


**“There is no health without mental health.”**  
**–JR Kuo**



## May is Mental Health Awareness Month

**Sunday, May 7**

**Health Ministry Sunday with NAMI**  
(National Alliance for Mental Illness)

**Sunday, May 14**

**Coffee with JR**

**Saturday, May 20**

**Men & Mental Health Workshop**

**Sunday, May 21**

**Mental Health Awareness in Worship**

**details, page 8**

5000 E. Alameda Ave.  
Denver, CO 80246

# Augustana

LUTHERAN CHURCH

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Evangelical  
Lutheran Church  
in America

**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](#)

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

#### Congregation Council:

**President:** Lisa Boe-Sims  
**Vice President:** Michael Zumwalt  
**Secretary:** Karen Lambert  
**Treasurer:** Michael Gentes  
Betty Boyd                      Heather Nelson  
Janet Flesch                  Nancy Nyhus  
Jayme Howard                Inez Smith  
Heidi Johnson                Pr. Caitlin Trussell  
Max Johnson                  Karen Yeager  
Roger Lipker                  Finley Zumwalt

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- **William Crossen**, Finance Administrator
- **Christine Peters**, Accountant
- **Shanna VanderWel**, Director of Youth and Family Ministry
- **Andrew Peters**, Director 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
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- **Asmir Hodzic**, Building and Grounds Manager
- **Amaleah Buzzell**, Custodian
- **Ellen Kastens, Amy Tamminga, Erin Saboe Willoughby**, Wedding Coordinators
- **Kisanet Yohannes**, Interim Director, Augustana Early Learning Center

## Recently lifted up in prayer

### for hope and healing:

- Frank Bair
- Gail Bartels
- Helen Blanz
- Katrina Crook
- Marvin Crow
- Emmett Cruson
- Patsy Drager
- Kelly Evans
- John Flory
- Renee Gentes
- Dolly Lager
- Tim Libby
- Jennifer Kundak
- Evelyn and Mike Longbottom
- Amelia Matossian
- Steve McCartney
- Caryl Miller
- Val Miller
- Tammy Mohs
- Addy Olson
- Helma Sjodin
- Robb Stevenson
- Pastor Caitlin Trussell
- Bernie Wesloh
- Baby Wesloh

### for comfort and courage:

- Deborah Penn in the death of her brother, Paul Dalrymple
- Family and friends of Merrill Fie in his death
- Family and friends of Erwin Gebers in his death
- Glenna O'Neal in the death of her cousin, Rob Hamilton
- Marcia Olson in the death of her friend, Laura Phillips Lockwood
- Family and friends of Austin Lyle in his death
- Family and friends of Kirsten Peaslee in her death
- Family and friends of Jerry Peters in his death
- Family and friends of Harriet (Hattie) Post in her death
- Betty Boyd in the death of her friend, Kay Pride
- Chris Olson in the death of his biological mother, Bernette Sharp
- Family and friends of Dorothy Stenman in her death

## Thank you for the gifts!

### Augustana Early Learning Center

- in memory of Merrill Fie

### Augustana Foundation

- in memory of Joe and Ruby Gay

### Special Gifts

- in memory of Merrill Fie, Vera and Leonard Johnson, Courtney Pitkin, Jr., Philip and Mable Rothrock

# More on being the Church

**By our baptisms we each have a part to play in the church, for the church and for the world.**



I'm regularly amazed by the church being the church. To describe it, Martin Luther coined the phrase "the priesthood of all believers." This means that by our baptisms we each have a part

to play in the church, for the church and for the world. The Sunday after Easter, while leading worship, I asked people to stand for all the kinds of volunteering that happens in the church. The list is long, and I inevitably forgot a key bunch of volunteers at each worship service. Regardless, it takes all of us being the church together to be the church.

Whether staff or church member or pastor, we are the priesthood of all believers. I have felt this profoundly when I've recently called, texted, or visited for pastoral care. Checking in with folks to find out how they're doing and how we may best pray for them has inevitably turned back towards me to ask how I'm doing, or how's Rob, or how are the kids? This is really different for me and a new pivot that we're making with my diagnosis. While it's a change, it feels like an honest and kind one—humans being human together and being the church.

Being the church has always been our calling even as we await our Bridge Pastor and take steps

to form the Transition Team. Our ministries, basically all y'all, are holding events, are active in our worship life, and are accompanying ministry partners in the community in a variety of ways. I'm energized by the small and large ways we continue to be the church together which makes me holler an enthusiastic, "Alleluia and praise the sweet baby Jesus!" You can join me hollering out loud or quietly in your hearts—either way, we are the church.

Peace,  
Pastor Caitlin

**We always give thanks to God for all of you and mention you in our prayers, constantly remembering before our God and Father your work of faith and labor of love and steadfastness of hope in our Lord Jesus Christ.**

**1 Thessalonians 1:2-3**

I have begun chemo and immunotherapy for low grade follicular lymphoma.

More information may be found on my CaringBridge page: [www.caringbridge.org/visit/caitlinrussell](http://www.caringbridge.org/visit/caitlinrussell)

Please hold off on texts, calls, meals, or flowers for now. Thank you for your prayers for me and my family.

# Congregation Council

## Where Augustana is in the Transition Process

So much has happened at Augustana since I wrote the last article in mid-March. I thought it would be good to review the process of finding a new pastor and generally, just help you understand what is happening at Augustana.

