

Faith in Transition

Chapter 3 of Ecclesiastes assures us that there is a time for everything and a season for every activity under the heavens. At Augustana, October is the season we dedicate to considering the gift that the church represents in our lives and how we can best use our time, talent, and treasure to support its mission to Worship, Grow, Go.

This year's stewardship campaign is entitled ***Faith in Transition***. This is clearly a time of transition for Augustana and we pray that faith in Jesus Christ continues to guide us in our response to the needs of the world. Consider if you will:

- Pastor Ann's retirement in March sparked the beginning of a thorough and thoughtful process for the next chapter of pastoral leadership at Augustana. Of course, our faith community continues to be wonderfully shepherded by Pastor Caitlin, and we've also had the good fortune of welcoming Pastor Gail to accompany us during this season. The Congregation Council and, more recently, Pastor Dominic and the Transition Team have been working diligently to confirm who we are and define the objectives and skill sets that will be required of our next leader. Many of you have also put your faith into action by participating in the Listening Circles, which will boldly inform how the transition process moves forward.
- Augustana Homes, which began with a vote of the congregation three years ago, will break ground later this fall. This will reconfigure

our property to provide eight families with attainable housing that we pray will allow them to grow and go in ways that are meaningful to them. The generosity of this congregation is leading directly to the transformation of lives.

continued, page 3





Evangelical
Lutheran Church
in America

5000 E. Alameda Ave.
Denver, CO 80246

Augustana
LUTHERAN CHURCH

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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, October 12, 4:30 p.m. is the deadline for the November 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
- **Craig Tamminga**, Facility Manager
- **Asmir Hodzic**, Building and Grounds Manager
- **Ellen Kastens, Amy Tamminga, Erin Saboe Willoughby**, Wedding Coordinators
- **Kisanet Yohannes**, Director, Augustana Early Learning Center

Recently lifted up in prayer

For hope and healing:

- Sandy Barker
- Doug Boyd
- Megan Churchill
- Roger Cuniff
- Carl & Miriam Fisher
- Paul Gilbertson
- Arvetta Hjelmstad
- Robert Larson
- Orvid Olson
- Jena Requist
- Steve Troike
- Ellen Walsh
- Jenna
- Kevin

For comfort and courage:

- Family and friends of Chickie Bakkemo in her death
- Family and friends of Marion Colliander in her death
- Kari Kusek and family in the death of her mother, Tammy Mohs
- Julie MacDougall in the death of her friend, Carol Archer
- Family and friends of Lee Reinhart in his death
- Marvin Schneider in the death of his wife, Susan Schneider
- Jean Gall in the death of her friend, Katherine

Thank you for the gifts!

Special Gifts

- in memory of Marion Colliander, Harriet Anne Post

Rejoice with

- Cassandra Ann and Amina Elizabeth Thorpe, daughters of Akeem and Savannah Thorpe, in their baptism
- Parents Michael and Meghan Gentes in the birth of Catherine Alice Gentes, August 21

Volunteer Ministry

Augustana Needs You!

Augustana's army of volunteers makes worship happen and we need more recruits!

Please contact **Julie** in Augustana's office (303-388-4678 or macdougall@augustanadenver.org) if you are interested in joining any of these ministries. (These are once-a-month or once-a-quarter opportunities.)

- Communion Assistants
- Greeters
- Readers
- Ushers

Faith in Transition

continued from cover

- We continue to recover from a pandemic that changed many aspects of our lives, including the way that many of us set priorities, manage relationships, and respond to those in need. Worship attendance, volunteerism, and other aspects of our ministries look very different today than they did. The old ways of being in the world have given way to a fresh approach to the challenges of the day. Faith anchors us through the uncertainty.
- Pastor Caitlin's life has expanded to include a cancer diagnosis. We watched and worried and prayed and loved her as she invited us into her daily life. Her clarity and honesty about balancing the different aspects of life with cancer as well as God's daily presence in her life allowed us a special look into a scary time. From health and richness of life, to illness and focus of scarce energy, and, thanks be to God, back on the road of health again. Each up and down punctuated by transitions and strengthened by faith.

And our own lives are full of other similar challenges and changes. Growing kids, work, aging families, social justice, food, medicine, a life lived in joy. Anchoring us through all that life has to offer is faith in Jesus Christ—our belief that God loves us and died for us so that we might have salvation. Faith gives us a place to turn when the future is uncertain or difficult.

Reflections on Faith in Transition

In October, we will spend time at each service reflecting on **Faith in Transition**. Beginning October 1, members of the congregation will share weekly stories of Augustana's meaning in their lives and of how they view stewardship. These devotions will be anchored to the scriptural expressions

of faith that are guiding the Transition Team's listening circles:

- **October 1** - Reflections on the past from Psalm 107: *Let the redeemed of the Lord tell their story.*
- **October 8** - Contemplating our present from Psalm 23: *The Lord is my shepherd, I lack nothing.*
- **October 15** - Looking to the future from chapter 2 of Acts: *We will dream dreams.*

Commitment Sunday, October 22

Commitment Sunday will be a celebration as we bring all of these concepts together on October 22. We ask each household to submit their stewardship pledge for the coming year in-person on October 22 or digitally at any time leading up to Commitment Sunday. Consistent with prior years, pledge cards will be mailed to you and available at church all through October to give you the best opportunity to make a commitment to the giving that sustains Augustana's ministries. An electronic pledge card process on [Augustana's Giving page](#) is also available.

