

## Also on Sunday May 4:

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## We praise thee, O God

### Chancel Choir presents Spring Concert

**Sunday, May 4, 2 p.m., Sanctuary**

Augustana's Chancel Choir, members of the Colorado Chorale, and chamber orchestra present **"We Praise Thee, O God."** The program with conductors **Kevin Padworski** and **Andrew Peters** includes John Rutter's *Te Deum*, Johann S. Bach's aria for tenor, "Sanfte soll mein Todeskummer," and Josef Haydn's *Lord Nelson Mass*.

The concert features soprano **Emily Murdock**, mezzo soprano **Hannah Benson**, tenor **Blake Nawa'a**, and bass **Art Van Dyck**.

The concert is free, but donations will be accepted to go towards concert expenses.



Evangelical  
Lutheran Church  
in America

5000 E. Alameda Ave.  
Denver, CO 80246

**Augustana**  
LUTHERAN CHURCH

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**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, May 15, 4:30 p.m.** is the deadline for the June edition. Email **Lyn Goodrum** ([goodrum@augustanadenver.org](mailto:goodrum@augustanadenver.org)).

#### Congregation Council:

**President:** Roger Lipker

**Vice President:** Heather Nelson

**Secretary:** Sean-Casey King

**Treasurer:** Brian Willoughby

Betty Boyd Morgan Levy

Erin Brown Jo Martin

Robert Brown Nancy Nyhus

Jim Dierker Pr. Caitlin Trussell

Janet Flesch

#### Staff:

- **Caitlin Trussell**, Senior Pastor
- **Karen Ullestad**, Assisting Pastor (interim)
- **Kent Mueller**, Assisting Pastor (interim)
- **William Crossen**, Finance Administrator
- **Christine Peters**, Building Systems Administrator
- **Deacon 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
- **Inez Smith**, Interim Faith Community Nurse
- **Lyn Goodrum**, Publications Administrator
- **Alice Alister**, AV Technician
- **Craig Tamminga**, Facility Manager
- **Asmir Hodzic**, Building and Grounds Manager
- **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:

- Dale Arden
- Sandy Barker
- Walt Boylan
- CJ Earhart
- Doug Hein
- Dick and Judy Larson
- Mitch and Nancy Llewelyn
- Virginia Mackes
- Elaine Malzahn
- Bob Martin
- Steve McCartney
- Tom Pappalardo
- Rebecca Thomson
- Mary Tinker
- Susan Walter
- Sandy Wong
- Diane Zarlengo

### for comfort and courage:

- Dane Vierow in the death of his friend, Noel Anderson
- Judy Larson in the death of her mother, Nadine Fingland
- Our siblings in the faith who grieve for the death of Pope Francis
- Debbie Carter in the death of her cousin, Darlene Massoni
- Dane Vierow and Pastor Karen in the death of their friend, John Nelson
- Jim Dierker in the death of his friend, Jean Onderko
- Thom and Gayle Dorr in the death of their friend, Jean Pierson
- Ron and Marilyn Stember in the death of their great-grandniece, Baby Emma Lynn Selchow
- Sonja Engebretson in the death of her cousin, Keith Welberg

## Thank you for the gifts!

### Special Gifts

- in memory of Bonnie Connors, Harvey Crow, Summer Peters

### Health Ministry

- in memory of Orvid Olson



## Easter Garden

- in memory of Donald Pace given by his family



**Thank you** for your March offerings which supported weekly prayer, worship, and learning opportunities during Lent, Parents’ Night Out hosted by Children, Youth, and Family Ministry, and a tour of the State Capitol sponsored by Human Dignity Delegates and 60+ Ministry.

**Income Statement for the Month and Year-to-Date Periods ended March 31**

	Month Ended March 31			Year-to-Date Period Ended March 31		
	2025 Actual	2025 Budget	2024 Actual	2025 Actual	2025 Budget	2024 Actual
Revenue	\$118,735	\$124,544	\$106,253	\$385,298	\$370,816	\$362,357
Expenditures	107,793	120,944	113,011	314,382	334,330	333,768
Net income (deficit)	\$10,942	\$3,600	(\$6,758)	\$70,916	\$36,486	\$28,589

**Stewardship**

**Your gifts and offerings are more *through* Augustana than *to* Augustana.** Because of your gifts, there is wondrous ministry growth within and beyond our congregation.

We are renewing our focus on youth ministry by calling an Associate Pastor who will support our Confirmation youth as they grow in faith and who will partner together with Deacon Shanna as we raise our children in the life-giving way of Jesus.

Face to face relationships of caring are affirmed daily as we cultivate ministry for our eldest elders by searching for our next Faith Community Nurse. Augustana’s Health Ministry is impactful not just at church on Sundays, but in homes and hospitals.

Your generosity changes lives in real time with real ministry. Thank you!

