

Join Augustana for Holy Week and Easter

All worship during Holy Week and Easter will be livestreamed! Our Online Worship/Devotions page on Augustana's website (www.augustanadenver.org) will have worship links and downloadable worship resources.



**Sunday of the
Passion,
March 28, 10:30 a.m.**

In this day of contrasts, we begin with the the crowds waving palms and then journey with Jesus to the cross.



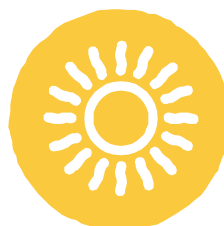
**Good Friday, April 2,
noon and 7 p.m.**

A somber service at noon will follow the traditional Good Friday liturgy. Worship at 7 p.m. will be a blend of the Passion from John's Gospel and special music featuring AVE and Minister of Music and Organist Daniel Romero.



**Maundy Thursday,
April 1, 7 p.m.**

We gather around the Lord's Table with young people celebrating their First Communion, and we hear again Jesus' command to "love one another as I have loved you."



**Resurrection of Our
Lord, Easter Sunday,
April 4, 10:30 a.m.**

Alleluias return amidst Easter lilies, festive music, and the good news: "Christ is risen. Christ is Risen indeed!"

**There's more
Lent to come!**

[Turn to page 4](#) for opportunities to worship, study, and serve our neighbors as we journey toward the promise of Easter.

Recently lifted up in prayer

For hope and healing:

- Jane Carlstrom, Minnie Carter, Lyn Colwell, Bonnie Connors, Emmett Cruson, Rob Feeler, Joe Gay, Maxine Gay, Antoine Hodge, Ann Jaeger, Dolly Lager, Robert Larson, Eric MacDougall, Tamra Mohs, Lee Ann Nehiley, Betty Nyby, Dave and Judy Peters, Doug Ray, Justin Remmert, Lynn Tramel

For comfort and courage:

- Kara Epperson in the death of her grandmother, Virginia Elsen
- Julie MacDougall in the death of her friend, Jonny Godwin
- Sheryl Stenseth in the death of her father, Willis Gunlikson
- Levi Thomas and Liam Carter Thomas in the death of their grandmother and great-grandmother, Joan Jennewin
- Inez Smith in the death of her uncle, Herb Johns
- Marcia Olson in the death of her friend, Carol Stine
- Judy Kessenich in the death of her sister, Ramona Waterworth
- Julie MacDougall in the death of her cousin, Linda Wertz



Daylight Saving Time begins Sunday, March 14. Turn your clocks FORWARD an hour Saturday night, March 13!

Thank you for the gifts!

Augustana Foundation

- In honor of Ron and Marilyn Stember
- ### Special Gifts
- In memory of Wally Thomsen, Spencer Toppen

Stewardship Update

Thank you to everyone who responded to the financial commitment campaign for 2021. Your support of Augustana's ministries and mission is needed, as we fulfill our Core Values to Worship, Grow, and Go. Obviously, the pandemic has created challenges for our congregation, but as you can see from this Tower issue, Christ's love is still at work through us.

We have received 131 statements of intent (or pledges) totaling \$499,734. If you have not completed a pledge yet, please call Augustana's office (303-388-4678) to do so, or fill out the form on the Augustana website by clicking the "[Giving](#)" tab. Thank you for your generous support.

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](https://www.facebook.com/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

- Streamed Worship**, Sundays, 10:30 a.m.
- We Are One at 1:00**, Online devotions, Tuesdays and Thursdays, 1 p.m.
- [Watch on Facebook](#)
- [Watch on YouTube](#)

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

Thursday, March 11, 4:30 p.m. is the deadline for the April edition. Email [Lyn Goodrum \(goodrum@augustanadenver.org\)](mailto: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

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 | Emily Friesen, Livestream Technician | 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



Wet and Dry

My mouth is dried up like a potsherd, and my tongue sticks to my jaws.

—Psalm 22:15

My daughter and her family recently got to spend the day at Dry Tortuga National

Park in the Florida Keys. The pictures she sent me were absolutely beautiful! Fort Jefferson, built in the 1800's, is surrounded by pristine turquoise water which has some of the best snorkeling areas in the U.S.

“Wait a minute,” you might be thinking. “Isn’t it called the Dry Tortugas?” I had the same question and had to look it up. The name comes because there is no source of water on the whole island. Back in the day when ships sailed all over the world, sailors wanted to make sure others knew that this was not a place to land expecting springs and waterfalls. Even today, all the drinking water is brought in via the ferries that bring visitors.