Our faith response to the needs of our neighbors in our communities and across our world is stewardship of the gifts given to us by God. Augustana's ministries put faithful people to work to meet those needs. Your giving throughout the year, and the commitment to giving you make each fall make our ministries possible and a difference in the lives of so many people. Please prayerfully consider how you will support the work of our ministries together during the transitions of the days ahead.

Stewardship Committee—

Nick Massie, Pr. Gail, Bill Crossen, Greta Devol, Michael Gentes



- ◀ Larry Ulrich, stepfather of Pastor Caitlin
- ▼ Larry and Mom's stone, Memorial Garden
- ▶ Pastor Caitlin's family



Pastor Caitlin

Colors, Contemplation, and Connection

There's something about fall. It's not exactly quiet, but there's a contemplative feel to it as the colors deepen and the days darken. As you might imagine, I contemplate the congregation quite a bit. You all are in my heart and mind daily as different people pop into my thoughts for a variety of reasons—joy, sickness, work changes, new babies, mental health, and the list goes on. We have topsy-turvy lives, to be sure, and we have ministries that touch our lives depending on our particular moment in time.

Lately, I've been especially grateful for the ministry of Augustana's Memorial Garden. Over the past several months, we've laid to rest the cremated ashes of several Augustana sinner-saints—powerful moments as we say goodbye to dear friends. Over Labor Day weekend, my mom, siblings, spouses, and adult children gathered to celebrate and lay

to rest in the Memorial Garden our dear Larry, my mother's beloved husband of 19 years. Mom and Larry chose their resting place together last year. His memorial service was in June at the University of Dayton's Chapel of the Immaculate Conception, and we're grateful to his daughters for supporting us in laying him to rest at Augustana. Mom is alive and well, and her name is on the stone with Larry's.

Whether your moment includes the Memorial Garden, Music Ministry, Grief Group, GIFT Sunday School, Communion Preparation, E4 Mental Health Ministry, 60+ Ministry, Youth Breakfast Club, Young Adult Bible Study, Women-Wine-&-Word, Book Group, Firm Believers Exercise, Compassion and Action with our Neighbor (CAN) Ministry, or _____, there is something for each one of us to connect with as a congregation. Community is



needed more than ever these days. Please let me know if you're contemplating a group and would like help connecting.

Peace, **Pastor Caitlin**

Pastor Caitlin is in complete remission from follicular lymphoma! Healing from chemo continues. For updates and reflections in real time, you're welcome to check out her Caring Bridge page: www.caringbridge.org/visit/caitlinrussell.

Financial Statement January–August, 2023						
	August 2023		August 2022	2023 Year-to-Date Period		YTD 2022
	Actual	Budget	Actual	Actual	Budget	Actual
Revenue	\$ 74,469	\$ 91,197	\$ 81,142	\$ 727,256	\$ 768,079	\$ 774,069
Expenditures	120,281	105,618	96,423	827,685	828,282	787,313
Net Income (loss)	\$ (45,812)	\$ (14,421)	\$ (15,281)	\$ (100,430)	\$ (60,203)	\$ (13,244)
<ul style="list-style-type: none"> For the month of August, 2023, offering income was lower than budget by (\$12,000); offering shortfalls in the summer months are not unusual due to low attendance but this variance was unusually large. We also had to repair two significant water leaks in the facility and replace the stolen catalytic converters on our pick-up truck resulting in higher than expected property expenses of (\$11,000). Finally, personnel expenses were greater than expected by (\$4,000) due largely to having paid the second installment on our contract with the Transition Consultant. For the year-to-date period, offering income is less than budget by (\$11,000); low attendance and consequent low offerings during the summer eliminated what had been a favorable variance at the end of May. Special Gifts, amounts left to the church in honor of or by people who have died, are lower than budgeted by (\$26,000). These two differences account for most of the (\$40,000) variance to budget. 						

Celebrating World Communion Sunday



World Communion Sunday is October 1, 2023. For 90 years, churches of different faith groups have joined together for World Communion Sunday, celebrated on the first Sunday in October. Currently, this day is commemorated by 38

different Christian traditions. These various groups each celebrate the day in their own ways and through their own traditions, different but unified around the Lord's Table.

The idea was conceived by Dr. Hugh Thompson Kerr, pastor of Shadyside Presbyterian in Pittsburgh, Pennsylvania. Kerr wanted to bring various churches in the area together for a service focused on unity, and he felt that the one thing that unites all in the Christian faith is the celebration of Holy Communion. The first observance took place in 1933, later being adopted by the Presbyterian Church (USA) and the Federal Council of Churches, a predecessor of the National Council of Churches, who encouraged their member churches to participate.

Speaking about World Communion Sunday, Kerr's son, Donald, explained, "The concept spread very slowly at the start It was during the Second World War that the spirit caught hold, because we were trying to hold the world together. (The day) symbolized the effort to hold things together in a spiritual sense. It emphasized that we are one in the Spirit and the Gospel of Jesus Christ."

Serving in international churches, I have had the amazing experience of worshiping with people from approximately 40 different countries! The Lord's Prayer would be prayed in "your native

Various groups each celebrate World Communion Sunday in their own ways and through their own traditions, different but unified around the Lord's Table.

language or language of your heart," and as we slowly said the words in English, the Pentecost style prayers were being raised throughout the sanctuary. We experienced different traditions and cultures of worshiping God, enriching our own faith. And as we gathered around the Lord's Table, sharing the "body of Christ" and the "blood of Christ" with siblings from all over the world, we caught glimpses of the kingdom of God.

Join us on October 1, celebrating as we receive communion, we are joining Christians throughout the world who will also be receiving the Bread of Life and the Cup of Blessing. Thanks be to God!

