



The Chronicle

ST. LUKE'S UNITED METHODIST CHURCH

MARCH 2017

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Easter FUN Day

Sunday April 9
12:30-2:30pm

Grab your family and come join us for games, Easter egg hunts, balloon animals, photos with the Easter bunny, cookie walk, cotton candy, bouncy castle, crafts, live bunnies and MORE! If you can help, we need you. Drop off cookies and candy or sign up online on our website (*watch for sign up coming soon.*) This is a great and FUN way to serve our church and our kids! *Thanks so much!*

The Turning of the Year



The turning of the year from one cycle to the next is marked by two very different holidays... just 24 hours apart. Mardi Gras, or Fat Tuesday is the last day of the season of Epiphany. After a confession of sins, everyone eats a meal of pancakes, using up all the eggs and butter in the house. When we wake up on Ash Wednesday, the Christian year turns 180 degrees. We turn from watching a manger in Bethlehem to a cross on Calvary. The Bible tells us that before Jesus began his ministry he prepared himself by spending forty days praying in the wilderness. We call these forty days Lent, and Lent is the time when Christians prepare for the celebration of Easter.

Join Us for Lent & Easter

This year's Lenten theme is **Let Justice Roll Down**. Lent is a time of reminding ourselves who we are called to be in this

world. Our Lenten series is inspired by Amos, a prophet whose message is that God calls us to let "justice roll down like waters." Worship without justice is meaningless. How might our songs, our prayers, our words—what we do in worship on Sundays—move us to action on behalf of those who suffer in the world? This season will offer us reflection and renewed inspiration to let our voices be tuned to the heart of the Gospel—proclaiming God's love for all people. What prejudices and ideas are we challenged to "give up" as a Lent practice of abstinence? In what ways are we willing to "give" of ourselves for the sake of the world?



Sunday Worship Series:

March 12 – Psalm 13; *Rev. Jessica*

March 19 – Matthew 25:31-40; *Rev. Ryan*

March 26 – Luke 23:32-43; *Rev. Ryan*

April 2 – Isaiah 58:6-12; *Rev. Jessica*
Holy Week:

Palm Sunday, April 9 – *Rev. Ryan*,
Easter Fun Day 12:30-2:30pm

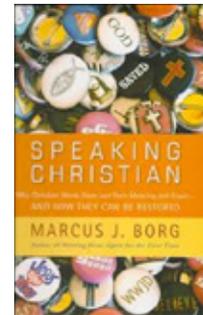
Maundy Thursday, April 13, 7:00pm – We'll join together in the Sacrament of Holy Communion as we remember Jesus' last supper with his community.

Good Friday, April 14, 7:00pm – A service of darkness as remember the night Jesus was crucified and reflect on the darkness still present in our world.

April 16, Easter Sunday – *Revs. Jessica and Ryan co-preaching.*

6:00am: Sunrise Worship Service, on the west lawn or in the Chapel

8:00, 9:30, 11:00am: Worship in the Sanctuary



Lenten Study with Rev. Jessica:
Mar. 8-April 12
Wednesdays, 6:30-8:00pm

Have you ever questioned the origin of certain Christian words, especially those

words which seem irrelevant or outdated in today's culture and religious climate? Or words that historically have been used for control, power, guilt and shame? Words like sin, righteousness, repentance, hell, salvation, or rapture. What does it mean to speak of being 'born again' in our current time, and what did it mean for the earliest followers of Jesus? How can we talk of sin without eliciting feelings of guilt and shame? How does our Christian language attract people to church, or push them away? Our Christian language is important, and yet we often take for granted that we understand this language. During Lent, we'll explore the history, meaning, and significance of our Christian language using Marcus Borg's book, *Speaking Christian: Why Christian Words Have Lost Their Meaning and Power – and How They Can Be Restored*. Sign-up for the class at the Get Connected Center, or email Rev. Jessica.

Sunday Worship Services:

8:00am, 9:30am, 11:00am,
Contemplative Service
(Check website for dates & times)

Sunday School:

Adult, Youth & Children:
9:30am & 11:00am

Nursery available for:

8:00, 9:30 & 11:00am services

Church Office.....303-791-0659

Fax.....303-470-5615

Email.....office@stlukeshr.com

Website.....www.stlukeshr.com

Little School Office.....303-791-1982

**Staff:**

Rev. Dr. Sallie Suby-Long.....x132
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Rev. Ryan Canaday.....x112
Lead Minister of Worship & Missional Life

Rev. Jessica Rooks.....x109
Lead Minister of Community Life

Sharon Oliver.....x127
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Samantha Leahy.....x140
Director of Early Childhood Ministry

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Director of Youth Ministry

Amy McMullen.....x119
Assistant Director of Youth Ministry

Jeremy Brown.....x141
Associate Director of Youth Ministry

Kay Swanson.....x115
Director of Little School

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Director of Music & Arts Ministries

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Associate Director of Music Ministry & Organist

Kay Coryell.....x136
Director of Handbells & Children's Music Ministry

Rena Parra.....x117
Director of Servant Ministry

Brenda Schafer.....x110
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Sheri Henry.....x124
Director of Finance

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Accounting Clerk/Music & Arts Admin. Assistant

Barry Curtis.....x139
Facilities Manager

All submissions for the
April 2017 issue
of *The Chronicle* are due
March 25

Editor: Sharon Oliver
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and it can be found on the church website.
Printed copies are available at church entrances.
To receive *The Chronicle* via US mail,
please call or email the Church Office.



Rev. Jessica Rooks
Lead Minister of
Community Life

Discovering God

On the morning of Ash Wednesday, my daily devotional reading was by Rabbi Rami Shapiro. His words seemed most relevant during Lent.

All life is God, the Source and Substance of all being and becoming. Wherever you look, whatever you confront, whomever you meet, how it impacts you – it is God. And so are you... The universe is God discovering itself over and over again in a never-ending game of hide and seek. You hide when you focus on yourself and insist you are something other than God. You seek when you drop that mask, and discover that there is nothing other than God.

Lent is the season of discovering God and ourselves. It is an opportunity to remove the masks we have covered our faces with; to remove the masks we have covered our spirits with; to remove the masks we hide behind in hope that God and others won't see us. We unmask in order to more fully be present with Jesus as he journey's to Jerusalem and the cross.

Lent is that wilderness wandering through the soul, casting out that which separates us from God, and separates us from the self we seek to become. This is the season of unmasking, of seeking, of discovering that there is nothing other than God. When we wander through the wilderness of our soul, we find God. We find the life-giving presence of the Christ, the resurrected Christ who offers forgiveness, healing, and wholeness. In that wilderness wandering of our soul, we discover Christ waiting for us with outstretched heart and hand.

