



## Montgomery, Alabama 🌸 June 5–9, 2023



Clockwise from top left: Michael Zumwalt, Betty Boyd, Finley Zumwalt, Sue Ann Glusenkamp, Lyn Goodrum, Herman Godfrey, Susan Aarup, Pastor Barbara Berry-Bailey, Katy Lunsford, Lisa Boe-Sims, Max Johnson, Jo Ann Wacker-Farrand, Will Smith, Jack Kusek, Alayna Nelson, Shanna VanderWel.

In June, twelve adults and four youth traveled to Montgomery, Alabama, for a service and learning trip led by **Barbara Berry-Bailey**, pastor of St. Paul's Lutheran Church, and Augustana's Deacon **Shanna VanderWel**. Sites visited included the Legacy Museum, the Memorial for Peace and Justice, the Rosa Parks Museum, the Edmund

Pettus Bridge in Selma, and the Tuskegee Airmen National Historic Site.

Read some of their reflections and see additional photos beginning on [page 6](#), and mark your calendars for an in-person presentation with snacks and media on Sunday, August 6, 9:15 a.m., in the Anna Paulson Room.



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](#)

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

Thursday, July 13, 4:30 p.m. is the deadline for the August 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

## Staff:

- **Caitlin Trussell**, Pastor
- **Gail Mundt**, Bridge Pastor
- **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
- **Emily Friesen**, Livestream Technician
- **Craig Tamminga**, Facility Manager
- **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

## Rejoice with

- Carter and Andrew Cox, sons of Brian and Ellen Cox, in their baptism
- Quincey Tate Kastens, daughter of Ross and Lauren, and granddaughter of Jamie and Ellen, in her baptism

## Thank you for the gifts!

### Senior Ministry

- in memory of Tom Levy

### Special Gifts

- in memory of Merrill Fie, Lorraine Lau, Tom Levy, Alan Morast

## “Thanks, Augustana!”

Thank you to Sue Ann for the communion visit and the really pretty prayer shawl made by Kirsten Jensen.

### Chickie Bakkemo

## Prayer Chain Update

We're closing the prayer request gmail address. Please call Augustana's office (303-388-4678) or email Pastor Caitlin with Prayer Chain requests ([pastor.caitlin.trussell@gmail.com](mailto:pastor.caitlin.trussell@gmail.com)). Let Pastor Caitlin know if you'd like to be added to the Prayer Chain to receive these emails.

Augustana's Prayer Chain email is sent weekly on Mondays to anyone who would like to pray over it, to staff, and to Congregation Council. The chain is for longer term prayer requests while Sunday worship prayers are urgent and time sensitive.



## Recently lifted up in prayer

### for hope and healing:

- Brian Adams
- Carol Archer
- John Babiak
- Janice Bassford
- Doug Boyd
- Rex Carter
- Julie Churchill
- Wally Duchow
- Zach Francis
- Ron Glusenkamp
- Maddie Lamphere
- Robert Larson
- Erica Lengyal
- Shanta Moses
- Kyle Oleson
- Marilyn Stember

### for comfort and courage:

- Julie Churchill, Erin Brown, and Megan Churchill in the death of husband and father Mike Churchill
- Angela Alexis in the death of her daughter, Novia Alexis Davis
- Morgan, Micah, and Tanner Levy in the death of their father, Tom Levy
- Family and friends of Val Miller in her death
- Dane Vierow in the death of his friend, Naomi Moses

# President of the Congregation

## Vibrant ministry at Augustana

We are well into the summer, and there has been an excitement and visible renewed commitment at Augustana. Parishioners have shown their support and commitment to the church in so many ways. I loved seeing so many of you in the courtyard



helping to clean up the campus on Sunday, June 11, and we were blessed with no rain! That was some serious teamwork! Grounds Clean-up Day would be a great ministry to share together every year! That saves money in our budget! Thanks to all who came out to help with that important work.

I appreciate everyone who stops me and asks about the progress of our Transition and asks questions about how things are going! We are building community and a renewed sense of who we are by sharing ministries together through participating in the one-on-one or small group roundtable talks with members of the Transition Team and Pastor Dominic. Thank you to the Transition Team members: **Alayna Nelson, Don Troike, Erin Saboe, Janet Flesch, Jordan Ourada, Nick Massie, and Tim Libby.**

There are so many great ways people are supporting our congregation! We have a wide range of successful ministries for which to volunteer because of all the interest from our congregation and everyone supporting Augustana in a way that works for them. Whether it is with Worship and Music, Faith Formation, Health Ministry with E4 Mental Health, CAN (Compassion and action with our Neighbors) with Human Dignity Delegates, Property Committee, Altar Guild, Welcome Connection, Augustana Foundation, Livestream, 60+ Ministry, Stewardship, and the Augustana

**We have a wide range of successful ministries for which to volunteer because of all the interest from our congregation and everyone supporting Augustana in a way that works for them.**

Early Learning Center, find a way to volunteer that speaks to your heart. Then there are those who help with the garden to provide food for the SAME Café (So All May Eat), and don't forget the beekeepers and their Holy Hill Honey! New ministries are forming each year, like Kids in the Courtyard! Everyone also supports Augustana in providing vital financial support for our church and in praying for our community's ability to share our message with the world and make a difference.

