

# The Messenger



Monthly Newsletter of Atonement Lutheran Church • June 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



Photos: Andreas Beuschel

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

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## CELEBRATE *God's Love and Grace*

### *Dear Friends in Christ,*

A few Atonement members and I have been meeting to plan for worship during the upcoming Pentecost season. (Thanks Cherie, Jeff, and Kathy!) *What's that, you say? Pentecost?*

Pentecost is the 50<sup>th</sup> day after Easter, which also is the 10<sup>th</sup> day after the Day of Ascension. In our Christian tradition we celebrate Pentecost as the giving of the Holy Spirit to the Church as our Counselor, Advocate and Guide (Acts 2). The remainder of the church year – all the way through November – is considered the ‘season’ of Pentecost. (‘Ordinary time’ in the Catholic tradition.) The day of Pentecost also has roots back to the Jewish tradition as the Feast of Weeks that honored the giving of the first fruits from the Spring harvest and was celebrated 50 days after Passover. Historically, Pentecost was also the time to celebrate the giving of the Torah at Mt. Sinai.

You might wonder why I mention the link with the Jewish tradition. Well, our worship planning group for Pentecost looked at the upcoming texts and themes. The appointed gospel texts for this Pentecost season come from Luke and encompass much of Jesus’ first journey through Galilee and toward Jerusalem to preach, teach, and perform signs that “the kingdom of God has come near to you” (Luke 10:9). We started talking about our faith journeys and what it means to follow Jesus. Then someone mentioned a Christian video about what it meant to follow a rabbi/teacher at the time of Jesus.

In the first century Jewish world, youth would study and memorize the Hebrew scriptures, starting with the Torah: Genesis, Exodus, Leviticus, Numbers and Deuteronomy. They would study for many years and then only the best of the best would apply to a rabbi to be one of his disciples. If the rabbi chose a youth to follow him it meant they would devote their entire life being like their rabbi, knowing what their rabbi knows; doing what their rabbi does. You can imagine a rabbi walking dirt roads with his disciples close behind covered in whatever the rabbi's feet kicked up. Or sitting by his dusty feet as he taught. A blessing was developed among the sages and wise men for disciples "May you be covered in the dust of your rabbi."

Jesus was a rabbi who did things somewhat differently. He chose young fishermen, carpenters and such. They were not the best of the best. Yet he believed they could be like him and do what he did. Jesus has called us to be his disciples with faith that we too can do what he did and be like him - a people of compassion and forgiveness, love and peace.

During these first weeks of the Pentecost season, we're going to spend time in worship considering the ‘dust’ Jesus has kicked up and with which he hopes we are covered.

#### **Covered in Dust?**

June 6 – Compassion (Luke 7:11-17)

July 4 – Authority (Luke 10:1-20)

June 13 – Forgiveness (Luke 7:36 - 8:3)

July 11 – Love (Luke 10:25-37)

June 20 – Peace (Luke 8:26–39)

July 18 – Spiritual Sustenance (Luke

June 27 – Urgency (Luke 9:51-62)

10:38-42)

This summer many of us will travel or welcome people traveling to us. Wherever your footsteps lead you, remember you are walking closely behind your rabbi, Jesus.

**May you be covered in the dust of your rabbi.**

In Christ,  
Pastor Debra

P.S. Save Sunday, July 18, as a day to wish Dr. Tim Snyder and Mike Mastronicola ‘Godspeed.’ It will be Tim’s last Sunday at Atonement. Plans are not yet final, but we plan to have a celebration during and after worship that morning, and then a party co-hosted with the Boulder Chorale that same evening.

## *Birthdays*

Ann Meas	6/1
Trevor Robinson	6/1
Crif Crawford	6/3
Joyce Peterson	6/3
Bette Gilkinson	6/4
Laurie Reitsema	6/5
Deloris Nienaber	6/6
J D Robinson	6/8
Barb Kepler	6/9
Deanne Hahn	6/11
Dorothy Marshall	6/11
Gene McNutt	6/11
Wendy Baumgartner	6/14
Jeff Stair	6/14
Roger Olson	6/15
Patti Kepler	6/17
Kelly McCandless	6/17
Henry Vahl	6/17
Abbey Oxenfeld	6/20
Dorothea Steinke	6/21
Bob Matheson	6/23
Elizabeth Raymond	6/23
Joy Symes	6/23
Mary Ann Lundgren	6/24
Lynda Reisinger	6/24
Mary Stith	6/24
Sonna Miller	6/25
Bill Anderson	6/26
Natalie Koster	6/26
Kenneth Pinson	6/29

## *Anniversaries*

Doug & Wendy Baumgartner	6/2
Gary & Joy Symes	6/5
Ed & Kay McDowell	6/6
Bob & Jan Bundy	6/7
Dwight & Gloria Ellefson	6/7
Mariann & Virgil Schafer	6/7
Jim & Beverly Tull	6/7
Don & Lucille Ritchart	6/9
Bud & Gerry Luethi	6/10
Earl & Kay McLaughlin	6/10
Luther & Lois Bergeland	6/12
Norm & Marge Cizek	6/12
Max & Mary Kiburz	6/12
Bob & Julie Stuenkel	6/13
Tim & Cherie McCandless	6/14
Wayne & Julie Tatro	6/15
Greg Oxenfeld & Lynette Schulz	6/18
Andre & Kim Dion	6/21
Tom & Barb Kepler	6/23
Branko Kosovic & Julie Lundquist	6/23
Roger & Ina B. Olson	6/26
Les & Mary Ann Nesbitt	6/27
Jeff & Mary Jenson	6/28
Virgil & Audrey Schlack	6/30

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## *Attendance in April*

Apr 1	107 ( <i>Maundy Thursday</i> )
Apr 3	72 ( <i>Holy Saturday</i> )
Apr 4	411 ( <i>Easter</i> )
Apr 11	194 ( <i>New worship times start</i> )
Apr 18	180
Apr 25	192



**The OWLs** are planning a luncheon and visit to the Rocky Mountain Quilt Gallery and Market in Golden on Wednesday June 23. We will leave the church at about 11:30.