As Rabbi Shapiro said, "All life is God." May this be a Lenten Season in which we discover God, and find ourselves.

Grace & Blessings, *Rev. Jessica*

Learn About Resources Providing Support and a Safety Net for Those in Crisis

Maureen Gottino, Community Liaison, who represents the Rocky Mountain Crisis Partners, will be at St. Luke's on Tuesday, March 21 from 6:00-7:00pm



Rocky Mountain Crisis Partners operates the statewide Colorado Crisis and Support line (844-493-8255) which is a free 24/7 hotline where anyone experiencing any type of emotional distress or crisis can

call and speak with a clinician and be stabilized, receive immediate counseling and support and then linked to appropriate community resources.

We can take calls from the individuals or from concerned others or professionals seeking advice on how to help someone. We also take the National Suicide Hotline calls for Colorado. The Colorado Crisis and Support Line can help your counseling staff, individuals and family members in providing support and a safety net after hours or when an individual's behavioral health situation is escalated and needs immediate attention. Together we offer Hope and the weary world indeed rejoices!

All are invited! Maureen has presented to our Stephen Ministry group before and her information and array of support services could make the difference in someone's life. We are grateful for Stephen Ministry for hosting this night and hope you will join us to learn some important information about these valuable resources in our community.



Rev. Dr. Sallie Suby-Long
Lead Minister of
Spiritual Life

Our Newest Stephen Ministers!

On February 12th we commissioned, blessed, and celebrated our newest Stephen Ministers! The group has completed over 50 hours of training to prepare for their role of offering one-on-one care to people who are experiencing illness, grief, transition, strained relationships, divorce, or other challenging times in life. We're grateful for their gifts of compassion and kindness.



Warmest congratulations to the following individuals who have now joined our Stephen Ministry team:

Brian Bacon	Sharon Oliver
Kathleen Brown	Julie Polikoff
Carole Collier	Bob Walsh
Bob Mainger	Debbie Weaver

We are very fortunate to have a strong caring network within our St. Luke's community. Our hope is that everyone in need of support can quickly be connected to one of our many care ministries. If you or someone you know would benefit from support during a challenging time, talk with anyone on our Stephen Ministry Team or our Pastoral Team and we'll help connect you. sallie@stlukeshr.com

Wishing You Peace, *Rev. Dr. Sallie*



Thank You Leaders! We recently recognized our out-going leaders during Sunday worship services. Most of these leaders have served three years on a core team at St. Luke's (such as Finance, Trustees, Staff Parish, Equipping Ministries, Lay Leader or Missions) or have led a hospitality team or special group (such as our Golf Tournament or United Methodist Women.) As these leaders roll off we have new members who stepped in to join teams in January. The laity of St. Luke's is what keeps our church running! We recognize our leaders to show our gratefulness for their service and leadership.



Rev. Ryan Canaday
Lead Minister of
Worship &
Missional Life

We Are a Church with a Mission

In the first chapter of the New Testament book, Acts, those who had been following Jesus are having a conversation with him and essentially ask him what the future holds. Jesus replies: "You will be empowered to share love and hope and healing with ALL people because the good news of God's love is for...ALL people. This thing is going to extend way further than you thought. This "loving others" business...it's not just a local thing, it's a global thing!" [my paraphrasing of Acts 1:8]. Where does the mission reach? In the language of Acts: "to the end of the earth." Look around. The world is desperate for hope, for love, for good news. We are the Church and we have something to say about this. We are called to stand in solidarity with the poor and suffering... not just in our own communities, but with people across the world as well. We are the Church... with a mission... to the end of the earth.

I want to let you all know about St. Luke's new formal partnership with the non-profit organization, Project Humanity. They are all about empowering women in Africa! Their mission: to work with local leaders in Africa to identify and develop sustainable projects that emphasize women's empowerment with a focus on health care, literacy, and micro-financing through international volunteerism. This partnership was voted on and approved in January 2017 by our St. Luke's Missions Team... and I couldn't be more thrilled! I think Jesus would be diggin' this work, too.

I have been volunteering with Project Humanity for the past two years. I have traveled with them to Kenya twice, and will be going back this May. I know many of you have also participated, and are planning to participate, in these volunteer trips. They are life-changing experiences! I hope you are able to join us on one of our upcoming trips. We will be traveling to Zambia in early November. Our work there will focus on helping ex-sex trade workers identify and develop micro businesses that will help provide for their families. We'll stand shoulder-to-shoulder with these women as they move toward a brighter future for themselves and their families. We will also visit Victoria Falls, which has been described as one of the Seven Natural Wonders of the world! Wanna come? Stay tuned for more details and exact dates of travel. For more information on Project Humanity, visit their website www.projecthumanity.com.

Finally, Darren Tipton, the founder and CEO of Project Humanity will be joining us at St. Luke's on Sunday April 23. He will be preaching at all three services! He has a message of hope and healing, and has been standing alongside and working with the world's most vulnerable for the past 20+ years. Darren will be sharing some of these experiences with us. You won't want to miss this!

Love. Healing.
Standing with...
The broken.
The poor.
The marginalized.

Let's keep being about these things... to the end of the earth.
Grace & Peace to You My Brothers & Sisters, *Rev. Ryan*



Seasoned Voyagers Update

A 55+ MINISTRY

Exploring Coors Field Top to Bottom, Inside and Out

Seasoned Voyagers and other baseball fans recently enjoyed a wonderful, thorough tour of Coors Field. We went from the top of the stadium, through the suites and press boxes down to a locker room and dugout. What an interesting experience!



For every monthly event or field trip, Seasoned Voyagers has a sponsored mission. For our Coors Field trip, we collected \$443.41 for HAAT Force (Homeless Action and Awareness Task Force South Metro). HAAT Force provides severe weather shelter for homeless people in the south Metro area who are disabled, pregnant, a family or otherwise do not qualify for shelter in the local network of churches. Keep those donations coming - they need it!

And speaking of interesting, Seasoned Voyagers has more great events scheduled for this year! Check it out at the Seasoned Voyagers table in the Fellowship Hall on Sundays, or contact Rich Krening, rkrening@msn.com.



by Rev.
Les Ludlam

More from Les: Breakfast Conversations

Eating with others has the potential to do many things beyond just nourishing your body. It can clear your mind for new thoughts, it can emphasize that which one has in common with another, it can help build community, and it can blur the differences we may think we see.

Sam, the owner and cook, is an Afghan immigrant. He received US citizenship more than 20 years ago and is the leader in his local family. His nephew, Ahmed, is enrolled in engineering classes at CU, Denver. Sam is strong-minded, proud of his Muslim heritage, an independent thinker and enthusiastic debater, and above all, he cooks delicious meals!