We are blessed to have so many vibrant ministries because of those who want to help Augustana make a difference. We can all spread the word of the good work that Augustana shepherds out in our community, near and far. You make a difference at Augustana, and I am grateful for your ministries!

**Lisa Boe-Sims**

President of the Congregation

# Real Things are Food for the Soul



As I write this, I've just finished my fourth cycle of chemo. I am now two-thirds of the way through treatment with two more cycles to go. The 9-week CT scan shows a significant reduction

in the lymphoma, and my oncologist says that it will be gone. His certainty is very encouraging, and, for my part, I've settled on cautious optimism. Oncologists tend to be very direct about what chemo can and can't do, and I trust mine to be honest as well. It's been quite a road since mid-March and there's more to go towards healing with my last chemo later in July. My gratitude for your prayers and encouragement knows no bounds. Thank you.

Also as I write this, Pastor Gail has begun her work as our Bridge Pastor. Working with her already makes a difference. She has preached on Sundays and at S'mores on Wednesdays, made urgent pastoral visits, and leads staff meetings. We've discussed other on-boarding priorities, and she's making those happen. I'm grateful for her faith and her collegiality.

My pastoral work has been a lot about holding the main things steady including working with Augustana's staff who have been diligent in their work and accommodating of my treatment realities. Gratitude abounds for the recent baptisms and those yet to come on July 2 and 9 at 10:30 a.m. worship. Plan to attend worship and be inspired by their joy. Meeting with the families and baptizing the children is a boost to my spirit. Funerals also continue, and I can't express how grateful I am for being able to lead some of them and for my retired colleagues in the pews who have led others. Things

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get real when meeting with families and planning for the celebration of their loved one's life while hearing God's promises in the midst of grief and suffering. And if there's anything that's food for my soul right now it's moments that are real.

Your prayers, encouragement, and cards uplift my days and remind me that the love and connection of church is also real. I felt it most recently on Weed and Mulch Sunday while walking around and taking pictures of those who were able to be there. The smiles and solidarity tending to the church grounds while connecting with me and each other was quite something. I hope you find similar moments to uplift your spirit and remind you of God's love.

Peace, **Pastor Caitlin**

For updates and reflections in real time, you're welcome to check out Pastor Caitlin's Caring Bridge page: [www.caringbridge.org/visit/caitlinrussell](http://www.caringbridge.org/visit/caitlinrussell).

Please hold off on texts, calls, meals, or flowers for now. Your prayers and cards mailed to the church are most welcome!



# Change, courage, and prayer

*For everything there is a season and a time for every matter under heaven.*

*Ecclesiastes 3:1*

I am honored to join you in this season of transition as we work together in God's ministry at Augustana (and beyond)! Transition or interim ministry is my calling and passion as we explore the past, evaluate the present, and look with hope and innovation for the future.



The idea of transition and change can be both exciting and scary. Sydney J. Harris, an American columnist wrote, "Our dilemma is that we hate change and love it at the same time; what we really want is for things to remain

the same but get better." Simultaneously, I laugh and nod in agreement with this statement. We mostly like the familiar but also yearn for "new and improved."

Each of us experience transition and change. Children and youth, students of all ages, change classes and schools until they graduate. Most people change jobs and careers several times in their lives. We move from place to place for various reasons and seasons, which means we make new friends, find a new church home, discover stores, restaurants and parks.

Transitions can bring anxiety, disruptions and even pain to our lives. They are also opportunities for growth and new community. During S'mores worship, I shared the verse from Joshua 1:9. Joshua was chosen by God to be the successor to Moses (after his death). Joshua may have felt overwhelmed by the task of moving the Israelites to the Promised Land. God challenged and reassured Joshua with these words: "Have I not commanded

**"We hate change and love it at the same time; what we really want is for things to remain the same but get better."**

you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

God promised that Joshua was not on his own, that God would be ever-present. And the same is true for us today. Our strength and courage come through the presence of the Holy. We at Augustana are not required to do this on our own! We have the presence of the Holy Spirit and the community of Christ-followers to support, encourage, and lift up one another.

Augustana Lutheran has had a lot of change in the last few years—riding out the pandemic along with the world and most recently, having the retirement of your lead pastor and supporting Pastor Caitlin with her diagnosis and subsequent chemotherapy. From my albeit brief viewpoint, Augustana continues to be faithful in loving God and loving God's people.

During this season of transition, I ask that we intentionally pray for one another, Augustana leaders, and staff. I encourage you to worship regularly with the community of Augustana, in person or online. And as I shared in my first sermon, invite others to participate with you in the life of Augustana's community. There are many and various ways to serve, worship and have fun—together, we are better!