Sometimes people of faith have described the season of Lent as a dry time. We begin the season with ashes and with Jesus’ temptation in the wilderness. On Good Friday we hear another part of Psalm 22 as Jesus cries from the cross “My God, my God, why have you forsaken me?” You may have given up something for this season or you might be spending more time in prayer and introspection. We might discover that some of what we have built our life on is shifting sand.

And yet—that’s a great Lutheran phrase—we also know that we do not journey through this season alone. In our baptismal waters Christ has claimed us as beloved children. No dry season of life or liturgy can change that. We are accompanied by that promise no matter where we find ourselves. In fact, that promise is reflected in a new suggested wording for Ash Wednesday: “You are dust, but God gives life to dust.” May we know that good news in Lent and always.

In Christ,
Pastor Ann

Powdered Milk and Mixed Motives



Sacrificial giving. Now there’s a compelling topic that brings listeners in droves. Not! It’s one of the Lenten disciplines—repentance, prayer and fasting, sacrificial giving, and acts of love. Sacrificial giving is incredibly

subjective. Only I know what it means for me and only you know what it means for you to give until you feel the sacrifice. For some it’s a specific amount of money. For others, it’s giving money away without control over how it’s spent. Like giving cash directly to an unhoused person or donating to an organization’s “general budget” or “where it’s needed most” option.

When I was a kid between 6 and 9 years old, we spent those few years in a financially challenged situation that included powdered milk and tuna casseroles with way more noodles than peas or tuna. I don’t remember thinking about anything beyond not liking powdered milk. It was just part of our normal. As an adult looking back, and now having raised two children of my own, it’s clear to me the great lengths my mother went through to give the five of us kids nutritious if not exactly tasty food.

I’ve said many times that someone who is hungry or trying to feed their kids doesn’t care about your motivations for giving. They’re surviving. My thought about sacrificial giving is similar. No one’s going to ask you if you’re giving sacrificially and why you’re giving. I’ve witnessed sincere, sacrificial gifts from fifty cents to \$50,000. Find an organization that you trust—could be ELCA World Hunger or a fund for displaced restaurant servers or something else entirely. And give. If you have the resources, give some more to the same or a different organization. Give something up (that’s the sacrificial part) and maybe even give more. You can give grudgingly or joyously. The people receiving what’s desperately needed don’t care about our inner conflicts and mixed motives. We can take those to God in prayer along with the rest of our deeply flawed selves.

Peace,
Pastor Caitlin

Lent at Augustana

Augustana in the news

Augustana made the evening news of Denver's Fox 31 on Ash Wednesday as part of an a story about how churches are adapting Ash Wednesday traditions to pandemic challenges. View the video at <https://kdvr.com/news/local/denver-churches-forced-to-adjust-ash-wednesday-traditions/>.

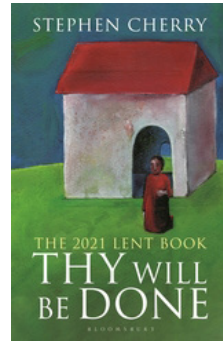
Gratitude for the many hands involved in the Lenten Devotion booklet. In addition to the 47 writers, Lyn Goodrum had the gargantuan task of formatting and editing the writings and mailing the devotion booklets to every Augustana household. We're pretty grateful to Lyn and her devotion assembly team!

- Margaret Aarestad
- Shirley Cunniff
- Kirsten Jensen
- Bob Johnson
- Ursula Parks
- Susan Talbot

Holden Evening Prayer

Enrich your Lenten season with this beautiful service, which Augustana offers online on Wednesday evenings February 24 and March 3, 10, 17 and 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. Visit our [Online Worship/Devotions page](#) on Augustana's website for worship links and downloadable resources.

Online Lenten Class continues



Join Augustana's online Lenten study using the book *Thy Will Be Done* by Dr. Stephen Cherry.

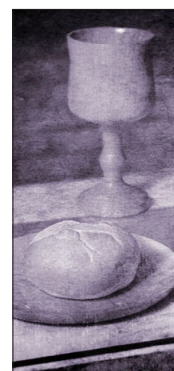
Pastor Ron Glusenkamp (retired) leads this class, via Zoom, Sundays, February 28 and March 7, 14, and 21, 9–10 a.m., and Wednesdays, March 3, 10, 17, and 24, 5:30–6:30 p.m. Zoom

links are available through Augustana's biweekly email, the Augustana ePistle.

Ron Glusenkamp is a member of Augustana and spouse of Sue Ann Glusenkamp (Augustana's Faith Community Nurse).

