



God's Grace in Action at Augustana

Stewardship 2023

A year ago, we were just beginning to worship together in the sanctuary—socially distanced, fully masked, with required preregistration and smelling of Purell, it was still good to be together with friends that we had not seen in a long time. A year later, things seem far more normal, and yet, in some ways we know that what was once normal will never be the same again.

“**Grace in Action**,” our theme for this year’s campaign, seems to capture the spirit of that

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5000 E. Alameda Ave.
Denver, CO 80246

Augustana

LUTHERAN CHURCH

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

WEB: augustanadenver.org
EMAIL: info@augustanadenver.org
FACEBOOK: augustanadenver.com

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

Worship

- **In-Person Worship**, Sundays, 8 a.m.
- **In-Person/Streamed Worship**, Sundays, 10:30 a.m.
- [Watch on Facebook](#)
- [Watch on YouTube](#)

The Tower is published monthly for Augustana Lutheran Church, 5000 E. Alameda Ave., Denver, CO, 80246-8104. There is no subscription fee.

Thursday, October 13, 4:30 p.m. is the deadline for the November edition.
Email **Lyn Goodrum** (goodrum@augustanadenver.org).

Congregation Council:

President: Michael Zumwalt
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Secretary: Karen Lambert
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Betty Boyd	Nancy Nyhus
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Pr. Ann Hultquist	Pr. Caitlin Trussell
Heidi Johnson	Karen Yeager
Ellen Kastens	

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- **Ann Hultquist**, Senior Pastor
- **Caitlin Trussell**, Pastor
- **William Crossen**, Interim Finance Administrator
- **Shanna VanderWel**, Director of Youth and Family Ministry
- **Andrew Peters**, Minister of Music and Organist
- **Kevin Padworski**, Chancel Choir Director
- **Angela Howard**, Choristers and Cantabile Director
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- **Lyn Goodrum**, Publications Administrator
- **Julie MacDougall**, Volunteer Ministry and Building Use
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- **Garry Garcia**, Facilities Manager
- **Asmir Hodzic**, Building and Grounds Manager
- **Aaliyah Almanza**, **Amaleah Buzzell**, 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:

- Janice Bassford
- Mike Churchill
- Jacquie Flatley
- Maggie Friesen
- Duane Gall
- Lainey Harclerode
- Phil Heller
- Gordon Loots
- Lila Loots
- Willa Rinehart
- Caroline VanderHaar
- Steve Williamson

For comfort and courage:

- Tim Kah and family in the death of his father, Dick Kah
- Garry Garcia in the death of his mother, Adela Abeyta-Garcia
- John Pederson in the death of his friend, Steve Koeckeritz
- Steve McCartney and family in the death of his mother, Nancy McCartney
- Glenna O'Neal in the death of her friend, Sandra Mick
- Greg Johnson in the death of his aunt, Joyce Pranke
- Lisa A. Smith in the death of her mother, Lucille D. Smith

- Family and friends of Dee Vellinga in her death
- Family and friends of Wayne Weissenbuehler in his death
- Ron and Sue Ann Glusenkamp in the death of their friend Bob Amme

Thank you for the gifts!

Augustana Foundation

- In memory of Arvid Brekke, Norma Gerber

Music Ministry

- In memory of Arvid Brekke

Soup Shelf

- In memory of Carl and Yvonne McConnell

Special Gifts

- In memory of Joseph and Ruby Gay, Dee Vellinga, Duane Vikman

Discover Augustana Class for visitors

Sundays, October 23, 30 and November 6, 9:15–10:15 a.m., Room 10

We will be offering a Discover Augustana Class for folks who either want to learn more about Augustana or are considering joining the congregation. Classes will be led by the pastors and lay ministry leaders.

Please sign up for Discover Augustana with **Julie MacDougall** in Augustana's office (macdougall@augustanadenver.org or 303-388-4678).

Pastor Caitlin

Well-Being . . . May It Be So



As a pastor and a nurse, well-being is often on my mind as it relates to my family, my church, myself, and everyone else. Well-being has gentle and deep meaning especially as Covid-19 becomes endemic to

our lives and Climate Change reveals itself. My life has been a mixed bag of well-being which means that I'm cautious about one-size-fits-all recipes for it. To no one's surprise, church (both the

Well-being is possible in this mishmash of experiences, because people keep showing up who sometimes keep the faith for me when I've been too troubled to carry it for myself.

people and the weekly ritual) has become a major source of it for me as faith weaves through my experiences of God's cosmic magnificence along with daily mundane moments along with the mess of suffering.

Mostly, well-being is possible in this mishmash of experiences, because people keep showing up who sometimes keep the faith for me when I've been too troubled to carry it for myself. Like the time that postpartum depression darkened everything

including my ability to love myself. Like the time that Pops, my stepfather, died and I couldn't see God through the grief and confusion of his death and a fractured stepfamily. And, frankly, there have been times in the last two and half years with the constant pivoting through pandemic that seemed to change everything right down to the way time moved. It was and still is maddening.

Well-being has always been a group project in my life. Family, friends, and church have been key parts of the group project. My hope and prayer for us is that, at the very least, our congregation supports our well-being as a healthy extension of our love for God and each other, and as part of our whole lives whether the moments are magnificent, mundane, or messy. May it be so.

Peace,
Pastor Caitlin

God's grace lived out in our lives and congregation

Grace fills all the gaps of the universe. Even better, water always falls and pools up in the very lowest and darkest places, just like mercy does. And mercy is just grace in action.

—Fr. Richard Rohr



Bishop Jim Gonia used this image in his sermon with us on Sunday, September 11. It is wonderful imagery, encouraging us to imagine God's unconditional love—grace—flowing like water over all the weary world, including each of us.

As you'll see in this month's Tower, and as you'll hear in Sunday worship, "Grace in Action" is the theme for Augustana's Stewardship Campaign this year. We'll be encouraged to think about the ways we see God's grace in action in our own lives, and especially how we see grace being lived out in our congregation. I can think of many examples, and I hope you can, too!

The ministry we share here is made possible by the offering that we give, whether we do that electronically or in the Sunday morning offering plate. Everything that happens inside our building—worship, learning, fellowship, the Early Learning Center, health ministry and ministry with children, youth, and families is supported by our giving. And everything that we help make happen in our community and in the wider world—Metro Caring, the community garden, ELCA World Hunger, missionaries, outdoor ministry, new congregations and more—is supported by our giving.

