



Gathered by Promises!

We've been dreaming behind the scenes about our Lenten theme since October. That's how we roll at Augustana. Looking ahead to grow in faith. Our theme for Lent gathers us by the promises of baptism. We join our ancient siblings in faith because, historically, Lent was a time when converts into Christianity prepared for Easter baptisms.

The calm waters of our baptismal fonts veil the raw power of the Holy Spirit who showers us with God's

promises. God promises to always be present even, and maybe especially, when we don't feel worthy or lovable (Theology of the Cross); to always take us back through forgiveness when we turn our backs on God (Reconciliation); to make our lives ever more Christ-shaped (Discipleship); and to keep these promises forever (Eternal).

The first promise we make in response to God's promises, is "to live among God's faithful

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Evangelical
Lutheran Church
in America

5000 E. Alameda Ave.
Denver, CO 80246

Augustana
LUTHERAN CHURCH

PHONE: 303-388-4678

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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, March 7, 4:30 p.m. is the deadline for the April edition. Email **Lyn Goodrum** (goodrum@augustanadenver.org).

Congregation Council:

President: Heidi Johnson

Vice President: Heather Nelson

Secretary: Nancy Nyhus

Interim Treasurer: Michael Gentes

Brynn Aarestad	Roger Lipker
Betty Boyd	Pr. Gail Mundt
Janet Flesch	Pr. Caitlin Trussell
Jayne Howard	Brian Willoughby
Sean-Casey King	Michael Zumwalt
Jack Kusek	

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- **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
- **Alice Alister** and **Jesse Crone**, AV Technicians
- **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

Rejoice with

- Parents Noah Glusenkamp and Caroline VanderHaar and grandparents Ron and Sue Ann Glusenkamp in the birth of Ida Louise Glusenkamp, January 23

Recently lifted up in prayer

for hope and healing:

- Dale Arden
- Dede Axinn
- Ian Beumer
- Jan Cichon
- Glenn D'Ottovio
- Lynn Friesen
- Angela Larson
- Dick Larson
- Robert Larson
- Elaine Lunsford
- Janice Martin
- David Mohs
- Lou Neumann
- Denise Newman
- Willa Rinehart
- Heather Rippert
- Marge Sumberg
- Savannah, Akeem, Amina, and Cassandra Thorpe
- Mary Tinker
- Sandra Van Dam
- Marcia Zimmerman
- Doug
- Georgia
- children and others of Gaza and Israel

for comfort and courage:

- Rob and Pastor Caitlin Trussell in the death of their friend, Marilynn Alexander
- Marcia Olson in the death of her friends, Stephanie Dana and Jaxson Feeler
- Reena Jabamoni in the death of her sister, Minnie Frederick
- Julie Byther in the death of her friend, Shirley Gleason
- Family and friends of Audrey Haber in her death
- Katy Lunsford and Bonita Bock in the death of their friend, Sydney Petty
- Joy Dillon in the death of her son, Shaun Skillin
- Arleen Wilson in the death of her brother, Archie Tamietti
- Savannah Thorpe in the death of her Baby Thorpe

- Lyn Goodrum in the death of her aunt, Karen Vinge
- Jeremy Wesloh in the death of his grandfather, Bernie Wesloh

Thank you for the gifts!

Augustana Early Learning Center

- in memory of Dolly Lager

"Thanks, Augustana!"

Dear Augustana, We extend our heartfelt gratitude for your incredible support. Your generosity and kindness have made a significant impact on our mission. Thank you for being a part of our community and for helping us make a difference.

Thank you,
Foster Source

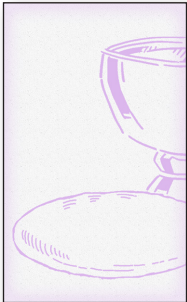
Holy Week and Easter at Augustana



Sunday of the Passion/Palm Sunday, March 24

Worship at 8 a.m. in Christ Chapel and 10:30 a.m. in the sanctuary. Augustana youth will host breakfast in Fellowship Hall, 9–10:30 a.m. Worship at 10:30 a.m. will be livestreamed. Nursery care will be available for 10:30 a.m. worship.

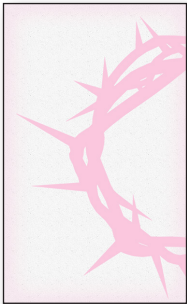
- 8 a.m. **Worship/Communion** - Christ Chapel
- 9 a.m. Palm Sunday Breakfast - Fellowship Hall
- 10:30 a.m. **Worship/Communion** - Sanctuary



Maundy Thursday, March 28

Worship at noon and 7 p.m. *(Please note the time change for the midday service.)* Augustana Singers sing at noon, and the evening service will include First Communion for some of the children in our congregation, and the Augustana Vocal Ensemble will sing. Livestreaming available for 7 p.m. worship.

- Noon **Worship/Communion** - Sanctuary
- 7 p.m. **Worship/Communion** - Sanctuary



Good Friday, March 29

Spoken worship and hymns at noon, and 7 p.m. worship in the sanctuary with readings, hymns, and anthems by the Chancel Choir and Augustana Vocal Ensemble including “Out of the Depths” by Richard Frost and “Lord, Keep Us Steadfast” (Erhalt uns, Herr, bei deinem Wort) by Dieterich Buxtehude. Both services will be livestreamed.

- Noon **Worship** - Sanctuary
- 7 p.m. **Worship** - Sanctuary



Easter Sunday, March 31

Worship at 8 a.m., 9:15 a.m. and 11 a.m. in the sanctuary with Holy Communion, festival brass, timpani, choirs, handbells, organ, and Augustana’s Easter Garden. An Easter egg hunt will be held at 10:45 a.m. Worship at 9:15 a.m. will be livestreamed, and nursery care will be available for 9:15 a.m. and 11 a.m. worship.

