



Easter/Spring The Chronicle

ST. LUKE'S UNITED METHODIST CHURCH

APRIL/MAY 2019

Inside This Issue:

From Rev. Sallie.....	2
From Rev. Ryan.....	3
From Rev. Jessica.....	3
Thank you, Sheri.....	4
Welcome New Members...	4
Missions Update.....	5
Children's Ministry.....	6
CSE Update.....	8
Music & Arts Ministry.....	9
SLY Ministry.....	10
UMW Update.....	11
Seasoned Voyagers.....	11
<i>and much more!</i>	

Guatemala Angels by John Mezger

"Angels!" On the first morning of our visit to Chichicastenango, Guatemala, representatives from the nearby John Wesley School greeted our work group to bless us and pray. Recognizing our team and St. Luke's for our years of work in the area, they called



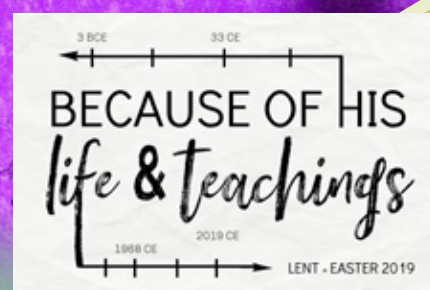
us "angels." Angels abounded in and around "Chichi" that week, but they were evident in the endlessly happy and playful children, and through the eyes of their parents, whose deep gratitude was obvious every day. We were simply workers blessed to be there and share in the joy. Our team of 27 included members and friends of St. Luke's, as well as Sandy Teel, who met us enroute to Guatemala from her home in New Jersey. Some on the team were very experienced, having completed the trip more than a dozen times, while others were "newbies". But the common curiosity, dedication and commitment on the part of each traveler resulted in a remarkable group experience. Trip leader John Williams and Team Leader Ron Miller led the way. *continued on page 5*

Thoughts on Prayer

by Rev. Dr. Sallie Suby-Long

I came across an article on prayer a few months ago in a publication called *The New Mindfulness*. Actually, I was standing in the check out line at Whole Foods when I discovered this gem. It turns out those few minutes waiting to pay for my groceries can sometimes be unexpectedly valuable! As I read, the words of the article really resonated for me. So, let me offer a few of my thoughts on prayer and a few of the thoughts from the article with the hope that some of you might resonate with this, too.

I believe the simple act of prayer brings healing – to us and to others. The words we say do not matter and the eloquence of the prayer does not matter. What matters is our willingness to pause, to acknowledge the divine and the connection we all share to one another and the sacredness of life. Prayer can help us feel more centered. Prayer can remind us to embrace the mystery and holiness of life. Prayer gives us a sense of grace and hope in those moments when we don't know exactly what else to do. Prayer is not so much about praying to a God who is the granter of wishes, but prayer can bring healing of heartaches, comfort in times of anxiety, insight for our character, an avenue to express our gratitude, and peace with those things we cannot change. Prayer is a gift. *continued on page 2*



join us!

For three years Jesus traveled through villages and towns teaching and preaching a message of God's love for all. For some his message was life-giving, and his presence was healing and transformative. For others, his message was threatening and challenged their way of life. Jesus continues to teach and preach a message of God's love through the gospels, and it remains true that for some this is life-giving and for others it is threatening. It is because of his life and teachings we call ourselves Christian. But what does it mean to follow Jesus today? What does it mean to be transformed by his life and teachings in our context? What does it mean to follow Jesus in this season of Lent as we prepare for the resurrection event?

APRIL 14

Palm Sunday

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

Easter Fun Day

12:30-2:30pm

Holy Week will feature
the music of *Jesus Christ Superstar*.

APRIL 18

Maundy Thursday

7:00pm

APRIL 19

Good Friday

7:00pm

APRIL 21

EASTER SUNDAY

6:15, 8:00, 9:30 & 11:00am



**Easter
FUN DAY**

**PALM
SUNDAY**

April 14

12:30-2:30pm

Grab your family and
come join us for Games,
Easter egg hunts, Balloon
animals, Photos with the
Easter bunny, Cotton candy,
Bouncy castle, Crafts,
Cookie walk, Live bunnies
and MORE!

**\$5 per family suggested
donation**

**Sign up online to
volunteer!!**

If you can help, we need you.
Drop off cookies and candy
donations. This is a great
and FUN way to serve our
church and our kids!
Thanks so much!

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

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

NEW Office Hours:

MON-THU: 8:30am-1:00pm & 1:30-4:00pm

FRI: 8:30am-12:00pm

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

Email.....office@stlukeshr.com

Website.....www.stlukeshr.com

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

**Staff**

Rev. Dr. Sallie Suby-Long.....x132
Lead Minister of Spiritual Life

Rev. Ryan Canaday.....x112
Lead Minister of Worship & Missional Life

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

Rev. Shawn Kellogg.....x143
Care Pastor

Sharon Oliver.....x127
Director of Children's Ministry

Samantha Leahy.....x140
Director of Early Childhood Ministry

Dave Laurvick.....x114
Director of Youth Ministry

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

Jake Smith.....x145
Associate Director of Youth Ministry

Dr. James Ramsey.....x123
Director of Music & Arts Ministries

Kenrick Mervine.....x133
Associate Director of Music Ministry & Organist

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

Chris Rigolini.....x146
Director of Instrumental Music

Renae Parra.....x117
Director of Servant Ministry

Hannah Shepperd.....x110
Director of Communications & Administration

Kristi Pawley.....x116
Accounting Clerk

Leon Hreck.....x110
Building Maintenance/Custodian

Kelly Amadeo.....x115
Director of Little School

All submissions for the
June/July "Summer" issue
of *The Chronicle* are due

May 20, 2019

Editor: Sharon Oliver

chronicle@stlukeshr.com

The *Chronicle* is published 6 times per year
and is emailed to those on our email blast list,
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. Dr. Sallie
Suby-Long**
Lead Minister of
Spiritual Life

Partnering for Community Wellness

Along with our Stephen Ministry Leaders, I would like to thank everyone who participated in our Mental Health First Aid Training and all who support the development of wellbeing opportunities in our community. While we have offered this training previously, this workshop was particularly designed to provide new understanding and depth of skill to adults who care about youth. On April 6th we again joined with Centura Health and Mental

Health First Aid Colorado to train over 25 people in this tailored version of the Mental Health First Aid program. As you know, finding ways to support the physical, emotional, spiritual and mental wellbeing of our youth is crucial. We unfortunately live in a culture where health challenges such as depression, anxiety, addiction or other mental health-related concerns are far too common. We are grateful for the interest and commitment of many to promote and support mental health education designed to enhance skills in offering care and support. Participants in the workshop learned more about signs and symptoms of a mental health challenge or crisis, what to do in an emergency situation, and where to get help.

