

Still **Worshiping** **Growing** **Going**

Who could have predicted how much our lives have changed in the last seven months? How we work and go to school, how we socialize and who we see every day have all changed dramatically. Our life together as a congregation has also changed, hasn't it?

Zoom meetings and Bible studies, worshipping online and under a tent in the courtyard, and providing a Soup Shelf outside the sanctuary doors have all been part of our congregation's life since March.

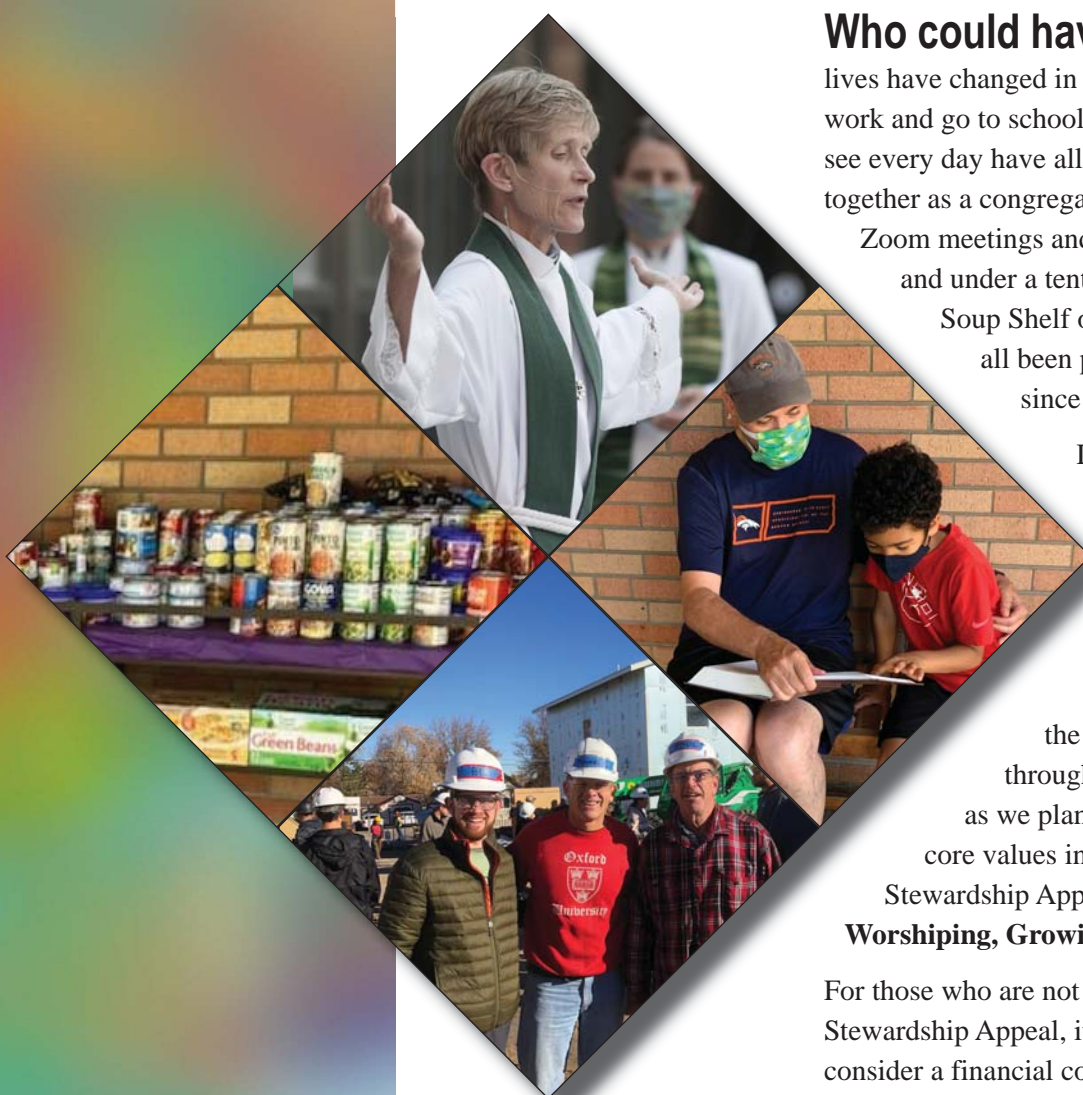
Despite these challenges and changes, we are still a congregation grounded in our core values of Worship, Grow, and Go.

