

Luther and the Bible . . . and you

Reformation Day is celebrated on October 31. Consider this important contribution of Martin Luther, one of the main leaders of the Reformation.

Luther's life was threatened due to his protesting of certain activities he felt did not befit the Church. He went into hiding and found refuge as the guest of the ruler of Saxony in Wartburg Castle.

How was Luther to pass the time until it was safe for him to begin preaching and teaching openly again? He translated the Bible from the original languages into German. It was not an easy task. There were various versions of the German language spoken across that country. The different dialects made it difficult for those

from any given section of the country to communicate easily with those from another.

Luther's Bible, therefore, was a great gift to the German people. The words he used—which, by the way, he checked with the castle's butcher to make sure the common person could understand—actually enabled the German people to have a unified language. In a real sense, Martin Luther was the father of the German language used today.

Whether it's in German, English, or any of the other 554 languages that have complete Bible translations,

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LUTHERAN CHURCH

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Thursday, October 10, 4:30 p.m. is the deadline for the November edition. Email **Lyn Goodrum** (goodrum@augustanadenver.org).

Sunday Schedule

- 8 a.m. and 10:30 a.m. Worship
- 9 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
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Dick Larson, Choral Director
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Custodians
Ellen Kastens, Amy Tamminga,
Erin Saboe Willoughby, Wedding
Coordinators
Wendie Edwards, Director, Augustana
Early Learning Center

Recently lifted up in prayer

For hope and healing:

- Sharon Baxter, Jane Carlstrom, Venus Conklin, Linda Crow, Reinhard Hauck, Elizabeth Izant, Thomas Miller, Joyce Oleson, Norm Olson, Arthur Rosemary, Lee Reinhart, Cara Thomas

For comfort and courage:

- Jo Ann Wacker-Farrand in the death of her cousin, Mary Ellen Anderson
- Brian Bernhard in the death of his uncle, Mark Bernhard
- Jim Apple in the death of his sister, Elizabeth Jenni
- Roger Loots in the death of his sister, Judy Klotz
- Tracy Lutz in the death of her grandmother, Lola Naylor



Bible Quiz

Complete the first of Jesus' "beatitudes" correctly: "Blessed are the poor in spirit, for . . ."

- A. they shall be comforted.
- B. theirs is the kingdom of heaven.
- C. they shall inherit the earth.
- D. they shall see God.

(See Matthew 5:3. Answer page 15.)



Rejoice with

- Lucas James Faires, son of Andrew and Kayla Faires, in his baptism

Thanks, Augustana!

Thinking of you as I often do. Thanks for the thoughts and prayers.

Jim Apple

Worship

Reformation Sunday, October 27

Celebrate Reformation Sunday, October 27, with worship in Augustana's sanctuary at 8 a.m. and 10:30 a.m. Augustana's confirmands will affirm their baptism at 10:30 a.m. worship. The festival color is red! Join us for festive worship!

Stewardship Breakfast

Watch for your invitation to the "All In" Kick-Off Stewardship Breakfast on Sunday, October 20 at 9:15 a.m. in Fellowship Hall. A continental breakfast will be served, and you'll have the opportunity to view a video highlighting what our giving accomplishes. Please join the Augustana community as we celebrate the ministry we do together!



Dick Larson announces his retirement

As many of you already know, after considerable thought, prayer, and consultation with several of my trusted colleagues, friends and family members, I have submitted my letter announcing my retirement as Chancel Choir Director at Augustana Lutheran effective Sunday, November 3, 2019. I will continue directing the choir in worship services during the fall season, including September, October and through Sunday, November 3, 2019. This will include my conducting the *Requiem* by Bob Chilcott, a recently composed major choral composition appropriate for All Saints Sunday.

I have had a very rich career as a music conductor. I chose a few years ago to close out my music career by concentrating on music in worship. That has proved to be the right decision. The Chancel Choir members have been like family to Judy and me. I have been so blessed to be able to make beautiful music with these singers. They have been such close friends, and a stalwart example of The Christian Community in Action! I have shared with so many members of the congregation how strongly I feel that music in worship has been one of my most important callings. I have loved every minute of bringing the passion of music alive in the hearts and souls of my singers, players and the congregation as a whole. My life has been blessed.

In reflecting on my career as a conductor, I have so enjoyed looking back at my teaching and conducting years. I started conducting and being a music educator in 1961. From 1961 to 2001, I was an instrumental and

choral music educator for 39 years. From 1961 to 2014, I taught community music (bands, symphonies and choruses) for 40 years, and from 1961 to 2019, I have directed church choirs for 30 years.

In closing my career, my involvement with music in worship at Augustana for thirteen years has been a superb experience. Press on!

Soli Deo Gloria.

Richard Larson

Celebrating Dick

Celebrate Dick and his work as Augustana's Chancel Choir Director, Sunday, November 3!

Dick will be blessed during 10:30 a.m. worship and recognized during Coffee Hour in Fellowship Hall, 9–10 a.m.

Following the 7:30 p.m. All Saints concert, featuring a new *Requiem* by Bob Chilcott, Dick will be honored with a reception acknowledging his 13 years of conducting Augustana's Chancel Choir in worship and concert and his celebrated 60-year conducting career!



“God’s work. Our hands.” Sunday: Augustana CAN!!

God’s work. Our hands.

