

**SPRING SEMINAR  
FEBRUARY 12, 2022**

**Sponsored by the Rocky Mountain District SOAR Committee  
THEME: "Enhancing One's Quality of Life"**

A one day seminar sponsored by the SOAR Committee of the Rocky Mountain District/LCMS will be held at **Bethlehem Lutheran Church**, 2100 Wadsworth Blvd., Lakewood, CO 80214 on Saturday, February 12, 2022. Registration and continental breakfast are at 9:00 am, and the first of the presenters will begin at 9:30 am. At this time we expect, and look forward to, an in-person event. Please mark the date and register early using the form provided on the last page. Your registration fee of only \$20/person covers continental breakfast, lunch, coffee breaks, and three speakers and entertainment.

Last year over 100 members registered, and many offered favorable comments about the program, stating that the topics of the presenters were extremely interesting and educational. We encourage you to invite and bring other Christian friends. **Register a friend (or couple) who has not previously attended a SOAR event at one-half cost!** Our seminar program is:

**DR. BRAD STOLTENOW: HEY PASTOR! WHY DON'T MY KIDS AND GRANDCHILDREN GO TO CHURCH?** This is a most often asked question when Christian parents and grandparents wonder out-loud why their kids are absent in the life of the church. Pastor Brad Stoltenow will lead us in a short study of cultural and generational characteristics that can inform our perspective on the trends we have experienced for nearly two generations. And yes, we will discuss some ways to address our concerns. Rev. Dr. Brad Stoltenow has served a dual parish in Deer River and Squaw Lake, Minnesota, a large congregation as Associate Pastor in Bismarck, North Dakota and currently serves as Sr. Pastor at Shepherd of the Hills Lutheran Church in Centennial, Colorado. Pastor Brad holds a D.Min. (Doctor of Ministry) from Concordia Theological Seminary in Ft. Wayne, Indiana with emphasis in Law/Gospel Preaching, and a D.Min. from Princeton Theological Seminary in Princeton, New Jersey with emphasis in Church/Culture.

**DR. ELIZABETH CRUSE: FITTING A HEALTHY DIET INTO YOUR BUSY LIFE.** The famously healthy Mediterranean Diet has been associated with a longer life expectancy and lower rates of diabetes, Alzheimer's disease, obesity, heart disease, stroke, and cancer. Dr. Elizabeth Cruse, Boulder Community Health's (BCH) and Boulder Valley Care Network's medical director for ambulatory quality improvement and population health, will describe the key components of the Mediterranean Diet in a livestream lecture. She'll discuss ways to fit this healthful and disease-preventing diet into your busy life. Dr. Cruse is a board-certified internist who focuses on the treatment and prevention of adult illnesses and injuries. She received her medical degree from Baylor College and completed her residency at the University of Rochester in New York. A member of the American College of Physicians, Dr. Cruse also served as assistant professor for the University of Texas Health Science Center, where she was honored with The Dean's Award for Teaching.

**REV. RICHARD RUDOWSKE: ASSUME NOTHING!** Starting today, let's assume nothing in His mission. The Church cannot live missionally without the Bible. Most Christians would agree "this is most certainly true." But God's Word is repeatedly shifted from the center to the periphery in missions. Despite our best intentions, logistics and objectives obscure the focus to proclaim the Gospel to all nations. Rev. Richard Rudowske currently serves as the Chief Operating Officer and Director for Program Ministries at Lutheran Bible Translators. Rich's leadership approach draws on his experience as a Bible translation advisor in Botswana. He and his family partnered with the Bakgalagari community to translate and produce the Gospel of Luke in their previously unwritten language. Rich is pursuing his PhD in missiology through Concordia Theological Seminary at Fort Wayne and serves with international Bible translation leaders for the development of best practices in field strategy (Every Tribe Every Nation).

