our Children”

Fellowship

Women, Wine and Word

This Bible study group for women continues to meet monthly in the evening. We are currently viewing and discussing “Present Over Perfect: Leaving Behind Frantic for a Simpler, More Soulful Way of Living.” Contact **Pastor Ann** (ann@augustanadenver.org) to find out the date and place for the March meeting.



Trailblazers

Rocky Mountain Arsenal National Wildlife Refuge – Lakes Loop

Saturday, March 25, leave Augustana’s south parking lot at 9 a.m. A remarkable transformation has taken place at Rocky Mountain Arsenal. The arsenal’s history is chronicled in the fascinating exhibits in the refuge’s visitor center. This trail focuses on lakes and the wetlands that surround them. The tour begins on the shores of Lake Mary, then climbs up onto the Lake Ladora dam. We’ll see stands of cottonwood and elm, march grasses, and expansive swaths of prairie.

Rating: Easy; **distance:** 3.5-mile lollipop loop; **elevation:** Flat lands; **guides:** **Judy and Chuck Barnes** (ccb3pcv@yahoo.com or 941-639-6199)

Book Group

Monday, March 20, 11:30 a.m., Anna Paulson Room

Join our group as we discuss *The Vanishing Messiah: The Life and Resurrections of Francis Schlatter* by David N. Wetzel.

This story of a mysterious faith healer begins in Albuquerque and moves to Denver where thousands of ill people come to be cured. Schlatter’s charisma brings him national attention and his disappearance leads to questions about faith, hope and his true identity. Wetzel, who spent 26 years with the Colorado Historical Society (now History Colorado) as a writer, historical interpreter, editor, and director of the publications program, pieced together this intriguing story from hospital records, mug shots, letters and other accounts.

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.

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.

Growing a gift card garden for Lutheran Family Services—and one way they help seniors



Gift card garden

Needs arise in all of our program areas throughout the year. Gift cards fill those needs at a moment's notice. Grow a "gift card garden" to collect gift cards for LFS. The stores we could

really use gift cards from are Target, Wal-Mart, Safeway, King Soopers, and gas stations. Contact **Evelyn Johnson** (evelyn.johnson@lfsrm.org or 303-922-3433) if you have any questions.

Teleconference for seniors

Lutheran Family Services Rocky Mountains Older Adult & Caregiver Services offers free monthly telephone conferences to answer your questions about aging. The next teleconference is "Selecting a Senior Living Facility" and is on Wednesday, March 8, noon–1 p.m. MST. Registration is required at www.lfsrm.org/caregiver-services, or call 303-217-5864 or 970-232-1180.



