



Focus on Health in January at Adult Forums

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

January 6: Your Encore Life: Some Assembly Required

Longevity has provided the potential for a wonderful gift: second growth. This represents a new option in the life course called “**Encore Life**,” a second harvest of creative potential in work, play, relationships and caring. In this presentation you will learn about the five tools necessary for building an Encore Life, think some new thoughts, and begin to use these tools to determine what Encore Life you might like to assemble.

Your Presenter is **Lynette Reiling**, Volunteer Recruitment Manager at Boomers Leading, and a Certified Life Coach specializing in midlife reinvention. Boomers Leading mobilizes people age 50+ to utilize their talents, skills and experience for social good.

In both roles, Ms. Reiling’s mission is to change the narrative of aging through education, advocacy and inspiration.

January 13: The Tomorrow’s Choices Workshop

covers defining your personal values, having end-of-life healthcare conversations with family, friends, clergy and physicians, choosing agents to speak for you in the event that you cannot speak for yourself, and writing down your choices about the care you want to receive at the end of your life. Everyone over 18 is invited to attend.

The workshop is guided by a trained facilitator, and includes short video presentations and many stories

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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, January 10, 4:30 p.m. is the deadline for the February 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

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Caitlin Trussell, Pastor
Lisa Mikolajczak,
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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:

- Audrey Carroll,
Barbara Clifford, Bev
Garvin, Lyn Goodrum,
Sandy Heitzman, Paul
Henry, Albert Kuipers,
Judy Lambert, Dick
Larson, Steve Massie,
Charlotte Mitchell,
Sigurd Nelson, Arlo
VanderWel, Keenan

For comfort and courage:

- Elaine Anderson in the death of her brother, Bill Hahn
- Family and friends of Ruth Hauck in her death
- Family and friends of Edna Kuxhaus in her death
- Family and friends of Erica Marston in her death
- Family and friends of Patsy Redmond in her death
- Rob and Pastor Caitlin Trussell in the death of Rob's mother, Carol Trussell

Rejoice with . . .

- Parents Levi Thomas and Courtney Carter and grandparents Rex and Debbie Carter in the baptism of Liam Carter Thomas

Thank you for the gifts!

Augustana Foundation

- In memory of Les Woodward

Children, Youth, and Family Ministry

- In memory of Les Woodward

Health Ministry

- In memory of Les Woodward

Music Ministry

- In memory of Ruth Hauck

Outreach

- In memory of John Cowee, Carol McCartney

Senior Ministry

- For the support of beloved father, Harry Benson

Special Gifts

- In memory of Leola Blatchford, Edna Kuxhaus, Ruth Thornton, Les Woodward
- In honor of the baptism of Lukas Zeckser

Augustana Foundation

Arlo VanderWel and Lukas Zeckser received MIF4KIDZ Investment Gifts in honor of their baptisms, thanks to the Augustana Foundation.



Year-end gifts and offerings to Augustana

In order to deduct your charitable contributions for 2018, gifts given by check or cash must be postmarked by US Mail or be included in the offering by Monday, December 31. For electronic givers, be sure to initiate your gift on or before Thursday, December 27, so that it is posted by your credit card issuer before year end. Your support of Augustana's mission and ministry is greatly appreciated.

Questions about your 2018 giving may be directed to **Lisa Mikolajczak**, Finance Administrator, at 303-388-4678 ext. 103 or lisa@augustanadenver.org.



Thanks, Augustana!"

Thank you to Marianne Woodward and the Phoebe Circle for the lovely Christmas stocking with all the goodies.

Chickie Bakkemo

I thank my God every time I remember you, constantly praying with joy in every one of my prayers for all of you.

Philippians 1:3-4

This verse from last Sunday's (December 9) Second Reading immediately made me think of you, dearest Augustana family.

I am so grateful for the outpouring of support—prayers, cards, hugs, emails, gifts, offers of assistance, and words of encouragement—in response to my Thanksgiving week injuries. The get-well cards just kept coming—some of them made me cry and some of them made me laugh. Thank you!

My healing will continue well into the New Year, but I am healing just as I should. God is good!

With love and gratitude,

Lyn Goodrum

Dear Augustana Members and Staff,

Thank you so much for your continued support of Lutheran Family Services! Through your quarterly support, school supplies collection, event attendance, and everything in between, you continue to be a huge reason why we can serve over 30,000 individuals each year.

