

Making sure that eating happens

Eating connects us with each other during meals. Eating also fuels our brains and bodies for living. Eating means life. Our congregation shares a multi-decade passion for making sure that eating happens in hard hit families and communities. The last several months are no exception. November's *Tower* gives thanks and celebrates our glocal efforts so that people eat now and also move into self-sufficiency. Grace is grace without conditions. Like the apostle Peter, we are redeemed by the grace of our Lord Jesus Christ and co-missioned into serving the world God so loves. To God be the glory.

When they had finished breakfast, Jesus said to Simon Peter, "Simon son of John, do you love me more than these?" [Peter] said to him, "Yes, Lord; you know that I love you." Jesus said to him, "Feed my lambs . . . Follow me."

John 21:15, 19b

Pastor Caitlin

"Thanks, Augustana!"

Dear Augustana Lutheran Church,
Thank you for being one of the Most Generous congregations to ELCA World Hunger! You are one of nearly 100 congregations, of every shape and size, from nearly 50 synods, that consistently give \$10,000 to \$100,000 each year.

We couldn't do this work without you! Your gifts are making a big difference across the United States and in 63 countries around the world. You are accompanying

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good news!

5000 E. Alameda Ave.
Denver, CO 80246

Augustana

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, November 2, 4:30 p.m. is the deadline for the December edition.
E-mail **Lyn Goodrum** (goodrum@augustanadenver.org).

Sunday Schedule

- 8 a.m. and 10:30 a.m. Worship
- 9:15 a.m. Faith Formation (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

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Ann Hultquist, Senior Pastor
Caitlin Trussell, Pastor
Lisa Mikolajczak,
Finance Administrator
Jodie McClary, Faith Community
Nurse
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
Cantabile Director
Asmir Hodzic, Building and Grounds
Manager
Andrija Malbasa, Custodian
Kim Kouba, Cindy Maxwell,
Wedding Coordinators
Christie Baroody, Director, Augustana
Early Learning Center

Recently lifted up in prayer . . .

For hope and healing:

- Helen Blanz, Julie Churchill, Ralph Colwell, Todd Engdahl, Greta Lee Johnson, Lisa Mikolajczak, Betty Nelson, Margaret Peterson, Annette Sutherland, Arlene Sukraw

For comfort and courage:

- Family and friends of Eldon Hemmingsen in his death
- Family and friends of Helen Pfnister in her death
- Kirsten Lamphere in the death of her father, Travis Presley
- Pastor Liliana Stahlberg and family in the death of her husband, Pastor Wolfgang Stahlberg
- Family and friends of Jacqueline and Jefferson Van Hoose in their deaths

Rejoice with . . .

- Poppy Lohne in her baptism

Notice of Congregational Meeting

Sunday, November 12, 11:45 a.m., Fellowship Hall

Augustana's annual fall congregational meeting will be held Sunday, November 12, in Fellowship Hall following 10:30 a.m. worship. The purpose of the meeting is to vote on the 2018 budget, elect Congregation Council and Nominating Committee members and Synod Assembly representatives, and address any additional business that comes before the assembly. A lunch will be served prior to the start of the meeting, and childcare will be available. If you are a member of the congregation, please make every effort to attend this important meeting.

Copies of the proposed budget and absentee ballots should be available in Augustana's office beginning October 29.

Augustana Foundation

Thanks to the Augustana Foundation, Brenna Rowan received a MIF4KIDZ Investment gift in honor of her baptism.



Daylight Saving Time ends!

Turn your clocks back an hour, Saturday night, November 4.

Thanksgiving office schedule

Augustana Lutheran Church and Augustana Early Learning Center will be closed for the Thanksgiving holiday, Thursday, November 23 and Friday, November 24. If you have an emergency, call the emergency line (303-862-3027).

Worship

All Saints Sunday

All Saints Sunday is November 5. Augustana will remember those who have died in faith in the congregation's life over the past year. Join us for worship with Holy Communion at 8 a.m. in Christ Chapel and 10:30 a.m. in Augustana's sanctuary.

If you have loved ones who have died since last All Saints Sunday (November 6, 2016), Augustana is pleased to include their names in the All Saints prayers. Call or e-mail **Lyn Goodrum** (303-388-4678 ext. 114 or goodrum@augustanadenver.org) by Wednesday, November 1; clearly spell the names, include the dates of birth and dates of death, and if necessary, give pronunciation instructions.

Prayers for Healing

Sunday, November 12, 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, November 12. Instructions will be available in the bulletin that day to guide you through these moments.

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



Christ Chapel Walk

During November and December, Christ Chapel Walk displays photographs taken by Augustana's **Don Thomson**. View images of Alaska, the Oregon coast, and southwestern Colorado in autumn.

Financial Statement for September

	September 2017		September 2016	YTD 2017		YTD 2016
	Budget	Actual	Actual	Budget	Actual	Actual
All Income	\$ 81,352.79	\$ 61,871.14	\$ 75,604.51	\$ 880,017.10	\$ 859,073.38	\$ 674,500.15
All Expenditures	85,221.58	92,009.43	81,889.71	780,529.78	748,008.09	732,847.78
Net Income(Loss)	\$ (3,868.79)	\$ (30,138.29)	\$ (6,285.20)	\$ 99,487.32	\$ 111,065.29	\$ (58,347.63)

In September, \$3,683 for benevolence, \$10,316 for storm drainage, utilities, and water, and \$1,200 for our rostered leaders to attend the 2017 Theological Conference were all provided by our gifts.



