



**Jesus said
“I came that
they may have
life, and have it
abundantly.”**

John 10:10

For 140 years, Augustana has responded to God’s call to live in Christ’s love and share that love with the metro Denver community and with the world.

This year, we are engaged in a strategic planning process as a congregation. Together we are discerning where God is leading us as we move into the future. In our planning process, three Core Values have emerged for our life together as Augustana Lutheran Church:

Worship

We worship in ways that are authentic, Christ-centered, and that lift up God’s grace. We use our musical gifts, heritage,

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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](https://www.facebook.com/augustanadenver.com)

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Thursday, November 1, 4:30 p.m. is the deadline for the December 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:

- Chickie Bakkemo, Stephanie Bean, Jane Carlstrom, Barbara Clifford, Larry Cochrane, Josie and Nathaniel Cockrell, Venus Conklin, Herman Ezpeleta, Jacquie Flatley, Nickolas Flatley, Vickey Genther, Dorothy Halverson, Janice Hughes, Ken Kefalas, Edna Kuxhaus Rich Lamphere, Austin Martin, Family of Marque McDonald in North Carolina, Arthur Pederson, Arthur Rosemary, Jim Smith

For comfort and courage:

- Family and friends of Sara Benham in her death (sister of friend of Pastor Caitlin)
- Earl Conrad in the death of his brother, James Conrad
- Todd Engdahl in the death of his step-mother, Barbara Johnson Engdahl
- Family and friends of Dorothy Haner in her death
- Family and friends of Ruth Thornton in her death
- Family and friends of Pastor Tina Yankee in her death

Rejoice with . . .

- Shanna VanderWel in the birth of her nephew, Casen Hauck
- Lukas Paul Zeckser, son of Tim and Abby Zeckser, in his baptism
- Chris and Kristen Cochrane in their marriage, September 30
- Emily Miller and Ryan Peterson in their marriage, September 30

Thank you for the gifts!

Augustana Early Learning Center Scholarships

- in memory of Les Woodward

Health Ministry

- in memory of Les Woodward

Special Gifts

- in memory of Les Woodward



Daylight Saving Time ends!

Turn your clocks back an hour, Saturday night, November 3.

Wondering about ballot measures? Here's a resource!

Lutheran Advocacy Ministry-Colorado works from the understanding that scripture reveals God's presence in all realms of life, including political life and government to promote faithful and non-partisan voter participation out of love for our neighbor. Check out the full Colorado Ballot Measures Voters Guide at www.rmselca.org/colorado-2018-ballot-resources.



Congregation Council

Congregational Meeting is Sunday, November 11

The Congregational Meeting is Sunday, November 11, in the sanctuary, immediately following the close of 10:30 a.m. worship. Three important items to be considered are:

- Approval of constitution amendments.
- Approval of the 2019 budget.
- Election of Council members, Rocky Mountain Synod Assembly representatives, and the 2019 Nominating Committee members.

Lunch follows the meeting

Judy Nyquist will serve lunch in Fellowship Hall after the meeting. Please make reservations with **Julie MacDougall** (303-388-4678 or macdougall@augustanadenver.org) by Tuesday, November 6.

Three opportunities for you to give input and get your questions answered before the November 11 meeting are scheduled for Sundays, 9:15 a.m., in Fellowship Hall:

- October 21: Constitution changes with Paul Edstrom, Vice President
- November 4: 2019 budget with Michael Graham, Treasurer
- November 11: 2019 Budget and Constitution with Michael and Paul

Thanks for your help and participation in these important decisions.

Emmett Cruson
President of the Congregation

Candidates for the 2019 Congregation Council, Nominating Committee, and Synod Assembly:

Congregation Council

Michael Gentes
Michael Graham
Ellen Kastens
Sharon Schillereff
Dan Taron
Michael Zumwalt
Youth - Mackenzie Flesch

Nominating Committee

Karen Aarestad
Paul Blanchard
Linda Daniel
Laura Libby
Karen Morgenthaler
Linda Tinderholt

Synod Assembly

Ellen Kastens
Jo Ann Wacker-Farrand

Continued from cover



and sacred space to inspire our praise.

Grow

We deepen our faith in Jesus across generations, support and care for one another in our faith community, and equip one another to share our faith.

Go

We build relationships with others in our community and our world. We seek out ways

to serve and love as Jesus did. We live out our faith in daily life.

This fall, our Stewardship Campaign is focused on these Core Values. There are new challenges facing us as a congregation, and new opportunities calling us forward. We want to continue to make mission happen in all areas of our life together, but especially in our worship life; our care for

our facility; in our faith formation for all ages; and our support for our partner Lutheran Family Services.

Our goal this year is to increase the number of households making a financial commitment (pledge) from the present 167 to 200. Your commitment helps us to plan our ministries



for 2019, and it also is a spiritual discipline that helps your own faith to grow.

