

Augustana Foundation is celebrating 50 years

The Augustana Foundation is announcing its milestone birthday! A half-century ago, wise Augustana leaders had the vision to create an endowment fund that would enable Augustana to have the fiscal mechanism and resources for thriving into the future by enhancing its congregation and caring for its broader community. A year-long initiative to celebrate the Foundation's 50th Anniversary (1971–2021) is planned.

Organization and structure

The Foundation was established in 1971 when the congregation voted to transfer the money from its memorial gifts account into a new independent quasi-endowment fund. The inaugural resolution creating the



Foundation's endowment clearly specified that only the income from the principal was to be spent annually. Nevertheless, it included the provision that should the occasion arise at some future date, the principal sum itself may likewise be expended, in part or in its entirety by action of the congregation.

The originating resolution also included the restriction that neither the income nor the principal of this endowment fund, under ordinarily foreseeable circumstances, shall ever be used for what are commonly known as "current expenses" or "benevolent apportionments." Rather, expenditures from the funds

continued, page 4



Recently lifted up in prayer

for hope and healing:

- Sandra Arellano, Audrey Audley, Doug Boyd, Arvid Brekke, Genevieve Bucklin, Alice Burson, Mary Alice Chandler, Bonnie Connors, Mike Custer, Kathy Daugherty, Virginia Elsen, Mira Hodzic, Mel Johnson, Pauletta Krum, Neil Kvern, Tom, Mary, and Siri Larson, Cyrus LaRouche, Dave Peters, Steve Schillereff, Carol Stine

For comfort and courage:

- Arvetta Hjelmstad in the death of her friend, Elsie Allinger
- Carol Garrington in the death of her mother, Rosemary Anderson
- Family and friends of Fred Cathcart in his death
- Kay Hytjan in the death of her mother, Lois Kassube Kruger
- Jill Davies in the death of her family member, Margie Luntz
- Terry Wolf, father of friend of Katrina Crook

Rejoice with

- Caden Lewis DiMarcella, son of Chris and Julie DiMarcella and grandson of Ward and Cathy Anderson, in his baptism
- Pastor Paul Gilbertson in the 55th anniversary of his ordination

“Thanks, Augustana!”

Our deep thanks for the prayers on our behalf, cards, and phone calls during this challenging time. God has been gracious to me, in sparing my life and in the healing now that follows. I hope to soon resume the activities that were part of my life. (The prayer shawl is a beautiful gift and was so warm and snugly when I needed it.)

With gratitude,
Art and Pat Van Dyck

5000 E. Alameda Ave.
Denver, CO 80246

Augustana
LUTHERAN CHURCH

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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, January 14, 4:30 p.m. is the deadline for the February edition. Email **Lyn Goodrum** (goodrum@augustanadenver.org).

Congregation Council: Sofia Aarestad | Grace Blanchard | Lisa Boe-Sims | Betty Boyd | Michael Gentes | Michael Graham | Heidi Johnson | Ellen Kastens | Sharon Schillereff | Inez Smith | Dan Taron | Pam Uyemura | Rosalee Wanchisen | Harry Waters | Karen Yeager | 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

Pastors



God who holds our future

In ancient Rome the god Janus was the one in charge of beginnings and endings, and the one who guarded doors, gates, and transitions. You may have seen a depiction

of him with two faces turned in opposite directions, signifying his ability to look back to the past and also see into the future at the same time. He became the god associated with January, the beginning of the New Year.

I can imagine that most of us will enjoy seeing 2020 in the rearview mirror. You may have seen the many memes describing this year with phrases like “If 2020 were an ice cream flavor, it would be liver and onions.” In all seriousness, it has been a challenging, painful, and scary year for most of us. Losses abound: of familiar routines, connections, and people.

We don’t yet know what 2021 will hold. A vaccine is on the way, but there will still be hard months of watching and waiting. Do you wonder, as I do, how we will be changed as a culture and as individuals by this pandemic experience? How will we move forward into this New Year, and what will be important to us? As people of faith, how will God’s grace in Christ continue to shape us?

We don’t know what the future holds, but we do know who holds the future, and so we can pray together:

O God, you have called your servants to ventures of which we cannot see the ending, by paths as yet untrodden, through perils unknown. Give us faith to go out with good courage, not knowing where we go, but only that your hand is leading us and your love supporting us; through Jesus Christ our Lord. Amen.

