



Welcome 150 Celebration Coffee

Sunday, March 2

[Details, page 3.](#)

Ash Wednesday is March 5!

[Details, page 6.](#)





Evangelical
Lutheran Church
in America

5000 E. Alameda Ave.
Denver, CO 80246

Augustana
LUTHERAN CHURCH

PHONE: 303-388-4678
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WEB: augustanadenver.org

EMAIL: info@augustanadenver.org

FACEBOOK: augustanadenver.com

Mission Statement: Celebrating God's grace, we welcome everyone to worship Jesus, grow in faith, and go serve in the world.

Worship

- In-Person Worship, Sundays, 8 a.m.
- In-Person/Streamed Worship, Sundays, 10:30 a.m.
- [Watch on Facebook](#)
- [Watch on YouTube](#)

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

Thursday, March 13, 4:30 p.m. is the deadline for the April edition. Email **Lyn Goodrum** (goodrum@augustanadenver.org).

Congregation Council:

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- **Karen Ullestad**, Assisting Pastor (interim)
- **Kent Mueller**, Assisting Pastor (interim)
- **William Crossen**, Finance Administrator
- **Christine Peters**, Building Systems Administrator
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- **Angela Howard**, Choristers and Cantabile Director
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- **Ellen Kastens, Amy Tamminga, Erin Saboe Willoughby, Pam Uyemura**, Wedding Coordinators
- **Kisanet Yohannes**, Director, Augustana Early Learning Center

Recently lifted up in prayer

for hope and healing:

- Narissa
- Dale Arden
- Cyrus Atherton
- Sandy Barker
- Ed Dierker
- Duane Gall
- Doug Hein
- Arvetta Hjelmstad
- Charlene Klug
- Florence Stow

for comfort and courage:

- Reena Jabamoni in the death of her brother, Victor Devasahayam
- Sarah Richards and James Griffin in the death of their daughter, Baby

Margaret (Maggie) Cardenas Griffin

- Sharon Schillereff in the death of her cousin, Margaret Dobler Monto
- Robin Hoffman in the death of her friend, CW Moreland
- Griffin Brown in the death of his friend, Ash Newmans
- Sharon Schillereff in the death of her aunt, Florence Schillereff Stow
- Family and friends of John Thompson in his death

Rejoice with

- Parents Claire and Wes Hambrick and grandparents Denise and Jim Sanderson in the birth of Thomas Wesley Hambrick II, January 29
- Sara Hare, executive director of Augustana Arts, and Spencer Mansch in their marriage
- Parents Ross and Lauren Kastens and grandparents Jamie and Ellen Kastens in the birth of James Ross Kastens III "Tripp," January 4
- Wesley Shorrosh, son of Taylor and Andrew Shorrosh, in his baptism

Prayer Chain Update

Thank you to our members who participate in our Prayer Chain ministry. This is a weekly devotional and listing of friends and family who have asked to be included in our prayers for longer than the usual two weeks of Sunday intercessions.

Starting March 1, in preparation for our Lenten reading of the Prayer Chain on Friday mornings in Christ Chapel, we will be refreshing our prayer chain list. All current long term concerns will be removed.

Please contact **Pastor Karen Ullestad** (pastorkaren@augustanadenver.org) if you would like to add new names or continue current ones we have been praying for or if you would like to receive the weekly Prayer Chain.



Daylight Saving Time begins Sunday, March 9. Turn your clocks AHEAD an hour, Saturday night, March 8!

Thank you for the gifts!

Augustana Foundation

- in memory of Dora Fie

Health Ministry

- in memory of Orvid Olson

Special Gifts

- in memory of Martha Munson, John Thompson

Welcome 150

- in memory of Dora Fie



Celebrate and Connect!


On Sunday, March 2 between 9 a.m. and 10:30 a.m. we will gather in Fellowship Hall to celebrate the early success of the Welcome 150 fundraising campaign and to learn more about the next steps in the renewal of our facilities.

We will enjoy specialty coffee beverages from a catered coffee cart, Mardi Gras King Cakes, and some savory foods. There will be activities for both children and the young-at-heart. A short presentation with the latest news from both the fundraising and the project management teams will be offered twice—at 9:15 a.m. and at 9:45 a.m.



Thank you for your January offerings which supported repackaging of rice and beans for Metro Caring, a cross-generational Epiphany party, and resources, staff, and facilities for Augustana's annual congregational meeting.



Income Statement for the Month and Year Ended January 31						
	Month Ended January 31			Year-to-Date Period Ended January 31		
	2025 Actual	2025 Budget	2024 Actual	2025 Actual	2025 Budget	2024 Actual
Revenue	\$131,587	\$133,937	\$134,330	\$131,587	\$133,937	\$134,330
Expenditures	107,040	107,153	110,108	107,040	107,153	110,108
Net income (deficit)	\$24,547	\$26,784	\$24,222	\$24,547	\$26,784	\$24,222
<div> <p>With gratitude, your shared offerings of any amount make ministry happen! As we ponder God's generosity this Lenten season, we are reminded that the greatest offering ever shared was Jesus. God's grace compels us to invite others into this good news.</p>  </div>						

Pastor Caitlin Trussell

Is Any Body There? Yes!

Jan and I were meeting in my office when Lyn Goodrum came to the door. A labor and delivery nurse had just called the church. Parents of a newborn who did not survive pregnancy asked for a pastor to come bless her. I anointed her with special oil, trusting that God's heart cradled her and her devastated parents. It was one of the most heartbreaking privileges of my nursing and pastoral careers.

On a less dramatic but emotionally relevant note, I led the Discover Augustana class of folks drawn to learn more about the congregation after



worshiping for a few weeks or many months. Their stories resonate with my own of finding a church, a place to experience God's grace and be reminded of God's promises through the cross of Jesus. The conversations they've had in the pews with some of you warm my heart.