During October, you heard mission moments and saw bulletin inserts showing plans for ministry in 2019. In November you'll receive a personal letter along with a commitment card. You are invited to present that commitment during worship on Sunday, November 11. Please prayerfully consider how you will respond. Together our giving makes a difference in the lives of so many people!

In Christ's love,
Pastor Ann

Rest that's deep in your bones

"Therefore your bones and mine will know no rest until we hear the Word of grace and cling to it firmly and faithfully."

— Martin Luther's
Commentary on Galatians 1:3

Moving into the season of gratitude inadvertently sets up Thankfulness Games. These games beg nagging questions. Are we grateful enough? Is someone grateful enough to us for what we've done? Who's more

grateful than whom? Which blessings are from God and which blessings are from greed? People often say to me that they think they should



be more grateful or that they're worn out by the expectation of gratitude. There are plenty of studies suggesting that grateful people are happy people. Gratitude quickly becomes a burden carried across the Thankfulness Games playing field.

This November, perhaps an alternative presents itself through faith to know rest deep in our bones. I love this image because, as a former

hematology-oncology nurse, it brings to mind the quiet work of bone marrow behind the scenes of our awareness, bringing life-giving oxygen transporters to our whole body. Grace is what God is doing behind the scenes of our awareness—nothing merited and everything gained—bringing bone-deep rest.

Martin Luther continues the opening quote above from the Commentary

Property Corner

New landscaping freshens Augustana's grounds

Happy Autumn from the Property Committee. We have recently kicked off our Landscaping Restoration, Renewal and Upgrade Campaign and are very pleased with the initial results. Our Augustana campus is a wonderful resource, and our simple goal is to provide the congregation and community with beautiful and well maintained grounds.

Pastor Caitlin continued

on Galatians 1:3 by reminding the reader that the Galatians are wished grace and peace from God and Jesus, not from Caesar or kings or princes—an especially important reminder as emotions run high politically and voted ballots are mailed. God's grace and peace are given to us whether we are grateful or not. Welcome to the season of gratitude. You are freed by the gospel to know rest deep in your bones. Go in peace, share the good news.

Peace,
Pastor Caitlin Trussell



Before ▲ and after ▼



Restoration—where possible, we are attempting to retain original plantings, particularly many of our wonderful lilacs. Unfortunately, 60+ years has taken its toll on some of our plants and trees and we will need to remove them.

Renewal—we strive to keep an eye towards the original layout and will work to retain design where possible. Along these lines we are working

on the flower beds and have reconstructed the split rail fence at the back of the ellipse.

Upgrade—Many of you have noticed our new concrete flower bed border and mulching project. It's hard to believe, but it took 900 linear feet to encompass the majority of our beds. Please be patient, as we are using volunteer labor to spread the mulch!

As we landscape we are still working on original

and emerging Touch '58/Capital Improvement projects. In particular, by press time the security access and camera project will be completed. This includes new access controls at the Fairfax and Early Learning Center entrances and a camera system that will monitor our grounds and parking lots.

In December we will give you a recap of completed projects as well as our 2019 plans. As a reminder, these projects are all being paid for outside of the operating budget with targeted funds. These are the Merrill and Dory Fie Touch '58 Fund and the Capital Improvement Fund, and a Thrivent Grant was used to help kick off the landscaping. The Capital Improvement Fund is stocked with congregational giving and contributions from the Augustana Foundation. If you like what you see, your occasional offering to the Capital Improvement Fund will help us continue!

Please direct questions and comments to **Paul Blanchard** (pm. blanchard@comcast.net or 303-903-2036.)

There's nothing like a good word



Pastor Caitlin invited people to pick a word from scripture to engage their discipleship and faith for the church year. Each month spotlights a reflection by someone who took her up on a choosing a word.

When I chose the word “enrich” to ponder for the last several months, I wrote that I wanted to enrich my own life and the lives of others. To me, “enrich” seemed so fancy, so elaborate. I started thinking of ways I could enrich lives. I watched for opportunities to perform some grandiose task that would make a huge difference in someone’s life. After all, something huge would be required to truly enrich someone’s life, wouldn’t it? Turns out, it wouldn’t.

On a recent morning in my office at our non-profit, Foster Source, a small knock at the door revealed one of my favorite foster moms (disclosure: they’re all my favorite). This foster mom had a few minutes’ time while the children

in her care visited with their birth parents. It had been a particularly stressful week for this mom, and she became emotional as she recalled struggles of the past few days that were weighing heavy on her heart. I didn’t have a solution for her. Foster parenting is challenging. I knew that, and she knew that. She didn’t need a solution. She just needed me. So I listened. I understood. I empathized. Just by doing those three simple things, I enriched her foster parenting experience. She left feeling lighter and refreshed enough to face another day of foster parenting.

