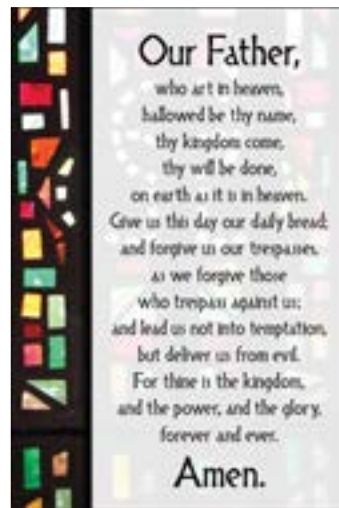


Lent at Augustana

Lenten Devotions: Coming soon to a mailbox near you!

Augustana members, staff, and pastors wrote a few words for Lent reflecting on faith, life, and scripture. Their reflections were compiled into a devotion booklet as a way for us to connect daily and more deeply with our own faith and with each other. The writers include teenagers right on through to our eldest elders whose perspectives draw us into the disciplines of Lent — repentance, prayer and fasting, sacrificial giving, and works of love/service. Watch your mailboxes for the booklet to arrive before Lent begins on Ash Wednesday, February 17.



A Lenten Invitation to “immerse yourself in the prayer that Jesus taught his disciples.”

By Pastor Ron Glusenkamp

I have often described the Season of Lent as “Spring Training for Christians.” It is a time to focus on the basics and exercise those spiritual muscles which need some attention.

You might be saying to yourself “that sounds good, but where do I begin?” A marvelous place to begin is with that treasure we call “The Lord’s Prayer.” In just 66 words we cover the deepest desires of our hearts, souls and minds.

So, I can sense you are nodding your head as you read this, agreeing that it’s time to get some exercise and that The Lord’s Prayer might

[continued, page 6](#)

Rejoice with

- Parents Mary and Ben Kobren and grandmother Malise de Bree in the birth of Eliza Kern de Bree, December 16

Prayer Chain

Prayer requests are emailed weekly in a Prayer Guide. Twenty-five people currently receive the Prayer Guide and pray for the people named in them. Please email Pastor Caitlin (pastor.caitlin.trussell@gmail.com) if you would like to be part of the group called the Prayer Chain who prays for these requests.

If you have a prayer request, please submit one at augustanadenver.org/worship/online-prayer-requests/. Those requests are included in the weekly Prayer Chain.

Recently lifted up in prayer

For hope and healing:

- Arvid Brekke, Alice Burson, Cheryl and Tim Dickson, Virginia Elsen, Rob Feeler, Mel Johnson, Jamie Kastens, Cyrus LaRouche, Robert Larson, Nick Massie, Tamra Mohs, Lee Ann Nehiley, Dave and Judy Peters, JR Ripe, Rita Rosemary, Steve Schillereff, Carol Stine, Lynn Tramel, John Brian Van Dyck

For comfort and courage:

- Angela Alexis in the death of her husband, Joe Alexis
- Karen Aarestad in the death of her cousin, Soren Ambrose
- Brian Bernhard and family in the death of his mother, Pat Bernhard

- Family and friends of Fred Cathcart in his death
- Karen Bourg in the death of her mother, Mary Alice Chandler
- Lynn Friesen and family in the death of her mother, Kathy Daugherty
- Lyn Goodrum in the death of her father, Neil Kvern
- LyNette Rasmussen in the death of her mother, Marlene Meienburg
- Farrel Vikman in the death of her friend, Gary Miller
- Family and friends of Merlin Nimrod in his death
- Family and friends of Dick Schutt in his death
- Family and friends of Dottie Templin in her death
- Family and friends of Wally Thomsen in her death
- Family and friends of Spencer Toppen in his death
- A.J. Levy in the death of her aunt, Francis Wagner
- Julie MacDougall in the death of her cousin, John Wertz

5000 E. Alameda Ave.
Denver, CO 80246

Augustana
LUTHERAN CHURCH

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

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

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

Online Worship/Devotions

(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, February 11, 4:30 p.m. is the deadline for the March edition. Email **Lyn Goodrum** (goodrum@augustanadenver.org).

Congregation Council: President: Michael Zumwalt | **Vice President:** Pam Uyemura | **Secretary:** Roger Lipker | **Treasurer:** Dan Taron | Sofia Aarestad | Grace Blanchard | Lisa Boe-Sims | Betty Boyd | Michael Gentes | Michael Graham | Heidi Johnson | Ellen Kastens | Sharon Schillereff | Inez Smith | Rosalee Wanchisen | Harry Waters | Karen Yeager | Pr. Ann Hultquist | Pr. Caitlin Trussell

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“Thanks, Augustana!”

We are more than grateful for your prayers while our family went through COVID in late November/early December. Rob, Taryn, and I are doing well!

Pastor Caitlin

Many thanks to Augustana’s youth and to the Blanchard family for bringing me lefse in December. I loved it!

Chickie Bakkemo

Augustana Lutheran Church,
Thank you for your generous gift to Urban Servant Corps on October 30, 2020.

“To live a life of simplicity is to know joy!”
—USC alumnus

As we head in to the holiday season, we are reminded that the simple moments of life are most treasured. During this year of service, USC volunteers are challenged to live a life of simplicity and seek the abundance and JOY that are in the midst of this experience. Simplicity also offers perspective as USC volunteers accompany those who are most in need in our community.