And our offering does something else: it teaches us to trust in God's grace, giving back what we've been given without being afraid that there won't be enough to share.

Our offering teaches us to trust in God's grace, giving back what we've been given without being afraid that there won't be enough to share.

The Stewardship Team is making a big ask this year of all of us. For us to continue doing ministry both inside and outside our building, we need to boost our offering income in a significant way. I invite you to prayerfully respond and bring a financial commitment card (pledge) to worship with you on Commitment Sunday, October 23. You can also pledge online—go to augustanadenver.org and click on the "Giving" tab.

Thank you for helping put God's grace into action!

Pastor Ann

God's Grace in Action at Augustana

Stewardship 2023

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evolution. As a community, Augustana made its way through the challenges of the pandemic using creativity, innovation, and a little bit of grit. We stayed connected through weekly worship services—initially prerecorded, then under a big tent, and then through livestream. Children were educated, music was shared, songs were sung. We kept our Early Learning Center open. We performed gracefully, and we were graced by a benevolent God and a committed membership.

We were also active during that period and continued to pursue our Core Values—*Worship, Grow, Go*. We were able to complete the HVAC and livestream projects and make other investments in our facility, critical to maintaining an infrastructure that will allow us to grow. We agreed on a plan to use some of our vacant land, structured a partnership with Habitat Humanity, and got the ball rolling on a rezoning initiative that finally was approved this summer. We developed and grew a number of ministries—CAN and member development are good examples—that position us well as we return to “normal.” Gandhi once said, “A person is the sum of their actions, of what they have done, of what they can do.” At Augustana, we have accomplished a lot and used the pandemic downtime to position us to do much more.

There is great joy that comes from **Grace in Action**. Working together on important projects, celebrating

our accomplishments and seeing progress on initiatives that were once just dreams gives us confidence to take on more. More importantly, it allows us to carry out Jesus' commandment to love God and love our neighbor. We are able to do these things because God is with us and because we have a committed membership willing to share their time and talent to advance our mission.

“**Grace in Action**” is our theme for this fall's Stewardship Campaign. Each Sunday in October, we will hear stories of how financial giving is an integral part of our Christian commitment and how it makes a difference in what we are able to

accomplish. We will be invited

to prayerfully consider our financial commitment to Augustana for 2023 and, if possible, to either increase that commitment if we are already giving or start giving for the first time. On October 23, we will celebrate Commitment Sunday at both services, asking God to bless our giving and the work we are able to accomplish as a faith community.

Everyone is invited to be a part of this process, and we pray that God will continue to help us put **Grace in Action**.

Bill Crossen,
Stewardship Committee Member



Just a Few Days Left—Register by October 4 You Won't Want to Miss!



Growing with Purpose

**Augustana Foundation
50th Anniversary Gala**

**Friday, October 14, 2022, 6 p.m.
Fellowship Hall**

Don't wait any longer to make plans to attend the Augustana Foundation 50th Anniversary Gala. There is something for everyone to enjoy.

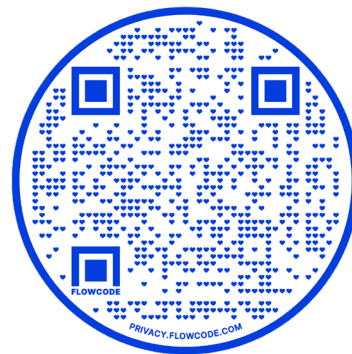
- Social hour with appetizers, wine, and beer
- Sit-down catered dinner
- The Rev. Sonja (Gall) Pancoast on Growing with Purpose
- Highlights of Foundation's ministry
- Support Foundation's mission
- Church attire or cocktail attire

\$75/Ticket

It's easy to register:

<https://www.augustanadenver.org/augustana-foundation-50th-anniversary-gala>

Registration closes on Tuesday, October 4 to accommodate the caterer's schedule.



We hope to see you there!

Augustana Foundation

Foundation Gala-Giving Made Easy

In addition to celebrating the Foundation's accomplishments and socializing with old and new friends, the 50th Anniversary Gala is an opportunity to support the Foundation's enduring purpose.

As a foundation, all donations go towards the fund's principal and are invested. Earnings from those investments are distributed quarterly as grant awards to ministries and organizations in support of Augustana's mission.

If you want to help the Augustana Foundation grow, gift-giving has been designed to be easy. No purchasing raffle tickets. No bidding in silent auctions. No vacation trips to purchase. And most important, no long checkout line at the end of the evening.

Enjoy a lovely evening beginning with a festive social hour and elegant dinner complete with beautiful music and soft lighting. You will be inspired by hearing about Augustana's own Sonja Gall Pancoast's life journey into ministry and her message on growing with purpose.

A brief video will highlight a few of the many impacts that Foundation grants have made here at Augustana and in local to global communities where the needs are tremendous and diverse.

A lively paddle raise will encourage donations at pre-set levels. Or a gift can be made in any amount desired without having to raise your paddle.

The gift-giving process will occur right at your table with convenient cards and envelopes. Digital payment options will make paying by credit card or smartphone apps very convenient. If you wish to avoid online options, cash and checks will be accepted.

Guests will seal and deposit their envelopes directly into the church's lockbox. The lockbox will be secured in the church vault until donations can be processed.

Then sit back and enjoy the rest of the evening without a checkout line.

If you are unable to attend the gala, donations are accepted [online](#) and through Augustana's office.

AUGUSTANAARTS

Augustana Arts is pleased to present . . .

Snarey Sounds & Scary Stories: A Soundsational Concert Feat

Marimba, vibraphone, percussion, kid-friendly stories, and more!

Sunday, October 30, 3–4 p.m.
St. Timothy Episcopal Church
1401 E Dry Creek Rd, Littleton

Tickets: Flex Pay (pay what you choose including FREE for the entire family)

Experience exciting percussion music and sounds paired with scary stories for the perfect Halloween celebration. Recognize music from *Harry Potter*, *Frozen*, and *Encanto* along with “the scariest” music by Beethoven, Grieg and Mussorgsky. A concert sure to be funsational for kids of ALL ages, and everyone is encouraged to wear a costume for the rhythmic parade! You'll hear unique instruments as they click, clank, rattle, whirl and see the strangest looking instruments that create sounds sure to make you jump, march, tap, or twirl. Join us for an afternoon of soundsational fun!