When she left I felt peaceful. Then I realized something: My life had been enriched by her and is continually enriched by the foster parents and children I see every day. When we truly connect with others, we are enriched. I am grateful for the gift of connection God gives us. This connection to him and to others is truly special. It’s not fancy. It’s not elaborate. But is it enriching? Absolutely.

Renee Bernhard



AUGUSTANA *Arts*

Radiance and Rest

Anima Chamber Ensemble

Saturday, November 10,
7:30 p.m. at Augustana

Augustana Arts is proud to present Anima as it kicks off its fourth season with contrasting works of brilliance and peacefulness. This elite 13-voice ensemble will touch you at your core, as they share their passion for great choral literature. Born out of a love for music, this newly formed ensemble performs music from the Renaissance to the 21st century. As these accomplished musicians share their souls, breathing life into every word they sing, experience the spirit and vitality of choral music deep in your soul. Once again, we are thrilled to be joined by two area high school choral ensembles for this inspiring performance.

Through the Lens of Music—Focus on Spirit

An Immersive Concert with Strings of Stratus Chamber Orchestra

Friday, November 16, 7:30 p.m. at First Plymouth Congregational Church (3501 S. Colorado Blvd., Cherry Hills Village, 80113)

Let Stratus stir your spirit through a provocative exploration of the incredible Spirit of Music. String orchestra masterpieces, such as Barber's *Adagio for Strings*, Bach's *Brandenburg Concerto #3*, and more, will be divinely performed. Includes cameo appearances of the English Horn and trumpet, too!

Music of the Vine

A perfectly paired evening with Claude Robbins, International Wine & Spirits Guild, and Stratus Chamber Orchestra

Saturday, November 17, 6:30 p.m. at Grant Avenue Historic Theater (216 S. Grant St., Denver, 80209)

Sip, listen, savor, and enjoy with Claude Robbins, President of the International Wine & Spirits Guild, and Stratus in this paired experience of fine wine and music. You'll hear *Adagio for Strings* by Samuel Barber, Bach's *Brandenburg Concerto #3*, and Aaron Copland's *Quiet City* in this very special evening with the Stratus string musicians and a couple other notable exceptions

All proceeds benefit Outreach and Education programs of Augustana Arts.

Christmas with the Colorado Choir

"A Colorado Choir Christmas"

Kelly Parmenter,
conductor

- Friday, November 30, 7:30 p.m. at Augustana
- Saturday, December 1, 7:30 p.m. at Augustana

The Colorado Choir presents its 42nd annual Christmas concert, "A Colorado Choir Christmas," featuring beloved traditional Christmas selections by Alfred Burt, Z. Randall Stroope, F. Melius Christiansen, Paul J. Christiansen, G.F. Handel, and more! This concert is sure to bring joy to your holiday season!

Purchase tickets for these events 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!



Worship

All Saints Sunday

On Sunday, November 4, Augustana will join Christian churches around the world in celebrating All Saints Sunday. On that Sunday we remember all those we have loved who now live with Christ. During both worship services we will especially remember those who have died in 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 5, 2017), 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, October 31; clearly spell the names, include the dates of birth and dates of death, and if necessary, give pronunciation instructions.

Memorial Garden remembrance

For those who have a loved one interred here at Augustana, we will also have a brief Remembrance of the Faithful in our Memorial Garden following the conclusion of 10:30 a.m. worship. In this time of prayer we will remember all people whose cremains have been laid to rest in Augustana's Memorial Garden since its dedication in the early 1990s.



Thanksgiving Eve Community Worship

Wednesday, November 21, 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 39th Annual Pie Fest afterwards in Fellowship Hall.



After much discussion and deliberation, Augustana's Worship Committee made the decision last March to revise Augustana's Christmas Eve worship schedule.

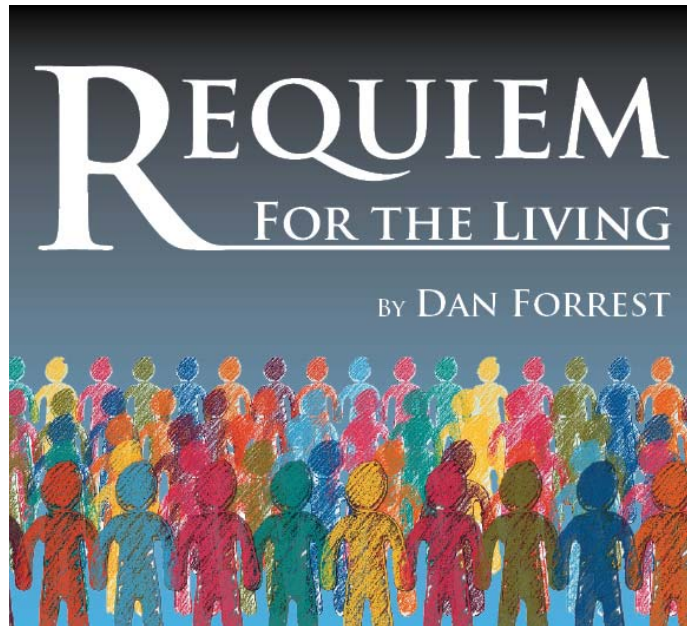
Service times on Christmas Eve will be at **3 p.m., 5 p.m., and 7:30 p.m.** with Holy Communion offered at