### Phase One

There are four phases of the Transition Process. I will focus on phase one and two. Phase one begins when we are a rostered minister transition. Many of the steps in phase one we have already completed, which include receiving the letter of resignation, a Transition Coach is assigned, Bishop completes an exit interview and a blessing of transition for the pastor, and the congregation holds a farewell event for the pastor.

Our Transition Coach is Pr. Mandy, and she is a leader that works with several congregations on the transition process at the same time and is rarely at Augustana but supports us mostly by phone. She is our main connection to the bishop's office. In February, she attended our Council meeting and presented the steps in the process. At that time, we decided to hire a Bridge Pastor and Transition Consultant (instead of an Intentional Interim Pastor).

### Phase Two

At the time of this writing (April 13), we are working diligently to get a contract signed with the Transition Consultant who will work with the Transition Team (not yet formed, part of phase 2) and Council. The Council also interviewed two possible candidates as a Bridge Pastor early this week and we hope to make the final decision on that at our Council meeting on April 18. The Bridge Pastor is with a congregation for a short time and fulfills the role of a pastor working with Council and Pastor Caitlin to preach, visit congregants, perform weddings, funerals and just general tasks assigned to the pastors. Once Council decides on

who the Bridge Pastor will be, the Synod's office would issue a Letter of Call to the pastor we chose.

Phase two also includes the forming of the Transition Team with the help of the Congregation Council and Transition Consultant. The Transition Team is just what it sounds like, a group of Congregation leaders that work with the congregation on the Self-Study process and compiles a Ministry Site Profile (MSP) to help determine the kind of skills that would be helpful in the next Pastor.

Please continue to watch Augustana's ePistle and Sunday bulletins for updates including phase three and the forming of the Call Committee.

Thank you,

**Lisa Boe-Sims**

Congregation President





## Thank you for these additional gifts for Augustana's Easter Garden!

- in memory of Grandma GG/great grandma given by Andrew and Carter Cox
- in memory of Bill and Amy Klein given by the Kastens family
- in honor of Ross, Lauren, and Quincey given by Mom and Dad
- in honor of Drew, Casey and Tate given by Mom and Dad
- in honor of Pastor Caitlin and Family given by Jamie and Ellen Kastens
- in honor of The Funeral Reception Committee given by Ellen Kastens
- in memory of Tommy given by The Kastens Family
- in memory of Herb and Lorna Schilleriff given by Sharon Schillereff
- in memory of Steve Schillereff given by Sharon Schillereff
- in memory of Gerald New Deer Nailor given by the Vierow Family
- in honor of our fathers given by Bob and Beth Black
- in honor of Our children given by Bob and Beth Black
- in honor of Margaret A. given by Bob and Beth Black
- in memory of Mom Swenson given by Bob and Beth Black
- in memory of Mom Sweetser given by Bob and Beth Black
- in memory of Norm Aarestad given by Bob and Beth Black
- in memory of Philip Friedrichs given by Sue Ann and Ron Glusenkamp

# PENTECOST

Worship at Augustana on Pentecost Sunday, May 28, at 8 a.m. and 10:30 a.m. New members will be received, the color of the day is red with red geraniums in the Pentecost Garden. Wear red and come and worship!

## Pentecost Garden

Sponsor a red geranium for the Pentecost Garden in honor or in memory of a loved one, or in thanks to God. Any amount is welcome. Write legibly on the form below, make checks payable to Augustana, and place them in the offering plate or bring them to Augustana's office by Wednesday, May 24.

### Easier online form!

A new-and-improved online donation form is now available on our website ([https://www.augustanadenver.org/festival\\_gifts/](https://www.augustanadenver.org/festival_gifts/))!

After Pentecost, geraniums will be planted on Augustana's grounds. Thanks!

### Pentecost Garden - please print or type

In memory of \_\_\_\_\_

Given by \_\_\_\_\_

In honor of \_\_\_\_\_

Given by \_\_\_\_\_

Contact name \_\_\_\_\_

Phone \_\_\_\_\_

Enclosed \$ \_\_\_\_\_



## Music Ministry

### Thanks to all our musicians and support volunteers!

Numerous people give their time and talents for worship and music at Augustana. Without these people, worship would be dull and lifeless. Below are the people who helped make music and worship possible this season.

#### **Cherub Choir**

Eden Cockrell  
River Cockrell  
Grace Crook  
Lilly Crook  
Lillian Epperson  
Jasper Frank  
Scarlett Lomax  
Arlo VanderWel  
Cora VanderWel  
Stanley Warren  
Fifi Yohannes

#### **Choristers**

Elise Earhart  
Iris Epperson  
Ginny Kusek  
Amelia Matossian

William Reinert  
Caroline Stratton  
Hattie Warren

#### **Cantabile**

Griffin Brown  
Robert Brown  
Nichole Graham  
Isabelle Howard  
Max Johnson  
Lydia King  
Finley Zumwalt

#### **Chancel Choir**

John Bengston  
Kay Bengston  
Lisa Bickle  
Sarah Bjornebo

Ruth Connors  
Rhonda Crossen  
Larry Edwards  
Sonja Engebretson  
Mary Elizabeth Enmann  
Lana Farrington  
Elizabeth Frank  
Sarah Graham  
Angela Howard  
Duane Howell  
Dan Howard  
Isabelle Howard  
Amber Ivanova  
Gail Jacobs  
Greg Johnson  
Janis Johnson  
Max Johnson

