

## Two great weeks of on-site church camps for kids!



**WAM!**  
Worship Art and Music Camp

**Vacation Bible School/  
Day Camp**

Page 4

**good news!**

5000 E. Alameda Ave.  
Denver, CO 80246

**Augustana**  
LUTHERAN CHURCH

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**Thursday, July 13, 4:30 p.m.** is the deadline for the August edition.  
E-mail **Lyn Goodrum** ([goodrum@augustanadenver.org](mailto: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

# A new pictorial directory is in the works!

## Submit your information and photo today!



Because you asked, Augustana Lutheran Church will be updating its membership data and producing an in-house picture directory of members and friends this fall! Match names to faces, see who is new, and get the big picture of who is part of this community called Augustana.

### Be seen!

You can either submit your own photo online (how about one from this summer with Flat Luther in it?!) or make arrangements to have one of Augustana's volunteer photographers take your photo. (Watch Augustana's publications

for opportunities.)

Photos may be any shape (portrait, landscape, square), but make sure it is close enough for your face to be identifiable, and no sunglasses, please. Upload a jpg file with a minimum resolution of 150 ppi at [www.augustanadenver.org](http://www.augustanadenver.org).

### Then there's the detail stuff.

While you're submitting your online photo, add some information about who lives in your household, where you live, and how we can contact you by email or cell phone. Paper forms will also be available; or, even simpler, when you're here on Sunday morning, verify

information we already have about you with some handy Augustana folks during Coffee Hour.

### Nervous about sharing?

We would like complete information about you for Augustana's membership records, but you will have the opportunity to opt out of having your contact information published.

Augustana will begin accepting photos and membership information beginning on Tuesday, June 27 and continuing through Saturday, September 30. Visit [www.augustanadenver.org](http://www.augustanadenver.org), or pick up a form from Augustana's entrance tables.

### Caveats

No Lifetouch photos from previous directories. You must own the copyright to any professional photos you want to submit. Submitted photos must be digital and may be cropped or sized to fit the directory. Augustana's staff can scan good-quality photos that are not printed on paper. Published directories may not be used for soliciting.

## Recently lifted up in prayer

### For hope and healing:

- Jayne Bowman, Eloise Davenport, Vivian Duffy, Rob Hamilton, Sandy Heitzman, Al Lova, Alan Morast, Lise Uhrich

### For comfort and courage:

- Duane and Farrel Vikman and Nancy Vikman in the death of their brother-in-law, Einar Christianson
- Robin Hoffman in the death of her cousin, Karen Collins
- Maggie Morris in the death of her friend, Laurette Jonassen-Uhland
- Lisa Boe-Sims and family in the death of her mother, Joyce Boe Pavlinski
- The family of Elaine Rydiger in her death
- Paul Edstrom in the death of his friend, Gerald Theilen
- Mike Uhrich in the death of his mother, Barbara Uhrich

## Chapel Prayer on hiatus in July

Chapel Prayer will not meet on July Mondays but will resume August 7.

Prayer Chain continues weekly via e-mail. Please submit your prayer requests and updates to [augustanadenver.org/worship/online-prayer-requests/](mailto:augustanadenver.org/worship/online-prayer-requests/).

The “Online Prayer Request” link may also be found on Augustana’s home page in the lower left corner under “Worship.”

E-mail [pastor.caitlin.trussell@gmail.com](mailto:pastor.caitlin.trussell@gmail.com) to receive the weekly Prayer Chain to include in your prayers.

## Rejoice with . . .

- Eloise Annaleigh Davenport, daughter of John and Sarah Davenport, in her baptism
- Liam Tyler Vaught, son of Damien and Julie Vaught, grandson of Don and Joyce Thomson, in his baptism
- Lillian Katrina Crook, daughter of Wil and Katrina Crook, granddaughter of Craig and Amy Tamminga, in her baptism
- Frederick James Jacobs, son of Fletcher and Courtney Jacobs and grandson of Bert and Dolly Lager, in his baptism

## Thank you for the gifts!

### Special Gifts

- In memory of Don Carlstrom, Valerie Augustin
- In honor of Mayon Fisher
- In honor of the baptism of Fritz Jacob

### Touch 58

- In memory of Rogers Hauck

## Augustana Foundation

Lillian Katrina Crook and Frederick James Jacobs received Mission Investment Fund 4KIDZ gifts from the Augustana Foundation in honor of their baptisms.

## “Thanks, Augustana!”

Thank you for Augustana Lutheran Church’s recent contribution. This gift ensures that hundreds of families receive free, nutritious food every week through Metro Caring.

Central to our mission is making sure we don’t distribute just any food—but increasingly healthful food. Recently, researchers from the Metropolitan State University of Denver unveiled the results of their in-depth 2016 study of Metro Caring shopping carts. They found that, on average, shoppers are leaving with more than a week’s worth of food, including more than a week’s worth of almost every essential nutrient!

Thank you, again, for joining us in our mutual goal to eliminate hunger, food waste, and poverty in Denver.

Sincerely,  
Ryan Galanaugh  
Vice President of Development and Communications  
Metro Caring



# Two great weeks of on-site church camps for kids!



## Sing, act, create art, and have some worship fun!

Children who have completed grades 1–7, are invited to learn how to create scenery, backdrops and props, explore their dramatic side, sing, and discover great music, July 10–16 (Monday through Friday, 9 a.m.–2 p.m.; Saturday, 9 a.m.–noon; and Sunday morning worship, 10:30 a.m.) at Augustana.