Thank you for sharing your generosity with the Urban Servant Corps community to allow for these kinds of growth opportunities for young adults. You are part of significantly important work in Denver neighborhoods. Thank you for your support. Thank you for your donation. Thank you for being with us on this journey

With deep gratitude,
Krista Kilgus,
Executive Director

Thank you for the gifts!

Augustana Foundation

- In memory of Jerry Rehkow

Good Gifts Farms

- In honor of Pastor Ann and Pastor Caitlin

Senior Ministry

In memory of Vivian Bengtson, Jerry Rehkow

Special Gifts

- In memory of Dwight H. Gillman, Frank and Curt Gerber, Maggie Miller
- In memory of my loving wife, Ruby
- In honor of Joanne and Richard McClaskey, Robert and Patricia Ellinger

Thrivent Members Reminder

Thrivent members can designate their Choice dollars to worthy causes by mid-March.

You may donate to one or more charities of your choice, including Augustana Lutheran Church, Augustana Early Learning Center, Augustana Arts, Lutheran colleges and universities and seminaries, Lutheran Family Services Rocky Mountains, Lutheran camps, and many other charities. Call or email Thrivent to make your donation throughout the year. 2020 Choice dollars must be designated by mid-March of 2021.

The Thrivent Choice dollars donated to Augustana Lutheran Church go into a designated fund, which those who attend the Thrivent quarterly meetings may designate for an Augustana group, program, or property. (Meetings have been suspended from March 2020 until mid-summer 2021.)

Pastors



In March of 2020, as the lockdown began, many people said “Well, this is the Lentiest Lent I’ve ever Lented!” Meaning everyone pretty much gave up everything for Lent. Perhaps no one (except epidemiologists!) thought we would still be in a very similar

space as we begin Lent 2021.

Although we are still not worshipping in person, you’ll see in this issue of the Tower and in the weekly ePistles that there are many ways the Augustana community can have an enriching Lenten journey. Holden Evening Prayer, a daily devotion written by congregation members and friends, Lenten boxes for households, and a study on the Lord’s Prayer are some of the things we are inviting you to take part in.

We have lost many familiar routines and given up many things in the last year. We are seeing a glimmer of hope in the vaccine rollout, but we will all be on this journey for a while yet. Perhaps this Lent 2021 is a good time for us all to reflect on the promise that is so central to the Lutheran faith: that Jesus entered all of human life, including struggle, pain, abandonment, and grief. The presence of Christ has been and will continue to be in every hospital room, with everyone crying out and working for justice and equality, with those mourning the loss of so many loved ones, and with all of us when worries threatened to overwhelm our days.

Let’s be bold to reassure one another that we journey together and with Christ in this season.

Pastor Ann

What good is the Church in times of upheaval?



The question was asked recently in staff meeting about the role of the Church during this time of national crises. It’s a question that I’ve asked myself off-and-on over the last couple of decades. There are books full of attempts

to answer this question over the centuries. The general consensus is that if God so loves the world, then the Church is not only about my personal, spiritual benefits from it. Several of our worship readings during Advent and Epiphany gave a challenge of repentance including John’s baptism of repentance, Jesus’ call to the disciples to repent and follow him, and Jonah’s proclamation to the Ninevites to repent. We have heard plenty of it, and we’re about to head into Lent during which we’ll marinate in repentance.

Recently, an unchurched friend of mine texted to ask if I could hear their confession and we did so. Individual confession follows an order of confession, discussion, and forgiveness. During the discussion, we talked about consequences for what was being confessed including making amends to the people affected by the confessed behavior. Grace through forgiveness is the last word in the process so that we are free to navigate the consequences for our hurtful behavior.

The role of the Church in society is similar. Not as morality police, which so often becomes the case. Rather, our repentance for personal and collective sin holds us accountable, and we may challenge others to do the same. In times of national crises like the pandemic and the chaotic transition of power, we may challenge elected officials and public leaders who have hurt people by what they have done and what they have left undone. The church may hold powerful people accountable across the spectrum of partisanship and the roles of those involved for greed, indifference to the poor, harm inflicted, etc.

Obviously, accountability is not the only role of the Church. During national crises we also comfort people who are scared, grieving, alone, and hungry. We comfort

each other in our congregation and reach out to comfort family, friends, and neighbors. There's a saying that the Church, the body of Christ, "comforts the afflicted and afflicts the comfortable" following Jesus' example and teaching.^[1] That remains true in times of calm and in times of crises.

Peace,

Pastor Caitlin Trussell

^[1] Tim Stewart. "God comforts the afflicted and afflicts the comfortable." August 5, 2013. Dictionary of Christianese: The casual slang of the Christian church... authoritatively defined.