Pastor Ann



Wondering into 2021

I usually know what I’m going to write for the January Tower with the crazy early deadline. The start of the new calendar year makes it easy. This year, not so much.

At the time of this writing, I have a few more days of isolation to go after being diagnosed with COVID-19. I had early symptoms that felt like the initial days of a sinus infection and was tested to be on the safe side. I ended up with low grade fevers, cough, scratchy throat, and diminished smell. Rob and Taryn are quarantining. I am more than grateful to be able to breathe easily as so many people take their last breaths today because of COVID or other diseases. While I’ve had this gratitude more generally over the years, it’s magnified in the moment for obvious reasons.

In this light, and as the calendar turns to 2021, my hope for us is that we see the wonder of it all. The wonder of breath and life in our fragile, fleshy bodies. And the wonder of the same fragile, fleshiness in the people around us. For me, the wonder of it all is part of what grace is about. We wouldn’t need grace if we were wondrously perfect. Our wondrous imperfection unleashes the power of grace to connect us with God and each other. I feel this more acutely when my world becomes really small, like, the size of my bedroom small. For me, this was a temporary inconvenience. For others in our congregation and community, this is everyday living as protection from COVID.

I know many of you are in touch over the phone or even by mailed notes with family, friends, neighbors and people in our church. These connections of grace with each other are as vital to our minds and spirits as masks, distancing, and handwashing are to our bodies. Keep it up. We have a ways to go as vaccines are distributed.

No one has ever seen God; if we love one another, God lives in us and God’s love is made complete in us.

1 John 4:12

Peace,
Pastor Caitlin

Augustana Foundation is celebrating 50 years

continued from cover

were envisioned for three purposes: 1) undertakings which would enrich or uplift in some special way the spiritual life of this congregation; 2) projects which would provide some worthy addition or improvement to the congregation's facilities; and/or 3) actions which would give needed support to worthy Christian enterprises in the community.

The Congregation Council was directed to appoint a nine-member group with rotating three-year terms to receive, manage, and expend the Foundation's resources. This group was specifically charged with distributing income funds generated by investing the endowment's principal. Thus, the footprint for the current Foundation Board, its investment strategy, and its grants-giving program were born.

50 years of growth and stewardship

These established Foundation parameters have endured for 50 years. The starting principal of less than \$18,000 from that 1971 memorial gifts account has now grown to assets of more than \$3 million. Generous giving and careful stewardship of those gifts have made it possible for the Foundation's remarkable growth. During this celebration year we will recognize some of the many individuals who have made significant contributions to growing the Foundation (e.g., past leaders, donors).

However, the most astonishing cumulative achievement is that the Foundation has awarded more than \$2.6 million in grant funding over these 50 years to Augustana ministries and facilities and to many



Lutheran and other community outreach organizations. During this celebration year we will be featuring representative grant recipients both within the church (e.g., special ministry initiatives; capital improvements) and external to Augustana (e.g., synod projects, Lutheran partners, local and global community outreach).

You will also hear more about the Foundation's enduring mission.

You will be introduced to the board and learn more about the Foundation's current structure and operations. The board is eager to demonstrate how the Foundation supports Augustana's strategic mission of Worship, Grow, and Go.

Celebrate our 50 years

Watch for details about a signature 50th Anniversary celebration event, perhaps a gala, where the entire congregation and its community partners can celebrate this milestone birthday together. Recognizing the uncertainties related to the current pandemic, it will likely embrace Augustana's emerging technological capabilities in a virtual or hybrid gala.

If you have Foundation questions or suggestions for celebrating the many blessings of the Augustana Foundation, please contact **Marilyn Stember** (303-550-1235 or marilyn.stember@cuanschutz.edu), coordinator of the 50th Anniversary initiative.

Meet the Foundation Board

An eleven-person board upholds the Augustana Foundation's mission and ministry by setting policy and managing its affairs. Key responsibilities include engaging in strategic planning, monitoring and strengthening programs, protecting and building assets, awarding grants, providing fiduciary oversight, and sustaining ethical integrity.

Most of the Foundation board's detailed work is done in committees. The **Development/Communications Committee** is responsible for implementing policies to encourage charitable gift-giving as well as implementing communication strategies to promote the Foundation.

The **Gifts/Grants Committee** is responsible for acknowledging gifts received and recommending grants to be awarded that enrich the spiritual life of the congregation, improve the congregation's facility, and/or support the congregational outreach into the community.