The mission of the Rocky Mountain Quilt Museum is to celebrate people and their stories, to honor quilt-making traditions, and to embrace the evolution of the art and craft of quilting. When we visit the Museum we will uncover the fibers and layers of the human experience through quilts. The current exhibit showcases mid-1800's Lancaster County Mennonite pieces, historic crib quilts, cheerful mid-western 1930's patchwork, and other exquisite antique bedcovers.



Our day will unfold something like this:

- 11:15 Gather at Atonement to travel as a group to Golden
- 12:00 Arrive at Table Mountain Inn for lunch, average meal is from \$8 to \$12.
- 1:30 Museum arrival with free time to peruse the Museum and Quilt Market
- 2:00 Museum tour telling the stories of the quilts
- 2:30 to 3:00 Depart for trip back to Boulder
- 3:30 Arrival at Atonement

Cost for the museum is \$5 for seniors or \$4 per senior if we have more than 15 people. And adults under 65 pay \$1 more than seniors.

Please join us for this great opportunity to be in community and have fun together! If you have questions contact Jody R.

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## *First Friday Fellowship*

**June 4, 6:00 pm, at the home of Jeanne and Jim Fetterman.  
Address: 919 Meadow Glen Drive, Boulder.**

Adults of all ages are invited! Bring an appetizer or dessert to share. Soft drinks provided; bring wine if you wish. Contact Jeanne at 303-494-5566 if you can join us or come anyway! July hosts will be Ken & Sue Carter. Questions or offers to host, contact Jan Ydstie-Roy at 303-554-0311 or Jan Bundy at 303-604-0869. Hosts are needed for Sept., Oct., & Nov.

## *Bar-B-Que and Bluegrass!*

### **Second Annual Sky Ranch Fundraiser**

Where: Spirit of Joy Lutheran Church, Lemay and Harmony in Fort Collins  
When: Saturday, June 5 at 5:30 PM  
What: Bring a chair or blanket, your favorite instrument, and join us for a fun evening to benefit Sky Ranch  
How Much: \$7 for BBQ brisket, chips, and a yummy dessert!

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## *Lutheran Family Services of Colorado*

Thanks those of you who supported Lutheran Family Services of Colorado 2010 Annual Benefit Gala. Your commitment to helping vulnerable children, families and older adults in our community is sincerely appreciated. Partnerships with people like you allow us to truly make a difference. With your efforts we raised over \$100,000 to benefit our programs including foster care, adoption, refugee and asylee services, assistance for older adults and their caregivers, pregnancy counseling and disaster response. Through our programs we have seen many lives changed for the better. Thank you!

If you weren't able to joint us at the Gala:

Come one come all! Parents, kids, grandmas and grandpas! Discover the world of plants with fun and exciting activities designed just for families, while helping Lutheran Family Services of Colorado grow and thrive. The Annual Family & Charity event, Plant a Seed of Hope, is on Saturday, June 12, from 10:30am – 1pm at the Denver Botanic Gardens. The cost is \$17 (11 yrs. & older), \$14 (ages 3-10) and free for children 2 & younger. Admission includes access to all garden exhibit areas, a special Garden Explorers Activity (plenty of fun for all ages – exploring all five senses to design and pot a flowering plant to take home and enjoy), a Classic American Picnic. Go to [www.lfsc.org](http://www.lfsc.org) or call 303.217.5860 to register.

Also look for the fabulous LFS Online Auction of Hope with the auction preview date beginning Friday, June 4th. Go to the LFS website [www.lfsc.org](http://www.lfsc.org) for the link to the auction and to see all the items. There is something for everyone and the bidding will conclude on Monday, June 14<sup>th</sup>. For more information contact Danette Goldhammer at 303.217.5860.

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## *Congrats!*

**High School Grads:** Hannah Alt, Mariah Hermsmeyer, Anna Jenson and Andrea Kelly.

**College Grads:** Kristen Lindholm, daughter of Dave and Kathy Lindholm, who graduated from Luther College (Decorah, IA) on May 23 with a Bachelor's Degree in Elementary Education; Christopher McCormick, son of Scott McCormick and Jackie Glover, who graduated from CU, Boulder with a Bachelor's Degree and double major in Philosophy and Anthropology; John Olson, who graduated from CU, Denver as a Physician's Assistant; Veronica Thomas, daughter of Carol Hunziker, who graduated from the University of Southern California (USC) with a degree in Civil Engineering.

## *Diet of Bookworms*

**Sunday, June 27 @ 4:00 pm – Strength In What Remains** by Tracy Kidder



So many books, so little time... What will you get if you devote a few hours of your life to this book? Here's a sampling: a well told tale; repeated examples that support the premise that no matter how ragingly black the night of human behavior, some amongst us will light candles, and fight vigorously to protect that fragile light; a truly fascinating view of New York City's underbelly; and finally, you will get a detailed examination of modern African genocide. Kidder's description of the madness of the violence in Burundi and Rwanda is never pornographically detailed, but is nonetheless devastating... The triumph and the tragedy of human behavior are contained between the front and back covers of the book. You, and if you belong to one, your book club, will be stretched between these two poles: Deogratias (Thanks be to God) and the unattributed quote "Tell me God, should I thank you, or forgive you?"

*Thanks to Dan Murphy for this review.*

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## *Moment for Moms*

Moment For Moms will celebrate summer this month by planning a Mom's Night Out. We will take our monthly meeting offsite for a night on the town and a time of fellowship and fun! We will meet on Thursday, June 17<sup>th</sup> at 5:30 pm at the Empire Lounge in Louisville. We will meet for appetizers at 5:30 and dinner at 6:00. Due to being offsite, childcare will not be provided at church.

