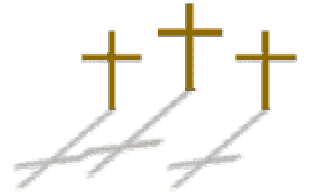


# The Messenger



Monthly Newsletter of Atonement Lutheran Church • August 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



Photo: Andreas Beuschel

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## *Dear Friends in Christ,*

### **Covered in Dust – Part 2**

Have you read any of the ‘footprints’ on the narthex walls? Our worship this summer has included imagining what it would be like to be a disciple following Jesus so closely that as He walked along the dusty roads to Jerusalem we would be covered with the dust kicked up by His feet. People have placing footprints on the wall describing times and places they have witnessed some of the dust kicked up by Jesus – dust of compassion, peace, forgiveness to name a few. Look for blank footprints some Sunday morning and add some of your own sightings of ‘footprints following Jesus’. We’re hoping they reach all the way out our doors and into the world.

This second part of the Pentecost we’re continuing to explore the teachings of Jesus according to St. Luke.

July 25 – God’s Faithfulness (Luke 11:1-13) *What does it mean to pray?*

August 1 – God’s Values (Luke 12:13-21) *What’s fair?*

August 8 – God’s Assurances (Luke 12:32-40) *What’s there to be afraid of?*

August 15 – God’s Zeal (Luke 12:49-56) *What time is it?*

August 22 – God’s Renewal (Luke 13:10-17) *What’s got you down, what will get you up?*

August 29 – God’s Invitation (Luke 14:1,7-14) *What does divine hospitality look like?*

September 5 – God’s Calling (Luke 14:25-33) *Weighing the costs of discipleship.*

Worship is at the center of our life together. Even though (or maybe *because*) God is at the center of our worship, Sunday morning is our primary gift to the Boulder community. That may sound like an overstatement, so let me explain my thinking. First, to the extent our worship helps us to celebrate, trust and serve as disciples and nourishes us to love our neighbors as we love God, it blesses our community. Second and maybe more importantly, whether they know it or not, there are people in our community hungering for a deeper relationship with God that could be nourished by worshipping with us on Sunday morning.

There are people who drive by ALC every day who are aching for God, but would never think to come in our doors on Sunday. For any number of reasons their spirits could be heavy, their lives empty, their minds weighed down with anxiety, their hearts restless. When they *DO* visit us that first time, what is it like for them? What helps a visitor to feel comfortable? Welcomed? Closer to God? And what would drive a visitor away, never to darken our doorstep again? Who knows what that person next to you in the pew is going through, but it’s just possible that God could use you to make a difference in their life.

Think you’re too shy to talk to a visitor? Too afraid you might say the wrong thing? Come to church every Sunday (of course!) but make a special effort to attend worship and CFD on August 22 and 29. We’ll be focusing on how it is that God extends care and hospitality to and through us. After all, it’s God’s work...our hands.

Peace and Grace,  
Pastor Debra

## CELEBRATE *God's Love and Grace*

### *Birthdays*

Ken Carter	8/1
Bill Markland	8/2
Gloria Ellefson	8/4
Sophia Ishimi	8/4
Rebecca Scarborough	8/5
Andrea Kelly	8/6
Joan Briggs	8/7
Jim Eraker	8/8
Conor Ishimi	8/10
Ashley Wallace	8/10
Rachel Baumgartner	8/12
Maddie Stallman	8/12
Doris Bjornson	8/13
Bill McDowell	8/13
John Olson	8/13
Sydney Swennes	8/13
Kay McLaughlin	8/14
Luke Nickerson	8/15
Kelly Moran	8/16
Audrey Schlack	8/18
Brett Solonycze	8/18
Isabella DePumpo	8/19
Stan Jackson	8/19
Ester Matheson	8/21
Nancy Schaefer	8/21
Chris Cole	8/30
Jim Kelly	8/30
Kathy Twaddell	8/31

### *Kudos!*

... belatedly to John Graff who celebrated his 90<sup>th</sup> birthday July 7!

... to our resident firefighter, Kristin Weisbach, who rescued a little girl caught in a house fire last month!

### *Thanks*

*Atonement Lutheran Church,*

*We appreciate the love and care you provided by having the refreshments after David's Memorial Service.*

*Thank you,*

*LouAnn, David and Jill Kombeitz*

### *Anniversaries*

Jim & Deborah Kelly	8/3	<b>25 yrs.</b>
David & Loralyn Solonycze	8/3	
Alan & Kathleen Redman	8/8	
Herm & Joan Schempp	8/8	
Bill & Joann Markland	8/11	
Craig & Kathy Twaddell	8/13	
Barton & Kris Kiburz	8/14	
Kristin & Mike Vredevoogd	8/14	
John & Kathy Erickson	8/17	
Tom & Lynda Reisinger	8/18	
John Olson & Jana Evelsizer-Olson	8/20	
Jerry & Janet Gilland	8/23	<b>57 yrs.</b>
Bob & Dorothea Steinke	8/23	
Bob & Ester Matheson	8/30	
Jeff & Sandy Ramsey	8/31	

### *Attendance in June*

June 6	174
June 13	151
June 20	154
June 27	157

### *Dear Brothers and Sisters in Christ,*

*The farewell party on July 18 was overwhelming! Thank you to all who worked so hard in preparing the food, beverages, and amazing decorations, hilarious (and touching) skits and beautiful music.*

*A special thanks for Pastors Deb, Chad and Ron for a round of charades we will never forget. We'll miss our family at ALC.*

*Please keep us in your prayers as we travel and make this transition to Florida. You'll remain in our hearts and prayers as always. To all that has been, thanks; to all that is to come, Yes!*

*In Christ,*

*Tim Snyder and Michael Mastronicola  
2054 Riverside Ave., Apt. 3101  
Jacksonville, FL 32204*



## OWLS (Older Wiser Lutherans)

### OWLs migrate to Estes Park, August 25

The OWLs are planning a visit to Estes Park on Wednesday, August 25. We will have lunch lakeside at The Other Side Restaurant, which is nestled along the Thompson River near the entrance of Rocky Mountain National Park. After lunch we'll take a step back in time during our visit to the scenic MacGregor Ranch. We will leave the church at about 10:30 and return around 4:00.