Copies of the book (\$15) are still available from Augustana's office. Contact Augustana's office (303-388-4678) to make arrangements to pick one up.

First Communion Instruction



Augustana offers first communion instruction in March. Traditionally the instruction has been for 3rd graders, but we welcome all who would like to participate. If you already take communion but would like to participate to learn more, you are also welcome. Meeting times are scheduled for Sundays, March 7 and 14, noon–12:30 p.m., via Zoom, with chalice

painting on Wednesday, March 17. Participants will receive First Communion at Maundy Thursday worship April 1, 7 p.m.

To sign up, please contact **Shanna** (shanna@augustanadenver.org or 303-388-4678 ext. 107).

Easter Faith Boxes

Easter Faith Boxes will be available Saturday, March 6, 10–11 a.m. and Sunday, March 7, noon–1 p.m. outside of the narthex (Alameda Avenue and Elm Street). These boxes will include multiple Easter activities for households. This box will specifically include a project to make flowers to be returned as able to be displayed on the twig cross in the Augustana’s sanctuary.

If you would like to receive one of these boxes, an RSVP is helpful to **Shanna** by Thursday, March 4 (shanna@augustanadenver.org or 303-388-4678 ext. 107).

Children, Youth and Family to collect canned breakfast food

In lieu of our traditional Palm Sunday Brunch this year, Augustana’s youth are inviting you to donate canned breakfast foods for Augustana’s Sanctuary Soup Shelf. Pop top cans are preferred. Suggestions of canned food include **fruit, fish, vegetables, and pastas.**



Bring your canned food donations to the west entrance of Augustana’s sanctuary outside of the narthex (Alameda Avenue and Elm Street), Saturday, March 6, 10–11 a.m. and Sunday, March 7, noon–1 p.m.

Warren Village Easter Baskets



Again this year, Augustana Lutheran Church will provide Easter baskets of food for Warren Village and First Step families. Because of social distancing, Augustana will give grocery gift cards through your donations of money to Augustana. Thrivent Financial will be requested to provide \$500 in two Action Team grants, which will be used to purchase food items. Please make donations by Thursday, March 25.

Donate online at <https://www.augustanadenver.org/donate-to-augustana-online/>. Thanks for your generosity!



Help Augustana’s Easter Garden bloom!

Support Augustana’s youth ministries with a gift to the Easter Garden. Your gift in honor or in memory of loved ones will add lilies to the celebration of the Resurrection of Our Lord! The suggested contribution for each individual you wish to honor or remember is \$8. Make checks payable to Augustana Lutheran Church. Use the donation form below or donate through [Augustana’s online giving portal](#). Gifts must reach Augustana’s office by Palm Sunday, March 28, to be included in the Easter Garden list. Thank you!

Easter Garden - please print or type

In memory of _____

Given by _____

In honor of _____

Given by _____

Contact name _____

Phone _____

Enclosed \$ _____

Worship

Livestreaming Worship: Behind the Curtain

Response to the livestreamed worship has been overwhelmingly positive. People are grateful for the liturgy itself and the obvious quality of the system streaming it. There are many comments in real time on Facebook. It's tremendous!

Views on Facebook and YouTube		
	January 31	February 7
Real time Livestream	90	89
After Livestream	195	160
Total	285	249

The work behind the scenes is multifaceted as the steep learning curve continues. Locations for worship participants is quite intentional and driven by each person's worship role as well as by having space to physically distance. This includes minimizing the number of times people cross through each other's air space and keeping people distanced when seated. A relevant aside, the organ console has been turned outward to facilitate Daniel's cueing of AVE in the absence of a choir director.

The week prior to launching, Anthony Catalano of MediaVine, who oversaw the equipment installation,



provided three afternoons of on-site support to adjust sound mix, microphones, dual upload software (Restream), and livestreaming plan overall. We're grateful for his professionalism and diligence. The first two Sundays of livestreaming were staffed by Tanner Levy and Paul Blanchard while Emily Friesen worked through a virus (non-COVID). It was wonderful to worship together in real time with those able to do so. Technology is simultaneously a gift and a challenge, and we continue to be grateful for your patience as this new ministry gets off the ground.

Worship Resources/Sundays at Augustana

Worship Livestreamed

Sundays, 10:30 a.m.

Watch on Facebook or YouTube. Visit our [Online Worship/Devotions page](#) for links and downloadable resources.

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).

Coffee Hour

Sundays, 10–10:30 a.m., Zoom

Visit with Augustana members and friends over Zoom.