Katie Scherr

Church Relations and Development Assistant
Lutheran Family Services

Congregation Council

Results of the election at the November congregational meeting

Congregation Council:

- Michael Gentes
- Michael Graham
- Sharon Schillereff
- Ellen Kastens
- Dan Taron
- Michael Zumwalt

Youth Member:

- Ogden Willoughby - Representative
- Mackenzie Flesch - Alternate

Nominating Committee for 2019

Council Members:

- Paul Blanchard

Non-Council Members:

- Karen Aarestad
- Linda Daniel
- Laura Libby
- Karen Morgenthaler
- Linda Tinderholt

Synod Assembly Voting Members:

- Ellen Kastens
- Jamie Kastens
- Jo Ann Wacker-Farrand

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

Pastors



You've seen this graphic throughout the fall stewardship campaign at Augustana, and you'll continue to see it as we move into this New Year. With the congregation's input, the Strategic Planning Team has identified that these three actions encompass our Core Values as a faith community.



We worship Jesus together and invite others to join us in that celebration; we *grow* our faith and trust in Christ; and we *go* into the community and into the world to serve and love as Jesus did. These three words are simple, but I think we can agree that living them out is not always very

easy. The perceived value of faith communities in our culture continues to change, as does the commitment level of busy people and families.

To continue being a vital congregation, we will need to respond to these changes around us with some nimbleness. This means that the way we do some things and the way some ministries look will likely be different. But our Core Values, which place Jesus firmly in the center of all we do, will help to guide us as we move together into the future.

You'll hear more from the Strategic Planning Team (Nick Massie, Dane Vierow, Nancy Johnson, Brian Bernhard, Kari Blanchard, Emmett Cruson, myself and Pastor Caitlin) at the congregational meeting in February. Please continue to pray for God's guidance as we move into the future together. It is an exciting time to be a part of Augustana!

In Christ,
Pastor Ann



Experiencing Hope in the Midst of Grief

Hope. It's my word for the church year. I chose it at the end of November before Rob's mom died quite unexpectedly on

November 29. Carol had gone into the hospital with pneumonia, and previously unknown heart disease was discovered. Her heart stopped during an emergency procedure with no hope for recovery. The heart damage discovered was too extensive for repair. The pastor and her primary doc stopped by the hospital, and both were able to pray with Charles and let her go. Rob and I drove immediately to Grand Junction where we helped Charles tend the details as we talked about Carol and felt shocked together. A family funeral will take place later.

When my stepfather who raised me was diagnosed with terminal cancer in 2002, my first instinct was to go to the church—Lutheran Church of the Master in Lakewood at that time. By happenstance or Holy Spirit, one of my church friends was just pulling up to drop off some items even though the building was closed at that time. Church has been my instinct as the place to be during a tough time for quite a while. When Rob and I arrived home Saturday night after being with his dad, it made sense for me to be at church even though Pastor Ann graciously offered time away. My heart and body are well acquainted with these feelings of grief—how it settles around my heart as an ache and makes my whole self tired.

The worship liturgy was such a comfort that Sunday as I hoped it would be. It was also powerful in a different way, but I don't have words to describe the experience. I'd done my share of crying, and I had decided that if I went and led worship it would be about keeping Jesus the main thing and not my grief—although of course the two were wrapped together all morning. People were great that Sunday with hugs, checking in, and wondering about how Rob and his dad were doing. Rob and I are grateful especially for your prayers. If you're so inclined, please keep them coming as the calendar turns to 2019

and grief continues. Even as it continues, the Apostle Paul's words ping in my mind, at least in paraphrase, that as Jesus people we grieve as people who have hope—hope of God's presence in the midst of our pain, hope of faith and love infusing our day-to-day moments so that our joy may be complete, and hope of being with our loved ones again one day.

Peace,

Pastor Caitlin

No one has ever seen God; if we love one another, God lives in us and God's love is made complete in us.

1 John 4:12

Property Corner

Farewell, 2018, Greetings, 2019!

2018 was a successful year for the Property Committee, mostly in that we were able to get some of the bigger renewal projects started and, in several areas, completed. Major repairs were at a three-year low, and general maintenance went fairly smoothly. Hopefully you have noticed some of the 2018 projects—we'll bypass the list here and get to discussing the future!

