



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

## ***Welcoming and Connecting***

As of this writing, we have about 50 folks in almost 30 households who have been newly worshipping with Augustana over the last several months. And this doesn't include folks who are continuing to visit more anonymously as is their current preference. Julie MacDougall and I follow the worship slips that you all fill out and put in the offering plate. Visitors, continuing visitors, prayer requests, and more are submitted each week. The worship slips help us connect with people who are ready to connect more visibly with Augustana.

One of the things I've always appreciated about this congregation is the way that the gospel, the good news of Jesus Christ, is prioritized first before anything else. This was true well before my arrival as a pastor. It's just something I've observed and become more grateful for over time. New folks worshipping with

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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.

## Worship

- **In-Person Worship**, Sundays, 8 a.m.
- **In-Person/Streamed Worship**, Sundays, 10:30 a.m.
- [Watch on Facebook](#)
- [Watch on YouTube](#)

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

**Thursday, January 13, 4:30 p.m.** is the deadline for the February edition.  
Email **Lyn Goodrum** ([goodrum@augustanadenver.org](mailto:goodrum@augustanadenver.org)).

## Congregation Council:

**President:** Michael Zumwalt  
**Vice President:** Pam Uyemura  
**Secretary:** Roger Lipker  
**Treasurer:** Dan Taron

Sofia Aarestad	Karen Lambert
Grace Blanchard	Sharon Schillereff
Lisa Boe-Sims	Inez Smith
Betty Boyd	Rosalee
Michael Gentes	Wanchisen
Michael Graham	Karen Yeager
Heidi Johnson	Pr. Ann Hultquist
Ellen Kastens	Pr. Caitlin Trussell

## Staff:

- **Ann Hultquist**, Senior Pastor
- **Caitlin Trussell**, Pastor
- **Lisa Mokolajczak**, Finance Administrator
- **Shanna VanderWel**, Director of Youth and Family Ministry
- **Andrew Peters**, Minister of Music and Organist
- **Kevin Padworski**, Chancel Choir Director
- **Angela Howard**, Choristers and Cantabile Director
- **Sue Ann Glusenkamp**, Faith Community Nurse
- **Lyn Goodrum**, Publications Administrator
- **Julie MacDougall**, Volunteer Ministry and Building Use
- **Emily Friesen**, Livestream Technician
- **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

## Recently lifted up in prayer

### for hope and healing:

- The Arthur Family
- Cyrus Atherton
- Sandy Barker
- Charlotte Butler
- Nancy Cowee
- Maxine Gay
- Dorothy Hassenfraus
- Judy Kessenich
- Ulla-Majken Lugg
- Martye Madison
- Tamra Mohs
- Gerald Nailor
- Joyce Oleson
- Cooper Rhea
- Susie Woehrmann
- Andrew

### for comfort and courage:

- Rachel Padworski in the death of her grandmother, Benita Adams
- Marcia Olson in the death of her friend, Charlotte Butler
- Emmett Cruson in the death of his brother, Hiram Cruson
- Michael Graham in the death of his father, Charles Andrew Graham
- Nancy Cowee in the death of her friend, Henrietta McConico

- Jena Requist in the death of her mother, Colleen Requist
- Sandy Wong in the death of his mother, Katie Wong

## Rejoice with

- Remington Marshall Olson Smith and Everett Boone Olson Smith, sons of Steve Smith and Corinne Olson-Smith, in their baptism



## You can still RSVP for Christmas Eve Worship!

**Friday, December 24, 11 a.m., 3 p.m., 5 p.m. and 7:30 p.m., Sanctuary**

If you have not already done so, please submit your worship reservations for Friday, December 24, for 11 a.m., 3 p.m., 5 p.m. or 7:30 p.m. to help staff plan and prepare. To RSVP, visit Augustana's Worship page ([www.augustanadenver.org/christmas-eve-worship/](http://www.augustanadenver.org/christmas-eve-worship/)), or call Augustana's office (303-388-4678). This process will help assure that attendance limits are not exceeded since slots will be left open for visitors.

