

Completing the circle of **GIVING and RECEIVING**

Set your hope on God, who richly provides everything for our enjoyment . . . be rich in good works, generous, and ready to share, so that you may take hold of the life that really is life.

1 Timothy 6:18–19

Every week in our Sunday bulletin, a small text box appears alongside the Offering.

Inside the box is a reminder of what our financial gifts make possible: missionaries around the world, care for the poor and hungry, support of local organizations like Lutheran Family Services, and programs in our own congregation, just to name a few. What we place in the offering plate or give through our bank account makes a difference and helps other people come to know God's love in Jesus Christ.

But just as important is what giving does to us, the giver. When we share what God has already given us, we learn to trust God's promise to be with us on our life's journey and to provide what we need. Our priorities can also change so that our life becomes less about accumulating and more about sharing with others.

This month in worship, you'll be hearing about this year's stewardship campaign and how you can



“We could really use your help on

wine and grape juice,” Pastor Gunderman said to Rob and me. Pastor's words were a complete surprise to this freshly back-to-

the-pew worshiper. Grape juice became a regular ministry, and I've been distributing communion ever since. Not only did it complete a circle of giving and receiving around the sacrament of communion, but being part of the congregation's Sunday hospitality quickly became deeply meaningful.

Augustana's Sunday hospitality ministry is supported by 40 people each week who drive buses, acolyte, carry a cross, mentor youth, greet, usher, read scripture, lead prayer, and prepare and/or distribute communion—and more than that if you add the adult choir, kids choirs, and Sunday school.

continued, page 3

continued, page 3

good news!

5000 E. Alameda Ave.
Denver, CO 80246

Augustana
LUTHERAN CHURCH

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

WEB: www.augustanadenver.org
EMAIL: info@augustanadenver.org

DIAL-A-CARE: 303-996-2733
FACEBOOK: augustanadenver.com

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

Thursday, October 4, 4:30 p.m. is the deadline for the November edition. Email **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: Emmett Cruson
Vice President: Paul Edstrom
Secretary: Katrina Tamminga Crook
Treasurer: Michael Graham
David Aarestad | Renee Bernhard
Simon Bernhard | Paul Blanchard
Lisa Boe-Sims | Mackenzie Flesch
Nancy Johnson | Sharon Schillereff
Pam Uyemura | Dane Vierow
Rosalee Wanchisen | Karen Yeager
Pr. Ann Hultquist | Pr. Caitlin Trussell

Staff

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, Steven Rojas, Custodians
Kim Kouba, Wedding Coordinator
Wendie Edwards, Director, Augustana Early Learning Center

Recently lifted up in prayer:

For hope and healing:

- Larry Cochrane, Dorothy Halverson, Inger Helm, Janice Hughes, Zach Hoffman, Rich Lamphere, Mark Mueller, Orvid Olson, Brett Ploessel

For comfort and courage:

- Arvid Brekke in the death of his son, Kent Brekke
- Family, friends, and Edina Community Lutheran Church in the death of Pastor Stephanie Coltvet Erdmann
- Risë Ammerman Moody in the death of her husband, Gary Moody
- Family and friends of Cathy Nyhus in her death
- Eric and Julie MacDougall in the death of their friend Dick Schaefer
- Marianne Woodward and family in the death of her husband, Les Woodward

Rejoice with:

- Addison Choi and Bryan Perrot in their marriage, September 1
- Claire Marie Taron, daughter of Dan and Valerie Taron, in her baptism
- Parents Tim and Abby Zeckser in the birth of Lukas Paul Zeckser, July 23

Thank you for the gifts!

Health Ministry

- In memory of Joe Tripp

Music Endowment Fund

- In memory of Joe Tripp

Special Gifts

- In memory of Joni Hopkins, Joe Tripp

Augustana Foundation

Claire M. Taron received a MIF4KIDZ Investment Gift in honor of her baptism, thanks to the Augustana Foundation.

Dial-a-Care

303-996-2733

Three-minute talks about God, faith, love, scripture, life, Christianity

- Lyn Goodrum
- Roberta Matheson
- Don Troike

Augustana
LUTHERAN CHURCH

Completing the circle of giving and receiving

continued from cover



participate. This year our goal is to increase the number of financial commitments (pledges) to the ministry of our congregation and the wider church.

When you make a financial commitment, you are promising to give a certain amount in 2019

through your offering. We are not asking you to make a commitment so we can send you an invoice. Rather, your commitment helps us plan the ministry we can accomplish next year and also helps you to grow in your trust in God, who provides everything.

Please prayerfully consider how you will respond and share in the ministry that is happening in and through Augustana.

Pastor Ann

continued from cover



Gathering for worship and welcoming visitors as well as our youngest families and eldest elders for whom serving is difficult is a chance for all of us to complete the circle of giving and receiving. Gratitude abounds for everyone already in the mix of Sunday's hospitality!

My article this month is more than a celebration. It is an

open invitation to ask you to serve on Sundays if you're not yet in the mix. Talk to Julie MacDougall or one of us pastors. You may be hearing from Julie, Pastor Ann, or me to fill gaps. It is also an invitation to look for Julie's reminder emails when you're serving on any given Sunday. Showing up when you're on the schedule is part of completing the circle and relieves the

ministry leaders from scrambling for last minute help, so they can be about their worship tasks.

