



## Ash Wednesday

Augustana celebrates Ash Wednesday worship, March 6, at 11 a.m. and 7 p.m. in Augustana's sanctuary. Both services will have Holy Communion and the opportunity to receive ashes. Following 11 a.m. worship, there will be lunch served in Fellowship Hall; prior to 7 p.m. worship, there will be a pancake supper. *(See page 4 for details and additional Lent happenings.)*

### Ash Wednesday, March 6

- 11 a.m. Worship/Communion - Sanctuary
- Noon Monthly Luncheon - Fellowship Hall
- 5:30 p.m. Ash Wednesday Pancake Supper - Fellowship Hall
- 7 p.m. Worship/Communion - Sanctuary

**good news!**

5000 E. Alameda Ave.  
Denver, CO 80246

**Augustana**  
LUTHERAN CHURCH

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

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EMAIL: [info@augustanadenver.org](mailto:info@augustanadenver.org)

DIAL-A-CARE: 303-996-2733  
FACEBOOK: [augustanadenver.com](http://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, March 14, 4:30 p.m.** is the deadline for the April edition. Email **Lyn Goodrum** ([goodrum@augustanadenver.org](mailto: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

Celebrating God's grace, we welcome everyone to worship Jesus, grow in faith, and go serve in the world.

#### Congregation Council

**President:** Lisa Boe-Sims  
**Vice President:** Dane Vierow  
**Secretary:** Karen Yeager  
**Treasurer:** Michael Graham  
Renee Bernhard | Paul Blanchard  
Katrina Crook | Emmett Cruson  
Mackenzie Flesch | Michael Gentes  
Nancy Johnson | Ellen Kastens  
Sharon Schillereff | Dan Taron  
Pam Uyemura | Rosalee Wanchisen  
Ogden Willoughby | Michael Zumwalt  
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  
**Chris Maunu**, Assistant 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:

- Marilyn Barber, Betty Boyd, Doug Boyd, Marijean Darchuk, Claudia Fakharzadeh, Maxine Gay, Jean Gall, Charles Hanes, Josh Hempelman, John Hunicutt, Lois Kennedy, Pastor Susan Lynch, Steve Massie, Ann Nimrod, Becky Nyby, Glenna O'Neal, Elvira Thorne, Sarah and Libby

### For comfort and courage:

- Family and friends of Dick Eicher in his death
- Family and friends of Lorraine Kahler in her death

- Family and friends of Mary Hovland in her death
- Dick Larson in the death of his friend, Richard "Dick" Knowlton
- Dianne Nelson and family in the death of her husband, Sigurd Nelson
- Annika Buhr in the death of her friend, Jack Padilla
- Craig Tamminga and Jayme Howard in the death of their uncle, Jim Roorda
- Family and friends of summer AELC teacher Nicolette Tiburcio



## Welcome AELC families to worship!

The Augustana Early Learning Center is a vital outreach of our congregation to the community, with a vision to "love children and inspire them to become engaged, emotionally intelligent, and curious learners." Each week close to 90 children spend the day in our classrooms. During the summer that number swells to almost 200 with the extension of summer camp explorers to 1st–5th graders.

On Sunday, March 17 at 10:30 a.m. worship, we will welcome and bless our AELC staff, the preschool children and their families. Please join this celebration of our partnership!



## Daylight Saving Time begins

Daylight Saving Time begins Sunday, March 10. Turn your clocks **AHEAD** an hour Saturday night, March 9.

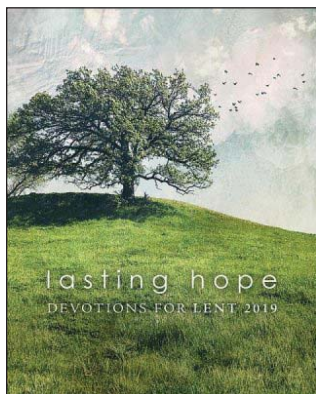
## Thank you for the gifts!

### Special Gifts

- in memory of Joni Hopkins, Ruth Thornton, Les Woodward



# It's a Triple Treat Weekend at Augustana!



## "Lasting Hope" A Lenten Retreat

**Saturday, March 16,  
9:30 a.m.–1:30 p.m.,  
Anna Paulson Room**

Dovetailing the devotion book of the same name based on the Psalms with the work of other scholars,

the pastors will lead a time for deepening faith in Jesus and connecting with each other through Lenten practice and study.

Cost is \$10 for lunch and materials; make checks payable to Augustana Lutheran Church, memo: Lenten Retreat.

Please plan to attend regardless of cost as scholarships are available.

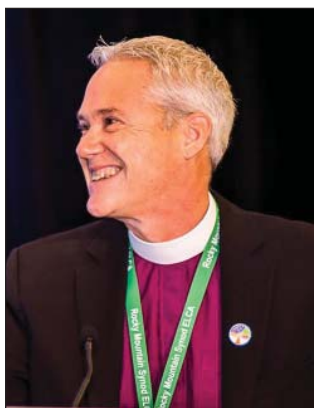
E-mail **Julie** your plans to attend ([julie@augustanadenver.org](mailto:julie@augustanadenver.org)) as well as any dietary restrictions.

## Bishop Jim Gonia

**Sunday, March 17, 9:15–  
10:15 a.m., Fellowship Hall**

Bishop Jim Gonia joins us for the morning. During Adult Forum, he'll lead a class about "Claiming Our Gifts: Lutheran Identity."

This is your chance to hear what's on Bishop Jim's mind since he's making visits to congregations with the class as his priority and won't be preaching with us this time around. Bishop Jim will also be taking group pictures of the congregation during class and at the end of each worship service. The photos are a fun way for him to record his time with congregations and share those experiences with others as he travels around the Rocky Mountain Synod.



## Empty Bowl Luncheon and Auction

**Sunday, March 17, 11:45 a.m., Fellowship Hall**



Children, Youth, and Family Ministry host an Empty Bowl Luncheon for all Sunday, March 17, 11:30 a.m., in Fellowship Hall. Enjoy a variety of soup and bread! Bid on

bowls painted by members and friends of Augustana. A free will offering and funds from bowl sales will support ELCA World Hunger.