**Sustaining Generosity and Ministry through the Summer!**

- If you give weekly or monthly, give ahead in May as a quarterly gift (for June, July and August).
- Set up an automatic offering gift from your bank or checking account.
- Give online, if you’ll be on vacation or traveling.



## Pastor Caitlin Trussell

### Easter + One Year as your Senior Pastor + The End of My Treatment

Easter Sunday! What a celebration! God's promises come alive in the people, proclamation, and praise of hymn singing and choir anthems AND the spectacular Welcome 150 Banner Art Project made by 75 pairs of Augustana hands in over 200 hours of work. Thank you, one and all—behind the scenes and up front! Congregation and staff worked to welcome visitors and members, children and adults, into the life-giving way of Jesus. He is risen, indeed!

The Easter season's 50 days include my one-year anniversary as your Senior Pastor on May 5. What a year it's been! I'm utterly inspired by your commitment to the gospel through your congregation. The level of active participation by so many of you enliven ministry every day while the lay leadership graciously spends time, expertise, and energy on God's mission through Augustana. I meant what I said in my Easter sermon: Our bodies are meant to share the joys and burdens of this life



with other people. Being church together as the BODY of Christ is how this works. Christ is risen, indeed!

These 50 days also include my twelfth of twelve maintenance infusions on June 2 that prolong my remission from follicular lymphoma into decades. Talk about new life! While treatment's side effects imbued poignancy into Lent and Holy Week, I'm grateful for the life they make possible with my beloved family,

dear friends, and faithful Augustana congregation. There are no places and no people with whom I'd rather spend the gift of time.

**Alleluia! Christ is risen!**

**Pastor Caitlin**

**Pastor Caitlin's treatment updates are here:**

<https://www.caringbridge.org/visit/caitlintrussell>

### Staff, Pastors, and Personnel Committee Updates

**Pastor Karen** and **Pastor Kent** will continue working with our congregation until a new Associate Pastor is called and installed. Their contracts and time commitments will look a little different, so we'll update the congregation as those are finalized.

Front Office Hospitality and Admin is currently being served by three volunteers—**Judy Peters**, **Lynn Tyler**, and **Christelle Menth**. Thank them when you see them! They have given of their time while Personnel Committee works on what's needed in that role.

Personnel Committee meets again on April 30 to continue working on staff well-being and maximizing their gifts on behalf of the congregation and for the staff's professional growth and development.

**Faith Community Nurse Search Committee** has one interview scheduled in early May from the five resumes received. Please continue to spread the word about this job opportunity in our congregation for the right nurse.

**Angela Howard** is concluding her decade of service as the children's choral director for Cantabile



and Choristers. Many thanks for her care and instruction of our congregation's children and youth! Her daughter Izzi is graduating from high school, so Angela is concluding her time in this role.

**Audio/Visual Techs & Livestream: Jesse Crone** completed his film degree and has moved to California to pursue opportunities there. We thanked him in worship before he moved. Pastor Kent is determining next steps in discussion with **Alice Alister** (A/V Tech) and the Livestream Ministry volunteers—**Paul Blanchard, Bill Crossen, Charlie Dickinson,** and **Nancy Nyhus.**

Augustana's gifted staff continue to work together and serve the congregation through these transitions. Please check in with them as you're able and hold them in your prayers.

Contact **Pastor Caitlin** with questions ([pastorcaitlinrussell@augustanadenver.org](mailto:pastorcaitlinrussell@augustanadenver.org)).

## Call Process Update

In March, the Ministry Site Profile was approved by the Council and submitted to the Synod Office and approved on March 21. It will take approximately eight weeks before we are provided with candidates. We ask for your continued prayers for the process and that the right candidate is matched with our congregation.

Direct any questions or concerns to the Call Committee Chair, **Katy Lunsford** ([katy.p.lunsford@gmail.com](mailto:katy.p.lunsford@gmail.com)).

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## Pastor Karen Ullestad

*To be your presence is our mission here, to show compassion's face and list'ning ear, to be your heart of mercy ever near. Alleluia!*  
(ELW 546)

Since June of 2024 I have witnessed how this congregation has shown Christ's compassion and mercy—through rides to doctor appointments, visits to our members who cannot leave their homes, staff who work together to lead with faith, clarity and patience, and so much more. Serving with you all has been a gift to me. Learning how your faith has guided your work and play, family relationships, and your commitment to Augustana.

At the end of May, I will be transitioning to fewer hours and to a more "on-call" basis. I continue to be committed to the ministry of Augustana. But now that new staff will be called, my role will be supportive as folks orient to Augustana's life and activities.

Thank you all for your willingness to participate in the caring ministries of this congregation.



Additionally, the Adult Learning opportunities have been fruitful with lively conversations. I hope you have enjoyed our speakers as much as I have.