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 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 to the rest of the summer:

**July 29** – Annual Moment for Moms Family BBQ/Potluck at the Kohlmeyer home

**August** – No Meeting

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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## *June Love Offering*

### **Flatirons Habitat for Humanity**

As you hopefully know by now, we are partnering with Grace Lutheran Church to split the cost and commitment to an Apostle's Build project with the Flatirons Habitat for Humanity. The Apostle's Build project splits the cost of building an entire Habitat home between 12 churches (and we split our commitment in half with Grace). We are very excited to be a part of this project and look forward to helping build a house from start to finish. Our June Love Offering will go towards funding this commitment. We will keep you posted on build dates! More information about Flatirons Habitat can be found at [www.FlatironsHabitat.org](http://www.FlatironsHabitat.org).

## *Gifts of Music*

### **The Whippoorwills**

**Sunday, June 13 at 9:00 a.m.**

A Boulder-area folk trio, the Whippoorwills return to worship with their unique blend of blues, gospel, American folk and original music— a great Sunday to invite a friend to worship!



### **Summer Family Choir**

**Sunday, June 27 & Sunday, July 18**

Meet in the Sanctuary at 8:30 a.m. to learn an easy and fun piece to offer in worship. Kids of all ages and families are welcome. Please join us!

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## *Eleven-Fifteen is Up and Running*

Our new service at 11:15 is in full swing. We have had six services so far and each has proven to be innovative, engaging and spirited. Each week 2 hosts 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. The newly-formed creative team is involved in planning and visioning the upcoming Pentecost season, so this really is a service of the people. Come and see what it is all about!

If you have any questions about the service or would like to know more about getting involved or volunteering for the host role, please contact Linda Wisler – 303-443-1838. (<mailto:lwisler@comcast.net>)

I will be happy to answer your questions or sign you up!

*Linda Wisler*

**eleven-fifteen**

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## *Women's Bible Study*



Please come join us at the Women's Bible Study on Thursday, June 3rd from 11:30 am to 1:00 pm. Pastor Deb will lead us in the study of the parable of the persistent widow and unjust judge (Luke 18:1-8). We will be providing salad greens and everyone should bring something to include in the salad. We look forward to seeing you there!

# The Battle of the Pros and Cons of Sun Light

By Pauline Farrow, Parish Nurse

Even though we just had snow recently in May, the month of June signifies the onset of summer and the debate about sun exposure. Arguments can be made for health benefits and risks from the sun. The sun has been shining on us since creation, so when did it become bad for us? Is all this skin protection from sunscreens and special clothing necessary? Let us briefly outline the benefits and risks associated with sun exposure.



**Benefits of Sun Exposure** – UV (ultraviolet) rays, like exercise, stimulate the production of endorphins, the feel good brain chemical. These rays help reduce pain and help reverse SAD (seasonal affective disorder). Sun converts to vitamin D on the skin, which may protect against osteoporosis (bone loss), heart disease, diabetes and numerous cancers such as, breast, colon, and prostate.

**Risks of Sun Exposure** – There are two types of ultraviolet rays, UVA (longer wave lengths) and UVB (shorter wave lengths). UVA rays penetrate the skin and damage tissue at deeper levels than the top epidermis layer. UVA leads to premature aging and wrinkles, suppresses the immune system, and interferes with the body's ability to protect against skin cancers. Tanning parlors primarily emit UVA rays. UVA rays also penetrate clouds and glass. UVB rays penetrate the top epidermis stimulating the production of melanin. This results in freckles, suntan, and/or redness and sunburns. UV damage is cumulative, based on years of exposure. About 65% of the deadly melanoma skin cancer is linked to sun exposure, while family history accounts for another 10%. Melanoma can appear on places that are rarely exposed to the sun. Photosensitivity to sun rays can also be brought on by certain medical conditions, such as herpes, acne, Crohn's disease, or lupus. Sun light reacts with many common meds, such as antidepressants, antifungals, some diuretic blood-pressure meds, and the popular anti-inflammatory and pain drug- naproxen (Aleve). The Skin Cancer Foundation offers a list of meds associated with photosensitivity on their web site [www.skincancer.org](http://www.skincancer.org). Sun light exposure also raises the risk of cataracts.

**How can we enjoy the sun safely?** Avoid overexposure. The new public health message from the Skin Cancer Foundation has changed from "Avoid the Sun" to "Seek the Shade." Enjoy the outdoor activities but be protected. Sit under an umbrella. Wear a hat, long-sleeved shirts and trousers. Wear sunglasses that block UV rays. Use broad-spectrum UVA and UVB sunscreens rated SPF 30 during the hours between 10 am and 2 pm when the sun's rays are strongest. Apply the sunscreen ½ hour before going outdoors and reapply regularly and frequently, especially if swimming or sweating. There is no such thing as a waterproof or all day sunscreen.

**How much to apply?** – At least a shot glass amount. Apply sunscreens separately from bug sprays. Also be aware that living in Colorado exposes us to 20% more UV light than at sea level. So altitude, the angle of the sun, and skin fairness are factors to evaluate your skin risk. Wide spread Vitamin D deficiency is just now being recognized. Vitamin D can be taken as a supplement, but the dosage is variable and dependent on lab tests. However, most people can get adequate amounts of Vitamin D naturally during the summer. Just 10–30 minutes sun exposure three times a week without sunscreen is enough. Finally, there is nothing like the sun to make you feel good. Just do not bask under the sun for hours and stay away from tanning parlors.

In closing, to review the four warning signs of a cancerous skin growth think ABCDE:

**Asymmetry** – one half unlike the other half

**Border** – irregular, scalloped or poorly defined

**Color** – varies from one area to another, different shades of tan, brown or black

**Diameter** – the size of a pencil eraser or larger

**Evolving** – changing in size, shape or color

**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



**Verse of the Month:** “If my people who are called by my name humble themselves, pray, seek my face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.” — 2 Chronicles 7:14

Prayers for the Gulf (from the ELCA Advocacy team)



April’s explosion on an oil rig in the Gulf of Mexico has led not only to a tragic loss of lives, but also to an unprecedented and still unfolding environmental and economic disaster for communities on the Gulf Coast. An estimated 5,000 barrels of oil (that’s about 210,000 gallons) are spilling into the waters of the Gulf each day from breaks in the oil pipeline, which could take up to 90 days to fix.