3 p.m. and 7:30 p.m. AVE will sing at 3 p.m. and Chancel Choir at 7:30 p.m. Lessons and Carols will continue to be offered at 5 p.m. with music by Candlelighters (middle and high school youth), Cherubs and Choristers, and youth handbell ensembles.

Music Ministry

Chancel Choir and chamber orchestra to perform requiem

All Saints Sunday, November 4, 7:30 p.m.



Plan now for Christmas dinner at Augustana

Augustana hosts Christmas dinner in Fellowship Hall after 10:30 a.m. worship on Christmas Day, Tuesday, December 25. Families with children, seniors, couples, singles, and visitors are all welcome! Reserve your place with Augustana's office (303-388-4678 or info@augustanadenver.org) by noon, Thursday, December 20.

Chancel Choir presents *Requiem for the Living* by Dan Forrest, for chorus and chamber orchestra, All Saints Sunday, November 4, 7:30 p.m. at Augustana. The concert is free, and no tickets are required.

A requiem, at its core, is a prayer for rest—traditionally, for the deceased. The five movements of Dan Forrest's *Requiem for the Living*, however, form a narrative just as much for the living, and their own struggle with pain and sorrow, as for the dead.

This major work by Dan Forrest (b. 1978)

is a transcendent prayer for peace and rest, based on the liturgical Requiem texts but also interspersing other texts. From the opening Introit-Kyrie, to the aggressive Vanitas Vanitatum, the heavenly Agnus Dei, an ethereal Sanctus, and a deeply peaceful Lux Aeterna, this 40-minute work has had a powerful impact on choirs and audiences around the world.

The Sanctus offers three different glimpses of the "heavens and earth, full of Thy glory," all of which develop the same musical motive: an ethereal opening section inspired

by images of space from the Hubble Space Telescope, a stirring middle section inspired by images of our own planet as viewed from the International Space Station, and a closing section which brings the listener down to Earth, where cities teem with the energy of humanity.

Come and celebrate All Saints Sunday with this choral and orchestral tribute to saints past and present!

What you need to know about mental illness and depression

If you have a mental health condition, you are not alone. One in 5 American adults experiences some form of mental illness in any given year. Most of us probably know someone who is in counseling, taking medications, or struggling with a mental health condition in some way.

As with other serious illnesses, mental illness is not your fault or that of the people around you, but widespread misunderstandings about mental illness remain. Many people don't seek treatment or remain unaware that

their symptoms could be connected to a mental health condition. People may expect a person with serious mental illness to look visibly different from others, and they may tell someone who doesn't "look ill" to "get over it" through willpower. These misperceptions add to the challenges of living with a mental health condition.

Hope

Every year people overcome the challenges of mental illness to do the things they enjoy. Through developing and following a treatment plan, you can dramatically reduce many of your symptoms. People with

mental health conditions can and do pursue higher education, succeed in their careers, make friends, and have relationships. Mental illness can slow us down, but we don't need to let it stop us.

Depression

One of the most common and serious mental health conditions is depression, and many people are struggling with this issue at any given time. An estimated 16 million American adults—almost 7 percent of the population—had at least one major depressive episode in the past year. Depression is more than just feeling sad or going through a rough patch. It's a serious mental health condition that requires understanding and medical care. Left untreated, depression can be devastating for those who have it and their families. Fortunately, with early detection, diagnosis and a treatment plan, many people can and do get better.

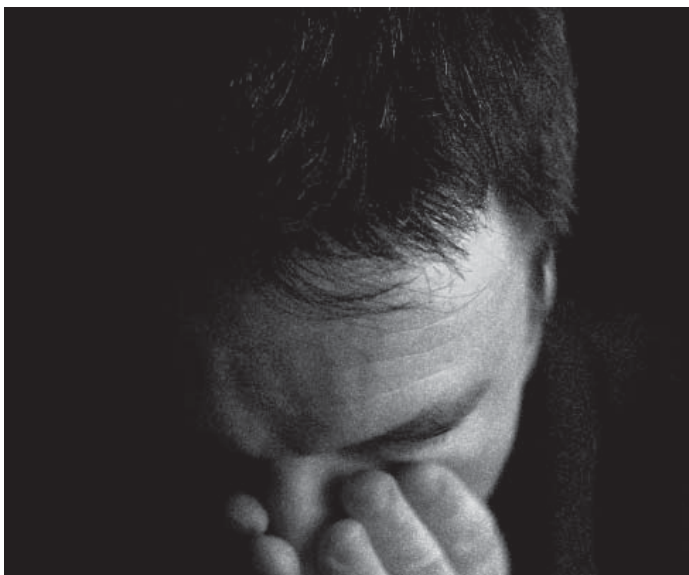
Some will only experience one depressive

episode in a lifetime, but for many, depressive disorder recurs. Without treatment, episodes may last a few months to several years.