The **Finance/Investment Committee** is responsible for implementing fiscal and investment policies. To facilitate the effective work of the board, a **Governance Committee** mentors new members, encourages board leadership, and fosters the continuity of a well-balanced Board. An **Executive Committee** acts for the board between regular meetings.

Nine of the eleven members are appointed by the Congregational Council and may serve up to two, three-year terms. The senior pastor and congregation president serve as voting members by virtue of their positions. Quarterly meetings are normally held at the church on the second Tuesday in February, May, August, and November. The annual meeting of the Foundation is held concurrently with the first quarterly meeting. The agendas for these meetings are expansive. Membership on the Foundation board is an exciting, rewarding, and demanding experience that requires time, commitment, energy, and expertise.

Following are members of the Foundation board.

- Kari Blanchard, President
- Tim Zeckser, Vice President
- Dr. Tim Garrington, Secretary
- Janet Egan, Treasurer
- Bill Crossen
- Russ Epperson
- Pr. Ann Hultquist
- Howard Jacobsen
- Julie Shellhorn
- Dr. Marilyn Stember
- Dr. Michael Zumwalt

Thank you for the gifts!

Music Ministry

- In memory of Vivian Bengtson, Dorothy Halverson, Gabrielle Korndorfer, Nancy Vikman

Senior Ministry

- In memory of Vivian Bengtson, Nancy Vikman

Special Gifts

- In memory of Nancy Vikman, Ruby Gay
- In honor of Joanne and Richard McClaskey, Robert and Patricia Ellinger

World Hunger

- In memory of Vivian Bengtson

Year-end gifts and offerings to Augustana Lutheran Church

In order to deduct your charitable contributions for 2020, gifts given by check or cash must be postmarked by US Mail or be included in the offering by Thursday, December 31. For electronic givers, be sure to initiate your gift on or before Monday, December 28, so that it is posted by your credit card issuer before year end. Only gifts deposited by December 31 will appear on your 2020 giving statement. Your support of Augustana's mission and ministry is greatly appreciated.

Questions about your 2020 giving may be directed to **Lisa Mikolajczak**, Finance Administrator (303-388-4678 ext. 103 or lisa@augustanadenver.org).

As of the beginning of December, Augustana has received 78 financial commitments, or pledges. If you haven't submitted your giving intention for 2021, please do so. You can fill out the card you received and mail it to the church, or fill out an online commitment form here: <https://www.augustanadenver.org/stewardship-appeal-2021/>.

Please remember that during this challenging pandemic time, your congregation needs your support more than ever. Although we can't yet gather in person, we are still worshipping, growing in faith, and reaching out to our community and our world with the love of Christ. We want to continue to be a vibrant congregation, ready to step forward in faith when the vaccine's availability returns all of us to a new normal. We need you to help make that possible. Thank you for generously sharing your blessings!



Women, Wine, and Word

This Bible study for women of all ages will meet via Zoom on Thursday, January 21 at 7 p.m. Currently the group is studying the book of Genesis, wondering together about what the faith and doubt of

these ancient people might teach us. Contact **Pastor Ann** (ann@augustanadenver.org) if you would like to receive the Zoom link to join the gathering. No experience with the Bible is required!

Children, Youth and Family

Faith Formation continues online

Sunday, January 3, 10, 17, and 24

- 5th and 6th Grade Confirmation will meet via Zoom, 9–9:30 a.m., and 7th and 8th grade Confirmation will meet via Zoom, 9:40–10:20 a.m.
- Breakfast Club (grades 9–12) will meet via Zoom, 10:30–11:15 a.m.