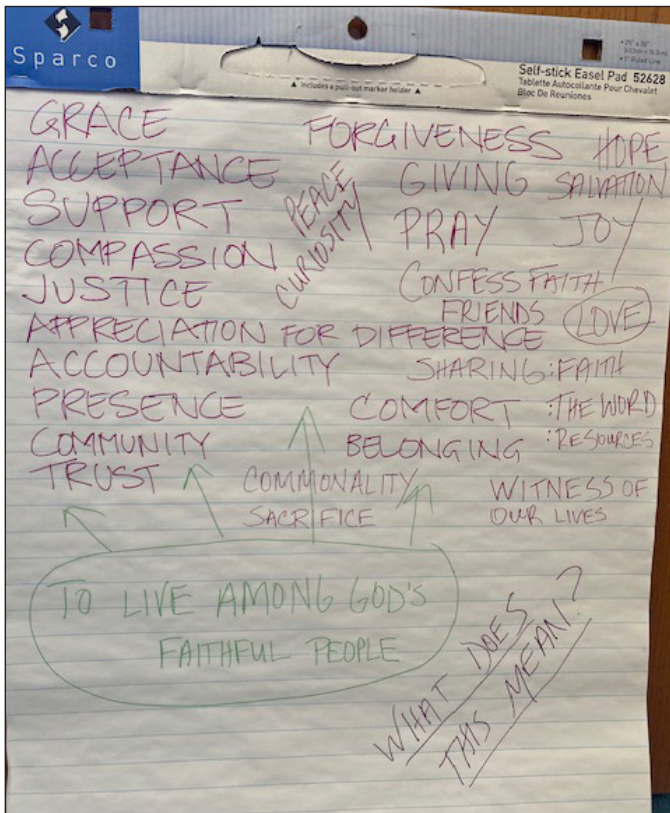
- 8 a.m. **Worship/Communion** - Sanctuary
- 9:15 a.m. **Worship/Communion** - Sanctuary
- 10:45 a.m. Easter Egg Hunt - Courtyard
- 11 a.m. **Worship/Communion** - Sanctuary



Gathered by Promises!

Lent at Augustana Lutheran Church

continued from cover



"Living Among God's Faithful People" as discussed in Adult Forum on February 18, 2024.

people." I, for one, am grateful that it doesn't say perfect people. Faithful is hard enough. Gathered by God's promises, we worship and celebrate the extravagant grace squandered on us unconditionally. Our worship is counter cultural. Meaning that we willingly show up to sing among friendly strangers, or strange friends as the case may be. Our singing praises a God who is revealed in the 2,000-year-old ministry, death, and resurrection of Jesus. We give our money to the project of God's good news of unconditional love, and then we show up to hear preaching that comforts the afflicted and afflicts the comfortable. Who does that?! God's faithful people, that's who.

Our life of unity in the gospel isn't one of uniformity. It's easy to forget that because our worship liturgy unites our voices in scripture, prayers, creeds, and song. While we worship the same God, we are not the same. God's faithful people are diverse which means we likely disagree as much as we agree. Our gifts and skills are different. Our ideas are different. Combining these differences into our life together as the church takes trust and courage as much as it takes humility and forgiveness. Thankfully, we have Jesus who led as a loving servant, not as an arrogant overlord.

Dr. Vivek Murthy, the U.S. Surgeon General, declared an Epidemic of Loneliness and Isolation in an 82-page, 2023 report. Loneliness affects our health and accelerates our deaths. The antidote? The "healing effects of social connection and community." As we promise to live among God's faithful people, we encourage, serve, and connect with each other as Jesus taught us. As we encourage each other, we increase our capacity to serve and encourage other people. This is how living among God's faithful people works. In the waters of baptism, the power of the Holy Spirit connects us to the love of God in Christ Jesus our Lord. In turn, we get to do the same for the world God so loves. Hang on tight. This thing could get out of control.

Peace,
Pastor Caitlin



Adult Forum



Sundays, March 3, 10, 17, 9:15 a.m.,
Anna Paulson Room

Gathered by Promises! Immerse yourself in inspiration about our baptisms, the promises we make and how we live into them together by the power of promises God makes to us. Come and learn, whether you were baptized as a baby or are thinking about being baptized. Conversation and learning will be led by Pastors Caitlin and Gail.

Wednesdays in Lent

March 6, 13, and 20

5:45–6:30 p.m. Lenten Soup Suppers
- Fellowship Hall

6:30–7 p.m. Evening Prayer
- Christ Chapel

New this Lent is a different, beautiful liturgy for Evening Prayer. Come and be fed, body and soul.

Many thanks to our Soup Supper hosts!

Health Ministry, Children, Youth and Family
Ministry, Worship & Music Committee, 60+
Adult Ministry, and Knitters

Enjoy Palm Sunday Breakfast and support Augustana's youth!

Augustana's youth host breakfast on Palm Sunday, March 24, 9–10:30 a.m. in Fellowship Hall. Enjoy a variety of food including eggs, sausage, fruit, hot cross buns, and more! Your donations support a variety of youth activities at Augustana.



Help provide Easter “Baskets” for Warren Village and First Step

Continuing Augustana's over-25-year tradition of providing Easter baskets to Warren Village and First Step residents, Augustana members and friends may donate by check to Augustana (indicate “Warren Village baskets” in the memo line) or scan the code to donate online at

Augustana's Giving page at augustanadenver.org by March 17. The residents prefer gift cards so they can do their own shopping.

Augustana purchases King Soopers gift cards for \$40 each, but any contribution is appreciated. There are 101 units for Warren Village and First Step single-parent families. Thrivent Action Team grants will provide \$500 for additional food items. Thanks for your generous support!



Warren Village and First Step provide a safe apartment in two residential buildings, job training, and child care for low-income families whose parent is working, getting an education or both. Learn more about Warren Village at warrenvillage.org.



Easter Egg Hunt for kids

Kids age birth through 5th grade are invited to participate in Augustana's Easter Egg Hunt, Easter Sunday, March 31, 10:45 a.m. in the courtyard. If we have snowy weather, we will relocate to the education wing. Youth in grades 6–12 are invited to help set up in the courtyard at 10:15 a.m.

Baking fun at Augustana this Lent



60+ Ministry

“Twist & Shout”—A Lenten Activity

Wednesday, March 20, 4 p.m., Fellowship Hall Kitchen

The Triduum is coming. Join us as we learn more about the Triduum—derived from Latin and meaning “three days.” It is a period of time during Holy Week that traces the final days of Jesus’ life, his death, and his resurrection. As we learn, we will also make and bake pretzels, which are a symbol of the Holy Trinity and also a popular treat during Lent. This hands-on activity is led by “Pretzel Pastor” **Ron Glusenkamp** and sponsored by 60+ Ministry. All are welcome.

Please contact Augustana’s office (303-388-4678 or info@augustanadenver.org) by Sunday, March 17 to reserve your spot.

Bake hot cross buns with Augustana!