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## "Thanks, Augustana!"

Words cannot express how blessed I felt in receiving the many prayers, cards, calls, etc., from my Augustana family after my recent surgeries. Thank you all for being there.

Sincerely,  
**Barbara Clifford**

May God bless all of you for all of the ways you have been a blessing to Sigurd and his family. Thank you to Pastor Hultquist and Nurse Jodie McClary for their visits and for bringing communion to Sigurd while he was in the care center and hospital.

Thank you to the Prayer Shawl Ministry, to the Phoebe Circle Ministry of Caring, to Lyn Goodrum, and to all of you for your thoughts, prayers, cards, and the beautiful white bouquet, which surrounded all of us with the fragrance of your love.

### The Family of Sigurd Nelson

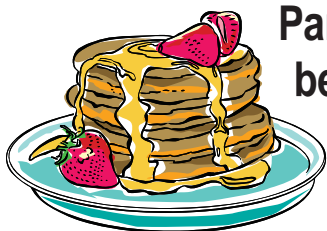
Dear Augustana Lutheran Church,  
I want to take a moment to thank you for your contribution from October 2018 to December 2018. Your investment helps us build equity by nourishing neighbors, providing tools to thrive and fostering community.

**Teva Sienicki**, Metro Caring



## Come for mid-day worship on Ash Wednesday, and stay for lunch!

Augustana's March luncheon in Fellowship Hall will follow 11 a.m. Ash Wednesday worship on March 6. (Note that it is the first Wednesday in March.) Members, friends, visitors—senior or not—are welcome! For meal planning by our chef, Judy Nyquist, your reservation for lunch (\$8/person) is needed at Augustana's office (303-388-4678 or [info@augustanadenver.org](mailto:info@augustanadenver.org)) by Monday, March 4. Hosted by Senior Ministry.



## Pancake Supper to benefit Metro Caring

Come to the 11th annual pancake supper, Ash Wednesday, March 6, 5:30–7 p.m. in Fellowship

Hall, featuring hot pancakes, syrup, sizzling sausage, and orange juice, coffee or tea. Suggested donation is \$5 per adult; \$3 per child; or \$20 per family, payable at the door. Net proceeds will go to Metro Caring, a Denver agency which assists needy families with food and counseling. Augustana's group of Thrivent Financial will serve the supper, featuring renowned pancake flipper **Greg Bickle!** A Thrivent Action Team request will provide \$250. Reservations are recommended. Sign on the form below and place in the offering plate, or call Augustana's office at 303-388-4678.

**Yes, I/we will attend the  
Ash Wednesday Pancake Supper!**

Name \_\_\_\_\_

Phone or email \_\_\_\_\_

Number of adults @ \$5 \_\_\_\_\_

Number of children @ \$3 \_\_\_\_\_

OR

Number in family @ \$20 per family \_\_\_\_\_

## Lenten devotion books are here!

Lent begins on Ash Wednesday, March 6.

Deepen your faith with a daily psalm and prayer during Lent. Pick up *Lasting Hope: Devotions for Lent 2019*, regular- or large-print, for free at either entrance to the sanctuary, or download the ebook for \$1.99 through AugsburgFortress.org (<https://www.augsburgfortress.org/store/product/9781506447773/eBook-Lasting-Hope-Devotions-for-Lent-2019>).



## "Lasting Hope" A Lenten Retreat

Saturday, March 16, 9:30 a.m.–1:30 p.m.,  
Anna Paulson Room

Dovetailing the devotion book of the same name based on the Psalms with the work of other scholars, the pastors will lead a time for deepening faith in Jesus and connecting with each other through Lenten practice and study.

Cost is \$10 for lunch and materials; make checks payable to Augustana Lutheran Church, memo: Lenten Retreat.

Please plan to attend regardless of cost as scholarships are available.

E-mail **Julie** your plans to attend ([julie@augustanadenver.org](mailto:julie@augustanadenver.org)) as well as any dietary restrictions.

# Support the Lenten food drive

Augustana continues its tradition of helping stock the shelves of Metro Caring with a special food drive during Lent. Although Augustana’s people generously donate food items for Metro Caring throughout the year, special emphasis on caring for our community’s hungry is encouraged during Lent—almsgiving for the poor being one of the three classic disciplines in this season.

## About Metro Caring

Metro Caring’s diverse approach to fighting hunger includes a fully stocked fresh-foods shopping market, healthy living and nutrition education, and tools and resources for self-sufficiency. Metro Caring is passionate about providing nutritious food to those who face economic hardships and helping them become self-reliant.

## How to help those in need

Please take the following list with you to the grocery store. Bring your food donations to the Metro Caring boxes located at the Fairfax entrance to Fellowship Hall below the sanctuary between Ash Wednesday, March 6 and Easter, April 21. Thank you!

### Suggested Shopping List:

Look for “100% whole grain,” “unsweetened,” “no sodium/salt added,” or “low sodium” on labels.

- |  |   |
|--|---|
| <input type="checkbox"/> Shelf-stable milk/milk substitutes        | <input type="checkbox"/> Canned tuna  |
| <input type="checkbox"/> Canned beans                              | <input type="checkbox"/> Dry beans  |
| <input type="checkbox"/> Peanut butter                             | <input type="checkbox"/> Rolled oats  |
| <input type="checkbox"/> Canned vegetables (with no or low sodium) | <input type="checkbox"/> Canned fruit (in juice, not in light or heavy syrup) |
| <input type="checkbox"/> Low-sodium canned soups                   | <input type="checkbox"/> Canned chicken                                       |
| <input type="checkbox"/> Brown rice                                | <input type="checkbox"/> Quinoa   |
| <input type="checkbox"/> Nuts (unsalted)                           | <input type="checkbox"/> Seeds (unsalted)                                     |
| <input type="checkbox"/> Whole-grain pasta                         | <input type="checkbox"/> Low-sodium pasta sauce                               |
| <input type="checkbox"/> Low-sodium canned stews                   | <input type="checkbox"/> Popcorn kernels (not microwave popcorn)              |
| <input type="checkbox"/> Whole-grain, low-sugar cold cereals       | <input type="checkbox"/> Unsweetened apple sauce                              |
| <input type="checkbox"/> Canned tomatoes                           | <input type="checkbox"/> Olive or canola oil                                  |
| <input type="checkbox"/> Dried fruits (no sugar added)             | <input type="checkbox"/> Honey  |
| <input type="checkbox"/> Canned corn                               | <input type="checkbox"/> Chicken/beef/vegetable broths and stock              |