You've likely heard the expression, "It takes a village . . ." Well, my friends in the faith, Sunday worship "takes a congregation . . ." It's an honor to serve with you.

Peace,
Pastor Caitlin Trussell



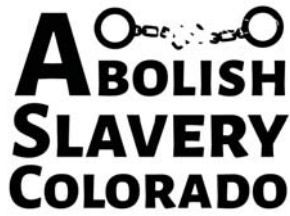
To serve on Sundays, please contact **Julie MacDougall**, Volunteer Coordinator, (macdougall@augustanadenver.org or 303-388-4678).

Glocal Involvement

Pastor Caitlin speaks at the Abolish Slavery Colorado Launch

As a descendant of slave owners, I was invited to speak alongside descendants of slaves supporting the abolition of slavery from Colorado's Constitution (Article II, Section 26) via Amendment A on November's ballot. The full video may be seen at facebook.com/AforAbolish/ (with my remarks at minute 17:00). More information may be found at AbolishSlaveryCO.org. Feel free to strike up a conversation with me about this work. Here are my remarks in full. They build on the testimony that I gave in May at the Colorado House State Affairs Committee which was published in the June Tower.

Peace, **Pastor Caitlin**



Launch, August 28, 2018

Martin Luther King Jr. Statue, City Park, Denver

I am Pastor Caitlin Trussell,

- One of the pastors of Augustana Lutheran Church in Denver;
- Faith Leader in Together Colorado, a multi-faith, multi-race organization trying to make the world a better place;
- the great-great granddaughter of Hugh Thompson, governor of South Carolina in the 1880s (1882–1886) and graduate of The Citadel, who led a battalion of Citadel cadets, firing the first shots of the Civil War against the Union ship “Star of the West” as it entered Charleston Harbor;
- and the great-great-great-granddaughter of Thomas B. Clarkson, plantation owner of 300 slaves.

When we ourselves are not the ones in chains, ignoring the pain is too easy. Prior to the Civil War and the burning of his plantation, my triple-great-grandfather invited an abolitionist to come and see the condition of the slaves for himself. The abolitionist recorded his visit in a letter. The letter congratulated my triple-great-grandfather on his good care of the slaves. He liked that they were clean, educated, and instructed in the Christian faith.

I suppose it's comforting that his slaves were treated with some kindness. Regardless, there are zero legit excuses for owning people. The odd thing is that I'd known for many years that he owned a plantation and it never once occurred to me that he had also owned slaves. Of course, I'm not responsible for his choices, but I AM affected by them . . . we all are! Ignoring the pain is too easy when we ourselves are not the ones in chains. There is always something to be learned and another step to take.

My triple-great-grandfather justified chattel slavery as a gentleman and a Christian—owning 300 people in the state of South Carolina. He cozied up to something we clearly know was wrong. He had people around him at the time who knew it was wrong. We've grown similarly cozy with the vestiges of chattel slavery including justifying the slavery exception in our state and national constitutions. It's WAY past time to abolish slavery completely!

I invite you to join me, all the rest of us, the Senate and the House that moved this forward to the voters, that passed it unanimously, so that we might vote and say Never Again!

4th Annual Chow Hall Gala

Friday, October 19, 5–8:30 p.m.

at Bethany Lutheran Church (5500 E. Hampden Avenue, Cherry Hills Village, 80113)

You are cordially invited to the 4th annual Chow Hall Gala benefitting the women of New Beginnings, a ministry of the Rocky Mountain Synod of the ELCA located inside the Denver Women's Correctional Facility.

Come for an evening of fellowship that includes a cocktail hour with live piano, dinner, testimonials from current and former members of New Beginnings, and both silent and live auctions.

For more information or to reserve tickets, please go to the New Beginnings website (newbeginningswc.org), or call 970-812-3099.

Checks can also be mailed directly to:

New Beginnings
c/o The Lutheran Center
7375 Samuel Drive
Denver, CO 80221

- Tickets are \$50 each. Please mark "Gala 2018" on the memo line.
- Checks received before October 12 are greatly

appreciated to assist in estimating food orders.

- If you are unable to attend, but would like to make a gift in support of the ministry, please mark "Gala Gift" in the memo.

Thank you for your generous support of New Beginnings, the Rocky Mountain Synod's only Congregation Under Development (CUD) in a prison.

Grace Race:

This year will Augustana be the Fleetest Flock in support of World Hunger?!

Help eRace World Hunger at Rainbow Trail Lutheran Camp's **12th Annual Grace Race**, Saturday, October 6, 2:30 p.m., at Sloans Lake Park in Denver! This annual 5k run/walk was started as part of RTLCL's 50th anniversary in 2007 to raise money for ELCA World Hunger. The event is held in collaboration with the Rocky Mountain Synod Hunger Network. Over the last 11 years, RTLCL and the participants of Grace have contributed over \$53,000 to the ELCA

World Hunger Appeal. We are aiming for 300 participants for this year's race. This can be the year we top \$10,000 for the check that we send to the ELCA World Hunger Appeal!