*Hot cross buns, hot cross buns
We’ve got piping hot
Hot cross buns
Give ‘em to your neighbors
Friends and family too
We’ve got piping hot
Hot cross buns*

Have you ever wanted to learn how to bake hot cross buns? Now is the opportunity to do so.

Join us in the Fellowship Hall kitchen at Augustana on Saturday, March 23, 10 a.m.–1 p.m. for this informative and inspirational baking lesson. Led by **Ron Glusenkamp**, hear about the symbolism of the cross, the candied fruit and the spices. Learn how to create this tasty sweet bun that you can share with family, friends and neighbors.

Preregistration is requested. Scan the code to register online, or contact Augustana’s office (303-388-4678). Space is limited. A \$10 dollar donation payable to Augustana



Lutheran Church is appreciated. The cost of the workshop and all supplies is offset by the donation and a generous Thrivent Action Grant.

If you have questions, feel free to send Ron an email (ronalddt.glusenkamp@gmail.com).



Help Augustana's Easter Garden bloom!



Your gift in honor or in memory of loved ones will add lilies and flowers to the celebration of the Resurrection of Our Lord and support Augustana's youth ministries. The suggested contribution for each individual you wish to honor or remember is \$8. Make checks payable to Augustana Lutheran Church. Use the donation form here or on the back of your Sunday worship slip, or scan the code to [donate online](#). Gifts must reach Augustana's office by Palm Sunday, March 24, to be included in the Easter Garden insert. Thank you!



Give a plant a home!

Following the 11 a.m. service on Easter, you are invited to take a plant home or to share with someone!

Easter Garden - please print or type

In memory of _____

Given by _____


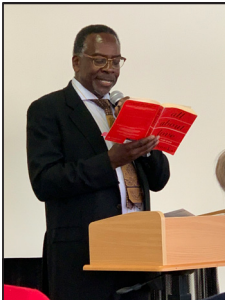
In honor of _____

Given by _____


Contact name _____

Phone _____

Enclosed \$ _____



In January, your offerings supported a multi-generational Epiphany celebration, Professor Harry Waters, Jr. preaching a Martin Luther King, Jr. sermon, and rice and bean repackaging for Metro Caring.



Financial Statement through January 2024						
	January 31, 2024		January 2023	2024 Year-to-Date Period		YTD 2023
	Actual	Budget	Actual	Actual	Budget	Actual
Revenue	\$134,330	\$133,216	\$89,916	\$134,330	\$133,216	\$89,916
Expenditures	110,156	112,637	107,429	110,156	112,637	107,429
Net Income (loss)	\$24,174	\$20,579	\$(17,514)	\$24,174	\$20,579	\$(17,514)
We have started the year off well, recording net income of \$24,000 in January, \$4,000 better than budgeted. Revenue was \$1,000 higher than expected while expenses were \$3,000 lower than budget. The expense variance should be considered timing at this point in the year. The January net income represents a \$42,000 improvement over January of 2023.						



Music Ministry

A favorite hymn of trust

“If You But Trust in God to Guide You” is one of my favorite hymns about trust. You may remember this hymn sung as the Gathering Hymn at Ash Wednesday worship as Lent began this season. Some of you may know this hymn by an earlier translation of this German text: “If Thou but Trust in God to Guide Thee.” Stanza one reads:

*If you but trust in God to guide you
with gentle hand through all your ways,
you'll find that God is there beside you
when crosses come, in trying days.
Trust then in God's unchanging love;
build on the rock that will not move.*

At only twenty years old, George Neumark wrote this text in the winter of 1641. A few months prior he had set out from his home to enroll in the University of Königsberg. While traveling, he and his travel companions were robbed. He was left with only his prayer book and the small amount of money that he had sewn into the clothes he was wearing. It took several months for Neumark to find work. The text of this hymn was written in thanks for a tutoring job he secured after many difficult months. Stanza four highlights Neumark's appreciation to God and is an appropriate text as we journey towards Easter.

*Sing, pray, and keep God's ways unswerving,
offer your service faithfully.
Trust heaven's word; though undeserving,
you'll find this promise true to be.
This is our confidence indeed:
God never fails in time of need.*

Have you ever written a hymn text or poem to show thankfulness to God for good news?

Grace and peace,
Andy

Sing with the Augustana Singers on Maundy Thursday

The Augustana Singers will sing in the noon Maundy Thursday service on March 28. This choir will rehearse on Wednesdays, March 20 and 27, 9:15–10:15 a.m. in the Choir Room. For questions, or to reserve a spot, please contact **Andy Peters** (peters@augustanadenver.org or 303-388-4678).

Hearts · Hands · Voices

Local workshops for church musicians

sponsored by the Association of Lutheran Church Musicians

All are invited to April 20 music workshop worship

As part of a regional music workshop sponsored by the Association of Lutheran Church Musicians (ALCM), Augustana Lutheran Church members are invited to participate in opening and closing worship on Saturday, April 20:

9:30 a.m. Morning Prayer
2 p.m. Hymn Celebration
of the Church Year

For those interested in registering for the entire workshop, the day-long “Hearts, Hands, and Voices” event is for church music leaders to gain ideas and expertise while networking with others. Workshop sessions will be offered on hymn playing on the organ, anatomy of the singing voice, leading choral rehearsals, handbells in worship, and more.

The entire workshop begins with registration at 9 a.m. and concludes at 2:45 p.m. Cost is \$45, full-time students \$20. Lunch is included. Deadline to register is April 16. More information and registration is at <https://alcm.org/event/denver-co/>.

Contact **Andy Peters** for additional information (peters@augustanadenver.org).



Welcome 150

Augustana begins planning for 150th birthday in 2028

Founded in 1878, Augustana Lutheran Church took bold steps into the future 81 years later with the relocation to its third (and current) building in 1959. Now, as we look ahead to our 150th anniversary, the Congregation Council is again taking bold steps with our Welcome 150 initiative.

In celebration of Augustana's 150th birthday, Welcome 150 will deepen our relationships with God and each other, foster new relationships in the wider community, and intentionally renovate our facilities to create a welcoming and enduring space. Concerns about accessibility and welcome were the catalyst for our continued study and conversation.