The Capital Improvement fund has again received targeted funding from Merrill and Dorie Fie, the Augustana Foundation, and Thrivent. The congregation has also continued to support the fund through individual giving. As 2019 rolls along, we may have some special requests for targeted projects when we have detailed budgeting information.

We held our first Augustana property work day in a long time on December 1. We were able to remove six dying trees and chip our brush piles that had accumulated over the year. Thank you for your hard work (and patience with what seemed to be ever growing piles of brush). Additional property work days will be held in 2019, and we will do a better job of publicizing these beforehand.

Eco Watch

This coming year we will update you on efforts to reduce our utility consumption and landfill usage. By the end of January we will complete our outdoor lighting renewal project. This project is providing improved LED lighting while reducing energy costs. Dusk-to-Dawn sensors are replacing analog timers that need constant resetting for seasonal changes. We will be updating the landscape irrigation system before spring start, including a digital controller to curb water use. All brush chipping is being kept onsite for use as mulch. And, yes, we are definitely aware of the heating/cooling issues in the office wing and are working on a plan!

Thank you so much for your continued support. Your kind compliments are much appreciated and help fuel our tanks!

Blessings from the Property Team



Health Ministry

Stay safe and have fun during winter activities

Whether you spend your outdoor time playing in the back yard and neighborhood parks or traveling to Colorado's high country for skiing, alpine hiking, sledding or snowshoeing, there are precautions to take in order to stay safe and healthy and have fun.

Winter weather can be unpredictable. Be prepared before heading out. In the alpine environment, windy conditions contribute to the cold temperatures. Always take a buddy and have a cell phone or a Garmin in reach. Wear appropriate clothing with inner layers of light warm clothing that draws moisture away from the skin followed by an outer layer of tightly woven, wind-resistant fabric. Wear wind and moisture resistant mittens or gloves, hats, scarves, wool socks, and waterproof boots (National Center for Environmental Health, Feb 2018). Consider hand and foot warmers; they are small and easy to carry.

Check frequently for early signs of cold injury (frostnip) of the skin, which will appear ashy or pale and numb. Replace any wet clothing, gloves, or hats with dry clothing or go to a warm indoor area. As it progresses from frostnip to frostbite, the skin will become increasingly pale to greyish-white, hard and waxy. Frostbite is considered a medical emergency and needs evaluation by a medical professional (Stanford Children's Health).

Heat loss in winter causes shivering which can lead to low blood sugar, reduced performance, and hypothermia. Hypothermia is when your body temperature drops to a dangerous level. Warning signs include pale ashy or white skin, extreme fatigue or weakness, confusion, difficulty speaking, slowed breathing or heart rate, and a strong desire to sleep (Healthily Aging.org).

Sunburns occur easily in the winter. At altitude you are closer to the damaging ultraviolet rays, and sunlight is reflected off the snow, which increases the danger of skin burns and corneal burns. Use sunblock on exposed skin and lips, and wear UV blocking sun glasses or goggles.

When participating in winter sports, make sure you are in good physical condition. Take frequent breaks, and stay hydrated. Muscle fatigue increases the risk for injury.

Stay safe and have fun in Colorado's beautiful winter landscape!

Did you know?

Augustana's Health Ministry offers two exercise programs that meet right here at Augustana. If being healthier is one of your goals for 2019, check out these classes for moves that strengthen, increase flexibility, and improve mind/body coordination.

Augustana Firm Believers

This exercise class meets Mondays, Wednesdays, and Fridays, 9:45–10:45 a.m. Karen Terry, personal trainer, helps with individual exercise plans. For regular participants, the fee is \$5/session (paid at the beginning of the month). A 10-session punch card is available for \$70. For more information, contact **Karen** (303-751-2666 or karent4321@aol.com).

Yoga

Increase vitality, reduce stress, develop strength and endurance, and improve coordination and balance through the practice of yoga. Yoga meets twice a week, on Tuesday and Thursday, 5:30–6:30 p.m. The cost is \$5 per class when enrolled in the quarterly session or \$8 for drop-ins. All levels welcome! Contact **Robyn Lambert**, Certified Yoga Instructor (eyeonhealth@gmail.com).





