

Gratitude

is a major theme at Augustana during the month of November!

On All Saints Sunday, November 3, Augustana gives thanks for loved ones who have lived and died in the faith this past year as well as for those inurned in Augustana's Memorial Garden. (See page 3.)

Also on November 3, on his last Sunday of conducting, you'll have occasions to express your appreciation for the ministry of Dick Larson who is retiring as Chancel Choir Director (page 4).

On Sunday, November 10 during worship we will offer our financial commitments for 2020. We express our gratefulness for God's blessings by sharing what we have and supporting the ministry of Christ at Augustana and around the world.

You'll have two opportunities to explore how gratitude affects your mind, spirit, and body wholeness.

Augustana's new Faith Community Nurse, Sue Ann Glusenkamp will be speaking about this at Adult Forum on Sunday, November 17 (page 13) and at the Monthly Luncheon on Thursday, November 21 (page 13), and she writes about it in this month's Tower (see page 12).

Read Pastor Caitlin's column to see what she is challenging herself to be thankful for (page 6).

Congregation President Lisa Boe-Sims begins her column with words of gratitude (page 8).

Opportunities abound to live out our gratitude to God through Augustana's ministries including donating cans of chili for Metro Caring and George Washington High School, providing Thanksgiving Dinner to Warren Village families, supporting ELCA World Hunger, and purchasing Christmas gifts for clients of Lutheran Family Services (pages 9–11, 15).

Finally, on the eve of Thanksgiving, we will come together to say "Thanks be to God!" with scripture, song, and prayer at our community worship service and 40th Annual Piefest. (See page 3.)

*O give thanks
unto the LORD;
for he is good.*

PSALM 136:1, KJV

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Augustana
LUTHERAN CHURCH

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Thursday, November 7, 4:30 p.m. is the deadline for the December edition. Email **Lyn Goodrum** (goodrum@augustanadenver.org).

Sunday Schedule

- 8 a.m. and 10:30 a.m. Worship
- 9 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
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Ann Hultquist, Senior Pastor
Caitlin Trussell, Pastor
Lisa Mikolajczak,
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and Family Ministry
Valerie Taron, Children's Faith
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Faith Community Nurse
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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
Ellen Kastens, **Amy Tamminga**,
Erin Saboe Willoughby, Wedding
Coordinators
Wendie Edwards, Director, Augustana
Early Learning Center



Home Communion, November 17!

Home Communion kits will be blessed at both worship services on November 17 and taken to our home-centered members by volunteers using a liturgy written for home use. Please add to your prayers the communion visitors and receivers. Thank you to the people who are part of this vital ministry to the Augustana friends and members who cannot be at worship. Please call or email Pastor Caitlin (pastor.caitlin.trussell@gmail.com or 303-388-4678) if you would like to receive home communion or if you would like to sign up as a communion visitor.

Recently lifted up in prayer

For hope and healing:

- Bruce Gillette,
Dick Larson, Steve
McCartney, Joyce
Oleson, Norm Olson,
Jane and Rob Pattison,
Betsy Rahe, Bev
Strong

For comfort and courage:

- Julie MacDougall in
the death of her mother,
Lillian Biddle
- Family and friends of
Dilworth Blatchford in
his death
- Brian Bernhard in the
death of his cousin,
Laurie Doocy-Meyer
- Debbie Carter in the
death of her friend,
Pastor Allen Henderson
- Marty Lopez in the
death of her brother,
Anthony Martinez
- Family and friends of
Guy Peterson in his
death

Rejoice with

- Parents Wil and
Katrina Crook and
grandparents Craig and
Amy Tamminga in the
birth of Anna Wilson
Crook, September 27
- Sean Kommerstad and
Caroline Weirich in
their marriage, October
12
- Parents Nathan and
Laura Glusenkamp
and grandparents Ron
and Sue Ann in the
birth of Grace Anne
Glusenkamp, October
10
- Justin Uyemura and
Sarah Shortridge
in their marriage,
September 22



Turn your clocks back
an hour, Saturday night,
November 2.