Two teams were appointed by the Congregation Council, and they began their work in early January. The Lead Team is charged with fundraising efforts to assure the success of the Welcome 150 visions. Lead Team members are:

- Josie Cockrell
- Katrina Crook
- Bill Crossen
- Paul Edstrom

- Beth Boettcher Finke
- Ron Glusenkamp
- Ed Havranek
- Denise Sanderson
- Pastor Caitlin Trussell

A separate workgroup is charged with imagining and prioritizing building improvements in three areas: Hospitality & Welcome, Worship & Music, and Infrastructure & Maintenance. Workgroup members are:

- Paul Blanchard
- Bill Crossen
- Greg Hempelman
- Kent Mueller
- Christine Peters
- Erin Saboe
- Craig Tamminga
- Dane Vierow

These Welcome 150 teams will continue to work behind the scenes to imagine and work towards an exciting renovation of not only our facility but also our mission. You will learn more as planning continues.

“Expect the Unexpected”

Driving home from dropping off family at DIA, I read an electronic road work sign, “Expect the Unexpected!” This is a good reminder while driving highways, neighborhood roads, and scenic by-ways! Distracted drivers, sudden change of driving patterns, those who speed and dart in and out of lanes, those who go too slow in passing lanes, wildlife near or on the highways, and then those distractions that keep us from being focused on the road!



This is also a good saying for life in Lent and in the church. We come to church rightfully with expectations of who we might see and what will occur. Pastors will be preaching and presiding. Communion will be shared. Andy will be playing the organ and piano and directing the music during worship. Kevin will be cheerfully conducting the choir. Beautiful and talented musicians and singers will be leading us in song and worship. Staff will be greeting, listening, and helping guide people of all ages and backgrounds. Catching up with friends and meeting people is an expected part of our church experience.

And then the Holy Spirit intercedes with sighs too loud for words, allowing us to catch glimpses of the kingdom of God—right here on earth. Each week, I am blessed by you when the Holy Spirit allows me to see and experience the unexpected. One of the highlights of the “Sunday wrap-up” is when Pastor Caitlin and I share the awe and awesome that occurred that day. And each of that awe and awesome comes from you with the grace of the Holy Spirit.

And then the Holy Spirit intercedes with sighs too loud for words, allowing us to catch glimpses of the kingdom of God—right here on earth.

Each worship service and event at Augustana is prayerfully and carefully planned. We have high expectations for the work of the people—and of the work of the Holy Spirit. I ask that your Lenten practice include regular prayers for Augustana, pastors, staff, and the work of all of the people. And that you ask for the Holy Spirit to bless us all with her presence and the unexpected. Imagine the possibilities when we are all participating in experiencing and seeking glimpses of the Kingdom of God—and expecting the unexpected from the Holy Spirit herself!

Blessings on you and yours,

Pastor Gail



Daylight Saving Time begins

Turn your clocks
AHEAD an hour
Saturday night,
March 9.

Summer Pastoral Coverage starting June 3!

Bridge Pastor Gail Mundt let us know that her last day will be May 31, 2024, and the congregation, staff, and Pastor Caitlin will continue to require the work of a second pastor for worship, preaching, teaching, baptisms, funerals, and other ministries.

At their February meeting, Council approved a plan for **Pastor Karen Ullestad** to work as an Assisting Minister with Pastor Caitlin. Augustana is blessed to have retired clergy willing to step into the gaps and serve with their gifts! Pastor Karen is retired from Southeastern Iowa Synod and is a member of the Augustana congregation.



She preached and led worship last year along with other retired clergy in our congregation. She has been involved in Chancel Choir, 60+ Ministry, Augustana Arts, and Women, Wine and Word.

Pastor Karen's term contract is for 20 hours per week for 10 weeks which realizes significant savings related to the budget. Her contract will end sooner if two pastors are called and have started work before the end of the summer.

Congregation Council

Call Committee and 2024 Council installed in February

February saw the installation of our Call Committee as well as the installation of our 2024 Council Members. It is wonderful to recognize both groups and offer our support as we move forward with the important work in front of us! The Call Committee will share updates with the congregation as they are able, though much of their discernment will be confidential. They are a dedicated group of Augustana members who we can confidently rely on as we step into this next phase of the transition process.

Council Priorities

Council held our annual retreat on Saturday February 3 and discussed priorities that will support Augustana's mission in the coming year. 'Welcome' will continue to be the central theme for all of our ministries as we incorporate priorities from the Strategic Plan and Welcome 150 into our



Congregation President
Heidi Johnson

leadership goals this year. Pastor Gail led a presentation of the book *Tempered Resilience*, which Council will read this year in an effort to better support the congregation through our continued transition.

Looking Ahead

We are currently coordinating the Tri-Transition Meeting between Council, Call Committee, Transition Team, Pastor Mandy and Pastor Dominic for early

March. The Ministry Site Profile, drafted by the Call Committee, will be finalized during the meeting and is a crucial step in this phase of the call process. Please keep all who contribute to these efforts in your prayers as they remain faithful to the work we've asked them to undertake.

With appreciation,

Heidi Johnson

Congregation President 2024

Children, Youth, Family

Help make “Used” Bibles for High School Seniors

As part of our milestone ministry at Augustana, we celebrate our high school seniors with gifts of “used” Bibles. The Bibles will be in Fellowship Hall March and April, so stop by and leave your faith handprint. Names of students can be found on the inside cover, and you are encouraged to sign your name alongside a favorite verse or Bible story and even share what it means to you!



Enter and/or judge the Pie Cook-Off Potluck at Sunday Lunch, March 17!

In honor of Pi Day (March 14) we will have a pie cook-off potluck on Sunday, March 17. You are invited to enter any kind of pie (sweet, savory, round, or square) into the contest. If you would prefer not to bring a pie, you are invited to bring a side to share. Lunch participants are invited to vote for their favorite pie with some change or dollars which will support youth programs.

Please sign up with **Shanna** (shanna@augustanadenver.org or 303-388-4678 ext. 107) by Tuesday, March 12 with the title of your entry and a short description.

Sunday Lunch for the rest of March

All are invited to Fellowship Hall for a simple catered (or potluck—or cook-off!) lunch on Sundays following 10:30 a.m. worship. While this lunch is free, donations are welcome. Costs average around \$10 per person per meal. Sign up to help with serving and cleaning with **Shanna** (shanna@augustanadenver.org or 303-388-4678 ext. 117).

Help Augustana save money and reduce waste by using your own water bottles for Sunday Lunch!

