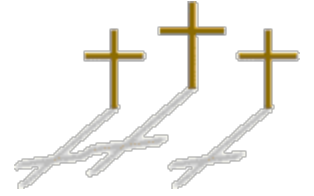


The Messenger



Monthly Newsletter of Atonement Lutheran Church • April 2010

We are Called to:

Celebrate God's Love and Grace • **Trust** in the Holy Spirit for Guidance •
Serve as Disciples of Jesus Christ in the World



Atonement Lutheran Church
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A [ONE](#) Lutheran Congregation
Care Partners with **HospiceCare of Boulder and Broomfield Counties**

Dear Friends in Christ,

Christ is risen....so what?

I cringed typing the above sentence. In fact, I changed it many times over. ('Christ is risen...So what's next?' 'Christ is risen...Hello?') It feels uncomfortable to say it out loud, but it's gone through my mind more than once. Christ is risen..., so what does that mean to me? Christ is risen..., so how does that change my life? Christ is risen...so what difference has it made? Christ is risen...so...do I even believe it?

Some of us are easy targets for doubt and despair. Hiding from our true questions and deepest feelings doesn't help. This Easter - all seven weeks of Easter - we're going to take our questions and doubts head on. My prayer is that with the guidance of the Spirit they will be turned inside out, and in the process, our understanding of the Purpose Statement and Guiding Principles developed last year will be deepened. My hope is that by the end of the season, our Purpose Statement and Guiding Principles will be ingrained in us to the point that we naturally turn to them to inform the decisions we make in our daily lives as well as our congregational life.

Christ is risen...so what?

- April 4 Cynical or terrified? (Luke 24:1-12) *We celebrate God's love and grace.*
- April 11 Doubts? (John 20:19-31) *We trust in the Holy Spirit for guidance.*
- April 18 Busted? (Acts 9:1-20) *We serve as disciples of Jesus Christ in the world.*
(because *Jesus is our Lord and Savior.*)
- April 25 Don't get it? (John 10:22-30) *God gathers us as a community to be strengthened in faith.*
- May 2 WIIFM? (Acts 11:1-18) *God calls us to welcome all.*
- May 9 Troubled? (John 14:23-29) *We grow in grace and knowledge of Jesus Christ.*
- May 16 Scared and alone? (John 17:20-26) *Everyone has gifts to share.*
- May 23 (Pentecost) Playing it safe? (Acts 2:1-21) *We are sent to courageously serve Christ in the world.*

Call it a refreshing breath of fresh air – to freely and fearlessly claim our faith in the face of all that keeps us separated from God!

Other big news:

This Easter we move to our new Sunday worship schedule. Kudos to the Worship & Music committee, Outreach & Evangelism committee, and the many others who have put in countless hours praying, planning, and implementing!

The new schedule beginning April 4, is:

- 9:00 am Worship/Holy Communion
- 10:00 am Fellowship
- 10:15 am Christian Faith Development (CFD) for all ages
- 11:15 am 'Eleven-Fifteen' Worship/Holy Communion

The goal has been to keep our well-loved current 9:30 service intact, but changing the time slightly to make room for a second service that is later in the morning, shorter, less traditional yet maintaining the liturgical order of 'Gather, Word, Meal, Send', with an 'outside the box – not off the wall' approach and designed to appeal to people without a church home who are looking for solid Biblical theology and experience. You can expect inspiring music of diverse styles and it will include Children's Church and nursery options. The same preacher will be preaching the same texts at both services, but the style may vary.

How's that for a description?! Even at that, it doesn't say much about what the service will actually be like. That is in part because we don't want it to get stuck in a box. In all likelihood, it will evolve as we seek to address the needs of the worshipping community.

The Eleven-Fifteen planning group is excited! We think it's going to be a wonderful outreach ministry, and there are current members who will prefer Eleven-Fifteen too. It's likely that the vast majority of current ALC members will want to worship at 9:00 am, and that's good! We want to retain our rich worship traditions. We do, however, invite everyone to support this ministry by attending once during the Easter season to see what it's all about.

Easter is all about God breaking through boundaries to do something new, bringing life, healing and salvation.

So let us keep the festival to which the Lord invites us...Hallelujah! (M. Luther)

May the Feast of this Eastertide fill and nourish you with Life and Light and Joy,

Pastor Debra

First Friday Fellowship

April's First Friday will be held on the **Second Friday, April 9**, since the FF is Good Friday. Jim Eraker will be our host. Please join us to meet and visit with other Atonement members. We begin at 6:00. Bring an appetizer or dessert to share. Jim will provide soft drinks and you may bring wine if you wish. You can contact Jim at 720-273-4818. His address is 721 Glenhaven Ct., Boulder. It helps in planning if you call ahead, but don't stay away if you aren't able to call. In May, Kay and Ed McDowell will host. We hope you can join us for both of these fun evenings! We continue to plan for 2010 and have a few open months. If you are willing to host one of the First Fridays in 2010 or if you have questions, please contact Jan Ydstie-Roy (303-554-0311) or Jan Bundy (303-604-0869).