Worship

All Saints Sunday

On Sunday, November 3, Augustana will join Christian churches around the world in celebrating All Saints Sunday. On that Sunday we remember all those we have loved who now live with Christ. During both worship services we will especially remember those who have died in the past year. Join us for worship with Holy Communion at 8 a.m. in Christ Chapel and 10:30 a.m. in Augustana's sanctuary.

If you have loved ones who have died since last All Saints Sunday (November 4, 2018), Augustana is pleased to include their names in the All Saints prayers. Call or email **Lyn Goodrum** (303-388-4678 ext. 114 or goodrum@augustanadenver.org) by Wednesday, October 30; clearly spell the names, include the dates of birth and dates of death, and, if necessary, give pronunciation instructions.

Memorial Garden remembrance

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



"All In" at Augustana

What does it mean to you to be "All In" at Augustana? This year's stewardship theme invites us to think about the many ways God is generous with us, and how we can share what we've been given. Because of our giving and our commitment to be "All In," wonderful things happen in our congregation, community, and world. We Worship together, we Grow in our trust in God, and we Go into the world around us with the love of Jesus.

On Sunday November 10 during worship, members and friends of the congregation are invited to offer their financial statements of intent (pledges) for 2020. Last year, just over 200 households made a commitment to support the ministry we share. Our goal this year is to receive 215 statements of intent. Please join in and be "All In" by offering your commitment November 10!

Thanksgiving Eve Community Worship

Wednesday, November 27, 7 p.m., Sanctuary

Give thanks at Augustana's annual Thanksgiving Eve Community Worship which includes a message by Augustana's pastors and music by Augustana's choirs and instrumental groups. Your offering will support ELCA World Hunger. This night also concludes Augustana's Chili Challenge for Metro Caring and George Washington High School, so bring as many cans of chili as you're able to add to the pile! And bring a pie to share for the 40th Annual Pie Fest afterwards in Fellowship Hall.



Music Ministry



All Saints Concert

Requiem by Bob Chilcott

Sunday, November 3, 7:30 p.m. at Augustana

In celebration of All Saints, Augustana's Chancel Choir presents Requiem by Bob Chilcott for choir, orchestra, soprano soloist (Emily Murdock), and tenor soloist (Blake Nawa'a). Under the direction of **Dick Larson**, this will be his final concert, as he retires as Augustana's Chancel Choir Director and a 60-year conducting career.

Composer and conductor Bob Chilcott (born 1955) has been steeped in the British choral tradition since he was a boy chorister. A former member of The King's Singers, he is now one of the UK's most prolific and creative choral composers, writing direct and accessible melodies reminiscent of John Rutter. Chilcott's Requiem (2010), which is dedicated to his niece, Samantha Verschueren, who died at the age of just 23 while he was writing the piece, is beautifully reflective and reminiscent of Faure's Requiem.

We hope you will join us for this free concert, meant to stir, move, and help you remember and reflect on a friend or loved one who has gone before you to join the saints.



Celebrating Dick Larson

Celebrate Dick and his work as Augustana's Chancel Choir Director

On Sunday, November 3, Dick will be blessed during 10:30 a.m. worship service 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!

Welcome Augustana's new Chancel Choir director, Chris Maunu



As Augustana bids farewell on November 3 to Dick Larson after his 13 years with us as Chancel Choir director, the choir won't miss a beat, as we welcome Chris Maunu into the Music Ministry at Augustana.

Chris will step into the position, conducting his first rehearsal with the choir on November 6 and in worship on November 10. You are encouraged to extend a word of welcome to Chris after worship that Sunday.

From Chris Maunu:

I am so excited to be stepping into the role of Chancel Choir director! I have been singing in the choir for 14 years (five of those years also in AVE) and am thrilled to now have the opportunity to direct this special community of people. This congregation has been a

special place for me and my family for many years. I married my bride Aleisha at Augustana in 2009, and we welcomed our son Bodhi into the world June 30 of this year. Our family is rounded out by our dog, Paavo and cat, Ligeti.

I grew up in Frederick, South Dakota, a small village of 267 people. After graduating high school with a huge class of 12 students, I received my Bachelor of Music Education degree from Northern State University in Aberdeen, South Dakota, followed by a Master of Music degree in Vocal Performance from the University of Nebraska-Lincoln. I moved

to Colorado in 2005 and have been the head choral director at Arvada West High School since 2006. In 2015, I co-founded Anima Chamber Ensemble, a 17-voice ensemble of professional singers.