Going forward I will still be a member of Augustana, loving our worship, preaching and presiding occasionally, and finding my baptismal calling in our ministries to neighbors in this community and around the world. I will be asking that you contact Pastor Caitlin

or Inez Smith, our Faith Community Nurse, for immediate pastoral care concerns. I will also be working with Pastor Caitlin to arrange some Adult Forum classes for the fall. This is not good-bye, but a shift to more behind the scenes. Feel free to contact me if you have any questions.

*We are your heart, O Christ, your hands and voice, to serve your people is our call and choice, and in this mission we, the church, rejoice, Alleluia!*

**Pastor Karen**

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



## Pastor Kent

# Shimmering Light and Color

Easter was a truly glorious day at Augustana! The focal point was our resplendent Easter art, one of many Augustana projects and ministries under the umbrella of **Welcome 150**, as we prepare to celebrate Augustana's 150th anniversary in 2028.

A classroom was transformed into an Art Room, where we were surrounded by bottles of glue and buckets of colored fabric pieces, prepared by our extraordinary Artist in Residence, Ken Phillips. Together, we did "mosaic-by-number."

It was our Art Captains who facilitated each two-hour session (thank you!). But even they at first wondered if we would be able to finish the project by Easter. It seemed overwhelming, even impossible.

What I soon realized was that we were creating something not only beautiful, but transformational. We *individually* all had a part in the whole, but any one of us could not have accomplished it alone. We needed each other.

Over 75 people of all ages joined together over 9 weeks, giving 200 hours of their time. Each one of the estimated 17,000 fabric mosaic pieces were glued in place as a gift to the Augustana community, creating a tapestry for Easter that proclaims in shimmering light and color that "Christ is Risen!" What a spectacular way to announce the good news of Easter!

I've had several inquiries about doing more art projects like this. This Easter project was made



possible through a grant from the Augustana Foundation. If anyone would like to underwrite a future project, perhaps as a memorial or an offering of thanksgiving to the community, I would be pleased to hear from you.

It was my privilege to organize this project, and I am grateful for all who participated!

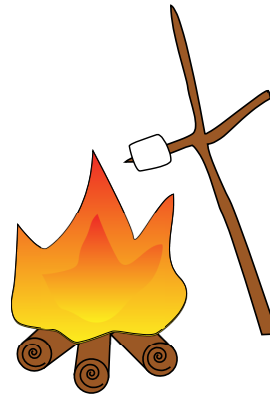
Easter Peace,  
**Pastor Kent**



## S'more Fun & Worship begins in June!

**Wednesdays, June 4, 11, 18, and 25 and  
July 9, 16, 23, and 30**

**Supper 5:30 p.m. | Worship 6:15 p.m.**



Enjoy family friendly meals with s'mores and camp-style worship in Augustana's Church Park! At 5:30 p.m. we will have cheese pizza dinners, and you are welcome to bring food to share, but come as you are! At 6:15 p.m., we will start our camp style worship with communion.

You are encouraged to bring a water bottle and chair or blanket.

## Music Ministry

**Someone once told me that change is the only constant in the life of the church.** In May we say thank you to two music leaders who are stepping down after considerable years of service.



We thank **Angela Howard** for her work as Director of Cantabile and Choristers. Angela has been an inspiration to our young singers for eleven years. When she began work at Augustana, Angela originally intended to step down when her daughter graduated from high

school. After much thought and prayer this year, Angela decided to stick with that decision. We will miss her, and work has begun on the search for this position.

We are also sorry to say goodbye to **Sharon Schillereff** who has decided to take a break from

her work in Augustana's music program. Sharon has volunteered tirelessly for 23 years as an accompanist for different ensembles. For 15 of those years she has directed the Recorder Ensemble. She has laid the musical foundation of countless children at Augustana and has also been a member of the Augustana Ringers and Chancel Choir.



We thank both of these people for their dedication to worship and music at Augustana and will publicly acknowledge them on Sunday, May 18 at the 10:30 worship service. Please take an opportunity to thank them personally the next time you see them.

Grace and peace,  
**Andrew Peters**  
Director of Music / Organist

## What's new in the pew?? Welcome Cards!

Welcome Connection ministry considers who's in the pews for concerts and other events outside of worship times. The new welcome cards invite curiosity while extending a warm welcome to guests in Christ Chapel and the Sanctuary. You may also take the cards to invite someone to church. We can print more! And we are grateful for Lyn Goodrum's design work and patience with us.



## Welcome Connection May Challenge

Several years ago, Nancy Johnson made the amazing suggestion to purchase name tags for those who wanted them. That way we could greet by name those that we had been sitting with in worship. It was a wonderful way for us to learn and remember names. This May, Welcome Connection thought we might put together a little "pop quiz." Each Sunday in May, count how many names you know of the people seated around you in church. Extra credit can be earned by being able to name more on the last Sunday of the month than the first. Have fun! We're sure you will all earn an A+.