The clientele of his restaurant, the "Breakfast Inn," was diverse, reflecting the variety of those who lived at the boundaries of north Denver, unincorporated Adams County, and southern Thornton.

Discussions were particularly lively on the morning after President George W. Bush's

announcement the Day before, in his State of the Union address, that he was ready to attack Iraq even without a UN mandate.

Freddie, the Vietnam Veteran, was sitting at the counter as Betty and I came in for breakfast that morning. "Well, here we go again!" he exclaimed, pointing to the headline in the Rocky Mountain News and not speaking directly to anyone in particular. "Going to war with shaky justification, just like we did in 'Nam! Bush is asking for trouble but not having the kind of support from the country like his dad had for Desert Storm! Nobody has proven that Saddam has any weapons of mass destruction."

Frank, a retailer at a Flea Market near in Commerce City, rose to the bait. "But we can't let these dictators push us around and do nothing. We should have done him in when we had the chance. As long as our enemies see us as weak or undecided they'll take what they want without worrying about any retaliation from us. The longer we wait the more difficult it's going to be to stop him from trying to take over whole Middle East!"

Sam's nephew, Ahmed, the engineering student, had been listening to all this and chimed in. "I love this country and it has been good to my family over the years. But I wonder, should the U.S. be the world's policeman? Shouldn't those who live in Iraq be the ones who work out their own future?"

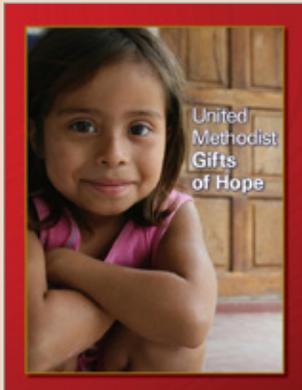
Frank replied, "The U.S. has to protect its own interests. We depend on the oil supplies from Iraq. Remember the Iranian hostage crisis, the oil embargo and the oil price shocks that hurt this country. We need to respond quickly when we see a threat to our country. To wait is to risk another '911!"

The conversation was suspended temporarily as Sam brought the breakfast orders. He smiled as he put the plates down on the counter. There were Biscuits and gravy for Freddie, Ham and eggs for Frank, and French toast for Ahmed. "You boys have been arguing about things over which you have no control," exclaimed Sam, as he put the plates down. "Discussing these issues is healthy, but you're not going out to march in a protest demonstration, you are probably not going to write your congressman or the newspaper. No, you are just going to talk about it until there's something new attracting your attention. And that's OK, but maybe you should be talking about the watering restrictions Thornton is planning to establish. I personally think the City should shut down the decorative fountain at City Hall to save water and have written the City Council about it."

Sam's words were met with silence for a moment; then Freddie spoke in a muffled manner with his mouth full of food, "But it's more fun to talk about the National stuff." Frank and Ahmed just continued to eat. Hunger trumps politics.

God bless us all. -Les

UMCOR Sunday - April 2



On Sunday April 2, you will have a chance to help disaster survivors in the US and around the world and to help people living in poverty through sustainable agriculture, development and clean water projects. To give hope to people in need.

Here's how! We will be taking up the annual offering for UMCOR - the United Methodist Committee on Relief. UMCOR is the humanitarian relief agency of the United Methodist Church.

Donations UMCOR receives through this offering, along with other undesignated gifts made throughout the year, cover its costs of doing business. Gifts like yours make it possible for UMCOR to use 100% of all other contributions on the projects our donors specify, instead of on administrative or fundraising costs.

Because UMCOR keeps operating costs under 10% of its total budget, undesignated gifts may actually exceed UMCOR's administrative needs. When that happens, your support is channeled to under-funded programs, where they're most needed. They also may be used to allow UMCOR to respond to disasters immediately after an event and before funds can be raised.

Offering envelopes will be in the bulletins on April 2. We hope you can give in order to be part of the great work of UMCOR!



Renae Parra
Director of
Servant Ministry

Get CONNECTED

Get Connected at St. Luke's.

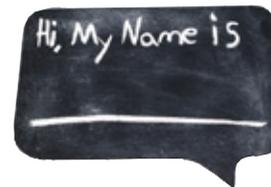
To learn more about opportunities for you to get involved, contact Renae at renae@stlukeshr.com or 303-791-0659 x117

Welcoming One Another

Just a friendly reminder that our Get Connected station has purple Welcome Bags for first time visitors. If you invite or bring someone to St. Luke's make sure you direct them over to the center to pick up a bag. Each bag has information about our church and a fresh loaf of baked bread. Showing this Hospitality makes people feel welcomed!

Why wear your name tag?

St. Luke's Core Values include being Invitational and Relational; this is so much easier when we can call each other by name. We have new people on our staff (myself included!) and we can learn your names much more quickly when we can see your name tag. Ever have that awkward moment where you can't remember the name of someone you met in a class or on a mission trip? A name tag can eliminate that problem. If you have one, please consider wearing it each Sunday. If you do not have a name tag, you can order one at the Get Connected Center on Sundays; your name tag will be ready for pick-up the following Sunday. Name tags are \$4.50each.



Poverty II Class to Start on March 29



All are invited to sign up for an interesting, thought-provoking 8-week class on poverty, on Wednesday nights,

from 6:30-8:00pm in the Conference Room across from the kitchen.

The purpose of the class is to raise awareness of people facing poverty in our community and worldwide and relate it to the missions St. Luke's supports. The schedule for the class is as follows:

March 29 - Meghan LaPorte from Denver Urban Matters (DenUM) will lead us in an exercise in which we will become real-life clients for a month and experience the struggle to make ends meet. We will also review the latest Colorado Self-Sufficiency Standard, which shows the relationships of wages and living costs for different family sizes and counties.

April 5 - Anne Bennett from St. Luke's will share her valuable experience working in the social service sector for many years. She will also show a 1-hour video by Dr. Donna Beegle,

renowned speaker and author, who grew up in generational poverty and has studied poverty for 20 years. One of Dr. Beegle's books is "See Poverty - Be the Difference."

April 12 - International Night - We will take a look at ministries with people in Cambodia, Guatemala, Africa and Haiti that are empowering and self-sustaining. There will be talks, videos and slide shows. We'll have international-themed snacks, too!

April 19 - no class

April 26 - Carl Cleveland of St. Luke's and Love INC, will give a presentation on Transformational Ministries at Love INC - an empowerment program with people experiencing poverty in our community. We will have a discussion on the causes of poverty; how to help without doing harm; and how to help in order to to make a long-term impact.

May 3 - Rodney and Marcus from non-profit Bayaud Enterprises will, respectively, speak with us about the economic challenges of aging and the obstacles to self-sufficiency faced by people released from prison. Thanks to Lynda Drake of St. Luke's and Bayaud for re-connecting us with Rodney and Marcus!