Being together is healing even if we can't quite describe its effects. Come and connect with others during the Celebration Coffee on March 2 before Lent begins on March 5 with Ash Wednesday. The joy is all the sweeter for the contrast of suffering in our lives. That is not a reason for suffering. Please hear that clearly. But the reality of suffering, of our mortality, is that we are cradled in God's heart by the power of prodigal grace. Welcome to Lent.

Pastor Caitlin

Pastor Kent Mueller

We gather "in the flesh"

It was five years ago that Covid-19 was beginning to cause fear and anxiety. The first days of March 2020, marked when coronavirus cases in the U.S. reached 100.

Within several weeks, our lives totally changed. No gatherings. No hugs. No celebrations. No sporting events. No music. No worship. Just disembodied, two-dimensional faces on a Zoom screen. It was miserable.

But then I remember when Church opened up again. The social-distancing was odd and complicated, but I remember tears streaming down my face as we gathered *in the flesh* again, singing and praying and *being*—together.

We gathered *in the flesh*.
As bodies. As people who experience living and loving through our senses, among those in community, in our experiences—together.

We say Jesus is God's love, embodied, in the flesh.

During the season of Lent we will be reflecting on what it is to be individually each a miraculous body, but together, the Body of Christ.

So "Is Any Body There?"
"Yes!" indeed.

Peace be with you,

Pastor Kent



Pastor Karen Ullestad

We come to you, O loving Lord, in our distress and pain, in trust that through our nights and days, your grace will heal, sustain. (Stz. 5, ELW 617)

Oh, but isn't it difficult to trust!? Pain and sorrow, doubt, fear and anger surround us. My seminary professor used to start and end every conversation about difficult situations with "Go to the cross."

What's waiting for us at the cross? **Jesus is always at the cross**, knowing our lives, suffering with us. As another of our healing hymns sings, "I came to Jesus as I was, so weary, worn, and sad; I found in him a resting place, and he has made me glad" (ELW 612). A resting place can provide a pause. A time or a sensation of stopping, in order to take a break, breathe, reconsider, renew. When we have a moment to rest or pause, we have the chance to see Jesus all around us: in our family and friends, coworkers, medical staff, pastors, teachers, recreation managers—all who share our human story of sorrow and joy. Who walk with us in the renewal, maybe even new life which we receive through Jesus.

We taste, see, touch, and know that new life every Sunday, through our trust in God's word, water, bread and wine. So, when *you are disconsolate, come to the mercy seat, bring your wounded hearts, because earth has no sorrow that heav'n cannot heal* (ELW 607).



"Come," God invites us. Come to the cross. Because **God is always at the cross**, raising us with Christ to wholeness. Not judging us according to our sins, but leaving our sins at the cross. God did not leave Jesus in the tomb, but raised him to new life, therefore, we can trust that we are raised with Christ to that same new, renewed, rest-filled life.

The world is longing to know, from us, what new life looks like.

Pastor Karen

Welcome 150 Easter Art Project Needs You!

Those who have begun work on our congregational Easter Art Project are enjoying it! No artistic talent is needed. Sessions are each Sunday, noon–2 p.m., and Tuesday, 10 a.m.–noon. You don't have to be there the full two hours.

View our introductory video to learn more: <https://www.youtube.com/watch?v=rGB12P0jCCQ>.

Sign up in the east hallway entrance, or sign up at this link: <https://www.signupgenius.com/go/10C0A49A9AE2FAAFDC25-54707092-welcome>.

You may also email **Pastor Kent** (kentmueller@augustanadenver.org).



Welcome to Lent at Augustana Lutheran Church!

Lent begins on Ash Wednesday March 5!

Augustana hosts Ash Wednesday worship, Wednesday, March 5 at noon and 7 p.m. in the Sanctuary with Imposition of Ashes and Holy Communion. Augustana Singers will provide special music at noon, and Chancel Choir will sing at 7 p.m. The 7 p.m. service will be livestreamed.



Welcome Connection's challenge: Come to Ash Wednesday worship!

This year, Ash Wednesday is on March 5. Ash Wednesday worship marks the beginning of Lent by having a cross marked on our foreheads in ashes.

Ash on foreheads means something to so many—churchgoers and non-churchgoers alike. Let us all gather to begin the Lenten season together. The Welcome Connection challenge for March is to attend an Ash Wednesday service (noon or 7 p.m.), and bring someone with you!



Lenten devotional books are here!

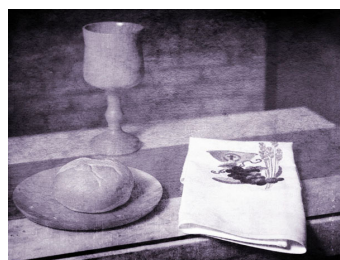
You may pick up *Life Renewed*, pocket-size or large-print daily devotionals at Augustana's entrance tables. They are

brought to you by our Adult Learning Ministry so are free for anyone who would like one.

Or you can download the eBook version from AugsburgFortress.org.

Life Renewed reflects on how God brings new life in unexpected ways and in the most unlikely situations in the creation of all things, the Israelites' rescue from slavery in Egypt, the dry bones and Ezekiel, the fiery furnace, and more.

Communion instruction offered for young people



Communion instruction is open to those who already take communion and those who are waiting for instruction to

take communion. This class is best suited for elementary age kids in first grade and older.

Classes for child and parent will be held Sundays, March 30, 9:30–10:15 a.m., Rooms 4–5, and April 6, noon–1 p.m., Fellowship Hall Kitchen. Chalice decorating is scheduled for Wednesday, April 9 at 4–5:30 p.m. at Ceramics in the City, and communion will be celebrated at Maundy Thursday worship, April 17 at 7 p.m.

RSVP to **Deacon Shanna** (shanna@augustanadenver.org) or 303-388-4678 ext. 107) by March 23.

Lent at Augustana: Is Any Body There? Yes!



