



1. Congregation President Michael Zumwalt and daughter Finley
2. Thermostat for the new HVAC system
3. Facility Manager Garry Garcia
4. Chancel Choir Director Kevin Padworski
5. Minister of Music and Organist Andrew Peters
6. Habitat for Humanity
7. Youth Mission Trip

Our life together

Dear Augustana Lutheran Church Family,

It's been a year now since my inaugural letter to you, introducing myself as your President of the Congregation and providing a preview of things to come at Augustana for 2021. As I will be continuing on as president for a second one-year term, it seems appropriate that I give you an update of the progress we made last year as well as a preview for 2022. However, this is not an easy letter to write, because with so many wonderful things going on at Augustana to talk about, and so many people involved, it's really a challenge to keep this letter to a reasonable length.

Well, first of all, it has been a wonderful year of getting to meet with so many of you, learning more about your concerns and ideas for opportunities in the spirit

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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.

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, February 10, 4:30 p.m. is the deadline for the March edition. Email [Lyn Goodrum \(goodrum@augustanadenver.org\)](mailto:Lyn.Goodrum@goodrum@augustanadenver.org).

Congregation Council:

President: Michael Zumwalt
Vice President: Pam Uyemura
Secretary: Karen Lambert
Treasurer: Bill Crossen

Lisa Boe-Sims	Heather Nelson
Betty Boyd	Nancy Nyhus
CJ Brown	Will Smith
Janet Flesch	Inez Smith
Jayne Howard	Dan Taron
Pr. Ann Hultquist	Pr. Caitlin Trussell
Heidi Johnson	Karen Yeager
Ellen Kastens	

Staff:

- **Ann Hultquist**, Senior Pastor
- **Caitlin Trussell**, Pastor
- **Lisa Mikolajczak**, 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
- **Garry Garcia**, Facilities Manager
- **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

- Al Biancalana
- Laura Boe
- Coleridge "Mike" Churchill
- Bonnie Connors
- Nancy Cowee
- Rabbi Charlie Cytron-Walker and the people of Congregation Beth Israel in Colleyville, Texas
- Betty Fortaleza
- John Flory
- Max Johnson
- Laura Main
- Erin Gottenberg-Michalski
- Mira Hodzic
- Rose Kvern
- Dick and Judy Larson
- Laura Phillips Lockwood
- Michael Mikolajczak
- Diana Mitts
- Debbie Moody
- Louise Parker
- Ben and Susan Pepper
- Marie Perry
- Megan Schumaker, Maya and Leiya
- Amy Sjodin
- Helma Sjodin
- Bill Whiting
- Kyle
- Ken, Valarie, Elizabeth and Ellen

for comfort and courage:

- Family and friends of Jim Basore in his death
- David Rutherford in the death of his mother-in-law, Betty Fortaleza
- Jim Hytjan in the death of his wife, Kay Hytjan
- Kara Epperson in the death of her friend, Mary Kabapolisi
- Linda Crow in the death of her sister, Nancy Lake
- Greg Lunsford in the death of his sister, Caroline Lunsford
- Roger Loots in the death of his cousin, Doug Maschino
- Betty Boyd in the death of her friend, Martye Madison
- Julie Townsend and family in the death of her father, Jac Oxley
- Marcia Olson in the death of her friend, Jack Morley
- Family and friends of Megan Palmer in her death
- Ann Craig in the death of her daughter-in-law, Lynn Peterson

- Family and friends of Helen Jean Roup in her death
- Sharon Schillereff in the death of her brother, Steve Schillereff
- Massie family in the death of their friend, Kevin Wolitsky

Rejoice with

- Anika Narayan Mortensen, daughter of Joseph Mortensen and Angela Narayan, in her baptism

Thank you for the gifts!

Rainbow Trail Lutheran Camp

- in honor of Malise de Bree

Special Gift

- in memory of Julie Beeman, Frank and Curt Gerber, Melvin Johnson

Augustana's new Facility Manager

In January, **Garry Garcia** joined the Augustana staff as our part-time Facility Manager. Garry will oversee long-term maintenance of our building and campus, including the Early Learning Center, help to optimize our building's availability to community organizations, organize proactive care of our facility, and work with the Property Team to coordinate projects and volunteer efforts.

He has held similar positions in several metro Denver churches and has also worked in finance. Welcome to Augustana!



Show your ♥ in February!

Donate to our bus fund!

The Augustana Early Learning Center needs a new bus! The Center is an important part of the church's ministry and outreach to the community.

One of the three buses we have is no longer working and cannot be fixed, and the other buses need minor repairs. These buses provide critical transportation for the Center and Church. The AELC Parent Committee* is working hard this year to raise \$18,000 to help purchase a new bus by May 2022 to ensure we can continue offering field trips to over 100 summer campers, pick-up for more than 60 children from the local after-school programs, and transportation for church members on Sundays.

Please consider making a tax-deductible donation!

There are two ways to donate:

- Make a check payable to Augustana Early Learning Center and place it in the Sunday offering, or give it to Center Director Wendie Edwards by February 28.
- Visit the [Augustana Lutheran Church website online donation page](#) to designate the gift to the AELC [Go to augustanadenver.org → Giving tab]. Use an existing Login, or create one, then navigate to Donations → Other → [third item in list] Augustana Early Learning Center.

Wendie Edwards, AELC Director



*The AELC Parent Committee is a group of parents who volunteer their time to contribute to classroom activities, support the Center's amazing teachers and staff, raise funds for Center priorities (as defined by the Center's director), and work to build community for the families at the school. Direct any questions you have to the AELC Parent Committee (aelparentcommittee@gmail.com).

We thank you for your support!