Each weekday begins at 9 a.m. and concludes at 2 p.m. Every day includes breakout sessions in art, dance, drama and music. Saturday, July 15, there will be a dress rehearsal, 9 a.m.–noon, and on Sunday, July 16 at the 10:30 a.m. worship service we will present *Oh, Jonah!* by Allen Pote. This frolicking, fun-filled musical is based on the Old Testament story of Jonah and carries an important message about responsibility. Campers are expected to participate each day, culminating in the Sunday worship and presentation of the musical *Oh, Jonah!*

Register online at [www.augustanadenver.org](http://www.augustanadenver.org) or pick up a hard copy registration form from Augustana's entrance tables. Cost: \$75 per child or \$125 for families.

For additional information or to volunteer with WAM!, contact **Cindy Lindeen-Martin** ([lindeen-martin@augustanadenver.org](mailto:lindeen-martin@augustanadenver.org)).



## Come to Vacation Bible School/Day Camp and break all the rules!

Come Monday, July 17–Friday, July 21, 9–11:30 a.m., for a fun and exciting Vacation Bible School program led by Rainbow Trail staff and Augustana members and friends. Campers will explore the theme **“Breaking all the Rules: Following Jesus’ Lead!”** through Bible study, songs, games, and arts & crafts.

VBS is open to all K–5th-grade students. Youth in grades 6–12 are invited to volunteer as shepherds, craft leaders, and snack helpers.

Registration is \$35/child or \$60/household. Visit [www.augustanadenver.org](http://www.augustanadenver.org) to download registration and health forms. Contact **Shanna VanderWel** (303-388-4678 ext. 107 or [shanna@augustanadenver.org](mailto:shanna@augustanadenver.org)).



## Enjoy camp-style worship at S'more Fun and Worship!

Augustana's Children, Youth and Family Ministry Committee continues to host S'more Fun and Worship in Quist Park on Wednesdays, July 5, 12, 19, and 26, 5:30 p.m. Enjoy food, games for all ages, a campfire, and casual campfire-style worship beginning at 6:30 p.m. On Wednesday, July 19, worship will be led by Rainbow Trail Day Camp staffers and campers! Great for folks who are away on summer weekends, want to sleep in on Sunday mornings, or just enjoy worshipping outdoors. Contact **Shanna VanderWel** (303-388-4678 ext. 107 or [shanna@augustanadenver.org](mailto:shanna@augustanadenver.org)).

## Pastors

*Goodnight everybody, it's time to take your rest;  
Lay your sweet head upon the Savior's chest.  
We all love you, yeah, but Jesus loves you best,  
So goodnight, goodnight, goodnight.*



That's the song we are using to close each of our S'more Worship services on Wednesday nights this summer. In Quist Park on those nights, you'll see young families (some from the Augustana Early Learning Center), teenagers, young adults, and those of

us firmly in mid-life. We've been having a lot of fun together and enjoying conversation, great food, laughter, and singing. It has been a meaningful addition to our faith community's life and provides a time to worship in the summer in addition to Sunday morning.

As you can tell by the lyrics above, the songs we sing are all from camp, and we have been blessed with several young people who play guitar and help to lead our worship time. In addition, staff and Augustana members have planned and worked together to make the evenings happen.

In last month's column I wrote about the need for congregations to respond to the changing landscape around them. "S'more Fun and Worship" is a very simple example of how that can happen. Shanna VanderWel, our Director of Youth and Family Ministry, said "Let's try this!" And so we did. Centering ourselves in faith, valuing flexibility and collaboration, and having a willingness to try something that may or may not succeed are all hallmarks of a faith community that is moving into the future together. We may not know the specific path ahead yet, but we know that Christ is calling us to go.

So come join us on Wednesdays during July at 5:30 p.m. in Quist Park! (At the south end of Fairfax Street)

God bless your summer days!

**Pastor Ann**





## Faith, Belief, and the Apostle's Creed

I consider myself a confessional Christian.

Sorry to say that this doesn't mean salacious content to follow. What it does mean, in part, is that the moments of forgiveness, Word, and sacrament during worship are primary fuel for faith.

This means faith is neither something I dredge up from within myself as intellectual

assent nor dependent on good behavior. Rather, faith comes externally by God's promise through proclamation and sacramental presence and frees me into loving God, self, neighbor, and enemy.

Luther writes an explanation for the Third Article of the Creed regarding the Holy Spirit in the Small Catechism. He explains, "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 . . ."



"Believe" is a tricky verb that carries some modern baggage about truth claims in a way that faith does not. And, interestingly enough, there is no verb correlate for the word faith. You'll hear sermons that use the verb "to trust" as an explanation for faith. Trust gets closer to faith by way of verb usage. However, it's still lacking. I wish there was a verb "to faith." Especially as it relates to the Apostle's Creed.

We are smack in the middle of a four-week sermon series on the Apostle's Creed. At the end of June we covered the First and Second Articles—God the Creator and Jesus the Christ. The first two weeks of July will touch on the Holy Spirit and then the Christian community. The Creed is a bullet-point version of the Biblical story. We share the story across Christian traditions, and it generates a formative tension as we wrestle with it. Belief thinks. Faith surrenders. Belief makes us the subject and God the object. Faith makes God the subject and us the object. Belief makes a claim about God. Faith makes a claim on us.