Blessings to you and yours,

Pastor Gail

pastorgail@augustanadenver.org



October 29

Celebrate Reformation Sunday, October 29, with worship at 8 a.m. in Christ Chapel and 10:30 a.m. in the sanctuary. Augustana's confirmands will affirm their baptism at 10:30 a.m. worship. The festival color is red! Come celebrate with festive worship!



All Saints Sunday

On All Saints Sunday, November 5, Augustana will remember all those we have loved who now live with Christ, especially those who have died in the past year.

If you have loved ones who have died since last All Saints Sunday (November 6, 2022), Augustana is pleased to include their names in the All Saints prayers. Email **Lyn Goodrum** (goodrum@augustanadenver.org) by Sunday, October 29; clearly spell the names, include the date of death, and, if necessary, give pronunciation instructions.



09/17/2023 - Sunday worship - Augustana Lutheran Church Denver



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Livestream Much?

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Augustana's worship via livestream is for you!

Worship links and bulletin at augustanadenver.org/worship.

Congregation President

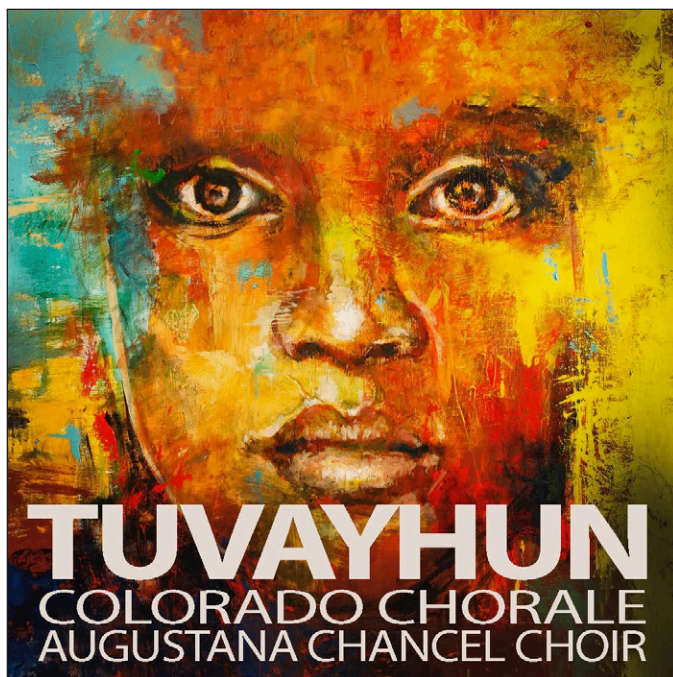
Seeing the world and coming home

Our big trip this summer was our Europe trip. We planned to take this trip last year but had to postpone it due to an accident with one of our travel partners. We were glad to be able to travel this year, and what an experience! We landed in Munich, Germany, rented a car and then on to Austria—probably the best breakfast of the trip! From there we traveled to three different cities in Italy. We continued our travels to six different towns in Slovenia and met so many wonderful people there. We ended our trip in Bad Reichenhall, Germany, before we flew out of Munich. It was great to get home and see our son and our dog, Izzy ❤️ and back to cooking our dinners!

This trip has brought back memories from 1970 when my mom planned the adventure trip of a lifetime for our family (mom, my two sisters and me) as a gift to all of us for her dream realized—achieving her master's degree. Mom planned a seven-week trip to Europe to visit eleven countries, traveling 5,500 miles with the Volkswagen she ordered in Denver and picked up in Amsterdam. She had the help of AAA travel agents with their maps, trip tiks, and tour books. (Some of you may remember those days.) This year's trip was very different than when I was a youngster! What a feat to plan all that without the Internet or maps on our phones that we relied on during our trip this time.

I am grateful for the three weeks away and time with my husband, Dan, and our friends. I loved the history, architecture, churches, landscapes, food, and different culture—especially the more relaxed pace. The trip was not without its challenges, but the adventure was epic. Thank you to everyone at Augustana that filled in and helped me enjoy some rest and relaxation during my adventure! Now I am ready to get back into the swing of fall and busy end of the year at Augustana!

Lisa Boe-Sims,
President of the Congregation



Colorado Chorale and Augustana Chancel Choir in Concert

Friday, October 27, 7 p.m. at Augustana

Tickets: \$25 general, \$20 senior, free child/student

“Tuvayhoon” in Aramaic is “blessed.” Immerse yourself in a mesmerizing choral journey as the Colorado Chorale collaborates with the Augustana Lutheran Church Chancel Choir to present Kim André Arnesen’s ethereal masterpiece.

This extraordinary work begins from the biblical Beatitudes and responds with new poetry that sheds light on who among us might be in need of blessing. The texts—ancient and new—are woven into a colorful tapestry of music inspired by a variety of traditions, highlighting the universality of the human experience.

Tuvayhun is more than a concert. It’s a celebration of the human spirit, expressed through the unifying power of music.

Purchase tickets online at <https://www.coloradochorale.org/season/>.



Music Ministry

Playing hymns is simple, right?

I invite you to join me on Sunday, October 29 at 9 a.m. in the sanctuary when I present a class entitled, **“Hymns: Can Any Bozo Play Them?”** (The alternate title of the class is “Hymns: What Is Involved in Leading Hymns?”) This discussion is part of the fall schedule of events for the Adult Forum. Please note the change in time and location for this class from other weeks. This presentation runs that day from 9 to 10 a.m. in the chancel (front) of the sanctuary.

Hymn playing is the most important thing I do as organist in worship. Through hymns, a congregation sings its story, beliefs, struggles, and joys. As people sing less and less in their daily lives, hymn leading is a great responsibility and privilege when people assemble for worship.