Our core values are the heart of what we continue to do as the Body of Christ, even as we live through the pandemic, and especially as we plan for the year ahead. It's with our core values in mind that we crafted our 2021

Stewardship Appeal theme: **"We Are Still . . . Worshiping, Growing, and Going."**

For those who are not familiar with our annual Stewardship Appeal, it's a time when we ask you to consider a financial commitment (also known as a pledge) for the following year. A pledge helps your

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Recently lifted up in prayer:

For hope and healing

- Kamden Bailey, Bev Behringer, Betsy Bernhard, Betty Boyd, Bonnie Cloer, Crystene DeLeon, Sue Goehring, Audrey Haber, Jaedon Johnson, Mary Ann Klug, Lois Kruger, Judy Larson, Robert Larson, Dianne Nelson, Maria Andrea Otero, Robin Palm, Sandy Schumacher, Laurie Scott, Liam Carter Thomas, Robbie Wojdyla, Venus and her son Matthew

For comfort and courage:

- John Pederson in the death of his friend, Ms. Chris Bachman
- Family and friends of Vivian Bengtson in her death
- Rick Friesen in the death of his mother, Joyce Friesen

- Mary Gillman in the death of her father, Dwight Gillman
- Family and friends of Marjorie Hildebrandt in her death
- Family and friends of Jerry McCollum in his death
- Malise de Bree in the death of her friend, Marcie Pierson
- Leslie Remmert Soich in the death of her father, Bob Remmert
- Deni Moran in the death of her friend, Alexandra Revana
- Family and friends of Cameron Rivera in her death
- Holly Massie's mother in the death of her husband, Dick Schultz
- Rob Trussell in the death of his friend, Terry Tessendorf
- Family and friends of Nancy Vikman in her death



Turn your clocks BACK an hour Saturday night, October 31.

Thank you for the gifts!

Music Ministry

- In memory of Audrey Carroll, Shirley Swedeen

Special Gifts

- In memory of Audrey Carroll, Lorna Schillereff
- In honor of Robert and Patricia Ellinger and Joanne and Richard McClaskey
- In memory of my loving wife, Ruby [Gay]

Rejoice with . . .

- Braxton and Sarah Stuart in the birth of daughter Lillian Marie Stuart, August 10
- Dan and Valerie Taron in the birth of daughter Bonnie Ellen Taron, September 18
- Theodore Ryan Atherton, son of Ryan and AJ Atherton, grandson of Craig and Amy Tamminga, in his baptism
- Anna Wilson Crook, daughter of Wil and Katrina Crook, granddaughter of Craig and Amy Tamminga, in her baptism
- Bennett Lee Rasmussen, son of Aaron and Michelle Rasmussen, grandson of Larry and LyNette Rasmussen, in his baptism

5000 E. Alameda Ave.
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Augustana
LUTHERAN CHURCH

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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.

Online Worship/Devotions

(<https://www.facebook.com/augustanadenver/> or www.augustanadenver.org)

- **Online Worship**, Sundays, 7 a.m.
- **We Are One at 1:00**, Online devotions, Tuesdays and Thursdays, 1 p.m.

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

Thursday, November 5, 4:30 p.m. is the deadline for the December edition. Email **Lyn Goodrum** (goodrum@augustanadenver.org).

Congregation Council: **President:** Lisa Boe-Sims | **Vice President:** Dane Vierow | **Secretary:** Karen Yeager | **Treasurer:** Dan Taron | Renee Bernhard | Grace Blanchard | Emmett Cruson | Michael Gentes | Michael Graham | Nancy Johnson | Ellen Kastens | Sharon Schillereff | Pam Uyemura | Rosalee Wanchisen | Ogden Willoughby | Michael Zumwalt | Pr. Ann Hultquist | Pr. Caitlin Trussell

Staff: **Ann Hultquist**, Senior Pastor | **Caitlin Trussell**, Pastor | **Lisa Mikolajczak**, Finance Administrator | **Shanna VanderWel**, Director of Youth and Family Ministry | **Valerie Taron**, Children's Faith Formation Coordinator | **Daniel Romero**, Minister of Music and Organist | **Angela Howard**, Choristers and Cantabile Director | **Sue Ann Glusenkamp**, Faith Community Nurse | **Lyn Goodrum**, Publications Administrator | **Julie MacDougall**, Volunteer Ministry and Building Use | **Asmir Hodzic**, Building and Grounds Manager | **Andrija Malbasa**, Custodian- | **Ellen Kastens**, **Amy Tamminga**, **Erin Saboe Willoughby**, Wedding Coordinators | **Wendie Edwards**, Director, Augustana Early Learning Center

continued from cover

congregational leaders effectively plan for the ministries we can do together.