## "Rooted in Faith"



Rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving.

Colossians 2:7

*You are <sup>♥</sup>invited*

to our next

*Bless the Years*

Thursday, May 8, 11 a.m.

**Worship with Holy Communion**

in Augustana's sanctuary

Be our guests at a catered lunch by Jimmy's Café  
in Fellowship Hall after worship

Hope you can join us!

**RSVP to Augustana's office (303-388-4678)  
by Sunday, May 4**

Hosts with transportation provided upon request

Let us know if you would prefer a vegetarian option

Cosponsored by 60+ and Health Ministries

**Augustana**  
LUTHERAN CHURCH



# Thanks to Your Generosity

Thanks to your generosity, the first Welcome 150 funded project has begun!

In mid-April construction fencing was installed near the Fairfax entrance, where the building's chiller equipment is housed in the brick enclosure attached to the main building. (The chiller is the machinery that cools the air for our building's air conditioning.) Activity will continue for several weeks, as the old equipment is removed, the new equipment is installed, inspections take place, etc. There will be times when the building does not have functioning air conditioning—be prepared if warm weather comes early. There may also be times when access from Fairfax will be limited—a large crane is needed to remove the old equipment and lift the new equipment into place.

Thanks to your generosity, the second Welcome 150 project will soon launch on the second floor of the education wing. The old ceiling tiles will be replaced, the ceiling-air handling units above the drop-ceiling will be replaced with quieter energy efficient units, and new LED light fixtures will be installed. This will result in quieter spaces and a more efficient space for meetings and other activities.

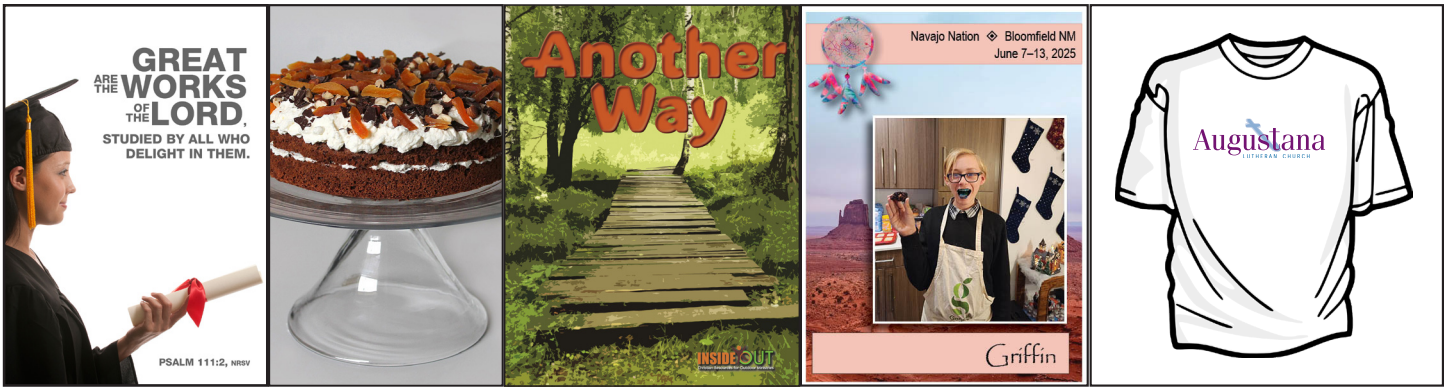
Later this summer, work will begin campus-wide through a \$150,000 Federal Emergency Management Agency grant to modernize and enhance our security systems. Today, three separate systems monitored by three different companies manage our fire alarm, burglar alarm and access controls. Through a competitive bid process, one firm was selected to provide an integrated system

covering these security areas. The project is comprised of the following:

- A more flexible, automated and comprehensive system will control access throughout the campus through new keypads. Each of our 41 exterior doors will now have alarm contacts so it can easily be determined which one is ajar. Additionally, we will modernize the cameras to capture a wider view of our exterior areas and entryways.
- Another component is the extension of the fencing that surrounds the Augustana Early Learning Center play area from that entrance up the hill to the Fairfax entrance, providing an additional layer of security to our main floor spaces.
- If sufficient funds are available after completion of these projects, immovable concrete bollards will be strategically placed to protect our buildings.

Thanks to your generosity, we have received commitments to Welcome 150 of nearly \$5.2 million. \$2.5 million is in the bank, but we are about to start spending that down, as work outlined above progresses. These funds are currently invested in non-volatile investments with a current yield of 4.3%. Our investment advisor has recommended investing in short-term instrument to earn a modest return, as these funds will need to be readily available over the next few years as we tackle our list of projects.





## Children, Youth, Family

### May 4: Faith Formation Bash and celebration of High School Seniors

Join us 9–10:15 a.m. in the Courtyard and Fellowship Hall to celebrate another great year of faith formation and our high school seniors. The inflatables will be set up in the courtyard, and yummy snacks will be available in Fellowship Hall. Stop by and talk with our high school seniors, and share your congratulations and well wishes.

