

Watch for these 12 signs of GOOD HEALTH in the New Year!



1. Persistent presence of supportive friends.
2. Chronic positive expectations—a tendency to frame events in a positive light.
3. Regular signs of joy in living.
4. Sense of spiritual renewal in the Lord.
5. Increased sensitivity to others.
6. A tendency to adapt to changing conditions.
7. Increased appetite for physical activity.
8. Tendency to identify and communicate feelings.
9. Repeated episodes of gratitude and generosity.
10. Compulsion to care for other people.
11. Persistent sense of humor. Known to laugh out loud!
12. A life centered in the forgiveness of Christ!

Happy, Healthy New Year 2023 to each of you from
your Health Ministry Team and Faith Community
Nurse, Sue Ann Glusenkamp!

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



Evangelical
Lutheran Church
in America

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, January 12, 4:30 p.m. is the deadline for the February edition. Email **Lyn Goodrum** (goodrum@augustanadenver.org).

Congregation Council:

President: Michael Zumwalt

Vice President: Pam Uyemura

Secretary: Karen Lambert

Treasurer: Ben Pepper

| | |
|-------------------|----------------------|
| Lisa Boe-Sims | Heather Nelson |
| Betty Boyd | Nancy Nyhus |
| CJ Brown | Will Smith |
| Janet Flesch | Inez Smith |
| Jayme Howard | Dan Taron |
| Pr. Ann Hultquist | Pr. Caitlin Trussell |
| Heidi Johnson | Karen Yeager |
| Ellen Kastens | |

Staff:

- **Ann Hultquist**, Senior Pastor
- **Caitlin Trussell**, Pastor
- **William Crossen**, Finance Administrator
- **Christine Peters**, Accountant
- **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
- **Sue Ann Glusenkamp**, Faith Community Nurse
- **Lyn Goodrum**, Publications Administrator
- **Julie MacDougall**, Volunteer Ministry and Building Use
- **Emily Friesen**, Livestream Technician
- **Garry Garcia**, Facilities Manager
- **Asmir Hodzic**, Building and Grounds Manager
- **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:

- Rick Bebee
- Genevieve Bucklin
- Mike Crossen
- Pat Crossen
- Bobbi Joe Dunbar
- Nadine Fingland
- Tim Garrington
- Ron Glusenkamp
- Audrey Haber
- Sandy Heitzman
- Toni Hofstad
- Glenn Kraft
- Lorraine Lau
- Matt Lomax
- Susan Pepper
- Steve Troike
- Pat Van Dyck
- John Yerkley

For comfort and courage:

- Wil Crook in the death of his aunt, Kathy Crook, uncle, Bud Wilson, and grandfather, Roger Crook
- Orvid Olson in the death of his friend, Dick Holmstead, and his sister-in-law, Lillian Walker
- Family and friends of Alan Morast in his death
- Randy Pabst and family in the death of his mother, Vernetta Pabst
- Alex Kah in the death of his friend, Taylor Shelly

Thank you for the gifts!

Music Ministry

- in memory of Jane Carlstrom

Special Gifts

- in memory of Joe and Ruby Gay

Holiday schedule changes

There will be no Faith Formation classes, Children's and Youth Music Ministry, and Sunday Lunch on December 25 and January 1. We will resume our normal schedule January 8.

Augustana's office will be closed for the holidays Mondays, December 26 and January 2. If you have an emergency, call the emergency line (303-862-3027).

Personnel Happenings

At its December meeting, Augustana's Personnel Committee reviewed **Shanna VanderWel's** part-time status as Director of Youth and Family Ministry and **Bill Crossen's** interim status as Finance Administrator. The committee voted unanimously to affirm Bill in his position on a permanent basis, and to continue Shanna's position at half-time. Many thanks to Shanna and Bill for their dedication and commitment to our congregation's ministry!

CHRISTMAS

Worship

SCHEDULE

Sunday, December 18, 10:30 a.m.

Faith Formation Christmas Pageant
Sanctuary

The Nativity of Our Lord

Christmas Eve, Saturday, December 24

11 a.m. | 3 p.m. | 5 p.m.* | 7 p.m.*

Worship/Communion - Sanctuary

*Livestream available

Please use the scan code
to register for in-person
Christmas Eve worship.



