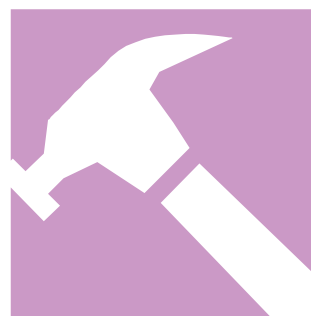


You're invited to **"Bless the Build"** for Augustana Homes!



Come, one and all, as we celebrate the beginning of the Augustana Homes development with Habitat for Humanity of Metro Denver and provide a blessing for the construction process as well as the future families who will thrive in these homes. We're excited to celebrate this long-in-the-making moment with our neighbors across the street and around the state! Affordable Housing is a significant need in Denver. Augustana Homes aims to be a piece in the much larger puzzle.



Eight new homes will provide families the opportunity to purchase homes with affordable mortgages in a vibrant part of the city. Augustana Homes includes three- and four-bedroom layouts with two bathrooms, as well as outdoor green space and dedicated parking. The land lease partnership between our church and Habitat Metro Denver ensures we can provide affordable homeownership opportunities directly in our neighborhood!



Finally bearing fruit, the process began almost five years ago when three Augustana members attended a brunch for the Congregation Land Campaign and learned that over 5,000 acres of unused land in Metro Denver sits on faith communities' property. From there, the Augustana congregation set the audacious goal to repurpose our property along Dakota Avenue into affordable housing, and Pastor Ann Hultquist led the process until her retirement earlier this year. We have much to celebrate! Invite a friend to join you!

**Sunday, September 24,
1-2:15 p.m.**

**Starts in the sanctuary and
ends in Augustana's
Quist Park.**

Refreshments will be served.



Evangelical
Lutheran Church
in America

5000 E. Alameda Ave.
Denver, CO 80246

Augustana
LUTHERAN CHURCH

PHONE: 303-388-4678

FAX: 303-388-1338

WEB: 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, September 14, 4:30 p.m. is the deadline for the October edition. Email **Lyn Goodrum** (goodrum@augustanadenver.org).

Congregation Council:

President: Lisa Boe-Sims

Vice President: Michael Zumwalt

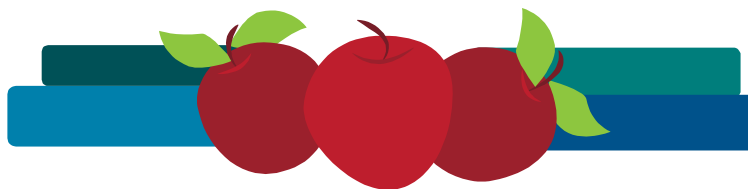
Secretary: Karen Lambert

Treasurer: Michael Gentes

| | |
|----------------|----------------------|
| Betty Boyd | Heather Nelson |
| Janet Flesch | Nancy Nyhus |
| Jayne Howard | Inez Smith |
| Heidi Johnson | Pr. Caitlin Trussell |
| Max Johnson | Karen Yeager |
| Roger Lipker | Finley Zumwalt |
| Pr. Gail Mundt | |

Staff:

- **Caitlin Trussell**, Pastor
- **Gail Mundt**, Bridge Pastor
- **William Crossen**, Finance Administrator
- **Christine Peters**, Building Systems Administrator
- **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
- **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:

- Chickie Bakkemo
- Sandy Barker
- Dawn Carlson
- Dorie Fie
- Carl and Miriam Fisher
- Kathy Giovanini
- Roger Lipker
- Tammy Mohs
- Pennye Padgett
- Harry and Betty Waters
- Pastor Caitlin

for comfort and courage:

- Karen Kah in the death of her father, Jack Blanton
- Orvid Olson in the death of his cousin, Eileen Blume
- Rob Trussell in the death of his friend, Frederic Drummond Sr.
- Linda Crow in the death of her sister, Barbara Moore
- Family and friends of Janice Noren in her death
- Marcia Olson in the death of her friend, Christiane Ernst Paregger
- Marvin Schneider in the death of his wife, Susan Schneider
- Julie MacDougall in the death of her friend, Judy Spake

Rejoice with

- Parents Pierce and Greta Devol and grandparents Karen and Jon Morgenthaler in the birth of Felix Gustaf Devol, June 20, 2023



Thank you for the gifts!

Augustana Early Learning Center

- in memory of Maggie Morris

Special Gifts

- in memory of Maria Correy, Harriet Anne Post

Gratitude and Farewell from Livestream for Emily Friesen

Emily is looking forward to new work adventures and saying farewell to her almost three years as Augustana's Livestream Technician. We will celebrate her ministry among us in worship on August 27, and her last day in the booth is September 3. Be sure to thank her and wish her well!