All services will have Holy Communion. The 11 a.m. service will be less than an hour in length, perhaps making it an attractive time for both elders and those with very young children.

- Extra seating will be added in the sanctuary to enable social distancing between pews.
- Masks will be required for all worshipers.
- Livestreaming will be made available during the 5 p.m. and 7:30 p.m. services.

# Festival Christmas Concert

**Sunday, December 19, 7 p.m., at Augustana**

Augustana Arts presents Augustana's annual Christmas concert with festive music by Augustana's Chancel Choir, AVE, and Augustana's children and youth choirs, along with musicians from Stratus Chamber Orchestra. Enjoy seasonal treasures such as "What Sweeter Music" by John Rutter, "Laud to the Nativity" by Ottorino Respighi, and more!

The performance is free, but tickets are required. Order yours from [AugustanaArts.org](http://AugustanaArts.org). There will be a freewill offering. Masks and proof of vaccination required.



## Music Ministry

Two days after driving 850 miles with Christine and our cat, Garfield, in a U-Haul with my office materials and things for a temporary one-bedroom apartment, I began work at Augustana on November 17. We really appreciated the work of Pastor Ann and a small crew of church people who helped us unload the contents of the truck at church and the apartment. We were most impressed how efficient and fast the crew was in tackling all of this in under 90 minutes. (Perhaps these folks should start a side job running the Augustana Lutheran Moving Company?)

The pastors and staff have been so welcoming and helpful as I've started this new position at Augustana. It's gratifying to be at a church with such an involved music ministry from children to adults. While it did feel extremely unsettling to begin a new church position right before Advent, it also felt very comforting to be at a new place when the new liturgical church year restarted on November 28 with the First Sunday of Advent.

Christine and I are so glad to be here. Please introduce yourselves to us when you see either of us (and we will do the same) and we thank you for your patience as we try to learn names. With so many new people to meet and masks it makes the process of becoming acquainted a little more tricky.

In closing I'd like to thank the members of the music search committee who spent countless hours on the search process for a new minister of music and organist. I'm very glad to be here on staff and I look forward to our time together in the coming months and years.

Grace and peace,

**Andy**







# Welcoming and Connecting

continued from cover

the congregation also experience the gospel-centered emphasis. Whether it's described as the connections we make with the local and global community, or the musical transcendence, or the preaching and teaching, the common theme in the feedback is the authenticity of the faith as we live it out.

Living it out is the focus of Welcome Connection ministry (formerly known as Evangelism Committee). This committed group of folks named itself in the few months that it met before the pandemic began and has now regrouped with the leadership of Brad Uyemura as chairperson to help the congregation reach out and invite, while also welcoming and connecting folks as they find Augustana online or wander into worship having seen it driving by. Read up on their latest ministry efforts and add your creativity to the mix.

Happy New Year everyone! It's already off to a good start for Augustana.

Peace,

**Pastor Caitlin**



## Augustana Welcome Connection

2022 is starting with encouraging momentum for the Connection. We're pleased to share the news of a Men's Bible Study that will be held two evenings a month at Augustana, January to June. Read on for details or refer to recent ePistles.

The proposed congregational nametag project is proceeding as well as we continue to explore the costs and logistics. The Connection feels that nametags would be helpful as we reconnect with each other in masks after so much time apart. They would also be beneficial to visitors and new members as they could more easily identify current members if they needed information or direction. Participation would likely be voluntary on the part of each member of the congregation, and the nametags would only be produced upon request. Again, watch the Tower and ePistle for updates.

The Connection will be presenting at the Discover Augustana class on January 23. We will also be staffing an informational table at two Sunday Lunches during the month of February.

We welcome your ideas, possibilities, thoughts, innovations, and visions for new groups, events, or programs no matter how outside the box they may seem. Even better, we'd encourage you to join us on our continuing adventure. Any one of us—Roger Lipker, Erin Saboe, Nancy Johnson, Brad Uyemura (Chair), Pastor Caitlin—would be more than happy to hear from you.

Thank you.