# Help Augustana’s Easter Garden bloom again this year!

Support Augustana’s youth ministries with a gift to the Easter Garden. Your gift in honor or in memory of loved ones will add lilies to the celebration of the Resurrection of Our Lord! The suggested contribution for each individual you wish to honor or remember is \$8. Make checks payable to Augustana Lutheran Church. Use the donation form below or envelopes in Augustana’s pew pockets available after Ash Wednesday, March 6. Gifts must reach Augustana’s office by Palm Sunday, April 14, to be included in the Easter Garden insert. Thank you!

## Easter Garden - please print or type

In memory of \_\_\_\_\_

Given by \_\_\_\_\_

In honor of \_\_\_\_\_

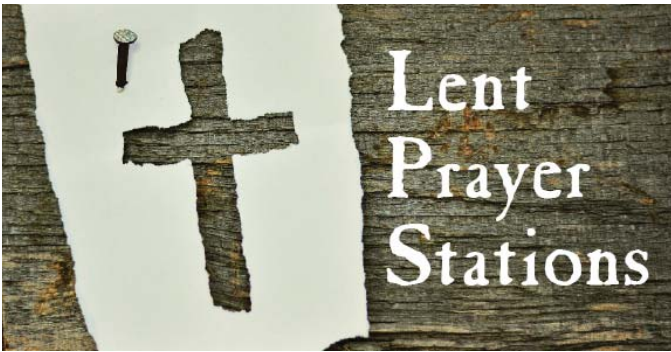
Given by \_\_\_\_\_

Contact name \_\_\_\_\_

Phone \_\_\_\_\_

Enclosed \$ \_\_\_\_\_





Add the spiritual practice of prayer in the unique setting of Augustana’s Lent Prayer Stations. Easy-to-follow instructions guide you through a variety of quiet activities suitable for folks from age 5 to 99, including Augustana’s labyrinth. Set your own pace as you offer prayers of intercession, praise, confession, or whatever is on your heart.

Visit the prayer stations in Rooms 1–3 during the times listed below.

Sponsored by Augustana’s Children, Youth, and Family Ministry.

Sundays in Lent	March 10, 17, 24, 31, April 7 and 14	8 a.m.–noon
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Holy Week		
Monday	April 15	8:30 a.m.–4:30 p.m.
Tuesday	April 16	8:30 a.m.–4:30 p.m.
Wednesday	April 17	8:30 a.m.–8 p.m.
Maundy Thursday	April 18	8:30 a.m.–8 p.m.
Good Friday	April 19	8:30 a.m.–8 p.m.
Holy Saturday	April 20	9 a.m.–noon
Easter Sunday	April 21	8 a.m.–noon

## Wednesdays in Lent

All are invited to come together for a simple soup meal at 6:15 p.m. in Fellowship Hall, followed by **Holden Evening Prayer** at 7 p.m. in Christ Chapel, Wednesdays in Lent, March 13, 20, 27 and April 3 and 10. This beautiful worship service and time of fellowship will help us shape this time of Lent as we journey together. If you would like to help provide soup for the meals, please contact **Julie MacDougall** (macdougall@augustanadenver.org).



**Neither snow, nor wind, nor cold,** nor a tough drive kept the Funeral Ministry and Paul Blanchard from making sure a recent funeral went as smoothly for the family as possible. Many thanks to everyone including Seki, Lyn, Julie, Emmett, Leslie, and Cindy, for their determination to see it through.



# Pastors

## Dirty Laundry



The Women, Wine and Word Bible study group is discussing a book by Rachel Held Evans. In it she writes:

My mother used to tell me that we weren't the type of people to air our dirty laundry. What she meant was that good Southern girls

didn't go around talking about their troubles or divulging their secrets. But this is a cultural idiom, not a Christian one. We Christians don't get to send our lives through the rinse cycle before showing up at church. We come as we are—with our materialism, our pride, our petty grievances against our neighbor . . . We come in search of sanctuary, a safe place to shed the masks and exhale. We come to air our dirty laundry before God and everybody because when we do it together we don't have to be afraid.

We begin each of our worship services with an unvarnished confession of all the ways we have turned away from God and our neighbor. You probably notice that the words change a bit, depending on the season of the church year. But the theme is the same: "God, we haven't been the people you created us to be. Help us. Restore us."

On Ash Wednesday we begin the season of Lent with an extended confession, itemizing all that we have done and failed to do. The words we say together compel our honesty, not so we can despair, but so we can unburden ourselves and exhale. We aren't very good at that kind of honesty, but it is good for us. Before God and before one another we speak what we know is true. Then we hear the greater truth of God's love in Christ which embraces us and reawakens hope in us for ourselves and our world.

Airing our dirty laundry in church is a gift. May the freedom it brings be yours this Lent.

**Pastor Ann**

## Hope, Light and Lent



Hope is sometimes a dazzling burst of light that reorients every moment afterward—think mountain summits and births of new babies. Hope is also the smallest glimmer of light pushing back at darkness—like finally falling asleep

when hours of insomnia have slipped by or seeing that glimmer of a moon on a day worse than no other. My question, as we move from the mountaintop of Jesus' Transfiguration to the black cross on our foreheads with Ash Wednesday, is what does Lent have to do with hope? Hope is splashed across our daily devotion book for Lent, and yet hope seems paradoxical to the often gray solemnity of the season.