Tickets and information at AugustanaArts.org.



Music Ministry

Impressions from a Lutheran conference for musicians

Part of my compensation for serving as your organist and minister of music is money budgeted for a yearly study leave. This past July I attended the conference sponsored by the Association of Lutheran Church Musicians (ALCM). This four-day event was held at Valparaiso University in Indiana. Each day included Morning Prayer, workshop sessions, time in the exhibit hall, a short talk by a young Lutheran conference attendee, and an evening concert or worship service.

Being part of this service was very meaningful

I was very impressed with the choral group Calmus. This choral ensemble of five singers came from Leipzig, Germany, and sang a concert of all Bach music. They also sang in some of the worship services and presented workshops. The final evening of the conference was a Festival of Hymns and included music for choir, handbells, instruments, organ, and assembly. I rarely get to worship, so being part of this service was very meaningful. The singing from the enthusiastic participants coupled with a great organist and outstanding organ made for a powerful evening.

I attended workshops on topics such as composing and arranging for assembly, leading music from the piano, hymn playing at the organ, using

percussion with global music, arranging for choirs and instrumentalists, handbells and handchimes in worship, and improvisation on the organ.

I left the conference with several new ideas and enjoyed crossing paths with people I knew from the past as well as the chance to meet new people. Thank you for making my attendance at this conference possible.

Grace and peace,
Andy

Music spaces get makeovers!

A lot of my time this summer was spent organizing the handbell room and choir room so that these spaces could be more welcoming and used more effectively. A huge thank you to my wife, **Christine**, for helping me get this work accomplished. Without her, these projects would not have been finished by September. (*See photos, next page.*)

I'd also like to thank **Seki Hodzic** for making countless trips to the recycling bins and for help in moving heavy objects. Also, thank you to the music librarians (**Rhonda Crossen, Lana Farrington, Elizabeth Frank, and Lynn Tyler**) for their help in organizing the music library as we continued this work over several months.

Andy

Before:



After:



Calling Augustana Singers!

MAKE A JOYFUL NOISE TO THE LORD!

For all who wish to sing and can gather to rehearse on a weekday morning!



Augustana Singers is open to anyone wishing to sing in the Bless the Years worship service on Thursday, December 15 at 11 a.m. This choir will rehearse on the first Wednesday of the next three months (October 5, November 2, December 7) from 11 a.m. to noon in the Choir Room. This group will be directed by **Andrew Peters** and accompanied by **Christelle Menth**.

For questions or to reserve a spot, contact **Andy** (peters@augustanadenver.org or 303-388-4678 ext. 122).

Reformation Sunday

Celebrate Reformation Sunday, October 30, 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! Come celebrate with festive worship!

All Saints Sunday

On All Saints Sunday, November 6, Augustana will remember all those we have loved who now live with Christ, especially those who have died in the past year.

If you have loved ones who have died since last All Saints Sunday (November 7, 2021), 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 Sunday, October 30; clearly spell the names, include the date of death, and, if necessary, give pronunciation instructions.

Augustana

LUTHERAN CHURCH

presents

All Saints Vespers



Sunday, October 30, 3 p.m., Sanctuary

Enjoy a special afternoon of music, scripture, and prayer! Augustana's **Chancel Choir**, along with the **Augustana Vocal Ensemble** and organist **Andrew Peters**, and directed by **Kevin Padworski**, present a program featuring **Mass in G** by Franz Schubert. This event is free and open to the public. Invite a friend and come to this event in celebration and anticipation of All Saints Sunday!

Congregation Council

Recap of August 28 special Congregation Meeting and moving forward

Approximately 90 members of Augustana attended a very productive one-hour meeting August 28.

Augustana sells unused piece of property

Augustana neighbor, **Annie Gough**, and a local real estate agent, **Mark Lampert**, provided us with compelling reasons to sell a small, unused parcel of land to her for the approximate sum of \$1,000. This proposal was approved unanimously. The next steps will involve Habitat's arranging a survey of the parcel and working with us to have the necessary legal documents drawn up. This will be accomplished soon, so that Annie can construct a fence around the property before Habitat comes in to develop our Dakota Avenue property.

Dakota Avenue project update

Kory Whitaker (Real Estate Manager, Habitat) talked about the "When?" on the Dakota Avenue property. Denver City has been pretty backed up on requests, and it may take time for us to get pushed through the system. Even with architects, civil engineers, and Habitat now working together, and an initial site development plan drawn up, the conservative estimate is that we'll break ground towards the end of 2023, and vertical construction (which we can all volunteer for) will be ready to go in the spring of 2024, extending through summer.

Habitat for Humanity volunteer opportunity

Rita Mohler (Faith Relations Manager, Habitat), then spoke to us about volunteer opportunities, including building two townhomes at Curtis Park. Six volunteer slots are reserved for Augustana members and friends on October 15. (See article, [page 20](#).)

Quorum lowered for congregational meetings

The next proposal was for lowering the quorum required to conduct congregation meeting business from 75 to 60 and was unanimously approved. This is a constitutional change which will still require ratification at the next congregation meeting.

One congregational meeting a year instead of two

The next congregation meeting will be sometime in January 2023, and we will let everyone know the specific date as we get closer. The proposal to

reduce the minimum number of congregation meetings from two to one was passed

unanimously, and instead of continuing

to have meetings in November and

February, we just do a main

one in January. Therefore,

we do not plan to have a

congregation meeting this

coming November. We will

still have special meetings

whenever needed to cover

issues like those considered

in this meeting, or in response to

congregational requests to have updates

on certain activities. And since we will

use the one meeting in January for elections and

approving the budget, we plan to have at least one

meeting in February, during coffee hour, to talk

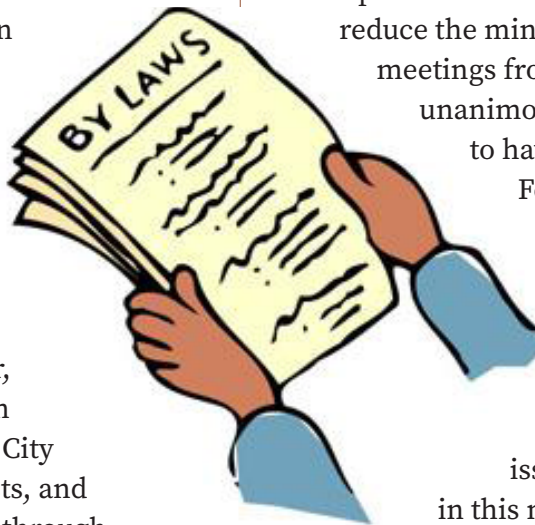
about the Annual Report, church finances, and let

a couple of staff and committee chairpersons talk

about their ministries.