The tension between believing and faith works on us as we confess the Creed together. I'm looking forward to the rest of the sermon series.

Peace,  
**Pastor Caitlin**

## Second Sunday Sack Lunch Update

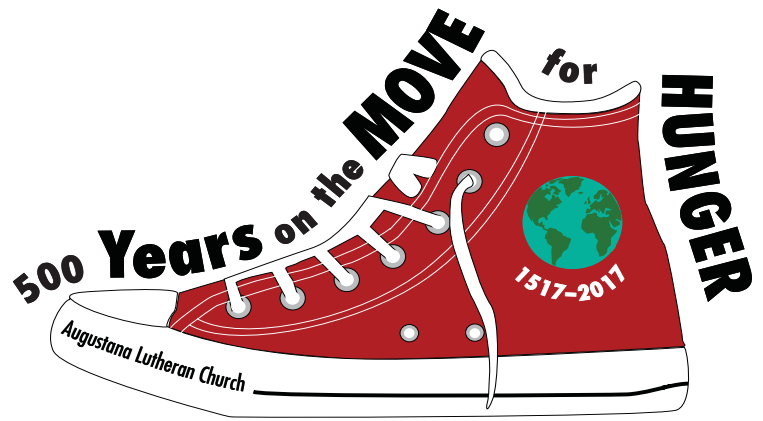
### Augustana's Local Action & Advocacy: Connecting Faith and Public Life

Five brown bag lunches were held as a pilot from January to June. A total of fifteen people came to one or more of the lunches. Conversations included how we can show up in support of local actions that focus on issues of human dignity—hunger, poverty, incarceration, health care, immigration, literacy, and more. The point of this group is to offer multiple ways to be involved in the community as well as to be a safe place for moral deliberation regardless of how you vote. Both immediate needs and long-term solutions were the focus.

During the last lunch, highlights of the pilot were identified. The group appreciates having: accountability

to other people to show up in the community once a month; a foundation for participation in the community; and language of advocacy present in the congregation. There are also plans in the works for another pilot come autumn. Morgan Levy has been invited to convene a group that will identify and bring advocacy issues on Second Sundays between worship services in Fellowship Hall from September through December. Stay tuned as those plans develop. The launch is set for September 10—"God's work. Our hands." Sunday.

Please contact **Pastor Caitlin Trussell** for discussion or questions ([pastor.caitlin.trussell@gmail.com](mailto:pastor.caitlin.trussell@gmail.com)).



# Augustana is “On the Move for Hunger”!

Deacon Erin Power, Assistant to the Bishop for Synodical Life, brought greetings and appreciation on June 4 to the kick-off walk for “500 Years on the Move for Hunger” after worshipping with us at 10:30 a.m. Her pep talk launched the 47 walkers on their way! Walkers included kids to 80-somethings and brand new to very long-time members representing the congregation.

## Join the move for hunger!

Teams and individuals are logging their miles and other activity weekly. It’s never too late to start moving, donating, logging miles and pledges. Pick up an Activity Log and water bottle from either sanctuary entrance, and go! Call or e-mail Julie in the office if you’d like to be placed on a team. The top two teams with the most “miles” will

be recognized by the Augustana Foundation as the top Hunger Opponents with a donation of \$1,517 per team donated to ELCA World Hunger.

Be creative! Remember that prayer, volunteering, and other exercise can

be converted to miles.

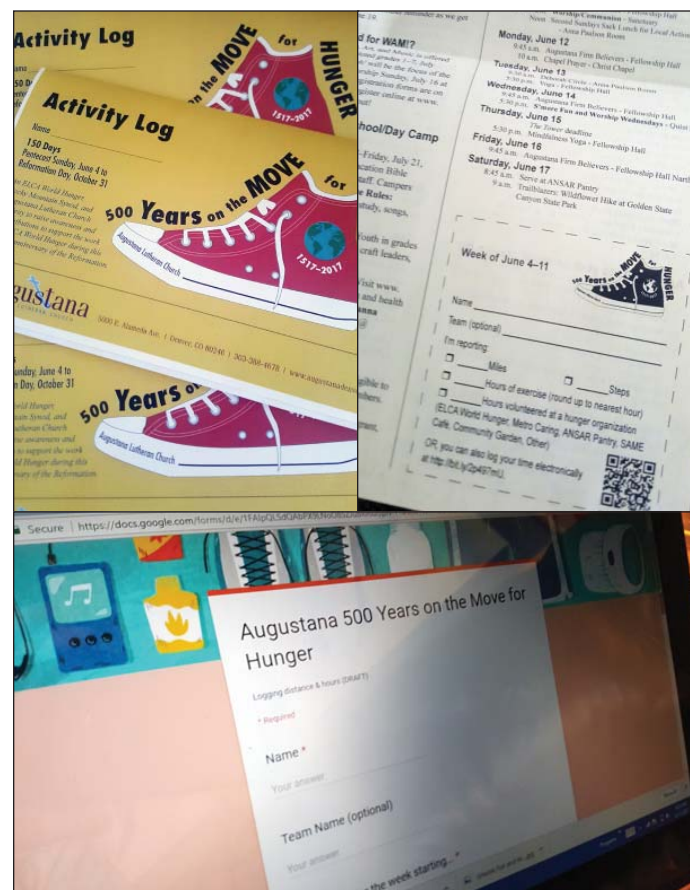
See the Activity Log for tips and tracking. Weekly “miles” may be logged online (<http://bit.ly/2p497mU>) or on the tear-off portion of the weekly announcement page in worship or by contacting

Julie in Augustana’s office ([macdougall@augustanadenver.org](mailto:macdougall@augustanadenver.org) or 303-388-4678).