I'd like to extend a personal invitation to all of you to join the Chancel Choir! Despite how wonderful the choir sounds on Sunday mornings, you may be surprised to know there is no audition or experience required to join! We rehearse Wednesday evenings 7:30–9:15 p.m. Contact me at christophermaunu@gmail.com with any questions! I hope to see you in rehearsal soon!

AUGUSTANA *Arts*

Organist Krasinski to improvise music *Hunchback of Notre Dame*

Saturday, November 9,
7:30 p.m. at Augustana

Highly-regarded organist Peter Krasinski will provide live improvised pipe organ accompaniment for the silent film, *Hunchback of Notre Dame*. This 1923 American romantic drama film based on Victor Hugo's 1831 novel is notable for the grand sets that recall 15th century Paris as well as for Chaney's performance and make-up as the tortured hunchback, Quasimodo.



Peter Krasinski, specializes in the art of live improvised silent film accompaniment, worldwide. He is the recipient of a number of prizes including the First Prize in Improvisation from the American Guild of Organists National Competition. He holds both a Bachelor of Music Degree in Music Education and Organ Performance, and the Master of Sacred Music Degree from Boston University.

Krasinski's creative and exquisite accompaniment will make this a chilling and memorable evening. Augustana Lutheran Church members receive 50 percent discount on all tickets. Use code ALC50 to purchase tickets at www.augustanaarts.org.

Stratus Chamber Orchestra



Danza—Beguiling the Dance with Harpist, Dani Bash

Friday, November 15, 7:30 p.m. at First Plymouth Congregational Church (3501 S. Colorado Blvd.)

Join us for an evening of great music inspired by dance in Stratus's

signature immersive format where the audience sits within the orchestra, next to the musicians, enveloped in sound. *Appalachian Spring*, Aaron Copland's iconic homage to Americana, Debussy's light and beautiful *Sacred and Profane Dances*, and sultry tangos are evening highlights. Use code ALC50 for 50 percent off tickets for this performance.

Music of the Vine

Saturday, November 16, 6:30 p.m., Historic Grant Theater (216 S. Grant Ave., Denver)

It takes two to tango, as the saying goes. That sheds new light on the term "wine pairing," doesn't it? A good cheese and the right wine make for the most exquisite dance on your palate. Add to that the perfect music to accompany the dance, and you have all the ingredients you need for an enchanting evening. And yes, there's a tango. Two of them, in fact! Enjoy the music of Danza perfectly paired with five wines and five different cheese samples at Music of the Vine. Join **David Rutherford**, Music Director of Stratus Chamber Orchestra, and **Claude Robbins**, Master Wine Educator of the International Wine & Spirit Guild, as they come together to bring engaging insights, stories, humor, and more to the aged appeal of good music, wine, and cheese. Appetizers begin at 6:30 p.m., and the perfectly-paired concert begins at 7 p.m. Tickets are \$55 in advance or two for \$100. (Sorry, discount codes do not apply to this performance.) It's a night you won't forget!

Pastors

The Wonder of Tension That Creates



Tension has been on my mind lately. Not stress, tension. The kind of tension that is creative and, like the birthing process, creates something new. The month of November starts with All Saints Day, followed by Election Day

early and Thanksgiving Day late. All Saints illuminates the tension between memories that are a blessing and grief that feels ever present; Election Day escalates tension between the world we have and the world we'd like to see; and Thanksgiving does so similarly between the family we have and the family we may wish we had. Like a birthing mother, we're not in control of the tension but we can respond in ways that are more grace-filled than less, respond with thoughtfulness even though our first, internal reaction may be over the top (that darn amygdala!).

Tension is a natural by-product of Jesus' ministry of confronting the status quo of sin wherever we've become cozy with it—in ourselves and in our world. The waters of baptism are the waters of new birth, transforming us into a life that is evermore Christ-shaped. And Christ lived, died, and lives again amid the tension created by radically loving the world that God so loves. It isn't comfortable and it isn't easy, but our baptisms prepare us to walk into a wounded world and tell the truth about ourselves and the world that surrounds us—living into the tension created by the offensively grace-filled message of God's kingdom—not with hatred but with love. In this month that culturally invites to give thanks, I'm wondering if I can be grateful for creative tension. Stay tuned . . .