As a daughter of the congregation, Emily brought an appreciation for the intricacies of worship. As an actor and college graduate with a B.F.A. in Musical Theater, Emily also brought a production sensibility to her work. Augustana is blessed by her gifts! We are grateful for her work that began with volunteering on the Livestream Ministry Team that initiated the plan for livestream in the sanctuary in 2020 as well as her work on staff during the install and initiation of livestreaming worship in January 2021.

Listening Circles continue on Sundays



As Augustana prepares for its pastoral search, Augustana's Transition Team is offering a series of small group opportunities that we are calling Listening Circles. A Listening Circle

is a group of 3–5 people, facilitated by a trained leader, who will discern the direction of Augustana together. Listening Circles are a confidential, safe space where everyone has the opportunity to express their opinions without fear of judgment. We have a unique opportunity to reflect on where we have been, who we are now, and what we hope for in the future, and these listening circles will help guide the conversation.

Some of these circles met in August, but we continue to offer these circles on Sundays, September 3, 10, and 17 at 9:15 a.m. and at noon, and on Sunday, September 24 at noon.

Please scan the QR code to register online to attend a Listening Circle. There are spaces for 25 people for each time slot, so you will need to register each person separately. Or call Augustana's office (303-388-4678) to reserve your place. Thank you!

Sign up for a Listening Circle!

Use this link (<https://www.augustanadenver.org/listening-circles/>) or scan the QR code to sign up online to attend a Listening Circle, or call Augustana's office (303-388-4678).





“God’s work. Our hands.” Sunday



**September 10
2023**





Repackaging rice and beans on “God’s work. Our hands.” Sunday 2022



Evangelical
Lutheran Church
in America

“God’s work. Our hands.” Sunday is Sunday, September 10, 2023. This day is an opportunity to celebrate who we are as the Evangelical Lutheran Church in America—one church, freed in Christ to serve and love our neighbor.

Service activities offer an opportunity for us to explore one of our most basic convictions as Lutherans: that all of life in Jesus Christ—every act of service, in every daily calling, in every corner of life—flows freely from a living, daring confidence in God’s grace.

—<https://elca.org/DayofService>

Repackage rice and beans on “God’s work. Our hands.” Sunday!

Can you believe our first Operation Pantry event for “God’s work. Our hands.” Sunday was in 2015?! Join us in Fellowship Hall between services on September 10 for our Ninth “God’s work. Our hands.” event to help feed our neighbors in need, and enjoy fellowship with other Augustana members and friends of all ages. We will again repackage a little over 2 tons of dried rice, beans, and lentils into 2-pound portions. This will be donated to Metro Caring’s no cost nutritious foods market.

Be a part of a small miracle as the 4000+ pounds of food are repackaged in under an hour! We start at 9:15 a.m. and are finished and cleaned up by 10:15 a.m., but we rely on your hands doing God’s work.

You can also support this project by contributing toward the purchase of rice and beans by check or [online](#). Make checks payable to Augustana Lutheran Church and indicate Rice/Beans in the memo line. You may also make an in-kind contribution of basmati rice and/or lentils.

Set-up help is needed, so if you can help on Saturday, September 9, contact **Don Troike** (don.troike@gmail.com or 720-379-3676).

How to get your bright yellow t-shirt

If you have a “God’s work. Our hands.” t-shirt, plan to wear it to Augustana on Sunday, September 10! If you need a t-shirt, contact Augustana’s office (303-388-4678).



A leap of faith into affordable housing for working families



I use the phrase “our unhoused neighbors” to describe folks who make their homes on the streets of Denver. “Unhoused” is the recently coined term instead of “homeless,” because everyone

makes their home somewhere even if it’s on city sidewalks or in green spaces. Using the word “neighbors” is a theological reminder that we’re talking about people God loves who have a complex set of problems often needing assistance with health and mental health care, food, shelter, education, job training, etc.

As the housing crisis affects Denver, we see it shape our city as tent homes pop up in unwanted places. It’s much more difficult to see the scale of the affordable housing crisis. People who work as teachers, firefighters, restaurant servers, etc., have good jobs, so it’s easy to think they can also afford housing that is safe, clean, and near good schools. This is no longer true in Denver, where commuters from the outer suburbs schlep into the city to work far from home and family.

Habitat for Humanity Metro Denver is one solution among many. Our partnership with them to build

I’m proud of our congregation’s courage and commitment to live out our faith in Jesus’ command to love our neighbors as ourselves.

affordable housing on our property is a step in the right direction. When we started dreaming together about Augustana Homes, it became apparent that having enough bedrooms for a working family in each home was a top priority. I’m curious to see all that develops out of Augustana’s leap of faith in the shape of Augustana Homes. I’m also proud of our congregation’s courage and commitment to live out our faith in Jesus’ command to love our neighbors as ourselves.

Where our treasured land is, there our hearts will be (Matthew 6:19–21).