Jesus lived on our earth as we do, sharing with us an embodied presence. During Lent, we are invited into reflection on what it means to be human, as embodied people who are longing for connection, healing, and hope. And—because of Easter—we are now the Body of Christ, alive in the world.

The life, death, and resurrection of Jesus shows us that we are never alone. The Surgeon General's Advisory on loneliness recognizes the healing effects of social connection and community. During our six weeks of Lent, we will, together, deepen our connections with God, each other, and our community.

Sundays

Worship at 8 a.m. and 10:30 a.m.

Adult Forum at 9:15 a.m., Anna Paulson Room

Each week the pastors will incorporate the theme “**Is Any Body There? Yes!**” into their sermons, and we will reflect on themes related to the Body of Christ:

- March 9: **Embodiment** - Pastor Karen
- March 16: **Mystery** - Pastor Caitlin
- March 23: **Beauty** - Pastor Kent
- March 30: **Sabbath** - Pastor Caitlin
- April 6: **Mortality** - Pastor Kent

Tuesdays

60+ Pilgrimage

Tuesdays, March 11, 18, 25, and April 1 and 8, 10–11 a.m., Youth Room

60+ hosts **Pastor Bonita Bock** as we explore the purpose, meaning, and rewards of pilgrimage. (Being 60 or older is not a requirement. If you are interested in joining us, please come!)

Wednesdays

Wednesdays, March 12, 19, 26 and April 2 and 9

Spiritual Practices Stations, 7 a.m.–7 p.m., Spiritual Practices stations will be arranged around the sanctuary, including a centering prayer station, Lectio Divina, and walking the indoor labyrinth. You may enter at the west doors of the Sanctuary.

Worship and Reflection on Pilgrimage, 6:15–7 p.m., Christ Chapel

No soup supper prior to worship

Led by **Pastor Bonita Bock**, we will use prayers, readings and songs from the Iona tradition, in Scotland. We will reflect on how the journey of pilgrimage has led people to different destinations seen as sacred. We will refer to specific pilgrimage destinations as a way of opening our thoughts to what we might encounter on our Lenten Pilgrimage, both together outwardly, and inwardly personally.

Fridays

Prayer in Christ Chapel

Fridays, March 14, 21 and 28 and April 4 and 11, 9–9:30 a.m., Christ Chapel

The Prayer Chain will be prayed together in the Chapel, along with time for solitude and silence. Led by **Pastor Karen Ullestad**.

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, April 13, 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 \$

Easter “Baskets” for Warren Village and First Step Families



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 online at [Augustana’s Giving page](#) at [augustanadenver.org](#) by Sunday, April 13. 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](#).



Looking ahead to Holy Week

Holy Week and Easter are a time of meaning, beauty, and joy at Augustana. You are invited and encouraged to join us for the full worship experience of Lent and Easter:

- **Sunday of the Passion / Palm Sunday**, April 13, 8 a.m. and 10:30 a.m.
- **Maundy Thursday**, April 17, noon and 7 p.m.
- **Good Friday**, April 18, noon and 7 p.m.

Palm Sunday Breakfast

You're invited to Augustana's annual Palm Sunday Breakfast on April 13, 9–10:30 a.m. in Fellowship Hall! Free will donations will support Children, Youth, and Family Ministry at Augustana.

There will be no Sunday Lunch on this day.

Easter at Augustana

7 a.m. First Light of Easter Communion

Arise for the First Light of Easter as we gather for worship, incorporating elements of the ancient Vigil of Easter, when early Christians kept vigil all night and welcomed the Dawn of the Resurrection.

9 a.m. and 11 a.m. Festival Resurrection Communion

With brass and choir and bells, we celebrate Christ's resurrection. Our traditional Easter Egg Hunt will take place between the services.

Augustana Foundation

New officers announced

Recently elected officers for 2025 are **Brad Uyemura**, President; **Janet Egan**, Treasurer; **Russ Epperson**, Vice President; and **Denise Sanderson**, Secretary. Other Foundation Board members are **Todd Engdahl**, **Joy Hawkins**, **Katy Lunsford**, **Julia Stone**, **Dawn White** and **Roger Lipker** as Council President. **Pastor Caitlin Trussell** is included as well.

Each year, the Foundation seeks new members to take the place of those whose terms are expiring. It is not too early to start thinking about how you might serve—especially if you have financial, business, or leadership skills. Feel free to talk with any Board member about the roles and responsibilities of the Board.

First Quarter Grants

Recently, the Board approved grants of 70% for internal Augustana programs and 30% for external applicants as follows:

- Augustana's Capital Improvement Fund
- Augustana Early Learning Center
- Augustana Welcome Connection
- Lutheran Family Services Rocky Mountains
- Augustana Arts
- Colorado Council of Churches

Music Ministry

Augustana Lutheran Church hosts Augustana College Choir

On Monday, March 24 at 7 p.m. we present the **Augustana College Choir** from Rock Island, Illinois, in concert. This performance is part of the choir's tour through Nebraska, Colorado, and Kansas, March 22–28. Under the direction of **John Hurty**, the choir will perform both traditional and new choral music compositions. The concert will also feature the Grandview High School Chamber Singers from Aurora. The concert is free, but a freewill offering will go towards the choir's tour expenses.