“God’s work. Our hands.” Sunday, September 8, was a high energy morning with many Augustana hands on deck. Several newcomer families added their hands too. The youth lunch makers for our neighbors without homes made 100 lunches and delivered them downtown; knitters worked on blankets; sorters, carriers, and sweepers worked on beans and rice; ministry table hosts gave information and had sign-ups; coffee servers kept everyone hydrated and fed; and coffee drinkers expanded the fellowship in the room. Many hands made for light work and a fun morning. Thank you, one and all, for serving in Compassion and Action with Our Neighbors on “God’s work. Our hands.” Sunday!

And an extra thank you to all those who helped set up, portion, and clean up for the “God’s work. Our hands.” rice and beans breakdown! Together we repackaged 1,800 lbs. rice, 1,200 lbs. pinto beans, 600 lbs. black beans, 60 lbs. Basmati rice, and 21 lbs. lentils (3,681 lbs. of food total) into two-pound portions for Metro Caring. With so many hands we were done in about an hour! Let’s do it again in January!

Don Troike and **Pastor Caitlin** on behalf of Augustana’s Compassion and Action with Our Neighbors (CAN) Ministry



Pastors



Where does our offering go? What does it do in our congregation, our community, and our world? How does it help people hear about the love that Jesus has for them?

Whether you give in the Sunday morning

offering plate, or through electronic giving, you may have wondered about these questions. Together as a congregation, we share what God has already given us. That money goes on to make an impact on the lives of other people through organizations like Metro Caring, our partner in serving those in need in Denver. It also makes possible all the ministry that we share in our congregation—worship and music, faith formation, the Early Learning Center, youth and family, health ministry, and the work of our dedicated staff. It also provides a place—a building—for our own activities and hundreds of community organizations in a given year. People hear and experience God’s love flowing through us in these ways.

Just as importantly, our giving changes us—when we share what God has given us, we express our trust in God’s ability to provide all that we need. We also are able to recognize that we are called to not live for ourselves alone but to reach out to all our brothers and sisters as part of God’s family.

This month we will kick off our financial pledge drive for 2020. Our theme this year is “All In,” and everyone is encouraged to think about, talk about, and pray about the ways we are “All In” at Augustana to help make ministry happen. Your financial commitment is needed and your giving makes a difference!

Pastor Ann

Worship, Breathe, and Be Salted



Worshiping Jesus is multivalent. Layers of meaning permeate the pews. Worship challenges and convicts us to deeper discipleship, grows our faith, shocks us with radical grace, sends us out for compassionate action with

our neighbors, and so much more. These days, worship as a cocooning haven has captured my attention. In the bustle of autumn, our lives tend toward getting down to business after the slower pace of summer.

Worship is a counterbalance to the autumn bustle. I know this isn’t a universal experience, particularly for parents of our littlest littles and for the people responsible for specific details on any given Sunday. But over time, worship’s sacred space reminds our bodies that there is room to breathe and that there’s another lens through which we’re invited to see and experience our world in the day-to-day. A place where we remind each other of God’s promises and a place where our saltiness is restored by the risen Christ (Matthew 5:13).

In autumn’s “Welcome to worship” on the front of the worship bulletin there is a reminder that our sacred space is room to breathe. Take a moment, even if it’s a brief one, before each worship to read the welcome and experience this holy pause.

Peace,

Pastor Caitlin

Bible Quiz

Who had a staff sprout, bud, blossom and produce almonds, indicating that God had chosen him for a special reason?

- A. Moses
- B. Zechariah
- C. Aaron
- D. Nathan

(See Numbers 17:1–11, specifically v. 8. Answer page 15.)



Luther and the Bible . . . and you

continued from cover

Augustana encourages you to read your Bible! For group settings, check out these opportunities.

Circles

Four women's circles offer monthly get-togethers for Bible study and Christian service. Bible study is guided by *Gather*, the magazine of Women of the ELCA, which offers a mix of articles, theological reflections, devotions and stories of comfort and challenge that help readers grow in faith and engage in ministry and action. Service projects include giving out care bags for homeless folks, supporting Rainbow Trail Lutheran Camp, collecting sample size toiletries for youth and women's shelters, and more. Some of the circles meet at Augustana; others, in participants' homes.

- **Deborah Circle** meets second Tuesdays, 9:30 a.m. in Augustana's Anna Paulson Room.
- **Phoebe Circle** meets first Thursdays, 9:30 a.m. in participants' homes.
- **Rachel Circle** meets fourth Tuesdays, 7 p.m. in the Anna Paulson Room.
- **Sarah Circle** meets second Thursdays, 10 a.m. in participants' homes.

If you'd like to experience a circle Bible study, contact Augustana's office (303-388-4678) and we'll connect you with its leader who can share additional information.

Women, Wine and Word

Pastor Ann facilitates this monthly gathering for discussion around faith and scripture. This fall participants will explore the gospel of Mark, meeting on third Thursdays at homes of participants. Women of all ages are welcome! To join this group, contact Pastor Ann (ann@augustanadenver.org or 303-388-4678 ext. 105). *See also page 16.*

Adult Forum

As Adult Forum explores a variety of topics, many of them have a Bible study component. During September and the first week of October, Pastor Ann leads a study

on 1 and 2 Corinthians, Sundays, 9:15 a.m., Anna Paulson Room. *See also page 13.*

Thursday Morning Bible Study begins Thursday, October 3, 9:30 a.m., Anna Paulson Room to continue studying the Early Christian Letters with focus on the letters of Peter.