- March 3: Einstein Breakfast Sandwiches
- March 10: Primo Hoagies
- March 17: Pie Cook-off Potluck
- March 24: Palm Sunday Breakfast
- March 31: Easter—No lunch



Youth host Variety Show and Cake Auction Fundraiser

You are invited to the variety show hosted by Augustana's youth on Sunday, May 5, 12:30–2 p.m. in Fellowship Hall. Ticket prices are \$5 with a family maximum of \$20. During this time youth will also be auctioning off cakes and baked goods. Plan now to enjoy an afternoon of fun and goodies while supporting Augustana's youth!

Study/Fellowship

Book Group

Join us on Monday, March 18 in the Youth Room at 1 p.m. to discuss *The Dutch House* by Ann Patchett. For information, contact **Ellen Kastens** (303-475-7877 or ekkastens@gmail.com). All are welcome.

Patchett delivers her most powerful novel to date: a richly moving story that explores the indelible bond between two siblings, the house of their childhood, and a past that will not let them go. *The Dutch House* is the story of a paradise lost, a tour de force that digs deeply into questions of inheritance, love and forgiveness, of how we want to see ourselves and of who we really are.

Set over the course of five decades, *The Dutch House* is a dark fairy tale about two smart people who cannot overcome their past. Despite every outward sign of success, Danny and Maeve are only truly comfortable when they're together. Throughout their lives they return to the well-worn story of what they've lost with humor and rage. But when at last they're forced to confront the people who left them behind, the relationship between an indulged brother and his ever-protective sister is finally tested (Amazon).

Women, Wine and Word

Women, Wine and Word will continue our study of Revelation, Thursday, March 21, 7 p.m. in the Youth Room. The Book of Revelation has inspired art and hymns. For this meeting, we will focus on chapters 4–6. Portions of Revelation are disturbing, but the majority is the hope that comes from belief in God.

Bring a snack or beverage to share. Hope to see you all there. For more information, contact **Katy Lunsford** (katy.p.lunsford@gmail.com).

Health Ministry gifts grief books to Ammerman Library

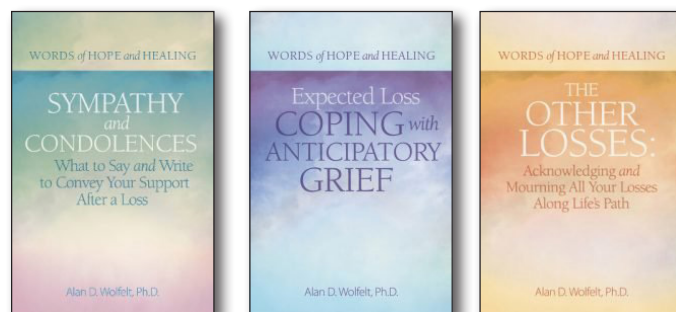
NEW to Augustana's Ammerman Library: Two sets of new books written by grief expert Dr. Alan Wolfelt, Ph.D. These books were donated by your Health Ministry Fund.

Check them out!

Here are a few examples from the set of 15 books “**Words of Hope and Healing**.”



Here are a few examples from the set of 29 books “**The 100 Ideas Series**.”



Augustana's Library is a wonderful resource. Visit the library again soon for these and other inspiring and entertaining reads!



Health Ministry

Four Ways to Combat Loneliness

In an advisory report, U.S. Surgeon General Vice Admiral Vivek H. Murthy warned we are in a loneliness epidemic, and society's lack of social connection will have dire implications on our collective health and well-being.

"We need each other," says Julie Offutt, psychotherapist at Aurora Psychiatric Hospital in Wauwatosa, Wis. "Symptoms of anxiety and depression are more prevalent in those with a severe lack of social interaction, and the risk of developing dementia is greater."

Offutt recommends the following tips to help offset feelings of being alone and improve your socializing skills:

- 1. Follow the 15-minute rule.** Spend 15 minutes each day connecting with someone. Whether you're in person, video chatting or talking on the phone, it's hard to feel lonely when you're interacting with others.
- 2. Volunteer. Do a good deed.** Being of service not only helps others and gets you socializing, it's also good for your mental health, too. It can reduce stress, combat depression, and keep you mentally stimulated.
- 3. Exercise.** Discover the art of yoga with friends, grab a buddy and meander around

the neighborhood, or bike to work with a co-worker to do some physical activity. You feel less separated from the world when you're experiencing it.

4. Connect with people from your past.

Sometimes it's easier to connect with old friends than it is to make new ones. Reach out to an old roommate, former classmate, or a relocated loved one to reconnect.

From Advocate Health Care and Aurora Health Care



Spring Successful Aging Expo

Friday, April 12, 10 a.m.–1 p.m.

Riverpointe Senior Living
(5225 S. Prince St., Littleton, 80123)

- Free admission
- Amazing vendors
- Trishaw Bike Rides
- Virtual Reality
- Raffles
- Much more!

Sponsored by All Seasons Health and Comfort Keepers

CPR Skills Training offered by Augustana's Health Ministry



Augustana's Health Ministry Team has rescheduled our planned CPR Skills sessions for this spring. We were so sorry we needed

to cancel last fall when all the instructors came down with COVID! We are hoping that as spring arrives, the risk of all the respiratory illnesses will diminish.

The 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 will be held in the Anna Paulson Room:

- Thursday, April 4, 1–2 p.m.
- Thursday, April 4, 3–4 p.m.
- Saturday, April 6, 9–10 a.m.
- Saturday, April 6, 11 a.m.–noon

Ten slots will be available for each time slot.

Please scan the code or visit <https://www.augustanadenver.org/ministries/health-ministry/programs/> to sign up for a time. If none of these times work for you, please contact **Inez Smith** (303-877-2049 or lersmi@comcast.net) from the Health Ministry

Team, 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 course materials.



Augustana Foundation

Augustana Foundation Awards First Quarter Grants

Early this year, the Augustana Foundation board decided to focus its 2024 giving on internal programs of Augustana Lutheran Church, as it became apparent that many programs could not be funded entirely through other channels. The following ministries will receive grants from the Foundation this quarter:

Augustana Capital Improvement Fund for planned improvements to the building and campus; **Augustana Music Ministry** for guest musicians on Easter Sunday and to offer free community concerts later in the year; **Augustana Early Learning Center** for relocation of the Faery Garden, which is a much-utilized educational feature for the kids that was displaced by the

building of Augustana Homes by Habitat for Humanity; **Augustana Youth Ministry** to assist with expenses for Augustana youth to attend the ELCA National Youth Gathering and to do community volunteering while in New Orleans; **Augustana Health Ministry** to support their winter/spring grief support group; **Augustana Arts** for music education programs; and **Habitat for Humanity** for support of the building of Augustana Homes.