7 p.m. Christmas Eve Radio Broadcast

KOA Radio, 94.1 FM and 850 AM

Christmas Day, Sunday, December 25

10:30 a.m. Worship/Communion

Sanctuary

(in-person only—no livestream)

New Year's Day

Sunday, January 1

Worship/Communion

Livestream available

Congregation Council

Annual Augustana Congregation Meeting

Mark your calendars for Sunday, January 15, 2023!

Hello, everyone,

Please note that we plan to hold our 2023 annual congregation meeting on Sunday, January 15 at 11:45 a.m., following 10:30 a.m. worship. Your attendance is greatly appreciated for this important event to vote on our 2023 budget and elect new members to Council (adult and youth), Synod Assembly, and our Nominating Committee for 2023. We expect there will be other items to discuss and approve, including ratification of the constitutional change in quorum requirement from 75 down to 60.

As you may recall, at our special congregation meeting this past August 28, we unanimously approved to have one minimum congregation meeting per year, and decided on January as the appropriate month in order to provide more time for budget planning. And we may still have special congregation meetings as needed.

Thank you.

Michael Zumwalt

President of the Congregation

Habitat for Humanity Dakota Avenue Project

Habitat continues to work with the City of Denver to build townhomes on the vacant land leased by Augustana. Currently they are working on the townhome designs and are working with the city regarding drainage on the site. It is a slow process, but the end result will be something for us to celebrate: decent, affordable housing!

Pastor Ann



The Express Lanes on I-25 are something to behold. They give you a way to get where you are going without having to be a part of the frequent and painful traffic tie-ups. It's interesting to watch and see how drivers use that lane. Some think "express"

means being able to drive as fast as possible. Other drivers see them as a passing lane, so they use them to weave in and out, crossing the solid line over and over. Still others seem to have figured out where the toll is electronically monitored, so they drive for a short while and then abruptly cut over so as to avoid being charged.

I think we might call all of this "my way on the highway," something that's not uncommon on the road or in life. Sometimes we see other people as obstacles to what we want and what we need to do or need to have *right now*. Instead of seeing others

It's a good time to look around and see who is on the road of life with us.

as fellow travelers and children of God, we think of them as competitors. Our compassion can be in short supply, as is our patience. Jesus' command to "love one another as I have loved you" is easily forgotten.

As we begin a new year, it's a good time to look around and see who is on the road of life with us. Kindness, compassion, empathy, and listening (traits that can seem to be in short supply these days) are all a part of our calling as followers of Jesus. Our willingness to put them into action can help make the way smoother for everyone.

With hope and joy for 2023,

Pastor Ann

Sound and livestream innovations

Hey, everyone! Hope you had a great holiday season!

We had the opportunity to livestream Augustana's Christmas concert this year, so be sure to check that out on Augustana's YouTube channel.

I just wanted to let you know about some new technology you may have seen around the church during December. We now have a sound system that can be used out in the Memorial Garden or in the Anna Paulson Room! This could not have happened without the donation of speakers from Meghan and Michael Gentes. Thank you so much, Meghan and Michael!

We also created a virtual worship slip for those worshiping on livestream! It is the same format as the one on the front of the bulletin but in a virtual form! This is a good way for those worshiping on livestream to connect with a pastor, submit a

prayer request, or get more information about upcoming events.

Thank you for your support to the livestream team!

Emily Friesen

Livestream Technician



Pastor Caitlin

As I Live and Breathe!

9...2...3...4...5 – 10...2...3...4...5



As I write this note to you, I'm in the thick of recovering from shoulder capsule surgery in mid-November. Physical Therapy rules my schedule to recover as much range of motion

as possible while the tendinitis pain recedes that built up over summer and fall. I'm breathing and counting multiple times a day. Breathe in, stretch, hold stretch while slowly breathing out, 2...3...4...5... Ten repetitions of each stretch, twice through the series, makes for a lot of breathing. All that breathing makes my Advent word for the year pretty simple—Breathe.