There are many foundational principles in hymn leadership. Besides playing the correct notes, considerations include tempo, introduction, how much or little variation to use on stanzas, what organ stops to use, how loud or soft to play, and when to push or pull back the pacing if the congregation is changing the tempo.

Augustana is fortunate to have good, hearty Lutheran singing in its worship services every week. Please consider attending this class to learn what goes into hymn playing. Until then, happy hymn singing.

Grace and peace,
Andy

Hear the St. Olaf Orchestra in Denver

The St. Olaf Orchestra (Northfield, MN), conducted by Chung Park, will perform at Central Presbyterian Church in Denver (660 Sherman St.), Sunday, October 15, 7:30 p.m. during its 2023 fall tour. This year’s tour will feature Shostakovich’s *Symphony No. 5*, *Rodeo* by Aaron Copland, student soloists, and more! Founded in 1906, the

95-member ensemble has been heralded as one of the finest collegiate orchestras in the country, and won the 2013 and 2019 American Prize in Orchestral Performances among colleges and universities.

Tickets are \$10 and free for students, available at stolaf.edu/tickets/orchestra or 800-363-5487.



Children, Youth, Family

Watch and discuss *The Chosen* with Augustana's Young Adults

Tuesday, October 3, 6:30 p.m., Youth Room

Young Adult Bible Study participants invite anyone of any age to join them in this year's study. We will watch Season 2 of *The Chosen* in the Youth Room on the first Tuesdays of the month followed by discussion. You are invited to bring a snack or even bring your dinner, and wear comfortable clothes! This casual time will allow you to come when it works for you. If you miss an episode, they are free to view on YouTube and *The Chosen's* app. See you on Tuesday, October 3!

Trunk-or-Treat

Augustana will host Trunk-or-Treat, Sunday, October 29, 12:30–2:30 p.m. in the Alameda parking lot. During this time the inflatables will also be available along with some crafting projects. There will be tables to make scarecrows and the new TikTok ghost trend. The ghost craft involves painting a scene into an existing painting. If you have a painting you want to bring, please do so; we will also have paintings available for people to use. All are invited to wear a costume. If you would like to host a trunk, please contact **Shanna** (shanna@augustanadenver.org or 303-388-4678 ext. 107).

Donations of old paintings needed

Children, Youth, and Family Ministry is looking for donations of old paintings on canvases you have at home that you would like to donate for an art project. They can be framed or unframed. If you

enjoy thrifting and find some to pick up for cheap to donate, that would also be great! Landscapes work well along with older style paintings. Donations are needed by Friday, October 27 and can be dropped off at Augustana's office.

College Care Packages

Breakfast Club youth will pack college care packages, Sunday, October 8 in the Youth Room.

If you have a college student, please send **Shanna** their mailing address (shanna@augustanadenver.org).

Donations for the packages are most helpful! Suggested items for 25 packages include microwave snacks, gum, small toiletries, candy, handwritten notes, and more. To help you get an idea of item size limitations, we ship these in medium flat rate boxes. Donations can be dropped off at Augustana's office by Friday, October 6 or brought to the Youth Room by 9:15 a.m. Sunday, October 8.

Chili, Soups, and Stews Cook-Off

Sunday Lunch on November 5 will feature a cook-off to support youth fundraising efforts. This potluck invites you to bring a crock pot of your favorite chili, soup, or stew, and people will vote for their favorites with their cash money. If cooking chili isn't your preference, we invite you to bring a side such as bread, cornbread, fruit, veggies, or a dessert to share. Please, no nuts or peanuts.

Please sign up with **Shanna** (shanna@augustanadenver.org or 303-388-4678 ext. 107) by Tuesday, October 31 with the title of your entry and a short description.

Augustana Foundation

RSVP now!

We hope to see you at our Fall Fete: “Under the Harvest Moon”

Reservations must be received by October 10, so please sign up now to join other supporters of the Augustana Foundation on Friday, October 20, between 6 and 8 p.m. in Fellowship Hall. We will have hearty hors d'oeuvres and cocktails, an opportunity to bid on a few silent auction items, and a quick paddle raise to encourage giving to the Augustana Foundation. Mingle with your church



friends, and meet some new folks you've not had a chance to get to know before.

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/>.

Study/Fellowship

Swedish Smorgasbord

The Swedish Club of Denver will be hosting its annual Smörgåsbord dinner at Augustana, Saturday, October 7, 5:30 p.m. Smörgåsbord comes from the Swedish words “smörgås,” meaning an open sandwich, and “bord,” meaning table. This will be a three-course, buffet style meal featuring traditional Swedish foods, including a variety of fish, meats, vegetable dishes, and desserts! There will also be an educational program about the physical and cultural landscape of Sweden.



Tickets are required and may be purchased at <https://www.swedishclubofdenver.org/> by Wednesday, September 27. All proceeds will benefit the Swedish Club of Denver scholarship fund.

Come join us for a night of food and culture and help us support our young scholars!



Book Group: *Midnight at the Bright Ideas Bookstore*

The October selection for the Augustana Book Group is Matthew Sullivan's *Midnight at the Bright Ideas Bookstore*. Sullivan grew up in suburban Denver and worked at the Tattered Cover. His debut novel has been heralded as a "page-turner featuring a heroine bookseller who solves a cold case with clues from books. . ." (Nina George, author of *The Little Paris Bookshop*).