Weekly miles are added to the map by the elevator to see how far the congregation has “moved” along the way from Wittenberg, Germany, to Denver, Colorado, USA; and how much money has been raised for ELCA World Hunger toward Augustana’s goal of \$15,170 over 150 days, June 4–October 31 (Pentecost to Reformation Day).

Please make sure any money gifts collected are written to Augustana Lutheran Church with the memo line to ELCA World Hunger and placed in an ELCA World Hunger envelope during the offering in worship.

Augustana’s “500 Years on the Move for Hunger”



continued, next page

is this congregation's version of the synod's Hunger Network invitation to move and raise money for ELCA World Hunger. The time frame, teams, activity logs, water bottles, etc., are designed by and for Augustana friends and staff led by our Global Mission and Health Ministry teams.

**ELCA World Hunger** is uniquely positioned to partner with communities in 46 states in the United States and in 58 countries around the world.

From health clinics to microloans, water wells to animal husbandry, community meals to advocacy, gifts to ELCA World Hunger move people from poverty to self-sufficiency.

See also page 10.



## “500 Years on the Move”: In gratitude . . .

Opening Day, June 4—including the kick-off walk—took many hands.

- Jean Gall brought the idea to Augustana from the Rocky Mountain Synod's Hunger Network.
- Carol Troike, Don Troike, Marilyn Stember, Holly Massie, Jean Gall, and Pastor Caitlin made up the planning team, working for several months to bring it together.
- Don Troike created the Activity Logs from scratch adding fun facts, scripture, and Luther's writings.
- Dee Melicher, Doug Ray, Leigh Quist and Eldon Hemmingsen

generously gave hours of their time to assemble and staple the Activity Logs!

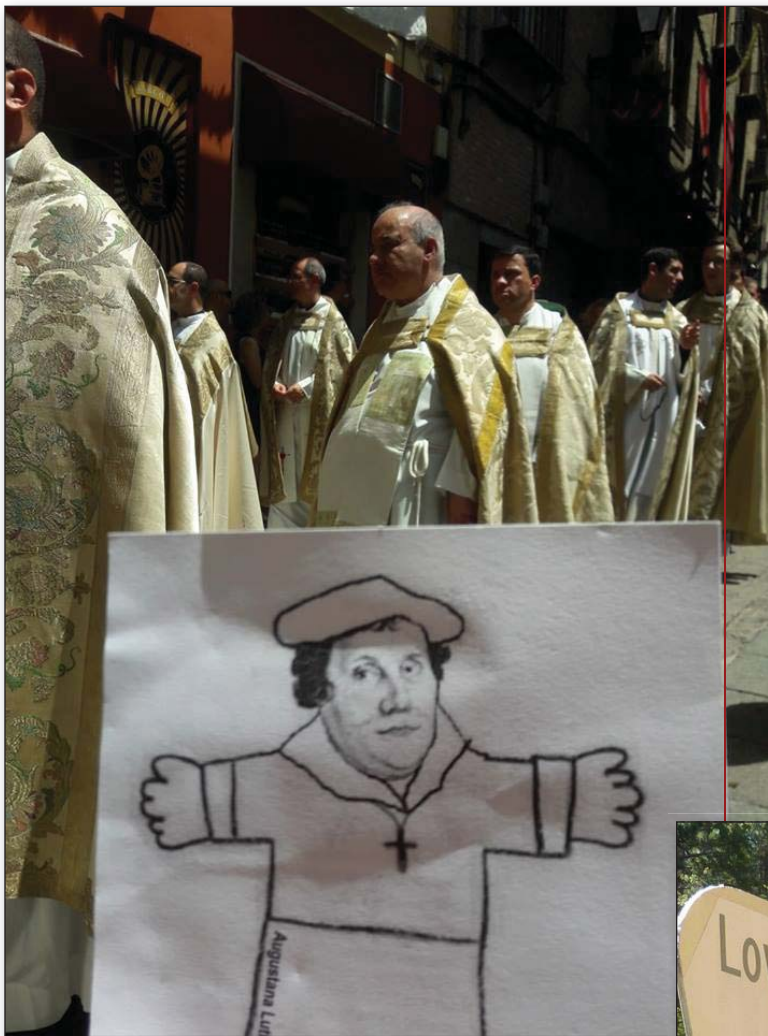
- Holly Massie developed an electronic form to log activity, and she also tracks that data weekly.
- Shanna VanderWel was involved in the pre-planning including Flat Luthers and a Thrivent grant.
- Dianne Nelson has been keeping the tables stashed with Activity Logs and Flat Luthers.
- Lyn Goodrum created the red shoe logo and produced Activity Logs, Flat Luthers, and water bottles, in addition to working

her usual publication magic.

- Global Mission Team used part of its budget to provide water bottles, and a Thrivent grant helped with snacks.
- Julie MacDougall and Seki Hodzic's happy feet hit the ground running to make sure everything was in place that Sunday, and Julie continues behind-the-scenes support.
- Lisa Mikolajczak has since begun weekly tracking of donations to ELCA World Hunger.