MacGregor Ranch is a working cattle ranch with an historic collection and structures that date back to the original 1873 homestead family, and its collection is completely intact. We can stroll the beautiful grounds, explore the smoke house, milk house, blacksmith shop and take a tour through the main ranch house. The scenic landscape is untouched, the Lumpy Ridge borders the Ranch on the north boundary and offers dramatic views of the Estes valley. There is also a small gift shop for those who wish to buy mementos. Our day will unfold something like this:

- 10:15 Gather at Atonement to travel as a group to Estes.
- 11:30 Arrive at restaurant for lunch, average meal is from \$8 to \$11.
- 1:30 Arrive at MacGregor Ranch to tour the main ranch house and peruse the scenic grounds.
- 3:00 Depart for trip back to Boulder.
- 4:00 Arrival back at Atonement.

Cost for the visit to MacGregor Ranch is \$5. If you want to check these places out and read some of the history about MacGregor before our trip here are their websites: [www.theothersideofestes.com](http://www.theothersideofestes.com), and [www.macgregorranch.org](http://www.macgregorranch.org).



Please join us for this great opportunity to come together again and explore this beautiful place where we live! Please sign up by Sunday August 15 – we need an initial headcount for the restaurant. Also if you are one of our more spontaneous members that doesn't plan that far in advance please know that ***you are welcome to come even if you do not sign up*** – we simply want an approximate count by the 15<sup>th</sup> for planning. If you have questions contact Jody R., her phone number is listed in the new, yellow, church Directory.

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## First Friday Fellowship

**August's First Friday is August 6, 6:00 pm, at the home of Mona and Gene Arehart  
Address: 4661 Eldorado Springs Drive, Boulder**

Adults of all ages are invited! Bring an appetizer or dessert to share. Soft drinks provided, bring wine if you wish. Contact Mona (303-494-7702) if you know you can join us ahead of time, or come anyway! Note: September's FFF will meet on the 2nd Friday, September 10, at Dale Roy and Jan Ydstie-Roy's. Questions or offers to host, contact Jan Ydstie-Roy (303-554-0311) or Jan Bundy (303-604-0869). Hosts are needed for October and November.

## *Moment for Moms*

### **Mark Your Calendars for a Fun Filled Fall!**

In an effort to honor our busy summer schedules and obtain a bit more family time before another school year begins, Moment For Moms will not be meeting this month. Our Wednesday Mornings For Moms, however will still take two more weeks to offer support and a break for moms while our kids play together at Atonement. The final two Wednesday Morning For Moms will be on August 4<sup>th</sup> and August 11<sup>th</sup> from 9:30-11:30.

Our time together this fall will offer great opportunities for bonding, support, enrichment and encouragement. Mark your calendars for the following meetings:

**September 16** Finding The Balance (Family, Self-Care and Work)

**October 14** Atonement "Wise" Moms Annual Gathering (Prayer Partner Reunion)

**November 11** Fitness, Nutrition and Motherhood

**December 2** Holiday Gathering and Cookie Exchange

Moment for Moms is a group formed to support mothers in a variety of ways. Mothers who have participated in our group have children ranging in age from birth to junior high 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.



For more information, or if you have questions, please contact Aly Kohlmeyer at 720-862-7644 or [alyehrenberg@hotmail.com](mailto:alyehrenberg@hotmail.com)

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## *Journey into Peace: Creating a Culture of Non-Violence*

**August 6-8, 2010**

**St. John's Cathedral, Denver**

Experience a weekend of worship, training in spiritually-grounded peacemaking techniques and recreation in the Rocky Mountains, sponsored by the Episcopal Peace Fellowship. For more information, see the Community bulletin board or go to [www.epfcolorado.org/conference.html](http://www.epfcolorado.org/conference.html) or call 303.587.0288.

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## *Cantor/Director of Music Ministry Search*

Our search team has conducted in-person interviews with the finalist candidates. Auditions with the Sanctuary and SpiritSong Choirs were scheduled for the evening of Monday, July 26. We are targeting to extend an offer in early August with the goal of having the new Cantor ready to lead music when the season begins in September. Thank you for your support throughout this process.

## The Diet of Bookworms

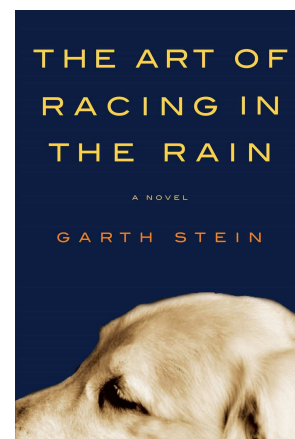
### **The Art of Racing in the Rain by Garth Stein**

A heart-wrenching, but deeply funny and ultimately uplifting story of family, love, loyalty, and hope—a captivating look at the wonders and absurdities of human life...as only a dog could tell it.

*“The perfect book for anyone who knows that compassion isn’t only for humans, and that the relationship between two souls who are meant for each other never really comes to an end. Every now and then I’m lucky enough to read a novel I can’t stop thinking about: this is one of them.”*

Jodi Picoult

The books are in! Pick up a copy in the Fellowship Area as soon as possible! (\$12) Discussion date is pending.



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## Is Worship Meaningful?

Do you have ideas for worship that you think would foster a more meaningful experience at either our 9:00 or 11:15 service? Please join in planning worship for the autumn season! We'll meet Tuesday evening, August 17, 6:30 pm at church. Contact one of the pastors to receive a pre-meeting reading packet.

### **Serving in Worship**

Every week 25 or more members of our worshiping community serve God by serving in worship... and that doesn't include choir members! Worship truly is the 'work of the people' and central to the Christian life. **Sunday, August 29**, the Worship and Music Committee will host **worship leader and hospitality training** during the 10:15 CFD time. Don't miss out on this opportunity to have some fun learning new ways to serve the Lord; mark your calendars now!