"When a bookshop patron [dies by suicide], his favorite store clerk must unravel the puzzle he left behind . . . Lydia Smith lives her life hiding in plain sight. A clerk at the Bright Ideas Bookstore, she keeps a meticulously crafted existence among her beloved books, eccentric colleagues, and the BookFrogs—the lost and lonely regulars who spend every day marauding the store's overwhelmed shelves.

But when Joey Molina, a young, beguiling BookFrog, kills himself in the bookstore's upper room, Lydia's life comes unglued. Always Joey's favorite bookseller, Lydia has been bequeathed his meager worldly possessions. Trinkets and books . . . They reveal the psyche of a young man on the verge of an emotional reckoning. And they seem to contain a hidden message. What did Joey know? And what does it have to do with Lydia?" (Goodreads)

Join us on Monday, October 16 at 2 p.m. in the Youth Room to discuss this novel. If you have questions, contact **Ellen Kastens** (303-475-7877 or ekkastens@gmail.com). All are welcome!

Women, Wine and Word

Women, Wine and Word meet Thursday, October 19, 7–8:30 p.m. in the Youth Room. Join in the concluding discussion of *Pew* by Catherine Lacey. Copies of the book are available from Augustana's office for \$14. We will also be picking a topic for the November meeting and discussing potential titles for the spring. Please feel free to bring a snack or wine to share. For additional information, contact **Katy Lunsford** (Katy.p.lunsford@gmail.com).



Health Ministry

Are Your Ducks in a Row?

Adult (18 years and older) Education on all October Sundays

**Sunday, October 1 – Adult Forum Panel – 9:15 a.m.,
Anna Paulson Room**

Introduction to series and panel members:

1. **Sue Ann Glusenkamp**, RN, FCN – welcome; opening devotion/prayer; purpose of the ducks October series in context of people of faith; personal story
2. **Mark Caldwell**, Attorney at Law – personal story – the why this series is important
3. **Heather Frank**, Attorney at Law – Colorado Legal Services
4. **Kari Degerness and Nancy Johnson** – Advance Directives/Living Wills
5. **Rebecca Shandrick**, Attorney at Law – Estate Planning – Trusts and/or Wills
6. **Pastor Caitlin Trussell** – Funeral planning – What does Augustana offer?

**Sunday, October 8 – Adult Forum – 9:15 a.m.,
Anna Paulson Room**

Heather Frank, Low Income Taxpayer Clinic Director, Colorado Legal Services

Tax Resources for Older Adults - Colorado Legal Services serves older adults across the state. This presentation will introduce folks to Colorado Legal Services' resources and discuss tax topics frequently seen at the Low Income Taxpayer Clinic, including filing requirements when retired, tax credits for older adults, identity protection tools,

and resources for resolving federal and Colorado tax debt.

Noon – Anna Paulson Room

Kari Degerness and Nancy Johnson - Advance Directives/Living Will Options – What forms are available and which form is best?

**Sunday, October 15 – Adult Forum – 9:15 a.m.,
Anna Paulson Room**

Charitable Giving with Thrivent Financial Representative **Greg Bickle**

Noon – Anna Paulson Room

Rebecca Shandrick, LLC, Attorney at Law
Estate Planning – Do I need a will or a trust?

Sunday, October 22 – 9:15 a.m., Anna Paulson Room
Brief Advice Clinic

- Bring your questions and working documents.
- How to get your ducks in a row!
- What documents do you need?
- What are the options?
- Receive practical consultation and individual help with navigating these questions and documents from competent trustworthy experts.

Please plan to attend any and/or all of these sessions to help you plan for the future and get your ducks in a row.



It's Flu Season!

How much do you know about the flu?

Test yourself:

(See answers next page.)

1. You can spread flu to others even before symptoms appear. True or False?
2. Flu illness can be more severe for certain people. True or False?
3. A flu vaccine can NOT give you flu. True or False?
4. Flu illness severity and flu season severity can vary. True or False?
5. Antivirals can be used to treat flu illness. True or False?
6. Some flu vaccines are preferentially recommended for people 65 years and older. True or False?
7. The flu vaccine and COVID-19 vaccine can be co-administered. True or False?

Take Action To Prevent Flu!

The best way to reduce your risk from seasonal flu and its potentially serious complications is to get vaccinated every year. September and October are the recommended months for vaccination. Consult with your primary care provider or your faith community nurse regarding vaccinations.

- Everyone 6 months and older should get a flu vaccine every season, especially people at higher risk.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose, and mouth. Germs spread this way.
- Do your part to help stop the spread of flu this season.

Sleeve up! Lather up! Cover your cough!



Annual Candlelighting during Worship for Mental Health and Mental Illness

Join us on Sunday, October 15, at both 8 a.m. and 10:30 a.m. worship, where the focus will be on supporting family and friends living with mental illnesses or mental health challenges. During worship, candlelighting will be offered to remember loved ones who need prayers and unconditional love from our faith community.

Calling all Knitters and Crocheters!

Sunday, October 1, noon, Anna Paulson Room/Zoom

You are invited to join the Augustana Knitters for a fun and interesting class with renowned knitter and author **Donna Druchunas**! You have the option



to Zoom from home or join us at Augustana in the Anna Paulson Room for the group Zoom class.

- <https://us06web.zoom.us/j/84616548097?pwd=NCBxnVZ7qp7ZdDIWdhTZs57b17tw8o.1>
- Meeting ID: 846 1654 8097
- Passcode: 797593

Donna will entertain us with her talk on **“Finding My Roots Through Knitting”** as well as demonstrate **“Grandma’s Knitting”** class. In this class, participants will learn the version of Continental knitting traditionally used in Lithuania and many other parts of Eastern Europe. All skill levels will learn this fast way to knit.