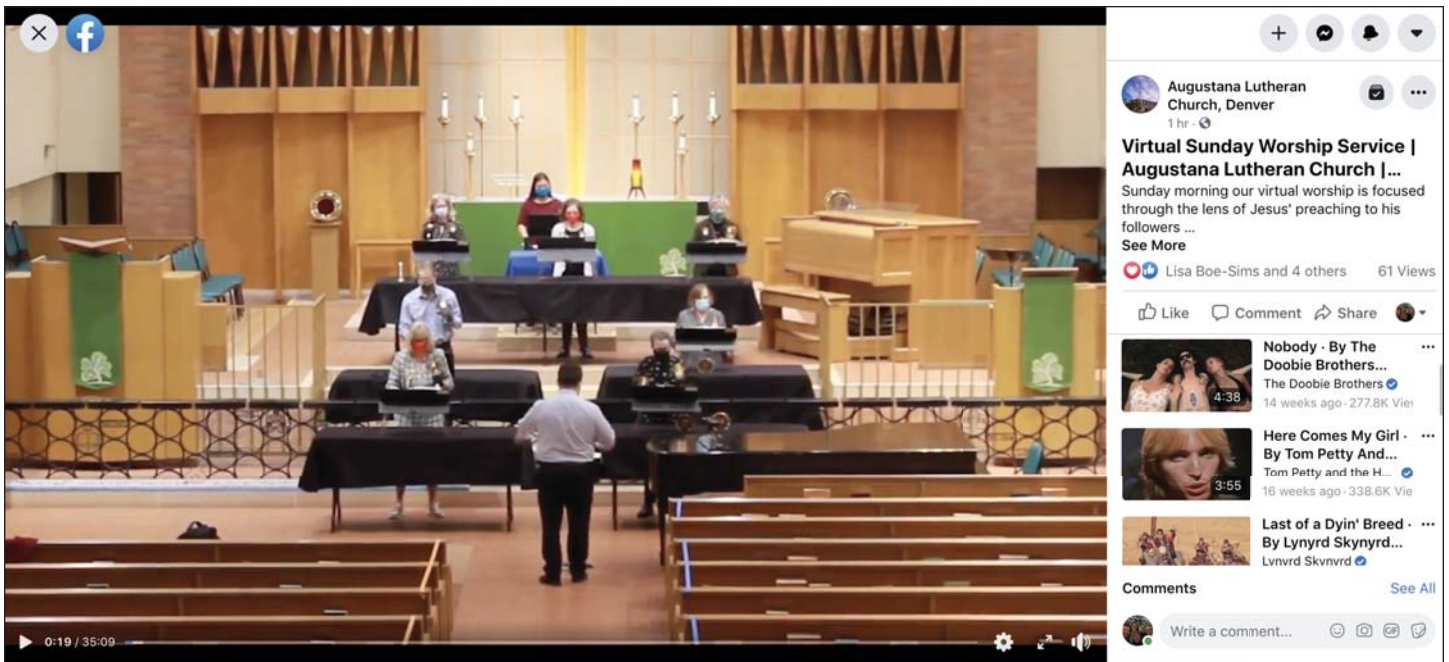
Summer 2021 Mission Trip:

Youth and Adults who are attending the summer mission trip will have a Zoom meeting Sunday, January 10, 1 p.m. If you are in need of the Zoom link, please contact **Shanna** (shanna@augustanadenver.org).



GIFT Videos

Did you know we produce a video each Sunday for PreK–4th grade kids? Each Sunday they learn about Jesus through song, lesson, video and prayer. If you are interested in sharing faith with this age group please contact **Shanna** (shanna@augustanadenver.org).



Worship

A note from Pastor Dave Jarvis

Ann,

I went to your online service a few weeks ago. And I took this screen shot. Look at the next three videos lined up behind Augustana. (See photo above with video line-up to the right.) Quite the crowd you guys are running with!

And by the way, Augustana is the new Fleetest Flock! (Augustana had the most members participating in the Grace Race this year.) We'll get the trophy to you soon!

Yours In Christ,

Dave

Rainbow Trail Lutheran Camp

Sunday Worship Update

Worship will continue online for the near future as we continue to protect one another from spreading coronavirus. While online is not ideal, we are grateful to have the technology to continue to share worship time together across distance. We know that we have people joining us from near and far—inviting family and friends to online worship as well. Between Augustana's website and Facebook, average Sunday worship attendance varies between 200 to 300 people. We trust in the Holy Spirit to unite us in Christ as we worship.

Worship/devotional resources at Augustana

Online worship

Augustana continues to offer online worship posted by 7 a.m. every Sunday on Augustana's Facebook page (facebook.com/augustanadenver) and on our website (www.augustanadenver.org).

Mailed resources

Enjoy bulletins, sermons, and news delivered weekly to your mailbox. To be added to this mailing list, leave a message with Augustana's office (303-388-4678).

We Are One at 1:00

Augustana's staff offer live devotions at 1 p.m. on Tuesdays and Thursdays on Augustana's Facebook page (facebook.com/augustanadenver). View these later on our Facebook page and on our website (www.augustanadenver.org).

Listen to Dial-a-Care!

Listen to a 3-minute devotion recorded daily by Augustana staff and members (303-996-2733).