The oil has only just begun to reach land, but has already caused valuable fisheries to close—the Gulf of Mexico supplies much of our nation’s shrimp and oysters as well as other seafood. British Petroleum (BP) is using chemicals to try and disperse the oil, which may also present a threat to fisheries and the Gulf’s marine ecosystem.

The economic impact of the spill on tourism, fishing, and other industries in the region will likely persist for years. The environmental impact on coastal wetlands, which protect cities like New Orleans and Mobile from flooding, and on fish and other marine wildlife may take many months to understand, and many years to clean up.

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

**Pray.** As we watch this tragedy unfold, we can hold our brothers and sisters on the Gulf Coast and this damaged part of God’s creation in our prayers. An ecumenical worship resource of prayers for the Gulf Coast is available on the National Council of Churches Eco-Justice Program Web site:  
<http://www.nccecojustice.org/downloads/Gulf%20Spill%20Resource%20May%202010.pdf>.

**Respond.** Most of the cleanup work still lies in the future, but Lutheran Social Services of the South promises to keep visitors to their Web site updated as the needs of affected communities become clear and opportunities to give and volunteer become available. Already two Lutheran Episcopal Services of Mississippi sites on the Gulf Coast that once played host to Katrina recovery teams are beginning to host specially trained volunteers working to prevent damage and to clean up the oil spill.

**Learn More.** Congress has held hearings on the Gulf spill and may soon consider legislation to help the Gulf Coast. The Obama administration has asked Congress to act quickly to pass a legislative package aimed at helping Gulf Coast economies deal with lost jobs and lost revenue as well as finding resources to pay for the cleanup. We will keep you informed as advocacy opportunities arise related to the oil spill.

## *Stephen Ministry Training, Fall 2010*

Atonement has been a Stephen Ministry Congregation for over 25 years. Over that period of time, dozens of individuals have been trained as Stephen Ministers, lay ministers who walk along side you or your pew mate during troubled times. This program, to confidentially care for one another, is possible because members of our congregation volunteer for 50 hours of training and agree to dedicate two or more years to helping others.

However, commitments change, people move, some get emotionally drained, and needs change as we as a congregation grow as a congregation. We periodically train new ministers so that no one in need is ever turned away because there is not a Stephen Minister available. To meet those needs, we will be holding a training class starting this fall for new Stephen Ministers. If you believe this ministry is a way you would like to serve our congregation, for more information please contact Pastor Deb or one of your Stephen Leaders: Liz Drexler (303-499-8058, esdrexler@hotmail.com) or Marilyn Morris (303-444-7577, chamar@morris-clan.net).

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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.

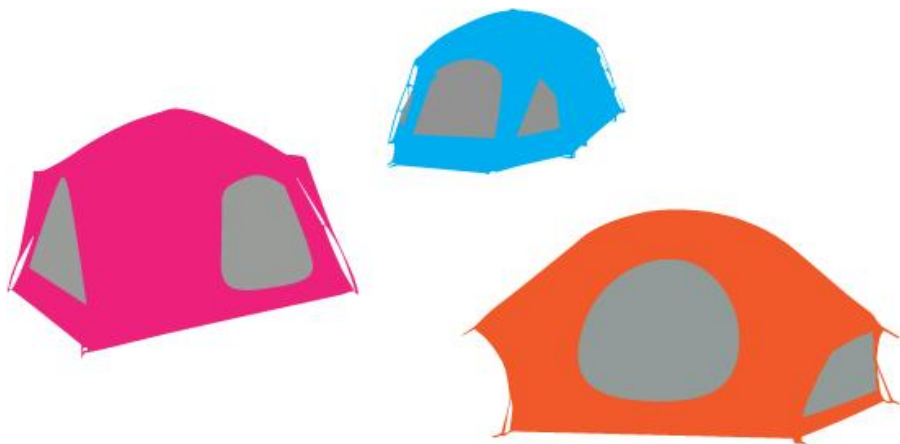


We will be learning to read music, playing for each other and singing together. Contact Mrs. Kathy for dates: kmstith@hotmail.com or 720-890-8718.

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## *Atonement Camping Weekend*

**July 23-25**



Come and celebrate God's creation with Atonement friends and families this summer! We'll be heading up to Rocky Mountain National Park for a weekend filled with hiking, campfires, singing, s'mores and a camp-style Sunday morning worship led by Pastor Chad! Watch for sign-up info in the fellowship area. A \$3 donation /person/night is requested to save your spot. Contact Lori Prater with questions: 303-494-4823.

## *Sunday School – Calling All Gardeners*

Gardening season is well underway. Seeds have been planted and now we wait. We wait for fruit, vegetables, flowers and grass to grow and remind us of the beauty of God's creation and God's providing. I admit that I am not good at gardening, but then again, I have not had a lot of experience with it. Thank goodness I am not solely responsible for my garden, the sun, soil and water play big roles to! Still, I try to do my part to plant, nurture and wait for growth.

Your faith journey is a product of the "planting" efforts of others. For those of you who had the opportunity to attend Sunday School as a child, think back to your experience! I would be willing to guarantee that most of us can remember at least one of our Sunday School teachers. Sunday School leaders have such a wonderful opportunity to journey with our young people as they are introduced to our stories of faith and to plant seeds that may have a lifelong impact! For many of our young people, they are hearing these stories for the first time. To quote a missionary friend of mine, "You never know how many times those stories you taught, will be retold."