Amy King  
Lydia King  
Sean-Casey King  
Sheryl Kamicar  
Michelle Mendoza  
Pam Midboe  
Tammy Mohs  
Kent Mueller  
Emily Murdock  
Blake Nawa`a  
Alayna Nelson  
Marcia Olson  
LyNette Rasmussen  
Leslie Remmert Soich  
David Robb  
Ken Sandlian  
Sharon Schillereff  
Shaun Stubblefield

Callan Tharnish  
Art Van Dyck  
Lynn Veit  
Jeanette Vyduna  
Jim Vyduna  
Keith Williamson  
Judy White  
Sandy Wong  
Julie Zavala  
Finley Zumwalt  
Michael Zumwalt

#### **Augustana Singers**

Margaret Aarestad  
Betty Boyd  
Jeff Boe  
Lisa Boe-Sims

Lisa Bickle  
Rhonda Crossen  
Emmett Cruson  
Katherine Cruson  
Linda Daniel  
Lana Farrington  
Lynn Friesen  
Gwen Hagebak  
Jean Gall  
Sue Ann Glusenkamp  
A.J. Levy  
Joyce Mahn  
Tamra Mohs  
Glenna O'Neal  
Christine Peters  
Don Troike

### **Recorder Ensemble**

Jasper Frank  
Amelia Matossian  
Cora VanderWel  
Hattie Warren  
Fifi Yohannes

### **Chapel Ringers**

Elise Earhart  
Jack Kusek  
Ginny Kusek  
Caroline Stratton

### **Chancel Handbells**

Brynn Aarestad  
Griffin Brown  
Robert Brown  
Lydia King  
Jack Kusek  
Annika Theiss  
Carola Theiss  
Isabella Wolfe  
Finley Zumwalt

### **Augustana Ringers**

Lisa Bickle  
Katherine Cruson  
Lilia Grigorian  
Blythe Karstadt  
Kent Mueller  
Marcia Olson

Sharon Schillereff  
Pam Uyemura  
Rachel Uyemura  
Paul Whitehurst  
Keith Williamson  
Finley Zumwalt

Tim Garrington, accompanist  
Angela Howard, Choristers  
and Cantabile director  
Christelle Menth, accompanist  
Kent Mueller, assistant  
Augustana Ringers director  
Marcia Olson, Cherub Choir  
director  
Kevin Padworski, Chancel  
Choir director  
Sharon Schillereff, Recorders  
Ensemble director  
Emily Murdock, Blake  
Nawa`a, Leslie Remmert  
Soich, Keith Williamson,  
Augustana Vocal Ensemble

Not included above  
are the youth and  
adult worship  
instrumentalists and  
volunteer cantors for  
the Wednesday night  
Lent services and Good  
Friday noon worship.

In addition, there are  
several people who  
help behind the scenes.  
I am grateful to:

### **Choral Music Librarians**

Rhonda Crossen  
Lana Farrington  
Elizabeth Frank  
Lynn Tyler

Kent Mueller - help with  
administrative tasks and  
the arranger of several bell  
parts on congregational  
hymns

Christine Peters - help with  
music equipment moving  
and miscellaneous tasks  
as needed

When you see one of  
these people, please  
thank them for their  
contribution to the life  
of Augustana. I know  
that I am grateful for all  
of the gifts these people  
share with this church  
during the year.

Grace and peace,  
**Andy**





## Health Ministry

### May is Mental Health Awareness Month



**There is no health without mental health.**

**—JR Kuo**

Unfortunately, due to cultural stigma, mental health is still often unspoken in our society. Study after study has shown that the ability to talk about mental health issues can tremendously decrease an individual's stress level and improve the overall quality of life.

You are invited to several opportunities during the month of May sponsored by Health Ministry and our E4 Mental Health Ministry Team.

### Health Ministry Sunday with NAMI

**Sunday, May 7, 9:15–10:15 a.m. Coffee Hour, Fellowship Hall**

Come hear speakers from **NAMI (National Alliance for Mental Illness)** share their personal stories and their involvement with NAMI, and receive recommended resources for support and nurturing of mental health and wellness for individuals and families.

Speakers from NAMI are **Rabbi Sandra Cohen**, NAMI Colorado Board member and **Babu Mathew**, President of NAMI Colorado Board of Directors.

Rabbi Sandra Cohen is involved in mental health outreach in the Jewish Community nationally. She speaks openly about her personal journey with mental illness and applies that profound experience to her work. Her primary goal is to support and educate spiritual communities. She is a determined advocate for those with mental illness and their families.

Babu George Mathew has served on NAMI Colorado Board of Directors since 2018 and as President from January 2020. Babu grew up in India, moving to the USA in 1994. His lived experience as a family peer for over a decade has given him the calling to be a passionate mental health advocate. He is a certified teacher for the NAMI Family-to-Family program and program leader for the NAMI Family and Friends. Babu has also led a Refugee Mentoring Project from his church in collaboration with Lutheran Family Services and the Denver Rescue Mission.

### Coffee with JR during Adult Forum

**Sunday, May 14, 9:15–10:15 a.m. in the Anna Paulson Room—bring that special woman to a breakfast learning event!**

Come for a breakfast buffet and hear JR speak about his personal and professional story of mental health and wellness. Yep, it is Mother's Day! Give a special hour of your time as a gift to a beloved woman in your life, and bring her to breakfast to enjoy this compelling Adult Forum!