### Sunday Lunch Potluck, May 4

Our final Sunday Lunch of the season will be a SALAD POTLUCK! Participate in the May 4 Sunday Lunch by bringing your favorite salad and labeled serving utensil to share and taste each other's favorites. Ingredient labels would be helpful. The youth will also be selling ice cream cones for a suggested donation of \$1.

### Come to the Variety Show and Cake Auction between services May 18!

Augustana's youth host a Variety Show and Cake Auction, Sunday, May 18, 9:15–10:15 a.m. in Fellowship Hall. Enjoy some fun talents of our youth and bid on delicious and fancy cakes and desserts!

### Support the mission trip to Navajo Nation!

Support our mission trip by buying a trading card and praying for our participants! We are heading to the Navajo Nation in Bloomfield, NM, June 7–13.

### Day Camp with Sky Ranch Lutheran Camp

Register for Day Camp (Vacation Bible School) with Sky Ranch Lutheran Camp for all kids entering kindergarten through 5th grade in fall 2025. Youth in 6th grade and older can sign up to volunteer. Camp runs July 7–10, 9 a.m.–4 p.m. Cost is \$80 per child with a \$160 family maximum.

Register online (<https://www.augustanadenver.org/vacation-bible-school/>), or use the QR code.



### Missoula Children's Theatre at Augustana

Augustana teams with Missoula Children's Theatre to host a week-long Day Camp to rehearse and perform Treasure Island with two public performances at the end of the week! Children and youth in grades 1–12 as of fall 2025 are welcome to attend, July 28–August 1, 8:30 a.m.–5 p.m. Cost is \$200/child.

Scan the QR code for details and registration.



## Summer Camp Volunteers

Can you help by providing meals to Sky Ranch camp staff, housing for our Missoula Children's Theatre staff, or giving a few hours each day during the camps? Contact **Deacon Shanna** ([shanna@augustanadenver.org](mailto:shanna@augustanadenver.org) or 303-388-4678 ext. 107) to share what you would like to help with. Many hands make light work and a lasting impression on our young people connected with Augustana and the many neighborhood young people we host!

## Calling all Augustana children and youth!

Our Children, Youth and Family Committee is finalizing some Augustana merch including a t-shirt and a sweatshirt. The CYF funds are going to cover a t-shirt for all kids in preschool through 12th grade. Please email **Deacon Shanna** ([shanna@augustanadenver.org](mailto:shanna@augustanadenver.org)) with your t-shirt size. The shirts and sweatshirt info will be made available through ePistles in May, so anyone can order a t-shirt and/or sweatshirt!

## Study/Fellowship

### Adult Forum

You are invited to our final adult learning opportunities of the season, Sundays, 9:15–10:15 a.m. You are welcome to grab a cup of coffee in Fellowship Hall and join us in the Anna Paulson Room.

**May 4:** In conjunction with our celebration of Care of Creation Day, we welcome **Christine Homan**, a therapist who specializes in assisting folks with climate distress. She will discuss our response to the climate crisis and strategies to stay engaged. ([See details page 16.](#))

**May 11:** **Jean Boylan** from McMeen Elementary School will talk about our partnership through CAN Ministry.

**May 18:** **Kory Whitaker** from Habitat for Humanity will introduce us to the Good Neighbor Policy and update us on the Augustana Homes.

## Book Group

Monday, May 19, 1 p.m., Youth Room

Join us to discuss Diane Chamberlain's *The Last House on the Street*. For information, contact **Ellen Kastens** ([ekkastens@gmail.com](mailto:ekkastens@gmail.com) or 303-475-7877). All are welcome.

After a recently widowed architect moves into a home, disturbing things begin to happen. Someone is sending her a warning, trying to frighten her away. When she meets an elderly neighbor, she learns the street has a shocking and tragic past. The past and present are set to collide in the last house on the street (Goodreads).

## Did you know that . . .

- to maintain a healthy body, regular exercise like walking, stretching, weights, etc. are essential?
- there is an Augustana Firm Believers exercise class every Monday, Wednesday, Friday at 9:45 a.m. in Augustana's Fellowship Hall?
- the instructor who has taught this class for 20 years is Augustana's **Karen Terry**, who has a degree in Exercise Science and is a certified personal trainer?
- Karen makes exercise fun and encourages each participant to exercise at their own level?
- you can attend one class free, sign up for the class, and only pay when you attend?

Now that you know, contact Karen (303-777-6313) to get started!

**Jean Gall,**  
Augustana Firm Believers New Member



# May is Mental Health Awareness Month



## Health Ministry

Millions of people are affected by mental illness each year. Across the country, many people just like you work, perform, create, compete, laugh, love and inspire every day.