Symptoms

Depression can present different symptoms, depending on the person. But for most people, depressive disorder changes how they function day-to-day, and typically for more than two weeks. Common symptoms include a combination of symptoms, usually occurring most days for at least two weeks:

- Changes in sleep (sleeping either much more or much less than usual; people can have trouble with falling asleep, with frequent awakening, or with restless and unsatisfying sleep)
- Changes in appetite (eating either much more or less than usual, and either gaining or losing weight)
- Lack of concentration



- Loss of energy
- Lack of interest in previously enjoyed activities
- Hopelessness or guilty thoughts
- Changes in movement (agitation or less activity)
- Physical aches and pains
- Suicidal thoughts

Causes

Depression does not have a single cause. It can be triggered by a life crisis, physical illness or something else—but it can also occur spontaneously. Several factors can contribute to depression:

- **Trauma.** When people experience trauma at an early age, it can cause long-term changes in how their brains respond to fear and stress. These changes may lead to depression.
- **Genetics.** Mood disorders, such as depression, tend to run in families.
- **Life circumstances.** Marital status, relationship changes, financial standing, and where a person lives can influence whether a person develops depression.

- **Brain changes.**

Imaging studies have shown that the frontal lobe of the brain becomes less active when a person is depressed. Depression is also associated with changes in how the pituitary gland and hypothalamus respond to hormone stimulation.

- **Other medical**

conditions. People who have a history of sleep disturbances, medical illness, chronic pain, anxiety and attention-deficit hyperactivity disorder (ADHD) are more likely to develop depression. Some medical syndromes (like hypothyroidism) can mimic depressive disorder. Some medications can also cause symptoms of depression.

- **Drug and alcohol abuse.** Many people with substance abuse problems also have depression. This requires coordinated treatment for both conditions, as alcohol can worsen symptoms.

Diagnosis

To be diagnosed with major depressive disorder, a person must have experienced a depressive

episode lasting longer than two weeks.

Treatments

Although depression can be a devastating illness, it often responds to treatment. The key is to get a specific evaluation and treatment plan. Safety planning is important for individuals who have suicidal thoughts. After an assessment rules out medical and other possible causes, a patient-centered treatment plan can include any or a combination of the following:

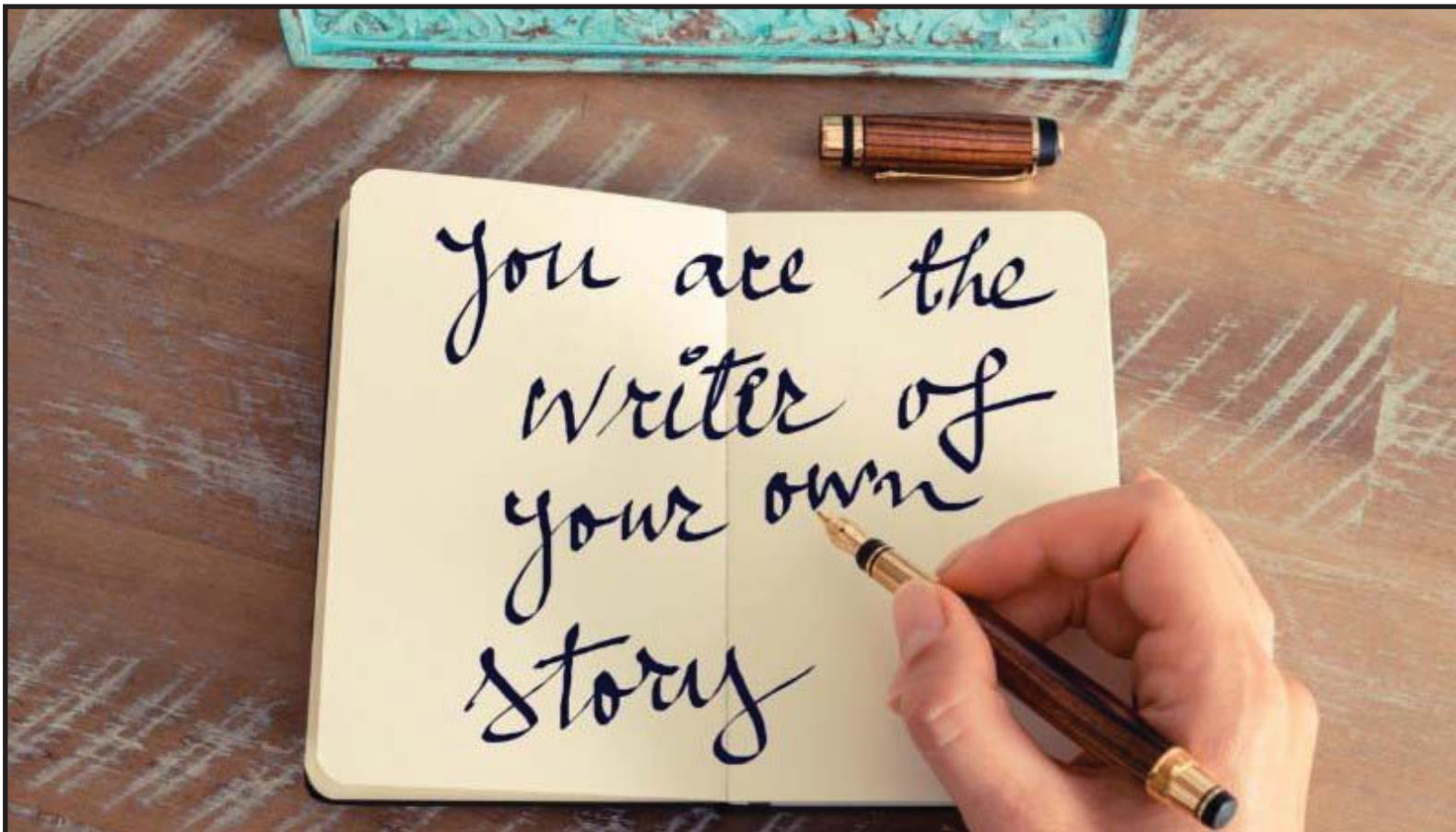
- **Psychotherapy** including cognitive behavioral therapy, family-focused therapy and interpersonal therapy.
- **Medications** including antidepressants, mood stabilizers and antipsychotic medications.
- **Exercise** can help with prevention and mild-to-moderate symptoms.
- **Brain stimulation** therapies can be tried if psychotherapy and/or medication are not effective. These include electroconvulsive therapy (ECT) for depressive disorder or repetitive transcranial magnetic stimulation

(rTMS) for severe depression.

- **Light therapy**, which uses a light box to expose a person to full spectrum light in an effort to regulate the hormone melatonin.
- **Alternative approaches** including acupuncture, meditation, faith, and nutrition can also be part of a comprehensive treatment plan.

For suicidal thoughts, the National Suicide Prevention Lifeline is available 24 hours every day at 1-800-273-8255. In the Denver area, Colorado Crisis Services are available at 1-844-493-8255, and online chats are also available daily between 4 p.m. and midnight.

The National Alliance on Mental Illness (NAMI) is a valuable resource for people suffering from mental illness, as well as their friends and families. Resources for education and advocacy about mental health conditions can be found on their website at www.nami.org.



How Will Your Story End?

Jane Barton, presenter

December 9, 2018 | Sunday, Noon–1:30 p.m. | Fellowship Hall

Jane Barton, (MTS, MASM, CSA), is a speaker, writer and listener who helps people in confronting the daunting challenges posed by aging, caregiving and the end of life.

Although we live in a death averse society, you have probably thought about how you want your journey to end. If you are like the majority of people in our country, you want to die at home—surrounded by your family and friends. But the sad reality is this—most people don't get what they want at the end of life. Due to circumstances and the domino effect of acute, aggressive care—far too many people die in the sterile, unfamiliar, dehumanizing environment of an ICU. So, the question is this: How can we reclaim authorship of our ending?



A light snack will be served. Make your reservation with Augustana's office (303-388-4678) by Thursday, December 6. Sponsored by **Health Ministry**.





Glocal Involvement

12th Annual Grace Race on October 6, 2018

This annual 5k run/walk was started as part of Rainbow Trail Lutheran Camp's 50th anniversary in 2007 to raise money for ELCA World Hunger. Congratulations to Team Augustana who came in second for the Fleetest Flock Award given to Cross of Christ Lutheran in Broomfield for the second year in a row. This award goes to the congregation with the most participants in the race, running or walking.

Thank you to Augustana's 2018 team!

- Annika Buhr
- Janet, Kevin, Mackenzie, Addy, and Kendall Flesch
- Pastor Ann and Roger
- Glenna O'Neal*
- Sharon Schillereff*
- Anne, Amelia*, and Caroline* Stratton
- Don* and Carol* Troike

**pictured in photos*



November 4–21: Fifth Annual Augustana Chili Challenge for Metro Caring

Please bring cans of chili (meat or vegetarian) beginning Sunday, November 4, and place them around the communion tables in both Christ Chapel and the sanctuary.