March Office Volunteers

Many thanks to Mary Bidinger, Kate Crawford, Sandy Droeger, Jason Phillips, Jeff Ramsey, Don & Lucille Ritchart, Audrey Schlack, and Richard & Peggy Simpson.



Attendance

Month of February

7	137
14	150
21	153
28	169
Ash Wednesday 62	

Women's Bible Study

For a new and exciting perspective on the parables, come to the Women's Bible Study on Thursday, April 8 (second Tuesday of April) from 11:30 am to 1:00 pm. We will study the Prodigal Son. Bring your own lunch and if you'd like, a dessert goodie to share. All are welcome to attend. Also, we will be putting together Health Kits prior to this meeting (starting around 10:30 am), so please feel free to come and help us to put these kits together.

Thank You!

The Women's Bible Study group would like to thank everyone who so graciously donated to the Lutheran World Relief Health Kits effort. The response to the Haiti earthquake depleted LWR's supply, and right now LWR has six countries waiting for these health kits. Your response helped address that need!

Prayers...

Bill Wisler, father of Linda Wisler; **Anne Dion**, mother of Andre Dion; **Ken Weaver**; **Roger Martinez**; **Renee Larson**; **Those seeking employment**; **those without homes**.



...& Praise

Thanksgiving on the birth of **Colbie Bryn Marks**.

Thanksgiving for **Andreas Beuschel's** employment.

Thanksgiving for answered prayers for **Brian Kisely**, grandson of Leo and Mary Nelsen.

All-Ages Pizza & Game Night: Part Deux

Calling all Scrabble Masters! Pastor Deb needs someone to give her some serious competition! (Who would have guessed that she had this secret vice?) Scrabble is not your game? Whether your favorite game is Trivial Pursuit, Bridge, Memory or Twister, you will find others ready to challenge you! Or bring your favorite and issue your own challenge.

PLACE: Atonement Fellowship area

DAY: Saturday, April 17

TIME: 5:00 pm until all the pizza is gone and games completed!

We will order pizzas and donations will be gratefully accepted. (This time I'll get the pizzas going earlier!)

Contact Liz Drexler at esdrexler@hotmail.com or 303-499-8058 if you have questions.

Moment for Moms

Moment For Moms April Book Club

Moment for Moms had an exciting month in March! We celebrated the birth of Colbie Bryn Marks, born to Alexia and Michael Marks, and we are happy to surround them in support! Welcome Colbie! We also had a wonderful retreat in Estes Park. Our time was filled with laughter, great food, wonderful conversation, beautiful scenery and fellowship with amazing women! Susie Uhlik guided us as we talked about practical ways to grow in spirit, mind and body! Thank you to all who attended!

In April, we have decided to select a book to read. We will discuss it at our April meeting. After many wonderful suggestions, *The Happiness Project* by Gretchen Rubin has been selected. The book is described in the following way:

"...Filled with practical advice, sharp insight, charm, and humor, The Happiness Project manages to be illuminating yet entertaining, profound yet compulsively readable. But The Happiness Project isn't just an engaging and provocative book. Gretchen's passion for her subject jumps off the page, and reading a few chapters of this book will inspire you to start your own happiness project."

Check it out at: www.happiness-project.com

We will meet on Thursday, April 22 from 6:30-8:00 pm at Atonement. Childcare will be provided. Please bring a snack and your insights to share. If you would be interested in sharing a copy of the book, please contact Aly Kohlmeyer.

Moment for Moms is a group formed one year ago to support mothers in a variety of ways. Mothers who have participated in our group have children ranging in age from birth to middle school. We have discussed such topics as: recipes, self-care, our favorite things, helping our children through transitions and holiday traditions. **Moment for Moms** is not limited to mothers from ALC, but looks to support any mother interested in attending. We always welcome visiting moms and love to have new members join our group.

Looking ahead, we'll discuss the following topics:

May 20 Summer Activities Ideas for Our Kids

June 17 Mom's Night Out (more information to come)

July Annual Moment for Moms BBQ at the Kohlmeyer home — date TBD

For more information, or if you have questions, please contact Aly Kohlmeyer at 720-862-7644 or alyehrenberg@hotmail.com

Young Adult Gathering

We are planning another Young Adult Gathering on Sunday, April 25th at 4:30pm at the home of Pastor Chad & Aly Kohlmeyer's home in Broomfield. E-mail Pastor Chad (chad@atonement-lutheran.org) if you can attend as well as for directions.

585 Pounds!

That's how many pounds of food our Social Ministry team delivered to EFAA's food pantry on March 17!

Also, gift cards totaling \$75 and \$35 in cash was collected. This is the most food we've gotten (pound-wise) in the 4 or 5 years we've done this in March. The blue plastic bags helped people remember to bring something to church.

Yea team! *Dorothea Steinke*

Songs of Hope!

Lutheran Family Services of Colorado cordially invites you to the 2010 Songs of Hope Soirée Annual Benefit Gala. Please join us for an evening of fabulous food, drinks and musical entertainment on Saturday, April 24 at The Inverness Hotel and Conference Center, Englewood. Proceeds from this event will support LFS programs, such as foster care, adoption services, refugee and senior outreach services and serve more than 40,000 people in 2010. Please register online at www.lfsc.org.