“As I Live and Breathe” is an expression of surprise or amazement. And I couldn't be more surprised by this shoulder thing. As much as I talk and preach about our fragile human experience, it remains surprising when fragility and pain seize the day (or the shoulder as the case may be). I have newfound levels of compassion for chronic pain that my

By the power of God's Spirit, each new day that we're alive is an opportunity to cling to God's promises of faith, hope, and love.

Master of Nursing in Pain Management could not teach. And I have newfound levels of gratitude for prayer, for taking one day at a time, for God's breath of Holy Spirit, and for you, dear members and friends of Augustana.

As I live and breathe, 2023 is upon us. I truly can't believe it [shaking my head]. What I do believe is that by the power of God's Spirit, each new day that we're alive is an opportunity to cling to God's promises of faith, hope, and love with our very fragile bodies, and is a fresh chance to give those gifts to the people around us—stretch...2...3...4...5.

Peace,

Pastor Caitlin

When and how to get your year-end gift to Augustana

In order to deduct your charitable contributions for 2022, gifts given by check or cash must be postmarked by US Mail or be included in the offering before Saturday, December 31. For electronic givers, be sure to initiate your gift on or before Tuesday, December 27 so that it is posted by your credit card issuer or bank electronic funds department before year end. Only gifts deposited by December 30 (the Church is not open on December 31, so no deposits will be made on that

day) will appear on your 2022 giving statement. Your support of Augustana's mission and ministry is greatly appreciated.

Questions about your 2022 giving may be directed to Bill **Crossen**, Finance Administrator (303-388-4678 ext. 103 or crossen@augustanadenver.org).



▲ John Flory poses with a new tuba pipe.

◀ Several ranks of pipes had to be removed from the organ before the tuba pipes could be installed on December 1.

Music Ministry

Memorial gift provides new stop for sanctuary organ

When Augustana Lutheran Church was downtown, the church's last pipe organ was built in the 1930's by the Reuter Organ Company of Kansas. When the congregation relocated to its current location in the late 1950's, the organ was moved into the present Sanctuary behind the grill cloth in the chancel (front). The organ was underpowered for such a large worship space. In the mid-1980's further work was done to the organ; several stops were added including the loud trumpet in the rear gallery and the large visible copper pipes in the chancel. One stop intended for this project but not added due to funding was the tuba. A tuba is a powerful solo stop which is especially useful in hymn playing when wanting to bring out a melody line.

This past summer John Flory stepped forward after deciding that he wanted to add the missing tuba to the organ in memory of his wife, Alma. The stop is built by the same Reuter Organ Company. Reuter installed the stop on December 1.

We plan to dedicate this stop in 10:30 a.m. worship on January 29. More information will follow, but I am excited about this addition to the organ which will be a great resource in hymns, service music, and organ repertoire. We thank John and family for this gift which will enrich worship at Augustana.

I hope you are having a great start to the new year.

Grace and peace,

Andy



New Year's Eve Concert with Andrew Peters

Saturday, December 31, 7 p.m., Sanctuary

Ring in 2023 with a new and exciting concert experience as organist **Andrew Peters** improvises on the organ as you watch the 1923 Harold Lloyd silent film, *Bumping into Broadway* on a giant screen. Plus, the evening includes great works for the organ including Chapman's "Fanfare and Procession," Vivaldi's "Concerto No. 2 in a minor," Pamela Decker's "Tangos for Organ," and the all-time favorite, Handel's *Fireworks Music*.

Join us for this unique New Year's Eve event for the entire family! Refreshments available for purchase. Ticketing is by donation only, but we request reservations. Pay what you choose from FREE to any amount. Visit AugustanaArts.org to reserve your spot before we sell out!

Thrivent Meeting January 8

All persons having a Thrivent Financial product are invited to the January 8 meeting at noon in the Anna Paulson Room. We've had a long time since the last meeting because of COVID, but we're ready to get together for conversation, information, and business.

Pick up the Mici Italian lunch in Fellowship Hall, and bring it to the Anna Paulson Room. After eating and visiting, we'll have a business meeting to designate funds from our Thrivent account to some Augustana projects and property needs. RSVP to **Kay Cruson** (k.cruson@att.net) or **Katherine Cruson** (KL-cruson@comcast.net) by Thursday, January 5.

Need money for Augustana projects?