Peace,

Pastor Caitlin

Pastor Caitlin received her last scheduled chemo on July 17. For updates and reflections in real time, you’re welcome to check out her Caring Bridge page: www.caringbridge.org/visit/caitlinrussell.

Pastor Gail

Welcome to your Augustana home



As summer blends into autumn, I have had the pleasure of reading the posts and seeing the pictures of students returning to their schools, colleges and universities. Teachers have prepared and decorated their classrooms to welcome students back. Dorm

rooms and student apartments have been decked out to provide a homey feel so that students might succeed under the stress of college life.

Augustana has been preparing for the change of seasons as well! Choirs, instrumental groups, faith formation for children, youth and adults, confirmation classes, circles, Bible and book studies, Breadbreakers, “God’s work. Our hands.”, planning worship services for the fall, and filling the calendar with meaningful opportunities of growth and service!

The Augustana Homes Blessing is Sunday, September 24, at 1 p.m.! After years of passion and work to get to this point, together we give thanks and ask God’s continual blessings on the property, workers, volunteers, neighbors and the future homeowners.

Augustana is a place and ministry which you, too, can call home. Whether you’ve been away for a long time or worship and volunteer regularly (or somewhere in between), know that God’s ministry faithfully continues and yearns for your presence. When my husband and I served overseas, I realized that I was fortunate to call several places home: where we currently lived, where my sisters lived, and Colorado—where our daughter and long-time friends lived. I felt so blessed to be able to call multiple places “home” and know that I had a safe and loving place to land.



You, too, have a safe and loving place to land in this community of faith. Matthew 18:20 reads these words of Jesus, “for where two or three gather in my name, there I am with them.” Indeed, he is! As you plan your calendar for this next season, I encourage you to include worship, learning, service, and fellowship at Augustana in your schedule and in your life!

Blessings to you and yours,

Pastor Gail

pastorgail@augustanadenver.org



Congregation Council President

Better together

It wasn't that long ago—we couldn't meet in person (are we ever going to stop talking about the pandemic?). If we gathered with our ministries on Zoom, we would see only faces and backgrounds. It saved everyone an exorbitant amount of time commuting! I thought it was sort of a blessing. However, now that most people are back worshipping and meeting with our ministries, committees, and social groups, it would be difficult to go back to viewing everyone on Zoom, YouTube, or Facebook Live all the time! There is so much more to worshipping than hearing the sermon, the Bible verses, the prayers, the communion, the updates about important matters—it is the

God has given us a community to help us all grow in faith together.

community of people. We are blessed to have a larger congregation than most churches! The connections we have at church are truly a motivation for us to gather together!

Our congregation comes from all over the city, as far south as Castle Rock and up north as far

as Westminster, and as far west as Evergreen. That information is not scientific or based on the attendance sheets, but just from the people that I know about! I am sure it is much further than I even know! It is a blessing to have such a geographically varied group of people that love coming to Augustana for the music and worship and helping in unending ways. All have an impact on what we can accomplish and ways we can continue to grow in faith together. God has given us a community to help us all grow in faith together.

Along with worshipping together and supporting one another in our faith journeys, I am amazed about all the thoughtful and creative ways our congregation finds to reach out to provide opportunities (Summer Choir, Montgomery trip, kids in the courtyard, adult education, and composting). When someone has a vision of a new way that we can make a difference in our community, they step up. Before you know it, there is a new ministry with a few or a bunch of passionate people for the purpose. This is what makes us such a dynamic community together. We are better together! Thank you for all you do for Augustana and our larger community! Continue to pray for Augustana!

Lisa Boe-Sims
Council President

Excellence in Leadership course starts soon!

Lyn Goodrum, Lisa Mikolajczak, Julie MacDougall, Pastor Gail and **Pastor Caitlin** have benefited from the Excellence in Leadership course. The course content is applicable to any work setting while incorporating faith and congregational components too.

Your work role does not need to be supervisory to benefit from participating. Volunteer congregational roles also benefit from the content.

Do you have questions? Ask any of us who participated (info@augustanadenver.org re: Excellence in Leadership).

Join Excellence in Leadership!

Registration is now open for 18-month cohorts beginning in September 2023 and a 13-month cohort beginning January 2024!

Excellence in Leadership (<https://www.rmselca.org/excellence-in-leadership>) is an experiential journey for any who wish to become more

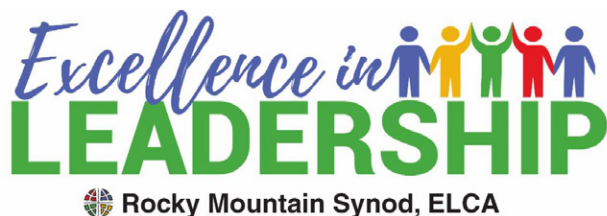
resilient, healthy, and creative in their lives and in their leadership. It is meant for people of all ages and in all stages of life: lay or rostered, council member or back pew sitter. As we navigate what the future may hold as people of faith, Excellence in Leadership provides opportunities

and community to think adaptively and meet that future boldly.