ELCA Global Mission

"Glocal Gathering" - Billings, Montana
Connecting Global and Local

Friday, August 6, 8:00 AM

Saturday, August 7, 2:30 PM

King of Glory Lutheran Church
4125 Grand Avenue, Billings, MT 59106

RSVP

Saturday, July 31

The ELCA Glocal Mission Gathering brings together experience and resources in global and domestic ministry under one roof, for one weekend, in one convenient location--so leadership teams can build the skills needed to be a part of God's mission, no matter where service happens. Additionally, the dialogue initiated at this event will help ELCA Global Mission understand how to be of better service to you.

Register for an upcoming event. For only \$35 per person and in only 1½ days, your team can:

- Enhance your connections with local and global Lutherans
- Gain practical skills for mission
- Learn how churches are changing how they proclaim and serve
- Lead inviting worship that includes global voices
- Serve in a way that is sustainable, respectful, and cross-culturally sensitive
- Give, receive and serve in every facet of ministry

A significant part of the Glocal Gatherings will be skill-building workshops so that team members can better understand how to work within a specific area of mission. Skill-building workshops include:

- Mission 101
- Mission Trips
- Stewardship
- Cross-Generational Engagement
- Social Action
- New and Renewing Congregations
- "Glocal" Worship

Please gather a team so that you are able to gain more from the event through sharing information from each of the skill-building workshops. Help us out by forwarding this information to others who may be interested in the event. For If you have any questions, please call 1-800-638-3522 and stay on the line to speak with an ELCA Resource Information Specialist.

I Care, You Care, We Care



Each life touches a lot of people, every one having different needs and abilities. Atonement's *We Care* ministry will begin on Easter. It is our coordinated ministry focused in twelve care areas, each with a specific focus and caring contact person. Through *We Care*, our Atonement community can share information and find needed resources and support for themselves and for those whose lives they touch.

The *We Care* brochure committee included a dozen different areas for support and YOU are a part of the package as well. Giving and receiving care graciously are both important parts of the ministries. Please read through our brochure, visit the new *We Care* information table and use the information included there.

Make Room for Spring!



It's that time of year again! **Spring Clean Up** is just around the corner! Roll up your sleeves and join us for a morning of fun and hard work! Saturday, April 17 from 9 am – noon, we'll prune and rake and sweep things up, making the church grounds look oh so nice! Without the City curbside pick-up, we now need a couple of trucks to haul the debris to the dump. If you have a pick-up truck that we could use for this purpose, bring it along! We would be very grateful. Questions? Contact Mary Jenson at 303-554-9253. Kids are welcome to help or play on the playground!

Congratulations, Ruth Akubu!

Ruth arrived in the U.S. from the Democratic Republic of Congo fluent in French, Swahili, Lingala, and a smattering of English. She has been studying relentlessly to improve her English in order to continue her education in the U.S. She was recently accepted into Front Range Community College, where she hopes to study political science and sociology. Her dream is to earn a degree at CU and return to Congo with skills to help move her country toward a more democratic, stable and just society.

Ruth could use help. She came to the U.S. on a Diplomatic Visa along with her family (her mother works for a foreign affair agency of the DRC). Before Ruth can have her visa changed to an International Student Visa required by Front Range (and every college in the U.S), she needs to show record of at least \$20,000 committed to her

education and living expenses while here in the U.S. This is a requirement for the visa and exists no matter what college Ruth would attend. Last year, ALC created a scholarship fund so that people could contribute to it, knowing that the church had oversight of it. Because Ruth is living with and helping an ALC member, she has been able to put her entire rent money each month into the scholarship fund to go towards her tuition.

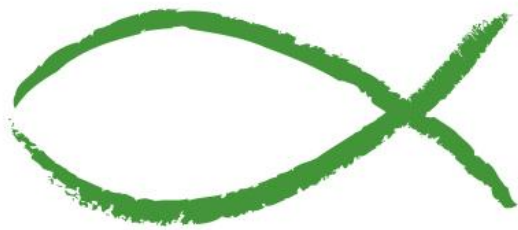
If you would like to contribute towards Ruth's tuition, you may write a check to Atonement Lutheran Church. In the memo line write 'Ruth Akubu Scholarship Fund.' If you'd like more information, contact Pastor Debra or Dave Lindholm.

Stephen Minister Training

Perhaps you've been on the receiving end of someone's faithful care. Perhaps you'd like to improve your caring skills. Becoming a Stephen Minister might be the thing for you! A Stephen Ministry class will be beginning this Fall at Atonement. Contact Marilyn Morris, Liz Drexler, or Pastor Debra to learn more.

Do you know...