<https://www.dictionaryofchristianese.com/god-comforts-the-afflicted-and-afflicts-the-comfortable/>



Grateful for Ken Rinehart, videographer and broadcast consultant

As Denver was moving to lock down at the start of the pandemic, Ken happened to be in the church building at the same time as Pastors Ann and Caitlin. An impromptu meeting between the three of them resulted in scheduling the recording for Augustana's first online worship. Up to that point, Ken has recorded and produced several videos for Augustana. Ken's professional expertise, availability, and willingness helped Augustana continue and expand

our public ministry virtually without missing one Sunday after in-person worship was put on hold. As we transition into livestreaming, Ken will continue recording GIFT (Sunday School), Augustana concerts, and portions of the upcoming Lenten class by Ron Glusenkamp as well as provide links and post the One-at-Ones onto YouTube and Augustana's website. His thirty years of broadcast experience and teaching will also continue to influence our online presence. We are grateful for his partnership! Please thank Ken for his work among us as you get the chance.

Worship: Livestreaming Launch

We're getting ready to launch livestream worship services on Sunday, January 31, 10:30 a.m. You're invited to worship online at 10:30 a.m. during the livestream. Each worship service will be archived and available to watch anytime following the 10:30 a.m. livestream. Thank you for your grace as this new ministry gets underway.

Given all the moving parts of launching this long-awaited ministry, we invite your patience as timing may shift our anticipated launch date. You'll know whether or not this is the case, because worship will either continue in the pre-recorded format or be newly livestreamed. Prior to the launch, worship run-throughs included the pastors, Daniel Romero, the AVE quartet, Emily Friesen (Livestream Technician), Sue Ann Glusenkamp (COVID safety), and Seki, to identify challenges so that worship flows as well as it is able.

Lent at Augustana

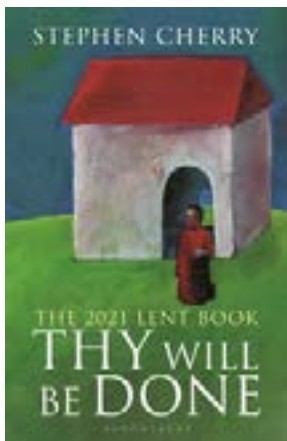
A Lenten Invitation to the Lord's Prayer

[continued from cover](#)

be such a spiritual resource to start with in Lent. But, perhaps another question or two might be coming to the surface: (1) how would I go about this, and (2) who could I do this with?

Thank you for asking those two questions. I just so happen to have answers for you as well as a six-week plan to work and pray your way through these 40 days of Lent.

Each year the Archbishop of Canterbury appoints someone to write a book for the upcoming Lenten Season. This year's book is by the Rev. Dr. Stephen Cherry and is titled *Thy Will Be Done*. This book will be the guide for us as we make our way from ashes to lilies.



Dr. Cherry has written, “The intention of this book, then, is to facilitate an extended immersion in the prayer that Jesus taught us so that we might pray it more profoundly. To do this, we need both to embrace the “easiness” of the prayer and to overcome its over-familiarity. If we can manage both, we may come to

appreciate anew the prayer's eternal freshness. The book is divided into six parts, all of which focus on one clause of the prayer. Each part consists of six chapters. This means that the book can work both as an exploration of the Lord's Prayer that may be engaged with at any time,

and as a Lent book that provides short daily readings, six days a week.”

So, I encourage you to get your hands on a copy of this book. There are three ways to do so.

1. It is available right now on Kindle and other e-book platforms.
2. It soon will be available (January 26) for you to order from Amazon. (Don't look for it in your local library or neighborhood bookstore; it simply isn't there.)
3. Around the second week of February, a limited amount of hard copies of the book will be available from Augustana's office. (More details will be forthcoming.)

There will be two opportunities each week to gather together via Zoom for a conversation/study time with your friends, family and members of Augustana. One will be on Sunday morning during the Bible study hour, 9–10 a.m. (beginning on Transfiguration Sunday, February 14—aka Valentine's Day) and Wednesday evenings, 5:30–6:30 p.m. (beginning on Ash Wednesday February 17). The reason there are two times each week is so that if you missed one time you can join at another time.

Thank you for taking time to discern and pray about accepting the Lenten invitation to “immerse yourself in the prayer that Jesus taught his disciples.”

Stay tuned for more information, and watch your weekly ePistle for Zoom links.



AshWednesday

On Ash Wednesday, February 17, we begin our 40-day journey toward Easter with reflection and repentance. Marking our foreheads with ashes, we acknowledge that we are human and will one day return to the earth. At the same time, we know that the dusty cross on our forehead is a reminder of the life-giving cross traced on us at baptism. We trust that we have been reconciled to God through the love of Christ.

We will not be gathering for in-person worship that day. But all are invited to receive a cross of ashes from the pastors outdoors at the church during three time periods: 7–8 a.m., noon–1 p.m. and 5–6 p.m. During the 7–8 a.m. time, ashes will be offered in a drive-by format in the circle driveway in front of the sanctuary. The other two times will be walk-up stations on the narthex porch. Masks are required, and social distancing will be observed.

An online worship service with liturgy will also be offered that evening at 7 p.m.

Lent Faith Boxes

Augustana members and friends of all ages and household types are invited to pick up an Augustana Lent box filled with items to enhance your Lenten practices at home. This box will consist of a variety of items including ashes for Ash Wednesday, prayer supplies, interactive materials for Wednesday streaming services in Lent, and a craft. You can pick up your box outside the narthex Saturday, February 6, 10 a.m.–noon, and Sunday, February 7, noon–1 p.m. You can also request to have yours delivered to your doorstep. RSVP to **Shanna** (shanna@augustanadenver.org or 303-388-4678 ext. 107) by Tuesday, February 2 to reserve a box and to indicate if you need yours delivered. It is not required to sign up for a box, but it is very helpful to ensure we assemble enough.