Blessings to you and yours,

**Pastor Gail**

[pastorgail@augustanadenver.org](mailto:pastorgail@augustanadenver.org)



## Montgomery, Alabama 🌸 June 5–9, 2023

### How has your faith intersected your life this week? Where have you seen the Holy?

It was important that the Selma March started in a church and was led by people of faith and courage. The faith of the enslaved people in God was what kept them going. My faith tells me that all of us are created in God's image and should be treated as we would want to be treated.

**Betty Boyd**

### What are you excited to tell others about your time seeing the civil rights sites?

How I felt after visiting all the sights, similar to how I felt after visiting the Holocaust Museum in DC. Shocked, appalled, dismayed, disturbed, and determined to treat God's people with love and mercy and to stand up for human rights. Humbled by my ignorance of so much of this history and realizing I need to



Clockwise: Max Johnson, Will Smith, Jack Kusek, Finley Zumwalt, Shanna VanderWel, Alayna Nelson



Rosa Parks Museum





Freedom Riders Museum, Katy Lunsford foreground

claim history as part of my history as well.

**Sue Ann Glusenkamp**

**What are you excited to tell others about your time seeing the civil rights sites?**

I'm excited to tell others about the information that they don't teach us in school. As someone who is still in high school and already learned about slavery in history class, I realize just how much we didn't cover. Just how much there was to it, and the insight was eye opening.

**Finley Zumwalt**



Lisa Boe Sims, Michael Zumwalt, Pastor Barbara, Jo Ann Wacker-Farrand, and Betty Boyd enjoy a game of Cardline Animals.

**What are you excited to tell others about your time seeing the civil rights sites?**

I think I'm excited to share about the emotions felt throughout this trip. From the celebrations at the end of the Rosa Parks and Freedom Rider's Museums to the utter heartbreak of the Legacy museum and the Peace and Justice Memorial, I hope to be able to accurately and clearly describe all emotions experienced.

**Alayna Nelson**



**What is one thing you learned on this pilgrimage?**

That people bent laws with no justification to do what they want.

**Jack Kusek**

**What is one thing you learned on this pilgrimage?**

That the civil rights movement was still going on during my lifetime. I thought most of it had taken place before I was born (1963), but the Equal Rights Voting Acts was signed in 1965 which then enforced the 15th amendment which had been ratified 95 years earlier. It was amazing to me that even when I was born, not everyone could vote in some southern states due to literacy tests, poll taxes, and other bureaucratic obstacles.

**Lyn Goodrum**

**Cross Gen Trips**

I think this trip was a great trip to meet new people and create friendships, and I'm excited for the next cross gen trip in the future.

**Max Johnson**



Members of the group at the Memorial for Peace and Justice



Sculpture at Memorial for Peace and Justice. People who modeled for this art were relatives of those killed by lynching.





Memorial for Peace and Justice, Lyn Goodrum

It is in these moments when we stop segregating the ages into peer groups that which seems impossible happens—conversations flow, relationships blossom and the spirit moves. I am thankful for these times of community, games, meals and faith sharing that remind us the church is living and active.

**Shanna VanderWel**



Max Johnson, Jack Kusek, Will Smith, Katy Lunsford, Alayna Nelson



Sculpture at the Legacy Museum



# Craig Tamminga hired as Facility Manager



We are pleased to announce that **Craig Tamminga** has accepted the Facility Manager position at Augustana, replacing Garry Garcia who left our organization in February. Craig is a familiar face at Augustana having been

a member for 41 years. During that period, he has served on the Congregational Council, as Council President, as an usher, and as an active member of the Property Committee. He has also been a member of Holy Hammers, served as a Sunday School teacher and assisted with Youth Ministry.

Craig is a Denver native and has an extensive (40+ years) background in construction, including owning his own construction company. He has a bachelors degree from the University of Northern Colorado. He and his wife Amy have three children and seven grandchildren, many of whom are members at Augustana.

Because of his long association with the Church and the Property Committee, Craig has an intimate knowledge of many of the significant project elements and building systems that will need to be addressed in the relatively near term as we undertake the affordable housing project, the replacement of chillers, air handling units and other aging pieces of our building infrastructure and move to comply with the Energize Denver standards for large buildings. Please welcome Craig to the staff.

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## Sincere thanks from the Property Committee

On Sunday, June 11, about 50 members responded to an invitation from the Property Committee, changed into casual clothes, donned hats and gloves, and took up shovels, hoes, rakes, clippers and other yard-work paraphernalia to clean up the gardens and other areas outside of the church building. By the time we were done, we had spread 30 yards of mulch, filled 12 compost containers as well as our Waste Management trash bin, and, later on, a trailer with about another 5 yards of compostable material. In the process, nobody was injured, we got to know each other a little bit better, we enjoyed a simple lunch of sandwiches and chips, and we improved the appearance of the property in a way that few of us who work on the Property Committee could have imagined. The good Lord cooperated by giving us a nice cool day and by delaying the rain until 2:30 p.m., about 15 minutes after we were done. Thank you to all who participated; you really made a difference.