Michael Zumwalt,

President of the Congregation





New pricing for Memorial Garden, effective November 1, 2022

To offset increasing costs for materials and maintenance, we will be raising our prices for each crypt in the Memorial Garden to \$1,000 for the first inurnment, and an additional \$500 for the second inurnment, of the same crypt. As we have almost used up our available crypts, these costs will be applied to cover expanding the garden to include more crypts—both excavation and new materials—as well as ongoing maintenance of the garden and its surrounding foliage. As part of considering the proposal that was approved by Council, the Property Committee did a comparison on similar memorial gardens in Denver and found that this new pricing was still well below the average pricing of our area.

For information on Augustana's Memorial Garden, contact Interim Finance Administrator **Bill Crossen** (303-388-4678 ext. 103 or crossen@augustanadenver.org.)

Children, Youth & Family



Augustana hosts Trunk or Treat for our neighbors, community, Early Learning Center families, and Augustana members and friends, Sunday, October 30, 12:30 –2 p.m. in the Alameda parking lot. Folks of all ages are invited to come through a line of cars to trick or treat. Costumes are welcome!

If you would like to host a car and hand out candy or small prizes, RSVP to **Shanna** (shanna@augustanadenver.org or 303-388-4678 ext. 107) by October 23.

College Care Packages

College care packages will be assembled Sunday, October 16, 9:30–10:15 a.m. Fellowship Hall. You are welcome to donate items to be included in the packages. Items suggested include popcorn, candy, microwave noodles, small school supplies and personal products. Hand written notes are always welcome and appreciated! Please drop off these supplies in Augustana's office by Friday, October 14, or bring them to Fellowship Hall before 9:30 a.m. on October 16.

Parents of college students, please email their mailing addresses to Shanna (shanna@augustanadenver.org) by October 9.



It's Augustana's annual Chili, Soups, and Stews Cook-off!

Augustana Youth host their annual Chili Cook-off, Sunday, November 6, 11:45 a.m. in Fellowship Hall for Sunday Lunch. This year you are invited to bring a crock pot of stew, soup, or chili to be entered. Vote for your favorites with your donations which will be split between ELCA World Hunger and the summer trip to Montgomery.

Please sign up with **Shanna** (shanna@augustanadenver.org or 303-388-4678 ext. 107) by Tuesday, November 1 with the title of your entry and a short description.

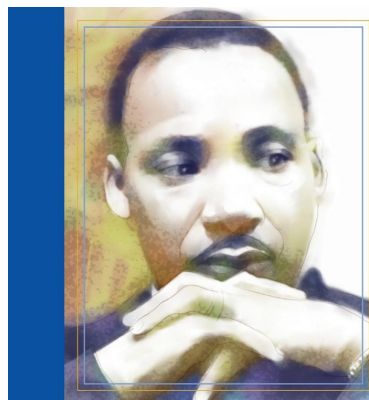


Maize in the City

Youth in grades 5–12 are invited to Maize in the City, Sunday, October 2. Meet at 1:30 p.m. in the lower parking lot, and

plan to return to Augustana at 5 p.m. Cost is \$15 per youth. RSVP to **Shanna** (shanna@augustanadenver.org or 303-388-4678 ext. 107) by September 30.

Cross Generational Summer Trip to Montgomery, Alabama, June 5–9, 2023



Shanna and Pastor Caitlin will lead this trip next June for 7th graders through adults. As followers of Jesus Christ, we're called to love our neighbors. As people of faith, we are freed by Christ

to love our neighbor across differences of all kinds. As Americans, our country's history includes the enslavement of black African people that continues to affect us today both socially and personally.

The goal of this trip is to learn more about our faith, our Civil Rights history, and its effect on people today so that we're better equipped to connect with people across the difference of race to better support black friends, family, and members of our congregation and community. This week together will allow for relationships to grow across generations and for peer groups to better connect with each other. This will mean that sometimes the groups will be divided as youth and adults, and sometimes the group will be all together. We are making connections with an ELCA congregation in Montgomery to also spend some time in service.

If you have additional questions and/or to sign up for this trip, please contact Shanna (shanna@augustanadenver.org or 303-388-4678 ext. 107), and turn in a \$100 deposit by October 15. The estimated cost of this trip is \$1,200 per person. Youth and adult chaperones (different from adult participants) will be fundraising to offset the cost. Scholarship money is available for youth.

Study/Fellowship

Adult Forum

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

The Bible's Book of Revelation

October 2, 9, and 23, led by **Rev. Carl Hanson**, retired pastor and Augustana member.

Pastor Carl Hansen continues his class for the curious about the Book of Revelation and its meaning for today's world. You can read the book of Revelation or listen to it being read for you, since this was how it was shared with the early Christians (HolyBible Audio: Revelation). Bring your Bible to class, or pick one up as you arrive for class in the Anna Paulson Room.

We will discuss how Revelation has been interpreted since it was written and how it is being used in our world today. If you have questions regarding the class, please feel free to contact Pastor Carl Hansen (CH6019@gmail.com).



Mental Health Sunday: Mental Health and Anxiety

October 16: Dr. Michael Moran, Psychiatrist and Augustana member

leads discussion on these and other questions:

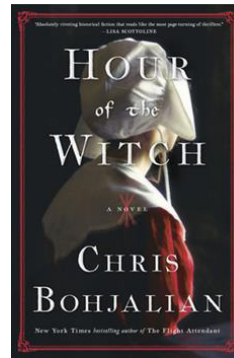
1. What is depression, and what causes it?
2. How does it affect the body and the mind?
3. Are medications useful in treating depression?
4. What other modalities of treatment are helpful?
5. How should I approach a family member or friend who is depressed and is not seeking help?