Holden Evening Prayer

You are invited to enrich your Lenten season with this beautiful service, which Augustana will be offering online on Wednesday evenings February 24–March 24, 7–7:30 p.m. A worship folder will be available on our website, so all can participate, and brief reflections on the Lord's Prayer will be offered by the pastors each week.

Virtual Passion and Easter Play

Children, Youth and Family ministry is putting together a virtual passion and Easter play. We would like for you to participate! If you are interested in participating either by acting or providing a musical talent, please contact **Shanna** (shanna@augustanadenver.org or 303-388-4678 ext. 107) by February 14.

Fellowship

Women, Wine and Word

This Bible study for women of all ages will meet via Zoom on Thursday, February 18, 7 p.m. The group is currently reading and discussing stories from the book of Genesis. God's graceful interactions with our sometimes recalcitrant biblical ancestors provide a great deal of food for thought. All are welcome! Please email Pastor Ann (ann@augustanadenver.org) to receive the Zoom link.

Congregation Council

Partnership with Habitat for Humanity

In May of 2019 the congregation overwhelmingly voted to explore the possible use of our vacant land on Dakota Avenue for affordable housing. Our partner, Habitat for Humanity, was selected in December of 2019, and we were moving forward until the COVID pandemic shutdown.

Informational meetings will be held on Sunday, February 21, 1 p.m. or Tuesday, February 23, 6:30 p.m.

Watch the ePistles for the Zoom links, or call Augustana's office (303-388-4678) to receive them.

In recent months, a Ground Lease Agreement between Augustana and Habitat has been drafted. To move forward with further discussion with the City of Denver and neighborhood engagement, the congregation

needs to approve the Ground Lease Agreement. This will be part of the agenda of the congregational meeting (via Zoom) on Sunday, February 28, 1 p.m.

Two opportunities will be offered (via Zoom) for congregational members to learn more about the lease and our partnership with Habitat. A

presenter from their organization will explain what is being proposed and answer any questions. Please take advantage of these times to learn about this exciting project so we can all be prepared to vote at the Congregational meeting.

A Letter from Augustana's 2021 President of the Congregation

Dear Augustana Lutheran Church Family,

My name is Michael Zumwalt, and as many of you already know, I will be serving as Congregation President for the 2021 year. I am humbled to have been asked to do so, and I am excited at the opportunity to play a role in what should be an exciting year ahead of us. I am also honored to be doing so as part of a wonderful congregation family, all of whom care so deeply for the people and programs of this church. And as part of this process, I hope to hear from each of you, from time to time, as to what concerns, comments or suggestions you have to help this church in its continuing commitment to God to "Worship, Grow and Go."

Even more so, I hope to fill the shoes of my predecessor, Lisa Boe-Sims, who has done a terrific job in helping lead us as president for the past two years. Her passion and commitment to Augustana have been exemplary, and by God's grace, I will endeavor to carry the torch forward as best I can. Thank you, Lisa!

My daughter, Finley, and I have been members since the spring of 2017, and she was baptized at Augustana the following February. You can see her pictured with Pastor Caitlin on the front cover of our 2018 church directory. We have both fallen in love with our church and enjoy being involved in many of its programs. And we thank you all for helping make this possible.

Livestreaming and in-person worship in 2021

So, what can we expect this coming year? Well, at least over the first half, we will continue to be challenged with handling the effects of the global COVID-19 pandemic on a local scale. To this end, I know that we as a church will also continue to be diligent in our efforts to put the safety and health of our members above all other concerns. With that in mind, I still expect that we will be able to worship together in person sometime before the year is out. However, in-person will not be the only connection for our members and friends to participate as we will also have livestreaming, which should become active early on. This will be a very nice feature of

our worship program, helping members to feel more involved, no matter where they are. It will also be a nice way to introduce new people to our church.

Maintenance updates and oversight

This year will also see a cost-effective improvement to our HVAC system — a new system that will run much more efficiently than the current one we have in place, reducing our overall building costs. In this regard, we as a congregation voted to create a new property manager position, one that should be filled, hopefully by the end of the first half. This person will not only be responsible for managing our facility, and hopefully involved in the new HVAC project, but also responsible for the overseeing of day-to-day operations, building-use contracts, and Seki's work as well. Such a position should be a cost savings to Augustana simply because of the more efficient management of our property it will provide. But increasing efficiency isn't the only strategy we have for saving costs. We are aggressively looking at ways to bring more balance to our annual budget, and plan to start enacting these opportunities in 2021.

Hiring a choir director

Along with creating a new position, we still have an old position to fill, which is Chancel Choir Director, last held by Dick Larson until his retirement in November 2019. We have had some very capable people step in temporarily to do their best in filling his shoes, but we need a long-term solution. We hope to have that role filled by mid-summer, in time for all of us to experience the choir leading us in worship in the fall. Daniel Romero, our talented new Minister of Music, will be leading the charge. And how blessed we are to have Angela Howard and Marcia Olson continue leading the high level of quality music we enjoy from our youth choirs.