Become the more resilient, courageous, and faithful leader God has made you to be!

Space is limited—register now!

- Choose the cohort that fits your location, and your schedule: <https://www.rmselca.org/excellence-leadership-registration-2024-25>
- Promotional Video: <https://vimeo.com/792409558/3c77c380c0?share=copy>
- For more information, contact us (EL@rmselca.org).



AUGUSTANA ARTS

Stratus Chamber Orchestra: “Music without Boundaries”

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

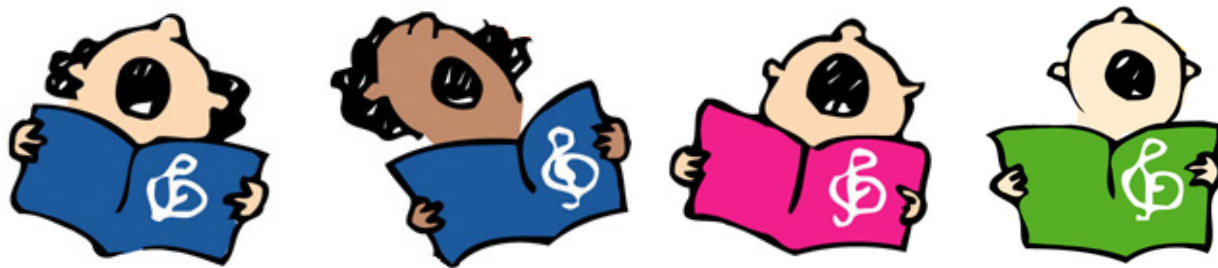
Augustana Arts is thrilled to present our first Stratus concert of the season. Immerse yourself in this concert experience that celebrates the limitless creativity of female composers and composers of color.

Featured works include *Danzón No. 4* by Arturo Marquez and *Flute Concerto* by Kevin Puts, featuring Tamara Maddaford, flute, and *Charlotte*

Mecklenburg by Nkeiru Okoye, and *Concert Overture No. 1* by Florence Price.

Tickets and information available at AugustanaArts.org.

PLUS, stop by our table on Sunday, September 10 during “God’s work. Our hands.” to pick up a season schedule and to learn more about our outreach efforts in the arts. Enjoy a slice of cake as we officially launch our season and celebrate the gift of music—one of the fairest and most glorious gifts of God (Luther). Hope to see you!



Music Ministry

There's something for everyone in Augustana's Music Ministry!

As we begin September, music ensembles at Augustana resume rehearsals. Singers, ringers, and instrumentalists are welcome in Augustana's music groups which rehearse and lead music in worship September through May.

Choirs

Cherub Choir (age 4 through grade 2)

- Sunday rehearsal, 9–9:30 a.m.
- Marcia Olson, director

Choristers (grades 3–5)

- Sunday rehearsal, 9–9:30 a.m.
- Angela Howard, director

Cantabile (grades 6–12)

- Sunday rehearsal, noon–12:45 p.m.
- Angela Howard, director

Chancel Choir (high schoolers and adults)

- Wednesday rehearsal, 7:15–9:15 p.m.
- Kevin Padworski, director

Augustana Singers (adults)

- Meets periodically on Wednesdays, 11 a.m.–noon
- Andrew Peters, director

Instrumental Ensembles and Handbell Choirs

Recorder Ensemble (grades 2–3)

- Sunday rehearsal, noon–12:45 p.m.
- Sharon Schillereff, director

Chapel Ringers (grades 4–5)

- Sunday rehearsal, noon–12:45 p.m.
- Andrew Peters, director

Chancel Handbells (grades 6–12)

- Sunday rehearsal, 9–9:30 a.m.
- Andrew Peters, director

Augustana Ringers (adults)

- Wednesday rehearsal, 6–7 p.m.
- Andrew Peters and Kent Mueller, directors

Augustana Instrumental Ensemble (children, youth, adults)

- Periodic Sunday rehearsal, noon–12:45 p.m.
- Kirsten Daniel, director

- **Children and youth** can register online at <https://www.augustanadenver.org/faith-formation-registration/>.
- **Adults** can register online at <https://www.augustanadenver.org/adult-music-ministry-registration/>.

For any questions about any ensemble, please contact me (303-388-4678 ext. 122 or peters@augustanadenver.org). As the famous church anthem goes, “All of God’s creatures have a place in the choir”!

Grace and peace, **Andy**



Children, Youth and Family

Children and youth are invited to grow in faith and make music!

Faith Formation and Youth Music Ministry begins Sunday, September 17!