We have a special need for hosts at 11:15 to welcome people to the celebration and invite them to help lead worship in one of the roles that is open—reading the prayers of the people or being a communion assistant or maybe reading one of the texts for the day. It opens the door for some very special involvement and those who have volunteered have given us great feedback about it. The service is shorter, much less formal and gives everyone a chance to share God's love in a very experiential way. The chance to worship with your whole mind, heart, self and soul is very powerful.

eLEVEN-FIFTEEN

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## Women of the ELCA

The Rocky Mountain Synodical Women's Organization 2010 Convention is coming soon! The theme is *Who is Your True North? God's Positioning System*, which will be led by Pastor Barbara Lundblad, Associate Professor of Preaching at Union Theological Seminary, New York. The Convention will be held on September 24<sup>th</sup>, 25<sup>th</sup>, and 26<sup>th</sup> at Bethany Lutheran Church in Denver, CO. The please contact Carol Winston at [winston\\_consulting@yahoo.com](mailto:winston_consulting@yahoo.com) or go to the following Rocky Mountain Synod webpage: <http://www.rmselfca.org/ministries/women/index.htm>

# Spider Bites and Insect Stings

by Pauline Farrow, Parish Nurse

How much do you know about staying safe from creepy, crawly things? Check your general knowledge and take this quick quiz offered by the Mayo Clinic:

1. Most spiders are not venomous. True or False
2. Black widow spider bites can cause: muscle and stomach cramps, nausea, vomiting, chills and fever. All of the above or None of the above
3. Brown recluse spiders are found hiding in attics and garages. True or False
4. Mosquitoes can sense you from a distance of: 3 feet, 10 feet, 50 feet, 100 feet
5. Which of the following diseases are carried by mosquitoes? Rocky Mountain spotted fever, Encephalitis, Lyme disease, or All of the above.
6. If you have ever developed hives or another unusual reaction to a bee sting, what should you do first? Go to a hospital or urgent care facility, Inject yourself with epinephrine, Check yourself for hives, Apply ice, calamine lotion or baking soda paste.
7. Which of the following about chiggers is true? You can often see them with a magnifying glass.  
Oral antihistamines won't relieve chigger-bite itch. Chiggers remain attached to your skin for 2 weeks. Chiggers suck your blood.
8. If a tick has attached itself to your skin: Pull it off with your thumb and forefinger as soon as you see it. Remove all the body parts you can with tweezers. Carefully burn it off with a match. None of the above.
9. In order to transmit the infectious agent that causes Lyme disease, a tick must lodge in your skin for: Five minutes, one hour, 12 hours, or 48 hours
10. Scorpion stings are always fatal. True or False



## Correct Answers:

1. **False.** Nearly all 20,000 species of spiders are venomous, but the fangs of most spiders are too tiny to penetrate human skin.
2. **All of the above.** The black widow venom causes a reaction throughout the body, not just near the bite. If you develop any of the noted symptoms a few hours after the bite, get medical help immediately.
3. **True.** They live in dark, quiet places. Some people have no reaction at all to the bite, while others develop a painful, ulcerating sore. Sometimes the tissue dies and sloughs away. The spiders are golden brown with a dark, violin shape on top of their backs, with the violin's neck pointing toward the rear.
4. **100 feet.** Mosquitoes detect the expelled carbon dioxide and lactic acid from humans and mammals.
5. **Encephalitis.** Rocky Mountain spotted fever and Lyme disease are both carried by ticks. Mosquitoes carry forms of viral encephalitis, swelling of the brain (Equine, La Crosse, St. Louis, and West Nile).
6. **Inject yourself with epinephrine.** Severe allergic reactions of bee stings can be life threatening. Carry an epinephrine self-injection kit (EpiPen) if you are allergic to bee stings. Inject and then seek medical care. If you develop any of the following symptoms after a sting (breathing problems, swelling of the lips or throat, faintness, confusion, rapid heartbeat, nausea, cramps and vomiting, or hives), seek emergency care.
7. **You can often see them with a magnifying glass.** Chiggers are tiny, red bugs. They feed off of liquefied cells formed by injected enzymes. They remain attached for only a few days. Itching can be relieved by 1% hydrocortisone or oral antihistamines. Chiggers don't spread diseases, but the

site can become infected by scratching. Chiggers live in damp areas with lots of vegetation, such as swamps and marshes.

8. **Remove all the body parts you can with tweezers, never with fingers.** Grab the tick firmly and as close to the skin as is possible. If the mouthpart remains in the skin, it will harmlessly detach on its own. Applying petroleum jelly or a smoldering match may cause the tick to inject diseased fluids.
9. **48 hours.** A tick carrying the bacteria causing Lyme disease must be latched onto your skin for 48 hours before it can transmit the disease. Check yourself after you have been the woods, where they thrive.
10. **False.** Most scorpions require no special treatment. However, the **bark scorpion**, found in New Mexico, Arizona and parts of California, are more toxic. The sting can cause abnormal head, eye and neck movements, increase saliva production, sweating and restlessness. Seek medical attention for symptoms.

I personally took the test and did not do well. I had a lot to learn about these insects.

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## *Musical Kids*

Calling all third through eighth graders! Do you love to sing, play an instrument or just listen to music? Would you like to improve your skills so you can be more of a music leader here at church, at school and in the community? Come join your friends this summer during the CFD hour on Sundays.

We will be learning to read music, playing for each other and singing together. Contact Mrs. Kathy for dates: [kmstith@hotmail.com](mailto:kmstith@hotmail.com) or 720-890-8718.

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## *My Story! Resumes September 14*

Remember the sound of the bell from the ice cream truck in the summer? Cooking in the kitchen on the farm? Buying a Popsicle at the local pool? Working your first job? Get out those cobwebs and share parts of your story with the group. We all have a story to tell, and there are no requirements...just a willingness to try to write and to share if you want.



We will meet the **second Tuesday of each month, at 7:00 p.m.** in the Community Room. Writing prompts for remembrances and recollections, as well as those for our faith journeys are supplied monthly. Occasionally, writing tips are sprinkled in. Please drop in and see what the fun is about!  
Questions, contact Ron Freund at (303) 589-2292 or [Ron.Freund@UCDenver.edu](mailto:Ron.Freund@UCDenver.edu)

The following two excerpts come from writings from last years' group:

Prompt: *Write about a memorable birthday or a special meal.*

## *The Sunshine Birthday*

By Marge Cizek

Finally December 4<sup>th</sup> had arrived! It was a day of excitement, for today Margy was 8-years old and she was so anxious for the school day to end. Her one-room country school housed 13 students, 1 teacher and 2 mice. It was located on an acre of land on the west side of a 640-acre section of farmland in Saline County, Nebraska. A row of hedge trees served as a windbreak along the west side of the schoolhouse. An outside hand pump provided water and a wooded creek area ran through the eastern edge of a sloping playground area. This location was two miles from Margy's home, if she traveled the roads around the section, but only one mile from her home if she walked through the fields toward the east and the 160-acre farm, which was home. On the December day Margy could hardly wait to start her walk home because she knew her family and grandparents would be waiting. The tasty birthday supper would be cooking, complete with not one, not two, but three homemade birthday cakes. Margy's "little" grandma (short in stature) always made a white cake with caramel frosting; her "big" grandma (tall in stature) baked an angel food cake with white gooey frosting; her mom baked Margy's favorite two-layer German chocolate cake. Each cake would be decorated with candles so secret wishes could be made. This particular day was warm and sunny for Nebraska in wintertime and as soon as school was dismissed at 4 o'clock, Margy grabbed her lunch pail, put on her coat and overshoes and started to walk east across the fields. She wanted to get home as soon as possible to see everybody and start celebrating.