- 22.8% of U.S. adults experienced mental illness in 2021 (57.8 million people). This represents 1 in 5 adults.
- 16.5% of U.S. youth aged 6-17 experienced a mental health disorder in 2016 (7.7 million people).

Diagnosing mental illness isn't a straightforward science. We can't test for it the same way we can test blood sugar levels for diabetes. Each condition has its own set of unique symptoms, though symptoms often overlap.

Each illness has its own symptoms, but common signs of mental illness in adults and adolescents can include the following:

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable “highs” or feelings of euphoria
- Prolonged or strong feelings of irritability or anger

- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)
- Inability to perceive changes in one's own feelings, behavior or personality
- Overuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing “aches and pains”)
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance

Mental health conditions can also begin to develop in young children. Because they're still learning how to identify and talk about thoughts and emotions, their most obvious symptoms are behavioral. Symptoms in children may include the following:

- Changes in school performance



- Excessive worry or anxiety—for instance, fighting to avoid bed or school
- Hyperactive behavior
- Frequent nightmares
- Frequent disobedience or aggression
- Frequent temper tantrums

If you or someone you know may be experiencing these symptoms, reach out to your doctor for an assessment. Talk with your family or friends.

- On-line resources available at: [www.nami.org](http://www.nami.org)
- Call: 1-800-950-NAMI (6264)
- Text NAMI to 62640
- Chat online: <https://www.nami.org/support-education/nami-helpline/>

Information provided from the National Alliance for Mental Health ([nami.org](http://nami.org)).

## E4 Mental Health at Augustana

The mission of E4 is to **Enlighten, Encourage, Educate, and Equip** individuals and families about mental health in a faith-based community.

Augustana members and friends are invited to gather in the Ammerman Library on fourth Sundays of the month, 9:15–10:15 a.m., to pray, study, learn, and plan action around mental illness and mental health for our congregation.

Contact **Inez Smith**, RN, Interim Faith Community Nurse ([nurse@augustanadenver.org](mailto:nurse@augustanadenver.org) or 303-388-4678 ext. 106.)



## Mental Health First Aid Re-Certification: Identify. Understand. Respond.

If you took the Mental Health First Aid (MHFA) course at Augustana three years ago, you are part of a nationwide movement that's expanding every day. To help ensure the valuable lessons from Mental Health First Aid last a lifetime, we encourage First Aiders who completed the Adult or Youth MHFA course three or more years ago to recertify. This keeps you up to date with the latest insights on mental health and substance use

challenges and prepares you to provide support to someone in your community who may need it.

Please consider re-certifying online at: <https://www.mentalhealthfirstaid.org/recertification/>.

For any mental health questions or concerns, please reach out in person to **Inez Smith**, RN, Interim Faith Community Nurse ([nurse@augustanadenver.org](mailto:nurse@augustanadenver.org)).

## CHURCH PARK

Open sunrise to sunset  
except during pre-school hours.

Clean up after pets.

Throw trash in the trash cans.

Be kind to other park users.

Park closed, Monday–Friday, 9 a.m.–5 p.m.  
for our Early Learning Center children  
and Habitat volunteers  
(holidays excepted)

[augustanadenver.org](http://augustanadenver.org)

## Church Park!

### Augustana's park has a new name!

“Church Park” connects our park with our church. As the new homeowners move into Augustana Homes, the park's new name makes clear that our congregation's hospitality extends through our green space to two- and four-footed creatures alike.

## Compassion and Action with Our Neighbors

### King Soopers Fight Hunger Bag Program raises . . .

King Soopers has calculated the results of the Fight Hunger Program, and Augustana's Soup Shelf will receive **\$1,563**. YAY!

Praise be to God.

A big THANK YOU to those who:

- Emailed family and friends notifying them of the program.
- Published information on Facebook and other sites.
- Purchased bags for themselves or others.
- Periodically checked the store display.
- And to anyone we may have missed.

**While we are thanking** Augustana members, CAN Ministry would also like to recognize those who have used their Thrivent Action funds to provide cans of food to the Soup Shelf and to support the unhoused. Community outreach is just one way of showing God's love and caring for all.



### McMeen Clothing Collection

This spring, CAN Ministry has initiated a summer clothing drive for McMeen Elementary. Please drop off your

lightly used and freshly laundered t-shirts, shorts, and swim wear for kids, sizes 4–16, into the brown wicker bin just outside Augustana's office by May 4.

### Thanks for Warren Village Easter donations

Thank you to all Augustana members who donated so generously to the Warren Village and First Step Easter “baskets.” Through your kindness in giving, \$4,040 in \$40 King Soopers gift cards were given to the 101 single-parent families in Warren Village and First Step. In addition, Don Troike and Emmett Cruson each applied for \$250 Thrivent Action Team grants which were used to purchase 100 cans each of corn and green beans, 50 cans each of peaches and pears, plus 100 packages of macaroni and cheese and 100 packages of instant mashed potatoes. Thank you for helping make Easter special for these families!