This month, you will be hearing more about the ways your congregation is still doing ministry and our plans for 2021. Social media posts, letters, and mission moments during online worship will tell you more about Augustana's expanding ministries. You'll hear how your giving still makes a difference in the lives of people inside and outside the walls of our church building in spite of the challenges we face together.

As we move towards a balanced budget over the next few years, we are asking every household to prayerfully consider adding \$5 more per week to their 2021 commitment. Most households will receive a pledge card in the mail. Please call the church office if you need a card.

We will be celebrating Stewardship Sunday on November 15, and there will be several ways for you to submit your financial commitment (or pledge) for 2021:

- By filling out a traditional pledge card and mailing it to the church
- By filling out a traditional pledge card and bringing it to the church building
- Or by filling out an online form at <https://www.augustanadenver.org/stewardship-appeal-2021/>

Please continue to pray for our congregation and all that we are still being called to do in Jesus' name.

Pastors



October 10 was a banner day at our house! That afternoon my husband and I picked up my daughter and grandson at DIA. I hadn't seen them since January 1, 2020, when Theo was just two weeks old. To say the least, a lot had changed since that day in

Tampa. My daughter's health has improved, thank God, and Theo is definitely not an infant anymore. Thanks to the wonders of Facetime over the last several months, he recognized me and broke into a grin. Yep, we're smitten!

We are also tired! Oh, how quickly we forget how busy a toddler can be who is cruising on the furniture. Constant supervision, outlet plugs, and foam corners for furniture are required. Our house, which had become a pretty quiet empty nest, is now full of giggles, tears, and hugs. Our lives are now planned around a little one's schedule.

The idea that our lives are not just our own is a great theme for this season of Stewardship at Augustana. Our tendency when we think about our giving is to focus on what we have, what we've achieved, and how much we're willing to part with to help make ministry happen. But what if, instead of asking how much we want to give, we were to ask how much we should keep?

All that we have and all that we are have been gifted to us by God. There is freedom in that, and challenge, too: How do we want to impact the world with Christ's love? How do we want to care for those in need, both in our community and around the world? How can we pass on faith to the generations that will come after us?

Our financial giving changes the world; and it changes us, too. When we recognize that our lives are not just our own, we can learn to trust that God will care for us and that we can share what we've been given. Look for more information this month about how much your support is especially needed in this time, and please prayerfully consider the commitment you will make to Augustana's ministry in 2021.

In Christ,
Pastor Ann

The Unbroken Circle

We've had quite a week in the Augustana community at the time of this writing. A couple of dear saints have completed their baptismal journeys, and the tears are flowing. On Sunday, someone said to me that it's going to look like a different congregation when we are fully back together in person as we miss and celebrate the lives of those who have died before us. This is most certainly true. It's also certainly true that this is a time when people are finding the Augustana community through friends, neighbors, online Sunday worship, and the "We are One at 1:00" videos. Our congregation looks different right this second by the deaths of saints and by the power of the Holy Spirit drawing new people to wonder about their faith in these unsettled times through Augustana's ministries.

Along this line, the old gospel song "Will the Circle Be Unbroken?" refrain, a la Nitty Gritty Dirt Band, keeps humming through my mind over the last few days.[1] (My stepfather Pops was big into the country tunes.) I sing the song in light of God's promises in which the answer to the question in the lyrics is a resounding, "Yes!" There is no "first and last" in a never ending straight line, rather there is no "first and last" because the circle keeps expanding across God's universal church



catholic (yes, universal and catholic mean the same thing).[2]

November 1 is All Saints Day which falls on Sunday this year. As we remember the sinner-saints who have died, we also celebrate their reunion with the company of the saints in light. I'm not one to imagine what that looks like, but I am one to trust in God's

promise of "a new heaven and a new earth where death will be no more; mourning and crying and pain will be no more." [3] In the meantime, we laugh and cry as we remember people we love—their light and their shenanigans—and as we welcome new friends into the ever expanding, unbroken circle.

Peace,
Pastor Caitlin Trussell

[1] Listen to a toe-tapping live version here: <https://www.youtube.com/watch?v=T6UDEkqCPE4>

[2] Matthew 20:16 [Jesus said] "So the last will be first, and the first will be last."

