



APRIL 23, 2025

# EKKLESIA

FIRST LUTHERAN CHURCH



Generation to Revelation

A Podcast from First Lutheran

## Generation to Revelation:

### A New Podcast from First Lutheran

Launching August 14, *Generation to Revelation* is a new podcast from First Lutheran Church in Colorado Springs that you'll want to share with your children and grandchildren. Hosted by three of our staff—each from a different generation, Lori Duncan, Pastor Travis, and Pastor Michaela (Boomer, Gen X, and Millennial)—this podcast explores how faith can stay grounded in tradition while speaking to the real challenges of today's world. With honest, respectful conversations and different perspectives, these leaders show that Christians can ask hard questions, disagree with grace, and still walk together in love. If you've ever wished the younger generation could hear thoughtful, relevant discussions about faith in the world today, this is the podcast to recommend.

Our first topic will be on "Religious Scandal" and how we can still remain loyal and committed to Christ's Church when there are so many bad headlines out there. You can find our podcast on our church YouTube page and anywhere that you get your podcasts.



## FROM THE PASTOR



Did you know that to be a voting member at First Lutheran you have to receive communion once a year? Do you find that strange? Why, in our Constitution, do we single out the act of receiving communion as something required before you can vote at an annual meeting? This year we will vote to elect three new Council members; we will vote on a 2026 budget proposal, and we will vote on a building renovation and expansion project. If you'd like to have a say in any of that you'll need to have received communion this year? What does any of that have to do with receiving communion? Why is communion so important to our congregation?

We only have two sacraments in the Lutheran church, Baptism and Communion. In both we believe that God does something concrete. In Communion, God unites us to Jesus, forgives our sin, unites us to each other and gives us the assurance of salvation. Martin Luther wrote in the small catechism, "The words 'given for you' and 'shed for you for the forgiveness of sin' show us that forgiveness of sin, life, and salvation are given to us in the sacrament through these words, because where there is forgiveness of sin, there is also life and salvation." Communion is what connects us to Jesus and keeps us centered on His life, death and resurrection.

Sometimes we need to remember that we aren't just another organization or charity or non-profit. We are a church. We are a people who belong to Jesus, are sustained by Jesus and have as our mission to make Jesus known. That's why Communion is central to our decision making. We aren't just being democratic; we are aiming to be faithful to our identity as Christians and our union with Christ.

It's why we take Communion on Sunday and why we send people out to share Communion with those who can't come because of their health or physical limitations. It matters for our life together that when we make decisions, we do so as the people of God forgiven by Christ sent by the spirit to share the good news. But beyond our Constitution we need to receive Communion regularly lest we start believing that we don't need God's forgiveness and grace. We all need that weekly gift of God's love in bread and wine, the body and blood of our savior. I know I do!

See you Sunday! The table will be ready for you!

-Pastor Travis

AUGUST 10, 2025

LUKE 12:32-40

When I hear this line from Jesus, “Do not be afraid little flock, it is your Father’s good pleasure to give you the kingdom” I think this week of all the teachers at schools in our community working to prepare their classrooms for students. They are like our Father in heaven preparing for us, wanting good things for us, making the space ready for us. I think about those kindergarten students going to school for the first time, how some of them can be so afraid. But then year after year as they learn that their teachers love them and have been making ready for them their confidence in returning to school increases. My girls are going into fourth grade, and they don’t even look back at us when we drop them off these days. They are ready and excited, and they know the school is ready for them and happy they are there.

Can you imagine living your life knowing that it is your Father’s good pleasure is to give you the Kingdom? Can you imagine being so secure in your future that you no longer worried about it, no longer fretting about what might happen? Jesus encouraged his disciples by revealing to them that God is like a father who enjoys giving good things and big things to his people, the kingdom. Think about that for a minute. It’s not just a token here and there. God wants to give you His Kingdom, everything He rules over, everything He has. I’m not sure I can even wrap my head around that. Think about the kingdoms of this world, the kingdom of the United States, the Kingdom of China or Saudia Arabia. What does that include? What might the Father’s kingdom include that is promised to you? The Bible has a number of analogies to help us understand what God is giving to us. A pearl of great price, a net that catches a multitude of fish, a small seed that grows into a great tree. It is something that looks small at the beginning that can even be hidden but when it comes to its fullness surprises all with its value and provision.