Paul Blanchard



Paul Gilbertson



Casey King



Roger Lipker



Emily Friesen



Daniel Romero



Pastor Caitlin Trussell

Thank you, Livestreaming Team!

In September 2019, Paul Blanchard, Paul Gilbertson, and Casey King (Chairperson) started meeting ad hoc to Property Committee to investigate livestreaming Augustana's worship services. We're grateful for their early research and attention to what would become a pressing consideration. After the pandemic hit, meetings were scheduled regularly, and a few more team consultants were added—Emily Friesen (now Livestream Technician), Roger Lipker (Council Representative), Daniel Romero, and Pastor Caitlin.

At the time of this writing, installation is in the final phases, overseen on-site by Emily and Paul B., high-speed internet uploads are being negotiated by Casey and Lisa Mikolajczak, and the committee has disbanded regular meetings, handing the oversight of livestreaming to Emily, Worship Committee, and the pastors. Once the equipment installation is complete, there will be a process that includes practice worship services to identify effective camera angles, sound, etc. Please

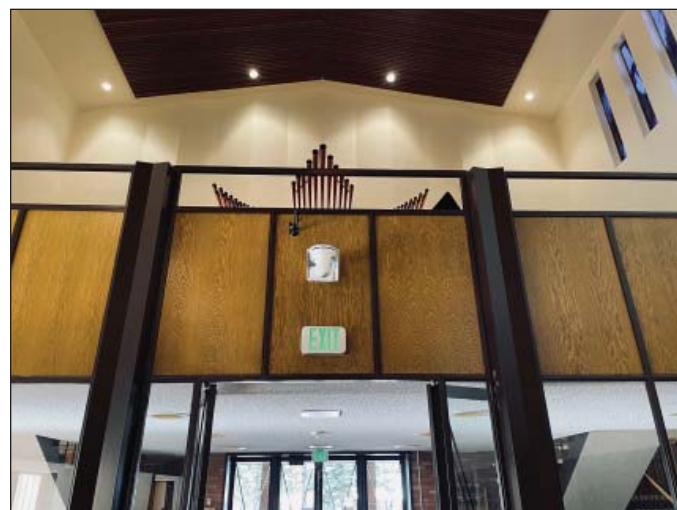
convey your gratitude to members of the Livestreaming Committee and stay tuned to weekly ePistles for information about launch dates for livestreaming worship.

Streaming Project Update

Work on the streaming project has continued through December. We added hanging choir mics and continued work on the control room (a.k.a. Emily's office). Be on the lookout for services, live from the sanctuary, in the New Year! We can't wait for you all to join us! Special thanks to Paul Gilbertson for the pictures.



We have two cameras on the sides to get the closer shots of the pastors' faces and all the action going on around the altar.



We have one camera mounted on the balcony to get some wide shots of the whole sanctuary and the whole assembly!

Congregation Council

Ahhh! A new year! I am anticipating an especially great year—2021. Aren't we all praying for a different year than 2020. Oh, it seemed to be a super beginning to 2020. What were we thinking and expecting to improve a year ago? New goals, new expectations for ourselves, our family, our lives, and our church.

A year ago, we were planning for Augustana to be a positive force in our community and grow our congregation for more impact. Shutting down, closing the doors, not being able to gather was not even in the realm of possibility. Even with the shut-down, the audacious work of our church has continued with lots of opportunities for worship and education and virtual social opportunities. Most of our outreach programs and annual giving traditions have continued and even added some new ways to assist our neighbors.

Now jumping with both feet into 2021, there is positive movement in the planning for distribution of the COVID vaccine. We are all tired of locking down and hearing about small businesses struggling, gifts to non-profits are waning, and, more imminent and heartbreaking, our

neighbors losing their jobs and homes and the hidden effects of COVID on everyone's mental health. There is hope for the future.

We want to gather together for family events and get back together and to hug and have human contact. Hang in there! Our time is coming for all of that! I believe just a few more months and we can gather with our friends at Augustana and our family and not be afraid. There is hope for our future and I am excited to see how that plays out for our vibrant congregation! There are many common things that we won't take for granted ever again and we will remember how it felt in 2020.

I have heard your prayer and seen your tears; I will heal you.