Ron Stember and Seki Hodzic scoop up leaves



We hope to be able to do this again in the fall and then regularly thereafter. It had been quite some time since we had undertaken anything like this; however, regular maintenance will make ongoing efforts easier and will allow us to accomplish even more with the same number of people helping. Thank you for providing us with this opportunity and for your service to our church and the community.

**William P. Crossen**  
Finance Administrator



▲ Jack Kusek spreads mulch

◀ Heather and Alayna Nelson helped out with Grounds Clean-up Day

▼ Nancy Nyhus points toward Don Troike as he prunes







From Habitat for Humanity: Katie Bonomo, Real Estate Development Project Manager, Kory Whitaker, Director of Real Estate, John Hall, Chief Operating Officer

From Augustana: Bill Crossen, Finance Administrator, Darryl Farrington, and (not pictured) Craig Tamminga, Facility Manager

## Dakota Properties—Affordable Housing is Coming

On Thursday, June 15, **Darryl Farrington, Craig Tamminga and Bill Crossen** met with members of the Habitat for Humanity staff and Land Title Guarantee Company to execute the Dakota Land Lease and the Development Agreement that were approved by the congregation in February 2021. This step probably could have been completed some time ago but was done now because the City of Denver is in the final stages of approving Habitat's plans to develop the property, which is right at the base of the hill where Fairfax intersects with Dakota Street.

Upon receiving final approval from the city, we will be in a position to begin site preparation for the eight townhomes/four units to be constructed. Habitat presently expects that work to begin at the end of the summer (late August or September). It will consist of modifying the drainage system in Quist Park, relocating the Faery Garden used by the Augustana Early Learning Center, and extending water and sewer lines and sidewalks adjacent to the property. That will be followed in December by

infrastructure work that will include constructing the foundations, stubbing in water and sewers and pouring the driveways. Beginning in May 2024, we expect to start vertical construction—framing, siding and all of the exciting things that go into making a slab of concrete into a home—an affordable home thanks to the land lease agreement between Augustana and Habitat.

Prior to the onset of construction, Habitat will develop a construction management plan to address traffic, parking, and other elements of the project. Once that plan is approved by the city, we will share it with the congregation as well as our neighbors so that we all have an idea of what to expect. Prior to the site development phase, probably in late August, we will have a blessing of the site to formally acknowledge what we are doing and to ask God to bless our efforts.

**Craig Tamminga** is in charge of this project. If you have specific questions or need further information, please reach out to him ([tamminga@augustanadenver.org](mailto:tamminga@augustanadenver.org)).



# Music Ministry

## Spotlighting Augustana's handbells

Augustana Lutheran Church is fortunate to have a large set of handbells made by the Malmark Handbell Company of Pennsylvania. This past season three choirs used these bells in rehearsal and worship at Augustana. In May, members of the Augustana Ringers polished all 61 bells in the church's set. Their work helped clean off the dirt and grime that had accumulated on the bells over the past season.

This July we will have Summer Bells. This group will rehearse three Sundays in July and then play the prelude in 10:30 worship on July 30. Rehearsals will be Sundays, July 16, 23, and 30, 9–9:30 am. If you are interested in playing, please let me know ([peters@augustanadenver.org](mailto:peters@augustanadenver.org)) no later than



Sunday, July 9. I will need to select music based on how many are interested in playing.

### Calling all flutists!

Looking ahead to August, **Kirsten Daniel** has offered to organize a flute choir to play for 10:30 a.m. worship on August 27. This group is open to any person with prior flute experience. If you are able to play two octaves of any major scale, she can find an appropriate part for your skill level. If you are interested

in playing with this choir, please contact Kirsten ([wiseakr1@gmail.com](mailto:wiseakr1@gmail.com)).

I'd like to thank everyone who has been singing in Summer Choir. This choir continues each Sunday in July. I hope to see you in worship soon.

Grace and peace,  
**Andy**

▼ Keith Williamson, Rachel Uyemura



▲ Bell polishers Pam Uyemura, Lilia Grigorian, Paul Whitehurst, Finley Zumwalt







## Children, Youth, Family

### Kids in the Courtyard on summer Sundays

In July and August, kids and youth of all ages are invited to gather in Augustana's courtyard, Sundays, 9:45–10:15 a.m. Enjoy snacks, socialize, and play games as we continue to connect throughout the summer. Parents can stay or drop off their kids. (Parents, maybe while your kids play, you can sing with the Summer Choir on July Sundays!)

### S'more Fun & Worship

S'more Fun & Worship continues Wednesdays, July 12, 19, and 26 in the Courtyard with supper starting at 5:45 p.m. and worship at 6:30 p.m. On July 12 our time together will include our Vacation Bible School kids as special guests sharing some music with us at worship.

### Back to School Blessing

Teachers and students of all ages and stages are invited for a back-to-school blessing at both worship services, Sunday, August 13. Kids are invited to bring their backpacks!

### Hear more about the Montgomery trip

You are invited to the recap presentation of the cross gen pilgrimage to Montgomery, Alabama, Sunday, August 6, 9:15–10:15 a.m. in the Anna Paulson Room. We will provide goodies, share a video presentation, and invite your questions about our time.