### Who Is Jr?

Nope, not the JR from the old Dallas TV series! **JR**

**Kuo** is a national speaker, trainer, and coach that inspires people to make positive changes in their life. He is also the founder of CoffeeWithJR (<http://coffeewithjr.com/>), a company that specializes in providing culturally competent mental health and diversity/inclusion trainings. JR has over 10 years of experience in professional speaking. He has trained college students and professionals on mental health at over 50 universities and dozens of organizations across the country. JR also teaches at the University of Colorado at Boulder and Denver on leadership, cultural competency, and mental health.



JR was our excellent instructor for the Mental Health First Aid course here at Augustana in May of 2022. Health Ministry Team and E4 bring JR back to share his expertise with all of you!

Please save this date and plan to attend a riveting hour in the Anna Paulson Room.

RSVP encouraged for breakfast count. Call Augustana's office to reply (303-388- 4678).

**Register now!**

## Men & Mental Health Workshop

**Saturday, May 20, 9–11:30 a.m. , Anna Paulson Room**

**JR Kuo** returns with a workshop especially designed for MEN and Mental Health. Due to a long history of male-dominated traditions and mindsets, men experience and face both self and social stigma about showing their emotions or talking about their feelings. Men with mental health challenges are less likely to seek treatment and support. According to the CDC, men are more likely to die by suicide than women.

The capacity to recognize signs and symptoms of mental health challenges within oneself can be healing and therapeutic. In addition, the ability to see different signs and symptoms can guide you in providing practical and even lifesaving mental health support to people (men) that you care about. In this workshop men will learn how to equip themselves with various mental health tools that normalize mental health conversations among men, to further improve overall wellbeing, and utilize these tools to provide practical support to other men.

Men only are invited to attend and bring along other men friends or family members. Contact Faith Community Nurse **Sue Ann** (303-388-4678 or [glusenkamp@augustanadenver.org](mailto:glusenkamp@augustanadenver.org)) with any questions, and please contact Augustana's office or Sue Ann to register.

## Mental Health Awareness in Worship

**Sunday, May 21, 8 a.m. and 10:30 a.m.**

Join us in both worship services as we focus on Ascension Day and Mental Health Awareness.

Worship will include a special prayer litany for individuals and families whose lives have been touched by mental health challenges. Our E4 Mental Health Ministry Team will hand out a "Mental Health First Aid Kit" to all attending worship this day. What is that? Please join us to discover and receive encouragement for your own or a loved one's mental health.



## 60+

### 60+ Hiking Group

Spring is here and summer is coming! Time to get out and enjoy God's creation! We have two events planned for May: an easy walk/hike and a more rigorous hike. The first is a dual event. We will meet for a pleasant walk at Great Lawn Park in Lowry followed by a planning meeting at Augustana for hikes in the months of June, July, August and September. We need your ideas! The second will be a hike at Staunton State Park. Here is the basic information. Details will be in upcoming publications.

#### Great Lawn Park in Lowry

Leader: **Jim Dierker**

Date: Wednesday, May 10

Rating: Easy, paved path, no elevation gain

Meet at Augustana's south parking lot at 9 a.m. to car pool

Return to Augustana for an 11:30 a.m. meeting in the Ammerman Library.

#### Staunton State Park

Leaders: **Karen Kah** and **Karen Lambert**

Date: Tuesday, May 23

Rating: Davis Ponds Trail—2 miles, Easy, dirt path, 80 foot elevation gain, OR

Staunton Ranch Trail—3.1 miles, Moderate, dirt path, 900 foot elevation gain

Meet at Augustana's south parking lot at 9 a.m. to car pool

If you are on our email list, an update will be sent with details. If not, contact **Don Troike** ([don.troike@gmail.com](mailto:don.troike@gmail.com)). Our hikes are open to all ages.



**It's not too soon to get your ducks in a row**



## **Are YOUR Ducks in a ROW?**

Stay tuned for a series of classes coming this fall offered by Augustana members and community experts in the following topics:

- Tax Laws
- Estate Planning
- Advance Directives
- Living Wills
- Trusts

**The winter is past.  
The flowers appear  
on the earth;  
the time of singing  
has come.**

*Song of Solomon 2:11-12*

**You are invited**

to our next

**BLESS the YEARS**

**Wednesday, May 24, 11 a.m.**  
**Worship with Holy Communion**  
in Augustana's sanctuary

Special Music at Worship

Be our guests at a catered lunch by Jimmy's Cafe  
in Fellowship Hall after worship

Hope you can join us!

**RSVP to Augustana's office (303-388-4678)**  
**by Wednesday, May 17**

Hosts with transportation provided upon request

Cosponsored by 60+ and Health Ministries

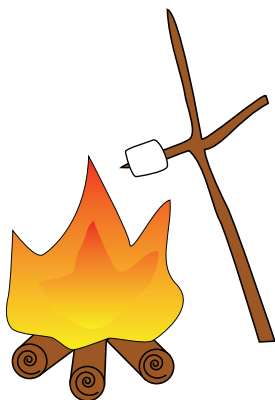
**Augustana**  
LUTHERAN CHURCH

# Children, Youth, and Family

## Thank a Faith Formation leader!

A shout out and huge thanks to all participants and leaders who helped make Faith Formation happen this year, especially to: GIFT Leaders: **Alayna Nelson, Julie Shellhorn, Amy Tamminga, Nancy Nyhus, Carol Troike and Heather Nelson;** Confirmation Leaders: **Holly Massie, Katy Lunsford, and Michael Gentes;** Breakfast Club: **Katrina Tamminga.**

We will miss our regular Sunday mornings, but don't worry—we will be back in the fall! Mark your calendars for September 17, 2023, as the start date of fall Faith Formation.