Making sure that eating happens

continued from cover

communities as they fight hunger and poverty through clinics, farms, water wells, microloans, and more.

Of course, there is still more to do! In 2017 and 2018, ELCA World Hunger is striving for an unprecedented level of giving—\$25 million per year! To do this, we need your continuing faithful generosity.

Once again, thank you for continuing to lead the church in partnering with ELCA World Hunger, working together toward a just world where all are fed.

Your partnership in this ministry is so inspiring, Augustana, and your commitment a blessing.

With you in Christ's service,

Rev. Robin K. Brown

Associate Director, ELCA World Hunger and Disaster Appeal



ELCA World Hunger

Evangelical Lutheran Church in America

God's work. Our hands.

The gift of giving back

More than 14 years ago, First Lutheran Church in Bryan, Ohio, made a commitment to serve its neighborhood, a diverse community of lower-middle-income working families. Gifts to ELCA World Hunger helped support and grow the church's Food and Fellowship program in 2003.



Gifts went toward expanding the food pantry, and the congregation began a Sunday supper series, offering nutritious meals enjoyed and prepared by neighborhood residents. The dinners are followed by a program, topics ranging from health and nutrition to growing a community garden. Inspired by one of the speakers, the congregation started its own garden, which has been a blessing for the food pantry and a great educational tool for the community.

The congregation's commitment to their neighborhood has meant change. "Part of the process has been educating our traditional members that not everybody coming to church today is going to look like them or act like them, and that's OK," Emily Ebaugh, a member since 1984, says. "This ministry has been transformational to our church."

Today, the once tiny food pantry offers neighbors a selection of fresh fruits and vegetables, fresh and frozen meat, canned goods and toiletries. Allowing residents to

make their own food selection empowers them, Ebaugh said, and helps ensure that food is used and not wasted.

Your gifts to ELCA World Hunger help our church love and serve our neighbors. Much of the work made possible in the United States supports new or expanding community efforts to address hunger. Thank you for helping our church be a place our sisters and brothers can turn to in their time of need.

To give a gift to ELCA World Hunger, use the designated envelopes available in pew pockets and make checks payable to Augustana Lutheran Church; or, donate online at www.augustanadenver.org.

And more thanks . . .

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.

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.

Sincerely,

Mike Porter, Cheryl L. Porter
Co-CEO, Metro Caring



4th Annual Augustana Canned Chili Challenge for Metro Caring

From Sunday, November 5 through the Thanksgiving Eve worship service on Wednesday, November 22, our congregation will team up with the Augustana Early Learning Center (AELC) for our 4th Annual Chili Challenge!

The Early Learning Center children and staff will be collecting cans of chili for Metro Caring, and they are challenging the Augustana congregation to match or exceed the number of cans they donate.

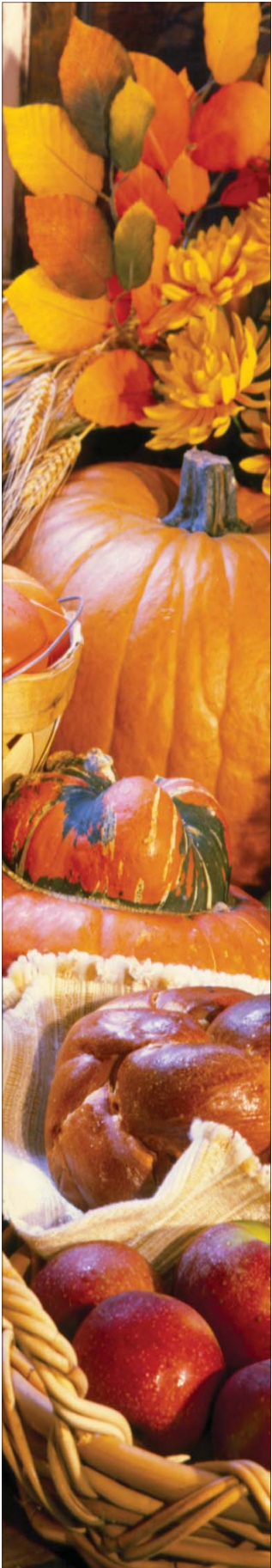
Please bring cans of chili (meat or vegetarian) to worship beginning Sunday, November 5, and place them around the communion tables in both Christ

Chapel and the sanctuary.

All chili collected will go to Metro Caring to help them meet the immediate hunger needs of people in the Denver metro area.

Metro Caring operates one of Denver's largest hunger-relief programs, including a fresh foods shopping market, teaching garden, and weekly healthy living and nutrition classes.





Situated in the heart of Denver, Metro Caring distributes between 4,000 to 6,000 pounds of food, baby items, and personal care products in helping to meet the nutritional and health needs of up to 500 people every day. Many of these people are disabled, seniors, or work at low-paying jobs that do not provide a living wage.

Canned chili is a high-protein meal, and one can of chili weighs about one pound. Let's be generous, as we always are, and meet or exceed the challenge. We can help Metro Caring in their goal of eliminating hunger in the Denver Metro area.

Support the Chili Challenge and ELCA World Hunger!