Education and open honest discussion can dispel myths and misunderstandings! We can and must be a loving and supportive faith community for those living with depression and their families and friends.

Augustana's Sanctuary Organ

October 30, 9–10 a.m., Sanctuary, led by **Andy Peters**. (**Special times so that Andy can accompany choir practice afterwards.)

Join organist Andrew Peters in the sanctuary by the organ for this class about the pipe organ. Andy will talk about Augustana's two pipe organs and take questions from those in attendance. After the building itself, the organ is the most expensive piece of equipment inside the church. Come learn more about the King of Instruments!



October Book Group

Hour of the Witch
by Chris Bohjalian

A young Puritan woman—faithful, resourceful, but afraid of the demons that dog her soul—plots her escape from a violent marriage in

this riveting and propulsive historical thriller from the #1 New York Times bestselling author of *The Flight Attendant*. (From Good Reads)

One reviewer states: This is stunning, thought provoking and intense! A book keeps you on your toes, fists are clenched, your heart rates are skyrocketing, tension is building higher, you get more agitated at each moment to know what's gonna come next! (From Good Reads)

Join us on Monday, October 17, at 1 p.m. in the Anna Paulson Room. If you have questions, contact **Ellen Kastens** (303-475-7877 or ekkastens@gmail.com).

Women, Wine, and Word

This monthly Bible study for women of all ages will meet in the Youth Room at Augustana Thursday October 20, 7 p.m. Currently the group is reading and discussing the book of Esther. While she may not be well-known in the Christian church, in Jewish tradition her story surrounds the yearly celebration of Purim. What happens when Esther finds out she is being called by God “for such a time as this”? Come join the discussion and fellowship! Please contact **Pastor Ann** (ann@augustanadenver.org) for the reading or for more information.



Ammerman Library features seasonal October topics

Come visit your Ammerman Library—a library of hope, prayer, laughter. A library where adults, younger and older children, and young adults can find a book to enjoy. If ever you need help finding a book, a Sunday volunteer is available between services. Or you are welcome to come and browse and check out books any time during the week.

In anticipation of Reformation Sunday at the end of October, we will feature books on Luther and the Reformation. Look for these books in the display cabinet in Fellowship Hall and on the library shelves. (You can check out any of the displayed books.)

We have a few recently donated books you will enjoy: two large books shelved in the reference book area by photographer John Fielder and *Orchid Stories: Stories of Hope and Love*, by artist, Rolinda Stotts.

Young Adult Bible Study

First and third Tuesdays of the month through December 6, 7:30 p.m. in the Youth Room. This fall, we will do a variety of spiritual practices, prayer, and faith conversations that will require no prep. For information, contact **Shanna VanderWel** (shanna@augustanadenver.org or 303-388-4678 ext. 107).

Mom's Group

Moms of little and school-age kids are invited for a time of conversation, prayer, and scripture reflection, second Wednesdays of the month. Our first gathering will be Wednesday, October 12, 7:30–9 p.m. We will rotate meeting at homes, so please connect with Shanna for the address (shanna@augustanadenver.org or 303-388-4678 ext. 107).



Sunday Lunch

Sunday Lunch is in need of volunteers to set up lunch and clean up each Sunday. We are grateful for the many hands

that make light work. Please connect with **Shanna** (shanna@augustanadenver.org or 303-388-4678 ext. 107) to sign up for Sunday(s) to help.

All are invited to partake in Sunday Lunch following the 10:30 worship service. Though no payment is required, we will take a freewill offering to help offset the cost of lunch. We do our best to offer a variety of food with plenty for all. Our cost averages about \$10 per person per meal.

Sunday Lunch Schedule:

- October 2: Mici Handcrafted Italian
- October 9: Jimmy John's Sandwiches
- October 16: Twisters Burritos
- October 23: Which Wich Sandwiches
- October 30: Pizza

Health Ministry

Mental Illness Awareness Week is in October!

#Together4MH

Did you know?

- One in four persons sitting in our church pews has a family member struggling with mental health challenges.
- 1 in 20 U.S. adults experience serious mental illness each year, but less than two-thirds get treatment. We must improve access to quality care!
- 1 in 6 U.S. youth age 6–17 experience a mental health disorder each year.
- Mental Health is a HUGE part of overall health and should be a priority for everyone, whether you have a mental health condition or not.



Mental Illness Awareness Week (MIAW) is a national observance since 1990, when Congress officially established the first full week of October as MIAW. Advocates have worked together to sponsor activities to educate the public about mental illness.

This year NAMI is centering MIAW on a new awareness campaign, **“Together for Mental Health,” (#Together 4MH)** with a focus on the

importance of advocating for better care for people suffering with mental illness.

<https://www.nami.org/Get-Involved/Awareness-Events/Mental-Illness-Awareness-Week>

At this NAMI link there is a MIAW Video series from real people sharing their lived experience with some of the symptoms and conditions around mental illness.

Look for the following short two-minute videos:

1. Krishna Louis: What I wish people knew about anxiety
2. Andrea Landry: What I wish people knew about bipolar disorder
3. Ashlynn McNeeley: What I wish people knew about Borderline Personality Disorder

Mark your calendar for these Sundays as Augustana observes Mental Illness Awareness!

As a congregation we will observe Mental Illness Awareness on three Sundays in October:

Sunday, October 2: Health Ministry Sunday during coffee hour—look for more resources and information on mental health and suicide prevention.

Sunday, October 16: Special prayers and candlelighting in both worship services.

Augustana’s **Mike Moran** leads an Adult Forum topic on “Depression.” Dr. Michael Moran is a psychiatrist who has been in practice for 21+ years. He received his medical degree from University of Texas Southwestern Medical School. Join us to learn more about the rise of depression.

Sunday, October 23: Youth education on mental health and suicide prevention. All middle school and high school youth will receive the resource *Blessed Youth Survival Guide* in Faith Formation on this Sunday with facilitation from **Heather Nelson**, RN, member of Health Ministry Team, and Deacon Shanna.

Our faith community can be a caring congregation for persons living with a mental illness and their family members.