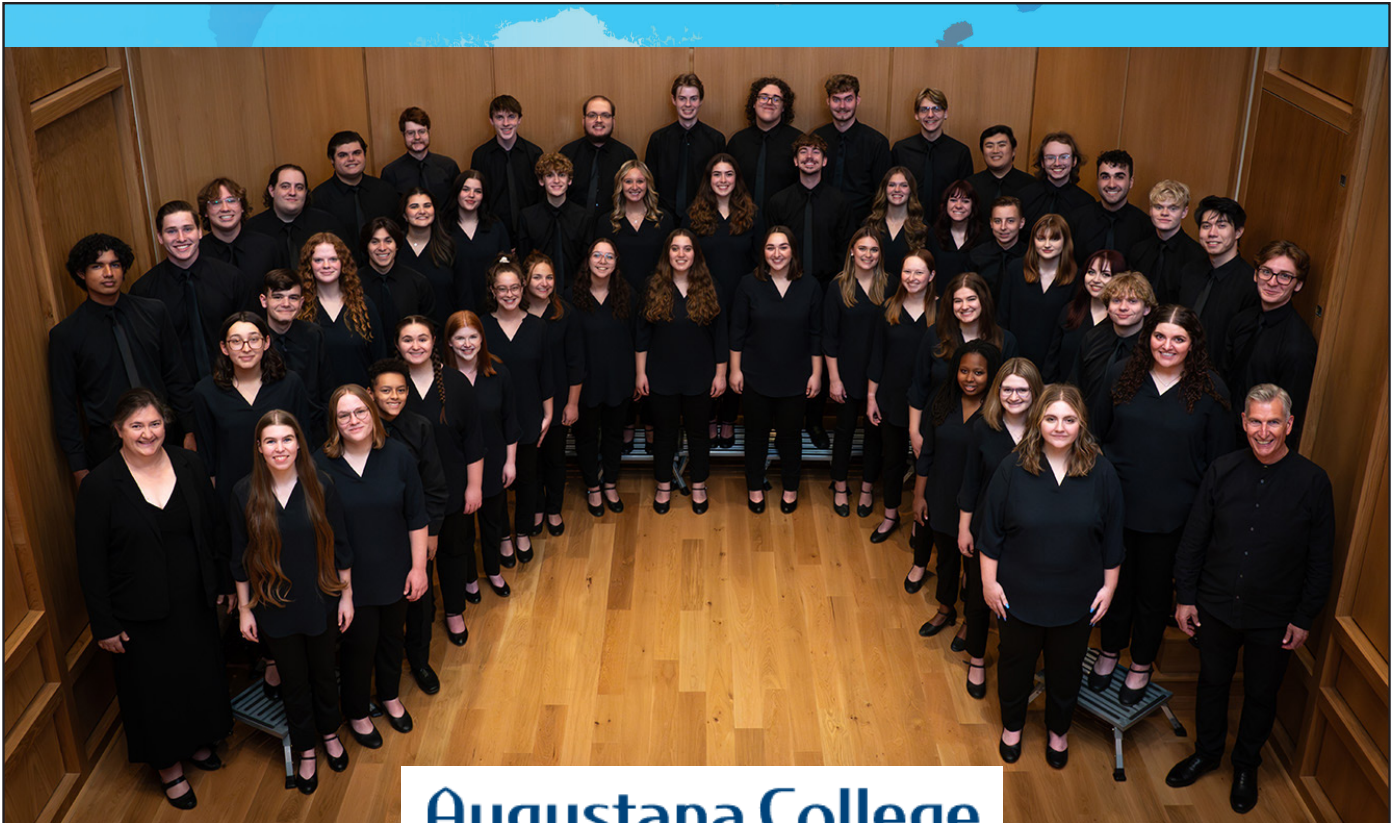
Help host dinner for the choirs

Prior to the concert, the Music Ministry of the church is providing dinner for both choirs. If you are interested in providing an item for this meal, please contact me (peters@augustanadenver.org or 303-388-4678 ext. 122). I hope you will join us for this concert!

Grace and peace,
Andrew Peters
Director of Music and Organist

See also next page.





Augustana College

Augustana Choir Tour

John Hurty, conductor

Monday, March 24 | 7 p.m. | Sanctuary

with Grandview High School Chamber Singers

**The concert is free and open to the public.
A freewill offering will be taken.**

Visit augustana.edu or call 309-794-7233.



5000 E. Alameda Ave.
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Staff Updates

Let's cast a wide net for our next nurse!

Share the link to the job posting with friends, family, and neighbors!

<https://www.augustanadenver.org/ministries/health-ministry/faith-community-nurse-position/>

The Faith Community Nurse Search Committee met twice in February.

- Emmett Cruson, 60+ Ministry
- Jena Requist, E4 Mental Health Ministry
- Inez Smith, R.N., Health Ministry and Interim Faith Community Nurse
- (Chair) Beth Warren, M.D., Children, Youth, and Family Ministry
- Pastor Caitlin

Thank you, Janice Schulz!



Jan concluded her four-month volunteer time as our Office Administrator on February 27. Her primary responsibilities were to respond to worship slips—visitors, prayers, volunteers, RSVPs, etc.—schedule volunteers, answer

the phone, and other general admin. She organized the Discover Augustana class of 14 households—three from last fall and 11 new ones—20 people who are now connected. We are grateful for Jan's diligent and competent service! She's been a blessing as part of the staff team. Please thank her when you see her in worship.

Deacon Shanna VanderWel



With her eight-year Augustana anniversary approaching and in conversation with the Call Committee convened for the next Associate Pastor, Shanna and I have been talking about her call and professional growth as a Deacon ordained to Word and Service and her call as our Director of Youth and Family. In addition, we share general and specific concerns about the wellbeing of children and youth in our congregation and our wider community. In that spirit, we talked in December and I asked her to consider what an intergenerational approach to Sunday morning worship volunteers could look like in terms of growing in faith. The goal is to shift our thinking and process to better support children and youth in worship alongside caring adults. We spoke again when Shanna returned from sabbatical. She is willing and ready to work towards this goal within her current role and with an eye towards how the new Associate Pastor's call would have a part of Children, Youth, and Family responsibilities.

Pastor Caitlin

Call Committee works on documentation

The Call Committee continues to develop the required documentation for calling our associate pastor. The Call Committee will be meeting with the Congregation Council this month. Once the documents are approved, a more defined timeline will be provided. We ask for your continued support of prayers during this exciting time in our congregation's life.