**Brad Uyemura**

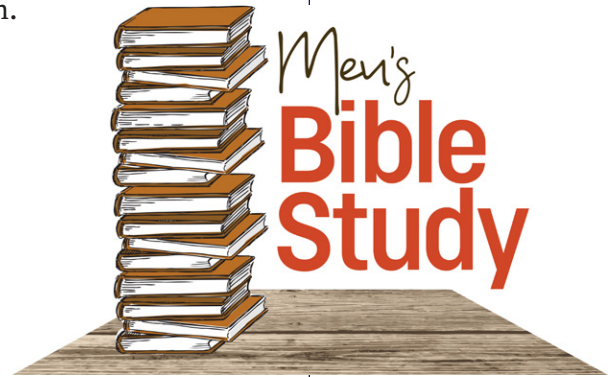


## You're Invited: Men's Bible Study starting January 13!\*\*

**Thursdays, 7–8:30 p.m., Youth Room**

We'll meet the second and fourth Thursdays of each month, 7–8:30 p.m., in the Youth Room at Augustana, with the intention of deepening our understanding of God's word and enjoying some fellowship. All levels of knowledge are welcome. The plan is to run a course of 12 meetings, wrapping up in June. Over that time we will take on the book of Romans. The location may change if the group desires or if we are too rowdy for the youth room. Please contact **Brian Willoughby** (303-941-3022) if you are interested.

*\*\*This Bible study is one way that our Welcome Connection ministry is reaching out and inviting, and welcoming and connecting people with each other. Let us know if you have other ideas to try. We love an experiment! Email Welcome Connection chair **Brad Uyemura** ([uyebnormal@aol.com](mailto:uyebnormal@aol.com)) for more information or to share an idea.*



## Discover Augustana Class for visitors

**Sundays, January 9, 16, 23, and 30, 9:15–10:15 a.m., Room 10**

We'll be offering a Discover Augustana Class for folks who either want to learn more about Augustana or are considering joining the congregation. Classes will be led by the pastors and lay ministry leaders. Please sign up for Discover Augustana with **Julie MacDougall** in Augustana's office ([macdougall@augustanadenver.org](mailto:macdougall@augustanadenver.org) or 303-388-4678).

## Adult Forum

**Sundays, 9:15–10:15 a.m., Anna Paulson Room**

**January 9: Vicky Daub**, Executive Director of Veteran Service Corps Project, will lead a discussion about the ELCA's emphasis on supporting military veterans and their families within and beyond our congregations. VSCP is a new ministry within the Rocky Mountain Synod of the ELCA working on the ELCA vision for veterans. Read more about VSCP here: [rmselca.org/veteran\\_servant\\_corps](http://rmselca.org/veteran_servant_corps).

**January 16 and 23:** "Lasting Hope: The Psalms." Martin Luther wrote that the psalms "might as well be called a little Bible; anyone who could not read the whole Bible would here have anyway almost an entire summary of it." The psalms weep with those who suffer, laugh with those who celebrate, and encourage us in our own journeys with God. Join Pastor Ann for a two-week exploration of the psalms and how they speak to our life of faith.

**January 30:** Everyone is invited to Fellowship Hall for CAN Ministry's Operation Food Pantry for Metro Caring.

## Women, Wine and Word Bible Study

Women of all ages are welcome to be a part of this group, which meets monthly in homes. Beginning in January, the group will be reading and discussing Rachel Held Evans's final book *Wholehearted Faith*. You do need a book to participate; it is available for Kindle, on Apple books, and in hardback. The next gathering will be on Thursday, January 20 at 7 p.m. Please contact Pastor Ann for more information ([ann@augustanadenver.org](mailto:ann@augustanadenver.org)).



## Pastors

**"I still struggle many days to believe that God loves me just as I am, not as I could be."**

These words from the late writer Rachel Held Evans concisely sum up the wrestling she did with faith, a wrestling match that she invited both believers and non-believers to be a part of.

Raised in the conservative Evangelical church, she worked tirelessly as a teenager and young adult to be the best Christian she could possibly be. She memorized Bible verses, tried to get classmates to come to Jesus, and focused on being "good." Like our friend Martin Luther, she eventually felt unsatisfied by all she was told she had to do in order for God to accept her.