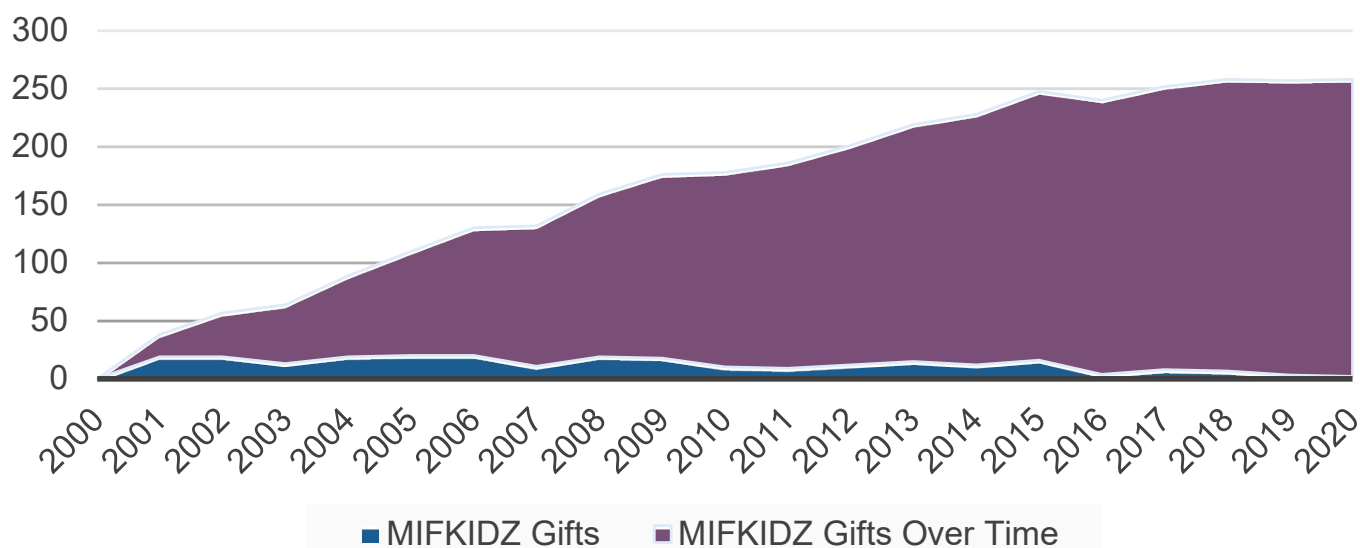
Adult Forum Bible Studies with Pastors

Sundays, 9–9:45 a.m., Zoom

Join Augustana's pastors for a deeper dive into the worship readings for that Sunday as we grow in faith together. During Lent, the study will be *Thy Will Be Done*, led by Ron Glusenkamp. See details, [page 4](#).

To receive Zoom links for these events, [use this link](#) to subscribe to Augustana's weekly email, the ePistle.

Foundation MIFKIDZ Gifts Over Time (N=256)



20 Years of MIF4KIDZ Investments

The Augustana Foundation gives a MIF4KIDZ gift to every child baptized at Augustana. Have you ever wondered what MIF4KIDZ was?

MIF (Mission Investment Fund) is a financial ministry of the church encouraging investments that are then used



to grow the church. On July 1, 2000, the ELCA introduced a new investment product called the MIF4KIDZ. It serves the dual purpose of helping parents, family members

and friends invest funds for a child's future, as well as helping to build the future of the Lutheran church.

MIF4KIDZ was designed as a term investment that can be purchased by an adult for a child at any time from a child's birth until the 16th birthday. For Colorado children, the investment matures on the young adult's 18th birthday when it is paid in full or may be invested by the 18-year-old in another Mission Investment Fund.

MIF4KIDZ investments is a way for congregations to honor events such as births, baptisms, confirmations, birthdays, graduations, or at Christmas. Families and friends are encouraged to participate as well.

"Parents, grandparents, aunts, uncles, other family members and friends will find the MissionFuture investment to be a great way to celebrate the significant events in the life of a child," said the Rev. Arnold O. Pierson, MIF vice president for marketing.

MIF4KIDZ is thriving at Augustana. When MIF4KIDZ launched, the Augustana Foundation recognized the opportunity to link its families with this worthy initiative. The baptism MIF4KIDZ tradition at Augustana was born.

The Foundation presents each child with a \$100 MIF4KiDZ gift as a seed, a symbol of ministry and good stewardship.