## S'more Fun & Worship returns on June and July Wednesdays

Augustana hosts a camp-style worship including s'mores, Wednesdays June 7, 14, 21, 28 and July 12, 19, and 26, 6:30 p.m. in Quist Park. This event is all-age friendly. You are invited to come early for fellowship and/or stay after. You may want to bring a picnic supper, camp chair or blanket to sit on, and a water bottle. We will have outside balls, the gaga pit to enjoy, and some other outside activities.

If you would like to help plan these worship events, please connect with **Shanna** ([shanna@augustanadenver.org](mailto:shanna@augustanadenver.org) or 303-388-4678 ext. 107).



## Montgomery Trading Cards now available

If you are looking to support the youth attending the Montgomery trip, consider purchasing a trading card or a complete set! Printed trading cards are available on Sundays from Shanna. Suggested donation is \$5 per card. Donations can also be made [online through our website](#). You will find some fun facts about those attending, and remember to keep all of them in your prayers as they make a pilgrimage to Montgomery.

## Summer nursery schedule

Augustana's nursery will be staffed each Sunday through May 28. Augustana's nursery staff will be on hiatus during June and July, but, along with the Caring Corner, the nursery will be available for children accompanied by an adult who may need a quiet place. Staffed nursery care will be available again beginning August 6.





## Support Vacation Bible School counselors!

Augustana hosts Vacation Bible School, Monday, July 10–Thursday, July 13 at Augustana. We host counselors from Sky Ranch Lutheran Camp who also help lead the children during the week. We are looking for volunteers to host the counselors in your home, provide lunches, and to provide dinners for their time here.

If you would like to learn more or sign up, please contact **Shanna** ([shanna@augustanadenver.org](mailto:shanna@augustanadenver.org) or 303-388-4678 ext. 107).

## Study and Fellowship

### Adult Forum on Sundays

Sundays, 9:15 a.m.

- **May 7:** In lieu of Adult Forum, join Health Ministry at Coffee Hour in Fellowship Hall for Mental Health Awareness/Mental Health Sunday.
- **May 14:** Coffee with **JR Kuo**, Mental Health Specialist. Come for a breakfast brunch buffet in the Anna Paulson Room with JR speaking on Mental Health and Wellness. JR was the Mental Health First Aid Instructor at Augustana last May. Read more at [coffeewithjr.com](http://coffeewithjr.com).

### Book Group

Join us on Tuesday, May 16 at 2 p.m. in the Youth Room to discuss *Sigh, Gone* by Phuc Tran.

“In 1975, during the fall of Saigon, Phuc Tran immigrates to America along with his family. By sheer chance they land in Carlisle, Pennsylvania, a small town where the Trans struggle to assimilate into their new life. In this coming-of-age memoir told through the themes of great books such as *The Metamorphosis*, *The Scarlet Letter*, *The Iliad*, and more, Tran navigates the push and pull of finding and accepting himself despite the challenges of immigration, feelings of isolation, and teenage rebellion, all while attempting to meet the rigid expectations set by his immigrant parents. For anyone who has ever felt like they don’t belong, *Sigh, Gone* shares an irreverent, funny, and moving tale of displacement and assimilation woven together with poignant themes from beloved works of classic literature” (Amazon).

For more information, contact **Ellen Kastens** (303-475-7877 or [ekkastens@gmail.com](mailto:ekkastens@gmail.com)) or **Helen Lozynsky** (303-782-5387).

# Augustana Foundation



## A Successful 2022

The Foundation completed its celebration of its 50th Anniversary with a gala celebration in November. Overall, in 2022 the Foundation received over \$80,000 in donations: Gifts related to the gala were \$21,000; \$8,000 in annual gifts and memorials from individual donors, and a special anonymous gift of \$50,000. Adding these new gifts will further strengthen the Foundation's carefully invested assets and will increase the amount of interest income available each year for grantmaking.

The Foundation distributed \$164,250 in grants in 2022, with 42% of funds (\$58,750) awarded to support Augustana Lutheran Church programs and 58% of funds (\$106,500) awarded to a wide variety of other ministries and organizations serving church members and the community.

## Off to a Good Start in 2023

Market conditions in 2022 led to a lower market value for Foundation funds at year end, thereby reducing the earned revenue available for grantmaking in 2023, as the Foundation's guidelines require preservation of the principal or corpus (the sum of all donated funds since inception of the fund in 1971).

First quarter 2023 grants of \$32,700 were awarded as follows:

- **Augustana Arts** to support the Music Encounters program which provides music lessons to children in need in the metro area
- **Augustana Lutheran Church Capital Improvement Fund** to support building capital improvements
- **Lutheran Family Services – Rocky Mountains** to support the 75th Anniversary Gala fundraising event
- **Rocky Mountain Synod ELCA's Better Together: Next Faithful Step campaign**
- **Restoration Outreach Program** – a summer program for 150 youth including educational opportunities and food programs
- **Metro Caring** to provide general operating support for the organization
- **Nicaragua Project** – funds for feeding preschool children at ANNIFU in Somoto, Nicaragua
- **Sidewalk Poets** to provide creative writing and arts workshops to underserved communities



## Friday, October 20, 2023

The Foundation is making plans for a social gathering in Fellowship Hall on Friday evening, October 20. Initial thoughts are to create an event for community members to socialize (and perhaps do a little fundraising to continue to grow the Foundation for the future!). This event will be smaller in scope than last year's gala, but more than a coffee hour gathering.