A journey on a winding path eventually led her to a deep understanding of God's grace in Christ. From that well of grace, she encouraged others and provided "a safe shore, full of encouragement and defiant acceptance."\*

Augustana's Women, Wine, and Word group read and discussed her book *Searching for Sunday* several years ago and will be discussing her final book beginning in January. Her journey and her beautiful writing resonated with that small group, and I would recommend any of her books as great reading for those of us still wrestling with trusting that God's grace is for us.

In fact, I wonder if that could be a resolution for us as we enter into a New Year? To journey into the grace of God in Christ; to trust that we are enough; and to believe that the love of Christ embraces us as we are. I wonder how a resolution like that might change this year for us, and the way we see ourselves and others? What would it be like to live with that sense of worthiness, and give that sense away to others?

Grace does have an amazing sweet sound, and it is for us!

**Pastor Ann**

\*The Atlantic, May 2019

Find Pastor Caitlin's  
column on the cover.

## Year-end gifts and offerings to Augustana Lutheran Church

In order to deduct your charitable contributions for 2021, gifts given by check or cash must be postmarked by US Mail or be included in the offering by Friday, December 31. For electronic givers, be sure to initiate your gift on or before Tuesday, December 28 so that it is posted by your credit card issuer or bank electronic funds department before year end. Only gifts deposited by December 31 will appear on your 2021 giving statement. Your support of Augustana's mission and ministry is greatly appreciated.

Questions about your 2021 giving may be directed to **Lisa Mikolajczak**, Finance Administrator (303-388-4678 ext. 103 or [lisa@augustanadenver.org](mailto:lisa@augustanadenver.org)).

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## Together for Joy Update

Thank you to everyone who made a pledge or financial commitment for Augustana's ministries in 2022. Our giving makes so many wonderful things happen in our congregation, in our community, and around the world. If you would like to make a commitment for this year, cards are available in the narthex of the sanctuary and in the church office, or you can complete a form online at [augustanadenver.org](http://augustanadenver.org). (Click on the "Giving" tab.)

Are you interested in giving electronically? That can also be set up via the "Giving" tab on our website.

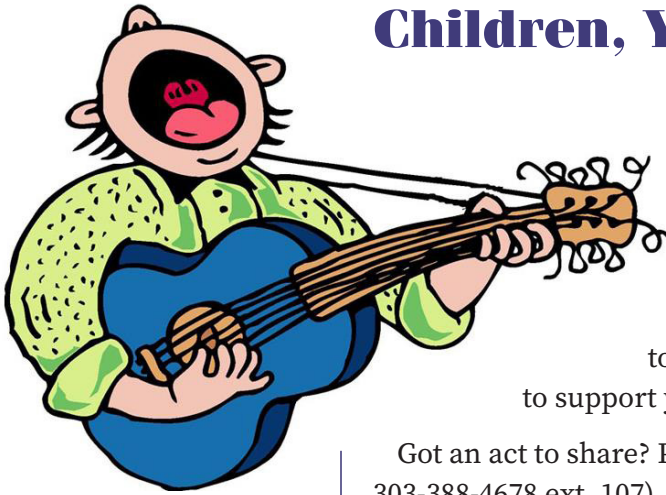
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## Habitat for Humanity Dakota Avenue Project

Augustana's partnership with Habitat to build townhomes on Dakota Avenue continues to wend its way through the City of Denver. Currently Habitat is applying to rezone the property, a process that can take as long as six months. They hope to have a groundbreaking on the site in late summer 2022. Thank you for your generosity and your patience as together we seek to fulfill our Core Value of Go: *To build relationships with others in our community, to seek out ways to love and serve as Jesus did, and to live out our faith in daily life.*





## Children, Youth, Family

### Save the date for the Youth Variety Show!

**Sunday, February 13, 6 p.m., Sanctuary and Fellowship Hall**

Just in time for Valentine's Day, Augustana's youth will host a variety show with dessert! Save the date and plan to bring the whole family! A free will offering will be taken to support youth events at Augustana.