Faith Formation

Adult Forum Health Issues

continued from cover

that make the need for documents very real. All the paperwork necessary to complete your Advance Directives, and coffee, tea, and goodies will be provided.

January 20: Suicide Awareness

Augustana's Health Ministry and Children, Youth and Family Ministry present a panel discussion by healthcare providers, educators, and faith leaders from Augustana. Q & A will follow. Panelists include **Inez Smith**, RN, leader of FIT, **Krista Degerness**, MSN, Education Learning Specialist, **Mendy Mays Motes**, MD, Psychiatrist, **Shanna VanderWel**, Director of Youth and Family Ministry, and **Debbie Carter**, LPC, EMDR, Maternal and Child Psychotherapist.

Save the dates!

Discover Augustana on Sundays, February 3, 10, 17, and 24, 9:15–10:15 a.m.

Bring your curiosity and have conversation with the pastors, hear about Augustana ministries, and consider joining the congregation. Sign up for Discover Augustana or ask questions about it by contacting **Julie MacDougall** in Augustana's office (macdougall@augustanadenver.org or 303-388-4678).

Vida Guitar Quartet from the United Kingdom makes a rare appearance in Denver!

Saturday, January 26, 7:30 p.m. at Augustana

Augustana Arts is thrilled to bring the Vida Guitar to the Concert Series stage. Founded in 2007, the VIDA Guitar Quartet brings together four of the United Kingdom's most exceptional guitarists. Vida's ability to deliver music of the highest level with their trademark British humor has made them favorites in concert halls throughout the world.

Renowned as educators and for their innovative outreach, VIDA has run the world's largest youth guitar education program (200+ students) in the United Kingdom, and they have held residencies in communities from New England to New Orleans.

Tickets are \$25 for adults, but Augustana members receive 50 percent off using code ALC50 when you purchase tickets online. Join us for an evening of exceptional music! Visit www.augustanaarts.org for reservations.

Other events you won't want to miss:

- **Stratus Chamber Orchestra** featuring magician **Trento Gunsolley**, and Special Guest Conductor **Debashish Chaudhuri** from the Czech Republic, February 15–16
- **Cindy and Friends in Concert**, March 23
- **Second Annual Heart for the Arts Gala**, April 6

Senior Ministry



Donald Tallman returns to Augustana for Monthly Luncheon

Thursday, January 17, 11:30 a.m., Fellowship Hall

Enjoy a tasty luncheon prepared by Judy Nyquist and her crew. Our program for January will be “Music Medley” performed by Don Tallman, vocalist. Over the years Don has sung at our church services and was a member of AVE several years back. Come and enjoy good music and fellowship over a delicious lunch. Visitors are always welcome—invite a friend to join you. Reservations are needed by Chef Judy for meal planning purposes. Call Augustana’s office (303-388-4678) with your reservations no later than Monday, January 14. The cost is \$8 per person.

Glocal Involvement



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

Mary Grace Asuncion takes pride in accomplishing tasks that some may consider mundane: working, managing money and paying bills. But those everyday responsibilities remind Mary Grace of how far she has come since getting connected with DeafCAN!, the human service program of Christ the King Deaf

Church in West Chester, PA. This life-changing ministry accompanies deaf refugees and immigrants from 15 countries, with support from your gifts to ELCA World Hunger.

Refugees and immigrants are often vulnerable to hunger and poverty as they rebuild their lives. When this vulnerability intersects with the challenges often created by a lack of services for people with disabilities, the risks can be more severe.

When Beth Lockard, pastor and executive director of DeafCAN!,



first met her, Mary Grace was at risk of experiencing poverty and hunger. She had just left an abusive relationship, was unemployed and lacked a support network in her new country.

Through DeafCAN!, Mary Grace received case management services and gained access to a variety of resources that changed the course of her life. “I’ve learned how important it is to develop my own skills and to be self-sufficient,” said Mary Grace, who emigrated from the Philippines four years ago. “I am learning American Sign Language (ASL) and studying for my citizenship and driver’s license. I look forward to becoming a citizen and voting someday.”

“We see our ministry as holistic: to help people satisfy their physical, emotional and mental needs, so they can then understand spiritual aspects of life,” Pastor Lockard said. “Throughout the process, they grow and understand those deeper issues. They learn to navigate the world as they become more independent and productive.”