Fleetest Flock
Remember the congregation competition for the Fleetest Flock. We have a traveling



trophy that goes to the congregation with the most participants in the race, running or walking. Last year's winner was Cross of Christ Lutheran in

Broomfield who narrowly beat out Augustana Lutheran in Denver. Help Augustana to win the Fleetest Flock trophy this year!

Register now (\$30) at <https://runsignup.com/Race/CO/Denver/TheGraceRace5k>. Registration includes a guaranteed Grace Race shirt. (After September 28, registration increases to \$35.)

Saturday October 6

- 2:30 p.m. Bib/T-shirt pick-up begins
- 3:45 p.m. Race day registration ends
- 4 p.m. Race begins
- 5 p.m. Burgers and race snacks (after all participants are in)



Second Sunday Sack Lunch for Local Action and Advocacy

Bring your lunch on Sunday, October 14, 12:15–1:30 p.m., Anna Paulson Room. **Pastor Caitlin Trussell**, facilitator.

With the November election right around the corner and mail-in ballots arriving shortly, we'll share information and discuss state and local ballot initiatives on topics such as hunger, poverty, and incarceration. The point is to be a safe place for moral deliberation regardless of how you vote. We'll also discuss opportunities for acts of kindness to meet immediate needs and acting to create long-term solutions beyond legislative engagement.



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

Harvesting hope

Nicaragua

ELCA.org/hunger

Each season, Zulema Lopez sows and reaps crops in the village of San Luis, near Somoto in northern Nicaragua. But after years of prolonged drought, wells have run dry and many harvests have failed.

“Everything has dried up—the fields, the wells, the rivers. It’s all dry now,” Lopez said. “Lots of women have to walk farther to collect water. It’s a daily problem to get enough water to wash and cook and drink.”

However, a new well, equipped with a solar-powered pump and a drip-irrigation system funded by South Canyon Lutheran Church, Rapid City, S.D., now brings water to the fields and into homes for drinking, washing and cooking. Planned and developed by the community, the project is aided by staff of the Nicaraguan Lutheran Church of Faith and Hope—with support from ELCA World Hunger—who conduct sustainable farming training.

With predictions that rainfall will continue to be scarce, people in this dry-corridor region are encouraged by the solutions the new equipment and techniques offer. “We’ve got hope with this project,” Lopez said. “It’s not every man for himself here—we’re doing it together. We’re doing corn and beans, and vegetables, too. And we’ll all get a share.” Your support of ELCA World Hunger helps make this possible. Thank you!

To give a gift for ELCA World Hunger, use the designated envelopes in Augustana’s pew pockets and make checks payable to Augustana Lutheran Church. Or, donate online at www.augustanadenver.org; click on the “Giving” page.



Worship

Reformation Sunday, October 28

Celebrate Reformation Sunday, October 28, with worship in Augustana's sanctuary at 8 a.m. and 10:30 a.m. Augustana's confirmands will affirm their baptism at 10:30 a.m. worship. The festival color is red! Join us for festive worship!

Sundays available to sponsor flowers

Several Sundays in 2018 are still available to provide flowers for worship. Consider sponsoring a bouquet to celebrate a special event in your life or to remember the life of a loved one. After 10:30 a.m. worship, you may take your bouquets home or request that they be delivered to Augustana's home-centered or hospitalized members and friends. For prices and available Sundays, contact Augustana's office (303-388-4678).

We want you!

Our Volunteer Ministries need individuals who are interested in helping facilitate Sunday worship:

- **Coffee Hosts**
- **Greeters**
- **Communion Assistants**

Your commitment would be one Sunday per month at most, so please consider joining our team. Contact **Julie MacDougall** (303-388-4678 or macdougall@augustanadenver.org) if you'd like more information.



Christmas Eve worship schedule changes this year!

For several years, Augustana's Worship Committee has deliberated worship times for Christmas Eve. After lengthy discussion, informal conversations, and thoughtful deliberation, a decision to condense the evening into three back-to-back services was made last March. Service times on Christmas Eve will be at 3 p.m., 5 p.m., and 7:30 p.m. with Holy Communion offered at 3 p.m. and 7:30 p.m. AVE will provide vocal music at 3 p.m., Chancel Choir will sing at 7:30 p.m. Lessons and Carols will continue to be offered at 5 p.m. with music leadership from Candlelighters (middle and high school youth), Cherubs and Choristers, and youth handbell ensembles.

**Christmas Eve Worship Schedule
Monday, December 24**

3 p.m.* • 5 p.m. • 7:30 p.m.*

**Holy Communion*

Movie Night at Augustana

Friday, October 5,
7:30 p.m.

Enjoy a movie like you may never have before! The remarkable and highly-regarded organist **Peter Krasinski** says Augustana's organ is the perfect organ for him to improvise live pipe organ accompaniment for the 1927 silent film, *Metropolis*. That's right! Krasinski makes it up as the movie happens with NO music. And he is incredible! The German expressionist science-fiction drama, directed by Fritz Lang and written by Thea von Harbou, is regarded as the pioneering work of the science-fiction genre in movies, being among the first feature-length movies of the genre. This is a once-in-a-lifetime opportunity. Krasinski's creative and exquisite accompaniment will make this a chilling and memorable evening.