**God's work.  
Our hands.**





Debbie and Rex Carter Flat, Luther, Spain

## Where in Augustana is Flat Luther?

Flat Luther is “On the Move” between Augustana’s sanctuary entrances this summer. See if you can find his new spot each week. Remember to take a Flat Luther to go “On the Move” with you, too. They are on the tables at the sanctuary entrances with directions on the back. Post pictures on “Augustana Lutheran Church, Denver” Facebook page.





## ELCA World Hunger

### Evangelical Lutheran Church in America

God's work. Our hands.

#### Egypt

### Safety net for refugee children

Yohannes was 16 when he arrived in Cairo, Egypt, alone. He made his way to Egypt from Eritrea, in East Africa. He crossed the Sudan, and with food hard to come by, he went without eating for two days.

Upon arriving in Cairo, Yohannes came to St. Andrew's Refugee Services (StARS) seeking help. StARS, a program supported by gifts to ELCA World Hunger, offers unaccompanied refugee children food, education and psychosocial support. First order of business for Yohannes: a warm, home-cooked meal.

Through your gifts to ELCA World Hunger, StARS feeds 350 refugee children two meals a day, four days a week. And, with the help of the program, Yohannes has learned about nutrition, budgeting, and services available to him in Cairo.



The program also offers him a safe space for playing sports and building friendships. "If StARS did not exist, I would go without food for the entire day," Yohannes said. "Nobody can study with an empty stomach."

"And here I get the chance to learn and to be with my friends."

Today, Yohannes is attending school.

He has a brighter future thanks to your support of ELCA World Hunger.

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 World Hunger, use the special envelopes in Augustana's pew pockets, and make checks payable to Augustana Lutheran Church; or, donate online at [www.augustanadenver.org](http://www.augustanadenver.org).

## Pray. Fast. Act.

On May 18, 2017, the presiding bishops of the Evangelical Lutheran Church in America and the Episcopal Church issued a joint invitation to a season of prayer, fasting and advocacy. The Rev. Elizabeth Eaton, presiding bishop of the ELCA, and The Most Reverend Michael Curry, presiding bishop of the Episcopal Church, extended this call out of concern for proposed deep cuts to programs that are vital to hungry people struggling with poverty. They summon our churches to practices of spiritual devotion that undergird a discipline of public witness with and on behalf of the neighbor.

ELCA Advocacy supports this call by encouraging Lutherans to prayer and fasting on the 21st day of each month through the close of the 115th Congress, December 2018. We fast on the 21st of the month because that is the day when 90 percent of Supplemental Nutrition Assistance Program (SNAP) benefits run out for families, making the remainder of the month a hungry time. On this day, an advocacy alert will also invite participants to speak their faith by sending a message to their members of Congress.

See more on why and how to Pray. Fast. Act. at [www.elca.org/prayfastact](http://www.elca.org/prayfastact).





## Donate School Supplies for Foster and Refugee Children

Augustana's Sarah Circle and Social Ministry Committee are sponsoring a collection of school supplies for Lutheran Family Services foster and refugee children. Bring your supplies July 1–23 to the marked boxes in Fellowship Hall. Here are the requested items for K–12th graders. Thank you for your donations!

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> NEW backpacks  | <input type="checkbox"/> wide-ruled and college-ruled spiral notebooks and composition books | <input type="checkbox"/> 3-ring binders organizer/planners                   |
| <input type="checkbox"/> packs of pens  | <input type="checkbox"/> rulers  | <input type="checkbox"/> protractors, compasses                              |
| <input type="checkbox"/> no. 2 pencils  | <input type="checkbox"/> scissors  | <input type="checkbox"/> highlighters  |
| <input type="checkbox"/> pink erasers   | <input type="checkbox"/> wide-ruled paper  | <input type="checkbox"/> 3-ring binders                                      |
| <input type="checkbox"/> glue sticks  | <input type="checkbox"/> dividers and graph paper  | <input type="checkbox"/> scientific or graphing calculator                   |
| <input type="checkbox"/> crayons, washable markers, colored pencils, dry erase markers, watercolors | <input type="checkbox"/> zippered pencil bags or boxes                                       | <input type="checkbox"/> \$25 gift cards (Wal-Mart, Target, or Office Depot) |
| <input type="checkbox"/> solid color pocket folders with brads                                      |  |  |

## Lutheran Family Services

### “Ask Your Care Manager”

Older Adult & Caregiver Services offers free monthly telephone conferences called “Ask Your Care Manager” to answer your questions about aging. Join us Wednesday, July 12, noon–1 p.m. for the session titled “Aging in Place: What am I forgetting?” Many older people prefer to remain in their home for as long as possible, as opposed to relocating to an assisted living or other medical facility. We will consider

Aging in Place issues, including community and social interaction, access to education and entertainment, the financial implications of Aging in Place, and we will discuss how to prioritize the needs list you identify. Registration is required: Sign up at <https://lfsrm.org/programs-and-services/oacs/ask-care-manager/> or contact our OACS staff (303-217-5864 or 970-232-1180).