That has been true for Mary Grace, who now calls Christ the King Deaf Church her “church family.” “I’m in a community now, I have new friends and a family at church,” Mary Grace said. “Today I have a life.”

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

Augustana's Chili Challenge raised a ton of chili!

Well, just shy of a ton—1,945 pounds of chili was distributed to food-insecure households through the friendly competition between Augustana's Early Learning Center and the Augustana congregation in the month of November. This year's challenge collected 500 pounds more than ever before. Thank you, one and all who made these meals possible!



Bring your hands for Operation Pantry, January 27!

Adults and children of all ages are invited to participate in Operation Pantry for Metro Caring, Sunday, January 27, 9–10:30 a.m. in Fellowship Hall. The food repackaging of rice and beans will provide portion-sized amounts for Metro Caring to offer as part of their healthy food initiative. Previous food repackaging events held at Augustana were hugely successful, involving many Augustana families. A parallel activity will repackage toilet tissue provided by Metro Caring. Please plan to participate and help Metro Caring end hunger in Denver.

All are also invited to participate by way of donating rice, beans, or money to add to available funding to cover additional costs related to zip-bags, boxes, gloves and other supplies for the project. Make checks payable to Augustana and indicate "God's work. Our hands." in the memo.

Fellowship

Lutfisk Dinner

Come join the fun!

Swedish Club of Denver hosts the annual, delicious Lutfisk and Meatball Dinner, Saturday, January 19, 5 p.m. in Augustana's Fellowship Hall! In addition, we will end the traditional Swedish Christmas season by "dancing out the Christmas tree" or "julgransplundring"! We hope you will join us at Augustana and bring your kids and grandkids, so that they can join in the traditional dancing and great fun. It will be an exciting evening together, full of special surprises for all.

Please visit our website (swedishclubofdenver.org) for reservation information. See you there!

Trailblazers

Barr Lake State Park Hike

Saturday, January 12, leave Augustana's south parking lot at 9 a.m.

Barr Lake, just northeast of the Denver metro area, is a prime viewing area for birds and wildlife, so bring your binoculars! The park offers wildlife observation stations, boardwalks, and a nature center.

Rating: Easy

Distance: up to 4 miles roundtrip

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

Women, Wine, and Word

All women and friends are welcome to this monthly Bible study and discussion. Learning and laughter are guaranteed as we study together. The group will meet on Thursday, January 24 at 7 p.m. at Pastor Ann's home. Please contact her for the address (ann@augustanadenver.org).

January Book Group

January's reading selection is *Plainsong* by Colorado native Kent Haruf.

In the small town of Holt, Tom Guthrie, a high school teacher, fights to keep his life together and to raise his two boys after their depressed mother first retreats into her bedroom, and then moves away to her sister's house. The boys, not yet adolescents, struggle to make sense of adult behavior and their mother's apparent abandonment. A pregnant teenage girl, kicked out by her mother and rejected by the father of her child, searches for a secure place in the world. And far out in the country, two elderly bachelor brothers work the family farm as they have their entire lives, all but isolated from life beyond their own community.

From these separate strands emerges a vision of life—and of the community and landscape that bind them together—that is both luminous and enduring. *Plainsong* is a story of the abandonment, grief, and stoicism that bring these people together, and it is a story of the kindness, hope, and dignity that redeem their lives. Utterly true to the rhythms and patterns of life, *Plainsong* is an American classic: a novel to care about, believe in, and learn from (Penguin Random House).

Join us Monday, January 21, 11:15 a.m., in the Anna Paulson Room for great discussion and fellowship.

February's selection is *I Was Told to Come Alone: My Journey Behind the Lines of Jihad* by Souad Mekhennet.



Theater and Theology

Theater and Theology brings members of Rocky Mountain Synod congregations in and near Denver to productions of the Denver Center for the Performing Arts. After viewing a play, we do a talk-back discussion with cast members on theological issues raised in the play. The plays and these discussions can challenge and stimulate our faith and, therefore, the mission of the Church, in a unique way.