Purchase tickets (\$25/ adult, \$20/senior, \$10/ student, and \$5/child 12 and under) at www.augustanaarts.org.



November Congregational Meeting scheduled

Sunday, November 11, 11:30 a.m., Sanctuary

Augustana's congregation council has decided to hold the November 11th congregational meeting immediately after the close of the 10:30 a.m. service in the sanctuary. Please mark your calendars.

Meeting action items

The congregation council hosts three opportunities for you to give input and have your questions answered before the congregational meeting:

- October 14 - Constitution changes with Paul Edstrom, Vice President
- November 4 - Budget for 2019 with Michael Graham, Treasurer
- November 11 - 2019 Budget and constitution changes with Michael and Paul

All three meetings will be in the northwest corner of Fellowship Hall Sundays, during Coffee Hour, 9:15–10:15 a.m.

Lunch after the meeting

After the general meeting on Sunday, November 11, Judy Nyquist will serve lunch in Fellowship Hall. Make reservations with **Julie MacDougall** (303-388-4678 or macdougall@augustanadenver.org) by Thursday, November 8.

Election

The annual election of congregation council members, Rocky Mountain Synod voting

members, and 2019 nominating committee members will also take place at the November 11th meeting.

Thanks for your help and participation in these important decisions.

Emmett Cruson,
President of the Congregation

Adoption of the ELCA 2016 Constitution to be voted on at meeting

The Evangelical Lutheran Church in America has a model constitution for all congregations. Occasionally, changes are made to the constitution that must be approved by the local congregation. These changes are mandated by the ELCA and help congregations operate with good governance. The model

constitution was adopted by the Churchwide Assembly in 2016.

The revisions to Augustana's constitution are significant in two chapters in the new model constitution. A good deal of the language mirrors our existing constitution. In many instances the changes are not significant, but rather

changes in punctuation and some words here and there.

Chapters 7 and 9 have changes that ARE significant, and I have provided those chapters with the new additions as mandated by the Synod.

- Chapter 7: "Property Ownership" would have at this time no

effect on Augustana because its property is not encumbered, nor has Augustana received any property from the Rocky Mountain Synod.

- Chapter 9: The most significant addition to this chapter deals with ministers of Word and Service (i.e. Deacons). This chapter defines

the parameters and authority of Ministers of Word and Service and the responsibilities of congregations who call a deacon. Augustana's Shanna VanderWel is a Minister of Word and Service or Deacon.

The recommendation of the congregation council to the congregation is that we adopt the newly written constitution in its entirety by motion, and by a voice vote at our November 2018 congregational meeting.

Emmett Cruson, Paul Edstrom, Michael Graham, and other council members will be available between services 9:15–10:15 a.m., Sundays, October 14 and November 4 and 11 to answer questions at Coffee Hour. We will have the revised constitution as well as our existing constitution for individuals to review.

Paul Edstrom,
Vice President

Copies of the updated constitution are available in Augustana's office.

Health Ministry

Falls revisited



- Adults older than 65 suffer the largest number of fatal falls. One in four seniors fall each year; most don't tell their doctors. Falling once doubles your risk of falling again.
- Each year 800,000 patients are admitted to the hospital due to a fall. The most frequent injuries from a fall are hip fractures and traumatic brain injuries.
- While women are more often injured in a fall, men are more likely to die after a fall.
- The cost associated with falls in 2016 was

more than 50 billion dollars. Medicare and Medicaid covered 75% of these costs.

- The death rates in the United States increased 30% from 2007 to 2016. If rates continue to rise, the United States can anticipate seven fall deaths every hour by 2030 (CDC), (WHO).
- While falls can occur anywhere, most falls occur at home and can be life changing, including loss of independence or mobility and resulting in disability or death. After falling once,

you may fear falling again. This fear can prevent your engaging in normal activities, which, in turn, lowers your physical fitness and raises your risk of falling again.

Risk Factors

- **Environmental or Extrinsic Factors:** Poor lighting in rooms, hallways and stairs, clutter, slippery floors, throw rugs, lack of nonskid bathtub surfaces, and unsecured electrical cords all increase risk of falling. While we love our pets, they can increase our

continued, next page

Falls revisited

continued from previous page

fall risk—pets lying on stairs or walkways, crowding around your feet, pet dishes, toys and spilled food or water. Poorly fitting shoes or walking in socks can cause a fall.

- **Intrinsic Factors:** Poor functioning neuromuscular or muscular skeletal systems resulting in weak muscles, unstable or painful joints, slow reaction time, poor balance, or impaired reflexes.
- Sensory impairment resulting in poor vision, and hearing; changes in cognition and depression increase the risk for falling. Medical diagnoses like Parkinson's Disease, diabetes, neuropathy, low blood pressure when standing increase the risk to fall. Medications may cause dizziness or confusion. Specific medications include drugs for anxiety, sedatives, antidepressants, blood pressure medications, diuretics, anti-seizure medications or some heart medications (NYU Journal of Medicine).