Some snow was still in the cornfields where the pigs, which her dad raised, were rooting for ears of corn, which had been missed by the corn pickers. As the farmyard came into view, Margy could see the old International truck driven by her dad's folks and the 1930 Chevrolet sedan driven by her mom's folks parked by the back gate, which led to the two-story white frame farmhouse. As Margy quickened her steps, she glanced over the sturdy buildings on the neat farmyard. There were two big barns, a hog shed, a granary, two chicken coops, two machine sheds, a graystone smokehouse and an outside shed used as a garage. All of a sudden she was struck by an orange glow, which shone from the big kitchen window on the west side of the house overlooking the farmyard. The sunset was making a beautiful shimmering orange glow on the outside landscape as its rays glowed from this kitchen window. Margy stopped in the sudden quiet of the farmstead and thought how beautiful and warm everything looked. All the people she loved were waiting inside and it seemed that the house was being blessed by this warm glow. Some feeling inside her told Margy that she would hold this orange-colored still picture in her private thoughts forever. As she started to run to the house, her mom opened the back door and called, "Happy Birthday, Margy. We are all anxious to see you."



Prompt: *How was the Sabbath observed when you were growing up?*

## *Our Sabbath*

By Ron Freund

The word Sabbath was not used, but there was a sort of Sabbath observance in the Freund household, which we followed by example. No rules were laid out. No punishment was given for stepping out of bounds, but certain things were generally understood. Sunday was a day when no serious work could be accomplished. It was a day when morning church was mandatory, afternoon naps were allowed and visiting people was encouraged. The only person who could do real work on Sunday was my father, and his work had to be finished by noon. Of course, he was the pastor and a big part of his job was to conduct services on Sunday mornings. Everybody else was supposed to take it easy.



A typical Sunday began with the smell of bacon and eggs wafting from the kitchen. On most days cereal was the main fare, but on Sunday mornings, we ate better. Dad needed his strength after all. At least that is what I figured. Mom would make breakfast for all of us, but as we got older, and could go to our choice of church services (sometimes sleeping in a bit because of Saturday night shenanigans!), the electric skillet was left near the sink, washed and gleaming, inviting us to make our own eggs...if that's what we wanted. Since we lived across the street, the commute to church was a five-minute walking affair, if that. The requirement was for two hours in the building: one hour for the church service and one hour for Sunday school (or whatever

adults did during that time – drink coffee, I think). Somehow, before we could return home, the roast was cooking in the oven and a stack of 33-1/3 records was on the console stereo...old show tunes, John Phillip Sousa, other songs from the past...selected by dad. Some days we were asked out to eat by a well-meaning parishioner, but the default was to have roast beef, mashed potatoes, a vegetable, and rolls with home-canned strawberry jam. Dessert was often something made out of rhubarb, with Cool Whip on top. Or at Christmas, it was ice cream and Christmas cookies. The cookie plate always came around an extra time on Sundays. After dinner, adults could often be found in the living room, sleeping on easy chairs. We kids had places to go, though. To a friend's house to play football or basketball, neither of which was considered work. Sometimes there was a gathering at a relative's or a friend's house involving a game of Rook, a card game that was not sinful, since it did not use regular playing cards, with those evil face cards and those suits with Satanic symbols: clubs, diamonds, hearts and spades. Rook cards looked more like they were made for kids, with suits in colors and cards numbering from 1 to 14. And, while there was no betting, there was plenty of bidding in Rook. I could tell the game was all in fun, and it was no more than an excuse for the adults to get together and talk while a game was going on. Sunday evenings we were left to make our own supper if we were still hungry after two big meals and some sort of sweet treat at the card-playing house. And popcorn or cereal were both acceptable meals on Sunday night. The evening often ended with the Wide World of Disney on TV.

Now, I don't know what God would say about our Sabbath observance. The Fourth Commandment as handed down to the Israelites probably meant more than, "Thou shalt play Rook," or "Thou shalt be allowed popcorn for supper," but I would like to think the spirit of the Sabbath was somehow observed.

Questions, contact Ron Freund at (303) 589-2292 or [Ron.Freund@UCDenver.edu](mailto:Ron.Freund@UCDenver.edu)

## TRUST *in the Holy Spirit for Guidance*

### *Sunday School*

Would you like to play a more active and memorable role in the faith lives of the children of our congregation? Please consider becoming a team teacher for our Spark Sunday school program. For each class, the commitment is shared between two teachers. Classes begin in September. If you would like to learn more about our program and ways you can get involved, please contact Aly Kohlmeier at 720-862-7644 or at alyehrenberg@hotmail.com

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### *Women's Bible Study*



**Women's Bible Study** will meet Thursday, August 19, 10:30a-2:00p at Pastor Deb's house for **lunch and a 'mini-retreat' Bible study on prayer**. If you'd like, bring something to add to a potluck salad bar lunch. Women of all ages are invited. Childcare will be provided – please let Pastor Deb know if you plan to bring a child.

Depending on the weather, the day might unfold as follows. The hostess, however, reserves the right to change things up and add surprises ☺

- 10:30 – Welcome
  - 10:45 – 'Waiting with Patience and Hope' (Isaiah 40:28-31)
  - 11:45 – Lunch
  - 12:45 – 'The Power of Prayer' (Ephesians 3:14-21)
- 

### *Prayers...*

**Bob Steinke; Lynn**, sister of the Cumalat family; **Geoff Elliott and family** on the death of Geoff's mother; **Carley and Tim**, Pastor Chad's sister and brother-in-law; Healing and comfort for **Don and Lucille Ritchart**, that they may feel the Lord's peace; **Marvin Symes**, Gary Symes's father; **Ayda, Janis, Ben and Max Diemer** and **Gretchen Diemer and son Jeff**, relatives of Jeanne Nijhowne; **John Ames**, Kathy Twaddell's brother; **Comfort and peace for Dave Jarvis**, Director of Rainbow Trail Lutheran Camp, on the death of his sister; **The family of Corporal Larry Harris, Jr.**, killed in Afghanistan; **The families of the women killed at Greeley Mall and for the driver; Safe travel for summer travelers; God Speed to Tim Snyder and Michael Mastronicola; Those seeking, and those in need of, employment; Sky Ranch and Rainbow Trail Camp workers; Clarity and holy wisdom for our Cantor Search Team; The people still struggling in Haiti; Peace for Israel; Our Government Leaders; For the Holy Spirit to fill us all; Wisdom and safety for all brothers and sisters on the border and help for us to see how we best love them all.**





## ...& Praise

Big thanks **to everyone** who helped in every way to send our beloved Tim (and Mike) off in style to their new life in Florida!