### ELCA National Youth Gathering

All 8th–12th graders are invited to save the date for July 14–20, 2024. We are heading to New Orleans, Louisiana, for the ELCA National Youth Gathering and two days of hurricane relief work. This gathering happens every three summers, and it is a time of fellowship, worship and service. The deadline for registration is September 15, 2023.





## Study and Fellowship

### 60+ Hiking Group

#### Roxborough SP Hike

**Date:** Wednesday, July 12

**Location:** Roxborough State Park, Fountain Valley Loop Trail

**Rating:** Easy, wide path

**Elevation gain:** 344 ft.

**Meet up for car pooling:** South church parking lot, 8 a.m.; leave by 8:15 a.m.

**Leader:** Kathi Schmidt

Email or call/text if going or would like more information ([don.troike@gmail.com](mailto:don.troike@gmail.com) or 937-725-5338).

The Fountain Valley Loop Trail is 2.6 miles with an elevation gain of 344 ft. It begins at the Visitor Center and there are two overlooks on the route. The park is noted for its beautiful rock formations. Since it is July and there is little to no shade, starting early is best as is carrying water and wearing a hat and sunscreen.

It's a state park so there's an entry fee per vehicle. Kathi has a state pass and can take seven in her car. There's a Mexican restaurant not far from there if we're interested in lunch afterwards. Remember, you do not have to be 60+ to join the hike. And, let us know if you are planning to go, so we do not leave anyone behind.

## Augustana and Thrivent team up for special summer Forum class

Sunday, August 13, 9:15–10:15 a.m.,  
Anna Paulson Room

Augustana and Thrivent have entered into a partnership agreement that we hope will improve the financial health of the church and its members. Among other things, it anticipates a series of learning opportunities which will be presented between services as part of the Adult Forum. Please join us on the following dates to discuss the topics indicated.

- **August 13: Estate Planning**

**Greg Bickle**, Thrivent Financial Representative, will present a conversation about the principles of Estate Planning as part of the Augustana Thrivent Partnership.

- **October 15: Charitable Giving-**

**Greg Bickle**, Thrivent Financial Representative, will present a conversation on Planned Charitable Giving strategies as part of the Augustana Thrivent Partnership.



## Are Your DUCKS in a Row?

Or have they scattered? Do you know what documents you need?

Stay tuned for a series of classes coming this fall. Mark your calendars for Sunday, October 1, 8, 15, 22 for education and assistance from content experts on these topics:

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

Further details to follow. Start gathering your questions and/or documents for review and counsel.

## Health Ministry



### Congratulations to Bode!

Augustana member **Vicki Hildner** and her beautiful 5-year-old golden retriever **Bode**, paid a visit to our Bless the Years luncheon on May 24. Bode recently received his official dog therapy certification from the Alliance of Therapy Dogs (ATD). Congrats to both Vicki and Bode, who has also started the process to be approved as a therapy dog at Denver International Airport. Vicki and Bode are available for dog therapy visits. If you know of a home-centered Augustana member or a child, teen, or adult who is recovering from surgery or an illness or feeling loneliness or isolation and would enjoy the benefits of a dog therapy visit, please notify Faith Community Nurse **Sue Ann** ([glusenkamp@augustanadenver.org](mailto:glusenkamp@augustanadenver.org)) or Volunteer Coordinator **Julie MacDougall** ([julie@augustanadenver.org](mailto:julie@augustanadenver.org) or 303-388-4678). They will work on making your referral a reality! We are most grateful to add Bode and Vicki to our Care Team ministry.

### CPR Training Class Interest

Augustana's Health Ministry Team is seeking those who may be interested in participating in a CPR/AED training class to be held at Augustana.

**Cardiopulmonary resuscitation (CPR)** is an emergency procedure that can help save a person's life if their breathing or heart stops. About 350,000 cardiac arrests happen outside of hospitals each year—and about 7 in 10 of those happen at home. Unfortunately, about half of the people who experience cardiac arrests at home don't get the help they need from bystanders before an



ambulance arrives. CPR can help improve those odds. If it is performed in the first few minutes of cardiac arrest, CPR can double or triple a person's chance of survival.

Would you be interested in obtaining this valuable skill? Do you know that Augustana has an AED

located just outside the sanctuary? Would you know how to use it if needed? Please reach out to **Inez Smith** (303-877-2049 or [lersmi@comcast.net](mailto:lersmi@comcast.net)) from the HMT if you would be interested in participating in a CPR/AED training class held at Augustana. More details to follow pending level of interest.



# Understanding Your Grief

## Bereavement Support Group

**"I learned a tremendous amount about the grieving and mourning process during our time together. What I learned has helped me through a difficult time of grieving."**

**Augustana Grief Group Participant**

Saying goodbye to a loved one is never easy. You are invited to join this group and learn ten essential touchstones for finding hope and healing your heart. We will use the curriculum written by Dr. Alan D. Wolfelt of the Center for Loss and Transition in Fort Collins, Colorado (<https://www.centerforloss.com/>).