2 Kings 20:5

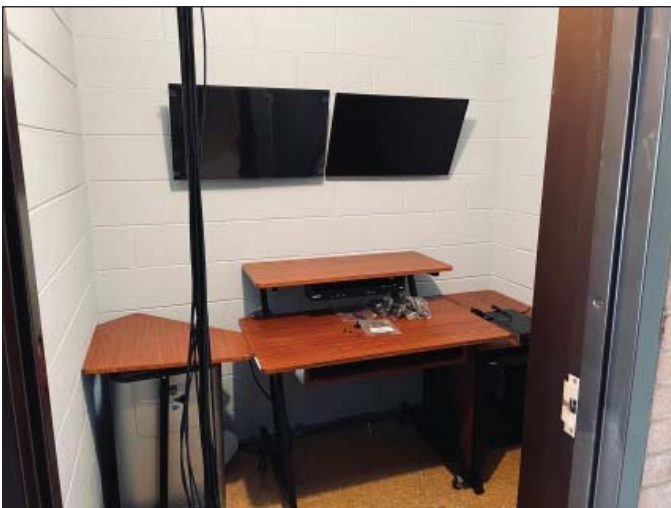
May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

Romans 15:13

Lisa Boe-Sims,
2020 Congregation President

Livestreaming photo update

continued from previous page



The control room is coming together! With the desk and the a/c unit, it is pretty full!

Election Results from the Congregational Meeting

Council members:

- Lisa Boe-Sims
- Betty Boyd
- Heidi Johnson
- Inez Smith
- Harry Waters
- Rosalee Wanchisen
- Karen Yeager

Nominating Committee:

- Renee Bernhard
- Sharon Schillereff
- Greg Bickle
- Sonja Engebretson
- Judy Nyquist
- Brad Uyemura

Synod Assembly:

- Michael Gentes
- Dane Vierow
- Rosalee Wanchisen

Youth representatives:

- Sofia Aarestad
- Grace Blanchard

CAN Ministry




Katherine and Emmett at Warren Village

Warren Village Thanksgiving Dinner Baskets Totals

Thank you, one and all, who contributed towards the Warren Village Thanksgiving Dinner Baskets! A total of 87 dinners were donated this year (\$3,473) with last year's surplus for Warren Village added, so that the full 106 dinners could be enjoyed by their single-parent family clients (a total of \$4,240). A huge shoutout to Emmett and Katherine Cruson, who coordinated with Warren Village and used your donations to purchase \$35 King Soopers gift cards for families to choose the rest. The Crusons and Don Troike each received a \$250 Thrivent Grant for some of the needed groceries. And the grocery shopping done by Emmett was no small undertaking! Check out Warren Village at warrenvillage.org.





SANCTUARY SOUP SHELF

"Leave What You CAN, Take What You NEED"

Canned food only, please, to protect food from wildlife!

Estante De Sopa Del Santuario <ol style="list-style-type: none">1. Abra La Tapa2. Abra Las Puertas3. Deja Lo Que Puedas - Llévate Lo Que Necesites4. Cierre Las Puertas5. Cierre La Tapa6. Lave Las Latas Y Manos Cuando Puedas <p>¡Por Favor Cierre La Tapa Y Las Puertas Para Prevenir La Congelación!</p>	Sanctuary Soup Shelf <ol style="list-style-type: none">1. Open Lid2. Open Doors3. Leave What You Can - Take What You Need4. Close Doors5. Close Lid6. Wash Cans and Hands When You're Able <p>Please Keep Shelf Closed to Prevent Freezing!</p>
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Sanctuary Soup Shelf Update

The Soup Shelf has been enclosed and heated, thanks to Paul Edstrom! CAN Ministry decided to continue offering anonymous, 24/7 food availability. Figuring out how to

keep the canned food from freezing was essential. The Soup Shelf is providing food to neighbors and Augustana members facing difficult economic times. Continue to "Leave What You Can, Take What You Need."

CAN Ministry Meeting (Compassion and Action with our Neighbors)

Sunday, January 10, 12:30–2 p.m. via Zoom

Calling one and all CAN Ministry folks and anyone who would like to learn more about it. We'll talk about February and March opportunities and creatively translate prior emphases into pandemic-safe ones that benefit our neighbors. Contact **Laura Libby** (laura.a.libby@gmail.com) or **Pastor Caitlin** (pastor.caitlin.trussell@gmail.com) with any questions or comments.



Chili Challenge Totals!

1,548!! = 977 Congregation + 571 Augustana Early Learning Center (AELC)

The AELC did amazing after a late start due to a staffing change of the Assistant Director. The congregation had three consecutive Saturdays for canned chili drop-offs. Truly incredible work, everyone. We were able to donate 900 to Metro Caring and 300 to George Washington High School, and 348 cans are in reserve to add to the mix of Augustana's Soup Shelf.