Children, Youth & Family Ministry

Parents' Night Out

Augustana's Children, Youth, and Family Ministry hosts Parents' Night Out, Saturday, March 15, 4–7:30 p.m. for kids of all ages. Cost of \$30 per child includes dinner, snacks, and entertainment. RSVP by March 13 to **Deacon Shanna** (shanna@augustanadenver.org or 303-388-4678 ext. 107).



March 16 Sunday Lunch is a Pie Potluck!

Sunday, March 16, 11:45 a.m., Fellowship Hall

All are invited to bring your favorite sweet or savory pie to share at our Sunday Lunch. Suggestions include shepherd's pie, chicken pot pie, quiche (aka egg pie), fruit pie, pizza pie, creme pies, etc. All pies and people are welcome!

Augustana hosts two summer day camp opportunities

Register for Day Camp with Sky Ranch Lutheran Camp and Missoula Children's Theatre on our website today, and invite a friend! There are opportunities to either attend or volunteer for youth in grades Kindergarten through 12 each week. Visit augustanadenver.org for information.



"Used" Bibles for High School Seniors

Help make the high school seniors' Bibles "used" by underlying your favorite verse/Bible story, sharing a message of faith, and signing your name! These will be in the Fellowship Hall on Sundays in the months of March and April.

Help sort and organize shoes at Wholly Kicks

You're invited to a volunteer opportunity, Sunday, March 30, 1–3 p.m., sorting and organizing shoes at Wholly Kicks' storage unit (3568 Peoria St., Unit 607, Aurora, 80010). There are no age requirements—if you are able to help organize you can attend!

RSVP to volunteer and for carpooling by contacting **Deacon Shanna** (shanna@augustanadenver.org or 303-388-4678 ext. 107) by March 26.

Study/Fellowship

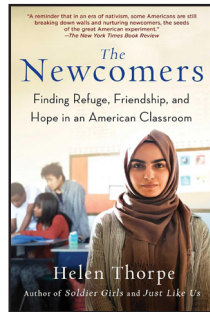
Adult Forum

[See page 7](#) for Adult Forum during Lent.

Lunch and Learn: “Newcomers”

Sunday, March 30, 11:45 a.m.–1 p.m.,
Anna Paulson Room

Meet **Helen Thorpe**, the author of the book *The Newcomers: Finding Refuge, Friendship, and Hope in an American Classroom*, on Sunday, March 30 at 11:45 a.m. Pick up Sunday Lunch, and bring it into the Anna Paulson Room for a lively discussion about refugee resettlement.



Helen Thorpe got to know refugee students from all over the world in the newcomers class at Denver South High School 2015–2016. During the summer between the school years, she went to the Democratic Republic of Congo to try to visit the refugee camp where two of the students came from. The family that Augustana’s refugee team is helping, the Sumaidis, also came from the Democratic Republic of Congo by way of a refugee camp in Tanzania.

The oldest girl in the Sumaidi family, Tatu, currently attends Denver South High School and is in the newcomers class. We are so lucky that Helen Thorpe lives in Denver and is willing to come to Augustana to tell us what it was like to see the progress of the students in the newcomers class and what they had to teach her.

Book Group

Monday, March 17, 1 p.m. Youth Room

Join us to discuss Jodi Picoult’s *Mad Honey*, a soul-stirring novel about what we choose to keep from our past, and what we choose to leave behind. For information, contact **Ellen Kastens** (303-475-7877).

The book tells the story of two women, Olivia and Lily, who both escape abusive pasts to start new lives. Their paths cross when Lily falls for Asher, Olivia’s son. However, Lily is later found dead, and Asher is the prime suspect. The book explores the true cost of keeping secrets for love, and the characters’ struggle with trust as they search for the truth. (Goodreads)

Women, Wine, and Word

Women, Wine and Word will continue our discussion of *Inspired*, chapters 5 and 6, by Rachel Held Evans, on Thursday, March 20, 7–8:30 p.m. in the Youth Room. Evans examines some of our favorite Bible stories and shares possible interpretations. Bring a snack and/or beverage to share. Even better yet, bring a friend.

For additional information, contact **Katy Lunsford** (katy.p.lunsford@gmail.com).

Health Ministry



Calling all gardeners!

Augustana’s Community Garden was established to encourage healthy food choices and to share our bounty with others experiencing food insecurity. We donate some of our harvest to SAME Cafe (So All May Eat). We are gearing up for gardening season! You are welcome to join us if you want a full or partial plot or if you want to be a helper.

On Sunday, March 2 we will have an information table during Coffee Hour and Sunday Lunch.

Come see us then! Or, contact **Robin Hoffman** (rhoffmania@me.com), or **Karen Lambert** (lambert747@msn.com).

Caring for Someone with Dementia and Alzheimer's Disease

As the U.S. population ages, the number of people diagnosed with dementia each year is projected to double—from about 514,000 cases in 2020 to about 1 million a year by 2060. Many of you may know or be living with a person with dementia or Alzheimer's Disease.

From the Dementia Society of America website:

Dementia is not a specific disease. It is a descriptive term for a collection of symptoms that can be caused by a number of disorders that affect the brain. People with dementia have significantly impaired intellectual functioning that interferes with normal activities and relationships. Alzheimer's is the most common cause of dementia, accounting for an estimated 60% to 80% of cases.

Persons living with dementia can lose their ability to solve problems and maintain emotional control, and they may experience personality changes and behavioral problems, such as agitation, delusions, and hallucinations.

Some recommendations on interacting with persons living with Dementia (from the National Council of Certified Dementia Practitioners):

- Address the person by their preferred name or familiar name.
- Focus your attention on the person and make eye contact.
- Do not make abrupt changes in the person's routine.
- Validate their feelings and provide reassurance.
- Be guiding, not controlling. Be calm.
- Enter their reality. Depending on their stage of dementia, their agitation may increase when trying to reorient them.
- When providing care, provide one instruction at a time.