**The blessing of our outreach efforts** of *Crayons to Calculators* and Habitat for Humanity.

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## Christian Faith Development

### **Christian Faith Development** **Sundays at 10:15 in the Chapel – August**

During Summer CFD time, our popular "Christ Beyond Boulder" series continues. We welcome anyone to share their travel photos and experiences with the people of Atonement.

**August 1 – Intro to LifeSpark Cancer Resources**  
*with Nicole Kasemir*

**August 8 – Nicaragua Interfaith Service Trip**  
*with Jeane Gall*

**August 15 – Monument Valley**  
*with Sue Carter*

**August 22 – Training for Worship Leaders**  
*I Want to Serve in Worship, But I've Never Done it Before.*

Have you ever wanted to be a Communion Assistant, but didn't feel like you knew how? What about helping to make people feel welcome at Atonement by being a Greeter or Usher, but not quite sure of "the ropes"? Interested in hosting our 11:15 service? Then, August 29 is the day for you! Worship and Music will host a CFD session where we will discuss the various aspects of hospitality that happen every Sunday at Atonement. All of the service areas for worship will be discussed, and we will have our "resident specialists" walk you through the aspects of each position. Nothing is difficult, but it does make things go a little more smoothly if you have some instructions on each position. We will open the session with an informal discussion of hospitality at Atonement and what that means. Atonement is a vibrant community and we want everyone who walks in these doors to receive genuine care and to feel they can easily be a part of what is happening here. Join us on August 29 between services and check out how you can be involved. Any questions, feel free to contact Linda Wisler.

### **August 29 – A Taste of Stephen Ministry**

Why have more than 30 Atonement members spent 50 hours of training time to learn about Christian care for hurting people? Who needs it anyway? Come and find out on August 22 at CFD. You will be surprised at the need and the value given and received through this ministry. And who knows, you might learn something that will benefit your family and friends!



## Social Ministry / August Love Offering

### Serving Clinica Campesina

Clinica Family Health Services is a community health center; a medical safety net for those who otherwise might fall through the cracks of the health care system. They exist to provide basic health care to low-income and uninsured people. The mission of Clinica Campesina is to be the medical and dental care provider of choice for low-income and other underserved people in southeastern Boulder, Broomfield and western Adams counties. More information about Clinica Campesina can be found at <http://www.clinica.org/>

**ONE** THE CAMPAIGN  
TO MAKE  
POVERTY HISTORY  
Become a ONE Lutheran!

The ELCA and Bread for the World support the ONE Campaign. You can join by

- 1 Signing the declaration
- 2 Telling a friend
- 3 Wearing a wristband



### Atonement's ONE Lutheran Information Corner

Information about how we as a ONE Lutheran church can raise awareness and take action to end poverty.

**Verse of the Month:** "Which of these three do you think was a neighbor to the man who fell into the hands of robbers?" The expert in the law replied, "the one who had mercy on him." Jesus told him, "Go and do likewise." — Luke 10:36-37

**GLOBAL LINKS – Connect to the global church through [elca.org](http://elca.org)**

### LWF ASSEMBLY BEGINS THIS MONTH in Stuttgart, Germany

Join your thoughts and prayers with Lutherans from around the world. Follow the schedule. Sing the hymn. Study the Bible. Read the news. Live out the theme. Find resources for this and more at [www.elca.org/lwf](http://www.elca.org/lwf) and click the links under **The Lutheran World Federation Eleventh Assembly** in the middle of the page.

### AIDS PANDEMIC IN THE WORLD

Globally, the AIDS pandemic is a human crisis of unprecedented scope. Each day, more than 6,800 people became HIV-positive and more than 5,700 people die from AIDS. In countries hardest hit by HIV, life expectancy has declined by 20 years, poverty has deepened, and economic growth has been reversed. Learn more at [www.elca.org/AIDS](http://www.elca.org/AIDS); click on the *Learn* tab at the bottom and then *The AIDS Pandemic in the World*.

### VOICES OF OUR COMPANIONS

Two men from Colombia - a priest and a young adult from the Green Paradise Youth Cooperative - came to the United States to share stories about Lutheran World Federation projects and to advocate for peace in their country. They also have something to tell YOU. Hear them at [www.elca.org/companionvoices](http://www.elca.org/companionvoices). (cont'd)

### YOUNG ADULTS TO SERVE AROUND THE GLOBE

Do you recognize any of the 44 people who will gather in August to prepare for a year of service with the Young Adult in Global Mission (YAGM) program? Pray for these young missionaries by name: <http://blogs.elca.org/handinhand/post/2011-yagms-named-04062010/>.

### **CHICKENS AND MUTUAL ENCOURAGEMENT**

In Lima, Peru, missionary Dana Nelson learned how 20 chickens can aid the "mutual up-building of the saints". See <http://blogs.elca.org/handinhand/post/pollada-22062010/>.

### **NEW RESOURCES FOR COMPANION SYNOD RELATIONSHIPS**

Find information in the updated Companion Synod Handbook on combining service trips with building relationships (p. 21), establishing a congregation-to-congregation program (p. 24), congregations involved in another synod's companion relationship (p. 26), and missionary sponsorship (p. 32). See [www.elca.org/companionsynods](http://www.elca.org/companionsynods) and click on the English version of the Handbook.

Excerpted from the July 2010 issue of *Global Links*, this contains highlights from *elca.org* of ELCA ministry or connections in other countries. You can subscribe at [www.elca.org/globalmission/engage](http://www.elca.org/globalmission/engage).