Online resources include:

- **National Alliance on Mental Illness – NAMI**
www.nami.org
- **Mental Health Ministries**
www.mentalhealthministries.net
- **Pathways to Promise**
www.pathways2promise.org

E4 Mental Health Ministry at Augustana

If you or anyone you work or live with has a mental illness or symptoms of a mental illness, please consider attending Augustana's mental health ministry team meeting, E4, on the second Thursday of each month in Augustana's Ammerman Library at 7 p.m. Contact Faith Community Nurse **Sue Ann** (glusenkamp@augustanadenver.org or 303-388-4678, ext. 106) if you have questions or would like further information. The October meeting will be on October 13, at 7 p.m. You are invited!

SAVE this DATE!

Sunday, October 23 during Youth Faith Formation



As part of our October Mental Health Awareness events, high school and middle school youth will receive this important resource along with facilitation on using this guide by **Heather Nelson**, RN, member of Health Ministry Team. From book review on Amazon:

Today's youth need to hear the message "It's okay to not be okay." They need to know hope and help are always available. Blessed Youth Survival Guide offers the tools youth need to survive when they are feeling disconnected, confused, and alone. This survival guide is specifically for youth and covers topics that today's youth will undoubtedly face such as anxiety, sadness, depression, phobias, OCD, panic attacks, PTSD, trauma, and therapy. Blessed Youth Survival Guide helps youth recognize when they are experiencing an issue and encourages them to tell a parent, doctor, or another adult who can help them receive the appropriate care. Youth are encouraged to be proactive with their mental health by developing good overall health practices and taking a Safety Pledge—a pledge to promise to identify three people who they can contact if they begin having thoughts of self-harm and/or suicide.

Youth are encouraged to attend this special event in the Youth Room, Sunday, October 23, 9:30 a.m.



Senior Ministry

Sing, walk, study the Bible, and more with 60+ Active Adult Ministry!

You are invited to visit the display in Augustana's narthex regarding small group ministry opportunities for 60+ active adults at Augustana. You will find information and sign-up sheets for the following options:

1. Weekday morning Bible Study
2. Weekday morning choir ([see article, page 10](#))
3. Weekday hiking and/or walking group
4. Field trips/day trips/luncheon outings—stay tuned for events to be announced!

Did you see the 60+ Active Adult Ministry Survey circulating from May to July? The four areas above were identified in the survey as priority areas by our 60+ demographic. Thank you to all who participated in the survey. If you have a particular leadership skill for any of these four areas or have questions, please contact our Active Adult Ministry Team co-leaders, **Karen Lambert** (lambert747@msn.com) or **Judy Peters** (egosjudy@yahoo.com) or Faith Community Nurse **Sue Ann** (glusenkamp@augustanadenver.org or 303-388-4678, ext. 106).

Save the date!

Bless the Years

Worship service and catered luncheon

- Thursday, December 15, 11 a.m.
Augustana's Sanctuary
- Advent/Christmas Theme
- Followed by a delicious family style luncheon catered by Jimmy's on Jersey (<https://www.jimmysjerseystreetcafe.com/>).

Mark your calendars and watch for further information.

Please let FCN **Sue Ann** know if you need transportation, and a host will be arranged (glusenkamp@augustanadenver.org or 303-388-4678, ext. 106).

Compassion and Action with Our Neighbors (CAN) Ministry

“God’s work. Our hands.” Sunday

Eight years of Rice and Beans!

On Sunday, September 11, you again did the incredible! You repackaged 4,000 pounds of dried rice and beans into about 2,000 quart bags, all in about 60 minutes! You did this to support the Fresh Foods Market at Metro Caring, which provides free, nutritious food to families and individuals in need. There were some interesting challenges preparing for this year, but God demonstrated that his work will be done.

Many individuals helped make this happen. Thank you to **Bill and Rhonda Crossen, Michael Zumwalt, Janet Egan, and Carol Troike** for help setting up. Thank you to **Katy Lunsford** for being our liaison with Metro Caring. Thank you to all who helped by opening the bags to keep the bowls

filled for those bagging the rice and beans. Thank you to all of you who showed up between services and worked so diligently to fill the bags and helped clean up afterwards! Thank you to Thrivent for funding our supplies. And a big thank you to **Seki!** This is a truly fun intergenerational event. Let’s do it again in January!

Don Troike
Coordinator



Volunteer Build Date at Curtis Park for Augustana with Habitat for Humanity

Saturday, October 15, 9 a.m.–4:30 p.m.



Stout Street



Champa Street

Mark your calendars for a special Augustana Volunteer Build Date with Habitat for Humanity of Metro Denver. We are starting with six slots available for volunteering, but there may be more added later. Pastor Ann and I are both signing up, and we hope you'll join us. You can register here: <http://augustanalutheran.denver.volunteerhub.com/>, or please contact **Michael Zumwalt** (president@augustanadenver.org or 303-907-6305).

Three interesting aspects of this build:

1. The same architects are working on our Dakota Avenue property.
2. Of the two homes being developed, the one on Stout Street uses a new Styrofoam form for concrete, to make for a sturdier, fire-preventive construction that also has excellent insulating properties to reduce energy costs.
3. We will be working on the second of the two homes rendered here, the one on Champa Street that uses a regular wooden frame.

Michael Zumwalt

And the total number of Summer of Service (SOS) hours is . . .

Congratulations, Augustana Family! **You have logged 1,522 hours of service this summer.** The places of volunteering vary as much as our individual talents. Community care, addressing food insecurity, and education received the majority of volunteer hours. Items and monetary donations were made to varying organizations. Additionally, 52 donations were noted to the Sanctuary Soup Shelf. Thank you at all who supported the Summer of Service!



Augustana volunteer hours at Metro Caring were included in the Summer of Service totals

Refugee Support Team members gain experience and knowledge in supporting refugees

Amy King and **Janice Johnson**, Augustana members and part of our Compassion and Action with our Neighbor (CAN) Ministry, and **Gerd Renno**, continuing visitor, are part of a multi-congregation team through Lutheran Family Services Rocky Mountains (LFS) who are supporting a new refugee family. As they learn the ropes with LFS and the family, we continue to work towards our own team.