We are called to be people who stake our lives on the promise of the Kingdom given to us. We are called to be people who have such faith in God providing for our future that we live without fear or worry. That is a challenge, isn’t it? The challenge of this thing called Christianity is the challenge to trust fully in God’s provision. To let that trust in our future open up within us the outpouring of generosity to others. Several years ago, I took a youth group on a mission trip to Costa Rica. We visited several very poor churches and learned about their congregations and did work like painting and children’s ministry. It was an eye-opening experience for our youth group. At the end of the trip, we went into the city of San Jose for a final dinner before we went home. I knew what our budget was and that we were getting close to going over so I told the youth how much they could each spend and there were to be no appetizers, no desserts, and only water to drink. But then when it was Joe’s turn (not his real name) to order, he ordered his meal and then a dozen appetizers for the group and told the waitress he planned on dessert, too. I got a little angry with him and told him he couldn’t do that. He smiled at me and said, “Don’t worry Pastor Travis; put it on my check. My parents are good for it, they gave me their credit card.” I knew his parents and they were very generous people, so I trusted him and enjoyed the extra treats! We are backed by a generous God; we have our Father’s credit card and that makes us a generous people. “Do not be afraid little flock, it is your father’s good pleasure to give you the kingdom.” Jesus says this and then instructs his disciples, “Sell your possessions and give alms to the poor.”

That's your challenge this week, sell something you own and give the money away to the poor. Then come and tell me the story. I told you last week that Jesus talked more about money than almost any other topic and here he's doing it again. Followers of Jesus are meant to take care of the poor at their own expense. Our Lord and Savior has commanded us to care for the poor so that's what we do. But we don't do it out of duty or fearful obedience. We give out of our trust that the Father will provide for us. Christians have an abundance mindset instead of a scarcity mindset. We know that God loves us and will provide for us so we give food to the hungry and we give money to house the homeless and we provide for the refugee and the immigrants. We believe that there is plenty for everyone because we are backed by the God who plans to give us His entire Kingdom.

Do you believe this? Do you believe that there is enough for everyone? I'll never forget another mission trip I went on when I was a high school student. It was a long trip, and we had to stop at a laundromat to wash our clothes. Our pastor pulled out a Ziplock bag of quarters and started everyone's wash. It was clear he was just barely going to have enough to wash and dry everyone's clothes. My friend was ready to throw his clothes in a dryer when he noticed that someone else had clothes in there that were wet, and the dryer wasn't going. We were the only ones in there and so he asked our pastor to put a few quarters in this stranger's machine. My pastor balked at the idea because he only had a few quarters left. My buddy looked at him and said, "But pastor aren't we Christians supposed to be generous and give to those in need?" Pastors just love it when you quote our teachings to

us and expect us to actually live by them! So, begrudgingly he put his last quarters in the stranger's machine, clearly worried about not having enough for the group. We were outside playing cards waiting for the washing machines to finish when a lady came out and asked if one of us had put quarters in her dryer. We confessed, she looked at our pastor and pulled out a bag of quarters and threw them to him with a wink and a thank you. Do not be afraid little flock, it is your Father's good pleasure to give you the kingdom.

Can you imagine if Christians were known for living out of trust in God's generosity and provision? Our world is so fearful these days, worried that there's not enough, pulling back support for the poor and the marginalized. They are fearful because they don't know the God we know. They don't know that God loves his children and has a great inheritance for his people. They don't know that God actually enjoys providing for his people. But we know that we have faith in the coming Kingdom and so we are learning to be generous, to give to the poor and marginalized, to even make sacrifices to provide for others.