If you would like to try this knitting technique, bring with you:

1. size 7 needles
2. about 50 yards of worsted-weight yarn
3. basic knitting supplies

Test Answers:

1. **True.** You may be able to spread flu to someone else before you know you are sick, as well as while you are sick.
2. **True.** Certain groups of people are at a higher risk of developing serious flu complications. These groups of people include children younger than 5 years old, adults 65 years old or older, pregnant people, and people with certain chronic health conditions.
3. **True.** Flu vaccines cannot cause flu illness. Most flu shots are made using killed viruses; one flu vaccine does not use flu viruses at all.
4. **True.** Flu illness can vary from no symptoms at all to very severe disease, depending in part on factors such as a person’s age and underlying health status. Flu seasons can also vary widely in terms of their timing, severity, and impact on different age groups.
5. **True.** Influenza antiviral drugs can be used to treat flu illness. These drugs can shorten the time you are sick, make your illness milder, and lessen serious flu complications that can result in hospitalization or death. Flu antivirals work best if taken within the first 48 hours after symptoms start. Early treatment with antiviral drugs is extremely important for people at higher risk of serious flu complications.
6. **True.** For the 2022–2023 flu season, there are three flu vaccines that are preferentially recommended for people 65 years and older. There is no preferential recommendation for people younger than 65 years. If you are older than 65 years of age, be sure to ask for the preferred vaccine.
7. **True.** You can get a flu vaccine and a COVID-19 vaccine at the same visit if you are due for both vaccines. This is an option. Both vaccines can be given in the same arm or one in each arm.



60+ Ministry

College Football Fans Gathering

It is fall and time to celebrate friends, college football, and crisp evenings that provide an opportunity to don your favorite sweatshirt. On Saturday, October 21, 5–8 p.m., come celebrate with the 60+ Ministry Team at the home of **Greg and Katy Lunsford** in Central Park. Seriously, wear your favorite sweatshirt and bring a finger food appetizer or dessert and a favorite beverage you want to share. Paper goods will be provided. College football will be showing on a couple of TVs, and the fire pit will be going.

Space is limited, so please RSVP to **Judy Peters** (jlovestotravel@gmail.com), and she will provide the address.

Welcome Connection

Wear an Augustana Name Tag!

Thanks to all who wear their Augustana name tags! 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.

Reminders:

- If you order a name tag and have yet to pick it up, check with Augustana's office!
- If you already have a name tag, wear it!

Welcoming Worship Visitors: Pro-tips

****We're all ambassadors for Augustana and can welcome visitors with kindness.**

A brief connection lets visitors know they're welcome.

If someone in a pew near you says they're visiting:

- Welcome them to worship and let them know your first name and ask them their name(s).
- Tell them you can try to answer questions about worship if they have any.
- Write their names on your bulletin to remember them.
- After worship, you can say a simple, "Goodbye, it was nice to meet you." Or, "Hope to see you again."
- If they chat for a minute, ask if they're traveling or from the area, and go where the conversation takes you.
- Hang on to your bulletin with their names to help recall their names if you see them again.



Getting the word out and making Augustana a welcoming place

Postcards

First, a hardy thank you to all who participated in our congregation-wide Augustana postcard distribution. Again, you are the ideal ambassadors for inviting and welcoming people who need a community like Augustana as much as you do. Give us your feedback on what you experienced when you distributed your postcards. We are also considering changes in the frequency of mailing postcards and mailing them to different neighborhoods in 2024.

Bookmark Brochure

On a related note, we edited the new Augustana bookmark brochures coming soon. You can keep a few bookmarks on hand if anyone asks about your church or you think someone you know may benefit from an event or group at Augustana.

Worship Bulletin

The Connection is examining changes to the worship bulletin to better assist visitors with the liturgy and rhythm of our worship.

Bless the Build

Welcome Connection and Congregation Council members distributed gift bags and homemade cookies to our immediate church neighbors on Fairfax and Forest, inviting them to “Bless the Build” for Augustana Homes on September 24 and to contact the church if they have questions about construction.

Bread Breakers

We’re happy to report that 30 households signed up for Breadbreakers, and we called the participants by phone to designate leaders for the small Breadbreakers groups.

Curb Welcome

Exterior improvement projects continue, including planting, lighting, and signage. The sanctuary lights are now programmed to turn on at dusk and remain on until 10 p.m., illuminating the stained glass from inside and highlighting our building from Alameda during evening hours. We also heard back from the City of Denver about the foliage along the Alameda Avenue sidewalk. The city cited credible reasons for their lack of maintenance and asked for our patience as they attempt to remedy the issues.

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.**

Thank you,
Nancy Nyhus and Brad Uyemura

Compassion and Action with our Neighbors (CAN)

Successful Summer of Service!

Augustana had a huge impact on our community this summer!

Thanks to all who submitted their service hours. The total was 1,485 hours, which includes approximately 70 people who participated in the repackaging of beans and rice on September 3. Hours submitted for time at places are as varied as our members and their talents: community gardens, Denver Airport, Metro Caring, museums, Habitat for Humanity, city organizations, and hospital entities. In addition, more than 80 in-kind



Glenna O'Neal's Summer of Service hours included volunteering weekly at Marisol Family Services, a Catholic Charities ministry that provides diapers and baby and toddler clothes to families in the Montclair neighborhood. During the summer, Glenna also applied for a Thrivent grant to purchase diapers for Marisol Family Services.

gifts were submitted. Food donations topped the list, with monetary and other items also donated. Thanks to all who participated in doing "God's work. Our hands." this summer.