- Allow adequate time for the person to respond to questions—it can take 90 seconds for a person living with dementia to process and respond to a question.
- Be sure their basic needs are being met—bathing, toileting, sleep, eating, drinking fluids, having their hearing aids in, do they have their glasses or dentures.
- If becoming more agitated, provide a calm environment, a calming voice, decrease background noise.
- Provide meaningful activities, if able, as this can make them feel useful.
- Provide them with familiar items, pictures, books, etc.

Please reach out to Interim Faith Community Nurse **Inez Smith** (nurse@augustanadenver.org or 303-388-4678 ext. 106) if you have questions or need more information on living with or caring for someone living with dementia.

Additional resources can be found at:

- <https://www.dementiasociety.org/>
- <https://act.alz.org> – Alzheimer's Association

Health Ministry Team News

An invitation to join the Health Ministry Team

The Health Ministry Team is looking for any congregational members who are interested in being involved with the Health Ministry Team. We welcome those with a medical background or anyone with an interest in developing activities for the congregation that address meeting the needs of the body, mind and spirit. Reach out to **Inez Smith**, Interim FCN (nurse@augustanadenver.org or 303-388-4678 ext. 106) if you are interested.

Health Ministry Sundays at Augustana

Do you know your blood pressure? High blood pressure is a risk factor for cardiovascular disease and stroke. Stop by Fellowship Hall, 9:15–10:30 a.m., the first Sunday of the month, and meet with one of the Health Ministry Team members to find out your blood pressure or continue to monitor your blood pressure control.

Health Ministry hosts Vitalant Blood Drive in March

Save the Date: On Sunday March 30, 9 a.m.–1 p.m., Augustana's Health Ministry hosts another blood drive with Vitalant. To register, contact **Inez Smith**, RN, (nurse@augustanadenver.org or 303-388-4678 ext. 106) or use the code.



Blessings,

Inez Smith, RN

Interim Faith Community Nurse



Care of Creation

Join the 2025 National Faith + Climate Forum

Augustana is THE host location for Denver!

- Thursday, March 27, 10 a.m.–3:30 p.m., Anna Paulson Room
- Live-streamed + In Person at Augustana Lutheran Church
- Open to all! Bring your lunch!

This hybrid event offers a dynamic day of interactive sessions, inspiring keynotes, and practical resources to equip you to integrate climate care into your faith practices and communities authentically. Whether you're just starting your journey in creation care or are a seasoned advocate, this event has something for everyone!

Register for free today at this link:

<https://nationalfaithandclimateforum.org/>

In 2024, nearly 1,500 participants from over 515 congregations and 20 denominations joined us at 70 host locations across the country. This year, we're expecting an even larger turnout, and we hope you'll be part of it! Together, we can deepen our faith, build stronger congregations, and take bold action to care for creation.

Sponsors of this event are members of **Blessed Tomorrow**, a coalition (including the ELCA) of diverse religious partners working to advance climate solutions in faithful service to God. This event is being promoted by **Lutherans Restoring Creation** and the **Rocky Mountain Synod's Creation Care Team**, who asked Augustana to be a host site.

Compassion and Action with Our Neighbors Ministry

2025 is moving full speed ahead!

January and February Highlights

- On January 26, **Don Troike** and his team of merry men and women organized Operation Pantry. They set a record by repackaging 5,300 pounds of rice and beans in approximately one hour. Thank you.
- To celebrate Valentine's Day and to say thank you, CAN Ministry delivered treats to the staff and teachers of Augustana's Early Learning Center and McMeen Elementary on February 11.
- The Sumaidi Family continues to make progress towards independence. There is so much to learn. It's not just the language, but everything we do from riding a bus to visiting a doctor. A big shout out to Augustana's Refugee Team for their support and guidance.



Amy King with Baby Sumaidi

- The King Soopers Fight Hunger Bag program continues until the end of March. When you purchase a \$2.50 bag, King Soopers will donate \$1.00 to Augustana's Soup Shelf. King Soopers developed a unique program to help feed the hungry and reduce the number of plastic bags released into our environment.



March Activities

- Trip to the Capitol – Lutheran Day at the Capitol has been canceled for this year. Instead, Augustana's **Lance Wheeland** agreed to give us a tour of the Capitol on March 6. Lance's first job at the Capitol was leading tour groups. He's a real pro. *See article next page.*
- On Thursday, March 13, 6–8:30 p.m., Augustana members may attend the evening meal called "Iftar" at the Multicultural Mosaic Foundation. During Ramadan, Muslims invite guests into their home to break their day's fast; this is considered a significant part of the Islamic tradition of hospitality and sharing the blessings of holy month with friends and family. *See article next page.*
- Augustana will host a Climate Forum on March 27, 10 a.m.–3:30 p.m. [See article, page 15.](#)
- Compassion and Action with Our Neighbors will meet again Sunday, March 9, noon–1:30 p.m. in the Anna Paulson Room.

Action and Advocacy Gathering

CAN Ministry, Human Dignity Delegates, and Augustana's Refugee support team host an **Action and Advocacy Gathering**, Sunday, March 2, noon–1:30 p.m. Pick up lunch from Fellowship Hall and come join in the Anna Paulson Room. We will discuss specific action and advocacy items we can take to put our faith into the public space.



Tour the Colorado State Capitol

Human Dignity Delegates and 60+ Ministry cohost a tour of the Colorado State Capitol, Thursday, March 6, 10 a.m.–noon, followed by optional lunch at the SAME Cafe. Our tour guides are **Lance Wheeland**, a staff member for the Senate Majority Leader, Senator Rodriguez, and **Betty Boyd**, former state senator and representative. Carpool from Augustana, or meet at the south steps of the Capitol at 10 a.m.