A sincere thank you to our Stephen Ministry Leader team for generously sponsoring this important learning opportunity that puts our principles of grace and courage into action.

When you see Melinda Davidson, Bob West, Nancy Abbott or Laura McCarthy, be sure to say thank you! As a gift to our community, the entire workshop was funded by our St. Luke's Stephen Ministers in partnership with Centura Health. We continue to train people to understand, recognize, and be prepared to respond to those in need of urgent mental and emotional care. Our St. Luke's Community Care Ministry is dedicated to building partnerships with counseling agencies, hospitals, churches, wellness organizations, recovery programs and schools to help foster healing, health and wellbeing.

Thank you for your continued support of our vision! **Rev. Sallie**

PRAYER cont. from page 1

The Hebrew word for prayer is *tefilah*, from the root *pelel*, which means "to reflect upon or evaluate oneself". In this season of Lent, when we are invited into a reflective time, this definition seems especially meaningful. Steve Leder, the author of the article, suggested that prayer is an opportunity to be rid of things; for example to be rid of anger and arrogance; to be rid of ego, to be rid of all the joyless things that stand between each of us and our best self. Let me share with you an excerpt, because it is so beautifully articulated:

"My prayers require me to deepen my own sense of awareness, not God's. I hope for them to change me, not to manipulate or cajole the Divine. Prayer is an internal unlocking of tears and hidden sorrows. Prayer pierces isolation, surrounding us with songs and comfort. Prayer says to the sufferer, I care about you. I am thinking about you. You are not suffering alone and unnoticed. Prayer is hope..."

Perhaps when we pray, we are simply holding with respect the people we love, the beauty of life, the questions that have no answers, and the quiet, healing power of connection that is woven between all living things.

Holding you and our community in prayer.

Who We Are

**Because of
the life and
teachings
of Jesus,
we exist to**



**deepen people's connections
with God, show compassion
for all, and reflect God's love
in a way that changes lives.**

Along with this statement is our four principles:

Grace - Because all have received God's grace, we in turn are called to extend to others respect, compassion, acceptance, and love.

Courage - We take risks by welcoming different viewpoints, engaging in difficult conversations, and moving beyond comfort zones.

Wonder - Faith is a journey, not a destination. Wonder and curiosity inspire us to embrace the journey and explore the mysteries of God.

Beyond - God invites us to move beyond the self to others, beyond the norm to the new, and beyond our walls to the world.

Grace leads us to Courage.

**Courage moves us to
Wonder. Wonder inspires us
to go Beyond. Beyond fills us
with Grace for all.**



Rev. Ryan Canaday
Lead Minister of
Worship &
Missional Life

Addiction Trends and Our Response

The mission of FREE is to break the silence of addiction while creating space for healing, recovery, and spiritual connection. Did you know alcohol and substance abuse is higher in Denver than anywhere else in the U.S.? Did you know in the past 11 years overdoses have increased +286% between 18-25 year olds? Did you know the number of deaths from alcohol, drugs, and suicide in 2017 hit the highest

level since the collection of federal mortality data started in 1999? And did you know the greatest public health crisis of our day is isolation and social disconnection?

Let's get real with these issues. Let's break the silence and start talking, start connecting. Let's explore how we, as people of faith, might respond—how we might participate in God's healing work in our community.

You're invited to this panel discussion: ADDICTION TRENDS & OUR RESPONSE. May 15, 7:00pm.

Grace & Peace, *Rev. Ryan*

PANEL DISCUSSION: ADDICTION TRENDS & OUR RESPONSE



**ERIC KELLOGG - COMMANDER, CRIMINAL
INVESTIGATIONS BUREAU,
ARVADA POLICE DEPARTMENT**

**JACQUE NORTHRUP - RN, MSN
NURSE MANAGER OF LABOR & DELIVERY,
CASTLE ROCK ADVENTIST HOSPITAL**



**LEX PAPESH - OWNER/OPERATOR,
AKRON SOBER LIVING HOUSE**

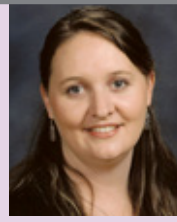
Moderator: Rev. Ryan Canaday

May 15 @ 7pm

7939 E. Arapahoe Rd. Unit 160
Greenwood Village, CO 80112



What's Next for the United Methodist Church...



Rev. Jessica Rooks
Lead Minister of
Community Life

The United Methodist General Conference met February 24-26, 2019 in St. Louis, Missouri. Approximately eight hundred and twenty five delegates represented UMC churches from Europe, Africa, Asia and the United States. The purpose of this General Conference was to address a proposed change in church policy regarding ordination of LGBTQI individuals and allowing same-gender weddings in the UMC.

Multiple plans were brought before the General Conference delegates ranging from full inclusion of the LGBTQI community, to the continuation of current

exclusionary policies along with new punitive measures for bishops, clergy and churches who break with church polity.

Fifty-five percent of the delegates voted to exclude the LGBTQI community from leadership and full participation in the Church – this included the majority of delegates from Africa and Asia, along with individuals from the U.S. The majority of European and American delegates voted against exclusion, including every delegate from our Mountain Sky conference and the western region of the U.S.