Pastors

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

I hope the sentence above looks familiar to you! It's Augustana's Mission Statement, which was reformulated in 2018 as part of our Strategic Plan. In the statement, you can see what have become our Core Values:

Worship: *We worship in ways that are authentic, Christ-centered, and that lift up God's grace. We use our musical gifts, heritage, and sacred space to inspire our praise.*

Grow: *We deepen our faith in Jesus across generations, support and care for one another in our faith community, and equip one another to share our faith.*

Go: *We build relationships with others in our community and our world. We seek out ways to serve and love as Jesus did. We live out our faith in daily life.*

Like so many other things, our Strategic Plan idled a bit during the pandemic. Our Mission Statement and Core Values were definitely being lived out in all the pivoting we did as a congregation, but some of our goals needed to be changed and refreshed. The staff and congregation council have spent the last couple of months doing just that—creating goals for the next couple of years that will challenge and continue to reinvigorate our ministry. In the Annual Report (which is compiled for our congregational meeting on February 27), you'll be able to read all the specifics and consider your part in living out these new goals.

"What's the point?" some people might say. As you are well aware, the place of faith communities in people's lives and in our culture is rapidly changing. To remain vital and to be able to continue celebrating God's grace, we need a plan to guide us today and into the future. We trust that the Holy Spirit is at work in what is committed to paper and what we commit to in our life together as we journey with Christ. I pray you will find inspiration and a place for you on that journey!

Pastor Ann

Inspiration and Gratitude

I'm sometimes asked what keeps me going as a pastor. There's a lot to the answer and I'll say the obvious first—it's about faith. Faith in God's grace through Jesus, to be precise about it. But then there are other things—the intangible mystery of connecting with something deeper and cosmic, the meaning that faith offers that pushes back against negative daily messages in culture and media, and the transformation of my own life with God as its heart.

As a pastor with Augustana, your faith as a congregation inspires me. The way you are willing to struggle with the tension between faith and doubt, bringing questions and hope to classes and conversations. The volunteerism of simply making worship come together week after week. And the leadership of so many



people serving on Council and other ministries inspires me day after day. I know we're not perfect, believe me, but I'm inspired nonetheless.

Since the beginning of the pandemic, many of us have discovered new ways of thinking about what worship and being part of a faith community mean to us. I invite us to keep applying those learnings to our life together as a congregation, as well as each one of us to our own lives. Moments of joy and laughter in ministry with you alongside grief and struggle have been and continue to be part of the blessing you are to me in my life of faith. As I celebrate nine years of being ordained and a pastor in this place on February 2, I couldn't be more grateful for you.

Peace, **Pastor Caitlin**

A peek at the Lenten Season

Our theme this year for Lent will be *Grace Unbounded*, based on the title of the daily devotional which will be available to all at the end of February. Beautiful images and scripture passages from Luke will guide us as we journey through the season together.

Some highlights to look forward to:

ELCA World Hunger's
40 Days of Giving (CAN
Ministry emphasis)

Ash Wednesday, March 2

Worship at 11 a.m. and
7 p.m., Sanctuary

Sundays during Lent

Adult Forum, 9:15 a.m.,
"Science, Faith, and the
Theology of the Cross,"
Anna Paulson Room

Prayer Stations, 9 a.m.–
noon, Youth Room

Mondays during Lent

Chapel Prayer,
10:30–11:15 a.m.

Wednesdays during Lent

Holden Evening Prayer,
6:30 p.m., Christ Chapel

Holy Week

Palm Sunday, April 10

- Worship at 8 a.m. in Christ Chapel and 10:30 a.m. in the sanctuary
- Augustana Youth will host a breakfast in Fellowship Hall between worship services.

Maundy Thursday, April 14

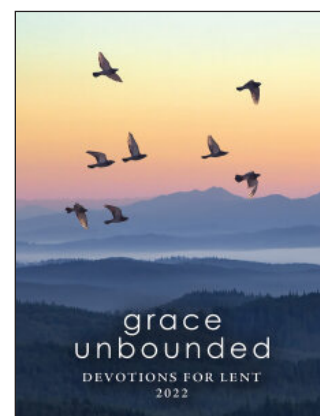
- Worship at 11 a.m. and 7 p.m. The evening service will include First Communion for some of our young people.

Good Friday, April 15

- Worship at noon and 7 p.m. in the sanctuary

Easter Sunday, April 17

- Worship at 8 a.m., 9:30 a.m. and 11 a.m. in the sanctuary



Music Ministry

Psalm 100 encourages us to “make a joyful noise unto the Lord.” One of the things that drew me to apply for the music director position at Augustana was the strong importance placed on worship and congregational song. The singing you offer to God from the pews at both services each week is inspiring.



Another way of making a joyful noise unto God is through instrumental music in worship. Do you play an instrument? Have you ever considered playing in worship? Those of you who attended the 5 p.m. Christmas Eve service saw and heard some fine examples of youth and adult instrumentalist participation in that service's prelude.

If you play an instrument and would like to play a solo for either prelude or communion, please contact me so that we can talk further. Or if you have instrumental experience but would prefer to play in a small ensemble on hymns and service music, please let me know.

The worship services at Augustana are meaningful, energetic, and spirit driven because of the congregation's involvement in them. Adding instrumentalists to worship periodically would contribute another dimension to our “joyful noise unto the Lord.”