RSVP to **Katy Lunsford** (katy.p.lunsford@gmail.com) or **Judy Peters** (egosjudy@yahoo.com), and include the names of your state senator and representative. Find those names at https://leg.colorado.gov/legislators?session_id=104236.

Advocacy with Together Colorado

Denver Metro Organizing Training

Together Colorado—of which Augustana is a member—hosts **Denver Metro Organizing Training** on Saturday, March 8 and Sunday, March 16. This is the same training offered on two different days. Come strengthen your organizing skills, build meaningful connections, and learn new strategies for faith-based organizing. Link to register for both dates: <https://www.togethercolorado.org/take-action/events/>.

Katy Lunsford and Betty Boyd are attending on Saturday. Come join and learn more about community organizing.

Faith and Lobby Day

Together Colorado also hosts **Faith and Lobby Day**, Tuesday, March 18, 8 a.m.–noon, at the Colorado State Capitol. Join Augustana's Human Dignity Delegates as we make sure our lawmakers hear the real stories from our communities and support transformative legislation that makes Colorado a place where everyone can thrive—no exceptions. No matter if you've never lobbied before—everyone is welcome! We'll learn the basics together and bring our faith-based vision for human dignity to the Capitol! Lutheran Advocacy Colorado will be participating in this event.

Register at <https://www.mobilize.us/togethercolorado/event/753318/>. Contact **Katy Lunsford** (katy.p.lunsford@gmail.com) for additional information.

You're invited to an Iftar dinner during Ramadan!

With the Holy Month of Ramadan in March, members of Augustana have been invited to an Iftar dinner (breaking of the daily fast during Ramadan) by members of the Multicultural Mosaic Foundation (mosaicfoundation.org), a non-profit organization dedicated to promoting understanding and dialogue.

Augustana's **Pastor Bonita Bock** will accompany Augustana people who would welcome this

opportunity on Thursday, March 13, 6–8:30 p.m. (14232 E. Evans Ave., Aurora).

Learn more about Ramadan and Mosaic itself and enjoy a fine dinner. There is no charge, but donations are graciously received.

RSVP on your worship slip or to Augustana's office (303-388-4678) by Wednesday, March 5.

5000 E. Alameda Ave.
Denver, CO 80246



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Sharon Schillereff
- 4** Jonathan Finke
Michelle McHattie
Paul Edstrom
- 6** Braden Ezpeleta
- 7** Heidi Logsdon
Morgan Terwilliger
- 8** Ford Finke
Kristen Cochrane

- 9** Beverly Behringer
Evelyn M. Johnson
Jon Gilbertson
- 10** Kathy Jenkins
- 11** Ethel Essig
Jim Dierker
- 13** Henry Kouba
John Pederson
Nina Bernhard
- 16** Blythe Karstadt
Jeff Boe
John Bartels
- 17** Anna Bjornebo
Emily Bjornebo
LouAnn Baker
- 18** Emily Friesen
Kay Bengston

- 19** David Bonicelli
Jo Ann Wacker-
Farrand
Steven Dirks
- 20** Anderson Woodward
Cheryl Cloutier
Sonja Massie
- 21** Sarah Graham
- 22** John Flory
Scott Yeager
- 23** Kara Carter
Kisanet Yohannes
Mindy Penny
Nancy Morgan
Tim Kah
- 24** Patricia Vaillancourt
Steven Trautmann