The plan passed at General Conference now faces legal challenges, and our Judicial Council (think Supreme Court) will rule on the legality of this plan at their meeting in late April. The Judicial Council could strike down the entire plan passed at GC, or simply the parts that were unconstitutional.

The response from local churches across the denomination has been diverse, with some celebrating the vote and others lamenting. Annual Conferences from Germany, Norway and throughout the United States have issued statements in opposition to the GC vote – statements declaring their intent to include LGBTQI individuals at all levels of church leadership and in the life of the church.

There was hope that this special General Conference session would bring a sense of resolution to the conflicts within the denomination. That did not happen. The conflict not only continues, but it has now intensified, and there are questions about next steps for the denomination. There are strong disagreements regarding interpretation of scripture, leadership qualifications, and how to remain united as a global denomination.

These questions will be addressed next spring, when the General Conference meets again for its regularly scheduled gathering. Between now and then, leaders will be gathering to discuss possible solutions and resolutions. There are a number of possibilities at this point, and I am optimistic about the future of our Church.

As we continue to process the events at General Conference and what that means for St. Luke's and our community members, I invite us to be in dialogue together. **Our next conversation will be Sunday, May 5 – keep posted to church communications for more information.**

Grace and Blessings,
Rev. Jessica



TAKE ME OUT TO THE BALLGAME ON MAY 5!



Join your church family for a fun Rockies baseball game against the Arizona Diamondbacks at 1:10pm on Sunday, 5/5/2019. We are sitting in area 151 near the playset and the main scoreboard.

Tickets are \$23 a person. There is a limited quantity so act fast. Pay cash or check. Contact Nichole Rairigh at 985-788-5825 or nichole.rairigh@gmail.com **Hope to see you there!**



Renae Parra
Director of
Servant Ministry



participating in this ministry contact renae@stlukeshr.com.

Get CONNECTED

Get Connected at St. Luke's. To learn more about opportunities to get involved, contact Renae at renae@stlukeshr.com or x117

Welcoming One Another

We have purple welcome bags for our visitors at the Get Connected Center and the front Guest Podium each week. If you bring a guest with you, please be sure they get a bag before they leave. Each bag has information about our church and a fresh loaf of bread, baked by our own bread baking team. Showing this hospitality is part of being a welcoming church!

Speaking of baking bread, we have a couple openings on our Bread Baker team. The commitment is to bake three mini loaves one Sunday per month. If you are interested in



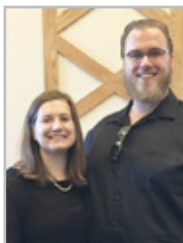
Welcoming Our Newest Members

of St. Luke's and their reasons for joining our community.



Jason & Pamela Fears (with Penelope, Jonathan & Kelly): *We have been attending regularly since our twins began preschool at Little School in 2017. We love how welcoming the community is and all the opportunities for our kids and family to grow and worship.*

Cody & Liz Spangler: *This is the type of community that we want to be a part of as we continue our faith journey.*



Debby Lawrence (retired UMC Deacon): *I am affiliating with St. Luke's because it is close to my home and has a very diverse range of worship, class, social and service opportunities.*

Jordan Price (daughter Ellie): *For my/our first visit, St. Luke's felt like our church home. We love Rev. Ryan, Rev. Jessica and Rev. Sallie...and oh my, the music! Happy to make this official and become members!*



Sylvia Manzanares (no photo available)

If you are interested in making a deeper commitment by joining St. Luke's, please contact Renae Parra x120 renae@stlukeshr.com or visit www.stlukeshr.com

Thank You, Sheri!



Sheri Henry
Director of Finance

St. Luke's is sad to say goodbye to our Director of Finance, Sheri Henry. Matt and Sheri are moving to Texas this spring, and Sheri has stepped down as the Director of Finance.

Sheri has been part of the St. Luke's staff for more than five years, and we have greatly appreciated her gifts! Matt and Sheri, along with their daughter

Meg, have been part of the St. Luke's community for seventeen years, and we will miss them all greatly.

If you see Sheri or Matt around St. Luke's before they move, please take a moment to thank Sheri for her important work on staff, and to send the family off with love and blessings from our community.

Sheri and Matt - we will miss you, and we hope this move brings many blessings!

Flowers!

Easter Lily Sales ~

Order your Easter Lily from the Altar Team on **March 31, April 7, or April 14 in the Narthex.** In Celebration Of... In Honor Of... In Memory Of... for \$20 each. Plants may be picked up after the 11:00am Easter Sunday service.



Flowers are Celebrations of Life ~

The Altar Team invites you to help us decorate our altar each Sunday by Celebrating Your Life, Your Family, and Your Friends. The two bouquets, designed by our floral designers, cost only \$40 for both. You may take the bouquets home after the 11:00 service. Vases may be returned later and placed at the sink area in the Narthex. Send your \$40 check payable to St. Luke's UMC with Sunday Flowers in the memo line. There are open Sundays for May, June and July.

Changes in King Soopers Rewards Program



As of 3/31/19, the King Soopers Gift Card program will be discontinued. St. Luke's depends on this program to help fund our vital ministries. The good news is King Soopers has made it much simpler for us. All you have to do is register your loyalty card once and your purchases will all count towards St. Luke's quarterly distribution (regardless of how you pay for it) as long as you use your King Soopers loyalty account. Your current gift card is still good until you use up all of the funds, but you will no longer be able to reload the card. **To use the King Soopers or City Market Community Rewards Program, simply go to kingsoopers.com. Once logged into your King Soopers account you can scroll to the bottom of the page to select Community Rewards Program and search for St. Luke's UMC either by name or by code US274 and then click Enroll. That's all.**

If you want help, please stop by the Grocery Gift Card table at church and we will assist you with getting your card enrolled. You must have a registered King Soopers or City Market rewards card account to link to St. Luke's. If you do not have a King Soopers or City Market rewards card, they are available at the customer service desk at any King Soopers or City Market and cost you nothing. New users will need to create an account which requires some basic information, a valid email address and rewards card number. Please contact (Lee Seaman at Leemanseaman1492@gmail.com) with any questions or stop by the Grocery Gift Card table at church. Please feel free to ask friends and family to register their cards as well. Everyone grocery shops, let's make some free money for St. Luke's while doing it!