### Foster Care

Every day there are children in Colorado in need of a safe environment, and we need more people to commit to these children! Informational meetings for foster care in the Denver Metro area will be Wednesday, July 12, 12:30–1:30 p.m. and 5:30–6:30 p.m. at the LFS office (363 S. Harlan St., Suite 105, Denver, 80226). We hope to see you there! For more information, please contact **Anne Hamilton** ([anne.hamilton@lfsrm.org](mailto:anne.hamilton@lfsrm.org) or 303-217-5869).

### Golf and benefit Lutheran Family Services!

Join us for Lutheran Family Services' 24th Annual Tee Off for Hope on Thursday, August 17 at the Hiwan Golf Club in Evergreen, CO. Please go to [www.lfsrm.org/events](http://www.lfsrm.org/events) for more information!

## Help celebrate “Tinseltown,” Mosaic’s second annual prom!

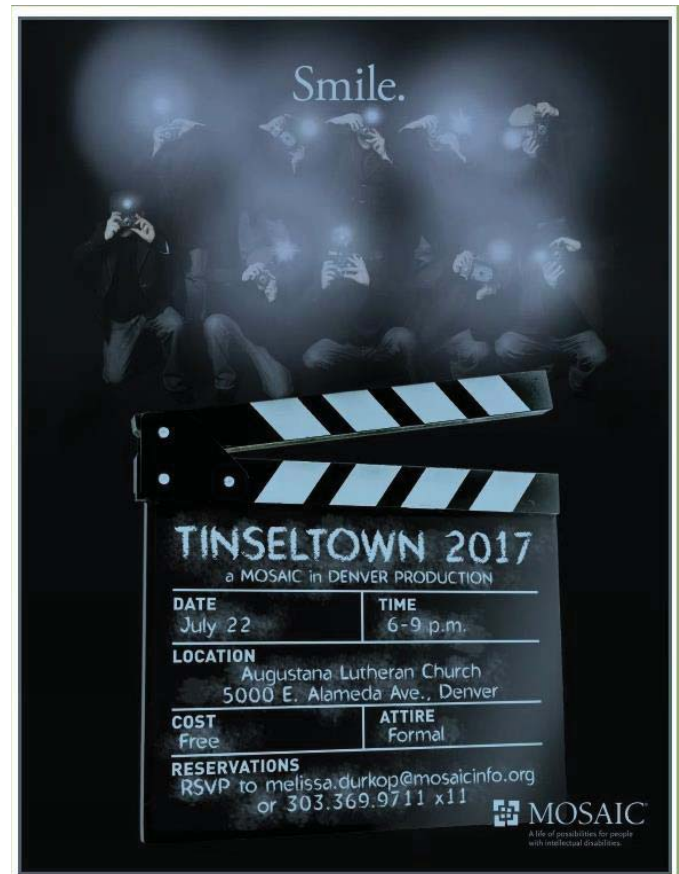
Mosaic hosts its Second Annual Formal Dance, “Tinseltown,” Saturday, July 22, 6–9 p.m. at Augustana. Here’s how you can support Mosaic—and the persons they serve—for this event!

### Needed:

- Photographers
  - two professional
  - 5 or 6 for paparazzi, 5–6 p.m.
- Deejay, 5–9 p.m.
- Donated corsages for 120 people
- Sponsors (businesses or persons)
  - \$250 Printing costs
  - \$300 Memorabilia cost
  - \$500 Decorations
- Volunteers (8 to 9 people) to set up, 5–9 p.m., Friday, July 21, and breakdown, 9–10 p.m., Saturday, July 22
- Check-in table (3 to 4 people)
- Guests to dance and have fun, 6–9 p.m., Saturday, July 22
- Friends to sponsor a person in need of prom attire; donate your time or a gift card to assist the 10 to 15 people who need it most.

If you would like to learn more or provide any of the needs above, contact **Stephanie Webb** (Stephanie. Webb@Mosaicinfo.org or 303-369-9711 ext. 16 or cell 620-687-4203).

Mosaic thanks you for creating a life of possibilities for the persons we support!



## Financial Statement for May

	May 2017		May 2016	YTD 2017		YTD 2016
	Budget	Actual	Actual	Budget	Actual	Actual
All Income	\$ 78,049.25	\$ 109,147.02	\$ 70,121.95	\$ 564,181.99	\$ 565,222.89	\$ 361,321.09
All Expenditures	87,494.70	78,925.39	80,398.08	436,576.92	422,158.78	413,065.11
Net Income(Loss)	\$ (9,445.45)	\$ 30,221.63	\$ (10,276.13)	\$ 127,605.07	\$ 143,064.11	\$ (51,744.02)

In May \$1,000 for a staff retreat, \$5,472 for benevolence, local, and global outreach, and \$526 for child care during worship were all provided by our stewardship.



## Osteoporosis and you

Are your bones strong? Are you at risk for a fracture?

Did you know that 1 in 2 women and 1 in 4 men will break a bone due to osteoporosis? That accounts to 2 million broken bones a year!

Osteoporosis is a disease that weakens and thins bone, making it likely to break.

Because it can happen with few symptoms until a bone breaks, it is called the silent disease.

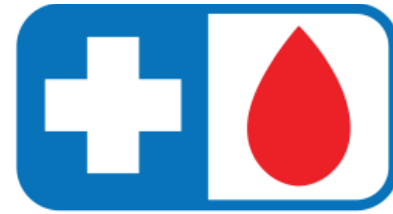
Putting it in perspective . . .