Got an act to share? Pitch your idea to **Shanna** ([shanna@augustanadenver.org](mailto:shanna@augustanadenver.org) or 303-388-4678 ext. 107).

### Sunday Lunches resume January 9

All are invited to stay for lunch on Sundays at 11:45 a.m. Your time helps make this happen. If you are interested in helping to set up and clean up Sunday lunches, please contact **Shanna** to sign up ([shanna@augustanadenver.org](mailto:shanna@augustanadenver.org) or 303-388-4678 ext. 107).

- January 9: King Soopers Deli Meat and Cheese, Fruit and Veggie Trays
- January 16: Chipotle Burritos
- January 23: Mici Italian Pasta
- January 30: Jimmy John's Sandwiches



## CAN Ministry

### Thanks for Thanksgiving baskets for Warren Village

The generosity of Augustana members was again evident as you provided money for 115 King Soopers gift cards for Warren Village and First Step single-parent families to help them celebrate Thanksgiving. In addition, two Thrivent Action Team grants totaling \$500 provided boxes of stuffing, boxes of instant mashed potatoes, and cans of fruit. Anna, the Volunteer Services Administrator for Warren Village, said how very much they appreciate Augustana's ongoing support for the twice-yearly food baskets.



## 2021 Chili Challenge Totals!

**1,684 = 936 Congregation + 748 Augustana Early Learning Center (AELC)!**

This year's Chili Challenge exceeded last year's total by 136 cans! Most of that increase came from the Early Learning Center! Thank you, parents and staff of AELC—you rock! The folks at Metro Caring and at George Washington High School's Food Pantry expressed their appreciation for our donation. Their need is so great that our chili donations will be utilized quickly. Continue to keep these folks in your prayers and continue to support Metro Caring and our Sanctuary Soup Shelf through your food donations on Sundays, as well as the food bank in your neighborhood.



## Compassion and Action with our Neighbors (CAN) Ministry

**Sunday, January 9, noon–1:30 p.m., Rooms 1–3**

We'll choose 2022 community partner quarterly grant recipients as well as congregational emphases for winter and spring. Plan to pick up lunch in Fellowship Hall on your way to the meeting. All are welcome to come and learn more about this Augustana ministry and what we CAN do together.

## Operation Food Pantry 2022

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

Our always-popular intergenerational activity, repackaging rice and beans for Metro Caring, will be held on Sunday, January 30. If you are between 5 and 99 years of age, come to Fellowship Hall between 9 a.m. and 10:30 a.m. to help portion about 4,000 pounds of dried rice and beans into 2-pound packages. This extension of our “God’s work. Our hands.” fall project provides healthy food to alleviate local hunger during the winter months.



You are also invited to participate by way of donating rice, beans, or money to add to available funding to cover additional costs related to zip-bags, gloves and other supplies for the project. Make checks payable to Augustana and indicate “Operation Food Pantry” in the memo, or donate online ([augustanadenver.org](https://augustanadenver.org)).



## Human Dignity Delegates: What Exactly Are These?

Glad you asked the question. We continue to explore what it means to be Human Dignity Delegates through education, discussion, and service. Last year, Augustana kicked off this initiative to become more involved in advocating for increased generosity and compassion for our neighbors, so all have the freedom and ability to thrive.

On the Colorado legislative front, we will continue to focus on how we can be advocates for issues such as access to housing, criminal justice reform, climate justice, immigration, and ending hunger. The Colorado Legislature sessions begin January 12, 2022, and will last 120 days. As bills are made known, we will see where we will focus our efforts.

Right now, there is a need to engage with our elected leaders to encourage the passage of the Afghan Adjustment Act. This act would provide Afghan humanitarian parolees a path to legal permanent residency. Lutherans are stepping up in many ways. Check out the ELCA Advocacy Blog: <https://blogs.elca.org/advocacy/welcome-of-afghan-newcomers/>. Use the Lutheran Immigration and Refugee Services tool to email your senator or representative to encourage passage of this bill.

In addition, in 2022, we'll be putting more emphasis on understanding anti-racism and our own journeys with racial prejudice and systemic racism through articles, books, movies, and discussion groups.