Thanksgiving Eve Community Worship

Wednesday, November 22, 7 p.m., Sanctuary

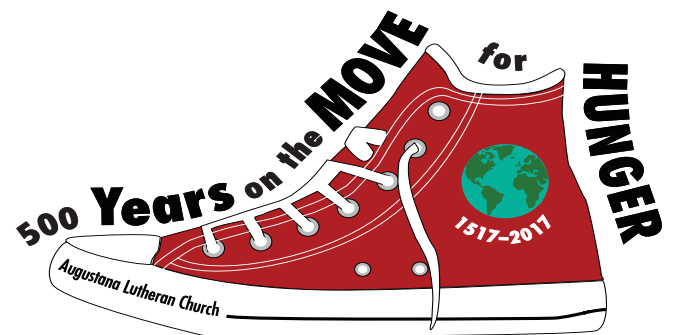
Give thanks on the eve of Thanksgiving with the community, Augustana's choirs and instrumental groups, and a message by Augustana's pastors. Your offering will support ELCA World Hunger. This night also concludes Augustana's Chili Challenge for Metro Caring, so bring as many cans of chili as you're able to add to the pile! And bring a pie to share for the 38th Annual Pie Fest afterwards in Fellowship Hall.

Your gifts to World Hunger *and* Disaster Response count!

Pentecost, June 4 through Reformation, October 31, we celebrated the 500th anniversary of the Reformation over five months by moving in exercise, advocacy, volunteering, and prayer, as well as giving money toward our \$15,170 goal for ELCA World Hunger. We entered

uncharted waters with the arrival of each new hurricane and the needs left in their wake. As a result, Augustana's "On the Move" planning team is combining the congregation's generosity to ELCA World Hunger and Lutheran Disaster Response toward the goal, so follow your heart as you give. Keep your eyes open for the latest updates on miles and money! Complete totals will appear in December's *Tower* along with the top two Hunger Opponent teams logging the most miles.

As of mid-October, the congregation "moved" a total of 16,368 miles and gave \$14,455.65! All hands can still give and all feet can still log miles, steps, prayer, and



volunteering up through Reformation Day on Tuesday, October 31, as we bust a move to Juba, South Sudan, home of the Lutheran Center and Clinic there.

ELCA World Hunger uniquely partners with communities in the United States and around the world in projects ranging 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.

Lutheran Disaster Response begins with immediate relief and accompanies people through every phase of the disaster until recovery is complete. 100 percent of donations marked “U.S. Hurricane Response” go to Hurricane Relief.

Augustana participates in Grace Race for World Hunger

We had another great Augustana turnout at Rainbow Trail Lutheran Camp’s annual Grace Race, which raises money for ELCA World Hunger. We had a lot of medalists from our congregation, one in almost every age group! However, we lost the traveling Fleetest Flock trophy for “most people from a congregation” to Cross of Christ by just one person! Next year, come help us claim this trophy, and walk or run this fun 5K to support a great cause!



Augustana Grace Race participants: Kari, James, and Virginia Kusek, Holly and Sonja Massie, Don and Carol Troike, Sarah and Elise Earhart, Kit and LeEtta Choi, Kevin, Janet, Mackenzie, Adelyn, and Kendall Flesch.





Making sure that Thanksgiving eating happens for Warren Village families

Help provide Thanksgiving dinner baskets for families of Warren Village! Each basket costs \$37 and includes a turkey, canned fruits and vegetables, dinner rolls, and a fruit pie. Your contributions (any amount is welcome) must reach Augustana's office by Friday, November 17. To give a gift, make checks payable to Augustana, note "Warren Village Thanksgiving Dinner" in the memo, and place them in the Sunday offering plate or leave them at Augustana's office. You can also donate online at www.augustanadenver.org. Click on the "Giving" page.

Thanks to Thrivent Financial for granting a \$500 Action Team Request!

Warren Village provides a safe apartment, job training, and child care, for 106 families — single parents with children who have been homeless or close to homeless in our community.

Help pack food baskets and tour Warren Village

This is a great family service opportunity! Volunteers from Augustana will meet Sunday, November 19 at 12:30 p.m. at the Warren Village office (1300 Gilpin St.), where the food will be delivered in bulk; we will sort it into 106 meal baskets. This gives us the opportunity to be closer to the people we are serving and to take a guided tour of the facility to see how Warren Village is serving them.

If you would like to ride the church bus from Augustana to Warren Village, reserve a ride with Augustana's office (303-388-4678) and meet at the Fairfax entrance at noon. The bus will deliver the volunteers back to Augustana at approximately 2 p.m.

If you have any questions, please call **Jerry Sanders** (303-363-8685).

Opportunities to eat together . . .



Sunday, November 5 enjoy a delightful morning of fall favorite brunch items served by Augustana's youth, 9–10:15 a.m. in Fellowship Hall. Your freewill offering will

support several youth opportunities including the senior high mission trip to Ecuador, the Middle School Youth Gathering, and camp! Thank you!

Senior Ministry Monthly Luncheon

Learn more about what a Faith Community Nurse does at the monthly luncheon, Thursday, November 16, 11:30 a.m., Fellowship Hall. Get to know **Jodie McClary**, Augustana's new Faith Community Nurse, as she shares about her emphasis on prevention, health promotion, care management, and referral in the larger context of Augustana's ministry. Invite a friend and enjoy a delightful lunch (\$8) prepared by Judy Nyquist and her crew. Reservations are due with Augustana's office (303-388-4678) by Monday, November 13.



Pastors

Life Together.