Missions in the Connectional Church

At St Luke's, we take pride in being involved in local, regional, and international missions. Many of our missions are in house, managed and executed by the people of St Luke's. It is important to remember that we are also part of the of the missions effort of the larger connectional church, the United Methodist Church. From its beginning, the Methodist Movement has looked out on the world and asked, "What can we do to make the world a better place?" Within the United Methodist Church, our connectional missions projects are managed and executed through the United Methodist Committee on Relief (UMCOR). UMCOR coordinates the monetary contributions and volunteer efforts of United Methodists worldwide.

As the name implies, relief after disasters is one of the major efforts. We differ from many other groups in that we have supplies in warehouses all over the world. We also don't feel like we need to be in charge, only to be of service. As such we work with different groups all over the world. Because of these two factors, we are usually one of the first groups on the ground with relief supplies, no matter where in the world the disaster occurs.

One Sunday a year, March 31 this year, is designated as UMCOR Sunday. A collection is taken on that Sunday to cover the overhead of UMCOR. After that, 100% of any money you send, for whatever reason you send it, goes to the project you designate. Please consider giving on UMCOR Sunday. In addition to money, Betsy Keyack has organized trips to the depots in Utah and Louisiana. There, people have assembled cleaning and hygiene kits for distribution in relief efforts. Other opportunities are available through the Volunteers in Mission (VIM) program.

UMCOR is involved in many other projects including one of my favorites, Imagine No Malaria. I invite you to visit their website to see the scope of what a connectional church can do when we all work together. Remember, we are making the world a better place. —Monty Hoffman, Missions Team, msaffordexp@aol.com

Mondays in the Park

Winter months are difficult, imagine if you had no home. Our Monday Park Lunch Team has continued to care for those who are experiencing homelessness by delivering lunches, communion, socks, hand warmer & clothing every



Monday of the year. We assemble the lunches on Mondays at 10:30am in Fellowship Hall and deliver to Civic Center Park at noon. All are welcome to serve. Donations of chips, jam,

socks and treats are much appreciated. God is the Vine and we are the branches.....the True Vine, an Anchor of Love to which every person is joined. For more information please contact sam@stlukeshr.com

GUATEMALA cont. from page 1

"The work group – familiar faces, new faces, all with the biggest hearts, wanting to make a difference in some people's lives, which will hopefully enhance them forever... Coming to Guatemala, I see the babies' faces and young mothers, hoping they will have a better future..." —work team member journal entry



We traveled from Denver to Antigua, Guatemala on Saturday, March 24, and then rode into the mountainous area in the department of Quiché on Sunday.



That day the team had the opportunity to attend the world-famous "Chichi" market of hand-crafted items, foods, and native folks with amazing persistence and negotiating skills. Monday through Friday, the team worked. Three houses, in Chichi and two neighboring villages, were substantially completed, with roofing and floors to be added by future teams including a St. Luke's youth team. We mixed mortar and added about six feet of elevation to each concrete block structure. Whenever they were able to visit with us the families who would be receiving these shelters were as gracious and helpful as possible. It's difficult not to be excited about your task when you're greeted in the early morning by a tiny child, perhaps three years old, holding a trowel and giving you a look that says "Let's go!" On Wednesday the team had the opportunity to visit the school in Lemoa, serving grades one through six, that St. Luke's and Pura Vida have been instrumental in building. More than 100 students entertained with dances and skits, and for a couple of hours everyone played athletic and educational games with the students, celebrating the success of the school and the children. It was inspiring, exhausting, and tremendous fun.

"You can see in the faces of the very young principal and teachers their earnest efforts to educate and nurture that body of children. The young children pressed forward as they happily accepted the break from class present a program of thanks, play games, and just be kids. To me, education equals opportunity. And the work done by St. Luke's and Pura Vida to promote the education of children lays the cornerstone of opportunity." —work team member journal entry

The team also was able to spend time with sisters Connie and Helen from the Maryknoll Contemplative Community in Lemoa. The sisters have worked to aid and educate the poor in the region for decades. As inspirational as the children were on this trip, so was sister Helen, working hard at age 99.

During the work week, many team members took time out to visit with their sponsored students. Often, children in Guatemala are obliged to leave school prior to reaching sixth grade, to work with their families in craft production and farming. The only education available at higher grades is in private schools, which most can't afford. The 30 students who met with their St. Luke's sponsors may continue their education into high school and beyond, because their tuition is paid by their sponsors. St. Luke's members who would like to sponsor students should review the Pura Vida website or contact Laura Richards at St. Luke's.

Members of St. Luke's have supported Pura Vida's work in Guatemala with work trips since 2005, building dozens of houses and sponsoring hundreds of students. The blessings of this initiative flow both ways: "It is truly amazing what motivated and compassionate Christians can accomplish in one week in Guatemala. I've enjoyed seeing our team bond together in a spirit of service and make a difference... one family at a time." —team member journal entry

The St. Luke's Guatemala mission team members change lives – often their own – as they bring housing, education and hope to some of the world's most needy.