It is a great honor and privilege to possibly have such an important impact on someone's life. Would you consider taking a hand at planting some seeds? We are looking for three new team teachers for the 2010-2011 school year. Please consider ways that you could take part in our Sunday School ministry. Our Spark curriculum offers numerous ideas on how to share the lesson point each week, as well as a SCRIPT of what to say with the children! When we utilize the team-teacher model, it really lightens the load of teaching throughout the year.

If you would like to learn more about what it is like to teach using the Spark curriculum, please seek out one of our current teachers-Pauline Farrow, Addy Martinez, Sandy Ramsey, Rebecca Scarborough or Kathy Stith to find out about their experience. If you are interested in helping out our program as a teacher or volunteer during the 2010-2011 year, please contact Aly Kohlmeyer at [alyehrenberg@hotmail.com](mailto:alyehrenberg@hotmail.com) or 720-862-7644.

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## *Vacation Bible School*

**June 13-17**

**Sun 10:30-12:30, Mon-Thurs 9:00-12noon**

Mark your calendars for an exciting week of learning about Jesus' love, while traveling the world on the high seas! Through arts & crafts, music, fun and games our kids will have an exciting adventure that includes many of our favorites from last year:

Chatter's Theatre, Spotlight Cinema, snacks, and music with Pastor Chad and Aly! Go to the registration table in the Fellowship Area to sign up your kids and all their friends for this fun event! This year's VBS curriculum is for kids 3yrs-5th grade. The nursery (and partial participation) will be available for younger siblings and children of volunteers. Contact Pastor Chad ([chad@atonement-lutheran.org](mailto:chad@atonement-lutheran.org); 303-499-4567 x 2) or Lori Prater (303-494-4823) with questions or to volunteer.



## Prayers...

Please hold our children and youth in your prayers this summer. June 1-6, seven High School students and two adults will venture to Lake Powell for a house boating trip where they will build community and enjoy fellowship together. Please pray for safety and for community to be built among the students. June 13-17 is Atonement's annual Vacation Bible School with the theme High Seas, where they will discover how God's Word is life changing. June 27-July 3 our confirmation students will be heading to Rainbow Trail Lutheran Camp for Confirmation Camp.

Lois Bergeland; Norma Korte; Earl McLaughlin; Jeanne McNeely; Lin Crowley, Debby Vollmer; Mary Stith, on the death of her sister; Tom Dettloff; John Reed; Keith Kimball; Family and friends of Mark Eyerman.

## ...& Praise



*Dear Atonement Members, Staff and Pastor Debra and Pastor Chad,*

*Thanks so much for allowing my family to celebrate Scott's life at Atonement. I have been told it was the most beautiful service ever! We laughed, we cried, we sang, we ate. I was thrilled to find out it had been recorded!*

*Also, a big thank you to the Women — what a beautiful job they did setting up and serving the food. Not to mention the huge kitchen clean up. It was all so wonderful. Also, many men had to put up and take down so many chairs! I will visit soon!*

*Gina Alexander*

Thank you to all who volunteered at the Boulder Creek Festival booth Memorial Day weekend. Your participation made a difference!

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## Christian Faith Development

### **Christian Faith Development Sundays at 10:15 in the Chapel - June**

During Summer CFD time, our popular "Christ Beyond Boulder" series continues as members share photos and memories of their travel adventures. Please see Jeanne Nijhowne to sign up.

**June 6** – Jackie Glover and Scott McCormick: Trip to Jamaica;

**June 13** – Nick McCumber shares his digital art entitled: 'Visions of Antarctica, Easter Island, Britain and Places Between';

**June 20** – "Evangelism & Outreach Brainstorming" led by Steve Vahl.

## *We Care at Atonement*

Gardens create communities, a master gardener speaker said recently, by creating a place to pause and chat with the gardener.

Atonement's garden is our congregation, and, although our pastors and committee members are the gardeners, community building comes before and after meetings and during casual contacts over coffee, in the pews, or waiting to shake the pastors' hands.

The WE CARE brochures and pew cards list many ways to help our neighbor at church, at home, or at work, but the real help begins when we pause and chat with the person standing nearby and listen to their voice, their expression, and their body language.

What might a simple conversation start? Maybe a job opening, a meal after surgery, or new caring friend for either person. Help build Atonement's community, be one of our gardeners, and show we care.

Marilyn Morris

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## *Needed!*

Sunday Fellowship Coordinator. Responsibilities small, rewards great! Opening begins the first Sunday in June. Call or email Sue Carter, Fellowship chair, at 303-393-3663 or [scarter3@aol.com](mailto:scarter3@aol.com)

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## *Volunteers in May*

Many thanks to Sue Carter, Kate Crawford, Sandy Droeger, Barbara Fink, Edith Hanson, Barton, Kris & Mary Kiburz, Lea Patterson, Jeff Ramsey, Don & Lucille Ritchart, Peggy Simpson and Ailie Swanson.

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## *Spiritual Spa on Grief*

**Wed., July 14, 11:00am - 1:30pm**  
**Pastor Debra's Home**

We go to the spa with physical aches and pains; what about spiritual ones? If you're currently burdened with grief, consider joining Pastor Debra for a spiritual spa, Wed., July 14 at her home. There will be time for conversation, devotional reading, prayer, and a nutritious lunch served on good china. (Sometimes our hearts need TLC too!)

Please RSVP with Pastor Debra. Space is limited to about 20 people.



# *A Financial and Care Inventory Saves Time and Frustration*

Fourteenth in a Series from Thrivent Financial for Lutherans

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

Each year, thousands of Americans are thrust into the uncomfortable role of making financial and care decisions for their senior family members or untangling the financial records of that family member. The task can be time-consuming, expensive and stressful for those unprepared for this responsibility.

Fortunately, there is a simple remedy to reducing the stress connected to these crises: communication. By informing loved ones, in advance, of the location of your key financial documents as well as your care directives and wishes, you can greatly reduce the stress that your loved ones face in dealing with your illness, disability or death.