Peace,
Pastor Caitlin

Romans 8:22: We know that the whole creation has been groaning in labor pains until now . . .

(Yes, this verse from chapter 8 is just one of many that make the whole of chapter 8 worth pondering. Give it a read.)



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

Our new mission statement is meant to inspire and to give direction to the ministry we share here at Augustana. Along with our mission statement, we also developed three core values to guide our ministry: Worship, Grow, and Go. The mission statement and our core values are lived out and sustained by our time, prayers, and financial support.

This month, we are encouraging one another to make our 2020 financial commitments to all that happens both in our congregation and in the community and the world around us. As you think about how you will share what you've been given, take a look below at just some of the ministry that we've made possible in the last year:



- 6 children baptized, 12 young people confirmed in faith
- 800+ in Sunday worship each month, 210 at S'more worship during the summer with Holy Communion offered to all
- 100 adults, children, and youth involved in choirs and bell choirs



- Faith Formation on Sundays for 80 children and youth, led by 20 adult teachers and helpers
- Bible studies for adults weekly, monthly, and on Sundays
- Health Ministry extended to all ages
- Monthly lunches for older adults



- 19 youth and adults sent on a mission trip to North Dakota
- 4 tons of beans and rice repackaged for Metro Caring
- 80+ children from the community cared for in the Augustana Early Learning Center every weekday
- Exploring how to share our vacant land with the community

God's goodness to us never ends; may we be generous in how we share that goodness and love!

Pastor Ann

Congregation Council

I am so grateful

to be part of this amazing congregation at Augustana! I am also thankful for the staff



here and their passion that is shown every day in their work. We are so blessed to have many willing volunteers that participate in our faith community in various ways that speak to their passions and willingness to help. There are many ways to pursue your passions.

Can Augustana's ministries feed your passion?

When we have visitors to our church, what do they see in our church community and worship? What excites them and you to come back? One article I read stated that 2 out of 3 American adults who attend church on a regular basis go because of their kids, for personal comfort, or to become a better person. I believe that we have many opportunities to speak to passions for families and individuals of every age. If your work life is not speaking to your passion, look to our ministries at Augustana and become involved; it will help feed your soul and work with like-minded individuals!

Other ways to connect on Sundays

We have other opportunities, too! Take advantage of the adult learning series between services. There are many great speakers and topics. In addition, the lunch after 10:30 a.m. worship is a great way to meet other Augustana parishioners and get to know them a bit better!

Notice of Congregational Meeting

We have a Congregational Meeting on Sunday, November 10 after 10:30 a.m. worship in the sanctuary. A couple of the items for consideration will be election of council members, Rocky Mountain Synod Assembly representatives, and 2020 Nominating Committee members, and approval of the 2020 budget. We would love to have you there!!

Following the meeting, you're invited to move to Fellowship Hall for a Noodles and Company catered Sunday Lunch sponsored by Children, Youth, and Family Ministry and Music Ministry. If you know

you'll be staying for lunch, let Augustana's office know by Wednesday, October 30 (303-388-4678 or info@augustanadenver.org). Gifts to offset the cost of lunch can be noted and placed in the offering plate or donated through Augustana's Giving page at www.augustanadenver.org.

Lisa Boe-Sims
Congregation President



Welcome to Sunday Lunches!

Augustana's Music Ministry and Children

Youth and Family Ministry continue to offer catered meals and fellowship on Sundays following 10:30 a.m. worship.

- November 3: Chili Cookoff (*see next page*)
- 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: Illegal Pete's

All are welcome, and there is no charge. However, as there are incurred expenses, if you are so inclined to help out, we welcome any contribution you may wish to make. 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. Have questions? Contact **Shanna VanderWel** (shanna@augustanadenver.org or 303-388-4678 ext. 107).

November 3: It's Chili Sunday at Augustana!