Parents of 265 baptized children at Augustana have accepted the Foundation's MIF4KIDZ gift. That is \$26,500 seeded over time that has been working both for the children and the church.

Rebecca Egan was one of those baptism MIF4KIDZ recipients. She has now celebrated her 18th birthday,

received the principal and its earnings, and is off to college. Throughout the years her family continued to contribute to this savings account.

“It has meant a lot to Rebecca. Through stories in the Mustard Seed, we could both see how her MIF4KIDZ was helping to fund needed ministries all over the country. It has kept her baptism alive,” Janet Egan said.

In expressing her gratitude to the Foundation, Rebecca’s mother added, “This Foundation gift is another example of the extraordinary commitment this congregation has made to the spiritual well-being of Rebecca.”

Now you know about the MIF4KIDZ program at Augustana. It is a meaningful tradition complementing the sacrament of baptism.

Lutheran Partnerships

As a vibrant ministry of Augustana Lutheran Church, the Augustana Foundation is pleased to support the work of the ELCA, other Lutheran congregations, and ELCA-related ministries.

Augustana, with its long history and a strong Foundation has the opportunity to make a significant difference to other ministries of the church that have not been blessed with our resources. In 2 Corinthians 8:13–15, the Apostle Paul encouraged faith communities to offer financial support to other believers who were in need, emphasizing that the abundance of one community could help the need of another.

You might be interested in the ELCA Lutheran ministries your Augustana Foundation facilitated during just one calendar year. In choosing FY2018, the diversity and breadth of support in the broader Lutheran community is testament to Augustana’s caring partnerships.

- **Advent Lutheran Church** for pastoral intern from Iliff/Luther seminaries
- **Bethel Lutheran Church** for intern and Wartburg seminary student
- **ELCA Region 2** for Word & Service Summit for deacons
- **Evergreen and St. Peter Lutheran Churches** for young adults Leadership Academy

- **Lutheran Campus Ministries at Auraria** for new organizational startup
- **Lutheran Campus Ministry** for Fall Leadership Retreat for young college adults
- **Lutheran Church of Hope** for t-shirts for synod youth attending national gathering
- **Rocky Mountain Synod** for rostered ministers with financial challenges
- **Rocky Mountain Synod** for a synod-wide Part-Time Ministry Summit
- **Sky Ranch Lutheran Camp** for infrastructure costs for two new buildings
- **St. Mark’s Lutheran Church** for youth and family ministry position and outreach

These dollars come together with many others to achieve shared ministry goals. In providing grants to Lutheran partners, the Foundation is targeting its third purpose—to distribute funds in support of undertakings which support worthy Christian outreach to the community.

Augustana Foundation



The Augustana Foundation is celebrating
its 50th Birthday!

Join the 50 for 50 Campaign to extend its impact
in church and community.

Watch for details about a virtual toast
to this 50-day campaign in mid-May.

[Support the Augustana Foundation Today](#)



Augustana Foundation

50th Anniversary Gala Help Wanted

Party Planners Needed!

Volunteers needed to help plan the Augustana Foundation's 50th Anniversary Gala

- Everyone has interests, talents, and expertise
- Join a new committee—great way to reconnect with friends and meet new people
- Great way for Ministry Groups to volunteer
- Fun event for an important sustained ministry of the Church—the Foundation
- Create this celebration event!

Volunteer time negotiable—shorter term, longer term

- Bigger commitments (Gala Planning Committee, including lead planners)
- Smaller commitments (invitations, tables, decorating, publicity)

Timetable

- **January** - Board created Master Plan of 50th Anniversary Year Activities
- **February** - Gala Planning Committee authorized at First Quarter Board Meeting, February 9
- **March** - Recruit volunteers, identify leaders, organize, name Gala Planning Committee
- **April** - Committee at work, makes plan with timeline
- **May** - Committee submits update for Second Quarter Board Meeting, May 11
- **June–July** - Committee implements plans and recruits others

- **August** - Committee submits update for Third Quarter Board Meeting, August 11
- **September** - Committee implements plans and recruits others
- **October– November** - Signature Event: 50th Anniversary Gala
- **November** - Committee submits update for Fourth Quarter Board Meeting, November 9
- **November–December** – Post-event wrap up

The Gala Planning Committee will be planning a congregational, friends, and broader Augustana community event. Committee will determine date, venue, theme, speakers, honored guests, invitations, publicity, food, donor opportunities, and other. It's a Celebration!—Make it fun and festive. Honor the past. Recognize the present. Prepare the future.

Help to honor the Augustana Foundation in its 50th Anniversary Year!