[3] Revelation 21:1–4

Online Bible Studies

Sunday Bible Study

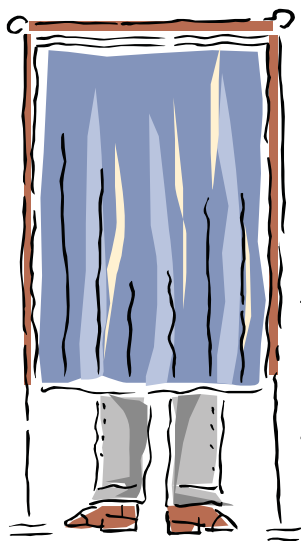
9–9:45 a.m., Zoom

Join the preaching pastor for Bible study about the week's worship scripture readings. It's a great time for informal conversation and deeper learning. No Bible experience needed. Watch your e-Pistle for the Zoom link and password.



Women, Wine, and Word Bible study

will meet via Zoom on Thursday, November 19, 7 p.m. This group is currently reading and discussing the book of Genesis. Women of all ages are invited to discover these stories of our ancestors in the faith. Contact **Pastor Ann** (ann@augustanadenver.org) if you would like to receive the link to join the study.



CAST YOUR VOTE!

Congregation Council

November is voting month!

I hope you have either already voted (so you would stop getting calls, emails, texts, and people stopping at your door to encourage you to cast your ballot) or you have a plan to vote! If you need someone to pick up your ballot and drop it off for you, contact Pastor Caitlin.

November is the month when we have our congregational meeting. We will not be meeting in person this year, but it is still really important to vote. Our governing documents require that we have quorum for the budget and electing new members to serve on the Congregation Council who will begin their terms in January. We will also likely have the vote on the Ground Lease for the Dakota land in our partnership with Habitat. As of the writing of this article, we are planning to have a Zoom type meeting, and absentee ballots will also be available in early November. The *tentative* date of the meeting will be Sunday, November 22. Keep an eye out in the e-Pistles for exact date and time.

We hope to also have a couple of opportunities for you to hear about the budget for 2021 and the Ground Lease in smaller Zoom meetings prior to the meeting. That will allow you to ask questions and get more details prior to the congregational meeting.

Lisa Boe-Sims

Congregation President

November Congregational Meeting

Augustana's fall congregational meeting will be held on Sunday, November 22 at 11 a.m. via Zoom link.

The agenda for this meeting will include the election of new congregation council members, discussion and vote on a budget for 2021, and possibly the discussion and vote on a Ground Lease Agreement with Habitat for Humanity in regards to the Dakota Avenue property.

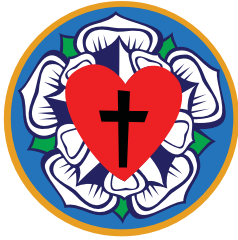
More information on these agenda items will be available prior to the meeting, including the opportunity to participate in Zoom presentations about the proposed budget and Ground Lease. Please watch the weekly e-Pistle for the dates and times of these presentations, and for the Zoom link for the meeting itself.

The Congregation Council has approved the use of electronic voting during this pandemic time when we are unable to gather for an in person meeting. This means that during the Zoom meeting, we will be voting on the agenda items. Absentee ballots are also allowed per Augustana's constitution. Please contact **Lyn Goodrum** (303-388-4678 ext. 114 or goodrum@augustanadenver.org) if you would like to receive an absentee ballot in the mail.

AUGUSTANAARTS

Augustana Arts is pleased to join along with other arts organizations for Denver Arts Week a virtual concert, "A Cultural Collage of Great Classical Music." **"Relax & Unwind Series,"** Friday, November 6 Virtual Concert to air at 7 p.m. Stratus musicians are gathering together in small groups to explore the culturally rich music of black composers, Hopi Indians, women composers and ancient folk traditions of Hungary and Romania. These performances are true to the ethos of folk music—solos, duets and trios—intimate settings of friends getting together to share their hearts with one another through music.

Access the performances through the Augustana Arts website (augustanaarts.org) or Facebook page (facebook.com/augustana.arts).



Affirmation of Baptism

Reformation Sunday | October 25, 2020

Brynn Aarestad

Joseph said to them, "Fear not, for am I in the place of God? As for you, you meant evil against me; but God meant it for good, to bring it about that many people should be kept alive, as they are today."