For a congregation, our experience of this is centered on our worship life, where we gather together to pray and sing; to hear the Word proclaimed and receive the sacrament. Then we are sent into our daily life to love and serve in the name of Christ.

Sunday morning worship at Augustana involves a number of volunteers and, most often, a great deal of logistics. A few weeks ago, I was reminded that all those people and details come together in powerful ways. Kent Mueller, one of the Assistants to the Bishop of the Rocky Mountain Synod, included the reflection below in the weekly email which he sends out to pastors and deacons. He is writing about a Sunday morning at Augustana:

What I noticed was that children were present and involved in worship and ministry. The children's choir sang with energy and excellent diction! A girl, perhaps 11 years old, served communion, holding the cup of wine and of grape juice for intinction, looking me in the eye as she said the words, "The blood of Christ shed for you." A boy, maybe 13, played a piece on the organ during communion. He's taking organ lessons from the church organist. How are children active in worship in your congregation? How are you sowing seeds of faith through your faith formation ministries?

(The two young people he mentions are Isabelle Howard and Coleridge Brown.)

What a joy it is and how important it is to have the saints of all ages be a part of our worship life together! Children, youth, adults, and elders join together in praise and in community as brothers and sisters in Christ. It is a reflection of one of the All Saints' readings from Revelation: "I saw a multitude that no one could count . . . standing before the throne, worshipping God and singing."

Thanks be to God and Amen,

Pastor Ann



For All the Saints, For You . . .

All Saints Day is a good moment to press pause and think about how we acknowledge and celebrate people doing the work of the church. Of course, the main work is proclamation of gospel — God's self-sacrificing love in the life, death, and resurrection of Jesus revealing God's unconditional love for all people. We live out this good news in as many ways as there are people. We're not all doing the same things at the same time. We represent each other — some representing all.

This representation is evident most recently in Augustana's "500 Years on the Move for Hunger." Between the early learning center kiddos, youth service trip, summer campers, staff, and Augustana friends, over 200 people participated by moving or giving — some representing all.

This representation is also evident when we as the 'people of God' promise the newly baptized that we will "support and pray for their new life in Christ." It's my second favorite part of baptism, after the water part, because we make that promise on behalf of

God's whole church — some representing all. During a hospital baptism recently, there were two people who made this promise to the baptized. Powerful! We are sainted in the waters of baptism as other saints promise to be in it together with us. We become saints and sinners at the same time. Sainted because all of God's beloved are sainted by the righteousness of Christ. Sinner because we are flawed and imperfect. And we represent God's whole church here in our corner of it. My mind is blown by the magnitude of this claim and the meaning it has for our life together as the church.

A final thought to consider as we approach All Saints Day. How do we like our saints? People say, "They're such a saint," usually meaning that person has quiet poise and grace in a difficult situation. What about the person, the saint, who creates tension by courageous behavior — Rosa Parks, Mother Theresa, Dietrich Bonhoeffer, Martin Luther King Jr., and more? These very human people live into extraordinary times so that other people may live. These saints often represent the best of the church and inspire us to courageous, principled lives — some representing all.

I give thanks to God for all the saints and for you, child of God, saint and sinner, imperfect and beloved.

Peace,
Pastor Caitlin

Health Ministry

Handling Brain "Bruises"

Health Ministry and LEAPP are collaborating to emphasize Mental Health. As humans we do more routine care and evaluation of our pets, cars, financial, and physical being than we do care of our mental health.

Some of us inherited or have genetic differences that affect our mental health. Then there are many events that "bruise" us physically, emotionally, or psychologically. "Everyone is better, stronger, smarter, prettier than I am." Drugs, alcohol, rejections, and losses happen, and these can cause loss of self-esteem, inadequate feelings, anxiety, and depression.

There are no easy blood or other similar tests to give us answers. The signs of problems may be tiredness, change in personality, lack of concentration, forgetfulness, change in behavior, and isolation as some examples. Our family, friends, and neighbors can aid by listening, supporting, and suggesting professional help. Jesus must have been part professional mental health provider as he eradicated demons and counseled his disciples and followers. Just as rehabilitation is important after surgeries, infections, heart attacks, and broken bones, it is equally important after "bruises" of our psyche.

Health plans, Medicare, and Medicaid should have some coverage of mental health. It is important to verify your coverage. It is also important that we make certain our elected representatives introduce and pass laws that make certain mental health coverage is there. Days of productivity loss by mental illnesses can be staggering. The effect on the person suffering as well as family and friends also takes a big toll.

Augustana's members and friends, faith community nurse, and pastors can all be listeners and supporters. Reliable information online can be found at National Alliance for Mentally Ill (Nami.org). Maria Droste Counseling Center has helped us at 9Health Fair and has a sliding scale for those who do not have insurance coverage (303-756-9052). Suicide hotline is available 24 hours a day, seven days a week (1-800-273-8255).

Advocacy

Lutherans Engaging and Accompanying Policy and People (LEAPP)

will be back in Fellowship Hall, Sunday, November 12, 9–10:30 a.m. This month's resources will focus on mental health issues and will build off of the adult forum presentation by Dr. Mendy Motes. As always, the table will be geared towards action steps that can be implemented in daily life. Come and bring your questions!



Congregational Learning

Adult Forum

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

Sunday, November 5: Mental Health: Dr. Mendy Motes, Psychiatrist, and Dr. Norm Aarestad, retired.