Dakota land project

Last, but not least, is a project close to my heart, which is the building of townhomes on our Dakota property. I have been volunteering nearly two years now on Habitat for Humanity projects, and it has truly been a blessing with immediate rewards of accomplishment. We plan to have a couple of informational meetings coming up in February, prior to our congregational meeting on February 28, for you to find out more details about this project and ask any questions you might have. (See

article, page 8.) Also, please plan to participate in our February congregational meeting when we will ask everyone to vote on moving forward with this initiative. So, as we look at 2021, we have so much to be excited about, and so much for which we are thankful. I look forward to continuing this journey with you. And in so doing, may we be united in the words of Proverbs 3:5–6, “Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge Him, and He shall direct your paths.”

Michael Zumwalt,
President of the Congregation

Notice of Congregational Meeting, February 28

Augustana will hold a congregational meeting, Sunday, February 28, 1 p.m. via Zoom.

Agenda items include:

- Introductory remarks by Michael Zumwalt and Pastor Ann Hultquist
- Financial report by Dan Taron
- Discussion and vote on extending Dakota property ground lease to Habitat for Humanity

Watch Augustana's ePistles for Zoom link information for this meeting.

2020 Annual Reports

Financial reports are due to Finance Administrator **Lisa Mikolajczak** (lisa@augustanadenver.org) by Sunday, January 31.

Ministry reports are due Wednesday, February 10 to Publications Administrator **Lyn Goodrum** (goodrum@augustanadenver.org).

Contact Lisa and Lyn for forms and information. Completed reports will be available to the congregation on Sunday, February 21.



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

Fleetest Flock: Augustana Lutheran Church

Over the last 13 years, Rainbow Trail and the participants in this race have contributed over \$67,500 to the ELCA World Hunger Appeal.

Thanks to the Augustana members listed below who participated by logging their own miles in October and helped us bring home the Fleetest Flock trophy for 2020! Augustana has been a partner in ministry with Rainbow Trail for many years. The experience of camping ministry is a formative one for kids, youth, and families, and Rainbow Trail encourages the development of servant hearts.

- | | |
|--------------------|-----------------------|
| • Lisa Boe-Sims | • Laura Libby |
| • Ann Stratton | • Caitlin Trussell |
| • Brandon Stratton | • Rob Trussell |
| • Amelia Stratton | • Kari Kusek |
| • Don Troike | • Sharon Schillereff |
| • Carol Troike | • Herbert Schillereff |
| • Glenna O'Neal | • Rhonda Crossen |

CAN Ministry

Yay! We reached our goal of twelve ELCA Good Gifts farms! Thank you!

We asked, and you responded to help Augustana collect enough gifts to purchase twelve ELCA Good Gifts farms during Advent 2020! Thank you for your gifts to purchase these farms which consist of animals, seed, tools, and educational training to help families in need of "forever food."

Thanks to a generous donor to the ELCA, your gifts for nine of the farms were doubled!! Your gifts made a total of 21 farms possible!

Thank you for making Christmas an especially joyous event for those who will receive a fresh start in life!

Undie Sunday is Underway!

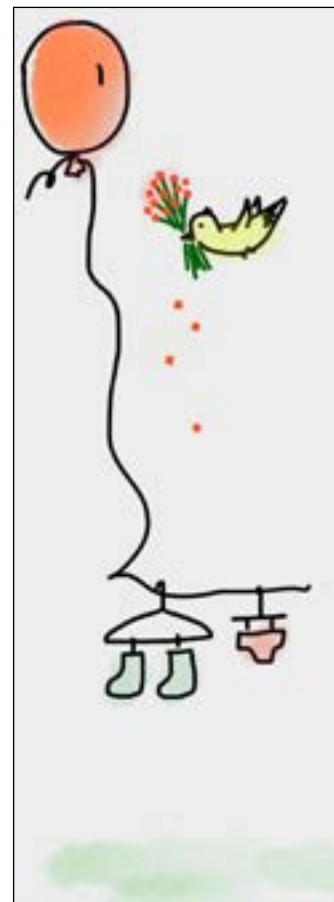
You are invited to donate new and unused underwear and socks for **Clothes to Kids**, diapers and wipes for **Foster Source**, and feminine hygiene pads or tampons for **Ruby's Market for Refugees** (served by Lutheran Family Services), and **George Washington High School's food pantry**.

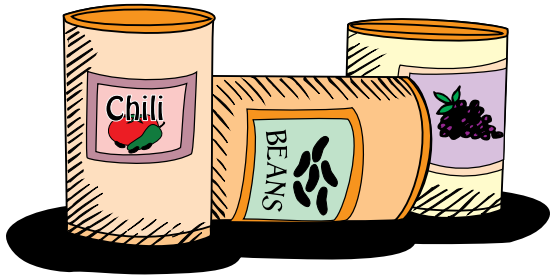
Items may be brought to the sanctuary entrance, noon–1 p.m. on Sundays, January 31 and February 7. They will be received by various Augustana ministries. OR you may order items online and have them delivered to the Attn: Undie Sunday at Augustana Lutheran Church, 5000 E. Alameda Ave, Denver, CO, 80246.