Last Night and the Night Before

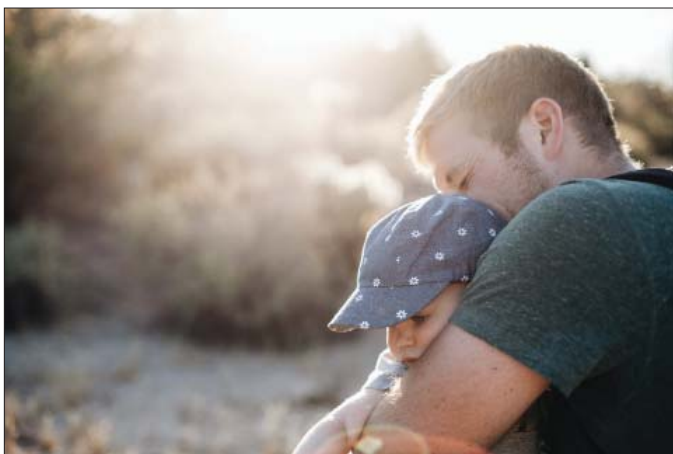
Tuesday, January 29, 6:30 p.m., Ricketson Theatre,
Tickets: \$35

Contact **Rosalee Wanchisen** (303-759-9836) by Sunday, January 6, to reserve a ticket or for information.

When Monique and her 10-year-old daughter Samantha show up unexpectedly on her sister's Brooklyn doorstep, it shakes up Rachel and her partner Nadima's orderly New York lifestyle. Monique is on the run from deep trouble and brings their family's Southern roots with her, grabbing hold of Rachel's life more ferociously than she could have ever imagined. Poetic, powerful and remarkably funny, this 2017 Colorado New Play Summit featured play explores the struggle between the responsibilities that are expected of us and the choices we actually end up making.

Registration with check payable to Rocky Mountain Synod and footnoted "T&T Augustana: Last Night and the Night Before" must reach Augustana's office by Sunday, January 6.

Children, Youth, Family



“Holding Your Family Together”: Series for families with young kids

Families with young children are invited to be part of a six-week series focused on the book *Holding Your Family Together* by Dr. Rich Melheim. Join the discussion Sundays, 4–6 p.m. starting January 6. If you would like more information, please contact Shanna (shanna@augustanadenver.org).

Souper Bowl of Caring

On Super Bowl Sunday, February 3, you are invited to share your financial gifts for ELCA World Hunger. Augustana’s youth will be collecting money after worship to support those who are hungry. Join millions across the country supporting food initiatives on this day!

Confirmation families serve at Warren Village

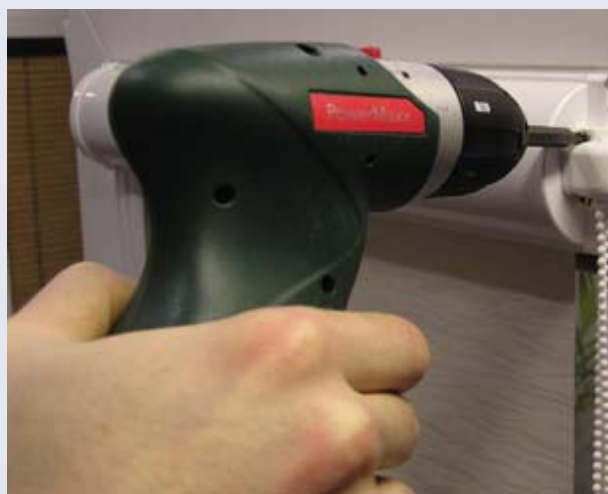
Youth in grades 5–8 and their parents are encouraged to be part of our confirmation service project on Wednesday, February 27. We will be serving a meal and playing with kids at Warren Village Family Night. This event includes providing and serving a meal. To sign up, please connect with **John Harwell** or **Shanna VanderWel** (shanna@augustanadenver.org).

Attention, Graduating Seniors!

Are you—or are you a parent of—a student graduating from high school this year? We want to know. Each year we work hard not to miss anyone as we honor this milestone. Please email **Shanna** (shanna@augustanadenver.org) to let her know. Seniors will be recognized Sunday, April 28, during our Cross Gen Faith Formation, 9:15–10:15 a.m., as well as during 10:30 a.m. worship.

Adult Spring Break Mission Trip

The deadline to sign up for the adult spring break mission trip to Brazoria County, TX, is Thursday, January 10. We will be serving with Saint Bernard Project with the trip dates being March 24–30. Scholarship money is provided for much of the trip, so payment is based on ability to pay. If you are 18 or older, you are invited to consider spending a week serving those who have been affected by hurricanes. Contact **Shanna VanderWel** (shanna@augustanadenver.org).