In the meantime, stay tuned for information about ways to support the refugee family that Amy and Gerd are accompanying as well as the formation of the Augustana specific Refugee Support Team. Gerd and Kathy Renno bring several years of experience settling refugees through their former



congregation and Lutheran Social Services in Arizona. They are informed and committed to helping us get up and running to support refugees.

The Modasir family, a dad, mom, two sons (21 and 12 years old), and a daughter (18 years old), escaped under threat of life from Kabul/Afghanistan this spring to Islamabad and then on to Qatar before resettling in Colorado. The youngest son started school this week, and the

others are seeking jobs and further education.

Please contact **Amy King** (amyking0607@gmail.com) with your interest and questions.

Ballot Initiative Update! Come, one and all!

Sunday, October 9, noon–1:30 p.m.,
Anna Paulson Room

Peter Severson, Director of Lutheran Advocacy Ministry Colorado, will be our guest speaker and will provide an update on the upcoming ballot initiatives. Advocacy through ballot and legislation helps our neighbors struggling with issues of housing, education, hunger, mental health, and more. Please pass along this invitation as we'll be inviting all Augustana members as well as friends throughout the community. Pick up lunch in Fellowship Hall and bring it with you to the meeting. This meeting is hosted for all by Augustana's **Human Dignity Delegates** in lieu of their regular monthly meeting.

CAN (Compassion and Action with our Neighbors) Ministry Meeting

Sunday, October 23, noon–1:30 p.m.,
Anna Paulson Room

(Please note: the date has changed from previously published.)

Bring your lunch and join us for our next CAN Ministry Meeting. We will be discussing the approach to new initiatives as well as planning for activities for 2023. We will also review the Summer of Service and plan for the upcoming Chili Challenge, Advent Farms, and other end-of-year opportunities. We look forward to seeing you!

Ecotheology: “God-talk” and “Earth-talk” together

By **Dr. Celeste Rossmiller**

Ecotheology is the study of the interconnectedness of human life within the planetary Web of Life and the connection of both to the Sacred Mystery and Source of Cosmic reality. The multitude of world religions today are all returning to their ancient scriptures and traditions to ground their exploration into offering meaning in this unparalleled time. So, ecotheology blends spiritual tradition with science’s recognition of the complete Oneness of all that is. . . .

The multitude of world religions today are all returning to their ancient scriptures and traditions to ground their exploration into offering meaning in this unparalleled time.

Ecotheological thinking invites us to raise our consciousness to see all our daily choices as ethical and impinging on the Earth. What we eat, what we wear, how we transport ourselves; what we give as gifts; how we power our homes and workplaces: in these times, every possible thing that we choose contributes to or undermines the flourishing of life among human communities and all the Life systems of the planet. How do we see, as God does (per Genesis 1:31), that all of Creation is “very good”—and live accordingly? We are Earthlings. The name “Adam,” given to the first human in the Book of Genesis, is derived from the word for Earth, which is “Adamah.” The human creature, formed of Earth’s clay and imbued with Divine Breath/Spirit, is Earthling, commanded to till and

keep the land which supports its life (Genesis 2:15). So, this story underpins the Jewish and Christian ethics of Earth-keeping: valuing that which is so deeply valued by God, while attending in wonder to how the Creation manifests aspects of the Source of Life. . . .

The sacred traditions of all peoples offer us ways to slow the speed of modern life; to wonder at the simple and complex beauties that surround and inhabit us; to desire less and love more—love all things and all peoples. Ecotheology and its accompanying ethics asks us to weave Earth and Cosmos into our God-talk and our daily and seasonal prayer and practices: for the Good of All That Is.

Read the entire article at <https://www.togethercolorado.org/wp-content/uploads/2022/05/101-Fact-Sheet-Ecotheology.pdf>.

Creation Care is part of CAN Ministry’s leadership efforts on behalf of the congregation as well as our local and global partnerships including Together Colorado. The Climate Justice Committee of Together Colorado offers resources like the excerpt above to help congregations and communities of faith talk about and engage with climate issues.

To learn more about climate care and justice, contact Augustana’s **Bonita Bock** (bonita.bock@wartburg.edu), or visit [togethercolorado.org](https://www.togethercolorado.org).





Welcome Connection

Following up on We Put People First—and other plans to connect

We Put People First. The first edition of Welcome Connection postcards have gone out, and we welcome your thoughts and suggestions. We also hope you took time to answer the electronic follow-up survey that you should have received the first week of September. We are planning on three additional postcards in the coming year—Christmas, Easter, and late summer.

Roger Lipker's Ad Hoc Marketing Plan Team held its first meeting and has already generated innovative ideas on how to implement this visionary plan.

Welcoming visitors in the Alameda parking lot

The new sign(s) campaign is progressing, and we are in the process of procuring bids. Look for the new visitor parking slots in the Alameda (north) parking lot. Research shows that church visitors arrive as worship begins and stop using visitor parking after worshipping 2–3 times.

Connecting at Sunday Lunch

Welcome Connection will be presenting at the Discover Augustana class on November 6. We will also be hosting a table at Sunday Lunch, November 13 to meet people, answer questions, and connect them with groups and ministries if requested.

As always, if you have visions, thoughts or suggestions for our group, or if you would be interested in joining us on our journey, do not

hesitate to contact one of us: **Erin Saboe, Nancy Johnson, Roger Lipker, Julie MacDougall, Nancy Nyhus (Council), Ellen Kastens (Council), Brad Uyemura (Chair), and Pastor Caitlin.**

Brad Uyemura

Connect through Augustana name tags!

Why order an Augustana name tag?

- Name tags are welcoming.
- Name tags invite conversation.
- Name tags help us remember one other.

How to request your name tag

Order online at <https://www.augustanadenver.org/augustana-name-tag/>. Or, use a pew offering envelope from the pew and indicate “Name Tag” on the outside. Optional: a donation of \$8/each to cover the cost of the name tags. Be sure to legibly write the first and last names of how your family members' names should appear on the name badges.

Friendly Reminder: If you ordered a name tag and have yet to pick it up, check the table across from the elevator!