Children's Calendar Praise, Play & Prayers

(check website for full calendar)

- Apr. 7 (SUN) - **JOY TREK (PreK) 9:30am SUNDAY SCHOOL** begins 3-week lesson "Palm Sunday to Easter"
- Apr. 7 (SUN) - **Acolyte Training** 11:45-1:00pm (2nd-6th grade) - RSVP Sharon
- Apr. 7 (SUN) - **SLY, JR. Games & Service Night** 5:30-7:30pm - RSVP Sharon
- Apr. 10 (WED) - **Children's Dinner Theater** "The Most Epic Birthday Party Ever" Rehearsal 6:00-7:30pm
- Apr. 12 (FRI) - **Parent's Night Out** 6:00pm. Contact Sam for more info.
- Apr. 14 (SUN) - **EASTER FUN DAY!** 12:30-2:30pm
- Apr. 15 (MON) - **VBS Registration Begins** Online 2:00pm (VBS June 24-28)
- Apr. 17 & 24 (WEDS) - **Children's Dinner Theater** Rehearsals 6:00-7:30pm
- Apr. 27 (SAT) - **Children's Dinner Theater** Rehearsal 9:00-11:00am
- Apr. 28 (SUN) - **PEAK (K-4th) 9:30am SUNDAY SCHOOL** begins 3-week lesson "Acceptance"
- May 1 & 2 - **Children's Dinner Theater** Dress Rehearsals 5:30-8:30pm
- May 3 (FRI) - **Children's Dinner Theater** "The Most Epic Birthday Party Ever" DINNER 6:00pm, SHOW 7:00pm
- May 4 (SAT) - **Parent's Time Away** 9:00am. Contact Sam for more info and to RSVP.
- May 5 (SUN) - **JOY TREK (PreK) 9:30am SUNDAY SCHOOL** begins 3-week lesson "Love is..."
- May 5 (SUN) - **SLY, JR. Progressive Dinner** 5:30-8:00pm - \$3/dinner RSVP Sharon
- May 10 (FRI) - **Parent's Night Out** 6:00pm. Contact Sam for more info.
- May 14 (TUE) - **Children's Ministry Team Meeting** 6:30pm
- May 19 (SUN) - **PEAK (K-4th) 9:30am SUNDAY SCHOOL** "Pentecost"
- May 19 (SUN) - **SLY, JR. End of Year Party with SLY** 5:30-8:00pm - RSVP Sharon
- May 28 (SUN) - No Sunday School - **FAMILY WORSHIP SUNDAY**
- June 1 (SAT) - **Parent's Time Away** 9:00am. Contact Sam for more info and to RSVP.
- June 2 (SUN) - **JOY TREK (PreK) & PEAK Elementary 9:30am SUNDAY SCHOOL** begin 5-week lesson "VBS: To Mars & Beyond"
- June 5, 12 & 19 (WEDS) - **Wacky Wednesdays** 9:30am-noon. Contact Sam for more info.



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



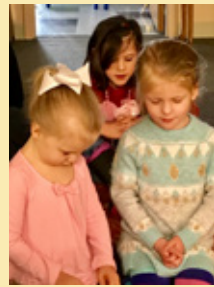
Samantha Leahy
Director of Early
Childhood Ministry
sam@stlukeshr.com

St. Luke's Kids
Growing with God

Welcome to St. Luke's Kids – our ministry to children birth through grade 6.

In caring for the children of St. Luke's and their families, we seek to nurture and develop faithful loving lives, modeled after the Love, Acceptance, Justice, and Hope of Jesus, through relationship and learning. We strive to create sacred spaces and experiences for children to discover and be inspired by God's love.

Join us for Sunday School at 9:30 & 11:00am and register online any time throughout the year. We run on volunteer help. Sign up online to serve our children. Thank you!



Sacred Prayer Circle

In JOY TREK Sunday School we end each lesson with a sacred prayer circle. Children are taught that prayer is simply a conversation between them and God. It is a personal process of opening our hearts and bringing everything in our hearts to God. Each child is given the opportunity to share the prayers of their hearts. Since communication is the foundation for success in any relationship, this principle applies to our relationship with God. Teaching our children to pray helps them to understand God is accessible and always there for them and plants the growing seeds of faith.



Vacation Bible School
June 24-28
9:00am-12:00pm
\$40/per child
(Age 4 by 9/30/19 through entering 5th grade)
Adults (18+):
Volunteer to help all 5 days of VBS and get one free registration.
Registration Opens Online
April 15 at 2:00pm
stlukeshr.com

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 2nd grade!* (Must be potty-trained to attend.)
9:30am-noon
June 5, 12, 19
July 10, 17, 24
Registration is \$25 per day per child.
Registration forms NOW available!
*Young Toddler Option 18-30 mos.
If you have any questions contact:
sam@stlukeshr.com

St. Luke's 15th Annual Children's Dinner Theater

Friday May 3
Dinner 6:00pm, Show 7:00pm

The Most Epic Birthday Party Ever is a fun musical – presented by our 1st-6th graders – about the biggest party of the year for a special 12 year old. But in the middle of the party, all the adults suddenly vanish! Trapped in the backyard, the kids realize they must create a brand new society. However when they elect their ruler, things really begin to spin out of control. Eventually the kids learn a big lesson in responsibility and respect. Enjoy a yummy dinner and prelude from our Cherubs Choir!

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





Kelly Amadeo
Director of
Little School

ST. LUKE'S LITTLE SCHOOL Little School News: **Spring Has Sprung!**

Spring is the time of awakening, but at Little School we are always prepared for Old Man Winter to make one last good-bye. We have had a wonderful beginning of spring at Little School. Our theme during our chapel lessons last year was so fun, that we decided to continue with the same theme this year. I teach the children a different bible story each month and tie a science lesson in to help the children remember the story through visual representation. During April, I will be teaching the children about the importance of the story from Matthew 14: 22-33 when Jesus walked on water at the Sea of Galilee. I'm going to attempt a science experiment where I will walk on cartons of raw eggs! I recommend researching how this experiment works. It is quite fascinating and perfect for the month of April when many children partake in dyeing Easter Eggs.

I wanted to draw your attention to the safety bollards that went up in on the south side of the building during the month of February. An anonymous donor covered the costs of installing the bollards in order to prevent a car from being able to slide into the playground. This generous donation will help keep Little School, Sunday School, and all youth and families who use the playground safe for many years. We are ever so grateful for their donation.