Sixth Annual Augustana Canned Chili Challenge for Metro Caring and George Washington High School Food Pantry



Our Sixth Annual Chili Challenge will begin on Sunday, November 3 and end at the Thanksgiving Eve worship service on November 27. Again, this year Augustana Early Learning Center children and staff will be collecting cans of chili to feed families in need, and they are challenging the Augustana

congregation to match or exceed the number of cans they donate.

This year, in addition to our annual support of Metro Caring's Food Bank, and in conjunction with our congregation's Strategic Plan to partner with local schools to support families, children, and youth, our Chili Challenge will also donate 250 cans of chili to the George Washington High School food pantry to feed families and students in need during Finals Week in December.

George Washington food pantry is operated through their Be Inspired Fund, which provides support to students with specific needs that might otherwise interfere with their academic success. The food pantry is in its second year of operation and provides food to students during the year, including winter break.

Metro Caring operates one of Denver's largest hunger-relief programs, including a fresh foods shopping market, teaching garden, and weekly healthy living and nutrition classes. Situated in the heart of Denver, Metro Caring distributes between 4,000 to 6,000 pounds of food, baby items, and personal care products in helping to meet the nutritional and health needs of up to 500

people every day. Many of these people are disabled, seniors, or work at low-paying jobs that do not provide a living wage.

Canned chili is a high-protein meal, and one can of chili weighs about one pound. Let's be generous, as we always are, and meet or exceed the challenge. We can help both of these worthy programs achieve their goal of alleviating hunger in our community. Please bring cans of chili (meat or vegetarian) to worship beginning Sunday, November 3, and place them around the communion tables in both Christ Chapel and the sanctuary.

Chili Cook-off: Enter by October 31—eat and vote on November 3!



The Chili Challenge start day will kick off with a chili cook-off hosted by Children, Youth, and Family Ministry, on Sunday, November 3.

If you would like to bring a pot of chili or soup to be shared, RSVP to **Shanna** (shanna@augustanadenver.org or 303-388-4678 ext. 107) with your recipe name and description by Wednesday, October 30.

All chili-eaters/voters are encouraged to bring food to share as they are able. Suggestions include toppings (crackers, cheese, onions, Fritos, sour cream, Sriracha, Tabasco, etc.), sides (veggies, fruits, salads), cornbread, and desserts. Voting will take place with your money, so be sure to bring some spare change, dollars, or your checkbook. All proceeds will go to ELCA World Hunger.

Glocal Involvement

Thanksgiving Dinner Baskets for Warren Village



Help provide Thanksgiving dinner baskets for 106 families at Warren Village, a non-profit that provides a safe apartment, job training and child care for single-parent families who have been homeless or close to homeless in our community. Each basket costs \$37 and includes a turkey, canned fruits and vegetables, dinner rolls and a fruit pie. Make checks payable to Augustana Lutheran Church and indicate “Warren Village” in the memo; or donate through Augustana’s “Giving” page at www.augustanadenver.org. Donations must reach Augustana’s office by Sunday, November 17.

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

Help pack Thanksgiving food baskets

The food will be delivered to Warren Village, and we will assemble the food baskets there on Sunday, November 24. This gives us the opportunity to tour the facility and be closer to the people whom we are serving. Meet at the Warren Village office (1300 Gilpin St.) at 12:30 p.m.; or meet at Augustana’s Fairfax entrance at noon to ride the church bus to Warren Village. The bus will return to Augustana around 2 p.m. Sign up to ride the bus with Augustana’s office (303-388-4678). This is a great service project for the entire family!

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



Help wanted: Car Repair Volunteers

Hands of The Carpenter (Hands) is seeking individuals and teams of 3–8 skilled volunteers capable of completing minor vehicle repairs such as brakes, belts and hoses, alternators, tire mounting and balancing, etc. at our repair facility in Golden. Especially needed are individuals with the experience to be a Team Lead.

The teams (referred to as “Pit Crews”) select one or two evenings or Saturdays per month to complete assigned tasks during a 3–4-hour shift. Work is completed on previously diagnosed vehicles that have either been donated or are owned by women in need that Hands is serving.

For more information, contact CEO, **Dan Georgopoulos** (dan@ehands.org or 303-526-4488 ext. 103).