Please join this committee and help make this event a reality. Contact **Denise Sanderson** ([denisesanderson105@gmail.com](mailto:denisesanderson105@gmail.com)) to volunteer.

# Compassion and Action with Our Neighbors Ministry



## Thanks for Easter Baskets for Warren Village and First Step

Thanks to the generosity of 44 Augustana households, Augustana friends, and Sarah Circle, as well as two Thrivent Action Team grants of \$250 each, **115 King Soopers gift cards and 410 cans of green beans, peaches and pears were donated to Warren Village and First Step families for Easter.** Warren Village and First Step are residential facilities which provide housing, job skills and support for low-income, single-parent families, usually for a two-year period. Visit the [Warren Village website](#) for additional information, including volunteer opportunities as well as donation opportunities. Augustana Lutheran Church has supported Warren Village through twice-yearly food baskets/donations for over 30 years!

## Dear Augustana,

On behalf of our resident and alumni families, staff and Board of Trustees, thanks to you and everyone at Augustana Lutheran Church for the generous donation of the 115 \$40 King Soopers gift cards and \$500 worth of groceries to stock the food pantry. Gifts like these are a much-needed resource that

allow us to provide essential services for single-parent families working to create change and empower themselves. By partnering with caring community members like you, Warren Village is able to offer life-changing, “2-Gen” programming to parents and children like Entennzia and her daughters.

When Entennzia and her daughters arrived in Denver, they had only what would fit in their suitcases, and no community to lean on as they started over. Warren Village became the community they needed, providing security, safety and a helping hand. “They have everything covered so you’re able to focus and build your future,” says Entennzia. “All they ask is for you to be willing to go through the process, and be nurtured and guided.” At Warren Village, Entennzia doesn’t have to worry about where she and her daughters will sleep, or how to balance school, work and being a mother. Her Family Advocate, Stacy, helps her set goals and stay focused as she works to achieve them.

While Entennzia works as a phlebotomist and takes classes in health administration and business, Warren Village cares for her two girls. Her 14-year-old daughter attends Kids Club after school. The Learning Center picks up her 7-year-old daughter after school so she can participate in Warren Village’s after-care program. Both are growing into independent and brave young women. For Entennzia, this support makes all the difference. “When I look at myself, I see a homeowner. I see a business graduate. I see a mom with kids graduating high school and going on to college. I see someone who will give back.”

Gratefully,

**Shardai Perry-Miller**

Community Engagement Coordinator





## Caring for Creation

# Augustana celebrates Earth Day by going green

Our Holy Days this time of year in the Northern Hemisphere are replete with images of the returning of Life after winter's Death, the gathering of the community after huddling closer to our own hearths. Even the moveable feasts of Seder, Good Friday and Easter are based on the moon phase in relation to the Vernal Equinox.

May some of the prayers we create during this holy time reflect our deep connectedness to Earth-Life/Spirit-Life/Common-Life . . . the blooming of crocuses and hyacinth . . . the swelling leaf-buds on winter's skeletal branches . . . the sap rising . . . dwelling within Eternal Time as the spring days more insistently take over from winter's toll. Let us be part of liberating our imaginations to work for justice, community, and Creation; to celebrate resurrection and Spirit-Life, and serve that Life in all the places it emerges. **Rev Janel Aps-Ramsey**, Together Colorado, inspired our desire to care for God's Creation, and Augustana celebrated Earth Day by "going green." Thanks to tremendous

support from congregational leadership and Colorado Compost, on Sunday, April 23 we rolled out our congregational efforts to better reflect our "connectedness to Earth-Life/Spirit-Life/Common-Life."

### New waste-sorting bins

As of April 23, you will find additional recycling bins and new compost receptacles, with hopes of reducing our volume of trash. Please follow the signs carefully as we learn together best practices in this effort. **Zach Price**, Compost Colorado, has been a tremendous help in getting us up and running. But as he said to the organizing committee, it is a learning experience, and we'll learn and adjust as we go to become better and better at this mission effort. Team member **Jack Vitha** was another wealth of resource as he shared with us during Sunday Forum in the Anna Paulson Room April 23. And sincere thanks to each and every one at Augustana as we embrace this important move with joy, improving as we go.



For those of us who live in Denver, and some other municipalities, we received the unfortunate news that A-1 recycling who collects for the city, will only collect yard and food waste now. But because of Augustana's relationship with Colorado Compost, who will come to collect from the church, we can bring compostables from home that we have become accustomed to composting (paper towels, pizza boxes, and the like). Once we are fully up and running, an access code will be made available to those who sign up enabling us to bring home-compost to the bins at the church. You can also contract with them directly to have them come to your home for pick up. Stay tuned for more information on this, but it is such good news that, right when the city restricts composting, Augustana can provide an opportunity to create new compost that can replenish our soil and this Earth we call home.

**Please check out these web sites for further information on our partners:**

- <https://www.compost-colorado.com>
- <https://ecocycle.org>

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## Human Dignity Delegates

Please join us on May 21 for the last session before a brief break for the summer! On the legislation agenda we'll discuss the results of the Denver mayoral forum and legislative bill updates. The learning opportunities around racism will continue as we complete our planning for the summer book discussion of *I'm Still Here* by Austin Channing Brown, and movie viewing of the documentary "13th." For additional information, 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)).



## Thanks for your support for the Sanctuary Soup Shelf!

We thank everyone who has brought cans for the Sanctuary Soup Shelf. These cans of food are indeed a simple action to support those who are food insecure or marginalized. Food inflation has impacted the number of people facing food insecurity. We are committed to continue keeping food on these shelves.