May 10 - Dawna Searcy, Douglas County Homeless Student Services and School Counselor at Sedalia Elementary, will give us some of the training the Douglas County

School District gives to teachers to help them understand students experiencing poverty.

May 17 - John Mezger of St. Luke's and Colorado Coalition for the Homeless (CCH) will give us a summary of what CCH is doing on the front lines of homelessness, including housing, health care and vocational services. He will include whatever available 2017 point-in-time survey information is out there. If he can include a good guest speaker from CCH, he will. He would like to include some statistics to explain how many of our homeless are victims of mental illness, drug dependence, physical and sexual abuse. Trauma is a major contributor to homelessness - not laziness. Also, the impact of current politics: a significant cutback in Medicaid could cripple the dramatic progress we've made in providing health care to this community.

May 24 - Native American Spirituality. We will end on a spiritual note. Lynda Drake has arranged for a Lakota Native American woman to speak on Native American Spirituality. I have heard her before and she is inspiring!

The class is called Poverty II because some of us participated in Steve Bennett's Poverty class last Fall, so this is a continuation of learning and discussion about poverty.

To register, please contact Betsy Keyack, bkeyack@att.net or Renae Parra, renae@stlukeshr.com

Children's Ministry News

Praise, Play & Prayers

CHILDREN'S CALENDAR:

(check our website for full calendar)

- March 8 (WED) - 6:00-7:30pm **Children's Dinner Theater Rehearsals** for "We Are Monsters" BEGIN every Wednesday
- March 10 (FRI) - **PNO Parent's Night Out** 5:45pm Contact Ms. Sam for more info
- March 17 (FRI) - **PLAYGROUP** 9:00am - All are welcome!
- March 19 (SUN) - 9:30am **JOY TREK** (PreK: 2-4 yrs.) Sunday School begins 2-week lesson "Jonah" - Sign up to serve!
- March 19 (SUN) - 9:30am **PEAK** (K-4th grade) Sunday School begins 3-week rotation "Symbols of Holy Week" - Sign up to serve!
- March 26 (SUN) - **Acolyte Training** (2nd-6th grade) - 11:30am-12:30pm
- April 1 (SAT) - **Parent's Time Away** 9:00am-noon - Contact Ms. Sam to rsvp and for more info
- April 2 (SUN) - 9:30am **JOY TREK** (PreK: 2-4 yrs.) Sunday School begins 2-week lesson "Holy Week & Easter" Sign up to serve!
- April 2 (SUN) - 5:30-7:30pm **SLY, Jr. - Games & Life Skills Night**
- April 5 (WED) - **NEW! STORY TIME** 9:00-10:00am - Age 3 and under and caregivers. Contact Ms. Sam for more info.
- April 7 (FRI) - **PNO Parent's Night Out** 6:00pm Contact Ms. Sam
- April 9 (SUN) - **Palm Sunday Parade** 9:30 & 11:00am
12:30-2:30pm
EASTER FUN DAY!
- April 16 (SUN) - **EASTER** Services 6:00, 8:00, 9:30 & 11:00am (No Sunday School)
- April 19 (WED) - **NEW! STORY TIME** 9:00-10:00am - Age 3 and under and caregivers. Contact Ms. Sam for more info.
- April 23 (SUN) - 9:30am **JOY TREK** (PreK: 2-4 yrs.) Sunday School begins 2-week lesson "The Great Commission"
- April 23 (SUN) - 9:30am **PEAK** (K-4th grade) Sunday School begins 3-week rotation "Paul" Sign up to serve online!
- April 24 (MON) - 2:00pm **VBS Registration begins ONLINE**
- May 9 (TUE) - 6:30pm **CHILDREN'S MINISTRY TEAM** meeting



We love our St. Luke's families!

Throughout the week at events, rehearsals, SLY, Jr., Parent's Time Away and Sunday School we are creating community. We are also learning about Lent and growing closer to God. It's simply inspiring to journey through this Holy season with our children and share our lives together. **Come be a part of Sunday School.** Our Sunday School servants are amazing. You are invited to be a part of the team. Go to stlukeshr.com and sign up! We need YOU and Sunday School is an awesome place to be on Sunday morning.



Sharon Oliver
Director of
Children's Ministry
sharon@stlukeshr.com

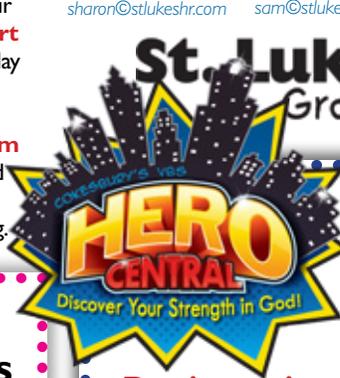


Samantha Leahy
Director of Early
Childhood Ministry
sam@stlukeshr.com



Stephanie Kirk
Children's & Family
Ministries Coordinator

St. Luke's Kids
Growing with God



Vacation Bible School

Registration Opens Online
April 24 at 2:00pm

MORNING session:
June 26-30: 9:00am-12:00pm

EVENING session:
July 11-13: 5:45-8:00pm
(need minimum of 30 registrants by July 1)

www.stlukeshr.com

\$40/per child, per session

(Age 4 by 9/30/17 through entering 5th grade)

Adults: Volunteer to help all days of your child's session and get one free registration.

Wacky Wednesdays

Each week children will enjoy music, crafts, chapel and games.

The theme this year is:



Open to all children
age 2 1/2 years

through entering 3rd grade!*

(Must be potty-trained to attend.)

TIME: 9:30am-noon

WEDS.: June 7, 14, 21
July 12, 19, 26

Registration is \$25 per day
per child.

If you have any questions
regarding registration
contact: Tami Clement at
tami@stlukeshr.com

Registration forms
available now!

***Young Toddler Option**
18-30 mos. Contact
sam@stlukeshr.com for info

Children's Dinner Theater

Friday May 5:

Dinner 6:00pm, Show 7:00pm



St. Luke's Kids 1st-6th grade tell the musical tale **We Are Monsters**. We will follow human kids into a monster cabaret filled with quirky monster characters. These monsters and

kids discover the importance of friendship and celebrating in the attributes that make each of us different and unique. Enjoy food and fun!

No ticket needed. Free-will donation.
Proceeds benefit our Guatemala outreach.