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What can we do? Here are some ideas and resources:

### **COULD YOUR NEXT POTLUCK END WORLD HUNGER?**

More than a billion people around the world are hungry. Many struggle to live on less than \$1 per day. What if we could join together to make a difference in the fight against hunger? What if it started at your next potluck? A Month of Potlucks is a movement started by two Lutheran pastors. The idea is simple. Host a potluck, include a talk or activity about hunger and take a collection for ELCA World Hunger. Register your potluck and find great resources at [www.amonthofpotlucks.org](http://www.amonthofpotlucks.org).

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## *Stephen Ministry Training, Fall 2010*

Why have more than 30 Atonement members spent 50 hours of training time to learn about Christian care for hurting people? Who needs it anyway?

Come and find out on August 29 at CFD. You will be surprised at the need and the value given and received through this ministry.



## Office Volunteers in July

Sincere thanks to **Bob Bundy, Sue Carter, Kate Crawford, Sandy Droeger, Barbara Fink, Barton Kiburz, Mary Kiburz, Cherie McCandless, Jeff Ramsey, Don & Lucille Ritchart, Peggy Simpson, Ailie Swanson** and **Wayne Tatro**.

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## LOST AND Found

Did you know that Atonement has a Lost and Found? It is located under our Photo Board! Stop by and see if anything of yours is there. For small or costly items, please check with the church office. There are also several coats left in the hallway closet to look through.

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## Lutheran Family Services of Colorado

JOIN US for an EVENT WHERE **GIVING WON'T JUST FEEL GOOD, IT'LL TASTE GOOD TOO!**

Enjoy a meal at any **Colorado California Pizza Kitchen** location on Sunday, August 22, 2010 and 20% of your check will be donated to **Lutheran Family Services of Colorado**. Download the flyer at [www.lfsc.org](http://www.lfsc.org) and present it to your server to help support the many ministries of LFS.

The **LFS Refugee & Asylee Program** needs your gently used sofas, dining tables/chairs and dressers. To schedule a pick up within the Denver metro area, please call 303-389-2336. No sleeper sofas, please.

**"Stories for a Summer Night"** is being presented by **Stories on Stage** in celebration and support of **Lutheran Family Services of Colorado** on Sunday, August 15 at 7:00 pm at Bethany Lutheran Church, 4500 E. Hampden Ave. Cherry Hills Village, 80113.

Award-winning Denver Center Theatre Company Actors, Kathleen M. Brady and Randy Moore will do readings which will include *Pontoon Boat* by Garrison Keillor, *The Midnight Clear* by Robert Flynn, *Yma Dream* by Thomas Meehan and *comedy classics* by Abbott & Costello, Elaine May & Mike Nichols. A cookie reception with the cast will follow.

Tickets \$30 in advance / \$35 at the door  
For tickets visit [rmselca.org/tt](http://rmselca.org/tt) or call 303-777-7600



# Thrivent Financial for Lutherans

## Life Insurance: A Real Need, But A Reluctant Purchase

By Deidre Farrell, MBA, LUTCF, FIC

Most people greet each new day as though they are guaranteed at least one more tomorrow. Unfortunately, this wishful thinking isn't grounded in reality. Death is a certainty that catches up with all people.

Intellectually, people understand the importance of life insurance protection. Unfortunately, acting on that understanding is a journey too few Americans have traveled. Today, nearly one-third of American adults have no life insurance protection and, of those with coverage, 30 percent have coverage that is less than one time their annual income. Perhaps this is why a recent survey by the Life and Health Insurance Foundation for Education found that nearly half of Americans said they are worried that if they died tomorrow their loved ones would not be financially secure.

A major hurdle in purchasing life insurance is knowing "how much?" Some tout a one-size-fits-all response, basing their recommendation on a certain multiple, such as "five times one's income." Unfortunately, the real answer is unique to each individual. Age, health, number of dependents, ability of dependents to provide for themselves, debt, assets accumulated, the need for education funding, business ownership and charitable intentions are some of the many issues that influence a person's insurance needs.

Another issue in assessing life insurance needs is considering one's potential future income earned during an entire career, often called human life value. This calculation may likely provide the greatest protection for one's family. Many insurers offer free, Web-based tools that can help to provide an idea of the amount of life insurance coverage needed.



By evaluating life insurance needs, one may also discover changes in life circumstances that may make coverage more affordable. For example, positive changes in health or health habits (e.g., quitting smoking or improving control of diabetes) may reduce life insurance premiums. Also, ever-changing product features may allow greater coverage at a reduced cost. Or, perhaps a major debt has been retired, reducing the need for life insurance coverage.

Life insurance is a topic that most people would like to avoid. Still, few other products offer the comfort in securing the financial future for loved ones.

Deidre Farrell, MBA, LUTCF, FIC, Paul Dahlgren, CFP®, ChFC, CLU, Bruce Hoelter, LUTCF, FIC, and Eric Hoelter are financial representatives with Thrivent Financial for Lutherans. They can be reached at 303-532-1215 or 303-673-0444. Thrivent Financial for Lutherans is a Fortune 500 financial services membership organization helping nearly 2.6 million members achieve financial security and give back to their communities. Thrivent Financial and its affiliates offer a broad range of financial products and services including life insurance, annuities, mutual funds, disability income insurance, bank products and more. As a not-for-profit organization, Thrivent Financial creates and supports national outreach programs and activities that help congregations, schools, charitable organizations and individuals in need. For more information, visit [Thrivent.com](http://Thrivent.com). Also, you can find us on [Facebook](https://www.facebook.com/thrivent) and [Twitter](https://twitter.com/thrivent).

*Registered representative for securities offered through Thrivent Investment Management Inc., 625 Fourth Ave. S., Minneapolis, MN, 55415-1665, 1-800-THRIVENT (800-847-4836), a wholly owned subsidiary of Thrivent Financial for Lutherans. Member FINRA. Member SIPC.*

# Coming Soon: A New Way To Help Atonement

News from Thrivent Financial by Carol Winston

Thrivent Financial will be implementing a new program within the next couple of months that replaces the former program under which they provided funds to individual Lutheran churches like Atonement.

The new program, which is called Thrivent Choice, allows eligible Thrivent members to personally direct funding to the organizations of their choice. These organizations include Lutheran nonprofit organizations such as schools, camps, campus ministries, colleges and local Lutheran congregations. Atonement has signed up to be one of these eligible recipient organizations.