What are “bruises” to our brain or our psyche? How do we cope with these “bruises”? Can we help others with their “bruises”?

“Bruises” can be from head trauma, mini-strokes, genetics, illnesses, drugs, and adverse life experiences. We develop physically, mentally and emotionally as we age. We also develop coping mechanisms or “firewalls.” These “firewalls” can be enough to handle the event or sometimes they are too effective, so we become insulated and isolated. If our “firewalls” can’t handle the situation, we need to seek help; otherwise, we can become despondent, depressed, anxious, withdrawn, or suicidal. There are ways of alleviating mental health challenges with professional help. Our family, friends, and neighbors may also help by listening, supporting, setting boundaries, and recommending seeking professional help or calling hotlines when appropriate. Insurance plans should cover professional help and its rehab sessions. We can encourage our elected representatives to introduce and pass appropriate legislation.

Come and learn more about this important topic that affects many of us personally — whether our own mental health or someone we love.

November 12: What does my offering do? Join **Ted Kouba**, our congregation’s treasurer, for conversation around the 2018 Spending Plan (Budget) for Augustana. Wondering how your giving is making a difference? Come and see!

November 19: World Faith Series: Mormonism (tentative schedule)

Speakers from various religious traditions present information with the goal of increasing our understanding of world faiths. Look for these speakers on the calendar throughout the class year as we put our best hosting-foot forward to welcome them.

November 26: Cross Generational Faith Formation — all adults are invited to participate as we gather with the children of the congregation for faith formation time together.

Families Inspired Together

Sundays, 9:15 a.m., Room 14

- **November 5:** Open fellowship fun/socialization/hot topics
- **November 12: Aleisha Maunu, MA, LMFT, LAC,** will discuss “Difficult Discussions: talking to kids about death, suicide, and loss.”

Children, Youth, and Family Ministry

Register for camp starting in November!

Rainbow Trail Lutheran Camp registration opens Wednesday, November 1. Kids entering 2nd and 3rd grade are encouraged to sign up for Intro to Camp either June 17–20 or 20–23. Kids entering 4th and 5th grade are encouraged to sign up for Junior Camp, June 17–23. Youth entering grades 6–8 are encouraged to sign up for Confirmation Camp, June 24–30. Those two weeks Shanna will be at camp, and so will others from Augustana! Scholarship money is available through camp and the church. Please contact Shanna (shanna@augustanadenver.org) if you have any questions.



Middle School Youth Gathering registration due November 5

The Rocky Mountain Synod Middle School Youth Gathering (grades 6–8) will be held in Colorado Springs January 13–15. The theme for the weekend is **Wait, What?** We are a diverse people and can become complacent with the world around us. There is much to uncover, learn, celebrate, advocate for and act on. Throughout our time together we will share stories that may shock us and create a passion for change, and yet there will be stories that we can celebrate as a Church that is striving to be Better Together. Registration forms are available from Shanna and in your confirmation classrooms. Please turn the forms in to Shanna by Sunday, November 5. Cost to attend is \$170. Scholarship money is available.

Save the date!

Advent Adventure is

Sunday, December 3,
2–4 p.m., Fellowship Hall



On the second Sunday in Advent, families and friends of Augustana gather in Fellowship Hall for seasonal food, merry-making, and fellowship. Participants sip hot cider, enjoy a light dinner, sample made-on-the-spot lefse, make Advent and Christmas crafts, sing Christmas carols, and hear beloved stories of Christmas. Folks of all ages enjoy this annual Augustana tradition — you will too!

Help host Advent Adventure

If you would like to share a craft idea, facilitate an Advent Adventure craft table, or help out wherever needed, contact Director of Children's Ministry **Erin Brown** (erin@augustanadenver.org or 303-416-0630). Thanks!

Lefse-Making Workshop

Do you love to make lefse, or would you like to learn how? Come and make lefse with friends and family Saturday, December 2, 9 a.m.–noon in the Fellowship Hall kitchen. You will learn the basics of lefse-making or swap tips and recipes with other experts, and you will go home with a few pieces of fresh-baked lefse that you can share with your family!

If you have lefse-making equipment (potato ricer, pastry board with pastry cloth, lefse griddle, lefse stick, rolling pin with a cloth cover, a grooved lefse rolling pin, etc.), please bring it. If you don't, come and learn and bake anyway!

RSVP to shanna@augustanadenver.org or Augustana's office (303-388-4678) by Thursday, November 30, and bring \$5 to cover the cost of supplies.

Parents' Night Out

Augustana's youth will host two opportunities for parents to enjoy a December evening out: Friday, December 1 and Saturday, December 9, 5–10 p.m. Supper, activities, entertainment, and safety will be provided for your children. All ages are welcome. Cost is \$25 per youth or \$50 per family. Please RSVP to Shanna (303-388-4678 or shanna@augustanadenver.org) for the December 1 night by Tuesday, November 28 and the December 9 night by Wednesday, December 6.



Reformation 500 Book Store

Thank you to all who participated in the Reformation 500 Book

Store! Augustana earned \$273 which will support the purchase of books for baptismal gifts and for the Ammerman Library.

What is “Faith Formation”?