The monthly **Cross+Gen Faith Formation** offers opportunities for people of all ages to gather together around God's word. Bypass the classroom and come to Fellowship Hall at 9 a.m. on Sundays, October 27 and November 24, 2019 and January 26, February 23, March 29, and April 26, 2020.



Faith Formation

Children and youth are invited to Sunday morning Faith Formation at 9 a.m. in the education building to explore God's word through a variety of activities including discussion, science, music, theater, and arts & crafts.

Individual study

For individual Bible study, pick up a copy of the *Christ in Our Home* devotional from Augustana's entrance tables. This quarterly resource published by Augsburg Fortress offers daily devotions written by pastors and lay members of the Evangelical Lutheran Church in America. Large print versions are available.

Augustana's weekly bulletin and emailed e-Pistle offer a daily lectionary with readings that complement readings used in Sunday morning worship. Also, beginning on page 2081, the blue Lutheran Study Bible (NRSV) offers three different paths for a Bible Reading Plan.

Martin Luther once said, "For several years I have read the Bible through twice in 12 months. It is a great and powerful tree, each word of which is a mighty branch. Each of these branches have I well shaken, so desirous was I to know what each one bore and what it would give me. And the shaking of them has never disappointed me."

Few of us will ever approach the time and energy Luther devoted to reading the Bible. Yet, as Luther's heirs, we carry his love for Scripture and affirm with him that God's Word alone holds the key to life and salvation. With Luther, we want to "shake each branch" to discover its meaning for our lives. (*From Lutheran Study Bible, p. 2081, Augsburg Fortress.*) Augustana invites you to partake of our Bible study resources.

And enjoy the Bible Quizzes sprinkled throughout this newsletter!

Bible Quiz

Name the first three kings of Israel in the order of their reigns.

- A. Saul, David, Solomon
- B. Samuel, David, Saul
- C. Abraham, Isaac, Jacob
- D. Solomon, Jesse, David

(See 1 Samuel 9:15–17; 16:1–13; 1 Kings 1:28–30. Answer page 15.)



An invitation to Sunday lunches: All are welcome!

Augustana's Music Ministry and Children Youth and Family Ministry invite you for fellowship and food on Sundays following 10:30 a.m. worship.

We will be offering a rotation of catered meals. All are welcome, and there will be no charge. However, as there are incurred expenses, if you are so inclined to help out, we invite any contribution you may wish to make. You can easily donate through Augustana's online giving page, or by putting a "Sunday Lunch" donation in the offering plate.

Help with setting and cleaning up is also appreciated; a sign-up will be available for those able to help.

Lunch will not be offered every Sunday; here's the schedule through December.

- October 6: Noodles and Company
- October 20: Chipotle
- October 27: Potbelly Sandwiches
- November 3: Chili Cookoff
- November 9: Noodles and Company
- November 17: Pizza
- December 1: Potbelly Sandwiches
- December 8: Advent Adventure—Walking Tacos
- December 15: Noodles and Company
- December 22: Chipotle

New Augustana video

Check out and share the new video “Growing in Faith: Augustana’s Youth and Family Ministry”!

- On Facebook: <https://www.facebook.com/augustanadenver/videos/3204448529567014/>
- On AugustanaDenver.org: <http://www.augustanadenver.org/videos/>

Faith formation takes time. Children, Youth and Family Ministry leads the way, celebrating children as part of the church today. Being their authentic selves, becoming friends, and having Jesus as their center breaks down barriers caused by stressors that they might have in life. You’re invited to be a part the action!

Thank you to Shanna VanderWel, Michael Gentes, Erin Williams-Vohs, and Ken Rinehart Media for the time and care given to make this video!

Bible Quiz

During the dramatic experience when God called Isaiah to be a prophet, who or what filled the temple?

- A. 144,000 worshipers
- B. The bottom of God’s robe
- C. Smoke
- D. Priests offering sacrifices

(See Isaiah 6:1–8. Answer page 15.)



Congregation Council

Happy Fall! It is so wonderful to see all the energy at Augustana for the beginning of the 2019–2020 Faith Formation year. Thank you to all those responsible for the exciting kickoff for the kids and adult learners. It is a wonderful time of year, and there are so many possibilities for everyone to get involved. Watch the monthly *Tower* and weekly bulletins and e-Pistle that is emailed out to those interested in getting information a couple days early. Don’t forget about lunch for all after 10:30 a.m. worship.

The “God’s work. Our hands.” Sunday was filled with so many generous people. Thank you to all that donated, volunteered, and led the planning efforts for a very successful hour or so of filling zip bags with black beans, pinto beans, and rice. That was so helpful to Metro Caring. There were also helpful people making lunches for the homeless that were delivered by Augustana volunteers (and donations for the ingredients, too).

Our next congregational meeting is coming up Sunday, November 10 after 10:30 a.m. worship (Broncos bye week), and we would love for you to attend! The Congregation Council has lots to share with you! We will have updates to the Dakota Land Initiative, the good news happening all around Augustana, and an update on our progress on the Strategic Plan!