Sell your possessions and give alms because it is your Father's good pleasure to give you the Kingdom. Jesus says make purses for yourself that don't wear out, a treasure that the thief can't touch and the moth can't destroy. And then Jesus says something really interesting, where your treasure is, there your heart is also. Usually, we would think of that the other way around. That your treasure, your giving etc. follows your heart. But Jesus says it the opposite way, that our heart follows our treasure so if we want our hearts to be somewhere specific, we

put our treasure there and our hearts will follow. It's an invitation to shift our focus away from material investments and towards the Kingdom of God. What does it mean to invest in the Kingdom of God? It means to invest in people instead of things. The Kingdom of God is about people. So, we put our treasure towards people, people God loves. Towards the poor, and the hungry, towards the refugee and the immigrant, towards the disabled and marginalized. Towards the people who are in need and not towards our possessions. We can do that because of the freedom we have from a God who provides all that we need. It's why we give 10% of our offerings away to support the hungry, the disabled, the refugee, the homeless and others in our community who are in need.

It's why we collect food for the hungry four times a year, including this month. It's why we send underprivileged kids to camp and buy gifts for the children of the incarcerated. It's why we provide coats and gloves and hats to those who are exposed to our cold winters. It's why we are always on the lookout for those our church can help. We just joined a new program with the Downtown Partnership to walk downtown Colorado Springs and build relationships with the unhoused. That's the attitude of a Christian who believes in God's love and provision. Christians are free to love and serve and give and the world needs a people who have shifted their focus, who have a different perspective. Jesus urges us to be like servants eagerly awaiting the return of the bridegroom. That's what we are doing whenever we are doing the work of God in the world. We are communicating that we expect Jesus to return at any minute. We expect that the reign of God is coming that the Kingdom of God is about

to be established. We know that the Kingdom of God is a kingdom where everyone has food to eat and a place to live. We know that the Kingdom of God is a kingdom where there is abundance and more than enough. We know the Kingdom of God included not just the insiders, but the outsiders, those who live in the byways and throughways. We know the Kingdom of God is about forgiveness, second chances, love and grace. And so we work towards those things right now, including the excluded, welcoming the stranger, sharing with those who don't have enough. And proclaiming the good news that God's love is for everyone.

That's what it means to be ready for Jesus' return. When Jesus comes what will your life look like? Where will your treasure be? How will he find you spending your time and focusing on your resources? When I ask myself that question it becomes clear that there are some changes I need to make. I'm not fully ready for his return and there are some things I'm doing and not doing that I would be embarrassed for him to see. So today is a day for me to take a hard look at my life and make those changes so that when Jesus comes, he finds me already fully at work ushering in the Kingdom. And as strange as it might sound to say the bulk of that work is to simply to believe and trust that God has an abundance in store for me. Because when we believe that God will give us the Kingdom fear and worry and anxiety melt away. When we believe in the full abundant provision of God, then we are free, finally and fully free to be kind and generous and loving to all.

May God set us free today so that we can show the world what God has prepared for us and them - His kingdom. Amen      -Pastor Travis





Bounce House

Pancake Breakfast

FUN!

Inflatable Slide

Join us for Rally Day as we kick off another year of Sunday School.

Children will have breakfast with their Sunday school classes during the 9:30 a.m. service and with their Children's Church leaders at the 10:15 a.m. service, then we will have an extra fun coffee hour with bounce houses and slides on the front lawn until noon!



## WEDNESDAY NIGHTS AT FIRST LUTHERAN ARE GROWING!

There's a fresh energy on Wednesday nights at First Lutheran—and we can't wait for you to be part of it! This fall, our midweek gatherings are expanding to offer more opportunities for connection, worship, and growth for all ages. We'll kick off each week with a **Rolling Dinner** in the Gathering Place from **5:30–6:15 p.m.**—a warm, come-when-you-can meal for everyone. Then, join us for **Wednesday Night LIGHT Worship** at its new earlier time of **6:30 p.m.** After worship, small groups will gather for meaningful conversation and learning:

- **Pre-Confirmation** for grades 6–7
- **Confirmation Small Group** for grades 8–9
- **High School Small Group** for grades 10–12
- **Parent Small Group** led by **Pastor Carrie Baylis**

Whether you're a student, a parent, or simply looking to connect midweek, Wednesday nights at First Lutheran are the perfect time to pause, be refreshed, and grow together in faith.