- A woman's risk of fracture is equal to her combined risk of getting breast, uterine and ovarian cancer.
- A man's risk of fracture is more than his risk of getting prostate cancer.
- If your parents broke a bone as an adult, you may be at risk.

### What can we do?

- If you are a menopausal woman or a man over 50, talk to your doctor about getting a bone density test.
- Eat food rich in calcium: Greek yogurt, kale, milk, soy milk.
- Take a calcium supplement, and Vit D3 recommended for your age.
- Do weight-bearing exercises, take a brisk walk, join a gym, do resistance exercises with bands.
- Improve your balance and do posture exercises to prevent falls.
- Quit smoking.
- Limit alcohol intake.

Facts from the National Osteoporosis Foundation ([www.nof.org](http://www.nof.org)).



## Give blood this summer!

Summer blood donations slow, but the need for blood continues!

### Eligibility

It's easy to become a blood donor. Individuals who are in good health and can meet the general eligibility criteria are likely able to donate. If you were deferred from donating in the past, you may be able to donate again.

As part of our commitment to safety, blood donors must meet certain requirements to give blood. Prior to scheduling an appointment to give blood, review the eligibility requirements and prescreening questions. The guidelines listed below are not all-inclusive and are subject to change.

If you have any questions regarding your eligibility, please contact Bonfils' Donor Relations department (303-363-2202 or 800-365-0006, opt. 1).

### Basic requirements for blood donation

- Must be at least 18 years of age or 16 or 17 with written parental or guardian acknowledgement.
- Weigh at least 110 pounds; if greater than 350 pounds, please call Bonfils' Appointment Center (303-363-2300 or 800-365-0006, opt. 2).
- For your safety and to ensure a positive donation experience, Bonfils recommends that prior to your donation you eat within 2 hours and hydrate for 24–48 hours. If you would like something to eat or drink before your donation, please help yourself to the items in the canteen area.
- Be in good general health.
- Proof of identification is required at time of donation.
- The donation interval after a whole blood donation is 56 days.
- You should not be under the influence of alcohol or recreational drugs at the time of donation.

Contact Bonfils ([www.bonfils.org](http://www.bonfils.org) or 303-341-4000) for locations, hours, and other details.

# Fellowship

## Trailblazers

### Grass Creek Trail Hike

Saturday, July 15, leave Augustana's south parking lot at 9 a.m.

The trail, in Mt. Evans State Wildlife Area, offers a strolling stretch along peaceful Bear Creek in an old homestead area.

Rating: Easy to moderate

Distance: 4.2 miles out and back

Elevation: 8,250 to 9,000 feet

Guide: **Karen Kisch** (303-810-0456 or scottkykisch@hotmail.com)

### James Peak Invasive Weed Removal

Saturday, July 29, leave Augustana's south parking lot at 7 a.m.

On this half-day project (9 a.m.–noon) designed for families and youth ages 8 and up, volunteers will pull and dig oxeye daisy at the East Portal access point to the James Peak Wilderness. Although pretty, the oxeye daisy is a destructive weed. This effort will allow native plants to make a comeback. Gloves, hand tools and a light lunch will be provided. Please register at: <http://www.voc.org/project/james-peak-invasive-weed-removal-2>. Registration opens June 1.

Rating: Easy

Guide: **Laurie Scott** (303-358-5864 or laurajscott@msn.com)



## Watch fireworks from Augustana's Quist Park!

Come and invite friends and neighbors to watch the City of Glendale

fireworks, Saturday, July 1, beginning at 6 p.m., from Augustana's Quist Park! Children, Youth, and Family Ministry will be selling food, and Augustana Early Learning Center will host a bake sale. A port-o-let is available. Bring your own chairs and blankets. Everything is ready to welcome the neighborhood, so you come too!

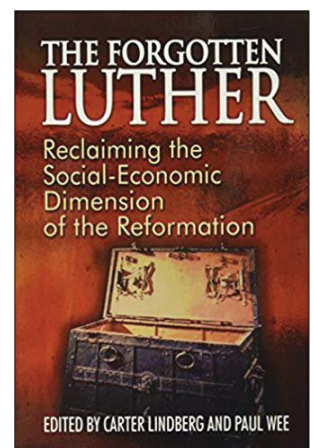
## Independence Day office schedule

Augustana's office will be closed for the Independence Day holiday, Monday, July 3 and Tuesday, July 4. If you have an emergency, call the emergency line (303-862-3027).

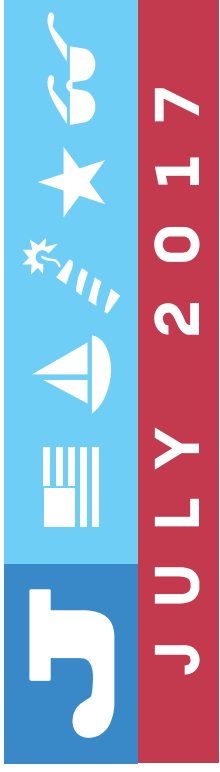
## Ammerman Library


**Be an armchair traveler** by checking out a book from the cabinet in Fellowship Hall; or, go to the library and look up any state or country you might want to "visit." We have plenty of books for summer reading.

Check out *Discover The Forgotten Luther*, donated by Duane and Jean Gall. From the introduction: "This story grew out of the life of congregations rooted in the heritage of the Reformation. It began when some members experienced the painful truth that they could no longer adequately feed or care for their families." You can find this book displayed on the desk or shelved under the 270s.