- Sundays, noon–1:30 p.m.
- Ten Sessions starting Sunday, September 24 through Sunday, December 3, 2023
- Facilitators: **Brian Bernhard**, past grief group participant, and **Sue Ann Glusenkamp**, FCN
- Cost: 90 minutes each Sunday and \$30 to cover books
- Scholarships are available
- Registration required by Sunday, September 17
- Limited group size to first ten registrants
- Each participant will receive two books to guide the journey
- To register, contact **Sue Ann** ([glusenkamp@augustanadenver.org](mailto:glusenkamp@augustanadenver.org) or 303-388-4678)

### Comments from past participants:

*"This group has helped me get through a very difficult time. Sharing my thoughts and feelings and listening to others sometimes gave me a new perspective on a variety of situations. I felt supported by the group and this experience has given me the courage to go forward and to trust that I am going to be okay."*

*"Grief can feel very lonely and it helped to be with others experiencing similar things."*

*"The group helped normalize many of the emotions I was feeling and helped me to see that I am not crazy. It was helpful to hear others expressing their grief and to know I was not alone."*

Join Sue Ann and Brian after 10:30 a.m. worship and lunch in Fellowship Hall. We will gather in the Augustana library. If you are in need of a Zoom connection with the group, that will also be available as required for any illness or travel needs.

Contact Faith Community Nurse **Sue Ann**, with any questions or concerns, 303-388-4678 ext. 106.



## 60+ Ministry

Save the date!



**Augustana**  
LUTHERAN CHURCH

**Be our guest!  
You are invited!**

### **60+ Barbecue Lunch**

**Thursday, August 17, 2023**

**11:30 a.m. | Fellowship Hall**

Catered lunch by Jimmy's Cafe

Oldies-but-Goodies Sing-a-long

(Request your favorite oldie when you RSVP!)

Opening devotions by

**Don Troike**, 60+ Team member

RSVP to Augustana's office

(303-388-4678 or [info@augustanadenver.org](mailto:info@augustanadenver.org))

by Wednesday, August 9, 2023

*Please note that there is  
no worship service at this event.*

Cosponsored by 60+ Ministry and Health Ministry

## Compassion and Action with Our Neighbors

### Human Dignity Delegates

It's been a busy year thus far for the HDD team as we continued advocating for justice in the Colorado legislation and encouraged Denver voters in the recent mayoral election. The HDD team is taking a summer break, but activities are still planned!

Please join us on Sunday, July 9 after 10:30 a.m. worship as we experience the Sand Creek Massacre exhibit at the History Colorado Center (1200 Broadway, Denver). The Sand Creek Massacre was the deadliest day in Colorado's history, and this

exhibit tells the story through the perspectives of the Cheyenne and Arapaho tribes. Join us as we continue our journey in becoming more aware of racial injustice.

Learning opportunities around racism continue with our summer reading of the book *I'm Still Here* by Austin Channing Brown. Watch Augustana's publications for fall discussion opportunities.

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)).



## Summer of Service continues!

Augustana's Compassion and Action with Our Neighbor Ministry invites your participation in a Summer of Service (SOS). Between June 1 and September 10, 2023, CAN Ministry asks you to track and submit your volunteer hours outside of Augustana. In the fall, these service hours will be totaled and celebrated in a special recognition during worship.

Record and share your volunteer hours and in-kind donations on the Sunday worship slip, or scan the code to submit your hours online.



## Add to your Summer of Service hours by volunteering with Habitat for Humanity

*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.*

Holy Hammers and HFHMD continue to partner to build single-family homes in Denver. And whether they are helping to build the townhomes at the Miller St. site, a home repair at 1420 S King Ct., or painting in the Production Shop, it's always a time of blessing in working alongside other volunteers. A couple slots are still available this July. To volunteer, please sign up online at <http://holyhammers.denver.volunteerhub.com/>.

- 2 spots on Saturday, July 15 at the Production Shop, 8 a.m.–3 p.m. Register by July 1!



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 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. And we are not expected to do anything we don't feel comfortable in performing.

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)).





## Backpacks for Foster and Refugee Students

Once again, Sarah Circle and CAN Ministry are sponsoring providing filled backpacks for foster children and refugee children through Lutheran Family Services. More information will be provided in the weekly ePistles, so watch for details!

## Composting report card!

We have been composting for a few months now. We continue to decrease our carbon footprint and better care for God's Creation with everyone's help.

Because of Grounds Clean-Up Day, everyone can be proud that we composted more than twice what we do weekly, and that brings us to:



**2,450 lbs. diverted!**

This is the total weight that has been collected from us so far.



**16 seedlings planted!**

Composting has a huge impact on the environment. From a greenhouse gas equivalency standpoint, our composting efforts are equivalent to 16 urban trees seedlings grown for 10 years.



**2,430 miles offset!**

Our composting efforts are equivalent to not driving 2,430 miles. Whoa.



**110 gallons of gas!**

The number of gallons of gasoline offset by diverting food scraps from the landfill.