...how to tell the difference between the Law and the Gospel? (or why a Lutheran would care?) ...how to read the Bible, when to pray, who is ready to be baptized, or why jello salads are not served as part of Holy Communion? To learn the answers to these questions and more, join the **'Getting to Know ALC'** class on Sundays, May 2, 9, 16, and 23 during Christian Faith Development, 10:15 – 11:00 am. The class provides a background of our Lutheran faith, as well as the history and current life of our thriving congregation here at Atonement. The class is open to all – friends and current members alike. For those who so choose, new members will be officially received into the congregation Sunday, May 30. Please contact Pastor Debra or Pastor Chad for more information.



go fish

Register for Summer Camp!

Though many of the weeks of camp at Rainbow Trail are full for the coming summer, there is still room for those of you in Grades 4 – 6 and in Middle School! Fill out a registration form or register on-line. Weeks are filling quickly. Spend a week of fun and growth as part of a great Christian community in the beautiful Sangre de Cristo Mountains. Go to www.rainbowtrail.org to register or for more details. Register soon!

Memorial Day Work Weekend

Come and join over 100 people May 28-31 to help make Rainbow Trail's site the best possible. We will make major improvements including finishing the Trex decking on the porch, replacing the railings near Bristlecone Lodge, installing water lines and upgrading one of the cabins across the creek. There is no charge for the weekend, but a reservation is a must. Contact Dave at the Canon City office at 719-276-5233 to reserve your spot!



Christian Faith Development

Christian Faith Development
Sundays at 10:15 in the Chapel
April 11-25

"Light in the Bible"

References to light are made throughout the Bible. In fact, Jesus describes Himself as the light of the world. In this three-week series, we will explore the definition of light, the basic properties of light, examine the effect of light (i.e., rainbows), draw comparison to prayer and discuss light versus dark. The sessions are designed to be interactive.

Dr. John Cumalat will lead the classes. John has been on the faculty of the CU Physics Department for over 25 years.



ALC's Handbell Choir Attends Workshop!

The workshop was facilitated by "our own" Michael Mastronicola in Brighton. There were 10 other bell groups attending, as well as a professional group from Colorado Springs that taught the workshop.

Faith Alive in the Home

April 23-24

**Bethany Lutheran Church
Cherry Hills Village, CO**

Speaker and Presenter:

Dr. David Anderson, author of *From the Great Omission to Vibrant Faith*, and program staff for Vibrant Faith Ministries (The Youth & Family Institute). He is the creator of the popular Four-Key language.

Registration:

If you would like to attend, please contact Pastor Chad.

Bring the Ministry Family!

This is for ALL people interested in passing on faith: church volunteer, parent, young person, elder, church staff... anyone ready to learn!

Weekend Schedule:

Friday Afternoon/Evening, April 23

- Faith Formation Basics 101
- Intro to Cross+Generational Ministry

Saturday, April 24

Learning the language of faith, keynote, workshops, devotions, meal, a Four-Key faith fair and more!

A crew from Atonement is going to be attending this event. Please let Pastor Chad know by April 11 for more information or if you would like to attend. If you would like to participate, we have some funding to offset registration costs. **Note: There IS childcare included** during the event, so parents with children are encouraged to attend. Atonement's focus on household ministry can be richly enhanced if a good group of folks can attend this event.



Diet of Book Worms

The Believers by Zoë Heller

April 18, 4:00 pm

From an interview in The New York Times:
“...the idea for the novel came from a news article about scientists who thought they had found a gene that might be responsible for people’s beliefs. Regardless of whether it exists, she [Heller] saw ‘the belief gene as a metaphor’ for those who unquestioningly accept authority, whether in religious, political or personal affairs. ‘All of us invest our identities in what we believe,’ she said. ‘It’s hard to concede anything to the other side.’”

April Love Offering

ELCA World Hunger responds to hunger and poverty in the United States and around the world by addressing root causes. Through a comprehensive program of relief, development, education and advocacy, people are connected to the resources they need to lift themselves out of poverty. Between 70-75 percent of ELCA World Hunger funds are spent internationally and 20-25 percent are spent domestically.

The international work of ELCA World Hunger is carried out through ELCA companion relationships, as well as through trusted partners like Lutheran World Relief (LWR) and The Lutheran World Federation (LWF). Because of these long-held connections to partners around the world, ELCA World Hunger efforts are efficient and effective.

The domestic work of ELCA World Hunger is carried out primarily through the Domestic Hunger Grants Program (relief, development and community organizing projects) and Education and Advocacy Grants.

ELCA World Hunger responds to Christ’s call to “Go and do likewise” (Luke 10:37), serving with compassion people who are most vulnerable, paying focused attention to the full participation of women and the needs of children.

Atonement's ONE Lutheran

Verse of the Month:

"Jesus entered the temple area and drove out all who were buying and selling there. He overturned the tables of the money changers and the benches of those selling doves. "It is written," he said to them, "My house will be called a house of prayer, but you are making it a den of robbers."— Matthew 21:12-13

From Lutheran Advocacy Ministry – Colorado:

Support Payday Lending Legislation

House Bill 1351 will bring the payday lending industry under Colorado's usury law, capping the interest and fees they can charge at 36%. Currently exempt from the usury law, payday lenders typically charge between 300% and 500% APR for the short-term loans working families need.

Other products DO exist for people – banks and credit unions offer short-term installment loans at a reasonable interest rate. Education programs are being started to educate consumers about the options available to them.