As a Thrivent member, you should be receiving a letter explaining how the program works possibly as early as late July. Watch for this letter in the mail and be sure to take the opportunity to direct your Choice dollars! As always, Atonement is grateful for your consideration when you make charitable giving plans.

If you would like more details about this program and how it works, go to Thrivent's webpage at <https://www.thrivent.com/thriventchoice/index.html>.

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## Council Highlights

### July 15 Meeting

#### **CHILDHOOD ED** – *Lori Prater*

VBS was a huge success. We had about 35 kids each day, and they had a great time learning about God's word. The kids rotated throughout stations that included crafts, Bible study, games and Chadder's Theater. The kids also started and ended each day with songs and skits with Pastor Chad, Aly and the confirmation youth.

Morning for Moms is a new Wednesday morning group Aly organized for the summer. It started out with a pool party at Ken and Sue Carters'. For the rest of the summer, it is a co-op child watch group in the church nursery and playground. Each Wednesday, two moms watch between 10-12 kids while the other moms have 2 hours free.

#### **PARISH LIFE** – *Sue Carter and Kris Kiburz*

Planning for Tim and Michael's going away party. (And what a wonderful party it was!)

#### **WORSHIP AND MUSIC** – *Linda Wisler*

We are currently working on the following topics:

- Updating Worship Leader task lists and scheduling a training session for August 29 during CFD.
- Cantor/Music director selection process should be completed in early August.
- Updating Organ task force work
- Evaluating 11:15 in relation to other committees and their concerns. As a whole, the committee feels it is going well and fulfilling the need. We discussed the various committees concerns, mostly about time in between services and time for CFD.

*(cont'd)*

### **YOUTH AND FAMILY** – *Pastor Chad*

Senior High had a great trip to Lake Powell, June 1-7. Several youth went to Rainbow Trail Confirmation Camp June 27-July3 with Pastor Chad. Coming July 23-25, Family Camping near Estes Park.

### **BUILDING AND GROUNDS** – *John Drexler*

Painting is going well – should have virtually the entire original project done by end of July. West door access system has been installed.

### **SOCIAL MINISTRY** – *Andrea Vahl*

Ice Cream Social was held on July 11th. Over \$900 was raised and that doesn't include the Love Offering envelopes. The next Habitat Build day is scheduled for Friday July 30th.

### **ADULT EDUCATION** – *Jeanne Nijhowne*

The Fall schedule for CFD will start with Pastor Chad presenting the second half of "Making Sense of Scriptures". In mid-October we will again split into three sessions. In Life Issues, we have a course on "Hot Topics in Children's Health", World Issues: "Stewardship of the Earth", and in Theology: "Lutheran Theology 101" lead by Pastor Deb. The Library Committee is reorganizing the library prior to the move to the chapel.

### **EVANGELISM AND OUTREACH** – *Steve Vahl*

3 ideas that seem to keep coming up and don't seem to require too much effort to implement: 1) Better signage, 2) Move greeters closer to the entrances, 3) Be more intentional about connecting with visitors.

### **CONGREGATIONAL CARE** – *Marilyn Morris and Joy Symes*

We will be offering a Stephen Ministry 2010 class, starting late Sept or early Oct, combined with Christ the Servant Lutheran Church members. Also, ideas are needed for getting to know one another, to be more inclusive, to invite, converse, care, and meet with more members and visitors.

### **STAFFING COMMITTEE** – *Carol Winston*

Developed general guidelines for hiring process including an application form. Working on Safe Haven Policy. Will begin a review of ALC administrative duties in August.

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## *Ongoing Business*

**Columbarium** – Construction has begun on the wall unit. The 35-niche unit will be delivered and installed next week. Landscaping is expected to begin the week of July 26 or later. More details will be available at the next council meeting.

**Building Security** – New locking system for west side double locking door has been installed. Individuals or groups who need access to church building will be given security code. Council asks that South and West church doors are not propped open. Please close the South and West doors if you see them propped open. It is ok if doors going outside to play ground are propped open while kids and adults are on the playground.

**Search for Cantor** – Six candidates were selected for phone interviews and the top three candidates were selected for face-to-face interviews. The top 3 candidates will go through auditions on July 26.

**Organ Discussion** – A letter will be mailed to the congregation providing the status of ALC's financial plan as of June 30th, more information about the organ project, and the creation and purpose of a Long Range Planning Committee.

**Long Range Planning Committee** – Carol Winston will be heading up the creation of a Long Range Planning Committee.

## *Native American Connections*



This Collection will take place on Saturday, August 7, 9:00 am to noon, in the northwest corner of our parking lot. **Clean and in-good-repair items** including clothes, appliances, furniture, household, toys, etc. will be accepted. We ask that you **do not bring items prior to that Saturday.**

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## *Flatirons Habitat for Humanity*

A number of exciting events are coming up – Please join us as you are able.

**Later this year** – Join with members from Grace Lutheran, as we are part of the Apostle’s Build program. We have two confirmed build dates left to help build another house in North Boulder:

Saturday, September 11

Saturday, November 13

Please see Pastor Chad or Scott McCormick to volunteer for these dates or receive more information.

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## *Cross-Cultural ‘vision trip’ to Guatemala*

In order to help us each realize the ways God is at work in the world around us, Pastor Chad is going to lead a group of approximately 12 individuals on a cross-cultural ‘vision trip’ to a beautiful Catholic mission in the highlands of Guatemala. Tentative dates are January 28-Feb. 5, 2011.

Daily routines include participating in work projects around the mission (amount depending on ability), learning about the coffee, reforestation, clinic and other projects they support, experiencing the beauty of Guatemalan culture and scenery, experiencing an intentional time of spiritual renewal and, of course, some relaxation too.

If this raises your interest, you are encouraged you to discover more about this opportunity by contacting Pastor Chad with questions or to put your name on an interest list. There is additional information about trip costs, health requirements, etc. for those interested. I strongly encourage people of all ages to explore this opportunity, including youth and their parents/grandparents.