ACOLYTE TRAINING

Attention: 2nd-6th graders

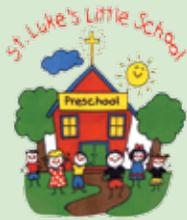
***last training until fall

SUNDAY March 26 • 11:30am-12:30pm

RSVP to sharon@stlukeshr.com



Kay Swanson
Director of
Little School



Little School News:

March – in Like a Lamb

Little School LOVES this great spring-like weather and we have been taking advantage of our wonderful outdoor space. We have even had music outside, marching to great band music! Even though we know that it has been mild, we are hoping for more playtime in the snow! We aren't ready to put away the mittens and boots just yet! During March all things at Little School will turn GREEN! Those pesky leprechauns will be about, messing up our classrooms, leaving green footprints and gold coins! It is always a surprise to see how much mischief they

can get into!

Registration for fall is still open and we would love to have your join us. Please let your friends and neighbors know about our amazing preschool program! Tours are Wed. and Thur. mornings at 11:00am, no appointment is necessary! For information please check out our website at stlukeslittleschool.org

We wanted to share some photos from our recent Dad's Saturday! We had such a special time seeing all the dads, grandpas and special friends come to preschool to make Valentine's for their moms and wives. Our Book Fair was our most successful ever! Thanks to everyone who purchased books!



We can't forget our annual Chinese New Year Parade with our Chinese Dragon and band. Our Explorer's made the dragon and masks and the whole school enjoys the loud and festive parade!

Little School will be off on Spring Break March 20-24. We hope that you are planning some really fun family activities creating new memories!

Happy Spring!

Blessings from Ms. Kay and the Staff

"Children go where there is excitement and stay where there is love."



St. Luke's Little School -
Best Preschool in Douglas County
2013, 2014, 2015
& 2016!



Parent's Time Away

Our Nursery offers a monthly Parent's Time Away morning for parents to take time for themselves. We want to do all that we can to support your journey as parents. We invite you to take time for a hike,

enjoy a quiet breakfast or just reconnect. After honoring your self for awhile, you'll be able to breathe more deeply, feel a greater sense of peace and return to parenting energized and renewed.

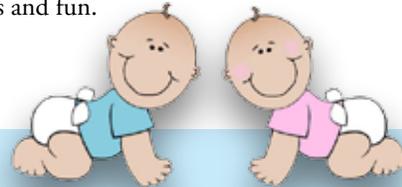
Cost is \$10 per family. Check calendar for upcoming dates. Space is limited so make your reservations early to sam@stlukeshr.com

NEW! Story Time



You are invited to join us in the Church Fellowship Hall for Story Time on the first and third Wednesdays of the month 9:00-10:00am starting in April. Children age 3 and under will enjoy a story, singing and

having lots of fun. It is also a time for caregivers to gather for a cup of coffee and enjoy each other's company in a place bustling with an abundance of rambunctious and exuberant toddler energy. Don't think this is just a mom's group – dads, grandparents and anyone with a little one is welcome. Please join us for a frenzy of faith-filled stories, friends and fun.



Dipes 'n Wipes

A Way to Observe Lent: Participate in **St. Luke's Love INC Diaper Drive** now through Easter! Help 25% of parents that cannot afford to buy diapers by donating diapers, wipes and/or 'dollars for diapers'. Sizes 4, 5 and 6 are always needed. Drop off at the display in the Narthex. Big thanks to Children's Sunday School and SLY, Jr. for kicking off this diaper drive in the month of February and collecting lots of donations! *Thanks!*

ST. LUKE'S  **July 21-28**
FAMILY CAMP come for any or all days

Snow Mountain Ranch, Granby, CO
Sign-up NOW through April 15

www.stlukeshr.com/familycamp/

If you are interested in going, you need to sign up for your campsite now as they are through SMR on a first come, first-serve basis.

Fun, Fellowship, Great Food, Tubing Hill, Boating on Grand Lake, Day at Adventure Park in Winter Park, Camping, Hiking, Biking

Save the Dates: Join in our Celebrations, Educational Studies and Volunteer Mission Projects.

- **Mar. 12:** 8:00-9:15am: Room 206: UMW Leadership Meeting (all are welcome).
- **Mar. 18:** 9:00am-2:00pm: Mile High Pikes Peak District Spiritual Day, Castle Rock UMC, Theme "Finding Your Way: Pilgrimage as Spiritual Community" presented by Rev. Dr. Janet Forbes.
- **Mar. 23:** Legacy 150 Giving Day – Help continue the living legacy of United Methodist Women. For all the ways to give go to UMW.org
- **April 22-23:** Spiritual Life Retreat, Estes Park YMCA, registration online rmcumw.org
- **April 30:** 2:00-4:00pm: Spring Tea, Mission Speakers from The Haven, particularly Baby Haven. Watch for the donation wish list.

United Methodist Women is open to ALL women and strives to enhance your Spiritual Journey; Supports you in Friendship and Fellowship; Keeps you in Prayer, Satisfies Mission Needs, and Supplies you with Renewal. Let us be a part of your journey. If you would like to join us at any of these events, please contact umwinfo@stlukeshr.com

Graydon Dowis presented Quilt of Valor



Graydon was drafted into the Army in 1944 and served two years in Okinawa as a clerk in a field hospital. After his service to our country he became an attorney and practiced law in the Sterling area for more than 40 years. Graydon and Betty have been faithful members at St. Luke's and attend the 11:00am service nearly every Sunday.

The Itch to Stitch Guild, an interest group of United Methodist Women, presented Graydon with this years quilt. This is national recognition for veterans and St. Luke's first recipient was Amiel Smith last year. If you would like to nominate someone for this award please contact one of the pastors.



GOOD TO KNOW: In 2015, United Methodist Women members, 800,000 strong, raised \$13million for missions with women, children and youth at home and around the world. **THANKS BETO GOD**



"The organized unit of United Methodist Women shall be a community of women whose purpose is to know God and to experience freedom as whole persons through Jesus Christ; to develop a creative supportive fellowship; and to expand concepts of mission through participation in the global ministries of the church."

Interest Groups of UMW at St. Luke's:

Book Group ~ Fiction/ Non-fiction/Informative/ Fun. Fourth Monday, Room 206, 7:00pm (potluck 6:15pm) Contact: Renae Parra (renaeparra@aol.com)

- **March 27** - "Circling the Sun" by Paula McLain
- **April 24** - "Ordinary Grace" by William Kent Kreuger

Common Thread ~ Friendship, Fellowship, Caring, Sharing. First Thursday of each month, 10:00am. Meets at the church. Contact: Caroline Butler carolinebutler@q.com or Betty Smith 303-797-3225

Itch to Stitch ~ Projects of Crochet, Knitting, Sewing, Quilting donated to Charities. Meets 2nd and 4th Saturday from 10:00am-12:00pm in church basement. All skill levels welcome Contact: Fran West 303-797-7107. Check out Our Facebook page!!! - "St. Luke's UMC Itch to Stitch Guild"

For further information about UMW: Email us at umwinfo@stlukeshr.com.