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

Shopping list:

- ☐ Toddler underwear (sizes 2T–4T)
- ☐ Children/youth underwear (sizes 5–14)
- ☐ Children/youth socks (sizes XS, S, M, L, XL)
- ☐ Diapers (sizes 4 through 6)
- ☐ Pull-ups (2T–3T, 3T–4T, and 4T–5T)
- ☐ Wipes (unscented/sensitive)
- ☐ Feminine hygiene pads or tampons





CAN you support Souper Bowl of Caring?

Augustana's youth are encouraging you to participate in Souper Bowl of Caring this year. Youth will be outside the west entrance to the sanctuary on Saturday, February 6, 10 a.m.–noon, to collect canned goods. We encourage those cans to be soups with pop top lids for us to add to our outdoor food shelf. You can also choose for these canned goods to be shipped to Augustana.

Your designated monetary Souper Bowl of Caring donations made payable to the church will be given to ELCA World Hunger. Thank you!

Augustana's Soup Shelf

"Leave What You Can; Take What You Need!"

Congregation members as well as Hilltop households continue to bring food for our neighbors who are hungry. Canned food only please! Cans are critter-proof. Pop-top cans are preferred so they can be opened without can openers.

Top items include:

- ☐ canned meats (chicken and tuna)
- ☐ canned soups or Chef Boyardee,
- ☐ canned fruit or vegetables

Watch for sales, and add them to your grocery list.

CAN* Ministry established a daily rotation of people to swing by and check on the Shelf to keep it tidy and organized, so that our visitors may more easily choose what they need. Perishable and non-canned food are delivered to Metro Caring.

*Compassion and Action with our Neighbors Ministry

Operation Pantry: Rice and Beans for Metro Caring

Your generous monthly giving allowed for Augustana's bi-annual rice and beans repacking for Metro Caring to become a ministry budget line item for 2020 and 2021! \$2,100 will be donated to Metro Caring for their food repacking efforts coordinated by Denver Cherry Creek Rotary Club through March 11. Please sign up to volunteer as you are able! There are both weekend and weekdays available. Let them know you are part of the Augustana congregation, and email Augustana's office so we can know too (info@augustanadenver.org)! Here's the link: <https://signup.com/client/invitation2/secure/99259221005/false#/invitation>.

"No food bank clients will be at the warehouse at 5200 Smith Road in Denver; only repackaging volunteers.

IMPORTANT: In the interest of minimizing COVID-19 health risks, we are asking for healthy volunteers.

Please do not volunteer if you have a medical condition that would place you in a high-risk group, and consult with your doctor if appropriate. Minimum age of 14, unless accompanied by a parent or other adult, with a maximum of two kids per adult. Since a signed waiver will be required for all volunteers, unaccompanied volunteers under age 18 should contact the organizer to request the waiver form in advance."

Children, Youth, Family



Valentine's Day Drive-Thru Bake Sale

Augustana youth will host a drive-thru bake sale, Sunday, February

14, 11:30 a.m.–1 p.m. in the Alameda parking lot. There will be a variety of homemade goodies for you to enjoy or share with someone in your life! Your participation will support the youth on their mission trip and other youth opportunities this year.

Growing Your Gifts and Maximizing their Impact

The Augustana Foundation in 2020

A snapshot of our assets and impacts through ministries and organizations we supported

3,000,000	<i>dollars</i>	invested in Foundation's endowment portfolio
145,000	<i>dollars</i>	distributed in grants from Foundation's investment income
75,000	<i>people</i>	were served through Metro Caring's fresh foods market
40,000	<i>dollars</i>	given to Augustana's capital improvement projects
27,000	<i>dollars</i>	granted to Augustana Arts for collaborative outreach music ministry
20,000	<i>dollars</i>	awarded in support of Augustana's live streaming project
11,000	<i>meals</i>	served to youth by Urban Peak
5,000	<i>dollars</i>	granted to HKBP Montclair Lutheran for renovating an orphanage in Indonesia
3,861	<i>refugees</i>	were served by Lutheran Family Services
1,500	<i>dollars</i>	awarded to a neighborhood school (Hill PTSA) for bus passes, holiday meals
1,500	<i>dollars</i>	granted to Foster Source for mental health training during COVID-19
1,300	<i>refugees</i>	received holiday gift bags through Border Servant Corps (Peace Lutheran, NM)
1,000	<i>dollars</i>	given to RMS Theological Conference for musicians and artists of color
915	<i>people</i>	were provided utilities assistance granted through Metro Caring
860	<i>dollars</i>	co-sponsored grief training course for Augustana's Faith Community Nurse
350	<i>catered lunches</i>	co-hosted by Children, Youth and Family were served after 10:30 worship
191	<i>children</i>	placed in foster care by Lutheran Family Services
150	<i>children</i>	in the East Colfax area to attend Restoration Outreach Program's 2021 summer camp
65	<i>people</i>	attended diabetes classes provided by Metro Caring
30	<i>homeless youth</i>	from the Grand Junction area experienced Rainbow Trail summer camp
11	<i>board members</i>	volunteered countless hours to oversee the operation of the Foundation
10	<i>families</i>	of the congregation received baptism gifts
10	<i>volunteers</i>	at Urban Service Corps were supported in their professional development
1	<i>Mission</i>	To support Augustana Lutheran Church in celebrating God's grace, welcoming everyone to worship Jesus, growing in faith, and going to serve in the world.