### Next Augustana gathering

If you want to learn more, please consider attending our next Human Dignity Delegate meeting Sunday, January 23, noon, in the Ammerman Library. Until then, if you have questions, please contact **Beth Black** ([comosh@aol.com](mailto:comosh@aol.com)) or **Katy Lunsford** ([katy.p.lunsford@gmail.com](mailto:katy.p.lunsford@gmail.com)). All are welcome as we move forward in serving as a presence in society to advocate for our neighbors.



Executive Director **Vicky Daub** and her husband **Larry** will join us for both worship services on Sunday, January 9, and be available to talk with us afterwards. Vicky will also lead Adult Forum Faith Formation that morning between worship services. VSCP is a new ministry within the Rocky Mountain Synod of the ELCA working on the ELCA's 2007 Memorial vote on supporting military veterans and their families within and beyond our congregations. Learn more at [https://www.rmselfca.org/veteran\\_servant\\_corps](https://www.rmselfca.org/veteran_servant_corps).



### Lutheran Family Services— Giving through AugustanaCAN!

Augustana has a long history of partnering with the community through a variety of ministries, including health, music, compassion, and advocacy. Starting in 2022, Lutheran Family Services, Rocky Mountain (LFSRM), invites us to be a model for making our congregation's giving more visible to better understand the impact of our mutual ministry.

What this means for you: Simply add **AugustanaCAN** in the comment section when you make an online donation to LFSRM through their website ([lfsrm.org](http://lfsrm.org)); if you send a check, note AugustanaCAN on the memo line, so we can track our 2022 contributions. We will provide more detailed information when the account is established.

#### Lynn Veit

Augustana member and LFSRM Golf Tournament Committee Volunteer





# Health Ministry

## The Gift of Presence

Life is full of distractions, especially during a pandemic with daily news and graphs of the coronavirus transmission and mutations. When we take time to set our intentions and be truly present in the NOW, we will gain clarity. This mindfulness can keep us focused on the people and activities that matter most to us. Being PRESENT allows us to make healthier choices for not only our physical well-being, but also, emotional, financial, relational, and spiritual well-being. We will notice, listen, increase awareness, and learn to take care of our own selves and of others with integrity.

Throughout the month of January, and the days following in the New Year 2022, you are invited, even challenged, to use a PRESENCE JAR. This is a great individual or family activity. Children enjoy taking turns drawing out the intention for the day(s).

### STEPS to make your PRESENCE JAR:

1. Find a clear container
2. Cut out the daily activities into strips and place them in the container
3. EACH day, draw an intention to focus on for that day. You may choose to practice a new intention each day, or live into one for several days in a row.

You are also invited to complement your daily practice with a brief devotional, prayer, or meditation to gain peace and connection to those around you.

See how the simple act of setting a daily intention can help you live with greater PRESENCE. By practicing PRESENCE, you can let go of distractions and focus on what matters most during the first month of our new year, 2022. Spiritual disciplines take practice, daily practice. May you be blessed in the New Year with joy, peace, and a renewed PRESENCE of body, mind and spirit.



<b>GET A GOOD NIGHT'S SLEEP</b> Go to bed early after at least an hour without screen time.	<b>LAUGH</b> Whether at a joke or a stressful situation: find the humor and enjoy the moment.	<b>SHARE YOUR FEARS</b> Openness helps to relieve stress and move forward when you feel stuck.
<b>READ A BOOK</b> Immerse yourself in the story and be present with the characters.	<b>SHARE A RANDOM ACT OF KINDNESS</b> E.g. give a compliment, pick up a stranger's tab, give to a charity.	<b>SHARE YOUR DREAMS</b> Voicing your dreams can create accountability and open your mind to new possibilities.
<b>VISIT A LONELY PERSON</b> Share the gift of your time with someone who needs it.	<b>MAKE YOUR BED</b> Instead of adding another task to today's to-do list, make your bed when you wake up. Done!	<b>TELL SOMEONE YOU LOVE THEM</b> Sharing love is the most powerful way to connect with those around you.