9–9:30 a.m.

- Cherub Choir (pre-Kindergarten through grade 2)
- Choristers (choir for grades 3–5)
- Chancel Handbells (grades 6–12)

9:30–10:15 a.m.

- GIFT (pre-Kindergarten–grade 4)
- Confirmation (grades 5–8)
- Breakfast Club (grades 9–12)

11:45 a.m.–12:30 p.m.

- Sunday Lunch for all

Noon–12:45 p.m.

- Cantabile (choir for grades 6–12)
- Chapel Ringers (handbells for grades 4–5)
- Recorder Ensemble (grades 2–3)
- Augustana Instrumental Ensemble
(This group will meet periodically during the year and play with hymns and service music during worship.)

Register today!

Find online registration forms at <https://www.augustanadenver.org/faith-formation-registration/>.

Interested in attending the ELCA National Youth Gathering?

Calling all 8th–12th graders and a parent to attend our Summer 2024 interest meeting, Sunday, September 10 in the Youth Room. Grab Sunday Lunch and bring it with you, and we will start the meeting around 12:10 p.m. We are heading to New Orleans, July 14–20, for two days of serving and then to the ELCA National Youth Gathering which consists of large group gatherings, a synod day, a service day, and a day of play. Come to the meeting to learn more and share your questions and opinions.

Come to Confirmation Orientation!

Parents are encouraged to attend Confirmation with their 5th–8th grade student on Sunday, September 17, 9:30 a.m., Room 14. Learn about confirmation, meet teachers, and make a group covenant.

Sunday Lunch for all begins September 10!

Sunday Lunch begins again on September 10. You are all invited to come to Fellowship Hall for a simple catered lunch on Sundays following 10:30 a.m. worship.

While this lunch is free, donations towards the cost are welcome. It averages around \$10 per person per meal.

Help to serve and clean up each week is needed. Sign up with **Shanna** (shanna@augustanadenver.org or 303-388-4678 ext. 117) or on the sign-up sheet by Sunday Lunch.

- September 10: Mici Italian Pasta
- September 17: Twister's Burritos
- September 24: Duffy Rolls and fruit

Study and Fellowship

Breadbreakers: Food, Fun, and Fellowship



Have you been looking for a fun way to get to know other Augustana members and friends? Breadbreakers is kicking off its next session in September—and you're invited to participate. Groups of eight Augustana members and

friends gather for a potluck meal at one another's homes to share food, fun, and conversation. The groups will meet once per month, September–December, with each group determining its own schedule.

Sign up with Augustana's office (303-388-4678 or macdougall@augustanadenver.org) by Sunday, September 3.

Adult Forum: “Forgive for Good”

Sundays, September 17 and 24, 9:15 a.m.,
Anna Paulson Room

Forgiveness means different things to different people. In general, however, it means an intentional decision to let go of resentment and anger. Too often, we get stuck on “repeat” when thinking of a time we were wronged. Are you ready to let go? Pastor Gail will offer some practical ways to truly forgive. Based on the book by Dr. Fred Luskin.

Book Group

The Augustana Book Group resumes in September with the historical novel *Hamnet* by Maggie O'Farrell.

“Drawing on O'Farrell's long-term fascination with the little-known story behind Shakespeare's most enigmatic play, *Hamnet* is a luminous portrait of a marriage, at its heart the loss of a beloved child.

Warwickshire in the 1580s. Agnes is a woman as feared as she is sought after for her unusual gifts. She settles with her husband in Henley street, Stratford, and has three children: a daughter, Susanna, and then twins, Hamnet and Judith. The boy, Hamnet, dies in 1596, aged eleven. Four years or so later, the husband writes a play called *Hamlet*.

Award-winning author Maggie O'Farrell's novel breathes full-blooded life into the story of a loss usually consigned to literary footnotes, and provides an unforgettable vindication of Agnes, a woman intriguingly absent from history” (Goodreads).

Join us Tuesday, September 19 at 2 p.m. in the Youth Room to discuss this novel. If you have questions or are interested in obtaining a copy of the book, contact **Ellen Kastens** (303-475-7877 or ekkastens@gmail.com). All are welcome!



Augustana Foundation

Under the Harvest Moon—a Fall Fete

Friday, October 20, 6–8 p.m. | Fellowship Hall

Please join the Augustana community on Friday, October 20 as we gather for fellowship and fundraising for The Augustana Foundation. From 6 p.m. to 8 p.m., in Fellowship Hall, we will enjoy hearty hors d'oeuvres and cocktails, while visiting with new and old friends. There will be a small silent auction and a paddle raise to encourage giving to The Augustana Foundation. Please register to reserve your spot using the QR code next to this article, or by visiting the Augustana website at <https://www.augustanadenver.org/augustana-foundation-gala/>.



What is The Augustana Foundation?