Grace and peace,
Andy

303-388-4678 ext. 122

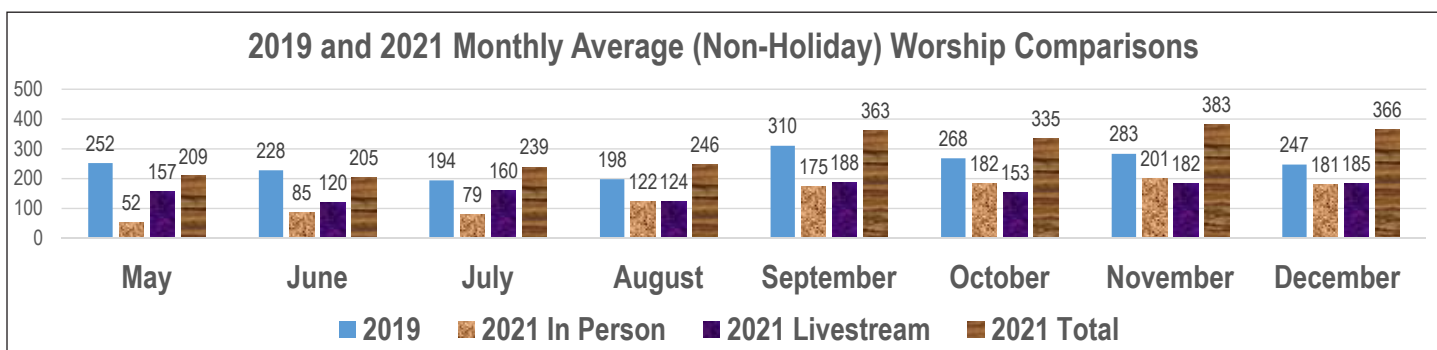
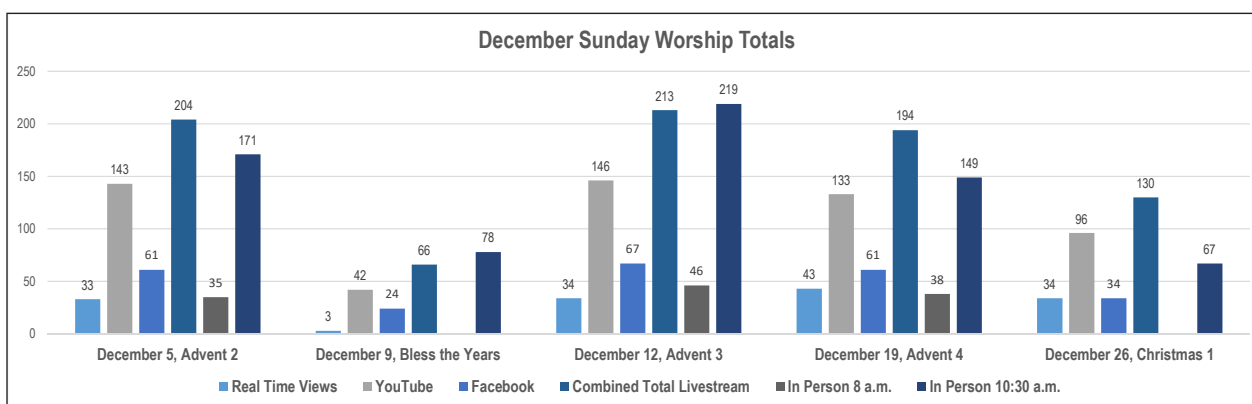
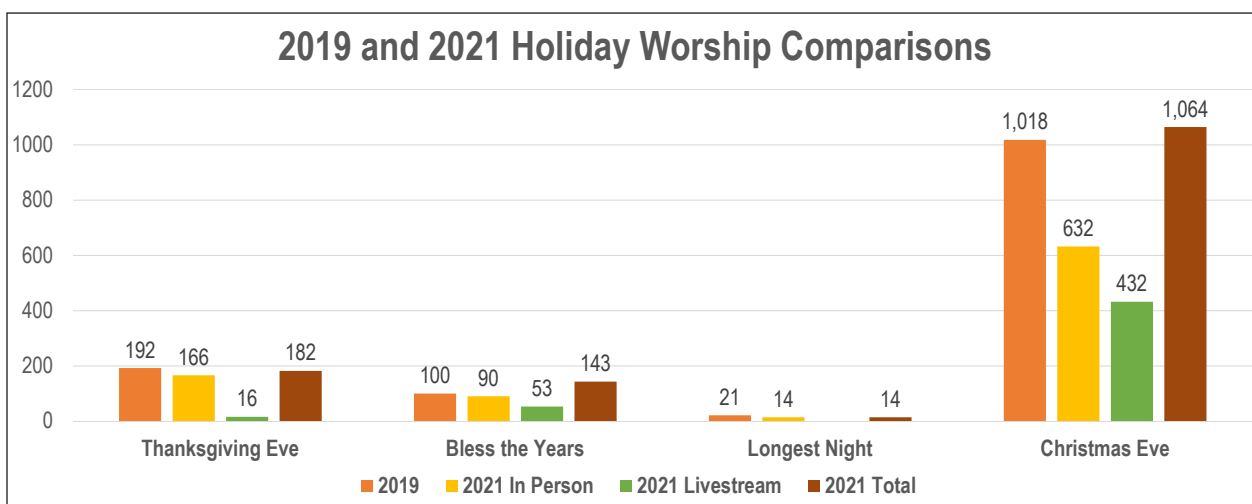
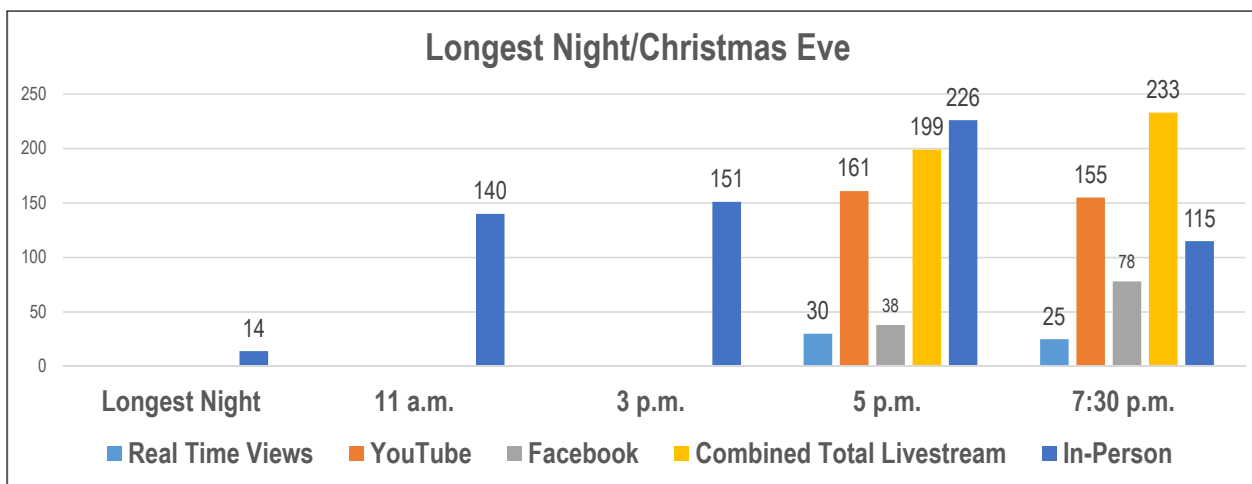
peters@augustanadenver.org

Worship

Worship attendance for December and holiday services, and comparisons to 2019

This attendance data has been compiled by Pastor Caitlin. She is happy to talk with you about data points and how they're collected for each Sunday.