Recently you may have noticed some word change that is being used. Those words are “Faith Formation.” What is faith formation, you ask? Faith formation is equipping people to live as disciples of Jesus. It is more than just Sunday school, confirmation, and youth group. Faith formation is a way of life that calls us to:

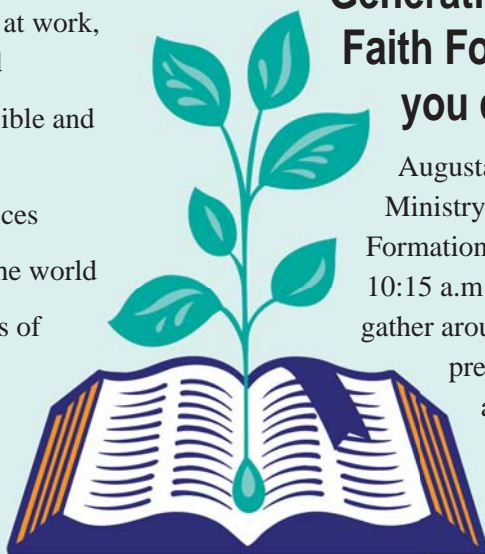
- Grow in our relationship with God for the whole of life
- Live as disciples of Jesus at home, at work, in the community, and in the world
- Develop an understanding of the Bible and our faith tradition
- Deepen our spiritual life and practices
- Engage in service and mission to the world
- Participate in the life and ministries of our faith community

The excitement about faith formation is acknowledging that we don't need to wait until Sunday morning in a classroom setting to experience

God and live out our life as his children. Our baptism equips us with a call for our Christian faith to go from our head, to our hearts, and out of our hands. So when you see the words “faith formation,” it still includes what is happening for God's children of all ages on Sunday morning, but it is also all that equips us to live as disciples.

Generations come together for Faith Formation—you come, too!

Augustana's Children, Youth and Family Ministry will host a Cross Generational Faith Formation event, Sunday, November 26, 9:15–10:15 a.m. in Fellowship Hall. All are invited to gather around tables with multiple generations present to share stories, sing songs, learn about the Gospel text for the day, and enjoy goodies. This will coincide with Coffee Hour, so please plan on participating in both!



AUGUSTANA *Arts*



Adam Pajan, Organist **The Romantic Muse**

Friday, November 3,
7:30 p.m. at Augustana

Organ Workshop, Saturday,
November 4, 10 a.m., at
Augustana: Orchestral
Transcriptions for the Organ
- Accompanying using two

movements of the Brahms *Requiem*

Augustana Arts presents organist Adam Pajan in recital, Friday, November 3, 7:30 p.m. at Augustana. His program, “Romantic Muse,” features organ works from the late 19th and early 20th century. Tickets (\$10–\$25) are available by calling 303-388-4962, online at www.AugustanaArts.org, or at the door. Enter code ALC50 and receive a discount when you purchase tickets online at www.augustanaarts.org!

Called “a rising star definitely worth watching” (Michael Barone, *Pipedreams*), Adam Pajan is Instructor of Organ and Shop Technician at the University of Oklahoma’s American Organ Institute, where he teaches students in organ performance and organ technology. Adam’s performing career has taken him across the United States and to Germany three times, playing in the great cathedrals of Mainz, Magdeburg, Fulda, Altenberg, and other historical churches.

Adam’s accomplishments were recognized in being named one of The Diapason’s “20 Under 30” of 2016, an award established to acknowledge individuals who are “setting the pace for the future of the pipe organ, harpsichord, carillon, and church music.” An enthusiastic church musician, he serves as Director of Music at St. Mark the Evangelist Catholic Church in Norman, Oklahoma, and is in his third season as Artistic Director and Conductor of the Oklahoma Master Chorale.

Stratus Chamber Orchestra **Daydreams and Nightmares**

Featuring Arlette Aslanian-Townsend, Tamara Maddaford and Johanna Burian

David Rutherford, Music Director

- Friday, November 17, 7:30 p.m. (optional immersive style seating) at First Plymouth Congregational Church (3501 S. Colorado Blvd.)
- Saturday, November 18, 7:30 p.m. (traditional seating) at Augustana Lutheran Church

On the night of the New Moon, with a chill in the air, Stratus will spirit you away to a fantasy world of music that is capricious, whimsical and, at times, slightly ghoulish. Who knows where the music will take you in this program of fantasy! Gounod’s “Funeral March of a Marionette,” Saint-Saëns’ “Danse Macabre” and other quirky and dreamy works pair with the fantastical art of Johanna Bloom, created on the spot for the audience! Transcendental, masterful works of eccentricity will be paired with equally fantastical and off-kilter art. Prepare to be beguiled.

Programs includes:

- Gounod: Funeral March of a Marionette
- Saint-Saëns: Danse Macabre
- Debussy: Prelude to the Afternoon of a Faun
- Dvorak: The Noon Witch
- Glazunov: Reverie
- Honegger: Pastorale d’ete

Purchase tickets (\$25 adults/\$10 children) online at www.augustanaarts.org, by phone at 303-388-4962, or at the door the night of the event. Enter code ALC50 and receive a discount when you purchase tickets online!

City Strings: 150 Young Lives Changed Each Year!

By Lynn Nestingen, PhD., Executive Director, Augustana Arts

City Strings, an outreach program of Augustana Arts, began with borrowed instruments, a few students and a volunteer instructor. Today, the program offers nine classes at seven sites in three counties and serves 150 children. We have much to celebrate for this accomplishment, and we extend our heartfelt thanks and appreciation to all those who envisioned, supported, and developed this program into the shining Augustana Arts' gem that it is today.