Thrivent members at Augustana contribute to a designated fund at Augustana, which can be used for Augustana projects and property needs. Projects such as youth trips, Community Garden rose bushes, Love and Logic scholarships, and property needs such as kitchen supplies, floor polisher, and landscaping have been funded in the past. If your committee would like to request funds, submit your request to Katherine Cruson (KL-cruson@comcast.net) by Thursday, January 5. Your request should include the name of your committee or group, contact information for the person submitting the request, the item(s) you want funded, the amount you are requesting, and if you are receiving funds from any other entity.

Augustana Early Learning Center

New Year - New Us

Happy New Year! We are glad to be back in the Tower!

A little history about Augustana Early Learning Center: We opened May 1, 1971, fulfilling a long time dream of Augustana's Social Ministry Committee to offer care to children without regard to faith, culture or ethnicity. Initially, we were licensed to care for 20 children ages 2½ to 6 years of age. We are now licensed by the Colorado Department of Early Childhood to provide care for 180 children ages 12 months to 16 years of age!

Our Mission: AELC serves children and their families through high-quality, affordable care and education. We welcome children from diverse cultures, faith traditions, socioeconomic backgrounds, and national origins. We provide



learning experiences that foster developmentally-appropriate growth and teach children to love themselves and others.

Our Vision: AELC is a community outreach ministry of Augustana Lutheran Church with a vision to love children and inspire them to become engaged, emotionally-intelligent, and curious learners.

Be sure to like us and follow us on Facebook!

<https://www.facebook.com/profile.php?id=100076146894767>

AELC has the privilege of being one of Augustana Lutheran Church's largest outreach ministry programs for over 50 years. We will continue to uphold the Mission and Vision that has made the Center so successful.

Health Ministry

Nursing Notes from Sue Ann

#NewBeginnings#Resolutions#FreshStart#Hopefulness

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

1 Corinthians 16:13

Take a deep breath and just notice how your body responds. Pause, be still, feel how your muscles, nerves, bones, and skin react. Starting a new year is similar to a fresh new load of oxygen entering your blood stream. New beginnings feel refreshing and full of hopefulness. Traditionally, January is a time to make resolutions for behavior changes. It typically takes, at a minimum, 21 days to get something new on your "hard drive." Writing SMART goals is one way to assist with commitment and successful goal achievement and behavior

change. See the guide for writing SMART goals as a tool to help.

The words of the hymn "Lord of All Hopefulness" provide inspiration for new beginnings.

*Lord of all hopefulness, Lord of all joy,
Whose trust, every childlike,
no cares could destroy,
Be there at our waking and give us we pray,
Your strength in our hearts, Lord,
at the break of the day.*

Stay well this day and pray,

Sue Ann, your FCN

Lord of All Hopefulness

Author: Jan Struther Copyright: Public Domain

MAKE YOUR GOALS



— • • • —

Setting goals can be a great way to challenge yourself to make healthy lifestyle changes. Set yourself up for success by making your goals SMART!

SPECIFIC

What is your goal?

MEASURABLE

How will you keep track of your progress?

ATTAINABLE

How will you achieve your goal?
Make a plan!

RELEVANT

How will this goal help you?

TIMELY

When will you achieve this goal?



My goal is: _____

e.g. To drink more water! I will aim for 6 cups per day



I will track my progress by: _____

e.g. I will track my progress by logging how many glasses I drink each day in my phone or planner



I will achieve this goal by doing the following: _____

*e.g. 1. Keep a clear bottle with me so I can tell how much I've had
2. Set an alarm to remind myself to drink every 2 hours*



This goal helps me because: _____

e.g. This goal will help me to be healthier, have more energy, and help my skin



I will complete this goal by (date): _____

e.g. I will achieve my goal by February 15th

Meant2Prevent.ca



Children, Youth, Family

Montgomery Meeting



All Montgomery participants are asked to meet on Sunday, January 29 at noon in the Anna Paulson Room. Grab your lunch from Fellowship Hall and bring it over. We will be finished by 1 p.m.

Rocky Mountain Synod Youth Gathering at Augustana

Rocky Mountain Synod Youth Gathering for youth in grades 6–12 is February 18–20. This event will be held at Augustana! Final details are in the works, but save the date for participation. Volunteers are needed from Augustana to help with hospitality. Contact Shanna to sign up (303-388-4678 ext. 107 or shanna@augustanadenver.org).