Total is the number of people in-person for Sunday worship PLUS the livestream total number of households. This number reflects the minimum number of worshipers, because livestream tracks only the household numbers but not the number of worshipers per household.



Study/Fellowship

Adult Forum

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

February 6: Adult Forum combines with the Health Ministry Sunday Kickoff in Fellowship Hall.

February 13 and 20: Pastor Caitlin Trussell will lead a two-week series on Lenten liturgy (worship) and lectionary (scripture). Come and deepen your understanding of the special time in the church year when we journey to the cross before the celebration of the empty tomb at Easter. Lent begins on Ash Wednesday, March 2 .

February 27: Andy Peters, Minister of Music and Organist, and Kevin Padworski, Chancel Choir Director. Get to know Andy and Kevin. Hear more about Augustana's Music Ministry. And bring your curiosity and ideas to the conversation. This class ends at 10:05 a.m. so that Andy and Kevin may prepare the choir for worship.

Women, Wine, and Word Bible Study

Thursday, February 17, 7 p.m.

This monthly study is open to women of all ages. The group is currently reading and discussing Rachel Held Evans's *Wholehearted Faith*. In the book she wrestles with God's grace and love and explores universal questions about becoming and belonging. Support, laughter, and deepening faith are always a part of this gathering.

Contact **Pastor Ann** (ann@augustanadenver.org) for more information.

Book Group

Join us Monday, February 21, at 1 p.m. in the Anna Paulson Room to discuss *The Bean Trees* by Barbara Kingsolver.

This is the charming, engrossing tale of rural Kentucky native Taylor Greer, who only wants to get away from her roots and avoid getting pregnant. She succeeds, but inherits a three-year-old Native American girl named Turtle along the way, and together, from Oklahoma to Arizona, half-Cherokee Taylor and her charge search for a new life in the West. Hers is a story about love and friendship, abandonment and belonging, and the discovery of surprising resources in seemingly empty places.

Anyone interested can contact **Ellen Kastens** (303-475-7877 or ekkastens@gmail.com) if they have questions or would like a copy of the book.



Children, Youth, Family

First Communion classes offered during Lent

Augustana will offer First Communion Classes during Lent for any child wishing to learn more about the Sacrament of Holy Communion. This class is open to any child who has not participated in communion or who has been receiving it since they were little, but are at a place where they would like to learn more.

Classes will be held Sundays, March 27 and April 3, 9–10 a.m., and Thursday, April 7 in the evening. Participants will take First Communion with their families on Maundy Thursday, April 14, at the 7 p.m. worship service.

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



Help make “used” Bibles for graduating seniors

Bibles for our graduating seniors and a few classes back will be available in Fellowship Hall in February and March. Please stop by to leave a personal note in the Bibles for those students. Consider underlining your favorite verse or passage and tell them why. Another option is to find the scripture that corresponds to your favorite hymn. However you help make it “used,” please sign your name to surround these young people as they transition into a new life stage. Bibles will be presented in April.

Graduating seniors, please mark your calendars for Senior Recognition Sunday on April 24. Come to Coffee Hour for a special celebration, and there will be a prayer for you and your families during the 10:30 a.m. worship service.



Save the date for Vacation Bible School!

Summer may feel far off, but Vacation Bible School is already on our calendar for 2022. Kids entering Kindergarten through 5th grade in fall 2022 are invited to join staff from Sky Ranch Lutheran Camp, July 11–14, 9 a.m.–4 p.m. each day for music, games, worship, Bible stories, crafts and more! Cost will be \$75 per person with a \$150 family maximum.

Watch Augustana’s publications for registration information.

Our life together

continued from cover

of our church's mission of "Worship, Grow and Go." I love our church family! And amid the continuing challenges of COVID, we could certainly see the hand of God protecting and guiding us. A special thanks to the Reopening Task Force and Sue Ann Glusenkamp's leadership in bringing us through the pandemic that led to our having church services outside, starting in the beginning of spring, and services in the sanctuary that started at the end of May. And a special thanks to our pastors and staff for doing all they could to maintain a sense of normalcy in a time that has been anything but normal.

New HVAC installed

In looking back on 2021, I shared with you our plans to install a new HVAC system that operates more efficiently. By the time you read this letter, that system should be fully integrated and running, providing us with more efficiency in heating and cooling, lowering our energy costs. I also shared with you the need to have this system maintained, along with the rest of our property, by a Facility Manager. By the end of 2021 we were able to find that person, Garry Garcia, who started at the beginning of this year. He has considerable experience in performing similar roles at other churches. And we also look forward to his helping direct contracts with outside groups who wish to use the Augustana facility.

Changes in Music Ministry personnel

Regarding our Music Ministry, I wrote about our need to find a new conductor for our Chancel Choir. As you know, Kevin Padworski joined us in August and put our Chancel Choir back on track with Sunday worship leadership starting back in September and leading up to our wonderful Christmas concert in December. He's a brilliant conductor and a very talented organist. But who would have anticipated that we would lose Daniel Romero in July, after his being with us for only one year? We were concerned about the timing of trying to find someone to replace him, but we ended up with seventeen candidates, from whom we chose the incredible Andy Peters, who has been with us since the end of November. And so, a special thank you to the search committees involved—both under the leadership of Kent Mueller.

Livestreamed worship

And how could I not mention the livestreaming service we have been able to provide since early in the year of 2021? The flexibility of being able to remotely access our services, both live and recorded, has done a timely job of helping offset the restrictions of COVID safety, while at the same time attracting new interest. And we will, of course, continue streaming through 2022 and beyond, using the service for events in addition to our worship services.

With the big changes out of the way, I believe we can look forward to 2022 with a sigh of relief and peace in reminding ourselves that God is good. We will continue



to have wonderful music-filled worship services, special performances, and see our bell choirs back too.