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26 Jeff Towery

27 Abby Farrand

28 Sonja Engebretson
Charles Esbenshade
Charles Llafet
Mary Richardson


29 Noah Garrett
Tracy Lutz
David Stalheim

30 Sheryl Kamicar
Jordan Tribbett

31 Matthew Miller

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 New Year's Day	2 9:45am Augustana Firm Believers	3 9:30am Thursday Morning Bible Study 9:30am Phoebe Circle	4 8am Bulletin Assembly 9:45am Augustana Firm Believers	5
6 Epiphany of Our Lord 8am Worship/Communion 9am Fellowship/Coffee 9:15am Faith Formation 10:30am Worship/Communion 4pm "Holding Your Family Together" See JASS below	7 9:45am Augustana Firm Believers 10am Chapel Prayer 6:30pm Augustana Early Learning Center Board	8 9:30am Deborah Circle 3:30pm Executive Committee 5pm Worship Committee 5:30pm Yoga 6pm Children, Youth & Family Ministry Committee 7pm Augustana Foundation Executive Committee	9 9am Augustana Early Learning Center Chapel 9:45am Augustana Firm Believers 6pm Augustana Ringers 7pm Coffee Shop Hop 7:30pm Chancel Choir	10 The Tower deadline 9:30am Thursday Morning Bible Study 10am Sarah Circle 1pm Interfaith Alliance 5:30pm Mindfulness Yoga	11 8am Bulletin Assembly 9:45am Augustana Firm Believers	12 9am Trailblazers: Barr Lake State Park Hike
13 Baptism of Our Lord 8am Worship/Communion 9am Fellowship/Coffee 9:15am Faith Formation 10:30am Worship/Communion 11:30am Children, Youth, & Family Ministry Noon Global Mission 4pm "Holding Your Family Together" See JASS below	14 9:45am Augustana Firm Believers 10am Chapel Prayer	15 5:30pm Yoga 7pm Congregation Council	16 9am AELC Chapel 9:45am Augustana Firm Believers 6pm Augustana Ringers 7:30pm Chancel Choir	17 9:30am Thursday Morning Bible Study 11:30am Monthly Luncheon 5:30pm Mindfulness Yoga	18 9:45am Augustana Firm Believers	19 9am Retreat: Augustana Ringers 5:30pm Swedish Club Lutfisk Dinner
20 Epiphany 2 8am Worship/Communion 9am Fellowship/Coffee 9:15am Faith Formation 10:30am Worship/Communion 11:45am Altar Guild 4pm "Holding Your Family Together" See JASS below	21 Martin Luther King, Jr. Day 9:45am Augustana Firm Believers 10am Chapel Prayer 11:15am Book Group	22 Noon Senior Ministry Committee 1pm 9Health Fair Planning 5:30pm Yoga 6:30pm Rachel Circle	23 9am AELC Chapel 9:45am Augustana Firm Believers 6pm Augustana Ringers 7pm Coffee Shop Hop 7:30pm Chancel Choir	24 9:30am Thursday Morning Bible Study 5:30pm Mindfulness Yoga 7pm Women, Wine, and Word	25 8am Bulletin Assembly 9:45am Augustana Firm Believers	26 7:30pm Augustana Arts: Vida Guitar Quartet
27 Epiphany 3 8am Worship/Communion 9am Operation Pantry 10:30am Worship/Communion 4pm "Holding Your Family Together" See JASS right	28 7:30am Foot Care Clinic 9:45am Augustana Firm Believers 10am Chapel Prayer 1pm Memorial Service: Mary Hovrand	29 5:30pm Yoga 6:30pm Theater & Theology: Last Night and the Night Before	30 9am AELC Chapel 9:45am Augustana Firm Believers 6pm Augustana Ringers 7:30pm Chancel Choir	31 9:30am Thursday Morning Bible Study 5:30pm Mindfulness Yoga		

	11:30am	Lunch
	12:15pm	Cherubs, Choristers, GraceNotes
	1pm	Recorders, Candlelighters, SONshine Ringers
	1:45pm	BELLievers