Genesis 50:19-20



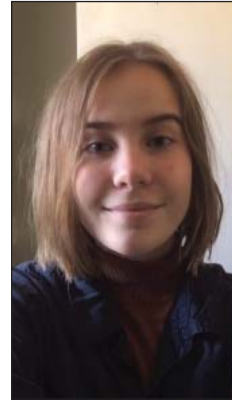
I have always loved the story of Joseph and his brother from Genesis. The story of forgiveness and God's plan for every one of us has summed up pretty much every Bible story and teaching I have ever read, and I have thought this verse represents the love of forgiveness that God inspires us to show. I know that all good and bad that happens in my life is another chapter of God's plan for me, just as it was for Joseph. The forgiveness is always going to be an example that I will strive to follow and teach to others. That is why the story of Joseph in Egypt and this verse in particular resonates so well with me.

Anna Bjornebo

Then Jesus wept.

John 11:35

I chose this verse to show that while Jesus was the son of God, he still had emotions. It also showed that he cared. This verse stuck out to me because we always think of Jesus as this all-powerful being. In reality he was still a person on earth and had his own thoughts and emotions.



Emily Bjornebo

"Do not judge, so that you may not be judged. For with the judgement you make you will be judged, and the measure you give will be the measure you get. Why do you see the speck in your neighbor's eye, but do not notice the log in your own eye? Or how can you say to your neighbor, 'Let me take the speck out

of your eye,' while the log is in your own eye? You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your neighbor's eye."

Matthew 7:1-5

I chose this verse because it means to not judge others too harshly, because you can and will be judged by those same standards. To me, this means to not judge someone because of something they can't control. This is important, because you too could be harshly judged for the same reasons. Essentially, don't judge other people.

Anna Blanchard

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.

Joshua 1:9



I chose this verse because it's a reminder to me that no matter where I go or what I do, God will always be with me. This is really important to me because in a world that's constantly changing, knowing God is always there gives me a feeling of stability.

Errol Owen Buhr

"So the last shall be first and the first, last: for many are called but few chosen."

Matthew 20:16

This verse is from one of Jesus' parables. It's not about "first and last," but "when." None of us deserves to be saved by Jesus or to go to heaven, but whenever we believe Jesus died for our sins and is our savior, we receive his grace and are invited to spend eternity in heaven with him. It doesn't matter if we believed "first" as a child or "last" as an adult. We don't stand in line to receive God's Love. He loves all of us unconditionally, and everyone who believes Jesus died for our sin receives the same gift of eternal life with him.



Maren Y. Massie

Fear not, for I am with you;
Be not dismayed, for I am
your God. I will strengthen
you, Yes, I will help you, I will
uphold you with My righteous
right hand.

Isaiah 41:10

I chose this verse because
it is very reassuring that
God is with me. I also like it because it says that God is
with me.



Stuart Motes

The wicked borroweth, and
the payeth not again; but the
righteous showeth mercy and,
giveth.

Psalms 37:21

What this Bible verse means
to me is that stealing and
being dishonest makes a



person wicked. This also means to be righteous, you

should show mercy to people who need it and give things that you don't need. I chose this verse because to me, it means a lot to help other people, and I want to start trying to help people a lot more than I have been.

Calvin Stone

Do not fear, For I am with you,
do not be afraid, for I am your
God; I will strengthen you, I
will help you, I will uphold you
with my victorious right hand.

Isaiah 41:10

I chose this verse because
it tells me that God will
help better me as a person
and help me to be who
I want to be. The short
phrase "Do not fear" lets me know that I shouldn't live
being scared, for everything will work out. It also later
mentions that God will uphold us, meaning God is there
for me always. Therefore this verse makes me hopeful.



Zander Johnson Storie

The Lord your God is always with
you, He is might to save. He will
always take great delight in you. He
will quiet you with his Love, he will
rejoice over you with singing.

Zephaniah 3:17

To me this verse reminds me
that I am not alone. That I will
never be alone. That I will always have guidance. Along
with the faith and love of our Lord and Savior.

Children, Youth, Family

Faith Formation Reminders

GIFT- Growing in Faith Together for our PreK–4th grade kids

Augustana continues to offer videos and lessons through the end of December. If you are not on Shanna's email list to receive the curriculum that goes with the video, please let her know you want to be added (shanna@augustanadenver.org).

Confirmation

5th and 6th grade confirmation will gather via Zoom the first three Sundays of the month, 9–9:30 a.m.; 7th and 8th grade confirmation will gather via Zoom the first three Sundays of the month, 9:30–10 a.m. If you are in need of those Zoom links, please contact Shanna (shanna@augustanadenver.org).

Breakfast Club for 9th–12th graders will be transitioning to Zoom gatherings in November on Sundays, 10:30–11:15 a.m. To participate, contact Shanna (shanna@augustanadenver.org).