Grants are funded solely from the investment proceeds of the Augustana Foundation Fund, which is carefully managed by the professional investment firm, Castle Rock Investment Company, with guidance from Augustana Foundation Board members.

AUGUSTANAARTS



Bach and Beyond: A Harpsichord Showcase

Friday, April 19, 7 p.m. at Augustana

Presented by the American Guild of Organists and cosponsored by Augustana Arts, featuring lead harpsichordist Jerimiah Otto, this program will include J.S. Bach's concerto for four harpsichords and a variety of other works by Bach, Couperin, Mozart, and Soler for harpsichords, organ, and strings, plus an original composition for four harpsichords by Otto. Harpsichordists Linda Mack, Mark Alan Filbert, Thomas Strickland, and Aaron Hirsch will also perform. An informal harpsichord walk-and-talk and reception will follow the concert. This will be a unique opportunity to see four incredible harpsichords, brought to Augustana Lutheran Church just for the performance.

Suggested ticket price is \$25 adults/\$20 seniors, but this concert is a part of our Pay-What-You-Choose ticketing model with a flexible ticket price. Register online at AugustanaArts.org/events.

Welcome Connection

Welcome Connection Challenge for March!

Did you know that lunches are served each Sunday after the 10:30 a.m. service? Have you attended a lunch? Are you a member of the "I'm there every Sunday!" bunch? For those who have not yet discovered the magic of gathering in Fellowship Hall on Sundays, Welcome Connection's challenge for the month of March is to join in on the fun! Come on down, enjoy a yummy meal, and introduce yourself to someone you don't know.



Volunteer Ministry

Greeting Card Ministry is back!

Please bring the packages of greeting cards that you receive, from donations that you make, to Augustana's office, so that we can begin this important outreach. The card writing team will send birthday greetings from Augustana to our elders and home-centered members each month.

Elaine Malzahn will coordinate our efforts. Thank you, Elaine!

We invite you to join us in this ministry! Please contact **Julie** in Augustana's office (macdougall@augustanadenver.org or 303-388-4678) if you have questions, or if you'd like to sign up.



Sorting shoes at Wholly Kicks



Compassion and Action with Our Neighbors (CAN) Ministry

CAN Ministry highlights, current projects, and future plans

Wholly Kicks

On February 4, twenty members from the CAN and Children, Youth and Family Ministry Teams volunteered at Wholly Kicks. Some volunteers sorted new shoes while others selected shoes to be taken to a distribution site. A big THANK YOU to those who volunteered their time.

March projects and beyond

During March, gift cards will be collected in support of Warren Village Easter Baskets, an Augustana tradition that dates back more than 30 years. Also, Undie Sunday and Refugee Personal Care Kits will return in April. These gifts are appreciated more than we realize.

Advocacy

The State Legislative Kickoff was January 23. Bills which will improve the lives of our brothers and sisters are making their way through our

legislature. HB 24-1075 will provide a study of feasibility for universal health care within Colorado. The For Cause Eviction Bill, HB 24-1098, would restrict evictions of tenants for just any reason or no reason at all. Let's prevent the unnecessary uprooting of families. Also, HR 24-1099 would eliminate the fee to file a response to an eviction. Some Coloradans simply can't afford the \$80 fee to fight eviction notices. Writing letters and attending town hall meetings are just a couple of ways you can impact the passage of legislation.

If you are wondering how to get involved, attend one of our meetings or contact **Laura Libby** (laura.a.libby@gmail.com) or **Annie Nessa** (amnessa@comcast.net). Our next meeting is scheduled for Sunday, March 3, noon–1:30 p.m. in Rooms 4 and 5. Everyone is welcome.

Human Dignity Delegates invite you to Lutheran Day at the Capitol

For its March meeting, Human Dignity Delegates will participate in Lutheran Day at the Capitol, Monday, March 18. You come too! We will be meeting at St. John's Cathedral beginning at 8 a.m. for registration and breakfast. The day continues with remarks from the Bishop, "Lobbying 101," and Capitol orientation. We will be briefed on bills being advocated by the Rocky Mountain Synod. After breaking into small groups, we will head to the Capitol to lobby our elected leaders. We will



return to St. John's for lunch. It is exciting to see our state legislators in action.

If you have any questions, contact **Katy Lunsford** (katy.p.lunsford@gmail.com). Registration should be open (<https://www.rmselfca.org/co-lutheran-day-at-the-capitol>).

Hope to see as many of you as possible.

Human Dignity Delegates will resume our monthly meeting on Sunday, April 21.

This March, explore how "Inclusion Inspires"

March is National Intellectual and Developmental Disabilities Awareness Month, and Mosaic's theme for the Month is "Inclusion Inspires." We invite you to come along with us in recognizing and including people with disabilities in your lives and faith. Invite them to volunteer with members of your congregation, or offer them a ride on Sunday to services. Extend a hand and you offer the world.



National Intellectual and Developmental Disability Awareness Month

Jesus said: "A new commandment I give to you, that you love one another as I have loved you. By this all people will know that you are my disciples, if you have love" (John 13:34). Love without qualifications is asked of each of us, but what does that really mean? For people with intellectual disabilities it is often assumed that as long as people have food and shelter, their needs are met, but are these bare necessities really all that love requires of us?

Consider what makes your life meaningful this month and what a meaningful life might mean to someone with a developmental disability.

Join Mosaic staff for a virtual, educational event on Wednesday, March 27, which we call Discover the Possibilities, to learn more about us as a ministry and a resource centered on inclusion for people with intellectual and developmental disabilities. We share inspirational stories about the people we support to

illustrate the possibilities that have opened up for them, largely due to congregations like yours. Call **Makayla** (303-579-0458) to learn more about our inclusive church service program called **Rejoicing Spirits**.

Rejoicing Spirits ministry is held at Lord of the Hills; a few Augustana members and friends help lead worship and assist worshipers.

Creation Care

How your home composting goes hand-in-hand with Augustana's composting

Did you know that for every Augustana participant that signs up for Compost Colorado's compost service for themselves, Augustana permanently receives \$10 off the monthly pick-up fee for the church? Here's how it works!

Augustana encourages care for God's beautiful Creation at home in addition to what we do collectively at church. Many municipalities cut back on what they will collect to be composted to only kitchen food waste and yard waste, but Compost Colorado comes to Augustana weekly and collects many more items than that.