Prevention

- The American Geriatric Society (AGS) recommends an assessment of the home environment to reduce hazards.
- Other interventions include medication reduction, vitamin D supplements, correcting visual impairment and exercise (AGS).
- ACS recognized exercise as the single best intervention to prevent falls. Exercise that improves balance and muscle strength reduced the number of falls and rate of falls. Exercise can improve cognition, sleep, reduce stress, and enhance mobility and independence (Harvard Health).
- Education about the risk of falls and how to prevent further falls is key in improved compliance and better outcomes (AGS).

For additional information on how to prevent falls, visit <https://www.nia.nih.gov/health/prevent-falls-and-fractures>.

Senior Ministry



October luncheon welcomes Soundscape Duo!

Thursday, October 18,
11:30 a.m., Fellowship
Hall

Our October monthly luncheon features music by **Soundscape Duo. Madalynn and John Neu**, the talented accordion duo, provide entertaining classical and modern music. Enjoy a delicious lunch prepared by Judy Nyquist and her crew. Reservations are important for Chef Judy to plan the lunch, so reserve yours with Augustana's office (303-388-4678) by Monday, October 15. Cost: \$8. Invite a friend or neighbor to join you. Augustana always welcomes visitors!



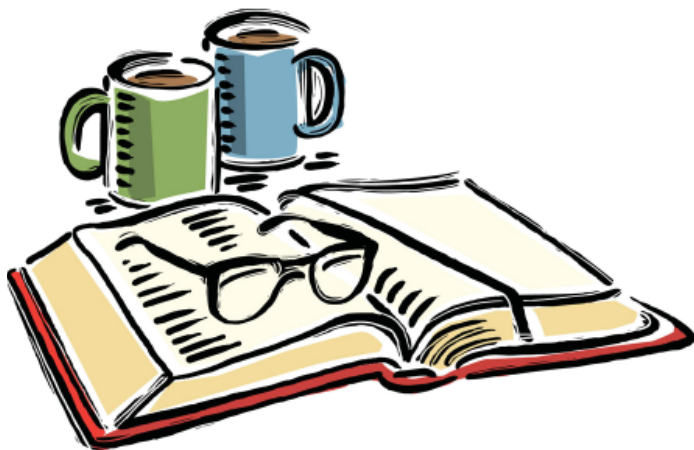
Ammerman Library

"Extraordinary Aging" and "Augustana at 140 years"

Take a look at the books in the Fellowship Hall cabinet and in the Ammerman Library. Find a book on aging and/or a book on the history of the Augustana Synod in the United States. You might find something you'll enjoy!

Consider recommending books for the Library Committee to buy. We're especially interested in large print books. Contact **Linda Crow** (h-lcrow@comcast.net).

Faith Formation



Families Inspired Together (FIT)

FIT is a time on Sunday mornings for parents to gather, share stories, learn new things and just connect with other parents at Augustana.

We will be meeting only on the second Sunday of each month this year. FIT is held, 9:15–10:15 a.m. in Rooms 2–3 in the Education Building.

All are welcome to join in for our first session for this year on Sunday October 14. **Shanna VanderWel**, Director of Youth and Family Ministry, will be joining us to share some of the activities for the youth in the coming year.

Adult Forum

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

October 7: Peter Severson, Lutheran Advocacy, Office of the Bishop, will lead a conversation about advocacy in Colorado and across the ELCA, as well as highlight ballot initiatives related to human dignity in the upcoming November election. Bring questions and comments for discussion.

October 14: Pastor Caitlin's Sabbatical Highlights. Although there may be some lowlights too. I look forward to sharing, light-level notwithstanding.

October 21: Katie Scherr, Church Relations Liaison for Lutheran Family Services. Augustana has a long

and rich mutual ministry with LFS that includes adoption, immigration, and adult care management. Come and learn the latest from Katie during her visit with us.

October 28: CrossGen Faith Formation

Augustana's Children, Youth and Family Ministry hosts a Cross Generational Faith Formation event for all of us of any age. Join the fun of being together and having conversation across generations.

Bible scholars gather

On Thursday, October 4 and each successive Thursday morning at 9:30 a.m., a group of "serious" Bible scholars will assemble in the Anna Paulson Room. These students will search the ancient scriptures for clues and insights into God's plan for us today. Along the way, confusion, frustration, laughter, and support for one another will be guaranteed. Deeper understanding is our hope, and stronger faith for all is our goal.

Discover Augustana/New Members Class

Learn more about Augustana at the newcomers/new members class, which begins Sunday, October 7 and meets every Sunday through October 28, 9:15–10:15 a.m. in Room 1.

During this time, the pastors will discuss Lutheran beliefs and theology, and various staff and lay leaders will share details about Augustana's ministries. If you have questions, please contact **Julie MacDougall** (303-388-4678). Reservations in advance are appreciated but not required.