We have such a wonderful staff at Little School and we truly feel like a family, and because of that, we feel such heartache when one of our Little School teachers retires. **In May, Mrs. Marla Dillsaver will be retiring after almost 19 years of service as a Little School teacher.** Ms. Marla will be spending time on her ranch south of Highlands Ranch riding horses and enjoying time with her parents, husband, and son, Sam. We have enjoyed the humor, friendship, and love Marla has brought to our staff. During her final year at Little School, she taught 11 five-year-old boys in one classroom! She was amazing and those boys have loved having her as much as she has loved them. It has been a match made in Heaven for all of them. Ms. Marla, we want to thank you for all you have done for Little School and the children you have taught. We wish you happiness and love in the next chapter of your life.



I want to wish you all a happy and warm spring season.

Grace and Love, Kelly Amadeo, Director

Feeling Your Light: **Reiki for the Home: Healing Energy Basics**

"At first, we were very unsure what Reiki was all about. Melinda and Suzanne had a wonderful presentation that was very in depth to how Reiki is involved in your lives. This (training) session was enlightening as we learned how to focus on controlling our inner body, through breathing and touch, and the process of healing ourselves and others." George and Suzanne Ward (reflections after attending the Reiki for the Home adult workshop on March 3, 2019)

Reiki tools work. They're simple, and they can feel so good. As Reiki teachers, we use energy healing techniques with our own families every day to alleviate stress, headaches, stomach aches, colds, muscle pain...and the list goes on! We also call on Reiki for a restful night's sleep, protection, blessing for activities, and presence during important events like projects, tests, performances, etc. Reiki is also helpful in fortifying drinks, food, and medication, and our beloved pets also love its calming effects.

Kids seem to absorb a high amount of all they feel around them. As parents/caregivers, we need to bring into our conscious knowing tools to replug, rekindle, reactivate the light energy that was naturally sourced to each of us. Reiki can help empower us, and even greatly reduce symptoms from anxiety, depression, and emotional trauma.

As God is always within us and around us, so too, is this healing energy. Centering with our inner light is scientifically proven to help us cope, heal and shift from the past, to be in the 'here and now'...for ourselves and for our kids.

Please join us for our next class designed for adults to empower your family members and strengthen your own light--calling forth wholeness. **Feeling Your Light, April 11 from 6:30-8:30pm in the Chapel. Reiki for the Home: Healing Energy Basics. Cost is \$50, and includes instruction, handbook, and energy attunement. RSVP to the office.** Childcare available with 48-hour notice, email Sam. This class meets for two hours where we



teach an understanding of Reiki basics, the importance of and being attuned to tapping healing energy, and hands-on practice, so participants can integrate simple home and family remedies on a daily basis. We are honored to walk alongside you, and welcome any processing of thoughts/questions that you may feel or receive along this journey of Reiki and self.

Look for upcoming classes... and reserve your spot ahead as space is limited due to all members sharing time in guided Reiki practices. If you'd like to know more about Reiki healing energy, experience a complete session for yourself, or be added to our waitlist/communication outreach, please contact: Suzanne Rainey (suzrainey@gmail.com) or Melinda Davidson (md.md@comcast.net). The light in us sees the light in you!



Cherubs Choir

Cherubs choir has been busy! They sang in church on Sunday, March 31st.



Every Wednesday night, the children learn new songs, learn rhythm through games and dance, hear a Bible story and of course, get stickers. Here in the picture they were practicing their songs. Kim Hendreschke is their fearless choir teacher. Their last performance of the season will be during children's dinner theater so don't miss it, Friday, May 3!



CSE Purpose:

To foster healing and wholeness of mind, body, heart, and spirit through experiences that inspire connection and wellbeing.

Take a look at our website:

stlukesCSE.org

CSE SPIRITUALITY & WELLNESS SPEAKER SERIES:

On March 12th CSE hosted "God in the Wilderness" and welcomed Rabbi Jamie Korngold with an enthusiastic crowd of fifty plus. Rabbi Jamie shared some of her own spiritual experiences in wild places, and she encouraged us to experience nature more



deeply by focusing on specific senses, such as listening to nature's soundscape. Our audience truly appreciated Rabbi Jamie's message as noted in a few of their comments:

"A delightful

discussion of stewardship, the healing powers of the natural world, and the shared connections between us."

"I found Rabbi Jamie very inspirational. She seemed to find joy in everything. I left her presentation spiritually rejuvenated. She was a delight."

Please consider joining us for future speaker events!



CSE CLASSES & EXPERIENCES:

Feel GOOD Yoga – with Suzanne Rainey: every Thursday - 9:00-10:00am

Drop in any time. Morning yoga that combines yoga poses with mindfulness meditations to refresh and restore. This weekly drop in class offers an inclusive, relaxed yoga environment. Bring a yoga mat. Suggested donation is \$10/class.

Contact Renae at renae@stlukeshr.com

Enneagram Panels: Our exploration of Enneagram continues with Enneagram panels! One core style will be featured each month. You can discover how to recognize different personality patterns as panelists share their inner world and realities. All are welcome. Facilitated by Schawn Kellogg and Sallie Suby-Long in the Chapel. Suggested donation \$10. Contact Sallie at Sallie@stlukeshr.com

- **Core style "7" on Sunday, April 28, 2:00-3:30pm**
- **Core style "2" on Sunday, May 19, 12:15-1:45pm**
- **Core style "8" on Sunday, June 23, 12:15-1:45pm**

Advanced Enneagram Workshop: Join us for the Advanced Enneagram Workshop on **Wednesday, May 8 from 5:00-8:00pm** in the St. Luke's Chapel. Schawn Kellogg and Sallie Suby-Long will facilitate this experience with the dynamic Enneagram personal and professional development tool. The workshop will focus on Core Style, Wings, Centers, Instinct Preference, and Subtype. For those who have previous experience with the Enneagram this is an excellent opportunity to expand your learning and application of the Enneagram in your everyday life. Registration for the workshop is \$39 and includes all materials and refreshments. To register, contact Sallie

WHOLE: Exploring Wellness in the Blue Zones – with Sharon and Bob Oliver: Saturday, July 20 - 10:00am-12:30pm. Find out why people in these 5 areas of the world (blue zones) live longer, happier and healthier lives. We'll share a light meal and plant-based recipes. Cost \$10. Contact Sharon at sharon@stlukeshr.com

ON PURPOSE Experience: Over the past several months we have had many transformative experiences in our On Purpose retreats! In a reflective and collaborative environment, participants have discovered, clarified, and celebrated their unique and individual purposes. Together we have discerned how awareness of purpose can guide our actions and create more fulfillment, aligned service and meaning in life. For many, the process has been uplifting and renewing. For those who wish to continue in their learning, we are excited to offer individual coaching sessions. For more information, contact Sallie@stlukeshr.com.