While raising the subject may create some momentary awkwardness for both parents and their adult children, it is far better for seniors to inform their children about their wishes in advance of a care crisis than to force them to guess what “mom or dad would have wanted.”

Clear communication can also eliminate the problem of not passing assets to one’s adult children because they were never aware the asset (or financial account or contract) existed. Spelling out the location of these accounts, as well as your care wishes ensures that your loved ones have the information they need to provide for your care or handle your estate.

A financial and care inventory can help your loved ones carry on in the event of your incapacitation or death. It provides loved ones with a roadmap to critical information. It is focused on the “where,” not the “what,” of your financial holdings. The inventory is not a legal document, and it need not divulge personal or confidential details that you are not prepared to share. It should, however, enable your loved ones to quickly locate your financial, legal, care and legacy records should a crisis occur.

This inventory should be updated at least annually, and copies should be given to your loved ones, lawyer or executor – or placed in a secure location where your loved ones can find it.

While each family’s inventory will differ, the inventory should include information related to where your loved ones can find the following:

- Living wills/health care directives
- Insurance contracts (health, life, long-term care, annuities, auto, homeowners, etc.)
- Wills, trusts and deeds
- Bank accounts and investments/investment accounts
- Credit card accounts and outstanding debt
- Contact information for lawyers, accountants, brokers, agents
- Jewelry and other valuables
- Essential keys
- Instructions related to funeral arrangements
- Personal instructions or messages
- Location of birth, marriage and military discharge certificates
- Information related to charitable gifts

By providing your family members with this information prior to a crisis, you can eliminate a great deal of potential stress. What better gift can you give to your loved ones than communicating this knowledge in order to provide a sense of comfort in the midst of life’s uncertainties and troubles?

*Deidre Farrell, MBA, LUTCF, FIC, Paul Dahlgren, CFP®, ChFC, CLU, Bruce Hoelter, LUTCF, FIC, Tim McNamara, 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).*

# Council Minutes Summary

## ONGOING BUSINESS

**Childhood Ed** - Childhood Ed is working with the staffing committee to hire a nursery attendant.

**Columbarium** – The wall unit has been ordered. Construction will take place in Texas. We should receive it in mid to late summer. Once we receive the wall unit, the building permit will be pulled. Use issues have already been worked thru. Costs for Phase One are roughly \$15,000 (wall unit, labor, flagstone patio). Other expenses could run \$10-20,000 for fence, landscaping, irrigation and signage. Pastor Deb or Deborah Kelly will work with Mary Jenson to display drawings.

**Habitat for Humanity Partnership** – Fundraiser breakfast is May 25<sup>th</sup> at the Spice of Life Catering Center (7:45 – 9:00 am). Atonement has 6 individuals coming to the breakfast and has room available for more. If we know of someone who would like to attend, contact Deborah Kelly. Donations collected will offset Atonement's commitment. Social Ministry will direct Love Offerings in June toward the Apostle's Build. In June we hope to have 50-75% of Atonement's financial commitment in place. Pastor Chad is organizing build times – potentially in August.

**Second Service Update** - Jan Ydstie-Roy and Council did an actual walk-through of the 11:15 host role. Council members have been asked to act as hosts through the summer. If we think of ideas or ways to improve the host role, we should contact Jan.

**Building Use Guidelines and Liability** - The office is in the process of gathering proof of insurance forms from current building use members. Carol Winston will update the policy so that it refers to the Senior Pastor. Carol will also contact Cherie McCandless to see how and where it can be posted on the website.

**Top Three Focus Items for 2010** - The Council will carve out time in upcoming Council meetings to talk about each focus item.

1. Second Service Success – Worship and Music Committee will help define the meaning of success.
2. Welcoming/Curb Appeal/Signs – Jeanne Nijhowne encouraged committee chairs to ask a new member of the congregation to join their committee.
3. Caring for One Another – Wayne Tatro will work with Marilyn Morris to define agenda items for June meeting.

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## NEW BUSINESS

**Search for Cantor** - The roles and responsibilities of the Cantor are being reviewed and refined. Search committee has been formed. Jan Ydstie-Roy will lead the committee, consisting of Bob Matheson, Linda Wisler, Brian Cadena, Tim McCandless and Branko Kosovic. Search and hiring timeline should be in place next month.

**Volunteers Recognition BBQ** - Several members of Council will participate in the mock council meeting skit. Everyone is encouraged to attend this celebratory event.

**Building Security Proposal** - Wayne Tatro has received a quote for three West-side double locking door options. We would like to purchase the option with computer software that will generate different security codes for different people who need access to the church building. Wayne will contact RL Security to negotiate pricing and schedule installation.

**Endowment Committee** - Jim Eraker will schedule a meeting in May. Wayne will touch base with Jim to get meeting set.

## Thank You!

*Thank you for your generous response to our Health Kits drive. Your gifts of supplies and money made it possible to assemble 83 kits! Dee Soppeland, for the Women of Atonement*

From LFS – Thanks to those of you who supported Lutheran Family Services of Colorado 2010 Annual Benefit Gala. Your commitment to helping vulnerable children, families and older adults in our community is sincerely appreciated. Partnerships with people like you allow us to truly make a difference. With your efforts we raised over \$100,000 to benefit our programs, including foster care, adoption, refugee and asylee services, assistance for older adults and their caregivers, pregnancy counseling and disaster response. Through our programs, we have seen many lives changed for the better!

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## Second Annual Ice Cream Social

The Social Ministry Committee will host its 2nd annual Ice Cream Social on July 11 between services. Proceeds will go to "Crayons to Calculators," a program that distributes backpacks and school supplies to needy children. Atonement has been assigned 3rd to 5th grade age appropriate school supplies. The list of supplies will be posted on the Social Ministry board. We welcome volunteers who can help during the Ice Cream Social (strong arm to crank ice cream makers, servers, money handlers, answering questions, etc). You can help in one of three ways:

- 1) Through a donation to the July Love Offering
- 2) Donate \$\$ at the event, OR
- 3) Fill a backpack with some or all of the needed supplies.