Therefore, we encourage you to support the shelf with **soups, pastas, chili, tuna or chicken, and fruit**. Consider purchasing extra cans when you shop for food. Leave the cans on the shelves inside in the narthex food sanctuary area, not outside. Also, if you own Thrivent financial products, you are eligible for a \$250 grant which can be used for purchasing food. Thanks for your continued support of this ministry.

**Jean Gall**

# Volunteer and fundraising support Habitat for Humanity of Metro Denver/Holy Hammers



Holy Hammers is a coalition of Lutheran churches in the Metro Denver area with members who donate their time to fundraise and participate in the construction of affordable housing.

There are some great opportunities coming up to be involved with Habitat for Humanity this year. Please consider signing up or at least marking your calendars.

## Holy Hammers Hustle for Humanity

Saturday, May 6, 9 a.m.

To help raise funds for affordable housing sponsorship, we have a fun, annual activity for the whole family to enjoy. This is a Fun Walk (about 5k, or to your liking).

- **Location:** Cottonwood Park – West (8830 Apache Plume Drive, Parker, CO 80134)
- **Starting/meetup point:** West playground Pavilion in the park
- **Signup:** <https://runsignup.com/Race/CO/Parker/HolyHammersHustleforHumanity>
- **Cost:** \$25 - adult, less for youth

We will have some drinks, snacks, t-shirts, and some wood studs to sign that will be included in a Habitat home.

## Site Build, Home Repair, and Production Shop Volunteer Opportunities

Holy Hammers and HFHMD continue to partner to build single-family homes in Denver. Whether they are helping to build the townhomes at the Miller Street site, a home repair at 1420 South King Court, or painting in the Production Shop, it's always a time of blessing to work alongside other volunteers. We have slots available starting in May as detailed below. If you are interested in volunteering, please sign up online at least two weeks in advance of each date (<http://holyhammers.denver.volunteerhub.com/>).

- 10 spots on Friday, May 26, 9 a.m.—4:30 p.m. at 1420 S. King Ct., a home repair site
- 10 spots on Friday, June 9, 7:50 a.m.–3:30 p.m. at the New Construction site, Miller Street
- 10 spots on Saturday, June 24, 7:50 a.m.–3:30 p.m. at the New Construction site, Miller Street
- 7 spots on Saturday, July 15, 8 a.m.–3 p.m. at the Production Shop
- 10 spots on Saturday, August 19, 7:50 a.m.–3:30 p.m. at the New Construction site, Miller Street

The minimum ages for the Production Shop and working at a building, or home repair site, are 14 and 16, respectively, and this is a great way for our youth to get credit for community activities that can help with applying to colleges and for jobs. All levels of talent are welcome, and we receive instructions for everything we are asked to do, always working under supervision. In addition, we are not expected to perform tasks we do not feel comfortable doing.

If you would like additional information on how to get involved, please contact **Michael Zumwalt** (303-907-6305 or [michaelczumwalt@gmail.com](mailto:michaelczumwalt@gmail.com)).

## AUGUSTANAARTS

### Colorado Saints Chorale

#### A Joyful Journey!

Saturday, May 6, 7 p.m. at Augustana

Fans, friends, family and alumni are invited to join us for a concert celebrating the Chorale's joyful, 40-year journey. The songs have been selected by current and former directors who will each conduct their choices. This is sure to be a memorable evening, and we hope you'll join us in celebrating 40 joyful years!

Information: [coloradosaintschorale.org](http://coloradosaintschorale.org). This a free event, and no tickets are needed.

## The Colorado Chorale

### A Better World

Saturday, May 13, 3 p.m. at Augustana

Join the Colorado Chorale for yet another unforgettable evening of music as we present our final concert of the 2022–2023 season featuring two incredible works: Haydn's *Little Organ Mass* and John Corigliano's *Fern Hill*. Throughout the evening, the Colorado Chorale will showcase their exceptional musicianship and artistry, bringing to life two masterful works that are sure to delight audiences of all ages. So come and experience the power of music and poetry, as the Colorado Chorale takes you on a journey through the depths of human emotion.

Tickets: [coloradochorale.org](http://coloradochorale.org)

## Central City Opera

### Opera TEAser at Augustana Arts

Sunday, May 21, 3 p.m., at Augustana

Optional tea, 4 p.m.



Get a preview of the season at this concert featuring excerpts from the 2023 Festival with performances from members of our Touring Artist roster.

Join us at the Central City Opera

TEAser on National Tea Day at Augustana Arts. Selections from the 2023 Summer Festival will be performed by CCO Touring Artists, followed by an optional tea party with sweets.