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

A legacy of stewardship

MALAWI



In the village of Chole, Shadrack Tsatautenda has been cultivating trees for two years, and the oldest are nearly ready to sell and transplant. His nursery was made possible by a small business loan from the village savings and loan group established by Evangelical Lutheran Development Services in Malawi (ELDS), supported by your gifts to ELCA World Hunger. In addition to funding small business plans like Shadrack's, ELDS trains farmers on crop diversification and increasing yields through new planting methods and the use of organic fertilizer.

In Chole, as is common in many rural villages in Malawi, many trees are cleared for farming and firewood. Over time, deforestation leads to air that is less clean and soil that erodes more quickly. Having received training at the ELDS farming school, Shadrack planted the first seedlings in his nursery, which has now grown to 1,200 trees ranging from saplings to almost fully grown.

Caring for the land, coaxing life out of the soil and guiding it to maturity—this work connects Shadrack to the past, plants him firmly in the present, and informs his

vision for the future. And that vision, guided by his faith, is not only for his personal prosperity, but also for the prospering of his community.

“This land has been in my family for five generations,” he said. “It is meaningful to me to look after the land of my ancestors, and I want to pass this land to future generations.”

The training he received, he will pass on to others. Those who receive that training will use it to heal their own land and use the profits of increased yields to send their children to school. The land that gives Shadrack life and livelihood will one day be inherited by his three children, who will receive it in a better way than it was found.

To give a gift to 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.



CAN Ministry and caring for creation

Augustana CAN Ministry (Compassion and Action with our Neighbors) is considering forming a workgroup to explore ways we can care for creation congregationally. Please email **Pastor Caitlin** (pastor.caitlin.trussell@gmail.com), if you'd be interested in being part of such a group.

Health Ministry

Is Gratitude Good For Your Health?

Google the word Gratitude and you will discover a plethora of articles and research related to the concept of gratefulness. Practicing regular gratitude—or in other words, giving thanks—reportedly affects personality, spirituality, emotions, social behavior, career development, and health. It would appear that this simple expression is a cure-all for so many areas of our lives. How can gratitude be integrated into daily life? Disciplines of any

kind require practice and are not necessarily intuitive or engrained in our behaviors.

Where to start? Assess your current level of gratefulness. The quick six question quiz at the below link can give you a start (<https://www.happierhuman.com/how-grateful-are-you/>).

This link also offers seven suggested strategies to practice gratitude, of which prayer is included.

Learn the benefits of practicing gratitude

The topic of our Sunday, November 17 Adult Forum (9:15 a.m., Anna Paulson Room) will focus on the health benefits of practicing gratitude. You are invited to attend and experience ways to cultivate gratitude: write a thank-you note, thank someone mentally, keep a gratitude journal, count your blessings, pray, and meditate. Each person attending will be gifted with a tool to spark a gratitude discipline and jump start a daily practice of expressing appreciation.

Could your health and well-being use a boost? Would you appreciate adding practical tools to daily disciplines that improve your mental, physical and spiritual wellness? Join Faith Community Nurse Sue Ann and your Health Ministry Team for an uplifting hour of discovery regarding the practice of gratitude and health benefits.

Nursing Notes from Sue Ann

#Gratitude#Thankfulness#Prayer

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

1 Corinthians 16:13

The Oxford dictionary defines gratitude as, “the quality of being thankful.” What images does being thankful bring to your mind? Stop for a minute and think about the words thankful and gratitude. What do you see or hear or feel?

Giving thanks is often associated with saying a table prayer before or after meals. In my family of origin we started every meal, and even a snack, with the traditional prayer, “Come, Lord Jesus, be our guest, and let these gifts to us be blessed.” Then after eating we would close meal time by saying, “O Give

Thanks, unto the Lord, for He is good, and His mercy endures, forever.” With our own family nucleus, my spouse and I taught our children to pray, “God is great, God is good, let us thank God for our food.”

During November, as we prepare for the holidays, we often focus on giving thanks by gathering around a table with family and friends for feasting and perhaps even over indulging. What mealtime prayers do you recite? But what about giving thanks at other times during your day?

I invite you to consider your attitude of gratitude and commit to frequently expressing thankfulness. Attend the Adult Forum on Sunday, November 17 or the Monthly Luncheon on Thursday, November 21 to learn more about the Health Benefits of Gratefulness.