For more information, contact Ester Matheson, Karen Shepard or Anita Cumalat.



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## Ani's Hope

Ani's Hope offers compassionate, long-term counseling and peer support for cancer survivors, their families, friends, and loved ones. We are a drop-in, general cancer support group for men and women of all ages. Anyone affected by any type or stage of cancer, and at any phase of his or her journey is welcome. No registration or commitment is required, and there are no fees.

Each of us has a unique cancer experience. Yet we share many of the same questions and fears. Join us for open discussions of our common hopes and challenges. We continually learn about cancer and recovery, discuss helpful treatments, laugh and cry through shared ups and downs, and give and receive friendship and support.

Facilitator: Joe Gillan, M.A., LPC

Phone: 720-270-1505

Time: Wednesdays, 9:30 am 11:00 am

Place: Atonement Lutheran Church

685 Inca Parkway Boulder, CO 80303

Directions: SW corner of Baseline Rd. and Inca Pkwy.

<http://atonement-lutheran.org>

## *Flatirons Habitat for Humanity*

A number of exciting events are coming up – some in June and some later in the year. Please join us as you are able.

**Sunday, June 6 at 3pm:** Service of dedication for four new townhomes that have been built at the Northfield Village site, which is located near the intersection of 47<sup>th</sup> St. and Jay Rd. in Boulder.

**Saturday, June 19:** Thrivent Build Day. Join the fun as a volunteer to help build a house in North Boulder.

**Later this summer:** Join with members from Grace Lutheran, as we are part of the Apostle's Build program. We will have 3 days (1 or 2 on a Saturday and 1 or 2 on a Thursday/Friday) to help build another house in North Boulder. See article below.

**Please see Pastor Chad or Scott McCormick for even more information.**

## *Apostle's Build Project*

### **Atonement Sponsoring a Habitat House!**

We will be partnering with Grace Lutheran Church to split the cost and commitment to an Apostle's Build project with Flatirons Habitat for Humanity. We are very excited to be a part of this project and look forward to helping build a house from start to finish! We have been growing our relationship with Habitat and many of you have expressed interest in helping further. We also believe this will help our outreach efforts in the community to be involved with this great, ongoing service project. The Social Ministry committee will be spearheading the effort to commit funds and coordinate volunteers. We have committed to \$4,167 in funds over two years and 5 volunteers every other month for about a year until the house is done. The Early Bird Breakfasters (and others) have generously contributed \$1,000 over our 2-year commitment - Thanks!

We're looking forward to being able to raise some significant funds there and if you would like to attend, please contact Andrea Vahl at 303-554-9457. She can direct you to the Groundbreaking for the house on June 6, so plan on attending and watch for announcements on when you can help with the building portion! Hold onto your hard hats - here we go!

## *HospiceCare of Boulder and Broomfield Counties*

### *Boulder County Aging Services Care Giving Symposium*

#### **Calvary Bible Church, Boulder, June 10**

An educational event for families and friends of elders or for anyone interested in care giving issues. HospiceCare is one of the sponsors and will present "Losses Along the Way: Recognizing the Grief of Caregivers." Registration required; contact info is on the flyer.

### *Staying in Charge of Your Life When it Matters Most*

#### **Bethlehem Lutheran Church, Longmont, June 26.**

A half-day workshop that builds a base of knowledge about how to understand your end-of-life care choices *now*, so you can make sure your wishes will be honored *then*. Reservations required; contact [kimmmooney@hospicecareonline.org](mailto:kimmmooney@hospicecareonline.org).

Watch HospiceCare's Director of Community Education, Kim Mooney, discuss grief rituals at the 2009 Association for Death Education and Counseling conference:

<http://www.youtube.com/watch?v=byqL903gCYY>

Also, watch Kim Mooney discussing Aging and Dying Well:

[www.youtube.com/watch?v=o4KDxMYWjmY](http://www.youtube.com/watch?v=o4KDxMYWjmY)



# June

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

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

9:00 am	June 6 Pentecost 2	June 13 Pentecost 3	June 20 Pentecost 4	June 27 Pentecost 5
<b>Readings</b>	1 Kings 17:17-24 Psalm 30 Galatians 1:11-24 Luke 7:11-17	2 Samuel 11:26-12:10, 13-15 Psalm 32 Galatians 2:15-21 Luke 7:36-8:3	Isaiah 65:1-9 Psalm 22: 19-28 Galatians 3:23:29 Luke 8:26-39	1 Kings 19:15-16, 19-21 Psalm 16 Galatians 5:1, 13-25 Luke 9: 51-62
<b>Assisting Minister</b>	Jan Ydstie-Roy	Tim Snyder	Tim McCandless	Cherie McCandless
<b>Greeters</b>	Jeannie Robinson Joan Schempp	Gary and Joy Symes	Wayne and Julie Tatro	Ken and Dorothy Weaver
<b>Ushers</b>	Barton and Kris Kiburz	Andreas Beuschel James Kelly	Carol Winston Mary Jenson	Jim and Jeanne Fetterman
<b>Lector</b>	Tracy Moran	Andrea Vahl	Mary Weisbach	Jan Ydstie-Roy
<b>Acolyte</b>	Ben Ramsey	Clara Frostman	Chase Elliott	Anthony Allman
<b>Altar Care</b>	John and Liz Drexler	Max and Mary Kiburz	Joan Schempp	Prater Family
<b>Communion Asst.</b>	John Drexler Kathy and Erin Twaddell	Karen Shepard, Lori Alt, Katherine Christensen	Brian and Candace Cadena, John Drexler	Andre and Kim Dion, Linda Wisler
<b>Musicians</b>	Beth McDowell Baldwin	The Whippoorwills	VBS Children	Summer Family Choir