**HAWKQUEST: BIRDS OF PREY.** Kin Quitugua, a master falconer, and longtime environmental educator founded HawkQuest in 1986. He has trained, handled, and flown birds of prey as diverse as the Bald and Golden eagles and the Saw-whet owl. HawkQuest's approach to education in classrooms and lecture halls is participatory, allowing the audience to experience eagles, owls, falcons and hawks at close range. HawkQuest's goal is to make education both meaningful

and fun, while creating an atmosphere that fosters respect for our land and the stewardship of all living things. Our message concerning the importance of biodiversity, of the finality of extinction, and of man's need to nurture his world is interwoven with discussions of the raptors' place in our ecosystem. HawkQuest shares this message with hundreds of thousands of people throughout the United States each year. For more than 25 years, Kin has dedicated himself to educating the public about the place of raptors in our ecology.

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## SEMINAR SCHEDULE

- 9:00 am Registration/Continental Breakfast/Coffee/Getting Acquainted
- 9:15 am Opening, Prayer, and Hymn Sing
- 9:30 am Rev. Dr. Bradley Stoltenow – Part 1: Cultural and Generational Characteristics That Can Inform Our Perspective on The Trends
- 10:15 am Coffee Break
- 10:30 am Rev. Dr. Bradley Stoltenow – Part 2: Cultural and Generational Characteristics That Can Inform Our Perspective on The Trends
- 11:15 pm Dr. Elizabeth Cruse – Mediterranean Diet
- 12:15 pm Box lunch – (Regular and Gluten Free)
- 1:00 pm Rev. Rich Rudowske – Assume Nothing!
- 2:00 pm Coffee Break
- 2:15 pm HawkQuest: Live Birds of Prey
- 3:15 pm Announcements, Closing Hymn & Prayer

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## SEMINAR SUMMARY

**SPONSORED** by the Rocky Mountain District SOAR Committee

**THEME:** “Enhancing One’s Quality of Life”

**WHEN:** Saturday, February 12, 2022

**WHERE:** **Bethlehem Lutheran Church**  
2100 Wadsworth Blvd., Lakewood, CO 80214

**COST:** \$20.00 per person, which includes program costs, lunch, and coffee breaks!

## REGISTRATION FORM

ONLINE at [www.rslc.org](http://www.rslc.org), click the Event Registration button and then SOAR Spring Seminar

OR

MAIL IN REGISTRATION FORM (additional copies of this form may be reproduced locally)

*Note: Register a friend (or couple) who has not previously attended a SOAR event at half cost. Please complete the Half-Cost Guest Registration Form and submit with your registration form and check.*

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Spouse: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

(Street, City, State and ZIP)

Home Congregation/City: \_\_\_\_\_

Single: \$20                       Couple: \$40                       I request gluten-free meal(s).

Make check payable to: Active Adult Ministry. Mail check and form(s) to:

Harriet Oehlkers  
16071 Oakland Ct.  
Brighton, CO 80602

(If you have questions, call Harriet at [harryoh@comcast.net](mailto:harryoh@comcast.net) or 720-408-9380; or Bob Mohling at [bmohling@comcast.net](mailto:bmohling@comcast.net) or 720-201-0842)

----- **Half-Cost Guest Registration Form** -----

First-Time Guest Name: \_\_\_\_\_ Email: \_\_\_\_\_

Spouse: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

(Street, City, State and ZIP)

Congregation/City: \_\_\_\_\_

Single: \$10                       Couple: \$20                       I request gluten free meal(s).

**REGISTRATION DEADLINE – SATURDAY, FEBRUARY 5, 2022**  
(No refunds after this date)

Risen Savior Lutheran Church  
3031 West 144<sup>th</sup> Avenue  
Broomfield CO 80023

Non-Profit Organization  
U.S. Postage Paid  
Permit #182  
Broomfield, CO 80023

**Return Service Requested**



**S O A R – Isaiah 40:31**  
**Serving Qur Awesome Redeemer**

**SPRING SEMINAR**  
**SOAR IN THE RMD/LCMS**

**February 12, 2022**

**Bethlehem Lutheran Church, Lakewood, CO 80214**

**SEE INSIDE FOR PROGRAM AND REGISTRATION FORM**