<b>SING A FAVORITE HYMN</b> E.g. Children of the Heavenly Father, Beautiful Savior, Amazing Grace	<b>MEDITATE</b> Sit in a relaxed position and notice your breathing—clear your mind of other thoughts.	<b>DECLUTTER ONE ROOM</b> An organized living space can reduce your overall stress level.
<b>NAME ONE THING YOU'RE GRATEFUL FOR</b> E.g. friends, laughter, good coffee, pets	<b>INCREASE YOUR STEPS</b> Take an extra walk today, whether it's through your home or around the block.	<b>SAVOR A SNACK</b> Whether a piece of fruit or a baked treat, take a moment to truly enjoy the experience of eating.
<b>IDENTIFY A MOVEMENT OF CHOICE TO INCORPORATE INTO YOUR DAY</b> E.g. walk, stretch, plank	<b>NOTICE SHAPES IN THE CLOUDS</b> Reconnect with your surroundings using your imagination.	<b>LISTEN TO THOSE AROUND YOU</b> Pay attention to their words, their actions, and practice compassion for their feelings.
<b>MAKE A MEAL TOGETHER</b> E.g. pancakes for breakfast, chicken with roasted veggies for dinner	<b>TAKE A MOMENT TO NOTICE NATURE</b> It's amazing what can go unnoticed when you're going about your day.	<b>SPEAK OR SEND A WORD OF HOPE</b> Be a light in the darkness for those around you.
<b>BAKE A FAVORITE RECIPE</b> E.g. chocolate chip cookies, brownies, blueberry muffins	<b>LISTEN TO YOUR BODY</b> Don't push through your feelings! Eat when you are hungry, rest when you are tired.	<b>APOLOGIZE</b> If something is weighing on your heart, seek reconciliation to find peace.
<b>TAKE A BREAK FROM ELECTRONICS</b> Instead, start a conversation or play a card game with a loved one.	<b>REFLECT ON A MEMENTO</b> Sit with a treasured item for five minutes and explore its significance in your life.	<b>MAKE TIME FOR YOUR PASSION</b> Release your creativity and reconnect with yourself!
<b>DECIDE WHAT YOU WILL COMMIT TO</b> E.g. yes to coffee with a friend, no to chairing a committee	<b>SHARE YOUR HEART</b> Voice your gratitude, love, frustration, or pain with someone you care about.	<b>PRACTICE PATIENCE</b> Focus on your breathing to reduce stress and give yourself time to respond rather than react.
<b>DO AN ART PROJECT</b> E.g. color, paint, stamp, scrapbook, sculpt	<b>SMILE</b> Give yourself the freedom to feel and share your joy.	<b>DONATE TO A FOOD SHELF</b> Consider how fortunate you are. Take this opportunity to share with others.

# Puzzle!

Match each clue with the correct biblical dreamer.  
Use the Scripture hints if needed.

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>___ 1. This person's brothers were irritated to hear of certain dreams.</li> <li>___ 2. Angels went up and down a ladder in this person's dreams.</li> <li>___ 3. This person dreamed about skinny cows eating fat cows.</li> <li>___ 4. After an unpleasant dream, this person warned a loved one to avoid Jesus.</li> <li>___ 5. This person saw a statue whose feet were smashed by a stone.</li> <li>___ 6. A dream warned this person (plus family) to flee to Egypt.</li> <li>___ 7. This person saw a vine produce grapes, with juice squeezed into a cup.</li> <li>___ 8. A dream warned about Herod's evil plan.</li> </ul> | <ul style="list-style-type: none"> <li>A. Pharaoh (Genesis 41:17-21)</li> <li>B. The Magi (Matthew 2:12)</li> <li>C. Jacob (Genesis 28:12)</li> <li>D. Pharaoh's cupbearer (Genesis 40:9-11)</li> <li>E. NT Joseph (Matthew 2:13)</li> <li>F. OT Joseph (Genesis 37:9, 11)</li> <li>G. Pilate's wife (Matthew 27:19)</li> <li>H. Daniel (Daniel 2:31-35)</li> </ul> |
|---|---|