Immediate food relief is at an all-time high. The day we took the chili to Metro Caring, they reported that they had the highest number of clients at their pantry on record that day. Please keep immediate food relief top of mind, whether it's leaving canned food at our Soup Shelf or donating to Metro Caring or the food bank in your neighborhood.



Dane Vierow—Pie Fest 2.0

Pie Fest 2.0

39 pies!! Thank you, one and all, who brought pies for the women, transgender folks, and staff at The Delores Project. Big thank you to Dane Vierow who delivered the pies, thus carrying on the tradition of Council Vice Presidents representing the congregation in this way. Learn more about The Delores Project and their good work at thedeloresproject.org.

Health Ministry

#moveandpray/newyearintentions

We are living in turbulent times. Caring for your holistic health is more important than ever.

The COVID-19 pandemic, political divisiveness, and racist violence have fueled changes within and around us. These changes bring contrasting experiences to our lives: grief and loss, gratitude and hope, birth and death, solitude and interconnectivity. To help you cope and stay grounded in this new year, you are encouraged to #moveandpray.

It takes accountability and intentionality to change our attitudes. Begin by setting movement and prayer goals. Start wherever you are. You may choose to lengthen your daily activity over time. Identify the time of day you will #moveandpray—maybe during commercials, upon rising, or before bed. Invite friends and family to participate with you, adding an accountability factor.

Steps

1. Choose a #moveandpray activity from the list of suggestions below or decide on one of your own—such as hiking and praying, or yoga and praying. It can be anything that gets you moving, and that you can do safely in prayer.
2. Set aside a regular daily time to #moveandpray with intention, even if only for a few minutes.
3. Try keeping a #moveandpray journal for tracking your daily movement and prayer, or mark a calendar each day with your activity and prayer requests.

Suggested Activities

Stretch and Pray—Allow change to stretch open your mind and heart.

Consider using *Stretch and Pray* by Pastor Murray Finck, Bishop Emeritus of the Pacifica Synod, to incorporate whole body stretches. There are short and long sessions available. You can adapt the poses

and invite family and friends to participate. Book and DVD are available on Amazon (<https://www.amazon.com/Stretch-Pray-Discipline-Physical-Spiritual/dp/0806651377>) or Augsburg Fortress (<https://www.augsburgfortress.org/store/search?ss=stretch+and+pray+dvd&c=0>).

Plank and Pray—Build a bridge from old thoughts to new as you strengthen your core.

Many fitness coaches believe that a plank a day is a great way to work your body. As you recover after planking, consider assuming child's pose. This position offers your back and body time to relax and is a great prayer posture.

Walk and Pray—Feel the forward momentum of continuing to find your voice and place in our world. As you walk, notice colors, smells, and nature. Listen within and around you to become more aware of God's presence in our world.

Why #moveandpray?

Move

Our routines, norms, and healthy practices have been altered. Some of us are returning to fitness centers, others remain closed. Some of us are rediscovering nature. Others are marching for justice and equality for all God's people. Movement is sacred.

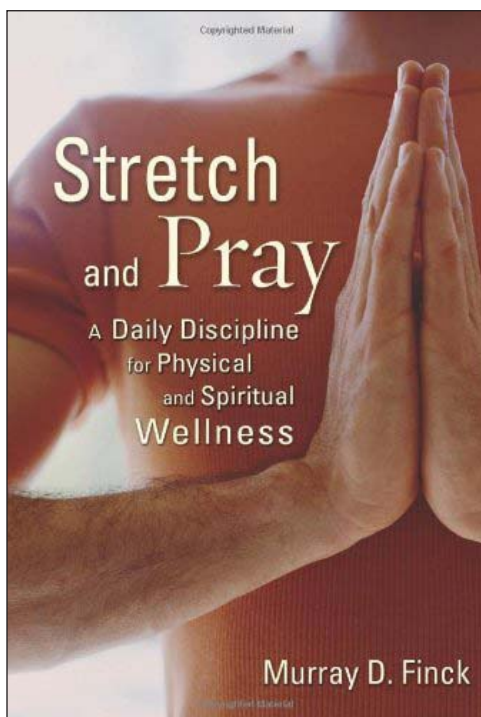
Pray

We are people of prayer. We turn to God for comfort, strength, and encouragement. Prayer is both talking and listening to God. It can be done anywhere, anytime, and in many ways: breath, gratitude, stirred by nature, movement, scripture, poetry, and song.