Lisa Boe-Sims,
Congregation Council President

Volunteer Ministry

Become a Sunday communion volunteer

Please volunteer to serve communion on Sundays if you’re not yet in the mix. Many hands make for a lighter, intermittent commitment for everyone who serves. There’s training beforehand and grace for whatever mishaps occur on any given Sunday—remember, grace is kind of the point of communion in the first place. Talk to **Julie MacDougall** or one of the pastors. Julie’s e-mail is macdougall@augustanadenver.org. Or call her in the office Monday through Thursday after 8:30 a.m. (303-388-4678).

Augustana’s Sunday hospitality ministry is supported by 40 people each week who drive buses, acolyte, carry a cross, mentor youth, greet, usher, read scripture, lead prayer, and prepare and/or distribute communion—and more than that if you add the adult choir, kids choirs, and Sunday school. Gratitude abounds for everyone already in the mix of Sunday’s hospitality! Please look for reminder emails from Julie, and make sure to get switched ahead of time if you find that you need to reschedule. This helps us plan ahead and avoid last minute scrambling.

Verny and Bode

If the news of the day ever gets you down, drop by Springbrooke Retirement Community in Denver and pay a visit to Verny Pabst. She will greet you with a delighted smile and a mischievous twinkle in her eye,



and you will leave feeling better about the world. Verny enjoys every visitor, especially the ones with four legs.

I started bringing Communion from Augustana to Verny several years ago. Although the goal was to keep Verny close to her church community, I believe that she has given more to me than I have brought to her. I always leave her feeling uplifted and more optimistic. Over time, I learned about Verny's wonderful sons, her husband, her extended family, her grandchildren and great-grandchildren (some of whom inherited her mischievous eyes), her friends at Springbrooke, her travels, and her days as a wife, mother, and professional who worked during an era when many women worked only in the home.

During one of our chats, she mentioned that she loves dogs, and I showed her pictures on my phone of my

golden retrievers. Thus was the idea born—to bring along my male puppy, Bode, to visit Verny when I brought Communion. I was more than a little nervous on that first visit. What kind of havoc could a big, young dog wreak at an assisted living community? But it was love at first sight, and Bode seemed to instinctively

know that he must treat a nonagenarian gently. Verny pats him and converses with him, and he takes it all in for as long as we can stay.

Early in September, Bode and I visited Verny for her 96th birthday. Bode sat quietly as Verny and I prayed together, and I gave her Communion. Then he got his chance for “Verny love.” We chatted about her plans with family that day, and I thought to myself, “If you are going to live a long, happy life, do it like Verny. Find the joy where you can, every day.” When we

left, Verny reminded me that I was always welcome, but Bode was even more welcome. He can't wait to go back.

Vicki Hildner

Bible Quiz

Which follower of Jesus preached to the crowds after receiving the Holy Spirit on Pentecost?

- A. John
- B. Peter
- C. Mary Magdalene
- D. Paul

(See Acts 2:14. Answer page 15.)



Glocal Involvement

New Beginnings Worshipping Community in Denver Women's Correctional Facility

This October's Chow Hall Gala has been cancelled for October 11. The need for funds remains as New Beginnings is dependent on external donors for obvious reasons. Please make a donation by linking here: <https://www.newbeginningswc.org/donate>.

Augustana Lutheran Church has a long history with New Beginnings. As a joint ELCA Lutheran/Episcopal ministry within the walls of the Denver Women's Correctional Facility, the ministry, including their called pastor, depends on the generosity of congregations and individuals for support. Thank you!

Cultural Mentoring and Exchange Program

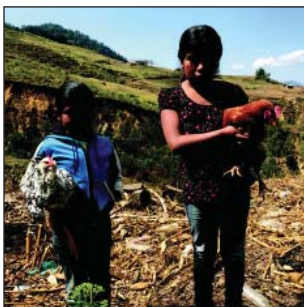
Here is a great opportunity to serve, make friends, acquire new skills and learn about another culture!

Lutheran Family Services, in partnership with the Denver Rescue Mission, is training teams to befriend recently arrived refugee families and help them for six months in four key areas: financial literacy, employment, practical life skills, and learning English. Lutheran Family Services will come to Augustana to train teams if we have enough interest; otherwise, those interested can join other teams. They expect to have 4–6 people on a team. If you have an interest in joining an Augustana team, let **Rhonda Crossen** know (303-333-5544 or rhonda.crossen@gmail.com). For more information from Lutheran Family Services, contact **Mary Feeney Francis** (303-225-0199 or mary.francis@lfsrm.org).



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

Hatching a reliable protein source



Mexico

In the remote and mountainous community of Llano de las Piedras, Cochoapa el Grande in Guerrero, Mexico, poverty and lack of opportunity can make healthy food

hard to come by. As a result, children can suffer from malnutrition and slowed growth and development. Marcelina and her daughters, Imelda, 12, and Esmeralda, 10, were among the families who had a tough time affording enough healthy food. With little income and few options for growing crops, the choices for protein were limited. While Marcelina and her family were able to get eggs to eat three times a week, this was not enough to meet the nutritional needs of growing children.

Now things have changed for this family, thanks in part to your gifts to ELCA World Hunger. Working with a local organization, Amextra, the family received six chickens, materials for chicken coops and training on how to care for the poultry. Now they work to take care of the chickens and have eggs to eat anytime. They can sell the extra eggs at the market for additional income, which can be used to buy food or other essentials such as salt, dried chilis, tomatoes and rice.