Be watchful, stand firm in your faith, be courageous, be strong. Let all that you do, be done in love.  
1 Corinthians 16:13

## Nursing Notes from Faith Community Nurse Sue Ann

This verse (left) from the letter to the Corinthians serves as a guiding light in both my professional and personal life journey. My spouse, Ron, is serving as an interim Pastor at Desert Hills Lutheran Church (DHLC) in Green Valley, Arizona. He started this position on June 1, 2021, and has been living in Green Valley. We have discovered our preference is to be in the same home, city and state! Go figure!! With the support of our pastors after a review of the Human Resource details, the plan is for me to work from Arizona during the month of January. In order to do this I will reduce my hours from 30 hours a week to 15 hours a week and work remotely. Our grief group will still be meeting on Sundays in January via Zoom, and I will Zoom in for staff and Care Team meetings. My "visits" with folks will be phone calls and Zoom calls similar to how we did ministry during our pandemic shut down months. Please know I will be available on Wednesdays and Thursdays by email and/or text and phone for consultations, visits, prayer, and just staying connected. My plan is to be in Arizona over the Christmas holidays into January. I will resume my 30 hours a week in February. I am so very grateful to have this flexibility and maintain my position as your Faith Community Nurse during my month in Arizona. Thank you in advance for your support, understanding, and prayers. I cherish my role at Augustana and plan to continue to Worship, Grow, and Go with you in 2022. If you are familiar with Green Valley and have any recommendations for that area of Arizona, we welcome them! God bless you, and feel free to ask me any questions about this plan.

Soli Deo Gloria,

**Sue Ann**

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Cell: 612-207-6611

## Health Ministry Team considers limited 9Health Fair for Spring 2022

Augustana's Health Ministry Team is exploring the possibility of offering a 9Health Fair exclusively for Augustana members and friends on a Sunday morning, April 24 or May 1, 2022, with preregistered specific time slots between 7 a.m. and 1 p.m.

The limited screenings offered would include blood draw, height, weight, body mass index, blood pressure checks, and Ask a Medical Question.

Most attendees come to a 9Health Fair to have blood tests done. Blood tests for this Sunday morning 9Health Fair would include Blood Chemistry, Hemoglobin A1C, Blood Cell Type, and more. For a complete list of blood screenings offered, why the results matter, and their costs, visit the Health Ministry section of Augustana's website ([augustanadenver.org](http://augustanadenver.org)).



### **“Why should I have these blood tests done?”**

Those with health insurance may have high deductibles, and having these blood tests done by a provider may be much more expensive than at the 9Health Fair. Those who have health insurance with Medicare may have coverage for the costs of these tests; however, physicians may not order these blood tests unless they identify a specific reason. Some abnormal results may indicate health changes without symptoms.

### **Your interest in the fair is requested**

In January, Augustana's Health Ministry Team will be asking whether you would attend a 9Health Fair on a Sunday morning. This will help the team decide whether to proceed in organizing the fair. On Sundays, January 2 and 9, Augustana's worship slips will have a place for you to indicate that you would like to attend our 9Health fair. You will also be able to indicate your interest through an online form on Augustana's website or by calling Augustana's office.

If there is significant interest in attending, a date will be determined and plans will begin. Quest Labs requires a minimum of 50 participants to provide an onsite lab supervisor.

Augustana has been a 9Health Fair site for over 30 years. John Cowee and Calvin Ammerman were key in helping Augustana become a 9Health Fair site. Our fairs expanded to two days with attendance ranging from 400 to 800 people, and a partnership with Temple Emanuel Synagogue was established. In 2020 the 9Health Fair was canceled due to the pandemic. 9Health Fairs were held in limited sites this fall, and fairs will be expanded next spring.

Watch Augustana's publications for updates.

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# JANUARY

## 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**
- 7** Annika Morris  
Sasha Morris  
Sarah Nick
- 8** David Weir
- 9** George Meister
- 10** Grace Blanchard  
Bradley Boodt  
Christopher Cochrane

- 11** Luke Fischer  
Sophia Giordano
- 12** Maxine Gay  
Diane Pilloud
- 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
- 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
- 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).*