Volunteer beyond summer

Wow, where did the summer go?

The **Summer of Service** has concluded; however, the need to volunteer never ends. There are opportunities to volunteer here at Augustana and in our community. October is our stewardship month here at Augustana. Compassion and Action with Our Neighbors Ministry (CAN) would like to focus on providing volunteer opportunities.

Here are a few opportunities to serve with the CAN Team or in our community.

- Replenish the Augustana Soup Shelf – This activity can be done 1–4 times a month and takes 15–30 minutes.
- Volunteers are needed at Augustana to help organize donated canned foods after the November Restock Soup Shelf effort.
- Ruby's Market – Ruby's Market is a multi-cultural artisan and food destination that incubates refugee and immigrant entrepreneurs. Visit their user-friendly web site to review volunteer opportunities (rubysmarketdenver.com/volunteer).

These opportunities require no special knowledge or training—only your time. Check your Sunday announcements and ePistle, or contact **Laura Libby** (Laura.alibby@gmail.com) or **Annie Nessa** (amnessa@comcast.net) for these and additional opportunities.

Remember, "CAN" and your community need you! Our next meeting is Sunday, October 8, noon–1:30 p.m. in Rooms 4 and 5.



4,125 pounds repackaged at Operation Pantry!

Augustana folks, you are amazing! Thank you to all who participated in repackaging 4,125 pounds of rice, pinto beans, black beans, basmati rice, and lentils into 2-pound bags for the Fresh Foods Market at Metro Caring. These are important staple foods for those families served by Metro Caring. We began our Operation Pantry events on “God’s work. Our hands.” Sunday in 2015, and it has become an important biannual event as a local part of our World Hunger ministry. It has also become a special intergenerational fellowship event enjoyed by all.

Special thanks to **Bill Crossen, Michael Zumwalt, Finley Zumwalt, Seki, and Carol Troike** for set-up; to **Christine Peters** for working with Sysco to get a good price for the food we packaged; to **Katy Lunsford** for working with Metro Caring to provide the crates for pick-up; to Thrivent Financial for the grant money to purchase the ancillary supplies; and, to **Rob Trussell** for the emergency trip to purchase additional bags.

Our next Operation Pantry is scheduled for January 28. Put it on your calendar!

Don Troike
Coordinator

Rainbow Trail’s Grace Race supports ELCA World Hunger!

Saturday, October 7, 4 p.m. at Sloan’s Lake in Denver

Rainbow Trail Lutheran Camp (RTLCLC) is hosting the 17th annual GRACE RACE 5K run/walk. RTLCLC has raised over \$88,600 for ELCA World Hunger through these annual races!



Come for fun, exercise, and a great after-party. Parents with baby strollers, grandparents with grandkids, and runners and walkers of all physical abilities are welcome!

The Fleetest Flock Traveling Trophy is up for grabs by the congregation with the most participants. Augustana won last year! RTLCLC hopes to raise \$10,000 for the ELCA World Hunger Appeal this year, and they need 200 people to participate. Register online and learn more at <https://www.rainbowtrail.org/special.../the-grace-race-5k/>.

Thanks from Lutheran Family Services

Thank you for joining us in service with your gift of \$2,180 designated for the General Operations fund! For 75 years, Lutheran Family Services Rocky Mountains has served—birth and adoptive families, foster youth, older adults, refugees and asylees and those impacted by disasters. We are called to this service, and together we celebrate your contribution to our mission.

We are filled with gratitude for your vital support. Together we are building the foundation for the next 75 years. Together we are building a legacy of hope through social justice!

Warm regards,
Margo Hatton, CFRE
Vice President Resource Development

The Beayim family, from Central African Republic, is growing and thriving!

Augustana's Team 2 Cultural Mentoring team has enjoyed working with this multigenerational family of ten. The older sisters (Laure-Anne and Nadine) and their two children (Divine and Jordan) arrived last February and were joined shortly after by their parents (Elysee and Yvonne), brothers (Cedric, Christian and Stephane), and younger sister (Edith). Since arriving, they have adjusted to life in Denver well. The younger family members are attending school while the older family members work and support each other with childcare. They are starting to learn more English, and we are communicating better all the time! The family will be moving to a new home soon. We'll update the congregation with any opportunities to help during the move.



Baby Shower for expectant refugee mom

We are excited to share the news that Laure-Anne will be welcoming a baby boy at the end of October. We are so happy for their growing family and actively working to set her up for a smooth delivery and stocked nursery. At this time, we are still in need of many items for the new baby. We have set up an Amazon registry (<https://www.amazon.com/baby-reg/laure-anne-beayim-josie-cockrell-october-2023-denver/33QT7E7A71ULC>) if you are interested in donating. We are also happy to take other donations, such as diapers and gently used baby items. She has a crib and Pack N'play, but needs just about everything else! Please contact **Josie Cockrell** (josephine.cockrell@gmail.com) to coordinate donations.



Human Dignity Delegates

Human Dignity Delegates will be busy in October.

1. Public Hearings for the Denver City Budget. This continues the work of Together Colorado and putting forth a vision for Denver that reflects our faith values. Information on how to participate will be sent to your emails.
2. Meeting, Sunday, October 15, noon–1:30 p.m., Rooms 4 and 5. We are planning on hosting an organizer from Together Colorado to discuss how we put our faith in action for the November election and in the 2024 Colorado Legislative Session. Sunday lunches have resumed, so feel free to pick up your lunch on the way to the meeting.

For additional information or to be added to the email list, contact **Katy Lunsford** (katy.p.lunsford@gmail.com) or **Beth Black** (comosh@aol.com).