Children, Youth, and Family Ministry

TRUNK OR TREAT AND PUMPKIN CARVING

for Augustana church and early learning center families and the community

Sunday, October 28, 1:30 p.m., Alameda parking lot

Children, Youth, and Family Ministry and Augustana Early Learning Center host Trunk or Treat and Pumpkin Carving, Sunday, October 28, 1:30 p.m., in the Alameda parking lot. Car owners are invited to decorate their car trunks (or a table) for Halloween in a kid-friendly style and bring treats to hand out

to Trunk or Treaters. Families are invited to don costumes, bring a treat bag, and choose your favorite decorated trunk. Augustana Early Learning Center will have games and activities. At 2:30 p.m. pumpkin carving begins indoors or outdoors, depending on the weather. A light snack will be served. Trunk

or Treat is free; cost for pumpkin carving: \$5 per person or \$15 per family; nominal costs for other activities.

We'll be sure to have a pumpkin for you if you RSVP to **Erin Brown** (erin@augustanadenver.org or 303-388-4678 ext. 122) by Friday, October 26!

Children, Youth and Family Ministry hopes to make this a real community event as they invite families and churches from the neighborhood to spooky fun along Alameda Avenue! You come too!

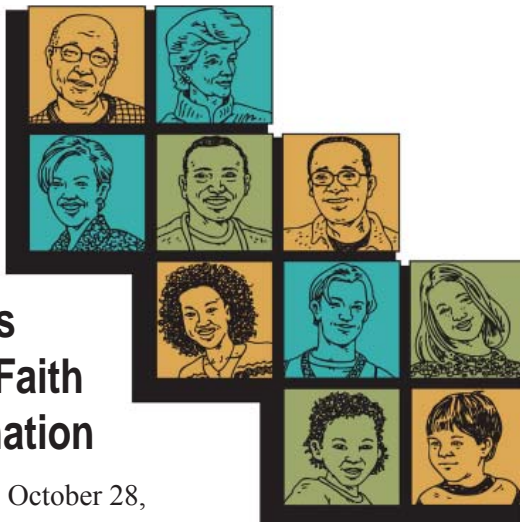


Fritzler Farm Park, LaSalle

Youth in grades 5–8 will visit Fritzler Farm Park on Sunday, October 7. We will leave Augustana at noon and be back at the church at 5 p.m. Enjoy fun activities such as a corn maze, pedal go-karts, pig races, and more. There is also an option for paintball. RSVP to **Shanna** (303-388-4678 ext. 107 or shanna@augustanadenver.org) by Thursday, October 4, and let her know if you are also doing paintball. Please eat lunch before you come. Snacks are available at the farm. Cost is \$20 per person.

Senior high youth explore corn maze

High school youth are heading to the **Corn Maze After Dark** at Chatfield Farms, Friday, October 12. We will meet at Augustana at 7 p.m. to carpool and finish the evening with a meal. Cost is \$20 per person. RSVP to **Shanna** (303-388-4678 ext. 107 or shanna@augustanadenver.org) by Tuesday, October 9.



Cross Gen Faith Formation

Sunday, October 28,
9:15–10:15 a.m.,
Fellowship Hall

You have asked for it and we have answered! There were many resounding requests from our strategic planning survey to have more opportunities for cross generational activities. Beginning in October and going through April, the last Sundays of the month will be our Cross Gen Faith Formation, 9:15–10:15 a.m., in Fellowship Hall. Join in for a time of singing, sharing highs and lows, reading scripture, conversation, prayers, and a blessing.

Second Annual Chili Cook-Off

Calling chili makers, cornbread bakers, and food tasters! Join Children, Youth and Family Ministry for our second annual chili cook-off Sunday, November 4, 11:45 a.m., Anna Paulson Room. This family friendly potluck will raise funds for Rescate Ecuador and the youth mission trip. Bring your dollar bills, empty your change jars, or take out

a few extra-large bills at the bank to vote for your favorite chili. If you are entering your chili in the contest, please submit the recipe name and small description to **Shanna** (shanna@augustanadenver.org) by Thursday, November 1. If you are not making chili, we welcome other food items such as cornbread, sides, and dessert for this potluck event!

A mission trip for the rest of us!

All adults (18 and up) are invited to join the Augustana Service Trip to Brazoria County, Texas, Sunday, March 24–Friday, March 29, 2019, to help with hurricane relief through the Saint Bernard Project. Learn more at an informational meeting, including lunch, Sunday, October 14, 11:30 a.m. in the Youth Room. RSVP for the meeting with **Shanna** (shanna@augustanadenver.org or 303-388-4678 ext. 107) by Friday, October 12.

Senior High Fall Retreat

Senior high youth are invited to a retreat at Rainbow Trail, November 16–18. The theme is **“Radically Relevant—What can we offer the world?”** What if we believed that the Church and we, as people of faith, had something radically relevant to offer to the world? What would it look like if we lived our lives believing that? Together we will explore and claim the gifts we as individuals and communities of faith

have to offer for the sake of a world—a world in need of love, grace, and healing. The registration deadline to sign up with **Shanna** (shanna@augustanadenver.org) is Thursday, November 1 with a cost of \$135 per youth. Scholarship money is available.

Lefse Fundraiser

Need lefse for Thanksgiving and Christmas?