The Augustana Foundation is an endowment created over fifty years ago by visionary church leaders. An endowment signifies an organization's focus on the future and provides an opportunity for donors to leave a lasting impact on their community. The annual distribution from an endowment provides a reliable source of funding and ensures stability and flexibility in uncertain times. All funds donated to the Foundation are

conservatively invested, and only the income generated from that principal fund is used each year to award grants to both internal and external grant requests. The Augustana Foundation is endeavoring to grow our principal funds and thereby grow the annual available distribution funds to continue to fund these requests at “adjusted-for-inflation” levels.

Third Quarter Grants Approved

In addition to The Augustana Lutheran Church Capital Improvement Fund, which supports church campus/building capital improvements, the following organizations received funding in the third quarter round of grant-making from Augustana Foundation proceeds:

- Augustana Arts
- Rocky Mountain Synod ELCA's Better Together: Next Faithful Step campaign
- Urban Servant Corps
- Global Immersion
- Work Options

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



Health Ministry

Are your ducks in a row?

To answer the very Lutheran follow-up question, “What does this mean?”, plan now to attend the October Sunday morning series to gain clarity about this question. A group of Augustana topic experts will facilitate these important areas of planning for the future. Stay tuned for details in September ePistles and Sunday bulletins.

The framework:

Sunday, October 1

- Adult Forum, 9:15 a.m., Anna Paulson Room
This panel of experts will explain their area of expertise and set the stage for following weeks. Come hear the professional and personal details of these Augustana members: **Mark Caldwell, Kari Degerness, Heather Frank, Sue Ann Glusenkamp, Nancy Johnson, Rebecca Shandrick and Pastor Caitlin Trussell.**

Sunday, October 8

- Adult Forum, 9:15 a.m., Anna Paulson Room
Colorado Legal Services resources and tax law updates
- Noon, Anna Paulson Room, Advance Directives/
Living Will Options

Sunday, October 15

- Adult Forum, 9:15 a.m., Anna Paulson Room
Charitable Giving with Thrivent Financial Representative **Greg Bickle**
- Noon, Anna Paulson Room,
Estate Planning – Do I need a TRUST fund?

Sunday, October 22

- Brief Advice Clinic, 9:15 a.m.,
Anna Paulson Room
How to get my ducks in a row! What documents do I need? What are my options? Receive practical consultation and individual help with navigating these questions and documents from competent, trustworthy experts.



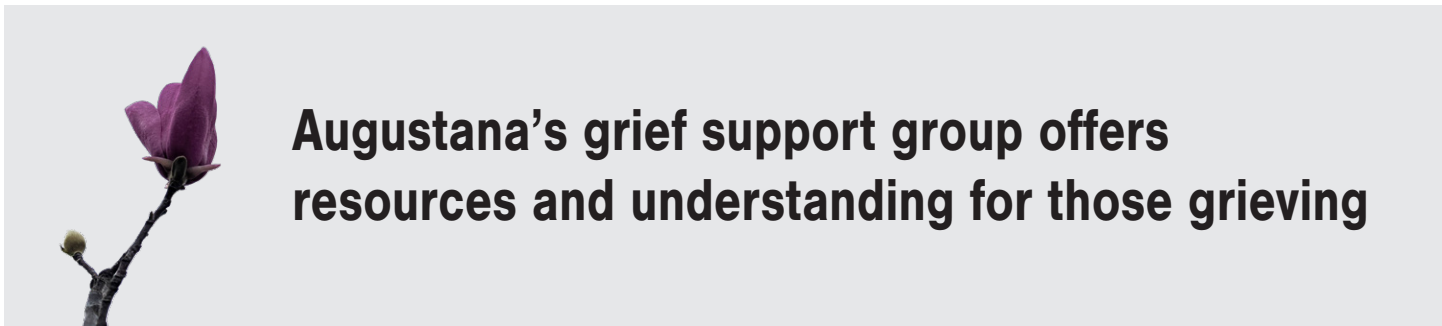
60+ Ministry

Save the Date!

Saturday, October 21

Wear your favorite college or sports team's sweatshirt, and join the 60+ers at **Katy and Greg Lunsford's** for a fun-filled time.

Watch for more details in the October Tower.



Augustana's grief support group offers resources and understanding for those grieving

Augustana's next grief support group begins Sunday, September 24. You are invited to join this group and learn ten essential touchstones for finding hope and healing your heart using resources written by Dr. Alan D. Wolfelt of the Center for Loss and Transition in Fort Collins, Colorado (<https://www.centerforloss.com/>).

This group will meet in the Ammerman Library for ten sessions for 90 minutes, Sundays, September 24–December 3, noon–1:30 p.m., facilitated by past grief group participant **Brian Bernhard** and Faith Community Nurse **Sue Ann Glusenkamp**. Cost of \$30 includes two books to guide the journey; scholarships are available. Group size is limited to ten places, so register with **Sue Ann** (glusenkamp@augustanadenver.org or 303-388-4678 ext. 106) by Sunday, September 17.