Through your gifts to ELCA World Hunger, Amextra is helping other families in Llano de las Piedras make that belief a reality, too. In addition to providing chicken coops, your gifts helped other families in the community start gardens to grow vegetables such as radishes, cilantro, cabbage, broccoli and carrots, which allows them to supplement their diet and their livelihood. This is the kind of change that can impact the entire community, household by household, increasing stability and addressing the root causes of hunger. Thanks to your support, Marcelina and her neighbors can make seasons of hunger and episodes of malnutrition a thing of the past.

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

Lutheran Family Services

Each year in Colorado, thousands of kids are unable to live with their biological parents because of abuse or neglect. We need families who can provide temporary care until children reunify with their parent, as well as families willing to adopt children and teens if they can't return to their families.

No-cost, no-obligation, informational meetings are held throughout the Denver Metro area. Come find out if foster care is the right path for your family!

- **Wednesday, October 2**, 5:30–7 p.m., Ross Cherry Creek Library (305 Milwaukee St., Denver, CO 80206)
- **Wednesday October 9**, Two sessions! 12:30–1:30 p.m. and 5:30–6:30 p.m., Lutheran Family Services (363 S. Harlan Street, Ste. 105, Lakewood, CO 80226)
- **Tuesday October 15**, 6:30–7:30 p.m., Koelbel Library (5955 S. Holly St., Centennial, CO 80121)
- **Monday October 21**, 5:30–7 p.m., Central Recreation Center (18150 E. Vassar Pl., Aurora, CO 80013)
- **Tuesday October 29**, 5:45–7 p.m., Woodbury Library (3265 Federal Blvd., Denver, CO 80211)

Please register with **Nicole** (nicole.brown@lfsrm.org or 303-217-5852). One-on-one meetings can also be arranged to work around your busy schedule.

Bible Quiz

In Luke's account of Jesus calling the first disciples from their work as fishermen to follow him and "fish for people" (NIV), which disciple is not named?

- A. James
- B. John
- C. Simon
- D. Andrew

(See Luke 5:1–11. Answer page 15.)



Property Corner

Two bucks. Not much can be purchased for this amount anymore, but the Property team has found something of great value at this low price! As we are continuing to clear our flower beds of weeds and "volunteer" plants and trees, our plans have turned to replanting these newly mulched areas. It seems we need to visit a big box hardware store almost daily for maintenance items, and on one such trip we stumbled onto the "reduced" rack in the garden section. Standard price? Two bucks. Native grasses, sages, rosemary, lavender, and other plantings—all marked as two bucks. The grounds are definitely benefitting from this find, and we will continue checking for these bargains throughout the fall.

Ecowatch

- We are beginning to see the benefits of our outdoor lighting LED conversions in reduced electricity use.
- We have used less water this summer through closer monitoring—and plan to add more smarts to our irrigation system in order to use even less next year.
- The new memorial garden sign is mounted to a section of the old climbing pole from the playground. We will continue to reuse/repurpose onsite materials when possible.

Fun Fact

We found five plastic Easter eggs while clearing campus flower beds. Considering the number of eggs hidden every year and the number of years since the beds were cleaned out, the children have done a pretty good job hunting those eggs!



Blessings from the Property Team

Health Ministry

Take Three Actions to Prevent Flu

Action 1: Get Vaccinated!

The single best way to prevent seasonal flu is to get vaccinated each year!



A seasonal vaccine is distributed routinely every year. Flu vaccines are updated to better match circulating viruses.

- While there are many different flu viruses, flu vaccines protect against the three or four viruses (depending on the vaccine) that research suggests will be most common.
- Everyone 6 months and older should get vaccinated.
- People at high risk of serious flu complications include young children, pregnant women, people with chronic conditions like asthma, diabetes or heart and lung disease and people 65 years and older.
- Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for them or anyone else at high risk for the flu should be vaccinated (parents, caregivers, health care workers).

Action 2: Follow these Preventative Steps

Good health habits can often help stop the spread of germs and prevent respiratory illnesses. Good habits include:

- Wash your hands often, Wash your hands often, Wash your hands often, And Wash!
- If soap and water are not available, use an alcohol-based hand rub.
- Avoid close contact with people who are sick.
- Stay home when you are sick. If you are sick with flu-like illness, Center for Disease Control (CDC) recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)

- Cover your mouth and nose with a tissue or your sleeve, when coughing or sneezing.
- Avoid touching your eyes, nose or mouth.
- Clean and disinfect frequently touched areas at home, work or school, such as computer keyboards. Keep a container of disinfectant wipes next to your computer.
- Practice good health habits: **get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, eat nutritious food—especially fresh greens, fruits and vegetables.**

Action 3: Take Antiviral Drugs if your Doctor prescribes them

If you get sick with flu, antiviral drugs can be used to treat your illness. Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious complications.

For more information visit the cdc website at cdc.gov/FightFlu

Resource: <https://www.cdc.gov/flu/prevent/prevention.htm>

Nursing Notes from Sue Ann #Nurse#Care#Wellness

Be watchful, stand firm in your faith, be courageous, be strong.
Let all that you do be done in love.