Augustana youth will be making and selling lefse. Preorders for lefse can be placed with Shanna through Wednesday, November 7. Lefse will be made on November 10 and will be available for pick-up Saturday, November 10, 4–5 p.m., and Sunday, November 11, 8–10 a.m. Any unclaimed lefse and/or extra lefse will be sold during Coffee Hour Sunday, November 11. Cost is \$1.50 per lefse or \$15 per dozen. To reserve your lefse, contact **Shanna VanderWel** (303-388-4678 ext. 107 or shanna@augustanadenver.org).



Halloween Care Packages for College Kids

Parents of college students will meet to pack Halloween care packages, Sunday, October 21, 9 a.m., Fellowship Hall. Please bring 25 fun items—Halloween candies or trinkets, granola bars or microwave popcorn, desk items such as pens, pencils or note pads, etc. If you are unable to attend, items may be labeled and left in Augustana's office by Saturday, October 20. For additional information, contact **Joy Hawkins** (Joy.Hawkins@ucdenver.edu or 303-915-7645) or **Jan Brown** (JTBrown0407@gmail.com).

Update your college kids' information!

If you have a student who is new to college, whose college address has changed, or who is no longer in college, contact **Lyn Goodrum** (goodrum@augustanadenver.org) by Monday, October 15, so that we can have an accurate recipient list for the Halloween boxes! Thanks!

Fellowship

October Book Group

This month, we are reading Graeme Simsions's *The Rosie Project*, in which the author confirms that the art of love is never a science: Meet Don Tillman, a brilliant yet socially inept professor of genetics, who's decided it's time he found a wife. In the orderly, evidence-based manner with which Don approaches all things, he designs the Wife Project to find his perfect partner: a sixteen-

page, scientifically valid survey to filter out the drinkers, the smokers, the late arrivers.

Rosie Jarman possesses all these qualities. Don easily disqualifies her as a candidate for The Wife Project (even if she is "quite intelligent for a barmaid"). But Don is intrigued by Rosie's own quest to identify her biological father. When an unlikely relationship develops as they

collaborate on The Father Project, Don is forced to confront the spontaneous whirlwind that is Rosie—and the realization that, despite your best scientific efforts, you don't find love, it finds you. (Amazon)

Bring your lunch and join us Monday, October 15, 11:15 a.m. in the Anna Paulson Room for a fun discussion.

Trailblazers

Alderfer/Three Sisters Hike

Saturday, October 20, 2018, leave Augustana's south parking lot at 9 a.m.

This park west of Evergreen features Precambrian Era rock outcroppings known as "The Three Sisters" and "The Brother." Scenic overlook provides great views of Evergreen and the surrounding valleys.

Rating: Moderate

Distance: 3–4 miles round trip

Elevation: 6,500 to 7,450 feet

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

Women, Wine and Word

Thursday, October 25, 7 p.m.