### Help keep our compost clean

This is terrific! However, it is important to note that every week the Compost Team is having to manually go through the church compost and routinely remove plastic bottles (not compost), plastic coffee stirrers (not compost), miscellaneous plastic, chip bags, non-compostable coffee cups, yogurt containers, snackable plastic containers, drink cans—you get the idea. This is not a sustainable solution to keep contaminants out, but without this effort, Augustana would have paid hundreds of dollars in fines by this time. We all share in the responsibility of giving Compost Colorado (the company we are working with) clean, uncontaminated compostable material. Augustana can only continue to compost if everyone gets on board.

Therefore, we all need to be mindful to follow the guidelines posted on our recycling and compost bins.



## As a reminder . . .

### Things we can compost:

- Food waste
- cardboard from pizza boxes
- tableware specifically labeled BPI certified compostable
- napkins and paper towels
- plants
- yard waste

### Things we cannot compost:

- Any plastic including tableware NOT labeled compostable
- metal
- chip bags
- plastic coffee stirrers
- yogurt cups
- drink or puree food pouches
- Styrofoam
- items marked “biodegradable”
- fabrics
- glass
- pet or human waste
- tea bags unless specifically marked as compostable

### “If in doubt, throw it out.”

Remember, if you aren’t sure, throw it in the Trash/Landfill bin. Or, “If in doubt, throw it out.” It is much safer to do this than to contaminate our compost. Thank you to everyone for making this effort. It takes a little effort to get this right, but each and every one of us is important to making it work!

You can contact one of our Composting Team with any questions:

**Katy Lunsford** ([katy.p.lunsford@gmail.com](mailto:katy.p.lunsford@gmail.com)), **Robin Hoffman** ([rhoffmania@me.com](mailto:rhoffmania@me.com)), **Paul Frank** ([pauldfrank@yahoo.com](mailto:pauldfrank@yahoo.com)), and later this summer **Bonita Bock**.

## Welcome Connection

### Worship attendance is up

The Connection welcomed the news that besides the recent 13 new members, Augustana continues to have new visitors and returning visitors.

Worship attendance, live and livestream, is up 11% from 2022. To date, 2023 giving is up from the latest budget projection, and the church is seeing increased giving from livestream worshipers both locally and from out of state.

### Outdoor improvements

The exterior improvements, including planting, lighting, and signage are continuing. New banners are also being considered.

### Neighborhood mailing

The next distribution of Augustana postcards will be coming soon. The Connection is considering alternative methods of distribution through our members as well as through regular mail. We also encourage everyone to participate in the website upgrade photo submission campaign as outlined in the June Tower. On a related note, the Connection will be exploring Internet search engine optimization to increase Augustana’s accessibility and footprint on the Internet.



### Breadbreakers

Watch for news on the return of the Augustana Breadbreakers dinner groups this fall.

### July meeting

Our next scheduled meeting will be on Sunday, July 2, after 10:30 a.m. worship. As

always, if you have visions, thoughts or suggestions for our group, do not hesitate to contact one of us: **Erin Saboe, Nancy Johnson, Roger Lipker, Nancy Nyhus (Co-Chair), Ellen Kastens, Julie MacDougall, Brad Uyemura (Co-Chair), and Pastor Caitlin.**

Thank you,  
**Nancy Nyhus and Brad Uyemura**

## Augustana Refugee Family Support

The Beayims are doing well. The sisters who arrived first recently got jobs at the airport. The three family members who attend school are out for the summer. We had a fun outing to the Botanic Gardens recently. They seem to be enjoying Colorado now that the weather has warmed up. We planted some tomatoes together the other day.



# AUGUSTANAARTS

## Augustana Arts is thrilled to announce its 2023–2024 Season of Performances

### Stratus Chamber Orchestra performs:

#### Music without Boundaries

- Saturday, September 23, 7 p.m.  
– Augustana Lutheran Church
- Sunday, September 24, 3 p.m.  
– City Park Pavilion

#### The Velveteen Rabbit featuring Narration by a Guest Artist and the Principal Players of Stratus Chamber Orchestra

- Sunday, December 10, 3 p.m.  
– Augustana Lutheran Church

#### Magic of Mozart

- Saturday, February 24, 7 p.m.  
– Augustana Lutheran Church

#### Music for our Time

- Saturday, May 4, 7 p.m.  
– Overland High School

### Other upcoming events:

#### Snarey Sounds and Scary Stories

- Sunday, October 29, 3 p.m.  
– St. Timothy's Episcopal Church

#### Music of the Vine – A South American Excursion

- Saturday, February 10, 7 p.m.  
– Augustana Lutheran Church

#### Shine with Stratus Finals Competition

- Sunday, March 17, 3 p.m.  
– Augustana Lutheran Church

#### Heart for the Arts Gala

- Saturday, April 13, 6 p.m.  
– Augustana Lutheran Church

#### Music Encounters Recital

- Saturday, April 27, 2 p.m.  
– Augustana Lutheran Church


Mark your calendars and visit [augustanaarts.org](http://augustanaarts.org) for more details!