Look for our brochure at the church entrance ~ AND we are on Facebook www.facebook.com/stlukeshrumw

"St. Luke's United Methodist Women - Highlands Ranch, CO"

RMCUMW.ORG for info around Rocky Mountain Conference and Mile High Pikes Peak District.



Spirituality and Wellness Speaker Series:

On Tuesday evening, Feb. 21st, Brian Luke Seaward inspired a



full house with his conversations on “The Health of the Human Spirit”. The evening was filled with thought provoking wisdom, intriguing stories and precious moments of laughter. Luke spoke of those things that nourish the human spirit, including connection, gratitude, joy, balance, humor and love. He spoke of the Seasons of the Soul, centering (autumn), emptying (winter), grounding (spring) and connecting (summer), as a natural flow in the process of the soul’s growth. And as we explored the question of just how essential humor is to health and wellness, the room filled with laughter. Luke left us with a poem he had written which invited us, as we travel this human path together, to “Stand Like Mountain, Flow Like Water”!

Classes and Experiences: The Center for Spiritual Engagement kicked off a rich variety of classes in early 2017. We want to take time to express how honored we are to have such talented and dedicated facilitators for the many classes offered. Our heartfelt “Thank You” to each of you! Following are just a few of the wonderful comments made by participants regarding some of the classes affiliated with CSE.

“I felt so comfortable at Jenita’s during our first session. She read a beautiful writing about Creation and then we participated in some spirit-led work. It was so interesting to hear what inspired different people that day! I am eager for another session of Gracious Space.”

“I signed up for Gargi’s Life Coaching class to keep tweaking my life purpose. Gargi’s warm heart, welcoming spirit and meditations invited me to relax, be fearless and search my own life wisdom.”

“My daughter, who is newly married, and I took Melinda’s cooking class. What a wonderful way to spend time together learning new ways to prepare healthy meals in less time. Melinda’s passion for cooking truly radiates.”

“I went into this class thinking I was comfortable with what I thought spirituality was and what I have found is a refreshing, group reflection that has helped me create more space for what spirituality is and more importantly what it can be. Sharing and learning in community has made all the difference and Bryan Hutchinson’s calm and easy manner has created gracious space for us to explore”.

And to the many participants, Thank You! You keep our spirits engaged and always searching for what’s next. We hope you will continue to join us for moments of inspiration and transformation.

Our newest opportunity will be:

- **Come Dance with Us with Steve and Cathy Collins.** Beginning in April. Steve and Cathy offered Ballroom Dancing lessons in February/March of 2016, and they are returning, based on popular demand. Learn the basics of the Waltz, Foxtrot, Cha cha, and the Swing in time to “shine” at summer weddings. No experience necessary. Recommended donation \$10/person. Visit our website at stlukesce.org for details.

Some opportunities continue on a drop-in basis. We welcome you all!

- **Gracious Space with Jenita Rhodes** started February 10, 10:00 -11:30 at Jenita’s house. Gracious Space is a drop-in forum and will meet the 2nd Friday of each month. It will offer a time to renew, refresh, and regenerate. There will be devotions/lessons and time to explore through various art forms. Come when you can to see what exciting things Jenita will bring to your day. (Jenita@pcisys.net).
- **Morning Yoga with Gargi** meets Thursday mornings, 9:00-10:15am, in St. Luke’s Youth Room. (No class on March 30 or April 13.) Gargi invites us to turn off our mind chatter, and tune into our bodies. All abilities are welcome. Drop in once, and you’ll want to come as often as your busy schedule allows. Bring a yoga mat. Suggested donation \$12/class (renaeparra@aol.com).

Outdoor Adventures: Come join us as we explore beautiful places in Colorado’s Front Range: * **Snowshoeing at Elk Park** near Evergreen, March 18. Enjoy the 3.1 mile trail through beautiful meadows and mature ponderosa pines. (Julie.polikoff@msn.com)

* **Hiking Matthews Winters Park**, April 22 (janetjohnston@comcast.net)

* **Archaeology Hike in Ken Caryl Ranch**, May 20 (janestaller@gmail.com)

Trustees Corner

Our team is looking forward to our 1st Service Saturday of 2017 on April 8, 8:00am to noon. All are welcome! We do sign community service hour forms if you/your students bring them along. Our focus this day is to complete interior deep cleaning and repair items from our “Honey Do” list in anticipation of the Easter events. We appreciate your help – please contact sam@stlukeshr.com to make childcare reservations for your little ones.

We’re also working on improving our **Life Safety drills** and readiness. In the coming months, we’ll be scheduling a few drills for various scenarios on weekend and week days to improve familiarity throughout the Church under a variety of circumstances. Did you know St. Luke’s has 2 AED devices? One is located near the coat rack closest to the main Sanctuary doors, and the other is near the drinking fountain/director’s office in our lower level. Speaking of safety, we’ve also completed radon testing at St. Luke’s and levels here are well below EPA levels. Did you know that Tri-County Health is offering free radon tests for residents of Douglas, Arapahoe, and Adams counties? Access their website to order yours: <http://www.tchd.org/630/Radon>. We appreciate your help as we work to strengthen our processes, and help us to keep St. Luke’s safe.

Attention Gardeners

Your gardening skills are needed to assist in helping our church garden to benefit a local food bank. We are getting generous help from Grow Local Colorado. If you can volunteer 2 days of 1 particular week each month June through October please call Fran at 303-797-7107 or email at mfranwest@gmail.com.



A “set-up” planning meeting for preparing the garden is set for noon on Sunday, March 19 hopefully in the garden area. Check with Fran for details.

Would you like to engage in conversations regarding current events within the Church, country and world? Are you interested in learning from people who think differently than you? We are preparing a series of **Current Event Conversations** for this spring. More details to follow, but save the dates:

April 2 & 23 at 4:00pm



Upcoming Events!