The congregation of Augustana and the Augustana Early Learning



Center (AELC) are teaming up for a canned Chili Challenge in the month of November. The Early Learning Center will end their canned chili

collection on November 16, collecting for the first three weeks of November and challenging the

congregation to meet their collected amount through November 21 (Thanksgiving Eve).

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. Many

people they help 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 rise to the challenge and help Metro Caring in their goal of eliminating hunger in the Denver Metro area.

"Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me."

Matthew 25:40

Help provide Thanksgiving dinner for families of Warren Village



Again this year you can help provide Thanksgiving dinner baskets for 106 families at Warren Village, a non-profit that provides a safe apartment, job training and child care for single-parent families who have been homeless or close to homeless in our

community. Each basket costs \$37 and includes a turkey, canned fruits and vegetables, dinner rolls and a fruit pie. Make checks

payable to Augustana Lutheran Church and indicate "Warren Village" in the memo; or donate through Augustana's "Giving" page at www.augustanadenver.org. Donations must reach Augustana's office by Sunday, November 11.

A \$500 Action Team Request has been granted from Thrivent, who has generously supported this Augustana ministry for many years.

Help pack Thanksgiving food baskets

The food will be delivered to Warren Village, and we will assemble the food baskets there on Sunday, November 18. This gives us the opportunity to tour the facility and be closer to the people who we are serving. Meet at the Warren Village office (1300 Gilpin St.) at 12:30 p.m.; or meet at Augustana's Fairfax entrance at noon to ride

the church bus to Warren Village. The bus will return to Augustana around 2 p.m. Sign up to ride the bus with Augustana's office (303-388-4678). This is a great service project for the entire family!

Thank you for your donations and service for single-parent families making the journey from poverty to self-sufficiency! For additional information, contact **Jerry Sanders** (303-363-8685). Learn more about Warren Village at warrenvillage.org.

Faith Formation

Families Inspired Together (FIT)

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

FIT is held on second Sundays of the month, 9:15–10:15 a.m. in

classrooms 2 and 3 in the Sunday school area. All are welcome!

Augustana's own **Debbie Carter**, who is a Maternal and Child Psychotherapist, will join us to talk about Anxiety in Children on Sunday, November 11. Debbie

will provide valuable information on anxiety in children to start the conversation and then answer your questions. This session is open to all and is great for parents, grandparents and family members whose families may be experiencing this.

Save the date for the next FIT session on Sunday, December 9 when Debbie will return to talk about holiday stress.

For any questions regarding FIT, please call **Inez Smith** (303-504-6404).

And now these three remain:

FAITH,
HOPE
& *Love*

But the greatest
of these is love.

1 Corinthians 13:13

Adult Forum

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

November 4, 11, 18:
Faith, Hope, and Love:

A three-week study of scripture and theology led by Pastor Caitlin. The Apostle Paul writes, "And now these three remain: faith, hope and love.

But the greatest of these is love" (1 Corinthians 13:13). One aspect of this verse will be discussed

each week, allowing for reflection beyond the sentimental with the help of biblical scholarship and gems from various theologians.

November 25:
Augustana's Children, Youth and Family Ministry hosts a Cross Generational Faith Formation event for all of us of any age. Come join the fun of being together and having conversation across generations.



A book fair for growing adults

Augustana's Ammerman Library will again be host to a collection of Augsburg Fortress books for you to peruse and order! This book sampling for adults includes selections by Dietrich Bonhoeffer, Martin Luther, and Madeleine L'Engle and topics on growing, healing, thriving, and more.

Visit the Ammerman Library anytime, Sunday, November

18—Wednesday, December 7, complete the handy order form, and pay when you pick up your order. Book orders will be delivered before Christmas, so order one or two as gifts for the adult readers in your life!

For additional information, contact **Erin Brown** (brown@augustanadenver.org or 303-388-4678 ext. 122).

Children, Youth, Family

Children, Youth, Family really cooks in November!

So you think you make good chili . . .

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 the

youth mission trip and Rescate Ecuador. 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!

Cooking Traditions: Cardamon Bread



Throw carbs to the wind and come learn Augustana's special recipe of making cardamon bread! On Saturday, November

17, 9–11 a.m., Judy Nyquist will share the very secret recipe created years ago for Augustana. Bring \$5 for ingredients, and take home a nice, warm loaf of cardamon bread! To be included in the class, RSVP to **Julie** (macdougall@augustanadenver.org) by Wednesday, November 14!



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).

Make lefse!

Do you love to make lefse, or would you like to learn how? Come and make lefse with friends and family, Saturday, December 1, 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 Friday, November 30, and bring \$5 to cover the cost of supplies.