January Sunday Lunches

Sundays, 11:45 a.m., Fellowship Hall

Free or freewill offering.

- January 8: Mici Italian (hosted by Thrivent)
- January 15: Twisters Burritos
- January 22: Einstein Bagel Breakfast Sandwiches
- January 29: Jimmy John's Sandwiches



Save the date!

Vacation Bible School will be held at Augustana, July 10–13, 2023, 9 a.m.–4 p.m., for all kids entering Kindergarten

through 5th grade in fall 2023. Cost will be \$75 per child with a \$150 family maximum. Additional details and registration to come in the spring.

Study/Fellowship

Book Group

A Man Called Ove

by Fredrik Backman, Henning Koch translator

Meet Ove. He's a curmudgeon, the kind of man who points at people he dislikes as if they were burglars caught outside his bedroom window. He has staunch principles, strict routines, and a short fuse. People call him the bitter neighbor from hell, but must Ove be bitter just because he doesn't walk around with a smile plastered to his face all the time?

Behind the cranky exterior there is a story and a sadness. So when one November morning a chatty

young couple with two chatty young daughters move in next door and accidentally flatten Ove's mailbox, it is the lead-in to a comical and heartwarming tale of unkempt cats, unexpected friendship, and the ancient art of backing up a U-Haul. All of which will change one cranky old man and a local residents' association to their very foundations. (From Good Reads)

Join us Monday, January 16 at 1 p.m. in the Youth Room. If you have questions, please contact **Tamra Mohs** (Tamra.mohs@gmail.com or 563-340-4239).

Adult Forum on Sundays

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

Stay tuned to your weekly ePistles for Adult Forum speakers and content.



Women, Wine, and Word

**Thursday January 19,
7 p.m., Youth Room**

Women, Wine, and Word Bible study will meet the third Thursday at Augustana. This group is open to

women of any age as we explore Biblical themes and how they relate to life today. You are invited! Please contact **Pastor Ann** for more details (ann@augustanadenver.org).

Welcome Connection

Putting People First in 2023!

The Welcome Connection was happy to help welcome 16 new members of all ages to Augustana in November. Members of the Connection attended the Discover Augustana class on November 6, hosted a table at the November 13 Sunday Lunch, and got to hear from several of the new members.

The second edition of Welcome Connection postcards will be printed and distributed soon. We are also exploring taking out advertisements in some area newspapers.

We have received and reviewed the first estimate for the proposed new electronic sign. Garry Garcia is currently in the process of obtaining two additional estimates. We also discussed upgrading the greenery on the north side of the church.

Roger Lipker and Pastor Caitlin are in the process of reviewing the Augustana Marketing Plan with an eye toward feasible implementation within the parameters of the anticipated Augustana 2023 budget.

Our next meeting will be on Sunday, January 8, after 10:30 a.m. worship. 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, or join us for one of our monthly meetings.

Thank you,
Brad Uyemura

Name tags are here!

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/>.

Optional: a donation of \$8/each to cover the cost of the name tags.

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





Compassion and Action with Our Neighbors

Thanks for Warren Village Thanksgiving Donations

Thanks to all Augustana members and friends who donated so generously to the Warren Village Thanksgiving “baskets.” Through your generosity, \$4,600 in \$40 King Soopers gift cards were given to the 115 single-parent families in [Warren Village and First Step](#). In addition, **Don Troike** and **Ed Wichert** each applied for \$250 Thrivent Action Team credit cards which were used to purchase 115 each of green beans, peaches, stuffing, and au gratin potatoes. Warren Village and First Step families are thankful for Augustana’s gifts.



Thanks from Metro Caring

I want to sincerely thank you, the Compassion in Action with our Neighbors Ministry, and everyone at Augustana Lutheran for your recent generous donation to [Metro Caring](#) and our mission of ending hunger at its root. Augustana has been a long-time, steadfast supporter of Metro Caring in so many different ways, and we are so grateful for our relationship. I hope to visit in person again someday soon, but in the meantime please pass along our thanks to everyone!

