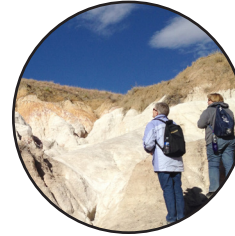


Spiritual Direction/Mentoring:

The Center for Spiritual Engagement offers Spiritual Direction/Mentoring to support people in seeking new perspectives, navigating transitions and challenges, discerning action steps, and enhancing self-awareness. Our professionally trained Spiritual Directors offer presence and attentive listening in an encouraging, gracious environment. Spiritual Direction/Mentoring is a confidential, prayerful, and intentional way to access your inner wisdom and to be attuned to what is meaningful and sacred in your life.

Spiritual Engagement - Children & Teens:

The First Steps Spirituality program, developed by Rev. Dr. Leanne Hadley, was created to provide spiritual nurture for children and teens experiencing loss, pain or difficult times. The program is now part of St. Luke's Center for Spiritual Engagement. As part of this program, trained volunteers called Holy Listeners are available most Sunday mornings during the Sunday School hour (9:30-10:30am) for children 6th grade and younger and also for our Little School Preschool program.



Center for Spiritual Engagement

2017



CENTER FOR
SPIRITUAL
ENGAGEMENT

connection • inspiration • transformation



Contact:

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Lead Minister of Spiritual Life
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St. Luke's United Methodist Church

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updated 2.14.17

About Us

OUR MISSION and purpose is to promote healing and wholeness by creating opportunities for authentic connection and by providing experiences that inspire and transform. All are welcome!



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



connection • inspiration • transformation

The Center for Spiritual Engagement (CSE)

has grown from a vision that was articulated by St. Luke's long range planning team in 2007. As the group perceived it, the purpose of this Center would be to "respond to the need for more meaning and recognition of what is holy and sacred in life. It would be a center of integration and transformation, addressing spiritual formation at the deepest level, integrating 'being' with 'doing' – the alignment of values, purpose, action, and a sacred call to wholeness."

Our CSE programs offer the opportunity to be challenged to look at the world through a wider lens; to develop authentic relationships; to explore the beauty of nature, especially our Colorado geography; and to promote well-being.



www.stlukescse.org

Spirituality & Wellness Speaker Series:

Our Speaker Series features notable professionals from such fields as Spiritual and Human Development, Psychology, and Education. Each presentation is designed to challenge and to encourage personal exploration and growth. Speakers discuss topics relevant to spirituality and wellness in our day-to-day lives.



**Join us for: "Health of the Human Spirit:
An Evening with Brian Luke Seaward"**
author of *Stand Like Mountain, Flow Like Water* –
Tuesday, February 21, 2017 (6:30-8:00pm)

Contact renaeparra@aol.com for more info.

Speakers and topics have included:

- "Sanctuary: The Power of Pause" – Terry Hershey
- "Catch Yourself Coming Alive" – Rev. Shawn Kellogg
- "Love Your Life No Matter What" – Pennie Hunt
- "Holiday Food for Body & Soul" – Kimba Ashworth
- "Paths to Better Family, Workplace and Personal Relationships" – Carl Cleveland
- "Courage in Everyday Life" – Bryan Hutchinson
- "Creating, Living, Building & Growing in Gracious Space" Series – Dr. Sallie Suby-Long, Dr. Andi Pusavat, Dr. Dana Max, Dr. Jane Mountain

Classes & Experiences:

We offer a variety of educational experiences including retreats, year-long classes, short-term seminars, and one-day learning experiences. We also create or lead meditative exercises for your class or group. Our classes, workshops, and experiences encourage connection, enhance personal spiritual development and create community, and the transformation of our lives into spirit-driven lives. Check our website at www.stlukescse.org to learn more about upcoming offerings, and to review our most recent classes and experiences.



Recent Classes and experiences have included:

- Energy Yoga with Gargi Agarwalla
- Women's Spirituality and Wellness Retreat
- Journaling Experience
- World Labyrinth Day
- "The Gifts of Imperfection" Class
- Soul of a Pilgrim Class
- Ballroom Dancing
- Conscious Cooking
- Enneagram Workshop

Outdoor Adventures:

Our purpose is to play, to be, and to learn in nature. Our travels lead us to scenic places, where we can encounter the wonder of grace through God's immanence, transcendence, mystery and companionship. We have a full schedule of outdoor adventures planned for the new year:

Recent Adventures have included:

- Snowshoeing at Kenosha Pass
- O-Fallon Park Hike
- Climbing Evergreen Mountain
- Hiking in Staunton State Park
- Mount Evans Hike
- Devil's Head Fire Tower
- Canoeing on Bear Creek Reservoir
- Golden Gate Canyon State Park Hike
- Geology Hike



For information on current CSE opportunities visit our website at www.stlukescse.org

While you're there, check out our Photo Gallery!

Email Us at cse@stlukeshr.com to be added to our CSE email blasts list for information on our latest opportunities.