CSE OUTDOOR ADVENTURES:

CSE has launched our seventh year of exploring Colorado's wild places together. Over the past six years we have hiked, birded, canoed, biked, kayaked, tried stand-up paddle boarding, greeted the morning sun with yoga, and explored ancient archaeology sites. We have shared more than 50 adventures to unique and beautiful places in Colorado, as we have connected with one another, with our beautiful Colorado geography, and with our deeper spiritual selves.

Our Outdoor Adventure season began auspiciously on March 9 with a beautiful sunny morning. We hiked the **Fountain Valley Trail** in Roxborough State Park. Roxborough was a happy substitution for our planned snowshoeing experience on the Burning Bear trail, where too much snow had created dangerous avalanche conditions. In Roxborough we experienced the peaceful beauty of the ancient sandstone rocks that line the valley. We climbed up to the Lyons Overlook, which provides spectacular views of the valley from above.

Our April 10 hike to **Mount Falcon Park** was cancelled due to weather but we'll definitely go there soon... It is a short 35-minute drive from St. Luke's. We will hike the Castle Trail from the west portal to the Walker's Dream Trail, which takes us to the ruin of a proposed, but failed, Summer White House. Along the way we'll enjoy beautiful views of Pike's Peak, Mount Evans, the Indian Peaks, Red Rocks amphitheater, the Denver skyline, and expansive views of the eastern plains. We'll be hiking out-and-back for approximately 3 miles. What a panoramic bargain! All are welcome. Look for details in the St. Luke's Bulletin. (juliepolikoff@msn.com).

Please visit the CSE Photo Gallery www.stlukeshr.org/gallery to view our outdoor adventures over the past six years.



Save the Dates:

May 11 – Hike to Maxwell Falls

June 8 – Hiking in the Front Range in El Dorado Canyon

July 13 – TBD



Trustees Corner: Needed Additions

Did you notice that we had no hot water on Sunday, January 27? Our main water heater was turned off earlier that week when it started leaking. We replaced the heater the following Tuesday, which cost us about \$14,000. Our main water heater is not like one you would find in your home: it holds

100 gallons and is rated at almost 200,000 BTU. It took four people to take out the old water heater and replace it with a new one. Since we hadn't budgeted for this expensive repair, it was paid out of the church contingency fund.

And have you noticed the new play structure in the back yard playground? We had been constantly repairing the old play structure, so it was definitely past its useful life. The cost for the new play structure was about \$28,000. We paid for half of it out of the church contingency fund; Little School paid for the other half through fundraising and use of their separate contingency fund.



What is the church contingency fund? It's money held in reserve for major unexpected expenses. In 2018, we spent about \$22,000 of the fund for emergencies such as a failed Sanctuary AC unit and the discovered need to replace all of our smoke detectors. Our building is up to 35 years old, so much of our major pieces of capital equipment, such as parking lot, roof, furnaces and AC units, are near or even past their expected useful lives. We need reserves to cover the costs of maintaining or replacing them. The fund is periodically refreshed, such as when the church income exceeds expenses in a given year. Additional funds may be needed for some of the larger items, such as the parking lot and a replacement roof, perhaps through a future capital campaign.

For more info, contact the Trustees through the church office.



James Ramsey
Director of Music
& Arts Ministries



Kenrick Mervine
Associate Dir. of
Music Ministry/
Organist



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



Chris Rigolini
Director of
Instrumental Music



HOLY WEEK MUSIC:

Told through the lens of Judas Iscariot, "Jesus Christ Superstar" gives a soundtrack to the final week of Jesus' life that is marked through Holy Week. This year we will be utilizing the iconic works of Andrew Lloyd Webber and Tim Rice to traverse the teachings, love, and finally betrayal of Jesus. Maundy Thursday will bring to light the choice to deny Jesus as a final meal is shared. Good Friday will hang Jesus on a cross. Join us to experience the journey to the cross through music and homily.



WESLEY PLAYERS: For those of you who plan ahead, show dates for 2019 and 2020 have been decided!!! Our Fall show performances will be the weekend of October 11, 2019 while our Spring show performances will be the weekend of February 21, 2020.

Details about audition dates and even show titles will be forthcoming, but make note of performance dates now if you are interested in participating in the shows!

Seussical! - A Stunning Sight to Behold!

Thank you to everyone who supported Missions and Wesley Players by attending our most recent musical production *Seussical!* Written by Lynn Ahrens and Stephen Flaherty, the show featured characters from 15 of Dr. Seuss' most popular stories, including "Horton Hears a Who." Church members and community volunteers came

together to build the beautiful sets, design visuals, props and costumes, create the makeup and wigs, play in the orchestra, put together the lights and sound and star on stage. More than 800 people attended during the course of the show's run.

Thank you to everyone at St. Luke's for supporting this fantastic production!

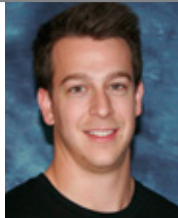




Dave Laurvick
Director of
Youth Ministry



Amy McMullen
Assistant Dir. of
Youth Ministry



Jake Smith
Assistant Dir. of
Youth Ministry

Recurring & Upcoming Events!