- 25** Allan Schneider
Emmett Cruson
Lillian Crook
- 26** Abbie Miller
Gayle Bebee
- 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).*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div>						<div><div>1</div><div>8am</div><div>Altar Guild</div></div>
<div><div>2</div><div>8am</div><div>9am</div><div>9:15am</div><div>10:30am</div><div>11:45am</div><div>Noon</div><div>Noon</div><div>Noon</div><div>12:15pm</div><div>Faith Formation and Music Ministry below</div></div> <div><div>Transfiguration of Our Lord</div><div>Worship/Communion</div><div>Welcome 150</div><div>Celebration Coffee</div><div>Adult Forum</div><div>Worship/Communion</div><div>Sunday Lunch</div><div>Action and Advocacy</div><div>Augustana Knitters</div><div>Art-Making Session</div><div>Worship & Music Committee</div></div>	<div><div>3</div><div>9:45am</div><div>1pm</div></div> <div><div>Augustana Firm Believers</div><div>Welcome Connection</div></div>	<div><div>4</div><div>10am</div></div> <div><div>Art-Making Session</div></div>	<div><div>5</div><div>9am</div><div>9:45am</div><div>11am</div><div>Noon</div><div>6:30pm</div><div>7pm</div></div> <div><div>Ash Wednesday</div><div>Augustana Early Learning Center Chapel</div><div>Augustana Firm Believers</div><div>Augustana Singers</div><div>Worship/Communion</div><div>Chancel Choir</div><div>Worship/Communion</div></div>	<div><div>6</div><div>10am</div></div> <div><div>60+ Ministry /</div><div>Human Dignity Delegates:</div><div>Tour of Colorado State Capitol</div></div>	<div><div>7</div><div>9:45am</div><div>10am</div></div> <div><div>Augustana Firm Believers</div><div>Bulletin Assembly</div></div>	<div><div>8</div><div>8am</div></div> <div><div>Altar Guild</div></div>
<div><div>9</div><div>8am</div><div>9:15am</div><div>9:15am</div><div>10:30am</div><div>11:45am</div><div>Noon</div><div>Noon</div><div>Noon</div><div>Faith Formation and Music Ministry below</div></div> <div><div>First Sunday in Lent</div><div>Worship/Communion</div><div>Health Ministry Team</div><div>Adult Forum</div><div>Worship/Communion</div><div>Sunday Lunch</div><div>CAN Ministry</div><div>Executive Council</div><div>Art-Making Session</div></div>	<div><div>10</div><div>9:45am</div><div>1pm</div></div> <div><div>Augustana Firm Believers</div><div>Welcome 150</div><div>Steering Committee</div></div>	<div><div>11</div><div>10am</div><div>10am</div><div>6pm</div></div> <div><div>60+ Ministry</div><div>Lenten Coffee Talk</div><div>Art-Making Session</div><div>Children, Youth & Family</div><div>Ministry Committee</div></div>	<div><div>12</div><div>7am–7pm</div><div>9am</div><div>9:45am</div><div>6pm</div><div>6:15pm</div><div>7:15pm</div></div> <div><div>Spiritual Practices Stations</div><div>AELC Chapel</div><div>Augustana Firm Believers</div><div>Augustana Ringers</div><div>Midweek Lenten Worship</div><div>Chancel Choir</div></div>	<div><div>13</div><div>10am</div><div>2pm</div></div> <div><div>The Tower deadline</div><div>Sarah Circle</div><div>60+ Ministry</div></div>	<div><div>14</div><div>9am</div><div>9:45am</div><div>10am</div><div>11am</div></div> <div><div>Lenten Chapel Prayer</div><div>Augustana Firm Believers</div><div>Property Committee</div><div>Bulletin Assembly</div></div>	<div><div>15</div><div>8am</div><div>9am</div><div>3pm</div></div> <div><div>Altar Guild</div><div>PEAK Support Group</div><div>Parents' Night Out</div></div>
<div><div>16</div><div>8am</div><div>9:15am</div><div>10:30am</div><div>11:45am</div><div>Noon</div><div>Faith Formation and Music Ministry below</div></div> <div><div>Second Sunday in Lent</div><div>Worship/Communion</div><div>Adult Forum</div><div>Worship/Communion</div><div>Sunday Lunch</div><div>Art-Making Session</div></div>	<div><div>17</div><div>9:45am</div><div>1pm</div></div> <div><div>St. Patrick's Day</div><div>Augustana Firm Believers</div><div>Book Group</div></div>	<div><div>18</div><div>10am</div><div>10am</div><div>4:30pm</div><div>7pm</div></div> <div><div>60+ Ministry</div><div>Lenten Coffee Talk</div><div>Art-Making Session</div><div>Stewardship Committee</div><div>Congregation Council</div></div>	<div><div>19</div><div>7am–7pm</div><div>9am</div><div>9:45am</div><div>6pm</div><div>6:15pm</div><div>7:15pm</div></div> <div><div>Spiritual Practices Stations</div><div>AELC Chapel</div><div>Augustana Firm Believers</div><div>Augustana Ringers</div><div>Midweek Lenten Worship</div><div>Chancel Choir</div></div>	<div><div>20</div><div>7pm</div></div> <div><div>Women, Wine and Word</div></div>	<div><div>21</div><div>9am</div><div>9:45am</div><div>11am</div></div> <div><div>Lenten Chapel Prayer</div><div>Augustana Firm Believers</div><div>Bulletin Assembly</div></div>	<div><div>22</div><div>8am</div></div> <div><div>Altar Guild</div></div>
<div><div>23</div><div>8am</div><div>9:15am</div><div>9:15am</div><div>10:30am</div><div>11:45am</div><div>Noon</div><div>See Faith Formation and Music Ministry below</div></div> <div><div>Third Sunday in Lent</div><div>Worship/Communion</div><div>E4 Mental Health</div><div>Adult Forum</div><div>Worship/Communion</div><div>Sunday Lunch</div><div>Art-Making Session</div></div>	<div><div>24</div><div>7:30am</div><div>9:45am</div><div>7pm</div></div> <div><div>Foot Care Clinic</div><div>Augustana Firm Believers</div><div>Concert:</div><div>Augustana College Choir</div></div>	<div><div>25</div><div>10am</div><div>10am</div><div>1pm</div><div>7pm</div></div> <div><div>60+ Ministry</div><div>Lenten Coffee Talk</div><div>Art-Making Session</div><div>The Tower Assembly</div><div>Rachel Circle</div></div>	<div><div>26</div><div>7am–7pm</div><div>9am</div><div>9:45am</div><div>6pm</div><div>6:15pm</div><div>6:30pm</div><div>7:15pm</div></div> <div><div>Spiritual Practices Stations</div><div>AELC Chapel</div><div>Augustana Firm Believers</div><div>Augustana Ringers</div><div>Midweek Lenten Worship</div><div>Alzheimer's Support Group</div><div>Chancel Choir</div></div>	<div><div>27</div><div>10am</div></div> <div><div>Nationa Faith and Climate Forum</div></div>	<div><div>28</div><div>9am</div><div>9:45am</div><div>11am</div></div> <div><div>Lenten Chapel Prayer</div><div>Augustana Firm Believers</div><div>Bulletin Assembly</div></div>	<div><div>29</div><div>8am</div></div> <div><div>Altar Guild</div></div>
<div><div>30</div><div>8am</div><div>9am</div><div>9:15am</div><div>9:30am</div><div>10:30am</div><div>11:45am</div><div>Noon</div><div>Noon</div><div>Faith Formation and Music Ministry right</div></div> <div><div>Fourth Sunday in Lent</div><div>Worship/Communion</div><div>Vitalant Blood Drive</div><div>Adult Forum</div><div>Communion Class</div><div>Worship/Communion</div><div>Sunday Lunch</div><div>Lunch & Learn:</div><div>Refugee Resettlement</div><div>Art-Making Session</div></div>	<div><div>31</div><div>9:45am</div></div> <div><div>Augustana Firm Believers</div></div>	<div><div>Sunday Faith Formation</div><div><div>9:30am</div><div>GIFT Confirmation Breakfast Club</div></div><div><div>Sunday Children and Youth Music Ministry</div><div><div>9am</div><div>Cherubs Choristers Chancel Handbells</div></div><div><div>Noon</div><div>Cantabile Chapel Ringers Recorder Ensemble</div></div></div></div>				