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.

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."

"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."

Contact Faith Community Nurse **Sue Ann** with any questions or concerns.

Augustana Knitters win Fundraising Pod award for Knitting4Peace

Thank you to our donors for the Knitting4Peace Create-a-thon which took place in July. Augustana Knitters Peace Pod won the Top Fundraising Pod award! Our knitters also donated 65 beautifully crafted items to the event which included scarves, mittens, blankets, shawls, hats, and really adorable finger puppets.

Congrats to our Augustana Knitters who received an exclusive virtual engagement with the renowned knitting author and designer, Donna Druchunas. Check her out on Facebook: <https://www.facebook.com/DonnaDruchunas/>.

The date for our Zoom is pending, but if you are a knitter and are interested in joining us for this event, you are most welcome! Just let Faith Community Nurse Sue Ann know (glusenkamp@augustanadenver.org), and she will put you on the Zoom link list. We hope to gather in person to view our prize session together, but Zooming in is also a possibility. Stay tuned for the date and time.

Learn and practice skills to save lives



Thank you to all who shared their interest in CPR skills training. Several Augustana members and friends indicated interest in learning this valuable skill.

Augustana's Health Ministry Team will lead skills training sessions based on the American Heart Association Adult & Child CPR Anytime training resources. CPR Anytime allows anyone to master the basics of adult Hands-Only CPR, child CPR with breaths, adult and child choking relief, and general awareness of automated external defibrillators—or

AEDs. These skills will help you feel more prepared to respond to medical emergencies and provide basic response until EMS arrives to provide more advanced care. This is a skills and information session where you will be able to practice on a mannequin. This will not be a full certification course.

Sessions:

- Thursday, September 21, 1–2 p.m.
- Thursday, September 21, 3–4 p.m.
- Saturday, September 23, 9–10 a.m.
- Saturday, September 23, 11 a.m.–noon

Eight spaces will be available for each time slot. Scan the QR code to sign up online for a time. If none of these times work for you, call or email **Inez Smith** from the Health Ministry Team (303-877-2049 or lersmi@comcast.net), and future sessions will be considered depending on need.



A \$5 donation, made at the time of class, is suggested to help defray the cost of materials.

Compassion and Action with our Neighbors

Thanks for LFSRM Backpack Supplies!

Thanks to Augustana members and friends for their generosity on short notice for the Lutheran Family Services Backpacks and school supplies drive. Sarah Circle members assembled 31 backpacks on Sunday and Monday, July 30 and 31, which were delivered to **Lutheran Family Services Rocky Mountains** for refugee and foster children.



We only had two Sundays to gather supplies and gift cards, and Augustana came through generously and quickly. The gift cards were given to LFSRM to finish filling backpacks as needed. Sarah Circle contributed over \$500 and a Thrivent Action Team Grant provided another \$250 to purchase needed supplies.

Thank you, Augustana!



Support new and ongoing ministries that serve our neighbors

Fall is rapidly approaching, and the Compassion and Action with our Neighbors (CAN) Team is gearing up. There will be new opportunities to volunteer and give in a variety of ways to our community.

Apartment Refugee Bin Initiative

A new ministry which will begin later this fall is the **Apartment Refugee Bin Initiative** through Lutheran Family Services Rocky Mountains. Refugees arrive in Denver with nothing except, perhaps, a change of clothing. The Refugee Bin Ministry asks you or your service group, work group, book club, associations, etc. to collect a bin full of basic household items from an online list. This could be the Christmas giving project for which your group has been searching. There are many ways to help:

1. Donate from an online list of basic household needs i.e., wooden spoons, mixing bowls, waste baskets.
2. Assist in receiving the purchased items and storing them.
3. Deliver a bin full of items to the recipient.
4. Monitor the online bins as they are filled.

Watch for more information in the coming weeks. Contact **Amy King** (amyking0607@gmail.com) for additional information.

Other ways to support CAN Ministry

CAN's ongoing ministries are always looking for a new face to inject ideas and vigor into their missions. For example:

- Stocking our soup shelf once or twice a month.
- Delivering food collected for Metro Caring or the Chili Challenge.
- Repackaging rice and beans. (*See page 5.*)
- Assisting in leading a group.
- Planning new projects.

DON'T FORGET, "CAN" WANTS YOU! Everyone is welcome. Watch the ePistle and Sunday announcements for specific information, or contact **Laura Libby** (laura.alibby@gmail.com) or **Annie Nessa** (amnessa@comcast.net).

Our next meeting is Sunday, August 27, noon–1:30 p.m. in Rooms 4–5. Watch Augustana's publications for news about our September meeting.