March is Recruitment Month. Please contact **Marilyn Stember**, Coordinator, 50th Anniversary Project (Marilyn.stember@CUAnschutz.edu or 303-550-1235) to express your interest! Or call the Augustana office and leave a message.

CAN Ministry

Be a Human Dignity Delegate

You're invited to become a Human Dignity Delegate of the Augustana congregation. The goal is to have folks identify as Human Dignity Delegates who are willing to learn about public and legislative issues and then to act on them. Lutherans advocating for human dignity date back to Martin Luther. Hunger, housing, and poverty are just a few examples. The word "advocacy" is used to describe the public work, sometimes legislative, of addressing systemic issues that affect the most vulnerable folks among us.

Weaving together the guidance of ELCA Advocacy, Lutheran Advocacy Ministry – Colorado, and Together Colorado, **Beth Black** and **Katy Lunsford** will facilitate and mobilize our Human Dignity Delegates as part of CAN Ministry (Compassion and Action with our Neighbors). Email Beth at comosh@aol.com or Katy at katy.p.lunsford@gmail.com to learn more and/or sign up to be a Human Dignity Delegate. There will be occasional meetings for updates and education as well as action alerts with directions for contacting your elected officials about a specific bill or issue.



From Katy: I am excited about the opportunity to be a Human Dignity Delegate. I am not sure what lies ahead, but trusting God to lead us. With the events of the last year and realization injustices are present, whether racial, judicial, environmental, housing or access to food and education, I am feeling called to be a part of the conversation, hoping to be equipped to assist to bring God's grace to all. Won't you join me as we begin this journey?



From Beth: "America is seeking and searching for our souls." This unattributed quote hit home for me last year. 2020 was a wakeup call, a realization that action is needed to ensure all people are treated with the respect and dignity that God

intended for every one of us. My hope is that this ministry will give us the opportunity to join together and others to be an agent for change and hope in Colorado.

CAN Ministry Meeting

(Compassion and Action with our Neighbors)

Sunday, March 7, 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 plan upcoming opportunities 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

Join Zoom Meeting

- <https://us02web.zoom.us/j/82521328452?pwd=WDhsSU5sODNmNlZaQm1DQlJrR2Y3dz09>
- Meeting ID: 825 2132 8452
- Passcode: 676424
- One tap mobile (253) 215-8782

Undie Sunday results are in the bag!

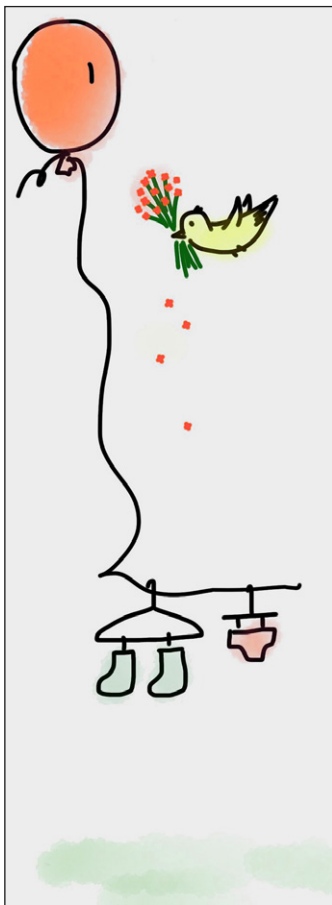
Diapers **5,685** | Wipes **7,836** | Tampons **848**
Pads **3,657** | Underwear **5,231** | Socks **600 pairs**

Thank you, one and all,
for giving the gift of
dignity! Shanna with
Children, Youth, and
Family, Daniel with
Music Ministry, and
Pastor Caitlin with CAN
Ministry tended the three
Sundays for drop-offs.
Many online packages
were also received.
And many thanks to
our counters: **Brian
Bernhard, Betty Boyd,**
and **Jo Ann Wacker-
Farrand.**

Augustana's CAN*
Ministry hosted Undie
Sunday with the help
of Children, Youth,
and Family Ministry
and Music Ministry.
Donation recipients were:
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.

*Compassion and Action with our Neighbors Ministry

Covid Relief Fund has a current balance of
\$6,740 after a gift given of \$800 to one household.
Augustana households may request funds from either
pastor. Please contact the pastors if your household is
financially challenged during these pandemic times. The
requests are kept confidential and administered by Lisa
Mikolajczak, Augustana's Finance Administrator.



Caring For God's Image: Smiles, Skin and Beauty Within

So God created humankind in his image,
in the image of God he created them.