Stay well this day and pray,

Sue Ann, Your FCN

Thankful

Faith Formation

Adult Forum

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

November 3: Pastor Caitlin and the Augustana CAN (Compassion and Action with our Neighbors) Ministry will host this conversation about where we've been and where we're going as a ministry of the congregation. Get to know a few people, bring your curiosity, and potentially discover where your passion might align with local and global partnerships.

November 10: Sue Ann Glusenkamp will lead a class on Faith Community Nursing and congregational impact. Come and get to know her and her plans.

November 17: Health Benefits of Gratefulness
Could your health and well-being use a boost? Would you appreciate adding practical tools to daily disciplines that improve your mental, physical and spiritual wellness? Join Faith Community Nurse Sue Ann and your Health Ministry Team for an uplifting hour of discovery regarding the practice of gratitude and health benefits.

CROSS GEN FAITH FORMATION

Sunday, November 24, 9 a.m., Fellowship Hall
Augustana's Children, Youth and Family Ministry hosts a Cross Generational Faith Formation event for all of us of any age. Come join the fun of being together and having conversation across generations about life and the Bible.

Discover Augustana Class for Newcomers!

Discover Augustana meets 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

Sue Ann explores gratitude and wellness at monthly luncheon

Thursday, November 21, 11:30 a.m., Fellowship Hall



Plan to attend the November luncheon when our new Faith Community Nurse, **Sue Ann Glusenkamp**, will be the presenter. The subject **"Is Gratitude Good For Your Health?"** is just in time for the Thanksgiving holiday! Learn about what recent research reveals

about surprising effects of practicing gratitude. Discover new ways to cultivate gratitude and receive a special gift to inspire regular gratitude habits. Sue Ann is eager to meet our Monthly Luncheon attendees and share this program on proven ways to benefit from giving thanks.

For luncheon planning, make your reservation with Augustana's office (303-388-4678) by Monday, November 18. Cost per person is \$8. We encourage you to bring a friend or neighbor to enjoy a great lunch prepared by Judy Nyquist and crew, fellowship over lunch, and a special presentation. This is a great opportunity to become acquainted with our new Faith Community Nurse, Sue Ann.

Fellowship

Trailblazers

Grass Creek Trail Hike

Saturday, November 16, leave Augustana's south parking lot at 9 a.m.

The trail, in Mt. Evans State Wildlife Area, offers a strolling stretch along peaceful Bear Creek in an old homestead area.

Rating: Easy to moderate

Distance: 4.2 miles out and back

Elevation: 8,250 to 9,000 feet

Guide: **Don Troike** (937-725-5338 or don.troike@gmail.com)

Book Group

Join us Monday, November 18 at 11:15 a.m. in the Anna Paulson Room, and bring your lunch. You don't need to read the books in advance—just join us for fellowship and great discussion!

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 Bible Study

This monthly Bible study for women will meet Thursday, November 21, at 7 p.m. The group is currently studying and discussing the gospel of Mark. This gospel was the first written and is the shortest account of Jesus' ministry, and it still speaks to us today. Women of all ages are invited to join the learning and fellowship! We meet each month in someone's home. Please contact **Pastor Ann** (ann@augustanadenver.org) for the November location.

Theater & Theology



Theater and Theology brings members of Rocky

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

Twelfth Night

Thursday, December 12, 6:30 p.m., Space Theatre,
Tickets: \$35

To reserve a ticket or for information, contact **Rosalee Wanchisen** (303-759-9836) by Sunday, November 17.

Hilarious hijinks. Unrequited love. Gender-bending disguises. The struggle is real in this Shakespearean comedy, where the clumsiness of romance is on display in every way. Separated from her twin brother after a shipwreck in Illyria, Viola disguises herself as a man to work in the local household of Duke Orsino. The closer they become, the more Viola gets acquainted with Orsino's crush, the beautiful noblewoman Olivia. Much to their dismay (and to your delight), the trio is inevitably thrust into a love triangle of mistaken identity and wanton foolishness.

Overflowing with quick wit and titillating trysts, this standout play by The Bard is sure to please with its captivating characters and one of his most dynamic heroines.