Not so paradoxically, though, it's often in the dim light of gray that we most need the hope for which Lent is so perfectly situated. The season offers moments of reflection that we aren't as inclined to ponder and yet it's from this very place that hope shimmers through our cracks. The truth of ourselves as saint-and-sinner at the same time by the power of Jesus is revealed through the Lenten season like no other. The truth of Jesus present with us in the darker corners is also uniquely experienced in Lent. We're drawn into Lent regardless of our inclination for the season. Let's see what's revealed in hope along the way.

Peace,

**Pastor Caitlin**

Now hope that is seen is not hope. For who hopes for what is seen? But if we hope for what we do not see, we wait for it with patience.

Romans 8:24b–25

# Glocal Involvement



## Bridges Not Walls

### Holy Land Delegation

Young adults ages 17–35 are invited to join an alternative pilgrimage of peace and justice in the Holy Land, July 26–August 6, 2019. Visit key sites in and around Jerusalem (including Bethlehem and Nazareth). Deepen faith and develop peace-building, leadership, and advocacy skills while building relationships with local Palestinians and Israelis, including active youth and young adults of the Evangelical Lutheran Church of Jordan and the Holy Land (ELCJHL), and others engaged in the pursuit of peace and justice in the Holy Land.

Cost: Approximately \$1,350 (lodging, meals, transportation, tour guide fees, entrance fees, tips). Airfare to Tel Aviv not included in price. Airfare is approximately \$1,000–\$1,200. Application and deposit of \$350 are due by March 15, 2019.

Fundraising suggestions available.

Click here to register and receive more information: <https://goo.gl/forms/hRdJVgcObGOLAEeF3> or contact **Trena Montgomery** at [trenamontgomery@gmail.com](mailto:trenamontgomery@gmail.com) or 217-493-2246.

Just a little context for the above mentioned trip. I received this information from Trena Montgomery who is one of the leaders on the trip. When our daughter, Abby Farrand, spent a year in the Jerusalem and West Bank with the Young Adults in Global Mission, Trena was there at the same time (2010–2011). Abby and Trena were roommates. I mentioned this trip on Sunday in the adult education program. If you have any other questions let me know.

Thanks,  
**Jo Ann Wacker-Farrand**  
303-803-7901 or [socialwacker@live.com](mailto:socialwacker@live.com)

## Glocal Ministry Brown Bag Brainstorming, Part 2

Sunday, March 3, noon–1:15 p.m., Rooms 4–5

Following up on the February discussion, Social, Global, and LEAPP ministry teams are working on partnering to better focus congregational energy on local and global service projects. (LEAPP is Lutherans Engaging and Accompanying People and Policy, an Augustana ministry.) *Glocal* is a word used to convey the simultaneous global impact of local work and the local impact of global work. For more information or to let us know you're coming, e-mail Pastor Caitlin ([pastor.caitlin.trussell@gmail.com](mailto:pastor.caitlin.trussell@gmail.com)).



**Soul 2 Soul Sisters** was invited to come and lead classes for Augustana this Lent as an extension of our Lent 2018 course “Holding Up Your Corner: Talking About Race in Your Community.” Their current staffing does not currently allow for their on-site courses with congregations, BUT there is an opportunity to continue what was started! Check out their website for more information and to register (<https://soul2soulsisters.org/anti-black-racism/>).

Here is the information and dates from the registration page on their website.

Soul 2 Soul Sisters hosts **Facing Racism**, a series of groups/classes that integrate spiritual, ritual and ancestral fields with anti-racism education toward action. Facing Racism provides:

- Sacred space for participants to learn and share deeply about race and racism
- A healthy and delicious dinner
- A range of racial and theological analyses
- Information about reproductive injustices against



Black people in the United States historically and presently

- Vocabulary that is used frequently in discussing anti-Black racism
- A myriad of diverse anti-Black racism resources
- Opportunities to cultivate relationships with white accountability partners for continued anti-racism work
- An affirming space for participants to develop and implement personal and collective plans for eradicating white supremacy

The cost for Facing Racism is \$300. Partial scholarships are available. For more information, please contact Soul 2 Soul Sisters ([info@soul2soulsisters.org](mailto:info@soul2soulsisters.org), 720-295-4876, P.O. Box 7632, Denver CO, 80207).

### Register today!

The following are Soul 2 Soul Sisters Facing Racism 2019 group no. 2 dates:

- Wednesday, April 3
- Tuesday, April 16
- Sunday, April 28
- Wednesday, May 1
- Wednesday, May 15

The following are Soul 2 Soul Sisters Facing Racism 2019 group no. 3 dates:

- Wednesday, August 7
- Wednesday, August 21
- Sunday, August 25
- Wednesday, September 4
- Wednesday, September 18



## Faith Formation

### Adult Forum

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

**March 3, 10, 24, and April 7: Worship: Majesty, Mystery, and Means of Grace.** Bring your curiosity and questions as we peek behind the scenes and wonder about the “whys” of what we do during worship. Content and conversation led by the pastors.

**March 17: Bishop Jim Gonia** presents “**Claiming Our Gifts**” as he leads a conversation about Lutheran identity in Fellowship Hall. This is your chance to hear what’s on his mind since he’s making visits to congregations with the class as his priority and won’t be preaching with us this time. Bishop Jim will also be taking group pictures of the congregation during class and at the end of each worship service. The photos are a fun way for him to record his time with congregations and share those experiences with others as he travels around the Rocky Mountain Synod.

### Families Inspired Together (FIT)

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

We meet on the second Sunday of each month in Room 3, 9:15–10:15 a.m. Join us while your kids are participating in Sunday school or Confirmation.

Join us again on Sunday, March 10, where we will be discussing and sharing about giving things up for Lent.