1 Chelsea Brammer
Bev Cohen
Tim Libby
Brenda Olson
Jerry Sanders
Dwight Stenseth

2 Alex Pulley

3 Jamye Gilbertson
Karen Jordahl
Glenna O'Neal
Sharon Schillereff

4 Patricia Aronstein
Paul Edstrom

5 Kathy Kesner
Maggie Morris
Bob Olson
Raeann Seney

6 Donna DeBell
Braden Ezpeleta
Duke Winiarski
7 Heidi Logsdon
Trevor Solheim
Morgan Terwilliger

8 Ford Finke
Doris Scanlan

9 Jon Gilbertson
Evelyn M. Johnson

10 Sandra Heitzman
Kathy Jenkins

11 Jim Dierker
Ethel Essig

13 Nina Bernhard
Henry Kouba
Donald Lund
John Pederson

14 Sonya Hultman

15 Jesse Altum

16 Jack Bartels
Shirley Bentley
Jeff Boe
Jack Genovese
Blythe Karstadt
Lucille D. Smith

17 LouAnn Baker

18 Kay Bengston
Emily Friesen
Ann Nimrod

19 David Bonicelli
Elizabeth Damon
Steven Dirks
Duane Vikman
Jo Ann Wacker-Farrand

20 Paige Hartkoorn
Sonja Massie
Daphne Ralston
Anderson Woodward

21 Norma Gerber
Sarah Graham

22 John Flory
Michelle Winiarski
Scott Yeager

23 Kara Carter
Tim Kah
Nancy Morgan
Kisanet Seare

24 Nancy Dierker
Steven Trautmann


25 Dana Crona
Emmett Cruson
Allan Schneider


26 Nita Altum
Katherine Applegate
Gayle Bebee
Mary Goodwin
Abbie Miller

28 Henry Bourg
Inger Helm

30 Marilyn Kessler
Errol Sweetser

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
5 Lent 1 Health Ministry Sunday Worship/Communion 8am 9:15am Learning/Fellowship 10:30am Worship/Communion 11:30am Youth Group Noon Prayer Shawl Ministry See JASS below	6 9:45am Augustana 10am Firm Believers Chapel Prayer	7 9am Library Committee 5pm Worship Committee 5:30pm Yoga 6pm Children, Youth, and Family Ministry Committee 6:30pm Theater & Theology: Two Degrees 7:30pm Concert: Anvada West Choir	1 11am Ash Wednesday Noon Worship/Communion 5:30pm Monthly Luncheon 6pm Ash Wednesday Pancake Supper 7pm Augustana Ringers Worship/Communion	2 9:30am Thursday Morning Bible Study 9:30am Phoebe Circle 5:30pm Yoga	3 9:15am Silver Notes 9:45am Augustana Firm Believers 7:30pm Concert: Drake University Choir	4 7:30pm Concert: Kantorei
12 Lent 2 Worship/Communion 8am 9am Book Fair 9:15am Learning/Fellowship 10:30am Worship/Communion 11:30am Youth Group Noon Second Sundays Sack Lunch for Local Action See JASS below	13 9:45am Augustana 10am Firm Believers 11am Chapel Prayer 1pm Prayer Team 4pm Mary Circle Book Fair	14 9:30am Deborah Circle 5:30pm Executive Committee 5:30pm Yoga	15 7:30am Lutheran Men of Denver 9:45am Augustana Firm Believers 4pm Book Fair 6pm Augustana Ringers 7:30pm Chancel Choir	16 9:30am The Tower deadline 4pm Thursday Morning Bible Study 5:30pm Book Fair 5:30pm Faith Five Soup Supper 6:45pm Restorative Yoga 7:15pm Lenten Worship: Holden Evening Prayer Women and the Word	17 9:45am Augustana Firm Believers 7:30pm Augustana Arts: "Céad Mile Fáilte" Colorado Women's/Men's Chorales	18 8:45am "God's work. Our hands." ANSAR Food Pantry Retreat: 9am Chancel Choir
19 Lent 3 Worship/Communion 8am 9am Book Fair 9:15am Learning/Fellowship 10:30am Worship/Communion 11:30am Youth Group 4pm Concert: Luther College Jazz Orchestra See JASS below	20 9:45am Augustana 10am Firm Believers 11am Chapel Prayer 11:30am Prayer Team 4pm Book Group Book Fair	21 5:30pm Yoga 6pm Volunteer Ministry Committee 7pm Congregation Council	22 9:45am Augustana Firm Believers 4pm Book Fair 6pm Augustana Ringers 7:30pm Chancel Choir	23 9:30am Thursday Morning Bible Study 4pm Book Fair 5:30pm Faith Five Soup Supper 5:30pm Restorative Yoga 7:30pm Lenten Worship: Holden Evening Prayer	24 9:15am Silver Notes 9:45am Augustana Firm Believers	25 9am Trailblazers: Rock Mountain Arsenal National Wildlife Refuge Lakes Loop
26 Lent 4 Worship/Communion 8am 9am Book Fair 9:15am Learning/Fellowship 9:15am Stewardship Committee 10:30am Worship/Communion 11:30am Youth Group See JASS below	27 8:30am Foot Care Clinic 9:45am Augustana Firm Believers 10am Chapel Prayer	28 12:30pm Senior Ministry Committee 1pm The Tower Assembly 5:30pm Yoga 7pm Rachel Circle	29 9:45am Augustana Firm Believers 6pm Augustana Ringers 7:30pm Chancel Choir	30 9:30am Thursday Morning Bible Study 5:30pm Faith Five Soup Supper 5:30pm Restorative Yoga 6:45pm Lenten Worship: Holden Evening Prayer	31 9:15am Silver Notes 9:45am Augustana Firm Believers	

		Lunch
11:30am	Cherubs, Choristers, GraceNotes, Guitar Ensemble	
12:15pm	Recorders, Y Hope, SONshine Ringers	
1pm	BELLievers	
1:45pm		

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Giving up guilt

Rev. Greg Boyle, a Jesuit priest who ministers to high-risk youth in Los Angeles, once quipped, "I . . . don't do guilt. I gave it up for Lent years ago." Many Christians give up something for Lent but usually not guilt! Rather, Lent is seen as a time to somberly examine our sinful nature.

Having witnessed sin's tragic effects through addiction, violence and gang warfare, Father Boyle realizes that dwelling on guilt doesn't lead to hope or healing. Instead, he helps young people discover their God-given strengths and their ability to make life-affirming choices. His nonprofit Homeboy Industries provides positive alternatives for teenagers, who are reminded not of their guilt but of their identity as God's beloved children.

On Good Friday Jesus conquered sin and death so we don't have to wallow in guilt. Giving our lives to God frees us to live in the joy of forgiveness.