# INVOLVEMENT OPPORTUNITIES

## BOOK GROUP

Meets the first Wednesday of the month in the Library, 7 p.m. New faces are always welcome, including men!

September 3 - *Who Is Government?*  
by Michael Lewis

## AGING TOGETHER

A group for seniors will begin in September to discuss issues of aging: health concerns, living arrangements, maintaining social contacts, community resources, challenges and joys. Join Maureen Tuttle and Anne Rivers in the Peel House, Room 202 on Friday, September 5, from 10 a.m. to 11:30 a.m. This group will continue on the first and third Fridays every month. Light refreshments will be provided. No sign up needed.

Call Maureen (719.640.1985 or Anne (719.351.4268) with any questions or ideas.

## FLC GEARS UP TO PARTNER WITH SAND CREEK INTERNATIONAL SCHOOL FOR THE 2025-2026 SCHOOL YEAR

School is Back at Sand Creek International School! Summer is winding down and the team at Sand Creek is gearing up for the school year. That means we will be hosting a Welcome Back breakfast for the teachers and staff on Wednesday, August 20, and are looking for volunteers to provide food and to help in hosting. The sign-up details are found here:

<https://bit.ly/45kuW4P>

Food can be dropped off at the church Gathering Place kitchen by 4 p.m. on Tuesday, August 19, or brought to the school, Sand Creek International School, 550 Sand Creek Dr., Colorado Springs 80916, by 7:30 a.m. on Wednesday, August 20.

Additionally, we will be continuing our Secret Angels – First Lutheran members teamed up to support new teachers and staff with small gifts and notes of encouragement through the year. You can sign up as a Secret Angel at the following link, <https://bit.ly/4l4efAk> and you will receive an email with the name of your person and some information about their interests and classroom needs. We ask you to remain secret through the year and can reveal who you are at the end of the school year. The links above are also found on the “Church” App or the Welcome Center iPad.

Thanks in advance for being part of this wonderful ministry and helping impact the Sand Creek students and staff.

# BECOME INVOLVED



## IN-GATHERING FOR ONE NATION WALKING TOGETHER August 1–31, 2025 | Drop Off in Vestibule by The Gathering Place

Join us this August as we collect essential food and hygiene items in support of One Nation Walking Together. Please place donations in the designated area just outside The Gathering Place.

### Food Items Needed (non-perishable):

Canned meats (SPAM, tuna, chicken, chili, etc.), broth, soups and stews, shelf-stable milk, pasta and sauce, rice, beans, cereal, mac & cheese, prepared meals, peanut butter, jelly, pancake mix and syrup, snacks, baby food/formula, cake mixes, coffee, tea, juice, sugar, flour, protein bars.

### Hygiene Items Needed:

Toilet paper, diapers (all sizes), baby wipes, baby care items, feminine products, new or gently used socks/underwear/bras, washcloths, towels, soap, shampoo, conditioner, toothpaste, toothbrushes, deodorant, razors, combs, lotion, hand sanitizer, first-aid items, hotel/sample-size toiletries.

## HOLIDAY “CRAFTING AROUND” RETURNS

This group will meet on select Tuesday mornings at 9:30 a.m. in Joseph’s Workshop (basement of main church building). We have three additional crafters this season who have prepared several different craft projects for people of any skill level for the upcoming holiday season. You can sign up for one, a few, or all projects offered! We are keeping the cost of these fabulous crafts at \$5 each again this year. You must pay in full at the time of registration in order for the needed supplies to be purchased. Check out samples of these crafts displayed in the Gathering Place during the month of August!

Here is our craft schedule:

September 16: Snowman

September 23: Southwest Rock Painting

September 30: **Rock Painting I** *(One \$5 fee covers both dates for this craft)*

October 7: **Rock Painting II**

October 28: Holiday Tree Wreath Ornament

November 4: Gift Card Holders

November 11: Yarn Christmas Tree

November 15 (SATURDAY): Crafter’s Choice

Sign up here: <https://bit.ly/4l8eTwT>





## TRAIL TREKKERS

Thursdays - open to anyone  
capable of hiking 3-6 miles

**Meet at 8:00 a.m.**

Email [outdoorjudy@comcast.net](mailto:outdoorjudy@comcast.net) if you would like to participate.