Genesis 1:27

In March we will collect personal care items for our
neighbors, and will deliver them to George Washington
High School's food bank and to Ruby's Market (a
partner of Lutheran Family Services in helping refugees
and asylees living in Colorado).

Here is a shopping list for the items we will be collecting:

- ☐ Toothbrushes and toothpaste
- ☐ Disposable razors and shaving cream
- ☐ Bar soap and body wash
- ☐ Deodorant
- ☐ Body lotion
- ☐ Shampoo and hair conditioner (a favorite brand
among refugees is Maui Moisture or other brands
containing Shea butter)

We encourage you to order online for delivery to:

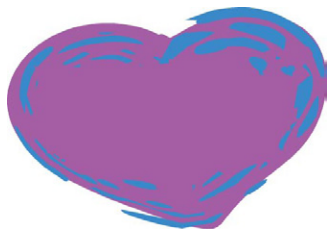
Augustana Lutheran Church
attn: Personal Care
5000 E. Alameda Ave.
Denver, CO 80246

If you prefer to deliver items in person, Children, Youth
and Family Ministry will be collecting donations outside
the sanctuary entrance (Alameda Avenue and Elm Street)
on Saturday, March 6, 10–11 a.m., and on Sunday,
March 7, noon–1 p.m.

Thank you, in advance, for your generosity!



Health Ministry



"In every heart there is an inner room, where we can hold our greatest treasures and our deepest pain."
—Marianne Williamson

Understanding Your Grief

Zoom Bereavement Support Group

- Sundays, 11:30 a.m.–1 p.m.
- Starting Sunday, April 11 through Sunday, June 20, 2021
- Facilitators: **Sue Ann Glusenkamp**, FCN and **Debbie Carter**, LPC
- Cost: 90 minutes each Sunday and \$30 to cover cost of books
- Scholarships are available
- Registration required by Easter Sunday, April 4
- Limited group size to first 10 registrants
- Each participant will receive two books to guide the journey
- To register, contact **Sue Ann** (glusenkamp@augustanadenver.org)

Saying goodbye to a loved one is never easy, but losing someone during a pandemic adds another dimension to grief and loss. If this has been your experience, you are invited to join this group and learn ten essential touchstones for finding hope and healing your heart. Your loss can be before the pandemic as well. We will use the curriculum written by Dr. Alan D. Wolfelt of the Center for Loss and Transition in Fort Collins, Colorado (<https://www.centerforloss.com/>).

Following pandemic safety guidelines we have decided to hold our support group in the Zoom format. Participants will receive a recurring Zoom link to join each Sunday morning, and can remain in the comfort of their own home. If you would like to participate but do not have access to a computer or the internet, please contact Faith Community Nurse, **Sue Ann**, (303-388-4678 ext. 106) for alternative planning.

A journey with Augustana's grief support group

My wife had died about six months before when I was invited to participate in a grief support group at Augustana facilitated by Sue Ann Glusenkamp and Debbie Carter. I was confident that I was doing just fine and I didn't need to invest the time and energy. Yet I was also afraid that maybe I wasn't just fine. So I said, "Yes," and I'm glad that I did.

Along the way, I realized that the gift of a support group is the opportunity for accountability—to myself, and to the other members of the group. All nine of the participants showed up with 100% attendance. We got to know each other and care for each other.

Had someone given the book and journal to me, I likely would have thumbed through it and read a few pages. But I wouldn't have spent the time or the emotional energy to engage the resource on my own to read, write, share, and listen. Again, the group provided for the accountability and commitment.

The assigned writings by Dr. Alan Wolfelt spoke to my heart and gave words to much of what I was struggling with or feeling. His invitation to move towards grief and mourning (rather than away from it) gave me permission to enter into painful places of memory and loss. I learned from him that the process of reconciling my grief is the transition from my wife having been a person of presence to now a person of memory. And that is not an easy journey.

Rather than suppress painful memories and feelings, I am hopeful that the journey with this grief support group will continue to provide me the grounding and foundation to approach my journey into the future with honesty, gratitude, and, ultimately, hope.

Pastor Kent Mueller

Assistant to the Bishop for Leadership Support
Rocky Mountain Synod, ELCA

Nursing Notes

#re-opening#readiness#questions#safe#healthy

Health Ministry Ad Hoc

Re-Opening Augustana Task Force

In order to be proactive, a task force has been formed to strategically and methodically work on a plan for a potential safe re-opening of Augustana's building. Although we do not have a solid date for re-opening, particularly for corporate worship, this task force will work to formulate safe and respectful guidelines, so we are prepared not only for opening for worship but also for Augustana's many ministries and community usage.