A Care of Creation Prayer

God above us—
Trees, birds, and sunshine,
Stars and moonlight.

God beneath us—
Earth, rocks, and rivers,
Roots and caverns.

God around us—
Seas, winds, and cities,
Animals and people.

God within us—
Hope, tears, and laughter,
Love and wonder.

God above us,
God beneath us,
God around us,
God within us,
We celebrate that
You made us,
You love us,
And you call us to work and rest with you.

Thank you for your world, God,
And for our part in it.
Thanks that you are a maker
And that you made us makers too.

Help us to love creation as you love it,
To take risks to value it as Jesus did,
And draw us into the wildness and wonder
Of your Holy Spirit
Today and every day.
Amen

From *Iona Abbey Worship Book*, Creation Liturgy,
Wild Good Publications, 2017.

With thanksgiving that Augustana Lutheran
Church is taking seriously our Care of Creation.
May we compost, recycle, and use trash receptacles
responsibly with love.

5000 E. Alameda Ave.
Denver, CO 80246



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- 7 Siri Anderson
Ann Pearson
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- 8 Robbie Anderson
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- 9 Dale Arden
- 10 Krista Degerness
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Inez Smith
- 21 Terry Lumme
Olivia Rowan
- 22 Nicole Harwell
Brett Porterfield

- 23 Robin Boe
Duane Howell
Michael Priest
Judy White
- 24 Ken Beazer
Ann Sethre
- 25 Griffin Brown
- 26 David Robb
- 27 Nancy Hardiman
Denise Sanderson
- 28 Beck Miller
Ursula Park
- 29 Genevieve Bucklin
Mackenzie Cross
Karen Morgenthaler
- 30 Helen Blanz
Julie Churchill
Sandra Hagevik
- 31 Nikolai Arnold
Anne Bickle
Lula Clambey
Ethan Rogers
Dallas Smith

*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
1 Pentecost 18 Health Ministry Sunday World Communion Sunday 8am Worship/Communion 9:15am Adult Forum 10:30am Worship/Communion 11:45am Sunday Lunch Noon Grief Support Group Noon Augustana Knitters Noon Welcome Connection 12:15pm Confirmation <i>See Faith Formation and Music Ministry below</i>	2 9:45am Augustana Firm Believers <div>  </div>	3	4 9am Augustana Early Learning Center Chapel 9:45am Augustana Firm Believers 6pm Augustana Ringers Chancel Choir 7:15pm	5	6 9:45am Augustana Firm Believers 11am Bulletin Assembly	7 5:30pm Swedish Club Smorgasbord
8 Pentecost 19 8am Worship/Communion 9:15am Health Ministry Team 9:15am Adult Forum 9:15am Discover Augustana 10:30am Worship/Communion 11:45am Sunday Lunch Noon Grief Support Group Noon CAN Ministry Noon Advance Directives 12:15pm Confirmation <i>See Faith Formation and Music Ministry below</i>	9 9:45am Augustana Firm Believers	10 6pm Children, Youth, & Family Ministry	11 9am AELC Chapel 9:45am Augustana Firm Believers 6pm Augustana Ringers Chancel Choir 7:15pm	12 2pm The Tower deadline 7pm 60+ Ministry E4 Mental Health	13 9:45am Augustana Firm Believers 11am Bulletin Assembly	14
15 Pentecost 20 8am Worship/Communion 9:15am Adult Forum 9:15am Discover Augustana 10:30am Worship/Communion 11:45am Sunday Lunch Noon Grief Support Group Noon Estate Planning Noon Human Dignity Delegates 12:15pm Confirmation <i>See Faith Formation and Music Ministry below</i>	16 9:45am Augustana Firm Believers 2pm Book Group	17 7pm Congregation Council	18 9am AELC Chapel 9:45am Augustana Firm Believers 6pm Augustana Ringers Chancel Choir 7:15pm	19 7pm Women, Wine and Word	20 9:45am Augustana Firm Believers 11am Bulletin Assembly 6pm Augustana Foundation Gala: "Under a Harvest Moon"	21
22 Pentecost 21 8am Worship/Communion 9:15am Adult Forum 9:15am Discover Augustana 10:30am Worship/Communion 11:45am Sunday Lunch Noon Grief Support Group <i>See Faith Formation and Music Ministry below</i>	23 7:30am Foot Care Clinic 9:45am Augustana Firm Believers	24 1pm The Tower Assembly 7pm Rachel Circle 7:15pm Rehearsal: Fall Concert	25 9am AELC Chapel 9:45am Augustana Firm Believers 6pm Augustana Ringers 6:30pm Alzheimer's Support Group 7:15pm Chancel Choir	26 9:30am Rehearsal: Fall Concert	27 9:45am Augustana Firm Believers 11am Bulletin Assembly 7pm Concert: Chancel Choir and Colorado Chorale Fall Concert	28 Noon Confirmation Brunch
29 Reformation Sunday 8am Worship/Communion 9am Adult Forum 10:30am Worship/Communion 11:45am Sunday Lunch Noon Augustana Foundation Investment Committee Noon Grief Support Group 2pm Trunk or Treat <i>See Faith Formation and Music Ministry right</i>	30 9:45am Augustana Firm Believers	31 Halloween 	<div> <div>Sunday Faith Formation</div> <div> 9:30am GIFT Confirmation Breakfast Club </div> </div> <div> <div>Sunday Children and Youth Music Ministry</div> <div> 9am Cherubs Choristers Chancel Handbells Noon Cantabile Chapel Ringers Recorder Ensemble </div> </div>			