Dakota Avenue property with Habitat for Humanity

The last situation I wrote about had to do with the development of our Dakota Avenue property to help offset the affordable housing shortage we have in Denver. Thanks to your overwhelming support, we continue to progress in working with Habitat for Humanity in developing our property to provide homes for eight families. We should be finalizing the land rezoning by the City of Denver soon, and as noted at our November Congregation Meeting, we expect those four duplexes to be completed by summer 2023.

Additional highlights

There are so many things I recall about Augustana in the year 2021, and I have only been able to include a few here. But offhand, I also think about our senior lunches starting up again, the youth mission trip to Kentucky, the mental health services we have been providing, and all the other ways our church has marched on, doing its best to cope with the global pandemic.

Hopes for 2022

For 2022, I should mention that your council is taking a particular interest in what can we do to overcome the challenges we've been facing in better use of our resources of people and funding, and what can we do to continue reconnecting to members whose involvement was affected by COVID as well as attract new members to Augustana. And this is something for all of our ministries to be involved with, which has led us to a new strategic plan for our church. More of which I expect you will see unfolding this year.

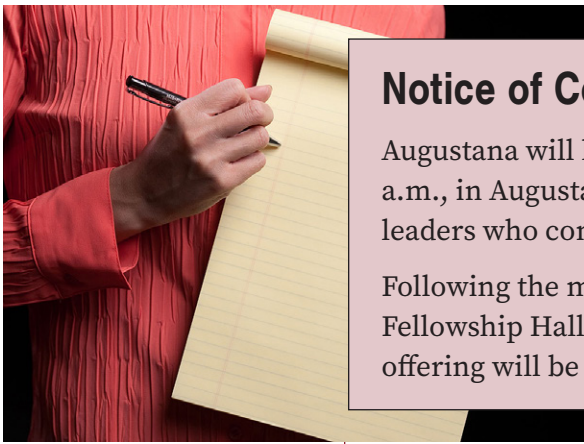
As a final word here, looking forward to the rest of 2022, I will repeat what I included in my letter from a year ago. We have so much to be excited about, and so much for which we are thankful. I look forward to continuing this journey with you. And in so doing, may we continue to be united in the words 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

Congregation President

Senior Ministry and Health
Ministry's "Bless the Years,"
August 12



Notice of Congregational Meeting, February 27

Augustana will hold a congregational meeting, Sunday, February 27, 11:45 a.m., in Augustana's sanctuary to receive year-end reports and recognize lay leaders who completed their elected terms.

Following the meeting, all are encouraged to enjoy Sunday Lunch in Fellowship Hall featuring sandwiches catered by Jimmy John's. A free will offering will be taken to offset the cost.

2021 Annual Reports

Financial reports are due to Finance Administrator **Lisa Mikolajczak** (lisa@augustanadenver.org) by Friday, January 28.

Ministry reports are due Wednesday, February 9 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 20.

Sunday Lunch in February

Sundays, 11:45 a.m., Fellowship Hall

All are welcome to Sunday Lunch catered by favorites eateries and delis. Freewill offering. Volunteers to help set up and clean up are appreciated; contact **Shanna** (shanna@augustanadenver.org or 303-388-4678 ext. 107).

February 6: Domino's Pizza

February 13: Chipotle Burritos

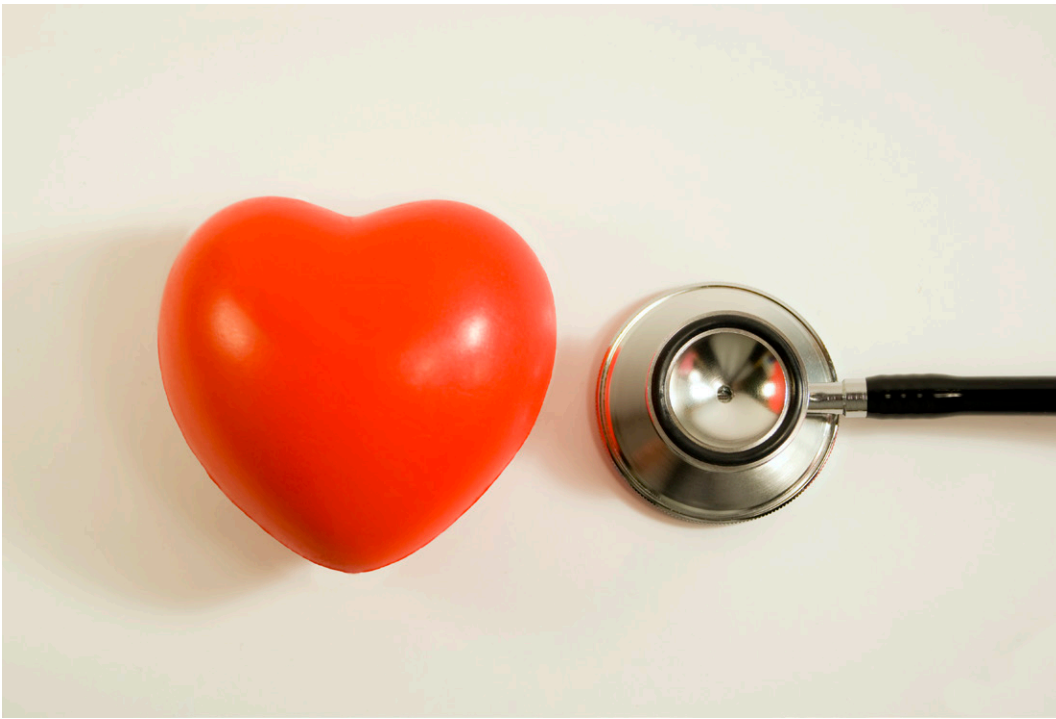
February 20: Mici Italian Pasta

February 27: Jimmy John's Sandwiches

New safety procedures from Augustana's Reopening Task Force

Augustana is pleased to be able to host Sunday morning Coffee Hour and Sunday Lunch as important opportunities to nurture the body and spirit. Because the Omicron virus variant is so contagious and often asymptomatic, and eating and drinking without masks increases the risk of virus transmission, Augustana's Reopening Task Force is asking members and friends who participate in these events to leave their contact information. There will be a sign-in sheet on each table. Please clearly write your name and contact information on this paper. This will enable us to contact you if needed, and it is also a good way to learn the names of people you are seated with! Thank you!