1 Corinthians 16:13

#Assess#Faith#Courage#Strength#Love

When it comes to social media, the hashtag is used to draw attention, to organize, and to promote. Hashtags got their start in Twitter as a way of making it easier for people to find, follow, and contribute to a conversation. Although I enjoy checking my Instagram account as a way to stay up to date on happenings with family and friends, I rarely add posts and never use hashtags. Furthermore, I have yet to access Twitter. This is a season of new beginnings, SO, if I were to use hashtags to draw your attention to my new role as your new Faith Community Nurse, I would use the hashtags in the above title, #Nurse#Care#Wellness. I would also add the hashtags #Assess#Faith#Courage#Strength#Love to draw your attention to the verse from the first letter Paul wrote to the people in Corinth. This verse, from the 16th chapter, is a fine job description for a faith community

nurse. You'll hear this verse in my installation service on September 29, 2019.

Please accept my thanks for the very warm welcome I have received since beginning my ministry at Augustana. As I get to know each of you in the coming months, I promise to care for you, encourage wellness, and contribute to conversations about faith, courage, watchfulness, and strength in the context of healing ministry. I plan to put my office hours on my office phone (303-388-4678 ext. 106) voice message at the beginning of each week as I will be working flex hours throughout the week. Please stop by and introduce yourself. I welcome ways to find, follow, and contribute to our conversations about health, healing and wholeness. #Gratitude#Joy#Peace

Stay well this day and pray,

Sue Ann, Your FCN

Faith Formation

October's Adult Forums

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

October 6: Pastor Ann concludes the four-week Bible series on First and Second Corinthians. Discover together what these 'ancient' letters have to say to us today.

October 13: Tim Zeckser, Augustana member and Foundation representative, leads a conversation about the Augustana Foundation endowment and how it is added to and distributed via congregational and community grants. Bring your thoughts and questions to this discussion about a vital ministry.

October 20: No Adult Forum this week so you can plan to attend the congregational breakfast between services that day. *See page 2.*

October 27: Cross+Gen Faith Formation
Augustana's Children, Youth and Family Ministry hosts a Cross Generational Faith Formation event for all of us of any age. Come to Fellowship Hall at 9 a.m. and join the fun of being together and having conversation across generations about life and the Bible.

Bible Quiz

How many times does Jesus say we should forgive others?

- A. 7
 - B. 70
 - C. 77
 - D. 70 x 7
 - E. C or D, depending on the translation
- (See Matthew 18:22. Answer page 15.)



Discover Augustana Class for Newcomers!

Discover Augustana on Sundays, October 27, November 3 and 10, 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 (303-388-4678 or macdougall@augustanadenver.org).

Senior Ministry

Jim Conder returns for October luncheon

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

At our first luncheon of the season, we are bringing back **Jim Conder** ("Big Jim's Music") on vocals and keyboard, as our folks thoroughly enjoyed this very talented and entertaining man last season.

You are invited to enjoy fellowship over a delicious meal prepared by Judy Nyquist and her crew, and a fun musical program. Visitors are welcome; we encourage you to invite a friend. Cost: \$8 per person. Reservations are needed by Monday, October 14 to help Judy plan the meal; call Augustana's office (303-388-4678).



Children, Youth, and Family

Youth to explore Pumpkin Patch

Youth in grades 5–12 are invited to an afternoon of fun at Maize in the City on Sunday, October 13. Cost is \$15 per participant. We will meet in the south parking lot at 1 p.m. and be back by 4 p.m. RSVP to **Shanna** (shanna@augustanadenver.org) by October 9.

Celebrate autumn at Trunk or Treat and Fall Festival

Kids and adults of all ages are invited to put on their costumes and trunk or treat Sunday, October 27, 1–3 p.m. We will be set up in the Alameda parking lot. The Augustana Early Learning Center will also be hosting their fall festival at the same time. If you are interested in hosting a spot with your decorated car trunk, please contact **Shanna** (shanna@augustanadenver.org).



Halloween Care Packages for College Kids

Parents of college students will meet to pack Halloween care packages, Sunday, October 27, 9 a.m., in Rooms 1–3. (Note different location!) Please bring 25 fun items—Halloween candies or trinkets, granola bars or microwave popcorn, desk items such as pens, pencils or note pads, etc. If you are unable to attend, items may be labeled and left in Augustana's office by Saturday, October 26. For additional information, contact **Joy Hawkins** (Joy.Hawkins@ucdenver.edu or 303-915-7645).

Update your college kids' information!

If you have a student who is new to college, whose college address has changed, or who is no longer in college, contact **Lyn Goodrum** (goodrum@augustanadenver.org) by Monday, October 21, so that we can have an accurate recipient list for the Halloween boxes! Thanks!

Families with Young Children kicks off

Families with young children are invited to join in a time of fellowship, support, and faith sharing. We will be meeting five Sunday evenings 4–6 p.m. beginning October 13. This fall we will plan to gather also on October 20, November 3, November 10, and November 17. Please contact **Shanna** (shanna@augustanadenver.org) to be added to the email list and for these evening locations.

Time to think about ordering lefse!

The youth will be making and selling lefse November 9 and 10. Cost will be \$10 for half a dozen and \$15 for a dozen. To order lefse, please contact **Shanna** (shanna@augustanadenver.org) by Wednesday, November 6. Any remaining lefse that has been made or not picked up will be available for sale Sunday, November 10, 10:30 a.m. in Fellowship Hall. Pick up your pre-ordered lefse in Fellowship Hall, Saturday, November 9, 3–5 p.m. and Sunday, November 10, 8–10 a.m.