- * **March 5 -**
9:30-10:30am: SLY AM - Paul
1:00-3:00pm: Confirmation
 (Parent meeting 2:00-3:00pm)
5:30-6:00pm: SLY Dinner \$2
6:00-7:30pm: SLY PM - Swimming at
 the Rec Center (Bring ID or \$6)
- * **March 10-12 -** Confirmation Retreat
- * **March 12 -**
9:30-10:30am: SLY AM
1:00-3:00pm: Confirmation
5:30-6:00pm: SLY Dinner \$2
6:00-7:30pm: SLY PM- Movie Night
- * **March 15 -**
5:30-6:30pm: Homework Hour
6:30-8:00pm: Wed SLY- Yoga
- * **March 19 -**
9:30-10:30am: SLY AM- Jeremy
5:30-6:00pm: SLY Dinner \$2
6:00-7:30pm: SLY PM- Dinner ©
 Sonic (bring \$\$\$)
- * **March 22 -**
5:30-6:30pm: Homework Hour
6:30-8:00pm: Wed SLY- Jumpstreet!
 (bring \$\$\$)
- * **March 26 -**
9:30-10:30am: SLY AM - Amy
1:00-3:00pm: Confirmation
 (Parent meeting 2:00-3:00pm)
5:30-6:00pm: SLY Dinner \$2
6:00-7:30pm: SLY PM - Giant Jenga
- * **March 29 -**
5:30-6:30pm: Homework Hour
6:30-8:00pm: Wed SLY - Canvas
 Painting (\$2)
- * **April 2 -**
9:30-10:30am: SLY AM - Karin
1:00-3:00pm: Confirmation
 (Parent meeting 2:00-3:00pm)
5:30-6:00pm: SLY Dinner \$2
6:00-7:30pm: SLY PM - Irish Dance
 Team Performance!
- * **2017 dates to put on the
 calendar NOW:**
*April 22 - Confirmation Service
 at 6:00pm*
April 30 - Progressive Dinner!!
*May 7 - Jr. High Mission Team Meeting
 at 11:00am*
*May 7 - Sr. High Mission Team Meeting
 at 12:30pm*
May 21 - Graduation Sunday
- * **Sign up to
 receive our
 emails
 and Check
 stlukeshr.com
 and click on
 "Youth" or "SLY"** for up-to-date
 info on programs, activities,
 opportunities and more!



ON THE SLY: Finding Meaning in the Season

The season of Lent can be a confusing one. Sure, we party and gorge ourselves on Fat Tuesday (which was a glorious success this year by the way), then we get ashes on our foreheads on Ash Wednesday. We give up chocolate or soda or even all fast food for 40 days and before we know it Easter is here and life goes right back to normal. Is that all there is to it? What does it all mean? And does it even make a difference? This year in SLY we decided not to settle for the mundane routine that the Lenten season has become for so many, we wanted more! Some great discussions have been happening in the youth room. What does it really mean for us to prepare for Easter? And what is the purpose behind all these "sacrifices" we are compelled to give into this time of year? The true purpose could not have been said better than by one of our eighth graders in confirmation.. This is the time to get tighter with God! We have been taking a good long look at what it is in our lives that get in the way of our relationship with God, for these are the things we should really be working on! For some there were health goals like giving up treats or spending less time on their phones, but for others it went deeper than that. Working on controlling anger, finding ways to forgive, and learning to let go of past mistakes were only a few of the things identified as ways they could grow closer to God in this season of Lent. We are not allowing Lent to simply be an excuse to pick back up on the New-Years resolution we failed at, this time of year means so much more, and these youth just get it!

Yours in Christ, Dave, Amy & Jeremy



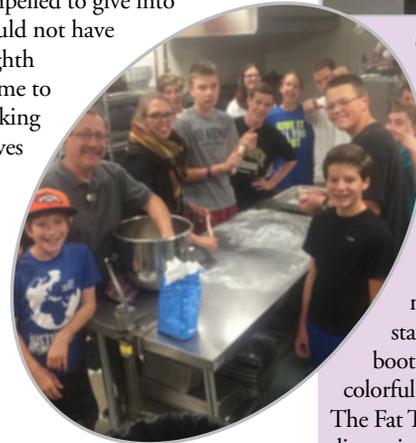
Dave Laurvick
 Director of
 Youth Ministry



Amy McMullen
 Assistant Dir. of
 Youth Ministry



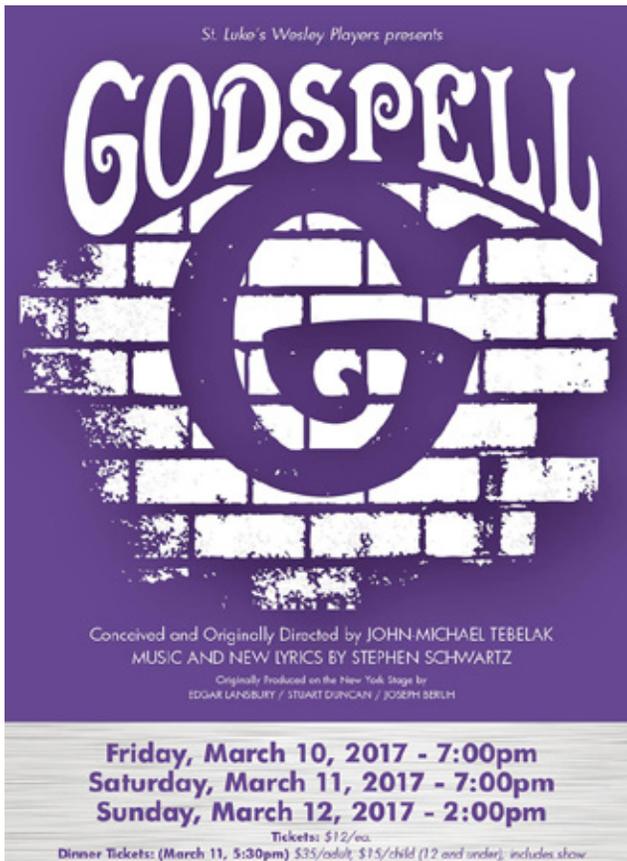
Jeremy Brown
 Assistant Dir. of
 Youth Ministry



So much fun was had kicking off the Lenten Season with our annual Fat Tuesday Pancake Dinner hosted by SLY! There was pancake flipping, coloring, mask making stations, a photo booth, and plenty of colorful beads to go around! The Fat Tuesday Pancake dinner is a fundraiser for the youth's summer mission trips. A big THANK YOU to all who helped out or came and ate pancakes!