Health Ministry

Health Ministry Coffee Hour Sundays to resume

Your Health and Wellness Ministry Team will host coffee hour the first Sunday of each month beginning with February. Each month will feature a special health focus for that month. Coffee and tea time, 9–10:15 a.m. in Fellowship Hall, will include the following components:

1. Interesting treats served by the Health Ministry team along with take-home recipes
2. Blood pressure clinics with “Ask a Nurse” options
3. Educational resources focused on the monthly theme
4. Opportunities to get to know your Health Ministry team members and your Faith Community Nurse!

The goal is to provide support for our congregation on a healthy journey through 2022 by providing fun, interesting, and informative resources, and by creating meaningful connections with one another as we gather on Sundays for worship and faith formation.

Plan to stay after 8 a.m. worship, or come early before 10:30 a.m. worship.

February 6 will be the kickoff Health Ministry Sunday with a theme of Heart Health. Adult Forum on February will be in Fellowship Hall led by Sue Ann, your FCN, and the members of your Health Ministry Team. Come sample some heart-healthy treats. Look for a new theme each month and discover ways your Health Ministry team will introduce that month's health theme. Sneak Preview for March—think GREEN!



Health Ministry Team theme for February is Healthy Hearts

We invite you to join the American Heart Association (AHA) and the National Institute of Health (NIH) in observing American Heart Month. How?

- ♥ Wear RED day—February 4 is the national day to wear RED to work, school, in your neighborhood, or anywhere out in the community. Wearing RED on this day raises awareness about cardiovascular disease and brings greater attention to heart disease as the leading cause of death for Americans.
- ♥ Join us in Fellowship Hall on Sunday, February 6, for a combined Adult Forum and coffee hour to learn more about heart health, sample some heart healthy recipes, have your blood pressure checked, and more.
- ♥ Join an exercise group. Try Augustana Firm Believers or yoga classes. Call the office for more details about days and times these classes meet.
- ♥ Do you know your heart health status? Take the online quiz at this link:
<https://missionhealth.org/services-treatments/heart-care/heart-health-quiz/>
- ♥ Do you have questions regarding your cardiovascular health? Check out this link from an AARP discussion on how to promote heart health after age 50.
<https://www.aarp.org/health/healthy-living/info-2019/heart-cardio-guide.html>
- ♥ Check out the tip sheet “28 Days Towards a Healthy Heart,” and commit to trying some of these tips! This month is a great time to think about how you can reduce your risk for cardiovascular disease.

When we take care of our hearts as part of caring for the amazing body God created, we are practicing good stewardship of God’s gift as well as setting an example for those around us to do the same. If you have questions or concerns about your cardiovascular heart health, contact your PCP or feel free to contact our Faith Community Nurse, **Sue Ann** (glusenkamp@augustanadenver.org or 303-388-4678, ext. 106).

28 Days Toward a Healthy Heart

Try one of these tips each day for a month, then keep up the momentum and make your favorites part of your regular routine.

#OurHearts
are healthier together

Day 1

Call a friend and join the [#OurHearts](#) movement.



Day 2

Make a heart-healthy snack.



Day 3

Schedule your annual physical. Discuss your heart health goals with your doctor.



Day 5

Squat it out. Do 1 minute of squats...



Day 6

Make today a salt-free day. Use herbs for flavor instead of salt.



Day 7

Visit [Smokefree.gov](#) to take the first step to quitting smoking.



Day 8

Get your blood pressure checked.



Day 9

Walk an extra 15 minutes today.



Day 10

Aim for 30 minutes of physical activity today.



Day 11

Plan your menu for the week with [heart-healthy recipes](#).



Day 12

Reduce stress using [relaxation techniques](#).



Day 13

Give the elevator a day off and take the stairs.

Day 14

Protect your sweetheart's heart: Plan a heart-healthy date.



Day 15

Swap the sweets for a piece of fruit for dessert.



Day 16

Stress less. Practice mindful meditation for 10 minutes.

Day 17

Head to bed with enough time to get a full 7-8 hours of sleep.



Day 18

Add a stretch break to your calendar to increase your flexibility.



Day 19

Eat vegetarian for a day.



Day 20

Share a funny video or joke that makes you laugh.



Day 21

Dance for 15 minutes to your favorite music.



Day 22

Call a relative and ask about your family health history.



Day 23

March in place during commercial breaks to get your heart going.



Day 24

Get a tape measure and find out the size of your waist.



Day 25

Ask a family member or neighbor to join you for a walk.

Day 26

Fill half of your lunch and dinner plates with vegetables.



Day 27

See how many push-ups you can do in 1 minute.

Day 28

Pay it forward and tell a friend about [The Heart Truth](#)®.



National Heart, Lung, and Blood Institute



[nhi.bi.nih.gov/heartmonth](#)

Compassion and Action with Our Neighbors (CAN) Ministry

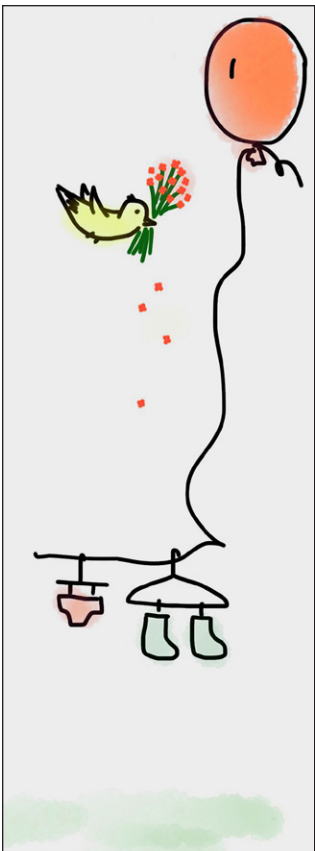
Human Dignity Delegates

The year is off to a busy start with the new Colorado legislative session beginning on January 12. Many of our HDD team attended Together Colorado's legislative kickoff that same day. After celebrating the 2021 accomplishments, we jumped into reviewing several priority bills for 2022 which focus on affordable housing, transforming justice, immigration, and climate justice. Hearing from senators and representatives on these bills, as well as moving testimonials from those directly impacted, drove home the importance of our engagement and support.