In appreciation,
Jim Van Someren, Metro Caring



Chili Challenge success!

Thank you to all who contributed to the Annual Chili Challenge. We collected 1,214 cans of chili, including 494 cans from the Early Learning Center! Approximately 720 cans were delivered to Metro Caring. The remaining were distributed to George Washington High School Food pantry and the Sanctuary Soup Shelf.

It took a village. Thanks to all who donated and mobilized after the Thanksgiving Eve service to load the cans into cars. Special thanks to **Rhonda Crossen**, **Kara Epperson** and **Katy Lunsford** for delivering to Metro Caring.

Package beans and rice again this January!

Sunday, January 29, 9–10:30 a.m., Fellowship Hall

Here is a GREAT way to start the new year! On Sunday, January 29, we will once again repack nearly two tons of rice and beans for Metro Caring's food pantry. This popular, intergenerational event is open to all members and visitors from age 5 to 105. Join us in Fellowship Hall between services, 9–10:30 a.m., as we portion bulk dried rice and beans into 2-pound bags. This is part of Metro Caring's healthy food initiative.

If you cannot be there, but would like to help toward the purchase of rice and beans or the



packaging supplies, you may make checks payable to Augustana and indicate Operation Pantry on the envelope and/or check memo, or donate through [Augustana's online giving page at augustanadenver.org](https://www.augustanadenver.org/giving).

[org](https://www.augustanadenver.org). If you prefer, you may also purchase and donate bags of Basmati rice and/or lentils, a cultural food of Afghani refugee families.

Let's fill Fellowship Hall with rice, beans and our love for those in need!

Human Dignity Delegates enter third year

We are looking forward to continuing our dialogue and action on issues impacting dignity for all, as we enter our third year. Please join us!

Upcoming events:

- Sunday, January 15, 12:45 p.m., Monthly HDD Meeting. Join us in the Anna Paulson Room following the Annual Congregational Meeting. Please note the later start time and the shortened meeting time. Agenda will include an update from the Together Colorado 2023 Legislative Kick-off, discussion on goals for 2023,

including legislative engagement, movie night, and summer reading, and opportunities for engagement.

- February 2023, Lutheran Day at the Capitol. Join Lutherans from the Synod as we celebrate and learn about issues supported by the ELCA. Date and time forthcoming.
- February 2023, Movie night! We will be screening a movie to continue our education on anti-racism. Movie, date and time to be determined at the January Monthly Meeting.

Care of Creation

Highlights from the Advent discussion, *Sleepers Wake*

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.

Augustana's Advent study of *Sleeper's Awake* by Nicholas Holtam, former lead bishop for the environment for the Church of England, offered much inspiring information about one of our sister churches. Several points are shared below:

- Following the (Church of England's) General Synod in 2014, all bishops made the care of God's creation one of their priorities. (page 3)
- The National Investing Bodies (NIBs) of the Church of England are committed to achieving net-zero emissions portfolios by 2050 at the latest and making substantial progress to achieve net zero earlier. (page 96)
- In response to the General Synod's aim for the Church of England to become net zero by 2030, we have to focus on our buildings. Religious faith is a powerful resource for this transition. (page 98)

To learn more about climate care and justice, contact **Bonita Bock** (bonita.bock@wartburg.edu), or visit togethercolorado.org.

Compassion and Action with our Neighbors (CAN) Ministry Meeting

**Sunday, January 22, noon–1:30 p.m.,
Anna Paulson Room**

Join us for the first CAN Ministry meeting of 2023. At this meeting we will discuss plans for Undie Sunday, spring and summer plans, and work through an exercise to determine the organizations receiving ministry disbursements for 2023. We hope you will bring your lunch and join us for the planning and discussions.



Get behind Undie Sunday!

Coming soon to an altar near you—diapers and pads and undies—OH MY! And again this year, Personal Care Kits for refugees too! Augustana's CAN Ministry will host its fourth annual Undie Sunday, January 29–February 19, accompanying people of all ages with their unseen needs in a visible way.