Most payday borrowers do not take out one loan. Because of the difficulty of paying the loan and fees, borrowers end up taking out 6-8 payday loans. Some borrowers have paid double their original loan in interest and fees (one gentleman testified at the committee hearing that he paid \$700 in interest and fees on a \$380 loan).

The payday lending industry is working hard to protect their business – one that won't go away. In North Carolina, which enacted a payday lending cap, many payday lenders are still in business, offering other products under 36% interest rates. Instead, the industry is protecting its huge profit margins – profits that come at the expense of low-income working families in Colorado.



What Can We Do?

Send a letter to your Colorado State Representative. Here is a sample letter:

Subject: Please Support House Bill 1351

Dear _____,

I am writing today to ask you to support House Bill 1351, the payday lending reform bill.

As a person of faith, the issue of usury and protection of the poor are important issues. Payday lenders, operating outside of Colorado's usury laws, create a cycle of debt for Colorado families that does not need to continue.

Much has been said about the loss of jobs in Colorado if payday lenders are asked to operate under a 36% cap. However, it must be noted that all other lenders in Colorado currently operate under our usury law. Also, in North Carolina, where a rate cap was implemented, many payday lenders are still in operation.

Please support hard-working Colorado families who are being exploited by 300 – 500% APR rates and cap the interest and fees charged by payday lenders at 36%.

If you are not sure who your representative is, go to www.colorado.gov to find out. You can also go to http://ga6.org/campaign/1351_House_Vote/ to send your letter online.

A Penny Saved is a Penny Earned

...and Other Financial Lessons From the Past

Fourteenth in a Series from Thrivent Financial for Lutherans

By Deidre G. Farrell, Paul Dahlgren, Bruce Hoelter, and Tim McNamara

If the recent financial turmoil has taught us anything, it's that maybe we should pay attention to the age-old clichés that our parents and grandparents passed on to us. Take it one day at a time...the new reality for most Americans when it comes to financial recovery. Don't put all your eggs in one basket...a poster child for diversification.

You get the idea. So keeping the "what's old is new again" mantra in mind, here are some famous clichés from generations before that could serve us well in 2010:

1. Don't cry over spilled milk. The recession is over and it is time to start putting the pieces back together. It might take a while (patience is a virtue after all), but you need to start somewhere.
2. Save for a rainy day. Call it an emergency savings fund, rainy day fund, or what you will. The idea is simple, but changing our behavior is not. Money is easy to spend and there's no question that there is still plenty of "gotta have it now" in us all. It's time to slow down on spending and start saving. Easier said than done?

"The key really is to get started saving anything," said Jill Aleshire, Senior Vice President and Director of Consumer Banking for Thrivent Financial Bank. "Whether it is \$20 a month, \$20 a paycheck, or whatever it is you can set aside, just get in the habit of saving. An emergency reserve goal should be the amount equal to at least three months' income and preferably six months' income."

Next, resist the temptation to raid your savings! While most Americans have plenty of credit card debt (and the issue needs to be addressed as part of your financial picture), resist the temptation to raid the savings to pay it all off immediately. Also, resist the desire to raid the savings for cash purchases. If you succumb, whenever the fund is used, the amount withdrawn should be replenished as soon as possible.

3. A penny saved is a penny earned. For an emergency savings fund, a standard savings account or money market account should meet your needs. However, thinking even longer-term, consider Certificates of Deposit (CDs). CDs help force you to commit your money for a period of time, so they can help you start to make your savings a more permanent habit. The money is not accessible for the term, but you will earn a higher rate of interest than a standard savings or money market account.
4. You're walking on thin ice. The economy got bad enough that some of us had to sacrifice the standard financial protection that we always took for granted. If you terminated your life insurance policy, now is the time to begin shopping around for a new one. It's hard to think about, but if something happened to you would your family be able to maintain their current lifestyle? Could they stay in the house so the kids would not have to move and switch schools? The time to protect your family is now. And, you know what they say, never put off until tomorrow what you can do today.
5. Home is where the heart is. It's also where most of your equity probably is too. Look into home equity loans to help you consolidate debt and get back on your feet. Lending standards are now tighter, but banks want your business and will work with you to meet your needs.

Also, first-time homebuyers still have a once in a lifetime opportunity due to the number of houses on the market, low interest rates and the possibility of a nice, first-time buyer tax credit. In addition, repeat homebuyers can get in on the tax credit action as well, whether they are downsizing or looking for more space. For more information on tax credits, go www.federalhousingtaxcredit.com.

6. Another day, another dollar. Unless you are sick as a dog. If you are fortunate enough to still be employed, you do not need to look far to see the financial impact of not having a regular income. While your savings should help protect you if you lose your job, what happens if you get sick or injured and cannot work for a period of time? Consider disability income insurance

to help cover living expenses and protect your savings, should that happen.

“Disability income insurance is designed to provide a monthly benefit to help cover your living expenses in case you become ill or injured and cannot work,” said Bruce Fear, Vice President of Protection Products and Solutions for Thrivent Financial for Lutherans. “By setting aside a small portion of your salary – typically just 2 to 4 percent (of adjusted gross income) – you’ll continue to receive a monthly income even if you do become disabled.”