### **August 14 – Catamount Open Space** (south of Woodland Park)

Meet at the Safeway parking lot, 3275 W. Colorado Ave. (southeast corner)

This trail is a five-mile loop, much like a roller coaster with dips and rises, reaching an elevation of 10,000 feet. Bring a lunch. 5-6 miles; rated moderate with elevation.

### **August 21 – Daniel’s Pass – Cheyenne Canyon**

Meet at the 2<sup>nd</sup> lower parking lot at Starsmore, Cheyenne Rd and Evans

This trail was completed in 2021. It is a lovely woods-walk towards Muscoco Mt. above Cheyenne Canyon. Switchbacks rise around massive boulders, higher to views of the canyon mouth and the far plains beyond. Several trails branch off Daniels for a longer hike in the future. 3-4 miles; rated moderate. Lunch is optional after the hike.

### **August 28 – Blodgett Open Space**

Meet in the parking lot at 3786 W. Woodmen Rd. or on the street

This park is in the northwest corner of Colorado Springs where new trails are being developed. It will be a 3-5 mile hike with changing elevations on natural terrain. Much of the trail is in the shade. Lunch after the hike is optional.

## FALL “SWING” DANCE LESSONS

Angela Harder is back this fall to teach us “Swing” dancing! That’s right you’ll be swing dancing in just four weeks! Keeping a maximum of ten couples will allow Angela to introduce new moves each week while helping each couple progress at their own pace, too. Wear shoes that can slide on the wood floor of the Peel House parlor!

Sundays – September 7-28, 2025

2-3 p.m.

Peel House Parlor

\$80 couple

Sign up here: <https://bit.ly/4oSuZn2>

# INVOLVEMENT OPPORTUNITIES

## RITA THE ROCK PLANTER TOUR IN VICTOR, CO

Wednesday, August 27, 2025,

Leave FLC: 9:30 a.m. Self-guided tour is at 10:30 a.m.

Cost: FREE

Lunch: Cripple Creek restaurant of choice (pay on your own)

Sign Up Deadline: Monday, August 25, 2025



We will be heading up and over the pass for this OWLS trip. Victor is our destination to see the famous Rita the Rock Planter troll designed and created by Danish artist Thomas Dambo. <https://www.thomasdambo.com> Rita was created in 2023, stands 21' tall, and is made out of recycled wood. The legend of Rita involves her waking up from a long nap to find mining holes dug by humans then filling them so no one would step in them – symbolizing environmental restoration. <https://www.visitcos.com> **Please wear comfortable walking shoes for the .25 mile walk on a rocky trail.** We will make a quick stop to the Gold Camp Bakery in Victor for a snack and eat lunch at the restaurant of your choice in Cripple Creek. A fun day planned for sure. Please sign up by using the following link <https://bit.ly/4tH8yV> or by calling FLC at 719.632.8836.

## BEAUTIFUL CONFERENCE 2025

“Hello Beautiful! Have you ever wondered if God could really use you? Do you ever question if your life has meaning in this big, crazy world? One thing I know for sure – God has intentionally placed you on this planet, for such a time as this! So yes, YOU have a place in history. Join us for Beautiful Conference 2025 as we dive into our new theme: “Placed in History.”

Our heart for Beautiful Conference is for women to encounter Jesus in a very real and authentic way. It’s a gathering where women are seen and empowered, given a space to encounter Jesus, and encouraged to move forward. Year after year we have seen the transformation of women in the presence of God who leave Beautiful Conference changed for life! Hope I get to see you there!” – Donna Lasit, Conference Host

Brit Ashida was sharing about the Beautiful Conference she attended last fall in Denver. She thought it would be great if we could get a group of women together from FLC to attend this year. The conference will be October 10-11, 2025 at the Pearl Church Cherry Creek Campus 200 S University Blvd. Denver, CO 80209. Please reach out to Brit if you would like to know more: [brittanyashida@gmail.com](mailto:brittanyashida@gmail.com)

You can also register here: <https://thepearlchurch.regfox.com/beautiful-conference-2025>