Learning to Live in 3D by Allison Howard

Recap of 9th & 10th grade retreat: This retreat was one of the best that I've been on. Jeremy did a great job with planning everything and his sermons were incredibly passionate and they had strong messages. We had a very exciting weekend. We started out with a sermon about **desire**. Jeremy told us that our desire for faith and hope should be in God and nothing else. In order to get close to God, you have to desire to get closer to Him. Then, on the second day, we learned about **dependance**. If and when we get closer to God, we depend on God to support us and hold us up when we need Him to. Jeremy showed us an example that uses weights, a pencil, and a metal pole. The pencil can't hold up all of the weights and when there's too much for the pencil to carry and support, eventually, it breaks. He gradually put more and more weight onto the pencil and let it sit and hang on the pencil until it broke letting all of the weight fall to the floor. The pencil represents anything else that we put our faith into that's not God. If we put our faith into our friends, eventually, if you put too much on them, they will let you down because it's too much for them to handle and carry for you. God is the metal pole. Jeremy put the same amount of weight on the metal pole and it held up for the whole weekend. God won't break when you put a lot of your own burdens and weights on him. He will support you through everything and He will carry you and hold you through it. The third sermon was just as powerful as the first two. Jeremy talked about **direction**. He taught us that you have to let God take the ordinary and turn it into the extraordinary. God will point you in the right direction but, only if you let Him and you want Him to. You have to embrace God and let Him into your heart and soul. God can take an ordinary life and turn it into an extraordinary life and help you to do amazing things. When you are doing the extraordinary cont. on page 11



James Ramsey
Director of Music
& Arts Ministries



Kenrick Mervine
Associate Dir. of
Music Ministry/
Organist



Kay Coryell
Dir. of Handbells
& Children's Music
Ministry



Kristi Pawley
Music & Arts
Admin. Assistant/
Accounting Clerk

Upcoming Events:



Godspell –

Friday, March 10 at 7:00pm
Saturday, March 11 Matinee at Windcrest
Saturday, March 11 at 7:00pm
Sunday, March 12 at 2:00pm

Easter – Sunday, April 16 at 6:00, 8:00, 9:30 & 11:00am

Children's Dinner Theater – Friday, May 5 at 6:00pm

Mother's Day Dinner Dance – Saturday, May 13 at 6:00pm featuring Ministers of Swing

Arapahoe Philharmonic – Saturday, May 20 at 7:30pm

Get to Know Amy



Amy McMullen

Amy was only one year old when her family first attended St. Luke's. Although many things have changed since then, her love of her church home has remained

steady. After graduating college, she traded in her role as a volunteer at SLY and officially took on the role of Assistant Director of Youth Ministry. Amy is currently taking classes at Regis University working towards her Masters in Counseling with an emphasis in Child and Adolescent Counseling. She loves spending time with her family and friends and is so excited for baseball season to finally get here! (Go Rockies!) Amy has a passion for working with youth and walking with them on their life and faith journeys. She feels truly blessed for the opportunities she has been given through St. Luke's.

Get to Know Dave



Dave Laurvick

Dave has been a member of St. Luke's UMC since 1996, and was a frequent volunteer with the St. Luke's Youth Group. Five years ago he left a career in Telecommunications Infrastructure to make a long-time passion of working with youth of all ages into a vocation as Director of Youth Ministry at St. Luke's. He is a veteran of

over 30 College/Sr High/Jr High/Guatemala mission trips with SLY (St. Luke's Youth), has been a SLY AM teacher, SLY PM volunteer, gone sleepless at numerous retreats and lock ins, and has been a Confirmation Family Group Leader and Prayer Partner. Dave has his degree in Theatre Arts (Acting & Directing)/Management from Southwest Minnesota State University, and did his Graduate studies at Miami University (Ohio). Dave and his lovely wife Elizabeth are parents to Brad (wife Meghan) Laurvick and Erin (husband Brad) Klein. If he ever finds free time, he spends it chasing grandson Joey, making faces with granddaughter Gracie, working on refinishing antique furniture, and tinkering with classic muscle cars.

continued from page 10 things with God's help, you should only do it if you really want to, not because you're supposed to do it or because someone tells you to do it. All of the sermons were very meaningful and important. When we split up into small groups, we all made different points about which lesson spoke to us the most and why. All six of us had different answers and different interpretations of the lessons. We had a lot of fun on this retreat also. We had time to get to know each other and just hang out. We went to the high ropes course with the intentions that the Ponderosa ropes course helpers were going to act like God in the way that they will help to keep us safe and catch us when we fall and help us to get back up. We had a great time at the meals also. When we were eating, it was an opportunity to get closer to the other youth there. I really enjoyed this retreat because of the activities and the people who were there. It gave me a better idea of how to let God into my heart and soul. I learned that it's okay to put your faith and trust in God because He will always catch me when I fall and help me get back up when I'm down.



St. Luke's United Methodist Church
 8817 S. Broadway • Highlands Ranch, CO 80129
 303-791-0659 • www.stlukeshr.com

*St. Luke's United Methodist Church welcomes you to our Christian family,
 where we share life. Wherever you are in your faith journey,
 you are accepted and encouraged to grow spiritually.*

*Join us in growing together toward full humanity through living
 the teachings of Jesus: Love, Acceptance, Justice and Hope.*

CONGREGATIONAL CARE



Brenda Schafer
 Office Administrator

*Don't you be afraid,
 for I am with you.
 Don't be dismayed,
 for I am your God.
 I will strengthen
 you....* –Isaiah 41:10

PRAYER CONCERNS

Contact Rev. Sallie Suby-Long or Brenda Schafer if you have any additions/removals
 303-791-0659 x132, leave a note at the front desk, or email sallie@stlukeshr.com or
brenda@stlukeshr.com

LATEST ENTRIES TO PRAYER LIST:

- | | |
|---------------------------|--|
| <i>Natalie Murrow</i> | <i>Peggy Link</i> |
| <i>Debi Sheppard</i> | <i>Allie Warner – Little School parent</i> |
| <i>Kay Swanson</i> | <i>Lucius Fouche – Fran West's brother</i> |
| <i>Peter Waldheim</i> | <i>Michael Streevy</i> |
| <i>Jerry Hecht</i> | <i>Elaine Piper – Dave & Elizabeth Laurvick's friend</i> |
| <i>Joel Hollyman</i> | <i>Carolyn Lehmus – Lisa Lehmus' sister-in-law</i> |
| <i>Steve Fuller</i> | <i>Michelle Bergman</i> |
| <i>Eileen Wright</i> | <i>Sherrie Miller</i> |
| <i>Mary Ann Eagelston</i> | |

SYMPATHIES TO:

- Jed & Linda Walker on the passing of Jed's step-father, Desmond Sainsbury*
Kristi Tomlinson on the passing of her mother, Sandy Myatt
Terri Beecher on the passing of her husband, Stuart Beecher
Barbara Biegel on the passing of her sister
Karen Meade on the passing of her brother



Get to Know Jeremy
Jeremy Brown

Jeremy grew up going to SLY at St. Luke's and has been a church member since 2000. He graduated from Colorado State University with a bachelor's degree in Natural Resource Management and a minor in Global Environmental Sustainability. His faith and relationship with God grew stronger in college while being a leader of CRU, a campus ministry, and leading multiple young adult bible studies. Currently, Jeremy is earning his Master's degree in International Development with a concentration in community health, WASH (water, sanitation, and hygiene), and youth development at the University of Denver. His favorite part about working with SLY is the energy that the kids bring, and their willingness to learn and grow every day. He is very excited about his upcoming adventure, traveling to Lesotho (a country in Southern Africa) to serve in the Peace Corps!