Please join us on Sunday, February 13, noon–1:30 p.m., for our next Augustana HDD meeting to discuss how we can help support these important pieces of legislation, as well as continuing our journey to better understand how systemic racism has impacted our laws and our world.

Feel free to contact **Beth Black** (comosh@aol.com) or **Katy Lunsford** (katy.p.lunsford@gmail.com) for more information on this ministry.



Get behind Undie Sunday!

Coming soon to an altar near you—diapers and pads and undies—OH MY! And new this year, Personal Care Kits for refugees too! Augustana's CAN Ministry will host its third annual Undie Sunday, February 6–27, accompanying people of all ages with their unseen needs in a visible way.

We are asking for donations of:

- Kid-sized underwear, diapers, and wipes for Foster Source
- Feminine hygiene pads or tampons for Ruby's Market for refugees (served by Lutheran Family Services) and George Washington High School's food pantry
- Personal Care Kit items or completed kits (see details in that section) for Lutheran World Relief

Items may be brought to the communion altar February 6–27. You may even order items online and have them delivered to: Attn: Undie Sunday, 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).



Help make or supply Personal Care Kits for Undie Sunday

What is a Personal Care Kit (PCK)?

Five items for personal care: **towel, bar of soap, comb, toothbrush, nail clipper**. See details at <https://lwr.org/kits/personal-care-kits/instructions>.

Who receives the PCK?

Lutheran World Relief (associated with ELCA World Hunger) distributes them to refugees who have fled their homes for safety or to families whose homes are destroyed by disasters. They flee with minimal items in their backpacks. In 2020, 72,000 PCKs were sent to people in 23 countries.

Why?

After fleeing their homes, they arrive in refugee camps scared, vulnerable, and dirty from travel. A PCK gives them a chance to restore their dignity by having these simple items for self care. PCKs remind them that they are not alone, as the gifts show God's love in a personal way.

What next?

During Undie Sunday in February, Augustana members and friends can assemble PCKs or donate any of the five items. There are boxes in Fellowship Hall and the narthex to put single items for PCK assembly. Assembled kits can be placed at the communion altars. Assembling PCKs is a great opportunity for friends and families with young children to become aware of the needs of others in the world and to share love by simply making a PCK.

Tips for buying and assembling PCKs:

1. Carefully follow the assembly guidelines!
2. If you purchase multi-pack toothbrushes, put the individual toothbrush in an envelope.
3. Buy **lightweight** towels in dark colors so they can dry quickly in the camps.
4. Do not add any other items or use any plastic bags.
5. If you prefer, you can support the shipping which is \$2.65 per item.
6. Assemble four items in the folded towel and secure with yarn, ribbon, or rubber bands.
7. Tips and Tricks for assembly: <https://www.youtube.com/watch?v=bbrsNn0j5D0>.

Farm Report 2021



Thank you, Augustana members and friends, for your Advent gifts to buy farms through the ELCA Good Gifts program. This year you contributed enough to purchase 15½ farms, and thanks to the diligence of Lisa, our wonderful finance administrator, we were able to access ELCA matching funds to purchase 10 more. That is a total of 25½ farms this year! Over the eight years we have been buying farms for the ELCA's World Hunger program, we have raised \$71,142 and provided 124½ farms, so families in need can have “forever food”—food they can produce to feed themselves and sell at market!



Computers for ChristAid project update

Thanks to everyone who participated in the 2021 “God’s work. Our hands.” Sunday “Computers for ChristAid” project. Through the amazing support of individuals giving from our congregation, the Augustana Foundation, and Compassion and Action with our Neighbor (CAN) Ministry, over \$15,000 was donated to ChristAid for 20 student computers and 10 teacher computers for their new secondary school.



Just after the New Year, we received an update from Bruce Van Dusseldorp, Executive Director for ChristAid, that the money had been sent and that local staff made the long journey to Kampala to purchase the machines! You can see in the photo that they are now sitting on the very tables from the photos we shared during the fund-raising project.

Schools are beginning to cautiously reopen in Uganda, and we are so excited and grateful that the computers we provided will be there for the students on Day 1.

A personal note of thanks from Bruce to Augustana:

Thank you for your contribution and partnership in the education of the children of Kicuna, Uganda. Your generosity is a powerful statement to the people of Uganda of the love of God reflected through you.

Sanctuary Soup Shelf update

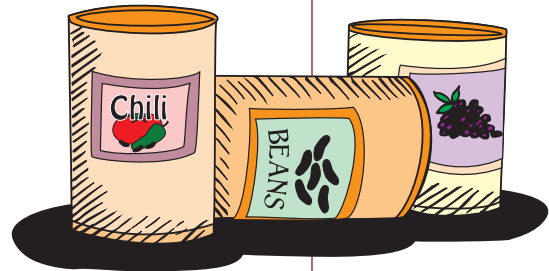
As one of the people who has tended the soup shelf for the past year, I would like to share a few observations. It is wonderful that Augustana members and our neighborhood continue to support this ministry that helps those who are unhoused and experiencing food insecurity. While stocking the shelf one day, a person came by to get a few items and said, “I know I won’t go hungry as I will always find something here.”

I have also observed what food moves quickly:

- Soup that is ready to eat when you open the can
- Dinty Moore Stew
- Chef Boyardee products
- Canned fruit
- Tuna and chicken

Thanks again for the support of all donations.

Jo Ann Wacker-Farrand



Compassion and Action with our Neighbors (CAN) Ministry

Sunday, March 6, noon–1:30 p.m., Rooms 1–3

CAN will be meeting in March to establish the focus for summer and fall and to review the progress of our ongoing initiatives. If you are unfamiliar with CAN, its ministry purpose is to lead the participation efforts of the congregation to benefit our local and global community—including children and their families—through partnerships with organizations especially focused on hunger, poverty, education, access to resources, immigration, creation care, criminal justice, and advocacy in public policy. All are welcome to join our next meeting and learn more about what we CAN do together.