After you have contacted Rosalee to reserve your ticket, bring your check payable to Rocky Mountain Synod and footnoted "T&T Augustana: Twelfth Night" to Augustana's office by Sunday, November 17.

Children, Youth, Family

Order your lefse!



Augustana's 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 or 303-388-4678 ext. 107) 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.

Senior High Retreat

Youth in grades 9–12 are heading to Rainbow Trail for their retreat November 22–24. Cost is \$135, and deadline to register online is November 8. Please go to rainbowtrail.org to register.

It's time to plan for the mission trip

All youth in grades 7–12 are invited to participate in the 2020 youth mission trip to Milwaukee, Wisconsin. Spend the week of June 14–20 working with an organization called Serve Boldly. To sign up for this trip, RSVP to Shanna (shanna@augustanadenver.org or 303-388-4678 ext. 107) and make a \$100 deposit. The estimated out-of-pocket expense for this trip will be \$250.

Faith Formation Christmas pageant rehearsals

Children in PreK–Grade 4 who would like to participate in the Christmas pageant, Sunday, December 15 during 10:30 a.m. worship, will meet to practice in Rooms 1–3, Sundays, November 10, 17, 24 and December 8, 10–10:30 a.m. There will also be a dress rehearsal Saturday, December 14, 1–3 p.m.



If you would like to give gifts to refugees through Lutheran Family Services, you may help by getting an angel off the tree in the Fellowship Hall starting November 17. Gifts must be returned no later than Monday, December 9. Please make sure that you keep all gifts unwrapped. You may, however, provide a gift bag or reusable shopping bag.

**Mark your
calendars!**

Advent Adventure is Sunday, December 8!

This year's Advent Adventure kicks off with Sunday Lunch, featuring a taco bar, fruit, and dessert.

Then enjoy activities in Fellowship Hall, noon–3 p.m., including opportunities to make a nativity set, ornaments for your tree, and more. Help with a congregational craft that will be displayed during Advent. There will also be fair trade items available to purchase, lefse to eat, and joy to spread! Plan to join the fun!



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ELECTRONIC SERVICE REQUESTED



1 Axel Fontaine
Lyndon Myler
Thomas Rohr
Katherine Watts
Diane Zarlengo

2 Heidi Boodt
Cindy Maxwell

3 Eric Gustafson
Karen Terry

4 Olivia Anderson
Molly Buchanan
Lori Fath

5 Melia Blair
Julie Cotton
Austin Ezpeleta

6

7 Louise Crow
Brigitte Eugster
Janis Johnson
Bobby Lawrence
Otto Lawrence

8 Shaun Gleason
Sandra Kistler
Kirsten Lamphere
Leilu Towery

9 Kathryn Havranek
Arlie Johnson
Ruth Zerzan

10 Sonja Bornhijm
River Cockrell

11 Stian Gilbertson
Marilyn Stember

12 Jane Dumler
Nancy Johnson
Judy Kessenich
Harry Waters

13 Grace Granbery

14 Beverly Strong
Cara Thomas

15 Jan Blatchford
Clayton Ward

16 Jean Apple
Elizabeth Heins
Greg Lunsford
Sonja Thorwald
Connor Tribbett

17

18 Nathan Sherman

19 Norman Aarestad
Allan Brown

20 Evelyn Earl
Peyton Ralston

21 Logan Fischer
Justin Uyemura

22 Emma Beswick
Carrie Olson
Gwynne Olson
Aspen Strub

23 Dana Buhr
Cynthia Lidman
Zachary Morris

24 Sarah Bjornebo
Betsy Conant
Katherine Cruson
Sarah Jacobsen
AJ Levy
Cooper Rhea

25 Kara Ninke
Andrew Schlichting

26

27 Suzanne Eugster
Tate Kastens
Gary Witt

28 Beckie Herrboldt

29 Donald Hass

30 Megan Crawford

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



Your Sunday bulletin assembly crew

Clockwise from left: Lynn Friesen, Lyn Goodrum, Jim Gustad, Doug Rahe, Bob Johnson, Arvetta Hjelmstad, and Leigh Quist. We celebrated Leigh's years of service as he retired from this ministry in October.