Reserve your Advent wreath and crafts by November 10!

For Advent this year you are invited to pick

up an advent wreath and craft box for your household (all ages welcome) to help celebrate the season. The craft box will provide a few activities for your wreath and candle lighting along with crafts related to Advent.

RSVP to **Shanna** (shanna@augustanadenver.org or 303-388-4678 ext. 107) by November 10 if you would like a wreath and candles and/or a craft box. These items will be made available for pickup, Saturday, November 21, 10 a.m.–noon. A second time will be arranged for those who are unable to make that pickup date.

The Augustana Foundation

Your gifts support culinary training for women

A large part of the work of the Augustana Foundation is investing in both internal and external ministries. This past summer the Augustana Foundation was privileged to support an organization called **Work Options for Women** (WOW). Work Options for Women helps people overcome barriers to sustainable employment by building confidence while providing resources and culinary job training. Since 1997, they have helped to train and employ over 3,000 individuals in the Denver metro area. Not only do they prepare individuals for entry-level employment in the food service industry, but they also work to ensure that their graduates have the culinary skills, job-readiness skills, and on-going support they need to retain employment and pursue a sustainable

career in food service. This is one example of how the Augustana Foundation is blessing God's work both inside and out of Augustana's walls.

To give a gift to the Augustana Foundation, make your check payable to the Augustana Foundation and mail it to Augustana Lutheran Church, 5000 E. Alameda Ave., Denver, CO, 80246, or donate through Augustana's Giving page at www.augustanadenver.org; select the Augustana Foundation giving link.

If you have questions about the foundation please visit our website (<https://www.augustanadenver.org/augustana-foundation/>) for more information, or send an email to foundation@augustanadenver.org.

Worship

Thanksgiving at home

Due to rising positivity rates and continuing concern about gathering indoors, Thanksgiving Eve Community Worship is on hiatus this year. Here is the Prayer of the Day for Thanksgiving as you thank and praise God in your homes:

Almighty God our Father, your generous goodness comes to us new every day. By the work of your Spirit lead us to acknowledge your goodness, give thanks for your benefits, and serve you in willing obedience, through Jesus Christ, our Savior and Lord. Amen.



Pie Fest: Pandemic-style

Augustana's annual Pie Fest on Thanksgiving Eve always had remaining intact pies to give to a service organization such as The Crossing or Ronald McDonald House. This year, in lieu of worship, add an extra pie to your shopping list and bring it by the church between noon and 1 p.m. on Wednesday, November 25. Dane Vierow (Council Vice President), Pastor Caitlin, Pastor Ann, and other willing church leaders will be happy to receive your pies before they are donated to sweeten someone else's Thanksgiving. Pies must be in their original sealed packaging. Watch your weekly e-Pistles for more details.



Worship Streaming—Almost There!

Wires have been strung, microphones have been placed, cameras have been installed—how exciting to think that soon we'll join the many congregations that can share our Sunday morning worship service on the Internet as it's happening.

Many of you have enjoyed the recorded service on Sunday morning—hearing our new organist, Daniel Romero, AVE, various lectors, and our two pastors. Ken Rinehart has done a very fine job of recording and editing these services and making them available on the Augustana web site.

November will include focusing on recruitment and training for the Broadcast Technician and Assistants. This will include mock worship services with pastors and music staff to figure out best camera angles for broadcasting and other factors to maximize the live experience as we transition from pre-recorded worship.

As we move toward a start date, you will no doubt be thinking about the question "How will I be able to get the service?" It should be quite simple to gain access to the streamed service. You'll need to be on the Internet, open the Augustana Lutheran Church website, and click on "live worship service." Further instructions will be given in the December Tower.

Of course, our first choice is to see you in the sanctuary at Augustana. At this point, indications are that our COVID-19 restrictions may prevent that.

We are grateful to all for the support we have received from Council, the Augustana Foundation, volunteers, and other supporters throughout this process!

Compassion and Action with Our Neighbor (CAN) Ministry

2020 Chili Challenge: Pandemic-style

Like all things ‘pandemic,’ our very popular Chili Challenge will have some changes this year. We hope you will find them just as much fun and worthwhile. The main beneficiaries of the Challenge will be families served by Metro Caring, George Washington High School’s food pantry, and Augustana’s Soup Shelf. The Chili Challenge will continue to be a friendly competition between our Early Learning Center and our congregation to see who will donate the most cans of chili.