## Write your state legislator

Contacting your state legislator makes a difference whether it's a call or a note. Below are two bills that you may want to support.

**HB25-1277** – This bill prohibits retailers from selling certain fuel products without a warning impact label regarding air pollutant, greenhouse gases, health impacts and global warming.

**HB25-1013** – The Right to Family and Community Connection – This bill would ensure that those incarcerated may maintain family and community connections through in-person visits, phone calls, and video visits, without restriction as a disciplinary measure. The bill has bipartisan support, passed the House, and on April 1, 2025, was introduced in the Senate.

If you are interested in sharing your thoughts with your state senator or representative, I or another CAN member will assist you in getting started. Contact **Annie Nessa** (amnessa@comcast.net).

## Community Safety Gathering

Augustana's community partner, Together Colorado, invites you to a Public Meeting, Tuesday, May 6, 7–9 p.m., at Shorter Community AME Church to discuss improving accountability and transparency in police practices in Denver. We are gathering community members, faith leaders, law enforcement officials, and elected officials, including you, to discuss police training, programs, and policies that impact our community's engagement with the Denver Police Department.

When: Tuesday, May 6, 7 p.m.

Where: Shorter Community AME Church  
3100 Richard Allen Ct.  
Denver, CO 80205

Register at <https://www.mobilize.us/togethercolorado/event/769862/>.



## You are invited to an Augustana Gathering for Human Dignity!

- Thursday, May 8, 7–9 p.m.
- Anna Paulson Room, Augustana
- Bring a snack or beverage to share.

You're invited to this gathering for all adults as we connect about human dignity in our state. With our community partner, Together Colorado, we are developing a vision of a Colorado where all can thrive. A number of Augustana members have been trained by Together Colorado to lead our small group conversations that evening. Your ideas and faith-based perspectives about human dignity are vital as Coloradans have a unique opportunity to elect the majority of Statewide offices and many House and Senate seats in 2026. Come to listen and to connect.

Contact **Katy Lunsford** ([katy.p.lunsford@gmail.com](mailto:katy.p.lunsford@gmail.com)) for additional information. Co-hosted by the ministries of Augustana's Human Dignity Delegates and Women, Wine and Word. Thank you to **Elaine Malzahn, Ellen Kastens, Robin Hoffman, Bonita Bock, Betty Boyd, Annie Nessa** for attending to the details.

## CAN Ministry Workday at Augustana Homes

On Saturday, June 7 there will be a CAN Ministry volunteer workday at Augustana Homes. If you would like to join us, contact **Michael Zumwalt** (303-907-6305 or [michaelczumwalt@gmail.com](mailto:michaelczumwalt@gmail.com)).

## Care of Creation

### Care of Creation Team offers double feature in celebration of Earth Day 2025!

On Sunday, May 4, Augustana's Care of Creation Team is pleased to offer programming for parents, families, and everyone concerned about our planet and environment.

#### **Adult Forum: Climate Anxiety**

Sunday, May 4, 9:15 a.m.

Anna Paulson Room

What do you do when you hear about stresses on our planet? Our ecosystems? Our children? When it comes to our climate, does what we do really matter?

Augustana's CAN Ministry and Health Ministry team up to host licensed Professional Counselor **Christine Homan** to Adult Forum. Christine specializes in existential crisis and eco-distress. In her presentation she'll explore the psychology and neuroscience behind climate distress, explaining why so many of us feel overwhelmed, anxious, or disconnected in the face of the climate crisis. We'll also discuss practical strategies to navigate these emotions, build resilience, and stay engaged without burnout.



Augustana seeks to take an active and practical role in Care of God's creation, and that includes care for ourselves and the mental health of our loved ones.

#### **Lunch & Learn: Composting, Recycling and a Field Trip**

Sunday, May 4, 11:45 a.m.,  
Fellowship Hall

Also on May 4, plan to stay for Lunch & Learn and a Field Trip!

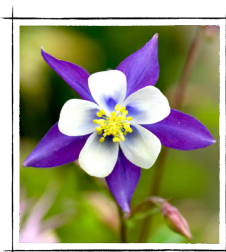
Are you wondering if it really makes a difference to compost and recycle? Your Care of Creation team thinks the answer is a resounding YES! Learn more during our Potluck Lunch & Learn in Fellowship Hall. We will have a guest from **Compost Colorado** as well as videos and discussion about our curbside recycling and recycling hard-to-recycle items.

After lunch everyone is invited to a field trip to Compost Colorado to see their operation and learn how our valued waste is turned into reuseable rich soil.

We have composted more than 26,000 pounds of waste here at Augustana since beginning our composting venture! Please join us!