Members of this task force began meeting in mid-February and will continue to gather to study recommendations from the Center for Disease Control (CDC), and our Colorado state and local Denver websites, as well as guidelines from our Rocky Mountain Synod and Churchwide ELCA offices.

Augustana members serving on task force:

- **Sue Ann Glusenkamp**, Faith Community Nurse and Health Ministry Team Leader
- **Julie MacDougall**, Staff Building Use Administrator and Volunteer Coordinator
- **Joy Hawkins**, Health Ministry Team member and Anesthesiologist
- **Emily Murdock**, AVE choir member and Certified COVID-19 Compliance Officer
- **Ed Havranek**, Cardiologist
- **Roger Lipker**, Council Member
- **Don Troike**, Retired Professor of Biology
- **Darryl Farrington**, Legal Counsel

Please feel free to submit to members of this task force your questions, concerns, inquiries and thoughts about re-opening of Augustana's building. Keep this group of dedicated professionals in your prayers for guidance, clarity, and wisdom in planning.

Thank you,

Sue Ann Glusenkamp, your FCN



Gardeners wanted!

Are you interested in being a gardener in Augustana's Community Garden?

We have a great group of gardeners who enjoy spending time in the garden, growing fresh vegetables, and sharing friendship with other gardeners.

If you would like more information, email **Joyce Thomson** (djthomson70a@gmail.com).

Online Fellowship

Women, Wine and Word Bible Study

This is a gathering for women of all ages, both Augustana members and friends. Each month the group discusses passages from scripture and works together to see how the Bible speaks to us today. Insights and laughter are always part of the evening! The current study focuses on the book of Genesis. Our meeting this month will be Thursday, March 18, 7 p.m. via Zoom. Everyone is welcome to join in; please email **Pastor Ann** (ann@augustanadenver.org) for the Zoom link.

ELECTRONIC SERVICE REQUESTED

Place mailing label here

MARCH



- 1** Laura Bodendstedt
Chelsea Brammer
Bev Cohen
Tim Libby
Jerry Sanders
John Tucker
Shanna VanderWel
Trinity Vierow
- 2** Alex Pulley
Cora VanderWel
- 3** Jamye Gilbertson
Karen Jordahl
Glenna O'Neal
Sharon Schillereff
- 4** Patricia Aronstein
Paul Edstrom
Michelle McHattie
- 5** Henry Gerber-Ward
Kathy Kesner
Maggie Morris
Raeann Seney

- 6** Donna DeBell
Braden Ezpeleta
- 7** Heidi Logsdon
Trevor Solheim
Morgan Terwilliger
- 8** Kristen Cochrane
Ford Finke
Doris Scanlan
- 9** Beverly Behringer
Jon Gilbertson
Evelyn M. Johnson
Michael Parks
- 10** Sandra Heitzman
Kathy Jenkins
- 11** Jim Dierker
Ethel Essig
- 12**
- 13** Nina Bernhard
Henry Kouba
Donald Lund
Timothy Neumann
John Pederson
- 14**
- 15** Jesse Altum
Ann Hultquist
Phoebe Ralston

- 16** John Bartels
Jeff Boe
Jack Genovese
Blythe Karstadt
Lucille D. Smith
- 17** LouAnn Baker
Anna Bjornebo
Emily Bjornebo
Tamra Mohs
- 18** Kay Bengston
Emily Friesen
- 19** David Bonicelli
Elizabeth Damon
Steven Dirks
Duane Vikman
Jo Ann Wacker-Farrand
- 20** Paige Hartkoorn
Sonja Massie
Daphne Ralston
Arne Tollund
Anderson Woodward
- 21** Norma Gerber
Sarah Graham
- 22** Valerie Byrd
John Flory
Benjamin Swenson
Claire Taron
Scott Yeager
Peyton Zimmerman

- 23** Trystyn Carlmark
Kara Carter
Tim Kah
Nancy Morgan
Mindy Penny
Kisanet Yohannes
- 24** Nancy Dierker
Steven Trautmann
Patricia Vaillancourt
- 25** Dana Crona
Lillian Crook
Emmett Cruson
Allan Schneider
- 26** Gayle Bebee
Mary Goodwin
Abbie Miller
- 27** Ingrid Gessert
- 28** Henry Bourg
Inger Helm
Brenna Rowan
- 29** Tim Zeckser
- 30** Marilyn Kessler
Errol Sweetser
Finley Zumwalt

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