*If you have audio-visual sensitivities, please know that this event utilizes contemporary worship features such as loud music, concert-type lighting, and fog machines. It is hosted by a non-denominational church that values expressive worship, individual experience of God, and Pentecostal gifts of the Spirit.*



## Dinner for Eight STARTING IN SEPTEMBER!

I'm new to FLC; what is Dinner for Eight? It's a great way to meet members of FLC that you don't know and build deeper relationships with those you do! Each year people sign up in late summer and our dinners start in September. You can sign up as a single person or as a couple. Singles will be coupled with another person (you can specify that person if you'd like). Then four couples are randomly assigned together for the month of September. One couple is the host couple. You can either host at your home or reserve the main level of the Peel House (parlor, kitchen, and dining rooms). The host couple provides the main dish. The three guest couples are assigned to provide one of the following bread/salad, vegetable, or dessert. Then you are assigned with new couples for each of the months of October, January, and February. You will host one of the four months, bring bread and salad one month, bring a vegetable one month, and bring dessert one month. We do not hold Dinner for Eight during November or December because of the holidays. If you don't wish to participate all four months, you can sign up as a substitute. As hosts are choosing the date of their dinner party, if they have a couple unable to make the date selected, they reach out to substitutes. Deadline to register is August 31, 2025. Register here: <https://bit.ly/46KoO8n>



AN ENCOURAGING GROUP FOR WOMEN  
WHO HAVE EXPERIENCED THE LOSS OF A  
HUSBAND.

Meet at the Airplane Restaurant, 1665 Newport  
Road, east of Powers and East Fountain Blvd.  
August 21, 11:30a.m.  
Host - Annette Kester, Call 719. 641.1053 or  
[anjakester@comcast.net](mailto:anjakester@comcast.net) to RSVP

## MOMCO

We will be meeting on the second and fourth  
Tuesdays of the month. The next meeting will  
be on Tuesday, September 9 at 9:30 a.m. in the  
Peel House Lounge. <https://bit.ly/3SlbvDd>

## DINING OUT WITH FLC

This group, where all are welcome, meets at 5:30  
p.m. on two Tuesdays of each month to enjoy  
various cuisines and fellowship. Reservations  
will be made two weeks in advance, so sign up  
early!

- September 9 – BJ's Brewhouse - 5150 N  
Nevada Ave
- September 23 – Jack Quinn's Irish Pub and  
Restaurant – 21 S Tejon St,
- October 7 – Chaang Thai - 7525 N Academy  
Blvd
- October 21 – Old Spaghetti Factory - 3101  
New Center Point

Register here: <https://bit.ly/41Rh4ff> or on the  
“Church” app.

# WORSHIP & STUDY

## WORSHIP SCHEDULE

Sunday Sanctuary Worship:  
8, 9:30, and 11 a.m.

Contemporary Worship Service:  
10:15 a.m. in the Worship  
Center, 2nd floor

ONLINE WORSHIP IS LIVE STREAMED AT  
9:30 A.M.

Wednesday Night Light is on hiatus  
until August 20

## FRIENDS BY THE FIREPIT

Only two more weeks of *Summer* “Friends by the Firepit.” Please join us on Monday from 6-7 p.m. around the FLC Firepit on the north side of the Peel House. We will be gathering there for fellowship through August 18.

Bring a beverage of your choice (margarita, beer, soda, etc.) while we discuss questions based on the previous day’s sermon. You can pick up a sheet of the sermon-based questions on your way into worship Sunday morning from an usher or at the Welcome Center Desk. We will be starting a fall *Friends by the Firepit* ten-week discussion group starting on September 8.

## SUNDAY ADULT SEMINAR

Meets 9:15 a.m., Sundays, in the Peel House Parlor.

Loving and Serving Our Neighbors — Community Partners in Ministry

Aug 17 — Discussion on Homeless Ministry in Colorado Springs, led by Tina Ziwak from the Springs Rescue Mission.

Aug 24 — Discussion on Veteran and Military Family Assistance in Colorado Springs, led by Amy Moore from the Cohen Clinic at Red Rock.