## Park Hill Plant and Art Sale

**Saturday, May 3, 9 a.m.–3 p.m. and Sunday, May 4, 11 a.m.–3 p.m. at Messiah Community Church  
(1750 Colorado Blvd, Denver, 80220)**



Several members of Messiah Community Church attended Augustana's Climate Forum. In keeping with the day's theme, Care of Creation, Messiah invited Augustana members to attend their low maintenance and native plant and art sale. Plants include native and low maintenance flowers and grasses, vegetable plants, and some art. Profits from the plant sale will support Park Hill Food Bank. Bring your own reusable water bottle and receive a \$1 discount off your total purchase. Cash or checks only.

# Augustana Homes

## Don't miss out on the building of Augustana Homes!

New opportunities this summer!

- Saturday, June 28, 7:50 a.m.–3:30 p.m. (*Sign up by June 14.*)
- Saturday, August 9, 7:50 a.m.–3:30 p.m. (*Sign up by July 26.*)

We also have a date for painting in their new Production Shop (430 S. Navajo St., Denver):

- Saturday, July 19, 9 a.m.–4 p.m. (*Sign up by July 5.*)

The deadlines are two weeks prior. Please use the following link to register:

- <https://vhub.at/HolyHammers>

Secondly, you can sign up as an individual on Thursday, Friday, and Saturday dates as they become available, usually two weeks in advance. Please use the following link to register:

- <https://denver.volunteerhub.com/vv2>

Or thirdly, if you would like to arrange a special day for your group, please contact Michael Zumwalt to make arrangements. Contact info below.

The minimum age for working at a building site is 16, and 14 for the Production Shop. 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 with Holy Hammers, or other Habitat for Humanity volunteer opportunities, please contact **Michael Zumwalt** (303-907-6305 or [michaelczumwalt@gmail.com](mailto:michaelczumwalt@gmail.com)).



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

## Progress on all four buildings!

The past month has seen a lot of activity on the Augustana Homes building site.

- For building 1, interior finishes are continuing, and the first two units located on the far east end of the project are very close to completion. Two very attractive and functional homes are almost completed.
- Building 2 has the exterior finishes and brick work complete. The electrical, plumbing and HVAC rough-ins have been completed and the drywall has been hung. Interior finishes will begin shortly.
- Building 3 has completed all framing, and the roof and wall sheathing have been installed. The dry-in process will begin soon, with the roof and windows being completed.
- Building 4 has a completed foundation that has been backfilled and graded, and the framing on the subfloor will begin soon. Now that all the building foundations and backfill have been completed, exterior grading of the site will not be far away!

Also some exciting news from HFH: The first homeowner has been selected for the Augustana Homes neighborhood! We are looking forward to meeting this family, as well as the next seven families that will make up the new, vibrant neighborhood.

**Craig Tamminga**  
Augustana Facility Manager



5000 E. Alameda Ave.  
Denver, CO 80246



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|---|--|--|---|
| <b>1</b> EJ Amrhein<br>Orson Devol  | <b>8</b> Sofia Arnold<br>Greg Hempelman<br>Karin Woolley | <b>17</b> Kim Kouba<br>Carly Miller<br>Monica Nedler       | <b>25</b> Earl Pilloud                            |
| <b>2</b> Darryl Farrington<br>William Mahoney<br>Daniel Morgan<br>DJ Zerr | <b>9</b> Abigail Beswick<br>Josephine Cockrell           | <b>18</b> Karen Kah  | <b>26</b> Paul Whitehurst                         |
| <b>3</b> Kari Degerness   | <b>10</b> Mary Beth Brown                                | <b>20</b> Brooks Berguin                                   | <b>27</b> Pat Van Dyck                            |
| <b>4</b> Yuki Trautmann   | <b>11</b> Carol Garrington                               | <b>21</b> Renee Bernhard<br>Judy Larson<br>Rachel Uyemura  | <b>28</b> Karen Bassford<br>Timothy Edstrom       |
| <b>5</b> Kari Blanchard<br>John Richardson<br>Andrew Woodward             | <b>12</b> William Sumberg                                | <b>22</b> Mendy Motes<br>Diane Wichert                     | <b>29</b> Jayme Howard                            |
| <b>6</b> Colleen Porterfield  | <b>13</b> Connie Tripp<br>Drew Wolfe                     | <b>23</b> Elise Earhart<br>Mackenzie Flesch<br>Jean Garvey | <b>30</b> Margaret Ellerbruch<br>Christelle Menth |
| <b>7</b> Annie Nessa<br>Judy Peters<br>Karen Rhea                         | <b>14</b> Trevor Boodt                                   | <b>24</b> Melanie Backes<br>Ted Kouba<br>Ron Stember       |   |
|   | <b>15</b> Karen Aarestad<br>Joan Lee                     |  |   |
|   | <b>16</b> Evie Garrington                                |  |   |

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