Music Encounters Recital, April 29



# July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> <b>Pentecost 5</b> <b>Worship/Communion</b> 8am 9:15am Kids in the Courtyard 9:45am Summer Choir 10:30am <b>Worship/Communion</b> Noon Welcome Connection	<b>3</b> 9:45am Augustana Firm Believers	<b>4</b> <b>Independence Day</b> 	<b>5</b> 9:45am Augustana Firm Believers	6	<b>7</b> 9:45am 11am Augustana Firm Believers Bulletin Assembly	<b>8</b> Augustana Firm Believers Bulletin Assembly
<b>9</b> <b>Pentecost 6</b> <b>Worship/Communion</b> 8am 9:15am Kids in the Courtyard 9:45am Health Ministry 9:45am Summer Choir 10:30am <b>Worship/Communion</b> Noon Human Dignity Delegates	<b>10</b> 9am 9:45am Vacation Bible School Augustana Firm Believers	<b>11</b> 9am 6pm Vacation Bible School Children, Youth & Family Ministry	<b>12</b> 9am 9:45am 5:45pm <b>S'more Fun &amp; Worship</b> Vacation Bible School Augustana Firm Believers	<b>13</b> 9am 2pm 7pm Vacation Bible School 60+ Ministry E4	<b>14</b> 9:45am 11am Augustana Firm Believers Bulletin Assembly	<b>15</b>
<b>16</b> <b>Pentecost 7</b> <b>Worship/Communion</b> 8am 9am 9:15am Kids in the Courtyard 9:15am 60+ Ministry 9:45am Summer Choir 10:30am <b>Worship/Communion</b> 1:30pm <b>Memorial Service:</b> Mary Beth Smith	<b>17</b> 9:45am Augustana Firm Believers	<b>18</b> 6:30pm Congregation Council	<b>19</b> 9:45am 5:45pm <b>S'more Fun &amp; Worship</b> Augustana Firm Believers	<b>20</b>	<b>21</b> 9:45am 11am Augustana Firm Believers Bulletin Assembly	<b>22</b>
<b>23</b> <b>Pentecost 8</b> <b>Worship/Communion</b> 8am 9am 9:15am Kids in the Courtyard 9:45am Summer Choir 10:30am <b>Worship/Communion</b>	<b>24</b> 7:30am 9:45am Foot Care Clinic Augustana Firm Believers	<b>25</b> 1pm The Tower Assembly	<b>26</b> 9:45am 5:45pm <b>S'more Fun &amp; Worship</b> 6:30pm Alzheimer's Support Group	<b>27</b>	<b>28</b> 9:45am 11am Augustana Firm Believers Bulletin Assembly	<b>29</b>
<b>30</b> <b>Pentecost 9</b> <b>Worship/Communion</b> 8am 9am 9:15am Kids in the Courtyard 9:45am Summer Choir 10:30am <b>Worship/Communion</b> Noon Augustana Foundation	<b>31</b> 9:45am Augustana Firm Believers					<b>1</b> City of Glendale Fireworks

5000 E. Alameda Ave.  
Denver, CO 80246



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- 1** Brandon Berguin  
Kandace Carter  
Dallas Jensen
- 2** Ward Anderson  
Bob Johnson
- 3** Deborah Penn
- 4**
- 5** Sandi Bair  
Ed Wichert
- 6** Lisa Mikolajczak  
Al Spies
- 7** Matt Lomax  
Caroline Stratton

- 8** Sharon Ferlic  
Jonas Fontaine  
Eric Milliken  
Ekaterina Olson  
Shipyatsky
- 9** Anna Blanchard  
Catherine Clark  
Julie Shellhorn  
Carola Theiss
- 10** Cathy Anderson
- 11** Emily Crawford  
Macgregor Crawford  
Carol Parker
- 12** Ann Craig  
Beth Nelson
- 13** Annabella  
Brotherston
- 14** Victoria Clark  
Kevin Flesch  
Jamie Kastens  
Jon Morgenthaler  
Michael Zumwalt

- 15** Maile Blair  
Karen Bourg  
Arlys Schneider
- 16** Sofia Aarestad  
Paul Gilbertson  
Bob Ireland  
Kari Kusek  
Mark Peterson
- 17** Joshua Hempelman  
Jack Kusek  
Grey Lomax
- 18** Rebecca Egan  
Iris Epperson
- 19** Elsa Buhr  
Lydia King  
Dale Penny  
Lilian Stavig  
Julia Stone
- 20**
- 21** Everett Smith
- 22** Jane Gregory  
Andrew McHattie  
Darlene Stone

- 23** Lukas Zeckser
- 24** Anders Engdahl  
Katy Ireland
- 25** Craig Gaites  
Kaden Kroll
- 26** John Bickle  
Sophie Nick
- 27** Shirley Cunniff  
Nichole Graham
- 28** Ronald Lambert  
Cathy Miller
- 29** Alana Hankins  
Don Troike
- 30** Andrew Bernhard
- 31** Malise de Bree  
Krista Rahe  
Brian Shellhorn

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