We are asking for donations of:

- Kid-sized underwear, diapers, and wipes for Foster Source
- Feminine hygiene pads for Ruby's Market for refugees (served by Lutheran Family Services) and pads or tampons for George Washington High School's food pantry
- Personal Care Kit items or completed kits (see details in that section) for Lutheran World Relief

Items may be brought to Augustana's altars, January 29–February 19. You may even order items online and have them delivered to:

**Attn: Undie Sunday
Augustana Lutheran Church
5000 E Alameda Ave
Denver CO 80246**

If you have any questions about this donation drive, please contact **Amy King** (amyking0607@gmail.com).



Help make or supply Personal Care Kits for Undie Sunday

Undie Sunday/Personal Care Kits, January 29–February 19

What is a Personal Care Kit (PCK)?

Five items for personal care: towel, bar of soap, comb, toothbrush, nail clipper. See details at <https://lwr.org/kits/personal-care-kits/instructions>.

Who receives the PCK?

Lutheran World Relief (associated with ELCA World Hunger) distributes them to refugees who have fled their homes for safety or to families whose homes are destroyed by disasters. They flee with minimal items in their backpacks. In 2020, 72,000 PCKs were sent to people in 23 countries.

Why?

After fleeing their homes, they arrive in refugee camps scared, vulnerable, and dirty from travel. A PCK gives them a chance to restore their dignity by having these simple items for self care. PCKs remind them that they are not alone, as the gifts show God's love in a personal way.

What next?

During Undie Sunday in February, Augustana members and friends can assemble PCKs or donate any of the five items. There are boxes in Fellowship Hall and the narthex to put single items for PCK

assembly. Assembled kits can be placed at the communion altars. Assembling PCKs is a great opportunity for friends and families with young children to become aware of the needs of others in the world and to share love by simply making a PCK.

Tips for buying and assembling PCKs:

- Carefully follow the assembly guidelines!
- If you purchase multi-pack toothbrushes, put the individual toothbrush in an envelope.
- Buy lightweight towels in dark colors so they can dry quickly in the camps.
- Do not add any other items or use any plastic bags.
- If you prefer, you can support the shipping, which is \$2.65 per item.
- Assemble four items in the folded towel and secure with yarn, ribbon, or rubber bands.
- Tips and Tricks for assembly: <https://www.youtube.com/watch?v=bbrsNn0j5D0>.

5000 E. Alameda Ave.
Denver, CO 80246



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- 3** Bob Charlson
Jim Gustad
- 4** George Cotton
Kim Esbenshade
Linda van Dyk
- 5**
- 6**
- 7** Annika Morris
Sasha Morris
Sarah Nick
- 8** David Weir
- 9** George Meister
- 10** Christopher Cochrane

- 11** Luke Fischer
Sophia Giordano
- 12** Diane Pilloud
- 13** Phyllis Lerud
Robert Penn
- 14** Brian Cox
Marilyn Daves
Mats Engdahl
Fikir Yohannes
- 15** Maren Massie
Winston Nyquist
Jamie Rohr
Calvin Stone
Brandon Stratton
- 16** Sandi Ahlquist
Betty Nelson
Kyle Schwicker
- 17** Diana Yrineo
- 18** William Reinert
Scott VanOrdstrand
- 19**
- 20** Kelly McCartney
- 21** Chickie Bakkemo
Katherin Howell
Shelley Maher
Melanie Vanderhoof

- 22** David Brasse
Venus Conklin
Kris Ireland
Shelby Naill
Arlo VanderWel
- 23** Isiah Cooper
Christine Genovese
Maddie Lamphere
- 24** Shirley Barr
Amy Beswick
Katrina Crook
Jay Freed
Bethany Lutz
Noah McCartney
Pamela Ninke
Maria Pierce
- 25** Emma Brant
Susan Talbot
Donna Vaughters
Eloise Wolfe
- 26** Mikai Allen
Jeff Towerly
- 27** Abby Farrand
- 28** Sonja Engebretson
Charles Esbenshade
Charles Llafet
Mary Richardson

- 29** Roxanne Anderson
Noah Garrett
Tracy Lutz
Barb Marsh
- 30** Sheryl Kamicar
Jordan Tribbett
- 31** Matthew Miller
Hannah Russell