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



## Save the dates! April 8 and 9, 2019

Augustana, in partnership with Congregation Temple Emanuel, will again be hosting a 9Health Fair on Monday, April 8 and Tuesday, April 9, 7 a.m.–noon. Attend the 9Health Fair and promote your healthy lifestyle with free and low-cost screenings. You can register on the day of the fair, or you can pre-register online at [www.9healthfair.org](http://www.9healthfair.org) where you choose and pay for your tests. (Test results arrive a little faster when you pre-register online.)

9Health Fair volunteers will be eligible for a 20 percent discount. You will receive the code when you sign up to volunteer.

### **Volunteers are needed to help with non-medical assignments at 9Health Fair at Augustana!**

We need your help to make this a welcome experience for those attending. If you helped last year, you did such a great job that you will be contacted directly in early March. If you have not been contacted by March 15, please contact us. We encourage new volunteers to come join us. No experience is needed for non-medical duties. All instruction will be provided.

To volunteer again or for the first time, contact **Sarah Jacobsen** (303-917-0221), Augustana 9Health Fair Non-Medical Coordinator.

## 9Health Fair Screenings at Augustana

### **Blood Chemistry Screening**

(Blood Draw \$35)

Get a baseline check on your overall health with this screening. Having baseline information on your cholesterol, blood glucose, liver, kidneys, thyroid and more can help you and your doctor monitor your health and prevent health issues from becoming emergencies. Information from this screening completes your employers' Health Risk Assessments (HRA).

### **PSA: Prostatic Specific Antigen Screening**

(For persons with a prostate; Blood Draw \$35)

The screening measures a protein produced by the prostate gland and is recommended if you have a family history of prostate cancer or are monitoring your PSA, per your physician recommendations. The US Preventive Services Task Force (USPSTF) has recently recommended against routine PSA screening. Other medical organizations continue to recommend it. Please speak to your healthcare provider if you have questions—this test may provide an early warning of prostate cancer or other prostate problems.

### **hsCRP: High-sensitivity C-Reactive Protein Screening**

(Blood Draw \$35)

This screening can help measure your risk of developing cardiovascular disease by measuring the amount of overall inflammation in your body. Standard heart health tests, such as cholesterol, do not test for this chronic inflammation, however chronic inflammation can be monitored by measuring hsCRP levels in your blood.

## Vitamin D

(Blood Draw \$50)

This screening is used to provide additional information regarding your overall health. Vitamin D plays an important role in protecting your bones. Many studies also suggest an association between low Vitamin D levels and an increased risk of certain types of cancers, nerve disease, immune disease, and heart disease.

## Vitamin B12

(Blood Draw \$25)

This screening is used to provide additional information regarding your blood and nerve tissue health. Insufficient Vitamin B12 can lead to some types of anemia, nerve dysfunctions, depression, tiredness, constipation, and lack of appetite among other problems.

## Testosterone

(Blood Draw—Male only—\$45)

This screening measures a hormone that is primarily produced in the testicles of men. Too high or too low levels of this hormone can result in changes of sex drive, bone density, depression, energy levels, obesity, muscle strength, sleeping patterns, thinning hair and sperm production.

## Blood Cell Count Screening

(Blood Draw \$25)

This screening gives you a general picture of your overall health by checking your white blood cells, hematocrit, hemoglobin levels, and blood-clotting abilities. Your body's ability to fight infection, anemia, liver disease and certain cancers can also be discovered with this screening.

## Hemoglobin A1c

(Blood Draw \$35)

This screening measures your average blood sugar level for 2 or 3 months. If you have diabetes, the results give an indication of how well your diabetes treatment plan is working or, if you do not have diabetes, if you are at risk of developing diabetes.

## Blood Type

(Blood Draw \$30)

This test shows what type of blood you have. Your blood type is handed down to you from your parents, and it does not change throughout your life. The test will also tell you your Rh Factor which is an inherited protein

found on your red blood cells, it will either be positive (+) or negative (-).

## Colon Cancer Screening and Education

InSure FIT Kit (Take Home Kit \$30)

This take-home/mail-in kit checks for human blood in the stool and offers information about preventing colorectal cancer and why you should get a colonoscopy.

## Did you know?

Tobacco cigarettes contain 7000 chemicals, many are toxic. Doctors don't know exactly what chemicals are in e-cigarettes. However, Dr. Blaha, director of clinical research at the Johns Hopkins Ciccarone Center for the Prevention of Heart Disease, says "there's almost no doubt that they expose you to fewer toxic chemicals than traditional cigarettes." While e-cigarettes are a better choice than tobacco cigarettes, vaping is certainly not a good choice.

Both tobacco cigarettes, and e-cigarettes contain nicotine, a highly addictive toxic substance which raises blood pressure and adrenalin, which increases heart rate and the risk of heart attack. In fact, e-cigarettes can have more nicotine than regular cigarettes.

Although they've been marketed as an aid to help you quit smoking, e-cigarettes have not received Food and Drug Administration approval as smoking cessation devices. A recent study found that most people who intended to use e-cigarettes to kick the nicotine habit ended up smoking both traditional and e-cigarettes.





# AUGUSTANA *Arts*

## Cindy and Friends

**The King of Instruments** shares the stage in a collage of sound

Saturday, March 23, 7:30 p.m., at Augustana

Join Cindy Lindeen-

Martin, playing

Augustana's

magnificent pipe

organ, where she

is joined by other

instrumentalists in an

evening of music. Unique combinations including winds,

brass, strings, percussion, and even bagpipe (!) will

fill the space. Among the selections are arrangements

of Handel's "Arrival of the Queen of Sheba" and the

famous "Highland Cathedral." You'll even experience

some jazz! As Cindy and the majority of musicians are

donating their time and talent, all ticketed proceeds

from this concert will benefit Augustana Arts. Come and

support these musicians and Augustana Arts. It promises

to be an entertaining night! A reception to meet and greet

the artists will follow.

Tickets may be purchased in advance at [www.AugustanaArts.org](http://www.AugustanaArts.org)

or at the door. Augustana members who purchase in advance, use code ALC50 for your 50 percent discount!