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> <b>Pentecost 4</b> <b>Health Ministry Sunday</b> 8am <b>Worship/Communion</b> 9am Fellowship/Coffee 10:30am <b>Worship/Communion</b> 1pm <b>Memorial Service:</b> Larry & Elaine Rydiger	<b>3</b> - office closed -	<b>4</b>  <b>Independence Day</b> - office closed -	<b>5</b> 9:45am Augustana Firm Believers 5:30pm <b>S'more Fun &amp; Worship</b>	<b>6</b> 5:30pm Mindfulness Yoga	<b>7</b> 9:45am Augustana Firm Believers	<b>8</b> <b>Memorial Service:</b> Joyce Boe Pavlinski City of Glendale Fireworks Party
<b>9</b> <b>Pentecost 5</b> 8am <b>Worship/Communion</b> 9am Fellowship/Coffee 10:30am <b>Worship/Communion</b>	<b>10</b> 9:45am Augustana Firm Believers	<b>11</b> 5:30pm Yoga 5:30pm Executive Committee	<b>12</b> 9:45am Augustana Firm Believers 5:30pm <b>S'more Fun &amp; Worship</b>	<b>13</b> 5:30pm <i>The Tower</i> deadline Mindfulness Yoga 7pm Property Committee	<b>14</b> 9:45am Augustana Firm Believers	<b>15</b> 7:30am Finance Support 8:45am Serve at ANSAR Pantry 9am Worship, Art, and Music Camp 9am Trailblazers: Grass Creek Trail Hike
<b>16</b> 8am <b>Pentecost 6</b> <b>Worship/Communion</b> 9am Fellowship/Coffee 9:15am Health Ministry Committee 10:30am <b>Worship Communion</b> <i>Oh, Jonah!</i>	<b>17</b>	<b>18</b> 5:30pm Yoga 7pm Congregation Council	<b>19</b> 9:45am Augustana Firm Believers 5:30pm <b>S'more Fun &amp; Worship</b> w/Rainbow Trail Staff and Campers	<b>20</b> 5:30pm Mindfulness Yoga	<b>21</b> 9:45am Play, Fast. Act. Augustana Firm Believers	<b>22</b>
<b>23</b> 8am <b>Pentecost 7</b> <b>Worship/Communion</b> 9am Fellowship/Coffee 10:30am <b>Worship/Communion</b>	<b>24</b> 8:30am Foot Care Clinic 9:45am Augustana Firm Believers	<b>25</b> 1pm <i>The Tower</i> Assembly 5:30pm Yoga	<b>26</b> 5:30pm <b>S'more Fun &amp; Worship</b>	<b>27</b>	<b>28</b> 9:45am Augustana Firm Believers	<b>29</b> 9am Trailblazers: James Peak Invasive Weed Removal
<b>30</b> 8am <b>Pentecost 8</b> <b>Worship/Communion</b> 9am Fellowship/Coffee 10:30am <b>Worship/Communion</b>	<b>31</b>					

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Jean Gottenborg  
Bob Johnson
- 3** Merrill Fie
- 4**
- 5** Ed Wichert
- 6** Gianna Giordano  
Lisa Mikolajczak  
Katelyn Schneider  
Al Spies
- 7** Edna Kuxhaus  
Caroline Stratton
- 8** Sharon Ferlic  
Jonas Fontaine  
Ruth Hauck  
Eric Milliken  
Karen Monson  
Ekaterina Olson  
Shipyatsky
- 9** Anna Blanchard  
Catherine Clark  
Julie Shellhorn
- 10** Cathy Anderson
- 11** Emily Crawford  
Macgregor Crawford  
Carol Parker



- 12** Ann Craig  
Beth Nelson
- 13** Annabella Brotherston
- 14** Victoria Clark  
Kevin Flesch  
Jamie Kastens  
Jon Morgenthaler  
Patsy Redmond  
Frederick Winiarski  
Michael Zumwalt
- 15** Maile Blair  
Karen Bourg  
Arllys Schneider
- 16** Sofia Aarestad  
Hosanna Earl  
Paul Gilbertson  
Bob Ireland  
Kari Kusek

- 17** Joshua Hempelman  
Gay Hoag  
Jack Kusek
- 18** LC Castellari  
Rebecca Egan
- 19** Elsa Buhr  
Lilian Stavig  
Julia Stone
- 20**
- 21** Natalie Brammer  
Shelly Seaholm
- 22** Neila Frisch  
Jane Gregory  
Darlene Stone
- 23** Justin Gersey  
Phyllis Gilbertson

- 24** Curt Brogren  
Anders Engdahl  
Katy Ireland  
Hayden Streed
- 25** Dean Ducnuigeen  
Dick Kah  
Anna Schumacher
- 26** John Bickle  
Sophie Nick  
Roberta Sohrweid
- 27** Shirley Cunniff  
Nichole Graham  
Ian Thompson
- 28** Danchau Castellari  
Ronald Lambert  
Cathy Miller
- 29** Alana Hankins  
Don Troike
- 30** Andrew Bernhard  
Cindy Lindeen-Martin
- 31** Malise de Bree  
Leigh Quist  
Krista Rahe  
Brian Shellhorn  
Vernon Thorwald

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