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



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | | | | | | | | | | | |
|--|--|---|---|---------------------------------------|---|----------------------------------|-----------------|--|-----------------------------------|--|--------|------------------------------------|-----|--|--|--|------|--|
| 1 First Sunday of Christmas New Year's Day 10:30am Worship/Communion | 2 - office closed - | 3 9am Library Committee 7:30pm Young Adult Bible Study | 4 9am Augustana Early Learning Center Chapel 9:45am Augustana Firm Believers 6pm Augustana Ringers 7:15pm Chancel Choir | 5 | 6 Epiphany of Our Lord 9:45am Augustana Firm Believers 11am Bulletin Assembly | 7 | | | | | | | | | | | | |
| 8 Baptism of Our Lord 8am Worship/Communion 9:15am Fellowship/Coffee 9:15am Adult Forum 9:15am Volunteer Ministry 10:30am Worship/Communion 11:45am Sunday Lunch Noon Augustana Knitters Noon Thrivent Noon Welcome Connection See Faith Formation and Music Ministry below | 9 9:45am Augustana Firm Believers | 10 6pm Children, Youth & Family Ministry Committee 7pm Men's Bible Study | 11 9am Augustana Early Learning Center Chapel 9:45am Augustana Firm Believers 6pm Augustana Ringers 7:15pm Chancel Choir | 12 7pm E4 Mental Health | 13 9:45am Augustana Firm Believers 11am Bulletin Assembly | 14 | | | | | | | | | | | | |
| 15 Epiphany 2 8am Worship/Communion 9:15am Fellowship/Coffee 9:15am Adult Forum 10:30am Worship/Communion 11:45am Sunday Lunch 11:45am Congregational Meeting 12:30pm Human Dignity Delegates See Faith Formation and Music Ministry below | 16 Martin Luther King, Jr. Day 9:45am Augustana Firm Believers 1pm Book Group | 17 7:30pm Young Adult Bible Study | 18 9am Augustana Early Learning Center Chapel 9:45am Augustana Firm Believers 6pm Augustana Ringers 7:15pm Chancel Choir | 19 7pm Women, Wine and Word | 20 9:45am Augustana Firm Believers 11am Bulletin Assembly | 21 | | | | | | | | | | | | |
| 22 Epiphany 3 8am Worship/Communion 9:15am Fellowship/Coffee 9:15am Adult Forum 9:15am Health Ministry Team 10:30am Worship/Communion Noon CAN Ministry See Faith Formation and Music Ministry below | 23 9:45am Augustana Firm Believers | 24 7pm Men's Bible Study 7pm Rachel Circle | 25 9am Augustana Early Learning Center Chapel 9:45am Augustana Firm Believers 6pm Augustana Ringers 7:15pm Chancel Choir | 26 | 27 9:45am Augustana Firm Believers 10am Augustana Arts 11am Bulletin Assembly | 28 9am Council Retreat | | | | | | | | | | | | |
| 29 Epiphany 4 8am Worship/Communion 9:15am Operation Pantry 10:30am Worship/Communion 11:45am Sunday Lunch 3pm Augustana Arts: Concert Encounter for Kids See Faith Formation and Music Ministry right | 30 9:45am Augustana Firm Believers | 31 | <table><tr><th colspan="2">Faith Formation</th><th colspan="2">Children and Youth Music Ministry</th></tr><tr><td>9:30am</td><td>Faith Formation (Infants–Grade 12)</td><td>9am</td><td>Cherubs, Choristers, Chancel Handbells</td></tr><tr><td></td><td></td><td>Noon</td><td>Cantabile, Chapel Ringers, Recorder Ensemble</td></tr></table> | | | | Faith Formation | | Children and Youth Music Ministry | | 9:30am | Faith Formation (Infants–Grade 12) | 9am | Cherubs, Choristers, Chancel Handbells | | | Noon | Cantabile, Chapel Ringers, Recorder Ensemble |
| Faith Formation | | Children and Youth Music Ministry | | | | | | | | | | | | | | | | |
| 9:30am | Faith Formation (Infants–Grade 12) | 9am | Cherubs, Choristers, Chancel Handbells | | | | | | | | | | | | | | | |
| | | Noon | Cantabile, Chapel Ringers, Recorder Ensemble | | | | | | | | | | | | | | | |