AUGUSTANA *Arts*

Advertise your business in the Augustana Arts Concert Programs

We are offering an opportunity for small businesses to place ads in our concert programs in the season for only \$50 (business card size) up to full-page! This is your chance to advertise to a highly esteemed audience, support the arts, and promote your business. Email lynn@augustanaarts.org to learn more, or visit <https://augustanaarts.org/advertising/>.

Get the whole picture!

The 2019–2020 Augustana Arts season brochure is now available, and we invite you to pick up one from Augustana’s entrance tables or download the season-at-a-glance by visiting www.AugustanaArts.org. “A Season to Behold” features eight Stratus Concerts, four Colorado Women’s/Men’s Chorale concerts, eight Sponsored Events, and more!

Not sure what Augustana Arts is all about? Call Lynn anytime at 303-941-4948 to learn more—she would love to share information about all we do to bring the gift of music to our community!

“Sponsored Ensemble” series

NEW in 2019–2020 for Augustana Arts is the “Sponsored Ensemble” series where local performing arts ensembles present high quality performances at Augustana Lutheran Church throughout the season. Tickets for each ensemble can be obtained through their respective websites. (Web information is available on their individual sites.) Our first sponsored ensemble is the beloved Anima Chamber Ensemble “Spirited Light: Songs of Joy and Yearning” on Sunday, October 13, 7 p.m. at Augustana. Purchase tickets at www.AnimaChamberEnsemble.org.



Stratus Chamber Orchestra

Intermezzo!

Lighten it Up with Puccini and Mascagni

- Friday, October 4, 7:30 p.m. (Immersive Seating) at First Plymouth Congregational Church (3501 S. Colorado Blvd., Denver)
- Saturday, October 5, 7:30 p.m. (Traditional Seating) at Augustana
- Sunday, October 6, 4 p.m. (Immersive Seating) at First United Methodist Church (1421 Spruce Street, Boulder)

Music holds all things together. It’s the connective tissue. With the help of the Ars Nova Singers, Stratus will perform magnificent and famous music written specifically to connect: “Intermezzo” from Mascagni’s *Cavaleria Rusticana* and Puccini’s “Humming Chorus” from *Madama Butterfly*. As these pieces served to connect acts and scenes, Randall Thompson uses music to connect text, music and the human heart, setting music to the poetry of Robert Frost.

Augustana Lutheran Church members receive 50 percent discount on tickets. Visit www.augustanaarts.org and use code ALC50.

Bible Quiz Answers

Page 2 Answer: B	Page 9 Answer: B
Page 5 Answer: C	Page 11 Answer: D
Page 7 Answer: A	Page 13 Answer: E
Page 8 Answer: B and C	

Colorado Women's/Men's Chorales

Tell Me a Story – Music of Eric Whitacre and More!

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

Music is one of the most unique tools we have for storytelling and communication. Join the chorales for this beautiful exploration of plot, texture, humor, and literary devices in some of the most exciting choral music ever composed. The choirs will take on the breathtaking masterpiece, “Leonardo Dreams of His Flying Machine” and Daniel Pinkham’s beloved “Wedding Cantata,” along with familiar folk songs and spirituals that will make this a stunning opening concert for the chorales’ 2019–2020 season.

Augustana Lutheran Church members receive 50 percent discount on tickets. Visit www.augustanaarts.org and use code ALC50.

Mark your calendars for “Music of the Vine” on Saturday, November 16 starting at 6:30 p.m. at Historic Grant Theater in Denver. Your chance to savor fine wine that is perfectly paired with the exceptional music of Stratus Chamber Orchestra.

Fellowship

Trailblazers

Elk Meadows Park Hike

Saturday, October 19, leave Augustana’s south parking lot at 9 a.m.

Enjoy a hike in the appropriately named Elk Meadows Park located just north of Evergreen. A five-mile loop hike will take us through rolling meadows and stands of mature ponderosa pine.

Rating: Easy

Distance: 5-mile loop

Elevation: 7,600 to 8,000 feet

Guide: **Ron Johnson** (303-745-4047 or rojo2002@msn.com)

October/November Book Group

Pack your lunch and join us Monday, October 21 at 11:15 a.m. in the Anna Paulson Room. If you haven’t read the book, come anyway!

In *Unbound*, John Shors recreates an ancient and celebrated Chinese legend about a pair of young lovers separated by war and the Great Wall. The year is 1548, and the Chinese Empire faces an imminent Mongol invasion. All that prevents the violent end of a dynasty is the Great Wall. As two armies gather at the Great Wall, the fates of Fan and Meng collide with a Mongol horseman seeking redemption, a Chinese concubine fighting injustice, and a ruthless general determined to destroy them all.

In November, we’re discussing two books:

The Age of Innocence by Edith Wharton

Wharton’s twelfth novel, was initially serialized in four parts. It won the 1921 Pulitzer Prize for Fiction, making it the first novel written by a woman to win the Pulitzer Prize for Fiction, and thus Wharton the first woman to win the prize. The story is set in upper-class New York City in the 1870s.


Orange World by Karen Russell

Karen Russell’s comedic genius and mesmerizing talent for creating outlandish predicaments that uncannily mirror our inner lives is on full display in these eight exuberant, arrestingly vivid, unforgettable stories. (Amazon)

No December meeting.