7. Lend a helping hand. Reach out to others in need through charitable giving and by volunteering your time and talents. There is plenty of need out there right now and every little bit helps.
8. Stop and smell the roses. We have all been through a lot the past couple of years, virtually none of us untouched by the financial turmoil. Perhaps your most important investment is time spent with family and friends.

For more information and less clichés, go to www.thrivent.com/marketing/savings.html or www.thrivent.com.

Deidre G. Farrell, MBA, LUTCF, FIC, Paul Dahlgren, CFP®, ChFC, CLU, Bruce Hoelter, LUTCF, FIC, and Tim McNamara are financial associates with Thrivent Financial for Lutherans in Boulder. They can be reached at 303-532-1215. This column was prepared by Thrivent Financial for use by this representative.

Neither Thrivent Financial for Lutherans nor its respective financial associates and employees provide legal or tax advice. For complete details, consult with your tax advisor or attorney.

Wednesday Night Bible Study

- April 7, 6-7 pm – An intro to Proverbs using the new Lutheran Study Bible.
- Beginning April 14, 6-7 pm – *Gold Standard or God’s Standard?* A study in Proverbs in the *Book of Faith* series written by Rev. Ron Glusenkamp of Bethany Lutheran in Denver and Peter Mayer, guitarist with Jimmy Buffet (and son of Lutheran missionaries.) This is a great follow-up to Pr. Chad’s class on *Making Sense of Scripture!*

Birthdays



Doug Baumgartner	4/2
Sam Strugar	4/2
Herm Schempp	4/5
Ed Miller	4/6
Jeff Ramsey	4/6
Ava Wolny	4/6
Dale Peterson	4/8
Greg Oxenfeld	4/9
Beth Baldwin	4/10
Madison Tull	4/11
Chase Elliott	4/14
Mary Anderson	4/15
Carolyn Beach	4/15
Lois Debes	4/17
Kathy Stith	4/17
Mackenna Wolny	4/18
Jeanne Fetterman	4/22
Lucille Ritchart	4/22
Nyomi Davis	4/23
Pauline Farrow	4/24
Carol Hunziker	4/24
Allen Weisheit	4/24
Richard Simpson	4/25
Lori Prater	4/26
Branko Kosovic	4/28
Mary Lou Lampright	4/28

Healthy Heart I.Q.

Last month, heart disease for just women was discussed. The following questions will now test your knowledge of heart disease and its risk factors for everyone. The answers are at the bottom of the test. For a more in-depth explanation of the answers, look for a printed handout at the kiosk near the Welcome Center or the Parish Nurse Health Board in the main hallway.

1. The risk factors for heart disease that you can do something about are: high blood pressure, high blood cholesterol, smoking, obesity and physical inactivity. T F
2. A stroke is often the first symptom of high blood pressure and a heart attack is often the first symptom of high blood cholesterol. T F
3. A blood pressure greater than or equal to 140/90 mm Hg is generally considered to be high. T F
4. High blood pressure affects the same number of blacks as it does whites. T F
5. The best ways to treat and control high blood pressure are to control your weight, exercise, eat less salt (sodium), restrict your intake of alcohol and take your high blood pressure medicine if prescribed by your doctor. T F
6. A blood cholesterol level of 240 mg/dL is desirable for adults. T F
7. The most effective dietary way to lower the level of your blood cholesterol is to eat foods low in cholesterol. T F
8. Lowering blood cholesterol levels can help people who have already had a heart attack. T F
9. Only children from families at high risk of heart disease need to have their blood cholesterol levels checked. T F
10. Smoking is a major risk factor for four of the five leading causes of death including heart attack, stroke, cancer and lung diseases, such as emphysema and bronchitis. T F
11. If you have had a heart attack, quitting smoking can help reduce your chances of having a second attack. T F
12. Someone who has smoked for 30 to 40 years probably will not be able to quit. T F
13. The best way to lose weight is to increase physical activity and to eat fewer calories. T F
14. Heart disease is the leading killer of men and women in the United States. T F

ANSWERS:

1. True 2. True 3. True 4. False 5. True 6. False 7. False
8. True 9. True 10. True 11. True 12. False 13. True 14. True

Holy Week and Easter

The Three Holy Days will be celebrated jointly with Grace Lutheran and Lutheran Campus Ministry. Grace is located at the corner of 13th and Euclid, near the CU campus.

Palm Sunday – March 28 (at Atonement)

8:00am Morning Worship/Holy Communion

9:30am Worship/Holy Communion

10:50am Cross+Generational pre-Easter
Activities for All Ages (including
egg hunt!)

Holy Week, Monday – Friday (at Grace)

M, T, Th, F:

12:15pm Contemplative Eucharist

Wed. only:

12:00pm Organ Recital

12:30pm Contemplative Eucharist

Maundy Thursday – April 1 (at Atonement)

11:30am Worship/Holy Communion –
Luncheon following

7:00pm Maundy Thursday Thomas Mass
(Including optional footwashing; consider
wearing easily removed shoes/socks)

Good Friday – April 2 (at Grace)

7:00pm Meditation on the Cross
(You're encouraged to bring a cross from home)

Holy Saturday (at Atonement)

4:00pm Easter Vigil for All Ages
(This will be quite the worship/party! Bring
bells to ring; sparklers provided!)