Sign up for the 2019 youth mission trip by November 4!

Youth and chaperones head to Williston, North Dakota, July 7–13 for our 2019 mission trip where we will serve, worship, reflect, and grow along with youth from other parts of the country. We will be staying at Upper Missouri Ministries and also spend a day

in Theodore Roosevelt National Park. This trip is for all current youth in grades 7–12. The estimated cost of the trip is \$600 with the expectation to raise most of the funds. Please sign up with Shanna by Sunday, November 4 with a \$50 deposit.

High School Youth Coffee Shop Hop

All high school youth and their friends are invited to our second and fourth Wednesday of the month Coffee Shop Hops, 7–8 p.m. at a coffee shop near you. Let **Shanna** know (shanna@augustanadenver.org) if



you plan to go, Wednesday, November 14 and/or 28, or if you would like to receive a text update each time about the location and a reminder. Information will also be emailed out to parents. See you there!

Cross Gen Sunday

On Sunday, November 25 come and discover how talking about faith across generations can be meaningful for all! We will gather in Fellowship Hall, 9:15–10:15 a.m. for treats, music, and the story of David and Goliath.



Advent Adventure: New time! For all ages and households!

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

Join in the fun right after 10:30 a.m. worship, Sunday, December 2. Frito pie, fruit, and dessert will be served for lunch for a free will donation. Beginning at noon, the crafting kicks off as we make ornaments to decorate our trees

and homes and enjoy hot cider, popcorn, and Christmas music.

If you are interested in sharing your skills in leading a craft, please contact **Erin Brown** (erin@augustanadenver.org or 303-388-4678 ext. 122).

Fair Trade store at Advent Adventure

Visit the Global Mission/World Hunger store at Advent Adventure, where there will be a variety of Fair Trade items for sale, including coffee, chocolate, olive oil, local honey and pressed flower products.

Our partners are global and local: Equal Exchange, whose mission is to build long-term trade partnerships that are economically just and environmentally

sound, and earthlinks, an innovative, urban nonprofit in Denver that provides a work program for people who are homeless and low-income to learn skills and create earth-friendly products that sustain people and the planet.

This is the perfect time to support others during the Christmas giving season, so stop by to get an early start on your holiday shopping!



Prayer Stations in Advent

Children, Youth, and Family Ministry will be offering a new opportunity to reflect and pray during Advent. Sundays, December 2, 9, 16, 23, and 30, 8:30–10:30 a.m., Rooms 1–3 will be set up with prayer stations including our beautiful new labyrinth. Come and pray in this season of preparation and anticipation!

Fellowship

Women, Wine and Word

will meet on Thursday, November 15 at 7 p.m. This Bible study reads and discusses portions of Anne Lamott's book *Hallelujah Anyway: Rediscovering Mercy*. Women of all ages are invited, and friends are always welcome. Please contact **Pastor Ann** (ann@augustanadenver.org) for the location of this month's meeting.

Trailblazers

Ridgeview/Ruth Roberts Open Space Hike

Saturday, November 3, leave Augustana's south parking lot at 9 a.m.

We will hike the Lake Link Trail, which starts at the edge of a Broomfield neighborhood near Miramonte Blvd. and Highway 287, winds its way north from

Ridgeview Open Space, and intersects with the Ruth Roberts Connector Trail. Scenic views of the Front Range can be enjoyed from these trails.

Rating: Easy

Distance: 4 miles round trip

Guide: **Jim Bull** (303-466-0576 or jebull2@hotmail.com)



**THRIVENT
FINANCIAL®**

Need more funds?

Augustana programs, groups, and property are eligible to receive designated funds as voted by Thrivent members. Requests for funds should include the name of the organization, amount of money requested, the purpose of the grant, and a contact person with telephone number and/or email address. Send your request by November 12 to KL-cruson@


comcast.net, so it can be considered at the Thrivent Financial meeting, November 18.

Thrivent Choice Dollars have been generously designated by Thrivent members to a special fund at Augustana Lutheran Church. Thrivent members may contact thrivent.com or 1-800-THRIVENT to designate your Choice Dollars at any time.

Thrivent meeting to disburse money

The November 18th meeting of Augustana's Thrivent members will feature decisions about disbursing Thrivent Choice dollars to Augustana programs, property, or groups. All Augustana friends and members are welcome to attend, but only Thrivent

members may vote on the decisions. A light lunch will be served (\$5) at 11:30 a.m. in the Anna Paulson Room. Contact **Katherine Cruson** (303-696-7430) by Friday, November 16 for lunch reservations.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																			
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25 Kara Ninke
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26

27 Suzanne Eugster
Tate Kastens
Gary Witt

28 Beckie Herrboldt

29 Donald Hass

30 Megan Crawford

*If your name should have
been on this list but wasn't,
please call Augustana's
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