Chili drop-off dates

Since we are not yet having regular in-person worship services, we have set up three Saturday mornings to drop off your cans of chili at the west sanctuary entrance of the church. Those dates are November 7, 14, and 21 between 10 a.m. and noon. Someone will be there to



accept your cans of chili and perhaps to give you a little something in return.

Share your favorite chili recipe!

We have not forgotten our “Taste of Augustana Chili”! Although we cannot get together to sample the delicious entries, we invite you to send your favorite chili recipe along with a photo of the chef to info@augustanadenver.org for inclusion in the weekly e-Pistle and on our Facebook page. Or, submit recipes online on Augustana’s News/Blog page (<https://www.augustanadenver.org/blog-augustana-lutheran-church-denver-co/>),

November 1–15. That way you can have some fun during the long, cold winter months by trying a different chili recipe each week, should you desire! Bon appetit!



From concession stand to Warren Village tables! Go, Team Augustana!

Thanksgiving Dinner Baskets for Warren Village,

single-parent households working from poverty to self-sufficiency, is a longstanding Augustana ministry tradition. Each basket costs \$40, and we typically raise enough for 106 baskets. This year, rather than packaging the baskets, we will be donating the funds for Warren Village to decide how best to support their families with food and other necessities for Thanksgiving and beyond.

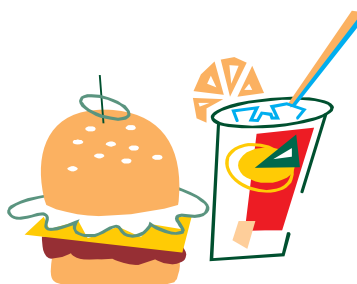
Give a donation to Warren Village

We invite Broncos and other sports team watchers to pause during concession or snack breaks and make a

donation at augustanadenver.org/giving designated for Warren Village. Or make checks payable to Augustana

Lutheran Church, and indicate “Warren Village” in the memo line. Donations should reach Augustana’s office by Friday, November 20. A \$500 Action Team Request has been granted from Thrivent, which has generously supported dinner baskets to Warren Village for over 30 years.

Learn more about Warren Village at warrenvillage.org/about-us/.



“Thanks, Augustana!”

Last summer, Augustana gave \$500 from the COVID-19 Relief to partner with 10:30 Catholic Community on their Kayla Project to purchase a car for a young Black artist in Denver whose personal situation and family have been hard hit by the coronavirus. Here are thanks from the car recipient and 10:30 Catholic Community.



Dear Pastor Ann,
On behalf of 10:30 Catholic Community’s BLM project, I want to thank you for the very generous donation of \$500 toward our Kayla Project.

Enclosed is a picture of Kayla with her new car along with her personal note of gratitude.

Your contribution was significant in making this happen.

Sincerely,
Tricia Hurth, Chairperson
10:30 Catholic Community

to take action in being a part of reparations. Your allyship and humanity give me hope. And because of your fundraising efforts and donations, I am now able to safely travel and spread my music as an offering of healing! I am filled with gratitude, thank you! I would also like to note that the day I bought the car was my 31st birthday, and the same day we found out my mom is COVID-free after 60 days of fighting the virus. The divine timing is beautiful!

Kayla

Habitat for Humanity Tool Drive: Big Success!

A special thanks to all those who were able to participate in our tool drive during the month of September. Most everything asked for by Habitat for Humanity of Metro Denver was provided, several times over, with an additional \$359 in cash donations to include purchasing even more. This effort was organized among several congregations of Lutheran churches in the Denver Area, and you answered the call. In my experience volunteering for building activities, there have been several times when I have had to walk around trying to find a needed tool, wishing the right one was more readily available so my time could be more efficiently

spent. With an abundance of these kinds of tools now going to be available, especially the ones that seem to have legs of their own, we will be that much more productive. Thank you all again!

Michael Zumwalt

Additional thanks

Thanks for your September gifts supporting ministry partners who help those in need!

Habitat for Humanity: tools	\$325
Lutheran Family Services Rocky Mountains: hygiene products	\$25
Metro Caring: beans and rice repackaging	\$355

Health Ministry

Nursing Notes from Sue Ann

#equip#resources#hope#healing



Continuing education on Suicide: Prevention, Attempts and Recovery, this month's focus is on **RESOURCES** and will conclude the past four months of information on this difficult yet most critical topic. How can we, as a faith community, provide hope and promote healing as we continue to learn more about suicide prevention and recovery? Let us acquire and share **RESOURCES**. Equipping oneself with helpful **RESOURCES** is the key for preparation to effectively discuss, recognize and respond.