Supporting Capital Improvements

Five years ago, the Foundation changed its approach to providing funds to the church to support capital improvements. Instead of responding to individual requests related to specific projects, the Foundation is providing a steady stream of funds for major property improvements.

This change followed years of congregational discussion favoring more futuristic planning for its deferred maintenance and planned upgrades. It culminated in the Foundation board approving the Treasurer's and finance support group's recommendations that the Foundation help the congregation build a reserve for unexpected breakdowns and planned improvements.

To facilitate Augustana's Property Committee having a consistent flow of dollars to use for planned and unexpected capital improvements, the Foundation is now allocating \$40,000 to \$50,000 annually to this fund. In return, the Property Committee annually reports back to the Foundation about how these funds were used, often in combination with other donations or revenue sources. Among recent projects funded with Foundation dollars were sliding storage doors in Fellowship Hall, outside lighting, building security, parking lot paving,

landscaping, and most recently, the installation of new livestreaming equipment.

Funding additions or improvements to the congregation's facilities is one of three original purposes of the Foundation. The other enduring purposes are to enrich or uplift in some special way the spiritual life of this congregation and to support worthy Christian enterprises in the community.

Largest Recipients Express Thanks

If the strength of the Foundation's community outreach were simply measured by size and consistency of grant support, Augustana Arts, Inc. and Lutheran Family Services Rocky Mountains would rank on top. A look across funding to all external organizations over the last 10 years reveals that grants to Augustana Arts have averaged over \$25,000 per year, and funds awarded to LFSRM approached \$19,000 annually.

Sustained Foundation support to Augustana Arts, Inc. since its formation as a 501(c)(3) in 1997 can be attributed to its roots in Augustana's church music ministry. Early years of Foundation dollars permitted Augustana Arts to present a broad range of classical music performances, incorporate a chamber orchestra, and extend music education to least fortunate children. Each subsequent year Augustana Arts presented a new request noting its accomplishments and articulating its future direction. The Foundation has seen this nonprofit grow into an accomplished classical music organization with a reputation for excellence. Coupled with Augustana Lutheran Church providing office and performance space, the Foundation provides significant funding for this collaborative community outreach music ministry.

Words cannot fully begin to express how grateful we are for the continued support of and enthusiasm for the work of Augustana Arts. Together we touched over 9,000 lives in 2018-19, and we could not have done



it without our individual contributors, foundations, SCFD, corporate donors, local businesses, and audiences from the entire metro Denver area. Your support has been paramount to our success this year; and we look forward to a stellar 2019–20 with great performances, competitions, festivals, and more!

Lynn Nestingen, PhD

Executive Director, Augustana Arts, Inc.


While a large number of Lutheran congregations in the Rocky Mountain Synod support Lutheran Family Services Rocky Mountains, few congregations are more generous in their support. LFSRM is a faith-based, non-profit human services agency providing adoption, foster care, older adult, caregiver, refugee resettlement, and other services since 1948. It aids individuals and families across the lifespan from newborn to most elderly. Each year, the Foundation has responded to a request for continued partnership to meet unmet needs affecting their most vulnerable populations. Coupled with leadership and support from individuals in the congregation, the Foundation solidifies Augustana's Christian ministry relationship with LFSRM through its uninterrupted financial support.

On behalf of the entire LFSRM staff and Board of Directors, please accept our profound thanks for your support and inspiration throughout the year. Without your commitment of caring and faith, the ministry of LFSRM could not have the impact and reach that you have made possible. It is our honor to join you, alongside your neighbors, in walking with the vulnerable in the many communities we all call home.

James Horan, President and CEO

Lutheran Family Services Rocky Mountains

Health Ministry

#Matters of the heart 
#SAMHSA#lovingkindness

February has traditionally been known as “heart month.” While we are all aware of the past 11 months of coronavirus pandemic, there is another pandemic raging related to matters of the heart.

NAMI (National Alliance on Mental Illness) informs a dramatic increase of persons experiencing mental health issues including depression, anxiety and addiction. And, as a nation, we are also struggling with the impacts of deep political divisions within our country. One in three people in the USA are reporting symptoms of anxiety and depression because of COVID-19 and the economic downturn. SAMHSA (Substance Abuse and Mental Health Services Administration), a branch of the United States Department of Health and Human Services, has resources for families coping with mental and substance use disorders. The following two guides can serve to assist if a family member, co-worker, or friend is suspected to be suffering. SAMHSA website includes many more resources as well (www.samhsa.gov/families). There is also a National Hotline for seeking further assistance (1-800-662-HELP [4357]).

Reaching out for help is a sign of strength and wisdom. We really are all in this together and can support one another. Do something to spread lovingkindness this day.

Jesus tells us in John chapter 13: “Just as I have loved you, you also are to love one another!”



Be Brave, Be Soft, Be Kind.