Blessed and Happy New Year, 2021, of moving and praying,

Your Augustana Health Ministry Team
and **Sue Ann**, Your Faith Community Nurse

Resource: <https://www.porticobenefits.org/CallToLiveWell/HowPorticoCanHelp/WellnessActivities/MoveAndPray>





Bible Quiz

In the story of the Magi, what word is used to give a sense of Jesus' age when the wise men visited? What does it tell us?

1. "baby"; Jesus was still a newborn in a manger
2. "child"; when the wise men visited, Jesus had grown past infancy
3. "youth"; Jesus was probably between 10 and 14
4. No word is used to suggest Jesus' age at the time of the wise men's visit.

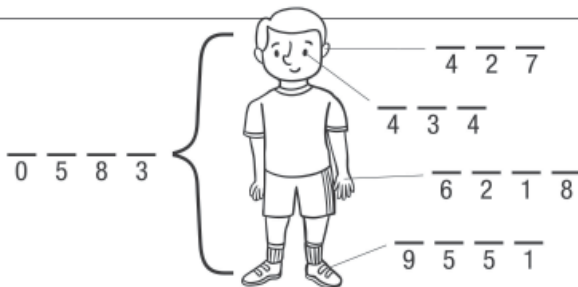
Answer: B (See Matthew 2:1-12.)



WORKING IN UNISON

Just as body parts work in unison, the church — the body of Christ — is to work together for God's purposes.

Directions: Fill in the letters for each body part. Add up each part's number total, and use those totals to complete the Bible passage.



Now if the ²⁰_____ should say, "Because I am not a ¹⁷_____, I do not belong to the ¹⁶_____, " ... And if the ¹³_____ should say, "Because I am not an ¹¹_____, I do not belong to the ¹⁶_____, " it would not for that reason stop being part of the ¹⁶_____. If the whole ¹⁶_____ were an ¹¹_____, where would the sense of hearing be? If the whole ¹⁶_____ were an ¹³_____, where would the sense of smell be? ... As it is, there are many parts, but one ¹⁶_____.

1 CORINTHIANS 12:15-17, 20, NIV

Answer: body = 16, eye = 11, ear = 13, hand = 17, foot = 20

Puzzle!

Complete each saying below. Then place the words from those blanks in the correct order to complete Proverbs 23:4.

1. When the going gets tough, the tough _____ going.
2. People who live in glass houses should _____ throw stones.
3. If the shoe fits, _____ it.
4. "It is easier for a camel to go through the eye of a needle than for someone who is _____ to enter the kingdom of God."
5. Good things come _____ those who wait.
6. When in Rome, _____ as the Romans do.
7. Don't wear _____ your welcome.
8. If you want something done right, do it _____.

Write the unscrambled proverb here:

_____ PROVERBS 23:4

Answer: Do not wear yourself out to get rich. Proverbs 23:4

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JANUARY

A graphic for January Birthdays featuring a blue background with white snowflakes and a red cardinal perched on a brown branch. The word "BIRTHDAYS" is written in white capital letters at the bottom.

BIRTHDAYS

- 1** Hank Clambey
Anna Gabriel
Mabior Mayek
Karin Sanderson
Braxton Stuart
Ketcher White
- 2**
- 3** Bob Charlson
Jim Gustad
- 4** George Cotton
Kim Esbenshade
Linda van Dyk
- 5**
- 6** Lauren Penz
- 7** Annika Morris
Sasha Morris
Sarah Nick

- 8** David Weir
- 9** Bill Bettag
George Meister
- 10** Grace Blanchard
Bradley Boodt
Christopher Cochrane
- 11** Luke Fischer
Sophia Giordano
- 12** Maxine Gay
Diane Pilloud
Harriet Ritter
- 13** Phyllis Lerud
Robert Penn
- 14** 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 Brase
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
Herb Schillereff

- 25** Emma Brant
Susan Talbot
Donna Vaughters
- 26** Mikai Allen
Jeff Towery
- 27** Abby Farrand
- 28** Sonja Engebretson
Charles Esbenshade
Charles Llafet
Mary Richardson
- 29** Roxanne Anderson
Noah Garrett
Tracy Lutz
Barb Marsh
David Stalheim
- 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).*