Saturday, April 6, 5:30 p.m. at Augustana

- Featuring guest Emcee **Michael Shasberger**
- Tickets are available online now!
- Stratus and CWC/CMC will perform—look for your invitation in the mail.

## Through the Lens of Music: Focus on Spirit

Hazel Miller sings Beethoven's 9th Symphony with Stratus Chamber Orchestra and joined by the Colorado Women's and Men's Chorales!

Friday, April 26, 7:30 p.m. and Saturday, April 27, 7:30 p.m., at Augustana

The Hazel Miller Band joins with Stratus in the first half featuring some of Hazel's favorites, but the second half is a dream come true as Hazel performs Beethoven's Symphony No. 9 joined with the Colorado Women's and Men's Chorales. It is a concert guaranteed to lift your soul, engage your mind, fill your spirit, and invigorate your body—not to mention, bring down the house.

Tickets at [www.AugustanaArts.org](http://www.AugustanaArts.org). Use code ALC50 for 50 percent off all tickets!

## Music Ministry

### Unique liturgy ushers in Lent

March 10 is the First Sunday in Lent. As we transition from Epiphany to Lent and, consequently, a new liturgy, we will mark that first Sunday with a new experience in our worship. Harkening back to the past, when choirs sang the mass (Kyrie, Gloria, Sanctus, Agnus Dei), Augustana's Chancel Choir and AVE will sing the various sections of the liturgy only on March 10. Philip Stopford composed the Belfast Centenary Eucharist, commissioned to celebrate the centenary of the consecration for the nave of St. Anne's Cathedral in Belfast, Northern Ireland. This setting will be our setting that day. As you worship, allow yourself to begin your Lenten journey by hearing and reflecting, as word and music wash over you—"Lord have mercy, Christ, have mercy," "Glory to God in the highest," "Holy, Holy, Holy," and "Lamb of God, you take away the sin of the world." Peace and blessings this Lent.

# Children, Youth, and Family Ministry

## Love and Logic classes offered at Augustana



Augustana will host a six-week Love and Logic class beginning March 3 and running each Sunday through April 7, noon–1:30 p.m.

Develop strong parenting techniques and strategies. Raise happy and well-behaved kids with positive, loving tools. The Love and Logic approach to parenting is built around the science of crafting caring and respectful relationships. An authentic, loving connection between parents and their children is the root of a healthy, thriving relationship built on trust and understanding.

### Weekly topics for the six weeks include:

1. Ending arguing, back talk, and begging
2. How to empower our children and help support them to be responsible and strong, confident
3. Setting limits and consequences for every situation
4. Avoiding power struggles
5. Supporting kids through problem solving, bullying, peer pressure
6. Everything CHORES

### Things you will learn if you take the class:

- How to get your kiddos to do chores without nagging and bribing
- Skills for each and every age level
- Help kiddos learn from their mistakes
- Discipline with love: how to make that happen
- Listening the first time
- How to make logical consequences for every situation
- How to stop power struggles

- Supporting your kiddo through bullying and preparing them to handle peer pressure
- How to teach kiddos to own and solve their own problems and challenges
- How to support and influence your child to have high self-esteem and personal responsibility
- EVERYTHING about chores

The cost is \$100 per couple or \$80 per person, and scholarship money is available. For those who took the class with us last year and would like a refresher, the cost is \$50 per person or \$70 per couple. To register, contact Director of Youth and Family Ministry **Shanna VanderWel** (303-388-4678 ext. 107 or [shanna@augustanadenver.org](mailto:shanna@augustanadenver.org)).

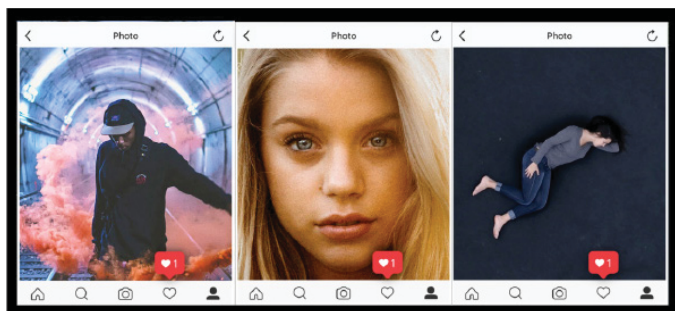


## Indulge before Lent begins!

Augustana's youth will host an Indulgences Bake Sale Sunday, March 3. Buy some of your favorite treats before Lent starts, and support the youth mission trips, camps and events!

## Make used Bibles for Augustana's graduates!

Want to send our graduating seniors with words of faith and encouragement? Help make their Bibles "used." Wondering what it means to make them used? Underline your favorite verse, share a note of encouragement next to a story that has special meaning for you, connect scripture with your favorite hymn or liturgy, draw, write, etc. Bibles will be available in Fellowship Hall beginning in March.



## social\_animals

Sunday, March 10, 5–7 p.m., Rooms 1–3

Augustana's Children, Youth and Family Ministry sponsors the showing of the documentary *Social\_Animals*. The movie follows a daredevil photographer, an aspiring swimsuit model, and a midwest girl next door—all looking for the same things from their Instagram account—a little love, acceptance and, of course, fame.

Everyone is welcome, but parents with children under 18 are asked to attend with their children. Discussion will follow the movie. Pizza and popcorn will be provided. If you are a parent of younger children and would like to attend without them, nursery care will be provided.

Please let Director of Youth and Family Ministry **Shanna VanderWel** know by Friday, March 8, if you plan to attend and if you need childcare ([shanna@augustanadenver.org](mailto:shanna@augustanadenver.org) or 303-388-4678 ext. 107).



## First Communion

Children and young people in third grade or older are invited to be a part

of Augustana's communion instruction which will be taking place on Sunday, April 7 and 14, 9:15–10:15 a.m. One parent or grandparent is asked to attend each class with their child. Painting of an individual chalice will take place Thursday, April 11, 5:30–7 p.m., at Ceramics in the City, and the celebration of First Communion will happen at Maundy Thursday worship April 18 at 7 p.m.