## August 2010

### Sunday Worship Calendar 9:00 a.m.

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

9:00 am	August 1 Pentecost 10	August 8 Pentecost 11	August 15 Pentecost 12	August 22 Pentecost 13	August 29 Pentecost 14
<b>Readings</b>	Ecclesiastes 1:2, 12-14; 2:18-23 Psalm 49 Colossians 3:1-11 Luke 12:13-21	Genesis 15:1-6 Psalm 33 Hebrews 11:1-3, 8-16 Luke 12:32-40	Jeremiah 23:23-29 Psalm 82 Hebrews 11:29-12:2 Luke 12:49-56	Isaiah 58:9b-14 Psalm 103:1-8 Hebrews 12:18-29 Luke 13:10-17	Proverbs 25:6-7 Psalm 112 Hebrews 13:1-8, 15-16 Luke 14:1, 7-14
<b>Assisting Minister</b>	Tim McCandless	Jan Ydstie-Roy	Brian Mason	Cherie McCandless	Kathy Lindholm
<b>Greeters</b>	Bob & Lea Patterson	Janet & Jerry Gilland	Dee Soppeland Addy Martinez	Stan Jackson & Antje Sliger	Twaddell Family
<b>Ushers</b>	Jerry & Janet Gilland	Stan Jackson John Erickson	Carol Winston Sydney Swennes	John & Liz Drexler	Barton & Kris Kiburz
<b>Lector</b>	Marilyn Morris	Kim Dion	Steve Vahl	Bruce Allen	Katie Moran
<b>Acolyte</b>	Clara Frostman	Clara Frostman	Chase Elliott	Clara Frostman	Clara Frostman
<b>Altar Care</b>	Judy & Roger Bullert	Mary & Leo Nelsen	Liz & John Drexler	The Prater family	Joy & Gary Symes
<b>Communion Asst.</b>	Lori Alt Ester Matheson	Pauline Farrow Kathy Lindholm	Brian & Candace Cadena	Jan Ydstie-Roy Irene Koster	Stan Jackson & Antje Sliger
<b>Musicians</b>	Boulder Renaissance Consort	Linda Wisler and Tim McCandless	Kathy Stith	Summer Family Choir	Carolyn Beach

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>August 2010</i>						
<b>1</b> Pastor Deb-Vacation 9:00 AM Worship/Holy Communion, Children's Church 10:00 AM Fellowship Time 10:15 AM Children's Music Class, 3rd-8th Grades-R11 11:15 AM "Eleven-Fifteen Worship"	<b>2</b> OFFICE CLOSED Pastor Deb-Vacation	<b>3</b> Pastor Deb-Vacation 9:00 AM LifeSpark Sessions-R8 Occasionally, throughout week) 1:30 PM Staff Meeting 6:00 PM Rev. Thompson Consult-R8	<b>4</b> Pastor Deb-Vacation 9:30 AM Ani's Hope Cancer Support Group-CH 9:30 AM Morning for Moms-Nursery	<b>5</b> Pastor Deb-Vacation 3:00 PM Music Class-R11 6:30 PM HospiceCare DI-CR	<b>6</b> Pastor Deb-Vacation 6:00 PM First Friday Fellowship @ Mona & Gene Arehart Home	<b>7</b> Pastor Deb-Vacation 9:00 AM Native American Connections Pick-up
<b>8</b> 9:00 AM Worship/Holy Communion, Children's Church 10:00 AM Fellowship Time 10:15 AM CFD: "Christ Beyond Boulder" - Nicaragua Interfaith Service Trip-Jean Gall 10:15 AM Children's Music Class, 3rd-8th Grades-R11 11:15 AM "Eleven-Fifteen Worship"	<b>9</b> OFFICE CLOSED Pastor Deb-Vacation	<b>10</b> Pastor Chad-Cont. Ed 7:00 AM Early Bird Breakfast 9:00 AM LifeSpark Sessions-R8 Occasionally, throughout week) 1:30 PM Staff Meeting	<b>11</b> Pastor Chad-Cont. Ed 9:30 AM Ani's Hope Cancer Support Group-CH 9:30 AM Morning for Moms-Nursery	<b>12</b> Pastor Chad-Cont. Ed 1:00 PM Music Class-R11 3:00 PM Pastoral Care Team-LI 6:30 PM Church Council-CH	<b>13</b> Pastor Chad-Cont. Ed 5:30 PM Wedding Rehearsal-SA	<b>14</b> Pastor Chad-Cont. Ed 4:30 PM John Cumalat/Tanya Sichko Wedding
<b>15</b> MESSENGER ARTICLES DUE Pastor Chad-Cont. Ed 9:00 AM Worship/Holy Communion, Children's Church 10:00 AM Fellowship Time 10:15 AM CFD: "Christ Beyond Boulder" - Navajo Sites presented by Sue & Ken Carter 10:15 AM Children's Music Class, 3rd-8th Grades-R11 11:15 AM "Eleven-Fifteen Worship" 11:15 AM Stephen Ministry Peer Support	<b>16</b> OFFICE CLOSED	<b>17</b> 9:00 AM LifeSpark Sessions-R8 Occasionally, throughout week) 9:30 AM Love Day-CR 1:30 PM Staff Meeting	<b>18</b> 9:30 AM Ani's Hope Cancer Support Group-CH 9:30 AM Morning for Moms-Nursery	<b>19</b> 11:30 AM Women's Mini-retreat/lunch-Bible Study on Prayer at Pastor Deb's Home 2:00 PM Music Class-R11 6:30 PM HospiceCare DI-CR	<b>20</b>	<b>21</b>
<b>22</b> 9:00 AM Worship/Holy Communion, Children's Church 10:00 AM Fellowship Time 10:15 AM CFD: A Taste of Stephen Ministry 10:15 AM Children's Music Class, 3rd-8th Grades-R11 11:15 AM "Eleven-Fifteen Worship"	<b>23</b> OFFICE CLOSED	<b>24</b> 9:00 AM LifeSpark Sessions-R8 Occasionally, throughout week) 1:30 PM Staff Meeting	<b>25</b> 9:30 AM Ani's Hope Cancer Support Group-CH 9:30 AM Morning for Moms-Nursery 10:30 AM OWLs Trip to Estes Park	<b>26</b> 2:00 PM Music Class-R11 3:00 PM Pastoral Care Team-LI 7:00 PM Social Ministry Committee-FE	<b>27</b>	<b>28</b>
<b>29</b> 9:00 AM Worship/Holy Communion, Children's Church 10:00 AM Fellowship Time 10:15 AM CFD: Worship Leader Training 10:15 AM Children's Music Class, 3rd-8th Grades-R11 11:15 AM "Eleven-Fifteen Worship"	<b>30</b> OFFICE CLOSED	<b>31</b> 9:00 AM LifeSpark Sessions-R8 Occasionally, throughout week) 1:30 PM Staff Meeting	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>