Targeting chronically low-income neighborhoods, City Strings aids in the cognitive development of students and positions them for significant academic achievement through lessons taught by highly skilled teaching artists. The schools currently participating in City Strings — Harrington, Montview, McMeen, Valverde, Edgewater, and Schenck (CMS) elementary schools — are predominantly African American and Hispanic with very high numbers of children eligible for free or reduced lunch, most above 90 percent. These schools score well below the state averages on standardized tests, averaging 12 percent proficient in math for 4th and 5th grade students and 11 percent proficient in English at the same grade levels. Single mothers with children living in poverty in these communities range from 34 to 61 percent of the population.

Despite this scenario, however, there is much to celebrate with the results we have heard and measured over the years. In fact, City Strings consistently exhibits significant results in the advancement of students through their courses of study. The high attendance rate (90–95 percent) and low rate of attrition (less than 5 percent) are points of pride for both the program and Augustana Arts, demonstrating the children's enjoyment in and commitment to the program. City Strings' teachers report noticeable changes in the students' self-confidence as their skills develop. Teachers, principals, and other district personnel are committed to maintaining City Strings in their schools, providing space and support each year.

Furthermore, recently administered end-of-year student surveys show the impact from their perspectives.



First year City Strings' students reported the following:

- 100 percent - enjoyed learning to play an instrument
- 71 percent - now think classical music is awesome
- 78 percent - discovered they can do things they didn't think they could
- 100 percent - feel better about themselves; 75 percent answered definitively yes, 25 percent to a lesser degree.
- 80 percent - do better in school

The students with two or more years with City Strings echo their responses:

- 80 percent of respondents – City Strings has helped them look forward to the future
- 80 percent - feel they do better in school
- 100 percent reported that City Strings made them feel better about themselves; as above, 80 percent responded definitively yes, 20 percent to a lesser degree

Indeed, the impact of City Strings is not contained in a bubble, and there is a dynamic ripple effect that touches families, schools, and the community at-large. City Strings is a multi-dimensional program that gives children a safe place to learn optimism, cooperation, patience, gratitude, humility, and other emotions that will help them navigate the world beyond.

Thank you to all the supporters and friends of the Augustana Arts' City Strings Program. Your donations reach deeper and extend further in ways than we may ever fully realize. We continue to appreciate your support and welcome new funding avenues and opportunities.

Contact info@augustanaarts.org to learn more on how you can change the lives of students and those who surround them.

Fellowship

Book Group

Join us Monday, November 20, 11:15 a.m. in the Anna Paulson Room to discuss the astonishing tale of one lock of hair and its amazing travels—from nineteenth-century Vienna to twenty-first-century America. In *Beethoven's Hair*, Russell Martin has created a rich historical treasure hunt, a tale of false leads, amazing breakthroughs, and incredible revelations. This unique and fascinating book is a moving testament to the power of music, the lure of relics, the heroism of the Resistance movement, and the brilliance of molecular science.

—Amazon.com

Women, Wine and Word

This monthly Bible study for all ages will meet on Thursday, November 30, 7 p.m. at Janet Flesch's home. Currently we are using the study *Fierce: Women of the Bible and Their Stories*. Everyone is welcome; please contact Pastor Ann for Janet's address (ann@augustanadenver.org).

Trailblazers

Raven Full Moon Hike

Saturday, November 4, leave Augustana's south parking lot at 5 p.m.

Leave those flashlights at home for this unique hiking adventure! We will be guided by a park naturalist along Bear Creek Lake Park's trails and surrounding green spaces. Wear comfortable hiking shoes, dress for weather conditions, and bring water. This hike is designed for the whole family. It will involve an hour and a half of walking on uneven terrain.

Cost: \$2 per person. Register at <http://www.lakewood.org/BCLPEvents/> by October 30.

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

Lutheran Family Services

Foster Care

Each year in Colorado, thousands of kids are unable to live with their biological parents due to abuse or neglect. We need families who can provide temporary care until children reunify with their parents, as well as families willing to adopt children and teens in foster care if they can't return to their families. Informational meetings for foster care will be on Wednesday, November 8, 12:30–1:30 p.m. and 5:30–6:30 p.m. at the LFS Denver Metro office (363 S. Harlan Street, Suite 105, Denver, 80226). Please register with Anne (anne.hamilton@lfsrm.org or 303-217-5869). One-on-one meetings can also be arranged to work around your busy schedule!


Older Adult & Caregiver Services

During the month of November, Older Adult & Caregiver Services is offering free memory screenings as part of the National Memory Screening Program, an initiative of Alzheimer's Foundation of America. Screenings are free, confidential, and administered by qualified healthcare professionals. Each memory screening takes approximately 10 minutes, and while the result is not a diagnosis, it can suggest if someone should see a physician for a full evaluation.

Screenings will occur:

- Monday, November 13, 9:30 a.m.–4 p.m. at the Bemis Public Library (6014 S. Datura St., Littleton, 80120). Call 303-217-5864 to register for a screening time.
- Wednesday, November 22, 10 a.m.–2 p.m. at the Arvada Library (7525 W. 57th Ave., Arvada, 80002). Call 303-217-5864 to register for a screening time.
- Open screening times (no appointments needed) every Thursday in November (except Thanksgiving) 10 a.m.–noon at Lutheran Family Services (363 S. Harlan Street, Suite 200, Denver, 80226).