If you are interested in having your child or grandchild

be a part of this class, please contact our Director of Youth and Family Ministry, **Shanna VanderWel** ([shanna@augustanadenver.org](mailto:shanna@augustanadenver.org)).

## Youth serve brunch on Palm Sunday

Augustana's youth host Palm Sunday Brunch, Sunday April 14, 8–10 a.m. in Fellowship Hall.



Enjoy a variety of breakfast delights including eggs, fruit, smoked salmon, bacon, pastries, juice and much more! Suggested donation is \$10 per person or \$50 per family.

## Save the dates!

Vacation Bible School is Monday, July 15–Friday, July 19, led by energetic counselors from Sky Ranch Lutheran Camp! Campers will be invited to sing songs they learned in the week at 10:30 a.m. worship, Sunday, July 20. Mark your calendars now and watch Augustana's publications and website for hours and other details.

## Fellowship

### Trailblazers

#### Bear Creek Lake Hike

Saturday, March 23, leave Augustana's south parking lot at 9 a.m. Another great wildlife viewing area! This hike just southwest of Denver will take us around Bear Creek Reservoir.

Rating: Easy

Distance: 4–5 miles roundtrip

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



## Book Group

*I Was Told To Come Alone* by Souad Mekhennet

For her whole life, Souad Mekhennet, a reporter for The Washington Post who was born and educated in Germany, has had to balance the two sides of her upbringing—Muslim and Western. She has also sought to provide a mediating voice between these cultures, which too often misunderstand each other.

In this compelling and evocative memoir, we accompany Mekhennet as she journeys behind the lines of jihad, starting in the German neighborhoods where the 9/11 plotters were radicalized and the Iraqi neighborhoods where Sunnis and Shia turned against one another, and culminating on the Turkish/Syrian border region where ISIS is a daily presence. In her travels across the Middle East and North Africa, she documents her chilling run-ins with various intelligence services and shows why the Arab Spring never lived up to its promise. She then returns to Europe, first in London, where she uncovers the identity of the notorious ISIS executioner “Jihadi John,” and then in France, Belgium, and her native Germany, where terror has come to the heart of Western civilization.

Souad Mekhennet’s story is one you will not soon forget. (Amazon)

Join us Monday, March 18, 11:15 a.m. in the Anna Paulson Room.

## Theater and Theology

### Sweat

Tuesday, May 14, 2019, 6:30 p.m., Space Theatre,  
Tickets: \$35

Contact **Rosalee Wanchisen** (303-759-9836) by Sunday, April 21 to reserve a ticket or for information.

For the people of Reading, Pennsylvania, work is so much more than a paycheck—it’s the glue that holds the town together. The floor of their central factory is where lifelong friendships are made, where love blossoms and where family members work side-by-side. But as layoffs become the new norm and a cheaper workforce threatens the viability of the local union, the threads that once kept the community together begin to fray. *Sweat* is an “extraordinarily moving drama” (The New York Times) that powerfully contrasts life’s happiest highs with the heart-wrenching struggles of survival. Using warm humor and deep empathy, this 2017 Pulitzer Prize winner from Lynn Nottage (*Ruined*) paints a moving portrait of today’s working-class America in decline.

Registration with check payable to Rocky Mountain Synod and footnoted “T&T Augustana: Sweat” must reach Augustana’s office by Sunday, April 21.

## Tower design spotlighted

Last year’s edition of the March *Tower* was recently recognized in an edition of the *Newsletter Newsletter*, a resource that provides editing advice, graphics, and content suggestions to church newsletter editors. The *Tower* was spotlighted for its cover design with Augustana’s Holy Week and Easter schedule.

### FEATURE: Spotlighting a subscriber's newsletter

## Lenten series ties front page together nicely

Last March, *Augustana Tower* used a Lenten clip-art series from *The Newsletter Newsletter* to publicize the church’s Holy Week and Easter worship services and events. The images palms\_16860c, chalice\_16861c, crosses\_16862c and butterfly\_16863c (with captions removed) draw attention to a quadrant of announcements about Palm Sunday, Maundy Thursday, Good Friday and Easter Sunday. This is a visually pleasing, cohesive way to share important holiday information with readers.

*Augustana Tower* is a publication of Augustana Lutheran Church, Denver, Colorado.



ELECTRONIC SERVICE REQUESTED

*Place mailing label here*





- 1** Tim Libby  
Jerry Sanders  
Shanna VanderWel  
Trinity Vierow
- 2** Alex Pulley  
Cora VanderWel
- 3** Jamye Gilbertson  
Karen Jordahl  
Glenna O'Neal  
Sharon Schillereff
- 4** Patricia Aronstein  
Paul Edstrom  
Michelle McHattie
- 5** Henry Gerber-Ward  
Kathy Kesner  
Maggie Morris  
Raeann Seney
- 6** Donna DeBell  
Braden Ezpeleta

- 7** Heidi Logsdon  
Trevor Solheim  
Morgan Terwilliger
- 8** Kristen Cochrane  
Ford Finke  
Doris Scanlan
- 9** Jon Gilbertson  
Evelyn M. Johnson
- 10** Sandra Heitzman  
Kathy Jenkins
- 11** Jim Dierker  
Ethel Essig
- 12**
- 13** Nina Bernhard  
Henry Kouba  
Donald Lund  
John Pederson
- 14** Sonya Hultman

- 15** Jesse Altum  
Ann Hultquist  
Phoebe Ralston
- 16** Jack Bartels  
Shirley Bentley  
Jeff Boe  
Jack Genovese  
Blythe Karstadt  
Lucille D. Smith
- 17** LouAnn Baker  
Anna Bjornebo  
Emily Bjornebo  
Tamra Mohs
- 18** Kay Bengston  
Emily Friesen  
Ann Nimrod
- 19** David Bonicelli  
Elizabeth Damon  
Steven Dirks  
Duane Vikman  
Jo Ann Wacker-Farrand
- 20** Paige Hartkoorn  
Sonja Massie  
Daphne Ralston  
Anderson Woodward
- 21** Sarah Graham  
Norma Gerber
- 22** John Flory  
Benjamin Swenson  
Claire Taron  
Scott Yeager