Women of all ages are invited to join this monthly gathering for Bible study, fellowship, and fun. This fall the group is reading portions of *Hallelujah Anyway: Rediscovering Mercy* by Anne Lamott. (You do not need to purchase the book to participate.) Bring a Bible with you, or we'll have some on hand. For the location of the October meeting, please email **Pastor Ann** (ann@augustanadenver.org).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday								
 • OCTOBER 2018 •	1 9:45am Augustana Firm Believers Chapel Prayer 10am Augustana Early Learning Center Board 7pm	2 9am Library Committee Yoga 5:30pm Theater & Theology: <i>The Constant Wife</i> 6:30pm	3 9am Augustana Early Learning Center Chapel 9:45am Augustana Firm Believers 6pm Augustana Ringers 7:30pm Chancel Choir	4 9:30am <i>The Tower</i> deadline Thursday Morning Bible Study 9:30am Phoebe Circle 5:30pm Mindfulness Yoga	5 8:30am Bulletin Assembly Silver Notes 9:15am Augustana Arts: Peter Krasinski, <i>Metropolis</i> 7:30pm	6 9am Augustana Arts: Peter Krasinski, Master Class								
7 Pentecost 20 Health Ministry Sunday Worship/Communion 8am 9:15am Coffee/Faith Formation 10:30am Worship/Communion 11:45am 9th Grade Confirmation Noon Middle School Youth: Fritzler Farm Park Prayer Shawl Ministry Noon See JASS below	8 9:45am Augustana Firm Believers Chapel Prayer 10am Strategic Planning 6pm	9 9:30am Deborah Circle 3:30pm Executive Committee 5:30pm Yoga 6pm Children, Youth, & Family Ministry Committee 7pm Augustana Foundation Executive Committee	10 9am Augustana Early Learning Center Chapel 9:45am Augustana Firm Believers 6pm Augustana Ringers 7:30pm Chancel Choir	11 9:30am Thursday Morning Bible Study 10am Sarah Circle 5:30pm Mindfulness Yoga 7pm Property Committee	12 8:30am Bulletin Assembly Silver Notes 9:15am Senior High Youth: 7pm Corn Maze After Dark	13								
14 Pentecost 21 Worship/Communion 8am 9:15am Coffee/Faith Formation 9:15am Social Ministry 9:15am Conversation: Constitution Changes 10:30am Worship/Communion 11:45am 9th Grade Confirmation 12:15pm Second Sunday Sack Lunch for Local Action/Advocacy See JASS below	15 9:45am Augustana Firm Believers Chapel Prayer 10am Book Group 11:15am	16 1pm <i>The Tower</i> Assembly 5:30pm Yoga 7pm Congregation Council	17 7:30am Lutheran Men of Greater Denver 9am Augustana Early Learning Center Chapel 9:45am Augustana Firm Believers 6pm Augustana Ringers 7:30pm Chancel Choir	18 9:30am Thursday Morning Bible Study 11:30am Monthly Luncheon 5:30pm Mindfulness Yoga	19 8:30am Bulletin Assembly Silver Notes 9:15am Augustana 9:45am Firm Believers	20 8:45am "God's work. Our hands." 9am ANSAR Pantry Trailblazers: Alderfer/Three Sisters Hike								
21 Pentecost 22 Worship/Communion 8am 9:15am Coffee/Faith Formation 9:15am College Care Packages 10:30am Worship/Communion 11:30am Children, Youth, & Family Ministry Committee 11:45am 9th Grade Confirmation See JASS below	22 8am Foot Care Clinic 9:45am Augustana Firm Believers Chapel Prayer 10am	23 Noon Senior Ministry Committee Yoga 5:30pm 7pm Rachel Circle	24 9am Augustana Early Learning Center Chapel 9:45am Augustana Firm Believers 6pm Augustana Ringers 7:30pm Chancel Choir	25 9:30am Thursday Morning Bible Study 5:30pm Mindfulness Yoga	26 8:30am Bulletin Assembly Silver Notes 9:15am Augustana 9:45am Firm Believers	27 7:30pm Augustana Arts: Colorado Women's Choral "Movie Magic"								
28 Reformation Sunday Worship/Communion 8am 9:15am Cross Gen Faith Formation 10:30am Worship/Communion Confirmation 1:30pm Trunk or Treat and Pumpkin Carving See JASS below	29 9:45am Augustana Firm Believers Chapel Prayer 10am	30 5:30pm Yoga	31 Halloween 9am Augustana Early Learning Center Chapel 9:45am Augustana Firm Believers 6pm Augustana Ringers 7:30pm Chancel Choir	 <table><tr><td>11:30am</td><td>Lunch</td></tr><tr><td>12:15pm</td><td>Cherubs, Choristers, GraceNotes</td></tr><tr><td>1pm</td><td>Recorders, Cantabile, SONshine Ringers</td></tr><tr><td>1:45pm</td><td>BELLievers</td></tr></table>			11:30am	Lunch	12:15pm	Cherubs, Choristers, GraceNotes	1pm	Recorders, Cantabile, SONshine Ringers	1:45pm	BELLievers
11:30am	Lunch													
12:15pm	Cherubs, Choristers, GraceNotes													
1pm	Recorders, Cantabile, SONshine Ringers													
1:45pm	BELLievers													

5000 E. Alameda Ave.
Denver, CO 80246



ELECTRONIC SERVICE REQUESTED

Non-Profit Org.
U.S. Postage
PAID
Denver, Colo.
Permit No. 118

Place mailing label here



- 1** Arjan Bornhijm
Barbara Clifford
Anya Fry
- 2** Elaine Anderson
Lisa Bickle
- 3** Eric Moody
- 4** Vivian Bengtson
William Smith
Andy Stone
Mallory Storie
Lauren Triplett
- 5** Howard Jacobsen
Gregory Johnson
Richard Wood
- 6** Stephen Zarlengo
- 7** Siri Anderson
Ann Pearson
Ophie Pulley
JoAnn Ryan
George Willoughby

- 8** Robbie Anderson
Linda Daniel
Eve Gersey
Garrett Lutz
Biag Mayek
Gia Witt
- 9** Dale Arden
- 10** Krista Degerness
Rocky Grajek
Wilma Hughes
Krista Williams-Vohs
- 11** Clayton Regier
- 12** Audrey Haber
Henry Motes
Donna Wink
- 13** Mallory O'Malley
- 14** Timothy Garrington
Harold Johnson
Alan Motes

- 15** John Bengston
Claire Bourg
Will Shellhorn
- 16** Wil Crook
Nick Massie
Spencer Toppen
Kathy Valadez
- 17** Brynn Aarestad
Karen Lambert
Amelia Wilkins
Hannah Zeckser
- 18** Jill Gregory
- 19** Dil Blatchford
Nathaniel Cockrell
Amy Pulley
- 20** John Harwell
Arvetta Hjelmstad
Inez Smith
Wendy Stalheim
- 21** Terry Lumme
Olivia Rowan
- 22** Nicole Harwell
Brett Porterfield
- 23** Robin Boe
Duane Howell
Ken Maxwell
Michael Priest

- 24** Ken Beazer
Jess Miller
Ann Sethre
Dorothy Templin
- 25** Elizabeth Izant
Xander White
- 26** David Robb
- 27** Nancy Hardiman
Denise Sanderson
- 28** Beck Miller
- 29** Genevieve Bucklin
Mackenzie Cross
Karen Morgenthaler
- 30** Helen Blanz
Fred Cathcart
Sandra Hagevik
- 31** Nikolai Arnold
Anne Bickle
Lula Clambey
Ethan Rogers
Dallas Smith

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