A good place to start is by reading the ELCA's message on suicide prevention, which I have cited as a resource during these articles. Although a bit dated from the Church Council in 1999, it is a solid and reliable resource. The below link will take you to this resource. Also, a "suicide prevention" search on our ELCA website will reveal many links, including articles in Living Lutheran. If you do not have access to the internet, I would be happy to send you a copy by snail mail. Call the church office, and leave me a message (303-388-4678 ext. 106).

https://download.elca.org/ELCA%20Resource%20Repository/Suicide_PreventionSM.pdf?_ga=2.160737341.144667070.1592500897-2037849863.1592500897

Other resources include:

- <https://suicidepreventionministry.org/>
This Lutheran Suicide Prevention Ministry is based on the ELCA message above. It urges synods to support members, congregations and affiliated institutions in their efforts to prevent suicide. It also calls upon the ELCA's educational and advocacy programs to make suicide prevention an important concern in their ministries.

- <https://afsp.org/chapter/colorado>
American Foundation for Suicide Prevention.
The AFSP Colorado Chapter is primarily made up of volunteers working to prevent suicide here in Colorado and to provide support to those in our community who have been impacted by suicide.
- <https://www.nami.org/>
Support-Education National Alliance on Mental Illness education resources includes a video library, support groups and a help line.
- <https://theactionalliance.org/faith-hope-life>
This interfaith campaign offers communication aids and other resources for mental health promotion and suicide prevention.

Becoming familiar with these resources is a vital first step to increasing our congregational comfort level in openly communicating about suicide and providing education. God has said, "I will never leave you or forsake you" (Hebrews 13:5). God comes to us through care, love, concern, and presence of one another. Feel free to contact me with your thoughts or questions (glusenkamp@augustanadenver.org).

Also, let me know if you would like any of these resources copied and mailed to you by snail mail. Stay well, pray for each other, and take note of this **National Suicide Prevention Lifeline: 1-800-273-8255**.

Sue Ann, your Faith Community Nurse



Bible Quiz

After Jesus healed 10 men at one time, how many returned to thank him? What had been their ailment?

- A. five; blindness
B. all 10; deafness
C. one; possession by demons
D. one; leprosy

Answer: D (See Luke 17:11-19).

Puzzle!

Write the words below in alphabetical order inside the squares. Then read down the second column to discover the sentence that begins and ends Psalms 146, 147, 148, 149 and 150.

FEAST
KHAKI
MOUTH
ESSAY
LLAMA
ORBIT
CARRY
UDDER
BRUSH
ITEMS
APPLE
LEARN
CIDER

A				

Answer:

_____!

Answer: Praise the LORD!

Puzzle

Glad gatherings

The first Christians met together over a meal. Today church families still gather to break bread and thank God.

Follow the instructions below. Then write the remaining words in order from left to right and top to bottom to complete the verses.

	A	B	C	D	E	F
1	They	found	broke	bread	acts	in
2	houses	their	homes	beautiful	and	round
3	ate	world	beginning	together	follow	thought
4	with	numbers	glad	happiness	lesson	and
5	thanks	sincere	disciples	gathering	hearts	tradition
6	celebrate	good	praising	Christian	God	river

Cross out all words in column E with double letters.
Cross out all words that are books of the Bible.
Cross out all words in column B that end in d.
Cross out all words in column A that have more than 4 letters.
Cross out all words in row 5 with 3 syllables.
Cross out all words in the table with 9 letters.
Cross out all words in column F with 2 or more vowels.

_____ ,
_____ . ACTS 2:46-47, NIV

Answer: They broke bread in their homes and ate together with glad and sincere hearts, praising God . Acts 2:46-47, NIV

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NOVEMBER

Birthdays

1 Axel Fontaine
Lyndon Myler
Thomas Rohr
Katherine Watts
Matthias Yohannes
Diane Zarlengo

2 Heidi Boodt
Cindy Maxwell

3 Eric Gustafson
Karen Terry

4 Olivia Anderson
Molly Buchanan

5 Melia Blair
Julie Cotton
Austin Ezpeleta

6

7 Louise Crow
Brigitte Eugster
Janis Johnson
Otto Lawrence
Bobby Lawrence

8 Shaun Gleason
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 Cara Thomas

15 Jan Blatchford
Clayton Ward

16 Jean Apple
Greg Lunsford
Sam Stadolnik
Sonja Thorwald
Connor Tribbett

17

18 Nathan Sherman

19 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
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).*