Metro Caring invites you to Cornucopia 2023

What We Bring to the Table The Abundance of Community

Thursday, September 14, 6–8:30 p.m.
Denver Botanic Gardens
1007 York St., Denver, 80206

Savor a culinary tour from local small businesses at our celebratory dinner and fundraiser. Join in community to share stories, honor change-making leaders, and take your place in the movement.

Information and tickets: metrocaring.org/cornucopia2023.

Reflections on Refugees

We are quickly approaching the one-year anniversary of the Mosaic Team being matched with our Afghan family. (Mosaic means the team had volunteer members from many different churches, but included **Kathy and Gerd Renno, Janis Johnson**, and me from Augustana.) I can't begin to describe all the ways my life has changed over the past year working with refugees. My heart rejoiced seeing photos of Humaira graduating from high school and carrying the Afghan flag at the ceremony, and my heart may have lost a few years when I took Laila (the matriarch of the family) on her first driving lesson a few weeks ago! There have been frustrations—this sort of work is not for folks who lack patience but there have also been celebrations and so many



opportunities to learn from each other. Our relationship has changed over the year from being mentor/mentee into a lasting friendship.

In the meantime, our Augustana Team 2 is supporting a Kurdish family. I helped their three children get registered for school, which was surprisingly tricky. Augustana Team 3, led by **Josie Cockerell**, is working with a refugee family with 10 members!

Bless their hearts.

We would love to bring more members into the fold of supporting refugees in our community. Want to join the work? Contact me (amyking0607@gmail.com) or **Gerd Renno** (gerdrenno@gmail.com).

Amy King

Augustana is composting!

Read the Signs on Every Bin!

**When in Doubt,
Throw it Out!
(Landfill)**

**Keep our Compost Clean
and Cost Effective!
(We're charged \$\$ for contamination.)**

We are reducing our carbon footprint by already diverting more than 4,600 pounds of waste from the landfill, equivalent to not driving 4,563 miles and 207 gallons of gas!

If we all pay attention to the signs posted we can do this right!

We cannot compost regular paper cups, Styrofoam cups, plastic, tea bags, or paper from coffee creamers and sugar packets, so just throw these out.

To make this effort sustainable we all have to work to keep the compost clean. We will be providing more education experiences this fall! This can be an amazing way to help take care of God's creation—our planet.

Thank you!



How to add your home-compost to Augustana's

- To bring home-compost to Augustana, you must register with Compost Colorado to use Augustana's Community Bins.
- DO NOT BRING HOME-COMPOST TO BINS INSIDE THE CHURCH.
- Cost is \$15 per month.
- Sign up and pay directly to Compost Colorado here: compost-colorado.com/dropoff, or scan the QR code.
- Payment will get you the Compost Bin Access Code.
- Community Bins are down in the south parking lot by Augustana's Community Garden.
- Compost Colorado is taking items that the City of Denver is not, such as compostable plates, napkins and paper towels. See their website for more details.
- There are other Colorado Compost sites that accept compost too.



Welcome Connection

Wear a welcoming Augustana name tag!

Name tags are welcoming, invite conversation, and help us remember each other's names.

Request your name tag online from the News/Blog page of Augustana's website, augustanadenver.org. Optional: donation of \$8/each to cover the cost of the name tags.

Remember to wear your name tag to Augustana worship, events, and meetings!

See what Welcome Connection is up to and how you can participate

- The fourth of four quarterly Augustana postcards arrived at 7,700 households in the neighborhoods around Augustana on August 21. Additionally, 700 extra postcards were portioned in bundles of five and given to Augustana members and friends to invite friends, family, neighbors, coworkers, etc., to Augustana events. Many thanks to everyone who tried!
- Continue to submit photos of your groups and events for website and publication use as encouraged in the June Tower. The Connection is still exploring Internet search engine optimization to increase Augustana's accessibility and footprint on the Internet. There is also a draft of an excellent new bookmark brochure.
- Exterior improvement projects, including planting, lighting and signage continue. The Connection has contacted the City of Denver about the condition of the grass immediately in front of the Alameda parking lot and is awaiting the response.
- Welcome Connection will distribute small gift boxes and information about the upcoming "Bless the Build" for Augustana Homes to the surrounding neighborhood on September 10 after "God's work. Our hands." Sunday.
- We're encouraged that there are 11 households signed up for Bread Breakers. If you are interested in connecting with one of the groups, please sign up by the first week of September. (See page 12.)

As always, if you have visions, thoughts or suggestions for our group, feel free 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.

Nancy Nyhus and Brad Uyemura

5000 E. Alameda Ave.
Denver, CO 80246



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28 Karen Kokos
Keith Long
Jim Sanderson
Janel Wilson

29 Ruth Pederson
Brad Uyemura

30 Judy Smeester

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