## SCRIPTURE READINGS FOR THIS COMING SUNDAY

Jeremiah 23:23-29; Hebrews 11:29-12:2,  
Luke 12:49-56

# THE EMMAUS WAY

BY LORI DUNCAN



Humility desires “to become like Jesus in his willingness to choose the hidden way of love rather than the way of power”; “Humility stems from an honest understanding of who we are.” –Adele Calhoun

In Philippians 2, Paul encourages us to be humble, [having the same mind as Christ Jesus](#). Let’s take a look at some practical ways to practice humility as we continue thinking about what it looks like for us to follow Jesus in emptying ourselves for the sake of others.

Contrary to what some might think, humility does not consist of holding a deflated opinion of oneself. Instead, it is—or at least it begins with—an utterly honest and objective assessment of exactly who we really are; it is an unflinching seeing and acknowledging of our full selves—strengths and weaknesses, saintliness and sinfulness—taking responsibility for the things that are ours. It is knowing, with Aleksandr Solzhenitsyn, that [the line separating good and evil](#) runs not through someone else, but through my own heart. And it is knowing that, in that very place of full humanity, God sees, knows, loves, and calls us into transformative relationship. When we embrace the truth that our identity comes from and is secure in God, we are no longer driven to promote or justify ourselves: we are at home in God and God is at home in us, so we have absolutely nothing to defend or prove. We are free to both work graciously on ourselves, and to see, elevate, and cheer for others.

In that light, Dana Greene says this: “Humility derives from the primacy of our relationship with God who loves us into being. Strive not for humility, but rather to open oneself to a relationship with a loving God. Humility follows as the night the day.” The more open we are to God and God’s unfailing love for us, the more we are transformed into God’s image, which means self-emptying for the sake of others will become more and more our natural way of being in the world.

Next week we will look at how humility partners with holy listening. In the meantime, please let me know if you have any questions or would like to get together for coffee and chats ([lori@flccs.net](mailto:lori@flccs.net)), and let’s practice [walking humbly with our God](#), together.



# BIRTHDAYS & WEDDING ANNIVERSARIES

## **August 18**

Madison Dewey  
Phil Rose  
Alisa Dvarishkis

## **August 19**

Julie Beck  
Scott Kosley  
Nick Tuma

## **August 20**

Gwen Barnhart  
Tom Mellott

## **August 21**

Cindy Bauer  
Ron Foos Jr  
Kaylee Kahl

## **August 22**

Joyce Arneson  
Elmer Bauman  
Elaine Myers

## **August 23**

Maureen Anderson  
Ralph Cannon  
Liz Koop  
Carrie Lyne Mathiesen  
Wendy Moreland  
Lenora Simmons

## **August 24**

Kristin Kosley  
Carol Matson  
Bonnie Milberg

## **August 20**

Steve & Cheryl Mahon - 37 years  
Brooke & Karolyn Smith - 59 years

## **August 21**

Gary & Anne Bradley - 59 years  
Bill & Beth Zautke - 54 years

## **August 22**

Mike & Diane Bell - 55 years  
Sarah & Chad Knox - 33 years





# PRAYER REQUESTS

*Please keep these members of First Lutheran, their family and friends, in your prayers this week. If you are requesting to have a member's name added to the prayer list, please consult with the member prior to making your request.*

Lannette Abbey	Josh Jones
Cheri Anderson	Shirley Jones
Wanda Anderson	Ann Junk
Fred Bachmeier	Jonas Kagarise
Desirae Backlund	Kyong Kelley
Dan Baker	Gaye Lynn Kielcheski
Janice Baldwin	Cindy Koger
Elmer Bauman	Jesse Lawrence &
Tana Beall	Family
Joan Boehm	Dayne Lindquist
Bill & Barbara Brown	Scott Louis
Justin Buck	Susan Lundmark
Karl & Pam Cartwright	Elly Mahler
Tanya Charbonneau	Jim Matthews
John & Debbie Chlebus	Glendill McBroom
Nell Clowder	Nick McKibben &
Linda Collier	Family
Debi Deimling	Hugh McNeely
Rinda Dunson	Brandon Miller &
Alan Flinn	Family
Edna Fross	Marilyn Miller &
Corinne Gibson	Family
Nola Gosch	Larry & Lucille Moe
Doran Gotschall &	Paul Moe
Family	Sam Norton
Julian Green	Owen & Family
Private Steven Harris	Jack & Judy Peterson
Paul & Kathy Herrmann	Nathanael Price
Ginger Hipszky	Darlene Radke
Jake Hodnett	Jeff Rapp
Bill & Dorene Hulka	Steve & Laurie Ross
Irene	Rev Dr Stanley Satre
Matthew James	Randy Schacht