Women, Wine, and Word

This monthly Bible study for women of all ages meets on Thursday, October 17 at 7 p.m. The group is currently studying the Gospel of Mark, the first gospel written after Jesus’ death and resurrection. Everyone is welcome to join in the fellowship and learning. Please contact Pastor Ann for the location of this month’s meeting (ann@augustanadenver.org).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday														
		1 9am Library Committee 5:30pm Children, Youth & Family Ministry Committee 6pm Ministry Committee	2 9am Augustana Early Learning Center Chapel 9:45am Augustana Firm Believers 6pm Augustana Ringers Chancel Choir	3 9:30am Thursday Morning Bible Study 9:30am Phoebe Circle 5:30pm Mindfulness Yoga	4 8am Bulletin Assembly 9:45am Augustana Firm Believers	5 7:30pm Augustana Arts: Stratus Chamber Orchestra Intermezzo! Lighten It Up														
6 Pentecost 17 Health Ministry Sunday Worship/Communion 8am Faith Formation* 9am Acolyte/Crucifer Training 9am Coffee/Fellowship 10:30am Worship/Communion 11:30am Sunday Lunch Noon Prayer Shawl Ministry 3pm Concert: Kantorei See JASS below	7 9:45am Augustana Firm Believers 10am Chapel Prayer 6:30pm Augustana Early Learning Center Board	8 9:30am Deborah Circle 5:30pm Yoga 6:30pm Theater & Theology: A Doll's House Part 1 7pm Augustana Foundation Executive Committee	9 9am AELC Chapel 9:45am Augustana Firm Believers 6pm Augustana Ringers Chancel Choir	10 <i>The Tower</i> deadline 9:30am Thursday Morning Bible Study 10am Sarah Circle 5:30pm Mindfulness Yoga 7pm Property Committee	11 8am Bulletin Assembly 9:45am Augustana Firm Believers 4pm Wedding Rehearsal	12 4pm Wedding														
13 Pentecost 18 Worship/Communion 8am Faith Formation* 9am Acolyte/Crucifer Training 9:15am Worship/Communion 10:30amPumpkin Patch 1pm Families w/Young Children 4pm Concert: Anima	14 9:45am Columbus Day Augustana Firm Believers 10am Chapel Prayer	15 5:30pm Yoga 6:30pm Theater & Theology: A Doll's House Part 2 7pm Congregation Council	16 9am AELC Chapel 9:45am Augustana Firm Believers 6pm Augustana Ringers Cross+Gen Guitar Practice 6:30pm Chancel Choir	17 9:30am Thursday Morning Bible Study Noon Monthly Luncheon 5:30pm Mindfulness Yoga 7pm Women, Wine, and Word	18 8am Bulletin Assembly 9:45am Augustana Firm Believers	19 9am Trailblazers: Elk Meadows Park Hike														
20 Pentecost 20 Worship/Communion 8am Faith Formation* 9am Stewardship Breakfast 9:15am Discover Augustana Class 10:30am Worship/Communion 11:30am Sunday Lunch See JASS below	21 9:45am Augustana Firm Believers 10am Chapel Prayer 11:15am Book Group	22 12:30pm Senior Ministry Committee 1pm <i>The Tower</i> Assembly 5:30pm Yoga 6:30pm Rachel Circle	23 9am AELC Chapel 9:45am Augustana Firm Believers 6pm Augustana Ringers Early Onset Support 6:30pm Chancel Choir	24 9:30am Thursday Morning Bible Study 5:30pm Mindfulness Yoga	25 8am Bulletin Assembly 9:45am Augustana Firm Believers 5pm Wedding Rehearsal	26 2pm Wedding 7:30pm Augustana Arts: Colorado Women's/Men's Choroales "Tell Me a Story - Eric Whitacre and More"														
27 Reformation Sunday Worship/Communion 8am Cross+Gen 9am Faith Formation 9:15am Discover Augustana Class 9:15am Health Ministry Committee 10:30am Worship/Communion 11:30am Sunday Lunch 1pm Trunk or Treat/ Fall Festival 3pm Rehearsal: All Saints Sunday Concert See JASS right	28 7:30am Foot Care Clinic 9:45am Augustana Firm Believers 10am Chapel Prayer	29	30 9am AELC Chapel 9:45am Augustana Firm Believers 6pm Augustana Ringers Chancel Choir	31 9:30am Thursday Morning Bible Study	<table><tr><th colspan="2">*Faith Formation</th></tr><tr><td>9am</td><td>Babies-Grade 12</td></tr><tr><td>9:15am</td><td>Adult Forum</td></tr><tr><td colspan="2">Jammin' Augustana Super Sundays (JASS)</td></tr><tr><td>12:15pm</td><td>Cherubs, Choristers, GraceNotes</td></tr><tr><td>1pm</td><td>Recorders, Cantabile, SONshine Ringers</td></tr><tr><td>1:45pm</td><td>BELLievers</td></tr></table>		*Faith Formation		9am	Babies-Grade 12	9:15am	Adult Forum	Jammin' Augustana Super Sundays (JASS)		12:15pm	Cherubs, Choristers, GraceNotes	1pm	Recorders, Cantabile, SONshine Ringers	1:45pm	BELLievers
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ELECTRONIC SERVICE REQUESTED

Place mailing label here



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

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

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

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

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