- 23** Kara Carter  
Tim Kah  
Nancy Morgan  
Mindy Penny  
Kisanet Seare
- 24** Steven Trautmann  
Patricia Vaillancourt
- 25** Dana Crona  
Lillian Crook  
Emmett Cruson  
Allan Schneider
- 26** Gayle Bebee  
Mary Goodwin  
Abbie Miller
- 27**
- 28** Henry Bourg  
Inger Helm  
Brenna Rowan
- 29** Tim Zeckser
- 30** Marilyn Kessler  
Errol Sweetser  
Finley Zumwalt

*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
					<b>1</b> 8am Bulletin Assembly 9:15am Silver Notes 9:45am Augustana Firm Believers	<b>2</b>
<b>3</b> <b>Transfiguration of Our Lord</b> <b>Health Ministry Sunday</b> <b>Worship/Communion</b> 8am Fellowship/Coffee 9am Faith Formation 9:15am Indulgences Bake Sale 10:30am <b>Worship/Communion</b> Noon Love and Logic Noon Prayer Shawl Ministry 12:15pm Glocal Ministry <i>See JASS below</i>	<b>4</b> 9:45am Augustana Firm Believers 10am Chapel Prayer 6:30pm Augustana Early Learning Center Board	<b>5</b> 9am Library Committee 5pm Worship Committee 5:30pm Yoga 6pm Augustana Ringers 6:30pm Theater and Theology: <i>The Whistleblower</i> 7:30pm Chancel Choir	<b>6</b> <b>Ash Wednesday</b> 9am Augustana Early Learning Center Chapel 9:45am Augustana Firm Believers 11am <b>Worship/Communion</b> Noon Monthly Luncheon 5:30pm Ash Wednesday Pancake Supper 7pm <b>Worship/Communion</b>	<b>7</b> 9:30am Thursday Morning Bible Study 9:30am Phoebe Circle 5:30pm Mindfulness Yoga	<b>8</b> 8am Bulletin Assembly 9:45am Augustana Firm Believers	<b>9</b>          <b>Daylight Saving Time</b> Turn your clocks ahead.
<b>10</b> <b>Lent 1</b> <b>Worship/Communion</b> 8am Fellowship/Coffee 9am Faith Formation 9:15am Indulgences Bake Sale 10:30am <b>Worship/Communion</b> Noon Love and Logic 5pm Movie: "Social Animals" <i>See JASS below</i>	<b>11</b> 9:45am Augustana Firm Believers 10am Chapel Prayer	<b>12</b> 9:30am Deborah Circle 5:30pm Yoga	<b>13</b> 9am AELC Chapel 9:45am Augustana Firm Believers 6pm <b>Lenten Soup Supper</b> 6pm Augustana Ringers 7pm <b>Holden Evening Prayer</b> 7:30pm Chancel Choir	<b>14</b> <i>The Tower</i> deadline 9:30am Thursday Morning Bible Study 10am Sarah Circle 5:30pm Mindfulness Yoga 7pm Property Committee	<b>15</b> 8am Bulletin Assembly 9:45am Augustana Firm Believers	<b>16</b> "God's work. Our hands." 8:45am ANSAR Pantry 9am <b>Lenten Retreat:</b> "Lasting Hope"
<b>17</b> <b>Lent 2</b> <b>Preschool Sunday</b> <b>Worship/Communion</b> 8am Fellowship/Coffee 9am Faith Formation 9:15am "Claiming Our Gifts: Lutheran Identity" 10:30am <b>Worship/Communion</b> 11:45am Empty Bowl Luncheon and Auction Noon Love and Logic <i>See JASS below</i>	<b>18</b> 9:45am Augustana Firm Believers 10am Chapel Prayer 11:15am Book Group	<b>19</b> 5:30pm Yoga 7pm Congregation Council	<b>20</b> 9am AELC Chapel 9:45am Augustana Firm Believers 6pm <b>Lenten Soup Supper</b> 6pm Augustana Ringers 7pm <b>Holden Evening Prayer</b> 7:30pm Chancel Choir	<b>21</b> 9:30am Thursday Morning Bible Study 5:30pm Mindfulness Yoga	<b>22</b> 8am Bulletin Assembly 9:45am Augustana Firm Believers	<b>23</b> 9am Trailblazers: Bear Creek Lake Hike 7:30pm <b>Augustana Arts:</b> Cindy and Friends
<b>24</b> <b>Lent 3</b> <b>Worship/Communion</b> 8am Fellowship/Coffee 9am Faith Formation 9:15am Indulgences Bake Sale 10:30am <b>Worship/Communion</b> Noon Love and Logic <i>See JASS below</i>	<b>25</b> 7:30am Foot Care Clinic 9:45am Augustana Firm Believers 10am Chapel Prayer	<b>26</b> 12:30pm Senior Ministry Committee 1pm <i>The Tower</i> Assembly 5:30pm Yoga 7pm Rachel Circle	<b>27</b> 9am AELC Chapel 9:45am Augustana Firm Believers 6pm <b>Lenten Soup Supper</b> 6pm Augustana Ringers 7pm <b>Holden Evening Prayer</b> 7:30pm Chancel Choir	<b>28</b> 9:30am Thursday Morning Bible Study 5:30pm Mindfulness Yoga 7pm Women, Wine, and Word	<b>29</b> 8am Bulletin Assembly 9:45am Augustana Firm Believers	<b>30</b>
<b>31</b> <b>Lent 4</b> <b>Worship/Communion</b> 8am Fellowship/Coffee 9am Cross+Gen Faith Formation 10:30am <b>Worship/Communion</b> Noon Love and Logic <i>See JASS right</i>						
					11:30am Lunch	
					12:15pm Cherubs, Choristers, GraceNotes	
					1pm Recorders, Cantabile, SONshine Ringers	
					1:45pm BELLievers	