Now you too can bring those additional items from home to church and compost them. This both reduces waste from your home and builds up Augustana as a participant. In addition to cutting the church collection bill, Augustana will receive a composted soil dividend in March to enhance and nourish our own soil on the grounds of the church. This soil is made from compostable waste that has been collected and turned back into soil at the Compost Colorado facilities.

See the box to the right to learn how you can compost at home while also supporting Augustana's compost efforts.



Here's how you participate individually:

Augustana is a COMMUNITY DROP OFF location.

Individual memberships are \$5/week, billed monthly.

Dump up to 5 gallons per week!

Join your local community in diverting food waste from landfills!

Collect your compostables at home.

Bring them to Augustana as your drop-off hub.

Unlock the bin (green ones in the south parking lot) with your four-digit membership code which you receive when you sign up.

Dump food scraps and other compostables.

Re-lock the bin.

Augustana receives a cost reduction and composted soil dividend back to us!

You also receive access to community events and workshops, free Christmas tree drop-off, and other benefits.

See the website (link below) for what you can compost (and can't) and those additional benefits.

Notice where else you can drop off.

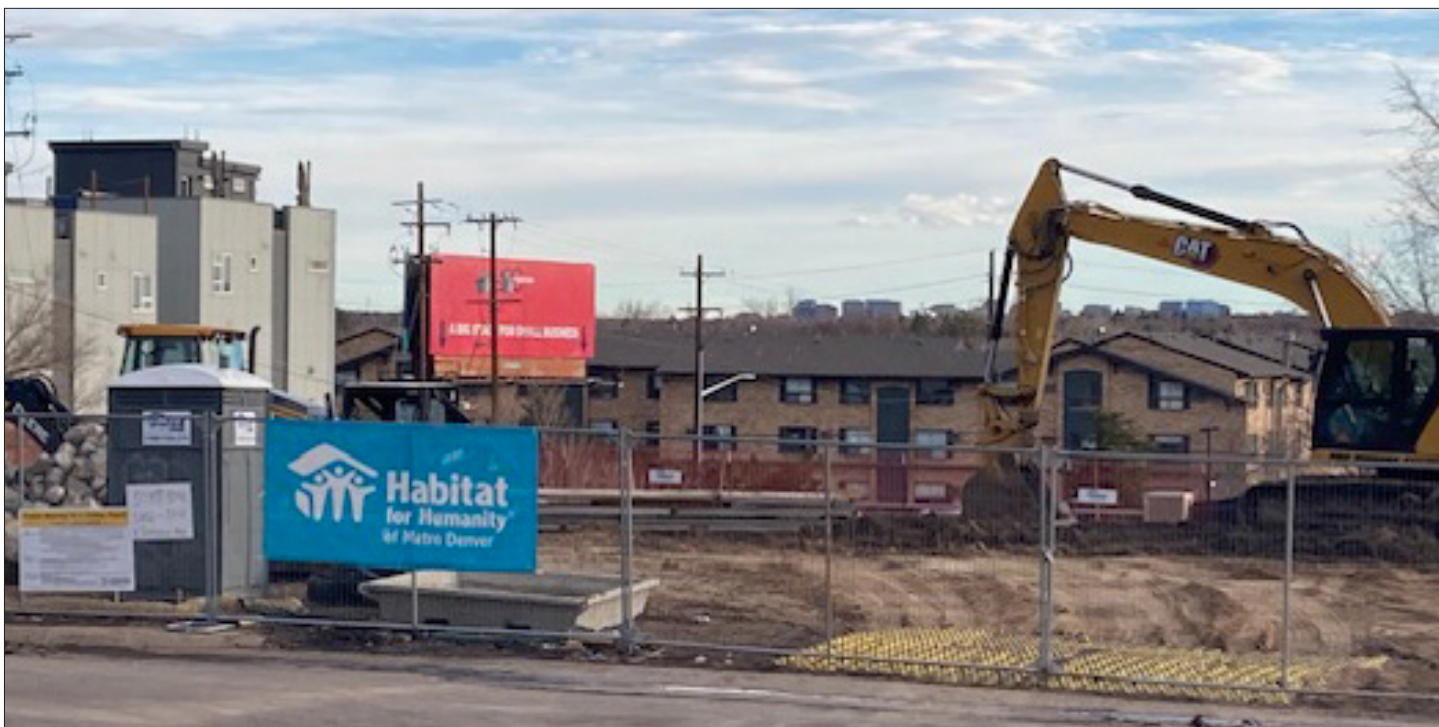
Be proud that Augustana is one of three church locations!

Go, Team!

For \$10 a week, Compost Colorado also offers curb-side pick-up at your home if you prefer.

Sign up for either at

<https://www.compost-colorado.com/dropoff>.



Augustana Homes

A lot of digging on schedule for Augustana Homes

The folks from **Habitat for Humanity** are certainly making progress on the Dakota site, and we wanted to provide you with a brief update on their schedule.

They are now in the process of working on the stormwater improvements, which includes a good deal of underground work, as well as working on the swale relocation and grading which will allow for interfacing with the street. They have had a few delays with weather, mud, and other issues, but they should be completed with that portion soon.

The next stage will be the sewer and water work in the street, and they will be bringing the sewer and water lines underground to the new units. This work will require them working in the street (Dakota) for a good bit of time, but Habitat believes they can keep traffic moving, at least one lane, for the majority of this phase. Sometime around the end of March, they will begin the Traffic Engineering portion of the project, which will be fixing the street, and begin to create the final

connections for the curb, gutters, walks, driveways, etc. This phase is scheduled to be completed by the end of April.

Following the TEP, the building foundations will begin, and the preliminary period for this phase of the project is April 22–August 9, 2024. This work also includes a large retaining wall along the south end of the site. The start of what HFH calls the vertical construction portion of the project—basically the actual framing, sheathing, exterior trim, etc.—is set to begin the first part of June. It is at this stage of the project that HFH will be having the volunteer crews on site in assisting the new homeowners with the building of what will be their new homes!

Stay tuned for updates on when these volunteer opportunities will be happening.

Craig Tamminga,
Facilities Manager

Spring service opportunities with Habitat for Humanity of Metro Denver/Holy Hammers

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

Site Build and Production Shop Volunteer Opportunities

Holy Hammers and HFHMD are continuing to partner to build single-family homes in Denver. And whether they are helping to build the townhomes or painting in the Production Shop, it's always a time of blessing in working alongside other volunteers. We have slots available in March/April 2024 as detailed below. If you are interested in volunteering, please sign up online at least two weeks in advance of each date through this link: <http://holyyhammers.denver.volunteerhub.com/>.