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div> <div><div><div><div><div><div>5</div><div>All Saints Sunday</div></div><div><div>Health Ministry Sunday</div><div>Daylight Saving Time ends</div></div><div><div>Worship/Communion</div><div>Fall Brunch</div></div><div><div>New Members Class</div><div>Worship/Communion</div></div><div><div>Youth Group</div><div>Prayer Shawl Ministry</div></div><div><div>Noon</div><div>See JASS above</div></div></div><div><div>8am</div><div>9:15am</div><div>9:15am</div><div>10:30am</div><div>11:30am</div><div>Noon</div></div></div></div><div><div><div>11:30am</div><div>Lunch</div></div><div><div>12:15pm</div><div>Cherubs, Choristers, GraceNotes</div></div><div><div>1pm</div><div>Recorders, Cantabile, SONshine Ringers</div></div><div><div>1:45pm</div><div>BELLievers</div></div></div></div>	<div><div><div>6</div><div>9:45am</div><div>10am</div></div><div><div>Augustana</div><div>Firm Believers</div><div>Chapel Prayer</div></div></div> <div><div><div>7</div><div>9am</div><div>5pm</div><div>5:30pm</div><div>6pm</div></div><div><div>Library Committee</div><div>Worship Committee</div><div>Yoga</div><div>Children, Youth, & Family</div><div>Ministry Committee</div></div></div>	<div><div><div>13</div><div>9:45am</div><div>10am</div><div>11am</div><div>1pm</div></div><div><div>Augustana</div><div>Firm Believers</div><div>Chapel Prayer</div><div>Prayer Team</div><div>Mary Circle</div></div></div> <div><div><div>14</div><div>9:30am</div><div>1pm</div><div>5:30pm</div><div>5:30pm</div><div>7pm</div></div><div><div>Deborah Circle</div><div>The Tower Assembly</div><div>Executive Committee</div><div>Yoga</div><div>Augustana Foundation</div></div></div>	<div><div><div>15</div><div>7:45am</div><div>9:45am</div><div>6pm</div><div>7:30pm</div></div><div><div>Lutheran Men of Denver</div><div>Augustana</div><div>Firm Believers</div><div>Augustana Ringers</div><div>Chancel Choir</div></div></div> <div><div><div>16</div><div>9:30am</div><div>9:30am</div><div>11:30am</div><div>4:30pm</div><div>5:30pm</div></div><div><div>AELC Chapel</div><div>Thursday Morning</div><div>Bible Study</div><div>Monthly Luncheon</div><div>Augustana Early Learning Center</div><div>Thanksgiving Feast</div><div>Mindfulness Yoga</div></div></div>	<div><div><div>17</div><div>9:15am</div><div>9:45am</div></div><div><div>Silver Notes</div><div>Augustana</div><div>Firm Believers</div></div></div> <div><div><div>18</div><div>8:45am</div><div>7:30pm</div></div><div><div>"God's work. Our hands."</div><div>Serve at ANSAR Pantry</div><div>Augustana Arts: Stratus Chamber Orchestra</div></div></div>	<div><div><div>3</div><div>9:15am</div><div>9:45am</div><div>7:30pm</div></div><div><div>Silver Notes</div><div>Augustana</div><div>Firm Believers</div><div>Augustana Arts: Adam Pajan, Organist</div></div></div> <div><div><div>4</div><div>9:30am</div><div>5pm</div></div><div><div>Augustana Arts: Adam Pajan, Lecture Trailblazers: Raven Full Moon Hike</div></div></div>	<div><div><div>23</div><div>9:30am</div><div>9:30am</div><div>5:30pm</div></div><div><div>The Tower deadline</div><div>Augustana Early Learning Center Chapel</div><div>Thursday Morning</div><div>Bible Study</div><div>Phoebe Circle</div><div>Mindfulness Yoga</div></div></div> <div><div><div>24</div><div>9:15am</div><div>9:45am</div></div><div><div>Silver Notes</div><div>Augustana</div><div>Firm Believers</div></div></div> <div><div><div>25</div><div>8:45am</div><div>7:30pm</div></div><div><div>"God's work. Our hands."</div><div>Serve at ANSAR Pantry</div><div>Augustana Arts: Stratus Chamber Orchestra</div></div></div>

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Otto Lawrence
Margaret Peterson

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Kirsten Lamphere
Leilu Towery

9 Kathryn Havranek
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10 Sonja Bornhijm
River Cockrell

11 Stian Gilbertson
Marilyn Stember

12 Jane Dumler
Judy Kessenich
Nancy Johnson
Harry Waters

13 Grace Granbery
Sheryl Stenseth

14 Beverly Strong

15 Jan Blatchford
Clayton Ward

16 Jean Apple
Elizabeth Heins
Sonja Thorwald
Connor Tribbett

17 Lucas Moseley
Marla Wittich

18 Nathan Sherman

19 Norman Aarestad
Allan Brown

20 Evelyn Earl
Peyton Ralston

21 Stephen Castellari
Logan Fischer

22 Emma Beswick
Carrie Olson
Gwynne Olson
Lynne Snyder
Aspen Strub

23 Dana Buhr
Cynthia Lidman

24 Betsy Conant
Katherine Cruson
Sarah Jacobsen
AJ Levy
Cooper Rhea

25 Kara Ninke
Andrew Schlichting

26

27 Suzanne Eugster
Tate Kastens
Gary Witt

28

29 Donald Hass

30 Megan Crawford

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