The Steve Schmidt  
Family  
Dorothy Selleck  
Matthew Stark  
Gwen Stein  
Becky Sternal  
Michael Taylor  
Aaron & Cindi  
Thorson  
Hailey Ullrich

Bob VanDuyn & Karen  
Henderson-VanDuyn  
Matthew Stark  
Christine Welch  
Anna Wiese  
Jody Wilbur  
Sherry Wilson  
Greg & Carolyn Young  
Zoe Zambo

## LUTHERAN FAMILY REFUGEE SERVICES CONTACT INFORMATION

General Inquiries 719.227.8899 - Jessica

Volunteer Opportunities 719.257.3706 - Britton

For Donation Inquiries Britton [britton.varn@lfsrm.org](mailto:britton.varn@lfsrm.org)

*LFS does not accept clothing donations.*

*LFS accepts household items – limits apply.*

*\*Donations by appointment only – no onsite drop-off  
at Peel House or at FLC office, please. LFS storage unit is offsite.  
Neither the LFS office nor FLC have storage for donations.*



FIRST  
LUTHERAN  
CHURCH

1515 N. CASCADE AVE.,  
COLORADO SPRINGS, CO 80907  
719.632.8836 [flccs.net](http://flccs.net)

CHURCH OFFICE HOURS ARE FROM 9 A.M. - 3 P.M.,  
MONDAY - FRIDAY.



## QUALIFIED CHARITABLE DISTRIBUTIONS by John Samuelson

Are you familiar with a special provision of the Internal Revenue Code that provides for tax-advantaged charitable giving by older folks called Qualified Charitable Distributions (QCDs)? If you follow the rules, QCDs can allow you to make a charitable contribution using funds that would have otherwise been taxable to you when you received them. QCD's are not deductions, they exclude from gross income, and therefore taxable income. Here are the rules:

1. In order to be eligible, a taxpayer has to be at least 70 ½ years old on the day the contribution is made, during the tax year ending on December 31.
2. The contribution must be made to an eligible 501(c)(3) public charity not to a private foundation or donor advised fund. Note that churches are eligible.
3. The contribution must be made from the taxpayer's IRA; contributions from retirement plans like 401(k) and 403(b) plans aren't eligible.
4. The contribution must be made directly to the charity without passing through the taxpayer's hands, and of course you can't receive any benefit from making the contribution.
5. The maximum amount that can be contributed and therefore excluded in 2025 is \$108,000 (indexed for inflation in subsequent years).

If you are 73 years old or older and are required to take Required Minimum Distributions (RMDs) from your IRA, QCD's also count as RMDs.

Here's an example. You would like to make a \$5,000 contribution to First Lutheran. Because you are at least 73 years old, you have to take Required Minimum Distributions from your IRA every year. You take the standard deduction when you file your tax return every year because it provides a larger deduction than if you were to itemize. If you withdrew \$5,000 from your IRA and wrote a check to First Lutheran Church, that \$5,000 withdrawal would be taxable income to you. If instead you direct the custodian of your IRA to make a Qualified Charitable Distribution to First Lutheran Church directly from your IRA, the \$5,000 would be excluded from your gross income and not be taxable to you. It would also count against your Required Minimum Distribution, and it would reduce your Colorado income tax.

Qualified Charitable Distributions are not right under all circumstances for everyone who qualifies but can be a good option for many taxpayers. So be sure to consult your tax professional to see if QCDs are right for you. Also, the information herein does not constitute tax advice and neither the author nor First Lutheran is your tax advisor."