Spring opportunities:

- Three spots on Saturday, March 23 at the New Construction site, Mountain View Homes (2101 S. Joliet St., Aurora, 80014), 8:50 a.m.–4:30 p.m. *Sign up by March 9.*
- Five spots on Saturday, April 6 at the New Construction site, Mountain View Homes (2101 S. Joliet St., Aurora, 80014), 8:50 a.m.–4:30 p.m. *Sign up by March 23.*
- Four spots on Saturday, April 20 at the Production Shop (520 Raritan Way, Denver, 80204), 9 a.m.–4 p.m. *Sign up by April 6.*



The minimum ages for the Production Shop and working at a building site, are 14 and 16, respectively, and this is a great way for our youth to get credit for community activities that can help with applying to colleges and for jobs. All levels of talent are welcome, and we receive instructions for everything we are asked to do, always working under supervision. 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).

Support the Augustana Early Learning Center Annual Fundraiser

Show Your Love for Augustana

February 14 - March 15

Our annual fundraiser helps enable the AELC team to carry out their mission; providing our children accessible and top-quality child care and early learning.

Funds raised will be used to support the general operating budget, which includes:

- AELC Scholarships & Financial Assistance
- Classroom Furniture and Equipment
- Outdoor Recreation Equipment

Please check with your employer for matching options

Tax credits may be applicable

Questions: aelparentcommittee@gmail.com



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Glenna O'Neal
Sharon Schillereff
- 4 Paul Edstrom
Jonathan Finke
Michelle McHattie
- 6 Donna DeBell
Braden Ezpeleta
- 7 Heidi Logsdon
Morgan Terwilliger

- 8 Kristen Cochrane
Ford Finke
- 9 Beverly Behringer
Jon Gilbertson
Evelyn M. Johnson
- 10 Sandra Heitzman
Kathy Jenkins
- 11 Jim Dierker
Ethel Essig
- 13 Nina Bernhard
Henry Kouba
John Pederson
- 16 Jack Bartels
Jeff Boe
Blythe Karstadt

- 17 LouAnn Baker
Anna Bjornebo
Emily Bjornebo
- 18 Kay Bengston
Emily Friesen
- 19 David Bonicelli
Steven Dirks
Jo Ann Wacker-
Farrand
- 20 Cheryl Cloutier
Sonja Massie
Anderson Woodward
- 21 Sarah Graham
- 22 John Flory
Scott Yeager
- 23 Kara Carter
Tim Kah
Nancy Morgan
Minday Penny
Kisanet Yohannes
- 24 Steven Trautmann
Patricia Vaillancourt
- 25 Lillian Crook
Emmett Cruson
Allan Schneider

- 26 Gayle Bebee
Abbie Miller
- 28 Henry Bourg
Inger Helm
- 29 Tim Zeckser
- 30 Finley Zumwalt

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



March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:45am Augustana 11am Firm Believers Bulletin Assembly	2
3 Third Sunday in Lent Health Ministry Sunday 8am Worship/Communion 9:15am Adult Forum 10:30am Worship/Communion 11:30am CAN Ministry 11:45am Sunday Lunch Noon Augustana Knitters <i>See Faith Formation and Music Ministry below</i>	4 9:45am Augustana 1pm Firm Believers Welcome Connection	5 10:30am Grief Group 6pm Young Adult Bible Study	6 9am Augustana Early Learning Center Chapel 9:45am Augustana Firm Believers 5:45pm Lenten Soup Suppers 6pm Augustana Ringers 6:30pm Evening Prayer in Lent 7:15pm Chancel Choir	7 Tower deadline	8 9:45am Augustana 11am Firm Believers Bulletin Assembly	9
10 Fourth Sunday in Lent Worship/Communion 8am Health Ministry Team 9:15am Adult Forum 10:30am Worship/Communion 11:45am Sunday Lunch Noon Executive Committee <i>See Faith Formation and Music Ministry below</i>	11 9:45am Augustana Firm Believers	12 10:30am Grief Group	13 9am AELC Chapel 9:45am Augustana Firm Believers 5:45pm Lenten Soup Suppers 6pm Augustana Ringers 6:30pm Evening Prayer in Lent 7:15pm Chancel Choir	14 2pm 60+ Ministry	15 9:45am Augustana 11am Firm Believers Bulletin Assembly	16
17 Fifth Sunday in Lent Worship/Communion 8am Adult Forum 9:15am Worship/Communion 10:30am Sunday Lunch 11:45am <i>See Faith Formation and Music Ministry below</i>	18 9:45am Augustana 1pm Firm Believers Book Group	19 10:30am Grief Group 1pm Tower Assembly 7pm Congregation Council	20 9am AELC Chapel 9:15am Augustana Singers 9:45am Augustana Firm Believers 4pm 60+ Ministry: Twist and Shout 5:45pm Lenten Soup Suppers 6pm Augustana Ringers 6:30pm Evening Prayer in Lent 7:15pm Chancel Choir	21 10am Sarah Circle 6pm Augustana Early Learning Center Board 7pm Women, Wine and Word	22 9:45am Augustana 11am Firm Believers Bulletin Assembly	23 10am Hot Cross Buns
24 Sunday of the Passion Palm Sunday 8am Worship/Communion 9am Palm Sunday Breakfast 9:15am E4 Mental Health 10:30am Worship/Communion <i>See Faith Formation and Music Ministry below</i>	25 7:30am Foot Care Clinic 9:45am Augustana Firm Believers	26 10:30am Grief Group 7pm Rachel Circle	27 9:15am Augustana Singers 9:45am Augustana Firm Believers 6pm Augustana Ringers 7:15pm Chancel Choir	28 Maundy Thursday Worship/Communion Noon 7pm	29 9:45am Good Friday Augustana Firm Believers Worship Bulletin Assembly Worship Noon 1pm 7pm	30
31 Resurrection of Our Lord Easter Day 8am Worship/Communion 9:15am Worship/Communion 10:45am Easter Egg Hunt 11am Worship/Communion	Sunday Faith Formation 9:30am GIFT Confirmation Breakfast Club		Sunday Children and Youth Music Ministry 9am Cherubs Choristers Chancel Handbells Noon Cantabile Chapel Ringers			