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>June 2010</i>						
30	31	1 High School Trip/Lake Powell Kathy Out 9:00 AM LifeSpark Sessions-R12 (Occasionally, throughout week) 1:30 PM Staff Meeting 7:00 PM BBF Rehearsal-CH	2 High School Trip/Lake Powell Kathy Out 9:30 AM Ani's Hope Cancer Support Group-CH 6:30 PM Music Hiring Committee-CR 7:00 PM Renaissance Project Rehearsal-CH	3 High School Trip/Lake Powell Kathy Out 11:30 AM Women's Bible Study/Lunch 2:00 PM Music Class-R11 6:30 PM Executive Committee Meeting-CH 6:30 PM HospiceCare DI-CR	4 High School Trip/Lake Powell Kathy Out 12:30 PM Music Class-R11 4:30 PM John Lesson-CH 6:00 PM First Friday Fellowship@Jim & Jeanne Fetterman Home	5 High School Trip/Lake Powell Kathy Out 8:45 AM Megan Lesson-MR 9:00 AM BC Board Transition Meeting- FE/KI 10:00 AM BC Auditions-MR
6 High School Trip/Lake Powell Kathy Out 9:00 AM Worship/Holy Communion 10:00 AM Fellowship Time 10:15 AM CFD: "Christ Beyond Boulder" - Trip to Jamaica" - Scott McCormick/Jackie Glover 11:15 AM "Eleven-Fifteen Worship" 12:30 PM BC Board Transition Meeting- FE/KI 2:00 PM BC Auditions-MR	7 Kathy Out OFFICE CLOSED 3:00 PM Lewis Lesson-MR 4:30 PM John Lesson-CH	8 Kathy Out 7:00 AM Early Bird Breakfast 9:00 AM LifeSpark Sessions-R8 Occasionally, throughout week) 10:00 AM Quilting Guild-FE 1:30 PM Staff Meeting 6:30 PM Boulder Chorale- SA	9 Kathy Out 9:00 AM BC Planning Cmte-CR 9:30 AM Ani's Hope Cancer Support Group-CH 6:00 PM Carillon Choir-SA 6:30 PM Music Hiring Committee-CR	10 2:00 PM Music Class- R11 3:00 PM Pastoral Care Team-LI 6:30 PM Church Council-CH	11 4:30 PM John Lesson-CH	12 8:45 AM Megan Lesson-MR
13 9:00 AM Worship/Holy Communion 10:00 AM Fellowship Time 10:15 AM CFD: Digital Art by Nick McCumber 10:15 AM Vacation Bible School 11:15 AM "Eleven-Fifteen Worship"	14 OFFICE CLOSED 9:00 AM Vacation Bible School 3:00 PM Lewis Lesson-MR 4:30 PM John Lesson-CH	15 MESSENGER ARTICLES DUE 9:00 AM LifeSpark Sessions-R8 Occasionally, throughout week) 9:00 AM Vacation Bible School 9:30 AM Love Day-CR 1:30 PM Staff Meeting	16 9:00 AM Vacation Bible School 9:30 AM Ani's Hope Cancer Support Group-CH 6:00 PM Carillon Choir-SA 6:30 PM Music Hiring Committee-CR	17 9:00 AM Vacation Bible School 2:00 PM Music Class- R11 6:30 PM HospiceCare DI-CR 6:30 PM Moment for Moms-Moms Night Out	18 12:30 PM Music Class-R11 4:30 PM John Lesson-CH	19 Habitat Build Day 8:45 AM Megan Lesson-MR
20 9:00 AM Worship/Holy Communion, New Members Received 10:00 AM Fellowship Time-New Member Reception 10:15 AM CFD: "Evangelism/Outreach Brainstorming" -Steven Vahl 10:15 AM Children's Music Class, 3rd-8th Grades-R11 11:15 AM "Eleven-Fifteen Worship"	21 OFFICE CLOSED 3:00 PM Lewis Lesson-MR 4:30 PM John Lesson-CH	22 9:00 AM LifeSpark Sessions-R8 Occasionally, throughout week) 1:30 PM Staff Meeting	23 9:30 AM Ani's Hope Cancer Support Group-CH 11:30 AM OWLs Trip/Luncheon to Rocky Mountain Quilt Gallery, Golden 6:00 PM Carillon Choir-SA 6:30 PM Music Hiring Committee-CR	24 2:00 PM Music Class- R11 3:00 PM Pastoral Care Team-LI 6:30 PM Worship/Music Committee-SA 7:00 PM Social Ministry Committee-FE	25 4:30 PM John Lesson-CH	26 8:45 AM Megan Lesson-MR 7:30 PM Boulder Renaissance Consort-CH
27 Confirmation Camp at RTLC 9:00 AM Worship/Holy Communion 10:00 AM Fellowship Time 10:15 AM CFD: "Christ Beyond Boulder" - Travelogues of Atonement members. 10:15 AM Children's Music Class, 3rd-8th Grades-R11 11:15 AM "Eleven-Fifteen Worship"	28 Confirmation Camp at RTLC OFFICE CLOSED 3:00 PM Lewis Lesson-MR 4:30 PM John Lesson-CH	29 Confirmation Camp at RTLC 9:00 AM LifeSpark Sessions- R8 Occasionally, throughout week) 1:30 PM Staff Meeting	30 Confirmation Camp at RTLC 9:30 AM Ani's Hope Cancer Support Group-CH 3:00 PM Flute/Vega-R11 6:00 PM Carillon Choir-SA 6:30 PM Music Hiring Committee-CR	1 Confirmation Camp at RTLC 11:30 AM Women's Bible Study/Lunch 1:00 PM Music Class- R11 6:30 PM HospiceCare DI-CR	2 Confirmation Camp at RTLC 12:30 PM Music Class-R11 4:30 PM John Lesson-CH	3 Confirmation Camp at RTLC 8:45 AM Megan Lesson-MR