- Adults: \$25/concert, \$40/concert and tea
- Students: \$15/concert, \$25/concert and tea
- Children: free concert, \$5/concert and tea

Tickets: <https://centralcityopera.org/>

5000 E. Alameda Ave.  
Denver, CO 80246



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- 1** EJ Amrhein  
Orson Devol
- 2** Darryl Farrington  
William Mahoney  
Daniel Morgan  
DJ Zerr
- 3** Kari Degerness  
Lee Reinhart
- 4** Yuki Trautmann
- 5** Kari Blanchard  
Marcus Landberg  
John Richardson  
Andrew Woodward
- 6** Oz Bakkemo  
Colleen Porterfield  
Fred Scott

- 7** Morgan Levy  
Annie Nessa  
Judith Peters  
Karen Rhea
- 8** Sofia Arnold  
Greg Hempelman
- 9** Abigail Beswick  
Josephine Cockrell
- 10** Mary Beth Brown
- 11** Carol Garrington
- 12**
- 13** Connie Tripp  
Drew Wolfe
- 14** Trevor Boodt
- 15** Karen Aarestad  
Joan Lee
- 16** Evie Garrington  
Marti Neumann  
Kay Price
- 17** Kim Kouba  
Carly Miller  
Monica Nedler  
Linda Sanders

- 18** Karen Kah  
Causha Withey
- 19**
- 20** Brooks Berguin  
Chase Cowne
- 21** Renee Bernhard  
Maggie Friesen  
Judy Larson  
Rachel Uyemura
- 22** Rylin Fisher  
Gavin Granbery  
Mendy Motes  
Diane Wichert
- 23** Elise Earhart  
Mackenzie Flesch  
Jean Garvey
- 24** Melanie Backes  
Ted Kouba  
Ronald Stember
- 25** Jake Jansen  
Linda Pihlak  
Earl Pilloud

- 26** Paul Whitehurst
- 27**
- 28** Karen Bassford  
Timothy Edstrom  
Seta Olson
- 29** Jayme Howard  
Karen Johnson
- 30** Margaret Ellerbruch  
Christelle Menth

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





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
	<b>1</b> 9:45am Augustana Firm Believers	<b>2</b> 7pm Augustana Foundation Grantmaking Committee 730pm Young Adult Bible Study	<b>3</b> 9am Augustana Early Learning Center Chapel 9:45am Augustana Firm Believers 6pm Augustana Ringers 7:15pm Chancel Choir	<b>4</b>	5 9:45am Augustana Firm Believers 11am Bulletin Assembly	<b>6</b> 9am 7pm Retreat: Breaditation <b>Augustana Arts:</b> Colorado Saints Chorale A Joyful Journey!				
<b>7</b> <b>Easter 5</b> <b>Health Ministry Sunday</b> <b>Mental Health Awareness Day</b> 8am <b>Worship/Communion</b> 9:15am Adult Forum 9:15am Discover Augustana Class 10:30am <b>Worship/Communion</b> Noon Augustana Knitters Noon Welcome Connection 3pm <b>Memorial Service:</b> Kirsten Peaslee <i>See Children and Youth Music Ministry below</i>	<b>8</b> 9:45am Augustana Firm Believers	<b>9</b> 6pm Children, Youth, & Family Ministry 7pm Augustana Foundation	<b>10</b> 9am Augustana Early Learning Center Chapel 9:45am Augustana Firm Believers 6pm Augustana Ringers 7:15pm Chancel Choir	<b>11</b> The Tower deadline 10am Sarah Circle 2pmSenior Ministry Committee 7pm E4 Mental Health 7pm Men's Bible Study	<b>12</b> 9:45am Augustana Firm Believers 11am Bulletin Assembly	<b>13</b> 7pm <b>Augustana Arts:</b> The Colorado Chorale "A Better World"				
<b>14</b> <b>Easter 6</b> <b>Mother's Day</b> <b>Worship/Communion</b> 8am Cherubs 9am Choristers 9am Chancel Handbells 9:15am Adult Forum 9:15am Health Ministry Team 10:30am <b>Worship/Communion</b>	<b>15</b> 9:45am Augustana Firm Believers	<b>16</b> 2pm Book Group 5:30pm Worship Committee 6:30pm Congregation Council 7:30pm Young Adult Bible Study	<b>17</b> 9am Augustana Early Learning Center Chapel 9:45am Augustana Firm Believers 6pm Augustana Ringers 7:15pm Chancel Choir	<b>18</b>	<b>19</b> 9:45am Augustana Firm Believers 10:30am <b>Memorial Service:</b> Merril Fie 11am Bulletin Assembly	<b>20</b> 9am Men and Mental Health Workshop				
<b>21</b> <b>Easter 7</b> <b>Mental Health Awareness</b> <b>Worship/Communion</b> 8am Augustana Ringers 9am Health Ministry 10:30am <b>Worship/Communion</b> Noon Children and Youth Music Ministry Banquet NoonHuman Dignity Delegates 3pm <b>Augustana Arts:</b> Central City Opera Opera TEAser	<b>22</b> 7:30am Foot Care Clinic 9:45am Augustana Firm Believers	<b>23</b> 1pm The Tower Assembly 7pm Rachel Circle	<b>24</b> 9am Augustana Early Learning Center Chapel 9:45am Augustana Firm Believers 11am Bless the Years 6:30pm Alzheimer's Support Group 6pm Chancel Choir and Handbells Ministry Celebration Potluck	<b>25</b> 3pm Augustana Early Learning Center Graduation 7pm Men's Bible Study	<b>26</b> 9:45am Augustana Firm Believers 11am Bulletin Assembly	<b>27</b>				
<b>28</b> <b>Day of Pentecost</b> <b>Worship/Communion</b> 8am 10:30am <b>Worship/Communion</b> 11:30amMusic Staff Luncheon	<b>29</b> <b>Memorial Day</b>	<b>30</b>	<b>31</b> 9:45am Augustana Firm Believers	<div>Children and Youth Music Ministry</div> <table><tr><td>9am</td><td>Cherubs   Choristers   Chancel Handbells</td></tr><tr><td>Noon</td><td>Cantabile</td></tr></table>			9am	Cherubs   Choristers   Chancel Handbells	Noon	Cantabile
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Noon	Cantabile									