

SUPPORT GROUPS AND CLASSES St. Luke's offers support groups and classes focused on a variety of topics such as job loss/transition, divorce recovery, and grief.

Outside Support Groups

The following groups meet at St. Luke's. You are invited to join their activities as indicated.

ALCOHOLICS ANONYMOUS: UPON AWAKENING A.M.

Meeting Time/Place:

EVERY morning 6:45am, Room 128

All are Open Meetings

Contact: 303-322-4440 Denver Central Office or www.daccaa.org

HIGHLANDS RANCH FAMILY AL-ANON

Offers Understanding, Hope, Strength, and Support to families and friends of alcoholics. All are welcome!

Meeting Time/Place: Tuesdays 7:30-8:30pm Room 128 or Tuesdays noon-1:00pm Room 210

NARCOTICS ANONYMOUS

Meeting Time/Place:

Natural High: Thurs. 7:30-9:00pm, Varied Format;

Together We Can: Mon. 7:30-8:30pm, Discussion

Contact: www.nacolorado.org/denver

If St. Luke's does not offer the type of support you may need, we will make every effort to connect you to additional resources, support networks, and care providers within our community.

Bear one another's burdens,
and in this way
you will fulfill
the law of Christ.

– Galatians 6:2

As I have loved you,
so you must love
one another.

– John 13:34b



St. Luke's United Methodist Church

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Supporting our Community

2018



Contacts:

Rev. Dr. Sallie Suby-Long
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Rev. Jessica Rooks
Lead Minister of Community Life
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Rev. Ryan Canaday
Lead Minister of Worship & Missional Life
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Support Groups & Care Ministries

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

We all experience challenges in life—times when we could benefit from extra support and care. St. Luke's has an excellent care ministry network that is designed to meet people's needs in a variety of circumstances. If you or someone you know may benefit from these ministries, I encourage you to contact me so we may have a confidential conversation to connect you with the care ministry or resources that may be helpful to you. You may reach me at 303-791-0659 x132 or sallie@stlukeshr.com —Rev. Dr. Sallie Suby-Long

PRAYER TEAM The Prayer Team at St. Luke's meets bi-weekly to pray for concerns and requests on the prayer cards. This team of caring individuals is dedicated to praying for the needs of our congregation, families, friends, and community. The Prayer Team ministers together with Pastors, Caring Connection, and Stephen Ministry.
Spiritual Gifts: Mercy, Faith, Evangelism, Healing, Miracles
Meeting Time/Place: 1st & 3rd Wednesdays, 11:00am
Contact: Nancy Abbott abbott7212@msn.com or Sallie Suby-Long 303-791-0659 x132 or sallie@stlukeshr.com

CARE AND COUNSELING Rev. Sallie, Rev. Jessica, and Rev. Ryan offer short-term care, counseling, and referrals for individuals, couples, and families experiencing many life circumstances.
Contact: Sallie Suby-Long 303-791-0659 x132 or sallie@stlukeshr.com

BENEVOLENCE FUND provides support for those in need who are not directly connected with St. Luke's.
Contact: Rev. Jessica Rooks, Rev. Sallie Suby-Long or Rev. Ryan Canaday 303-791-0659

CARING CONNECTION provides support to members of St. Luke's and the surrounding community by making visits, taking meals to families in need, running errands or providing transportation.
Spiritual Gifts: Helps, Hospitality, Mercy, Faith, Giving, Evangelism, Healing
Meeting Time/Place: varied
Contact: Maryellen Davis 303-879-7574 or mmcdavis61@gmail.com

THE SAMARITAN FUND provides financial support and assistance for those who are part of our St. Luke's family.
Contact: Rev. Jessica Rooks, Rev. Sallie Suby-Long or Rev. Ryan Canaday 303-791-0659

HOLY LISTENING When children face challenges and painful situations, the most helpful thing we can do is listen to them. Holy listening is when we listen without trying to fix, without making judgments, and without minimizing the feelings of the child. The goal of holy listening is to help the child feel comfortable enough to describe the pain they feel without causing them to feel ashamed for the feelings they have and begin their healing. We invite God to be present and guide us throughout the process.
Contact: sam@stlukeshr.com or sharon@stlukeshr.com

PARENTS OF YOUNG ADULTS WITH BIPOLAR/DEPRESSION offers support and education for those parenting older children with Mood Disorders/Depression.
Meeting Time/Place: 1st & 3rd Weds. at 6:30pm
Contact: Sallie Suby-Long 303-791-0659 x132 or sallie@stlukeshr.com

PRAYER REQUESTS Prayer requests support our church family. They may be phoned in, sent via our website (www.stlukeshr.com) or by filling out a prayer request card and returning it to the office.
Contact: Church Office 303-791-0659 x110 or office@stlukeshr.com

GRIEF SUPPORT GROUP for those who are grieving the loss of a loved one or friend.
Contact: Rev. Pat Shaffer prshaffer04@yahoo.com

FAITHFUL FRIENDS offer care and friendship to individuals in care centers, those who may be dealing with long term health challenges, and individuals who may have difficulty getting to St. Luke's on a regular basis. **Contact:** Nancy Abbott abbott7212@msn.com

CENTER FOR SPIRITUAL ENGAGEMENT (CSE) The purpose of CSE is to foster healing and wholeness of mind, body, heart and spirit through experiences that inspire connection and wellbeing. (See CSE pamphlet for more information or go to www.stlukescse.org).

STEPHEN MINISTRY equips lay persons to provide distinctively Christian one-to-one care to those who are experiencing all kinds of life needs and circumstances. Stephen Ministers complete fifty hours of initial training in caring ministry skills, participate in regular support and supervision, and are committed to preserving the confidential nature of the caring relationship. Stephen Leaders at St. Luke's are Nancy Abbott, Bob West, Melinda Davidson, Laura McCarthy and Sallie Suby-Long. Please contact a Pastor or Stephen Leader if you are interested in receiving care.
Spiritual Gifts: Mercy, Faith, Evangelism, Wisdom, Pastoring/Shepherding, Encouragement/Counseling, Healing, Miracles
Contact: Sallie Suby-Long 303-791-0659 x132 or sallie@stlukeshr.com

SPIRITUAL DIRECTION/MENTORING supports individuals who are discerning life choices, embracing changes and transition, negotiating life challenges, recognizing important insights, and seeking greater self-awareness. The one-on-one process encourages attentiveness to what is sacred in all life circumstances. This ministry is offered by individuals who have completed specialized, professional training as Spiritual Directors.
Contact: Sallie Suby-Long 303-791-0659 x132 or sallie@stlukeshr.com