Easter (at Atonement)

9:00am Easter Festival Worship

10:00am Easter Breakfast

11:15am Easter Festival Worship

Council Highlights

By Kathy Twaddell

Financial Report: Spending is running about \$30,000 each month. Currently, income and expenses are in balance with each other. We are running very near budgeted income and expenses.

Pastors' Report: Reviewed monthly membership additions/subtractions (-1). Showed membership attendance charts. Will monitor attendance ongoing. It was noted that weather plays a factor in attendance.

Childhood Ed: Would like to knock out a wall between two Sunday school rooms in the north east/west hall. Lori says work can be done within Childhood Ed budget. She will provide estimate of demolition and repair costs.

Parish Life: A new chart will be put on the wall near the kitchen area to record Sunday clean-up volunteers.

Worship & Music: We have received several bids for new projection system. Pastor Chad is revising the design to help bring down costs.

Tim Snyder has drafted the order of worship for the second service. It will be 45 minutes long. It will have a 10-minute "open time" allowing for flexibility. Congregation will participate in the service. There will be Children's Church during this service and the kids will come back during the "open time." The first Sunday with the second service is April 11 at 11:15 am.

Organ Task Force: The estimated cost to update the organ is between \$60,000 and \$100,000. Executive Committee gave Gerry and Tim the go ahead to put together a task force designing a back-up plan in case the organ stops functioning before updated an organ can be authorized or installed.

On-going Business

Columbarium: Review sketches of proposed Columbarium. Phase 1 encompasses current patio area on east side of building. There will be 35 niches available and four have been reserved.

Youth: The youth will host a breakfast between the two Easter services. A poster will be set up so that the congregation can volunteer to bring food.

Council: To improve communications with the congregation, Council would like to put up a picture board of current Council members. Each Council member and Committee name would be referenced.



April
Sunday Worship Calendar 9:00 a.m.

We thank all those who offer their gifts in leading worship this month.

	April 4 <i>Easter Sunday</i>	April 11 <i>Easter 2</i>	April 18 <i>Easter 3</i>	April 25 <i>Easter 4</i>
Liturgy	Easter Celebration Liturgy	ELW Setting 6	ELW Setting 6	ELW Setting 6
Readings	Isaiah 65:17-25; Psalm 118; Acts 10:34-43; Luke 24:1-12	Acts 5:27-32; Psalm 118; Revelation 1:4-8; John 20:19-31	Acts 9:1-6; Psalm 30; Revelation 5:11-14; John 21:1-19	Acts 9:36-43; Psalm 23; Revelation 7:9-17; John 10:22-30
Assisting Minister	9:00 - Cherie McCandless 11:15 – Brian Mason	Tim McCandless	Stan Jackson	Jan Ydstie-Roy
Greeters	9:00 - Gene and Mona Archart 11:15 – Kathy Stith	Kim Dion, Kathy Stith	Jeanne and Jim Fetterman	John Erickson
Ushers	9:00 - Tracy and Katie Moran 11:15 – Sydney Swennes	Leo and Mary Nelsen	JD and Jeanne Robinson	Neilands Family
Lector	9:00 and 11:15 - Pauline Farrow	Stan Jackson	Jim Fetterman	Deborah Kelly
Altar Care	9:00 - Joan Schempp 11:15 - Jan and Bob Bundy	Prater Family	Liz and John Drexler	Judy and Roger Bullert
Communion Asst.	9:00 and 11:15 - Mary Weisbach, Pauline Farrow, Jan Ydstie-Roy, Stan Jackson, Antje Sliker	Kim and Andre Dion, Irene Koster, Jeanne Nijhowne, Linda Wisler	Jim and Jeanne Fetterman, John Drexler, Jan and Bob Bundy	John Erickson, Kathy Lindholm, Kathy Stith, Andreas Beuschel, Kate Crawford
Acolyte	9:00 – Ben Ramsey 11:15 – Clara Frostman	Chase Elliott	Clara Frostman	Anthony Allman
Musicians	9:00 and 11:15 - Carillon Choir, Sanctuary Choir, SpiritSong	Musicians from the Renaissance Project	Sanctuary Choir	Carillon Choir, Sanctuary Choir