Place mailing label here

OCTOBER Birthdays

- | | | | |
|--|--|--|--|
| 1 Arjan Bornhijm
Barbara Clifford
Anya Fry | 8 Robbie Anderson
Sukhbat Bolt
Linda Daniel
Garrett Lutz
Biag Mayek
Gia Witt | 16 Wil Crook
Nick Massie
Kathy Valadez | 25 Griffin Brown
Hazel Robertson |
| 2 Elaine Anderson
Lisa Bickle
Christine Peters | 9 Dale Arden | 17 Brynn Aarestad
Karen Lambert
Nathan Robinson
Amelia Wilkins
Hannah Zeckser | 26 Jordin Kepford
David Robb |
| 3 Eric Moody | 10 Krista Degerness
Rocky Grajek
Michael Moran
Krista Williams-Vohs | 18 Eden Cockrell
Jill Gregory | 27 Nancy Hardiman
Denise Sanderson |
| 4 Sean-Casey King
William Smith
Andy Stone
Mallory Storie
Matt Thomas
Lauren Triplett | 11 Clayton Regier | 19 Nathaniel Cockrell
Nancy Nyhus
Amy Pulley | 28 Beck Miller
Ursula Park |
| 5 Susan Anderson
Matt Dewald
Howard Jacobsen
Greg Johnson | 12 Kiera Bodenstedt
Audrey Haber
Henry Motes
Andrew Peters
Donna Wink | 20 John Harwell
Arvetta Hjelmstad
Amy King
Inez Smith
Anna Swenson | 29 Genevieve Bucklin
Mackenzie Cross
Sonja Forgo-Hess
Karen Morgenthaler
Michelle Young |
| 6 Frank Philipp
Stephen Zarlengo | 13 Jack McClenney
Mallory O'Malley | 21 Terry Lumme
Olivia Rowan | 30 Helen Blanz
Sandra Hagevik |
| 7 Siri Anderson
Ann Pearson
Ophie Pulley
JoAnn Ryan
Artegio Situmorang
George Willoughby | 14 Timothy Garrington
Harold Johnson
Alan Motes | 22 Nicole Harwell
Brett Porterfield | 31 Alexandra Allen
Nikolai Arnold
Anne Bickle
Lula Clambey
Ethan Rogers
Dallas Smith |
| | 15 John Bengston
Claire Bourg
Will Shellhorn
Tierra Zuniga | 23 Robin Boe
Duane Howell
Ken Maxwell
Michael Priest
Judy White | |
| | | 24 Ken Beazer
Ann Sethre | |

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

OCTOBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Pentecost 17 Health Ministry Sunday Worship/Communion 8am 9:15am Coffee/Fellowship 10:30am Worship/Communion 11:45am Sunday Lunch Noon Grief Support Group Noon Augustana Knitters Noon Welcome Connection 1:30pm Youth: Maize in the City Faith Formation and Music Ministry below	3 9:45am Augustana Firm Believers	4 9am Library Committee 4:30pm Yoga 7:30pm Young Adult Bible Study	5 9am Augustana Early Learning Center Chapel 9:45am Augustana Firm Believers 11am Augustana Singers 6pm Augustana Ringers 7:15pm Chancel Choir	6	7 9:45am Augustana Firm Believers 11am Bulletin Assembly	8
9 Pentecost 18 Worship/Communion 8am 9:15am Coffee/Fellowship 9:15am Health Ministry Team 9:30am Acolyte Training 10:30am Worship/Communion 11:45am Sunday Lunch Noon Grief Support Group Noon Human Dignity Delegates Ballot Update Faith Formation and Music Ministry below	10 9:45am Augustana Firm Believers 6:30pm Augustana Early Learning Center Board	11 6pm Children, Youth & Family Ministry 7pm Men’s Bible Study	12 9am Augustana Early Learning Center Chapel 9:45am Augustana Firm Believers 6pm Augustana Ringers 7:15pm Chancel Choir 7:30pm Mom’s Group	13 The Tower deadline Senior Ministry Committee	14 9:45am Augustana Firm Believers 11am Bulletin Assembly 4pm Augustana Foundation 50th Anniversary Gala	15 9am Habitat for Humanity Augustana Volunteer Build
16 Pentecost 19 Mental Health Sunday Worship/Communion 8am 9:15am Coffee/Fellowship 9:15am College Care Packages 10:30am Worship/Communion 11:45am Sunday Lunch Noon Grief Support Group Faith Formation and Music Ministry below	17 9:45am Augustana Firm Believers 1pm Book Group	18 7pm Congregation Council 7:30pm Young Adult Bible Study	19 9am Augustana Early Learning Center Chapel 9:45am Augustana Firm Believers 6pm Augustana Ringers 7:15pm Chancel Choir	20 7pm Women, Wine, and Word	21 9:45am Augustana Firm Believers 11am Bulletin Assembly	22
23 Pentecost 20 Commitment Sunday Worship/Communion 8am 9:15am Coffee/Fellowship 9:15am Discover Augustana Class 10:30am Worship/Communion 11:45am Sunday Lunch Noon CAN Ministry Noon Grief Support Group Faith Formation and Music Ministry below	24 7:30am Foot Care Clinic 9:45am Augustana Firm Believers	25 7pm Men’s Bible Study 7pm Rachel Circle	26 9am Augustana Early Learning Center Chapel 9:45am Augustana Firm Believers 6pm Augustana Ringers 6:30pm Alzheimer’s Support Group 7:15pm Chancel Choir	27	28 9:45am Augustana Firm Believers 11am Bulletin Assembly	29 11am Confirmation Lunch
30 Reformation Sunday Worship/Communion 8am 9am Adult Forum 9:15am Coffee/Fellowship 9:15am Discover Augustana Class 10:30am Worship/Communion 11:45am Sunday Lunch Noon Trunk or Treat Noon Grief Support Group 1pm Augustana Foundation 3pm All Saints Vespers Faith Formation and Music Ministry right	31 9:45am Augustana Firm Believers	<div><div>Sunday: Faith Formation</div><div><div>9:30am</div><div>Faith Formation (Infants–Grade 12)</div></div><div><div>9:15am</div><div>Adult Forum</div></div><div><div>Noon</div><div>9th Grade Confirmation</div></div></div> <div><div>Sunday: Children and Youth Music Ministry</div><div><div>9am</div><div>Cherubs, Choristers, Chancel Handbells</div></div><div><div>Noon</div><div>Cantabile, Chapel Ringers, Recorder Ensemble</div></div></div>				