Sue Ann, your FCN, and your Health Ministry Team

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

1 Corinthians 16:13

SUPPORTING A LOVED ONE DEALING WITH MENTAL AND/OR SUBSTANCE USE DISORDERS

STARTING THE CONVERSATION

When a family member is drinking too much, using drugs, or struggling with a mental disorder, your support can be key to getting them the treatment they need. Starting the conversation is the first step to getting help.

How You Can Help

- 1 IDENTIFY AN APPROPRIATE TIME AND PLACE.** Consider a private setting with limited distractions, such as at home or on a walk.
- 2 EXPRESS CONCERNS AND BE DIRECT.** Ask how they are feeling and describe the reasons for your concern.
- 3 ACKNOWLEDGE THEIR FEELINGS AND LISTEN.** Listen openly, actively, and without judgement.
- 4 OFFER TO HELP.** Provide reassurance that mental and/or substance use disorders are treatable. Help them locate and connect to treatment services.
- 5 BE PATIENT.** Recognize that helping your loved one doesn't happen overnight. Continue reaching out with offers to listen and help.

What to Say

"I've been worried about you. Can we talk?
If not, who are you comfortable talking to?"

"I see you're going through something.
How can I best support you?"

"I care about you and am here to listen. Do
you want to talk about what's been going on?"

"I've noticed you haven't seemed like
yourself lately. How can I help?"

For more resources, visit
www.SAMHSA.gov/families.

If you or someone you know needs help,
call **1-800-662-HELP (4357)** for free and
confidential information and treatment referral.

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. 1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TDD) • www.samhsa.gov

SAMHSA
Substance Abuse and Mental Health
Services Administration

HELPING A LOVED ONE DEALING WITH MENTAL AND/OR SUBSTANCE USE DISORDERS

You may suspect or discover your loved one is dealing with a mental illness, drinking too much, or using drugs. As a family member, you can play a central role in getting them the help they need.

REMEMBER MENTAL AND SUBSTANCE USE DISORDERS ARE TREATABLE

People can, and do, recover. Family support can make all the difference. For more information, visit www.SAMHSA.gov/families.

TALK TO YOUR LOVED ONE

Express your concern and tell them that you're there to help. Create a judgement-free and loving environment to foster conversation and openness.

SEEK SUPPORT

If you or a loved one needs help, call **1-800-662-HELP (4357)** for free and confidential information and treatment referral.



BE OPEN

Discuss your family history of mental illness or drug and alcohol use, if relevant. It may help your loved one feel less alone.



SHOW COMPASSION

Be patient as you help your loved one locate resources and treatment services.

BE SURE TO CARE FOR YOURSELF TOO

Being a caregiver can be highly stressful and emotionally draining.



SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. 1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TDD) • www.samhsa.gov

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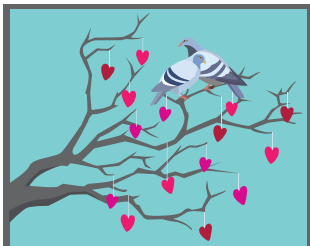


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FEBRUARY



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Craig Tamminga
- 2** Gideon Earl
Micah Levy
Tanner Levy
Maya Stone
Ogden Willoughby
- 3** Linda Crow
Randa Degerness
Alexander Tucker
- 4** Ron Glusenkamp
Patsy Miller
Kira Morgenthaler
- 5** Mike Bodenstedt
Julie MacDougall
Eddie Kopperud
Owen Siverson
Gwen Sterner

- 6** Herman Ezpeleta
Chavet Fine
Duane Gall
Samantha Lloyd
Anijong Mayek
Carla McConnell
Jenna Milliken
Kahlil Zuniga
- 7** Marcel Batorowicz
Andrew Harwell
Michelle Jacobson
Malow Mayek
Gayla McBride
- 8** Jeremy Barrett
Todd Engdahl
Michael Shiveley
Amy Tamminga
- 9** Grace Crook
Maxon Fisher
- 10**
- 11** Sid Altum
Kathleen Edstrom
- 12** Geneva Corace
Chris Petty
Kathi Schmidt
- 13** Alaina Scoggins
- 14** Jayden Barrett
Bernie Smith

- 15** James Altum
Marianne Bovee
Jennifer Moore
- 16** Gail Bartels
Kiere Gilbertson
Michael Kouba
Hillary Luna
Ater Mayek
Bronwen VanOrdstrand
- 17** Luke Hankins
Diane Van Horn
- 18** Sandy Barker
Becka Black
Alexandrea Cruz
Michael Miller
Betty Richards
Erica Schmitt
Zander Storie
- 19** Tiana Beazer
Tanner Kepford
James Mattner
Dorothy Ziebarth
- 20** Michael Bonicelli
- 21** David Aarestad
Cole Hankins
Heather Nelson
Kristen Niemitalo-
Woods
Megan Stone

- 22** Shaney Abbott
Chris Cochrane
Sheryl Dirks
Harry Esbenshade
Rick Friesen
- 23** Laura Libby
Dianne Nelson
Erin Saboe
- 24** Meghan Gentes
Kent Mueller
- 25** Maia Kauffman
Kay Madsen
- 26** Donald Orendorff
Arthur Pederson
- 27** Candace Jones
- 28** Marcia Stevens
Donald Thomson
Elizabeth Vincellette
- 29** Ryan VanderWel

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