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>April 2010</i>						
<p>4</p> <p>EASTER SUNDAY 9:00 AM Easter Festival Worship 10:00 AM Easter Breakfast Sponsored by Youth 11:15 AM Easter Festival Worship</p>	<p>5</p> <p>OFFICE CLOSED</p>	<p>6</p> <p>7:00 AM Early Bird Breakfast 9:00 AM LifeSpark Sessions- R12 (Occasionally, throughout week) 1:30 PM Staff Meeting 6:00 PM Boulder Chorale</p>	<p>7</p> <p>5:30 PM Fellowship Dinner 6:00 PM Adult Bible Study-CR 6:00 PM Confirmation Class-CH</p>	<p>1</p> <p>MAUNDY THURSDAY 11:30 AM Worship Luncheon Following 12:15 PM Contem- plative Eucharist @ Grace Lutheran Church 6:30 PM HospiceCare 7:00 PM Maundy Thursday Thomas Mass w/Carillon Choir</p>	<p>2</p> <p>GOOD FRIDAY 12:15PM Contem- plative Eucharist @ Grace Lutheran Church 7:00 PM Good Friday-Meditation on the Cross @ Grace Lutheran w/ALC Sanctuary Choir</p>	<p>3</p> <p>9:00 AM Easter Rehearsal- Choirs/Brass 4:00 PM Easter Vigil for All Ages @ Atonement w/SpiritSong/Marks Baptisms 6:00 PM Easter Breakfast Set- up/Worship Decorating</p>
<p>11</p> <p>9:00 AM Worship/Holy Communion 10:00 AM Fellowship Time 10:15 AM CFD: "Light in the Bible" with John Cumalat leader 10:15 AM Sunday School for All Ages 11:15 AM Worship/Holy Communion</p>	<p>12</p> <p>OFFICE CLOSED</p>	<p>13</p> <p>7:00 AM Early Bird Breakfast 9:00 AM LifeSpark Sessions- R12 (Occasionally, throughout week) 1:30 PM Staff Meeting 6:00 PM Boulder Chorale- SA/CH/MR/NA/FE 7:00 PM My Story Writing Group</p>	<p>14</p> <p>5:30 PM Fellowship Dinner 6:00 PM Adult Bible Study-CR 6:00 PM Carillon Choir- SA; SpiritSong-MR 6:00 PM Children's Music Class- R11; Confirmation Class-CH 7:00 PM Sanctuary Choir</p>	<p>15</p> <p>MESSENGER ARTICLES DUE 6:30 PM Church Council-CH 6:30 PM HospiceCare</p>	<p>16</p> <p>12:30 PM Music Class 6:00 PM First Friday Fellowship@Jim Eraker Home</p>	<p>17</p>
<p>18</p> <p>9:00 AM Worship/Holy Communion 10:00 AM Fellowship Time 10:15 AM CFD: "Light in the Bible" with John Cumalat leader 10:15 AM Sunday School for All Ages 11:15 AM Stephen Ministry Peer Support 11:15 AM Worship/Holy Communion 4:00 Diet of Bookworms</p>	<p>19</p> <p>OFFICE CLOSED</p>	<p>20</p> <p>7:00 AM Early Bird Breakfast 9:00 AM LifeSpark Sessions- R12 (Occasionally, throughout week) 9:30 AM Love Day-CR 1:30 PM Staff Meeting 6:00 PM Boulder Chorale</p>	<p>21</p> <p>5:30 PM Fellowship Dinner 6:00 PM Adult Bible Study-CR 6:00 PM Carillon Choir- SA; SpiritSong-MR 6:00 PM Children's Music Class- R11; Confirmation Class (Parents & Mentors)-CH 7:00 PM Sanctuary Choir</p>	<p>22</p> <p>3:00 PM Pastoral Care Team-LI 6:30 PM Moment for Moms</p>	<p>23</p> <p>12:30 PM Music Class</p>	<p>24</p>
<p>25</p> <p>9:00 AM Worship/Holy Communion 10:00 AM Fellowship Time 10:15 AM CFD: "Light in the Bible" with John Cumalat leader 10:15 AM Sunday School for All Ages 11:15 AM Worship/Holy Communion</p>	<p>26</p> <p>8:00 AM US Census Bureau Training</p>	<p>27</p> <p>7:00 AM Early Bird Breakfast 8:00 AM US Census Bureau Training-CH 9:00 AM LifeSpark Sessions- R12 (Occasionally, throughout week) 1:30 PM Staff Meeting 6:00 PM Boulder Chorale</p>	<p>28</p> <p>8:00 AM US Census Bureau Training-CH 5:30 PM Fellowship Dinner 6:00 PM Adult Bible Study-CR 6:00 PM Carillon Choir- SA; SpiritSong-MR 6:00 PM Children's Music Class- R11; Confirmation Class-CH</p>	<p>29</p> <p>8:00 AM US Census Bureau Training-CH 7:00 PM Social Ministry Committee</p>	<p>30</p> <p>8:00 AM US Census Bureau Training</p>	<p>1</p>

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Return Service Requested

April

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Atonement Lutheran Church ELCA

God's Work. Our Hands.

PLAN AHEAD FOR HOLY WEEK (see page 13 for times)

Holy Week – Monday through Friday (at Grace Lutheran)

Maundy Thursday – April 1 (at Atonement)

Good Friday – April 2 (at Grace Lutheran)

Holy Saturday (Easter Vigil) – April 3 (at Atonement)

Easter Sunday – April 4 (at Atonement)

PLAN AHEAD for the COMING MONTHS:

Vacation Bible School - June 13 through 17

Atonement Camping Weekend - July 23 through 25