AUGUSTANAARTS

“Music of the Vine—A French Excursion”

- Wine and Cheese paired to French music
- **Featuring Gossamer Winds** (Woodwind Quintet) and **Claude Robbins** (Wine Expert and President of the International Wine & Spirits Guild)
- Friday, February 11, 7 p.m. at Bethany Lutheran Church (4500 E. Hampden Ave., Cherry Hills Village)
- Tickets: \$35 person/\$60 couple; \$10 discount per couple (\$5/person) for Augustana and Bethany Lutheran Church members using code MOV10
- Masks required; proof of vaccination and ID verified. Must be 21+ to attend.

Experience the French region through a sophisticated collage of music, wine, and cheese. Well-known and barrier-breaking woodwind quintet, Gossamer Winds, will perform French classical and popular music and other Valentine’s Day selections. Distinguished wine expert, author, and educator Claude Robbins will share his expertise and enthusiasm for the fine art of wine and cheese pairing—an evening sure to set the mood for your Valentine’s weekend. Limited seating for safe distancing. A special date night and/or weekend getaway to France in the relaxing atmosphere of a picturesque “Cherry Hills Village” riviera (without the flight).



Claude Robbins

Stratus Chamber Orchestra Synergy of Stratus I: For the Love of Friends

with Guest Conductor Catherine Sailer

- Saturday, February 26, 7:30 p.m. at Augustana
- Tickets: \$25/adult, \$20/seniors, \$15/students (Augustana members receive \$10 off per ticket with code ALC10).
- Bring a friend who has never attended a Stratus concert before for only \$10 using code Friend410.
- Masks required at all times inside the building; vaccination/ID verification may be requested.

Join the Stratus Chamber Orchestra as they perform Austro-German classical and romantic works by master composers—Haydn, Brahms, Mendelssohn, and C. Schumann. Plus, Stephanie Shih-you Cheng, pianist, will perform the celebrated composition written and premiered by Clara Wieck Schumann, Robert’s wife, who was considered to be one of the great pianists of the day. Learn about the respected and very special relationships between all four composers as colleagues, family, and friends.

Reserve tickets for these events at AugustanaArts.org.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div> <div>6 Epiphany 5 Health Ministry Sunday Worship/Communion 8am 9am Faith Formation 9:15am Fellowship/Coffee 10:30amWorship/Communion 11:45am Sunday Lunch Noon Augustana Knitters 12:15pm Children and Youth Music Ministry*</div>	<div>7 9:45am Augustana Firm Believers</div>	<div>1 9am Library Committee 9:30amTuesday Morning Study 5:30pm Worship Committee 7pm Augustana Foundation 7:30pm Gifts Committee Young Adult Bible Study</div>	<div>2 Groundhog Day 9am Augustana Early Learning Center Chapel Augustana 9:45am Firm Believers Chancel Choir 7:15pm</div>	<div>3</div>	<div>4 9:45am Augustana Firm Believers Bulletin Assembly 11am</div>	<div>5</div>
		<div>8 9:30amTuesday Morning Study 7:30pm Augustana Foundation 7:30pm Young Adult Bible Study</div>	<div>9 9am 9:45am 7:15pm 7:30pm Mothers of Young Kids Book Study</div>	<div>10 10am The Tower deadline 2pm Sarah Circle 7pm Senior Ministry 7pm E4 Mental Health Ministry 7pm Men's Bible Study</div>	<div>11 9:45am Augustana Firm Believers Bulletin Assembly 11am 7:30pm Augustana Arts: "Music of the Vine –a French Excursion"</div>	<div>12</div>
		<div>15 9:30amTuesday Morning Study 7pm Congregation Council 7:30pm Young Adult Bible Study</div>	<div>16 9am 9:45am 7:15pm AELC Chapel Augustana Firm Believers Chancel Choir</div>	<div>17 6:30pm Women, Wine and Word</div>	<div>18 9:45am 11am Augustana Firm Believers Bulletin Assembly</div>	<div>19</div>
		<div>22 9:30amTuesday Morning Study 7pm Rachel Circle 7:30pm Young Adult Bible Study</div>	<div>23 9am 9:45am 7:15pm AELC Chapel Augustana Firm Believers Chancel Choir</div>	<div>24 7pm Men's Bible Study</div>	<div>25 9:45am 11am Augustana Firm Believers Bulletin Assembly</div>	<div>26 7:30pm Augustana Arts: Stratus Chamber Orchestra "Synergy of Stratus I: For the Love of Friends"</div>
		<div>28 7:30am 9:45am Footcare Clinic Augustana Firm Believers</div>				
<div>27 Transfiguration of Our Lord Worship/Communion 8am 9am Faith Formation 9:15am Fellowship/Coffee 10:30amWorship/Communion 11:45am Congregational Meeting 11:45am Sunday Lunch 12:15pm Children and Youth Music Ministry*</div>						
<div><div><div>Faith Formation</div><div><div>9am</div><div>Faith Formation (Infants–Grade 12)</div></div><div><div>9:15am</div><div>Adult Forum</div></div></div><div><div>*Children and Youth Music Ministry</div><div><div>12:15pm</div><div>Cherubs, Choristers</div></div><div><div>12:45pm</div><div>Cantabile</div></div></div></div>						

Faith Formation		*Children and Youth Music Ministry	
9am	Faith Formation (Infants-Grade 12)	12:15pm	Cherubs, Choristers
9:15am	Adult Forum	12:45pm	Cantabile

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FEBRUARY Birthdays

- 1** Frederick Jacobs
Craig Tamminga
- 2** Earl Gideon
Micah Levy
Tanner Levy
Maya Stone
Odgen Willoughby
- 3** Linda Crow
Randa Degerness
Alexander Tucker
- 4** Ron Glusenkamp
Patsy Miller
Kira Morgenthaler
- 5** Mike Bodendstedt
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
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).*