- * **SUNDAYS SLY AM** 9:30-10:30am
Youth Room: Life Lessons from the New Testament
- * **SUNDAYS SLY PM** 5:30pm Dinner (\$2)
6:00-7:30pm fun stuff
- * **WEDNESDAYS** 6:00-8:00pm
“Holy Grounds” Your time - your discussions, food & fun activities!!
- * **April 7: Pizza Dinner & Meet the New Youth Director Candidate**
- * **April 27: Confirmation Service & Reception**
- * **April 28 Confirmation Sunday**
- * **April 28: Progressive Dinner**
- * **May 19: Grad Sunday**
- * **May 24-June 2: Guatemala Mission Trip**
- * **June 15-23: Sr. High Mission Trip**
- * **July 7-13: Jr. High Mission Trip**
- * **Mission Opportunities:** See Dave if you are looking for community service hours!!
- * **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: Giving Back with Lunches

If you know anything about SLY, you know that we like to have fun! Our fun times are not limited to our Jump treet or game nights though. Oh no, these youth have the ability to turn ANY activity into a good time!

Finding ways to serve others while having fun is a large part of our youth group. Most people know about our summer mission trips, but we actually participate in service type activities all year round!

One of our favorite ministries to help with is St. Luke's Mondays In The Park! Throughout the year we like to use some of our Sunday nights in youth group to put together lunches for the team to take downtown Monday morning. Making sandwiches for over 100 homeless people is in itself rewarding, but once the music gets playing and the gloves go on, there's no telling how many laughs we'll have!

Now usually making the lunches is all the youth can do, seeing as skipping school to help deliver them on a Monday would probably not be the best idea. But, over spring break, we had a small team able to help pass out the lunches they had assembled! “It was awesome to get to actually give people lunch” said one of the youth. We love that they love to serve others!

Yours in Christ, Dave, Amy & Jake



Confirmation Journey Continues

We had an awesome confirmation retreat the weekend of March 8-10.

We dug deep into our bibles, talked and shared about our faith journeys, played a little blacklight dodgeball, tried to challenge Rev Jessica with “Stump the Preacher”

questions, and closed out the evening with guided meditation, communion, and foot washing service.

Please keep these 14 youth in your prayers as they continue their journey towards confirmation.

Once they complete this 18-week process, we will celebrate with a ceremony and dessert reception on April 27, then on Sunday, April 28 we will recognize their accomplishment and welcome them as new members of our congregation during the 11:00am worship service.

Thanks for all of the support from the confirmation class leaders and prayer partners and family of these youth during this special time.

Pancakes!!!



As always, our Community Fat Tuesday Pancake Dinner was a great success! Over 150 people joined us in pancake flipping, bead making, and of course delicious food eating! All the proceeds from this event go towards our youth summer mission trips! Thank you to everyone who attended this fun night and to all the volunteers who made it possible!





Seasoned Voyagers

Seasoned Voyagers is a ministry for our 55 and older crowd. We do events at least once per month, often using our church bus to transport us. You can get more information or sign up for events at our table in the Fellowship Hall on Sundays. Most months we have at least one participant who is new to the group - let's keep that trend going!

Spring is for Voyagers!

Two bus loads of Seasoned Voyagers enjoyed Wings Over the Rockies, a great indoor activity in February, especially when lead by fighter pilots who could point out their favorite fighter planes.



April 18 - Mile High Stadium Tour

The sights begin with the bronze Broncos out front to the green grass on the playing fields and the executive suites in between. Even the player dressing rooms may be viewed.



May 16 - Museum of Nature and Science featuring Leonardo de Vinci and his inventive works. This early Renaissance man was a scientist before science was a subject. He drew ideas for helicopters and painted the Last Supper as well. The Museum's treasure chests also contain our favorites from gold to gems, from dinosaurs to outer space.

June 11 - Denver Botanic Gardens This will be high season for many flowers at the Denver Botanic Gardens from the fountain gardens to the Japanese gardens, you must cross the grasslands, also at its greenest. We will lunch, at the outdoor kiosk by the lily pond.

Check the sign up desk in Fellowship Hall for availability or contact rkrening@msn.com for more information. We also have flyers about our upcoming events, sign up sheets and other info.



Attention Gardeners

It's time to plan for our 2019 St. Luke's Garden! Thanks again for all your assistance in the last few summers in Growing for God's Good! Grow Local Colorado provides compost, burlap bags, seeds and bedding plants. We will again support

the Warren Village Food Bank with our produce. Please put these dates on your calendar:

Sat. April 13 - Work Day 8:45am-12:45pm: We will pull weeds, lay out burlap bags between beds for weed control and rototill to work the compost in.

Sat. May 18 - Work Day 8:45am-12:45pm: Weeding, rototilling, and prepare for planting

Sat. May 25 - Work Day starting at 8:45am: Plant entire garden

Sun. May 19 & 26 - between services: The sign up sheet will be out for "Weekly Weeders" June through Aug. Please spread the word that we need help for work days and "Weekly Weeders".

Contact Fran West 303-746-1117 mfranwest@gmail.com

Wesley Writers

We all have stories to tell.

What was the happiest moment in your life?

What was the saddest?

What are the most important lessons about life you've learned?

What memorable experiences have you had?

What you would like others to know about life and living?

How would you like to be remembered?

And, if you and I don't tell these stories, who will?



Wesley Writers celebrates writing, while providing

an opportunity to meet with others to share, tell and record their stories.

Word pictures passed down from generation to generation, telling our descendants what life was like back in the "good old days." They tell others who we were and what created our uniqueness.

At Wesley Writers you will find fellowship and techniques for developing, telling, writing your stories. You will also learn how to put together a biography as well as receive tips on how and where to publish your writings.

We meet at St. Luke's UMC, from 10:00am to 12:00noon, every 3rd Saturday of the month, in the upstairs Conference Room.

Please join us anytime!

For details, contact:
Sylvia Brady,
(303)955-0457
jonsyl@comcast.net

Les Ludlam
(303)451-5141
lludlam@wyoming.com



"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."

We are St. Luke's United Methodist Women... AND WE NEED A HELPING HAND

We need a helping hand from the women of St. Luke's and the many other St. Luke's teams. Why? To help plan and work at our events to assist us in our mission to help Women, Children and Youth.

Please join us on May 5, at 12:15pm in Room 212 to discuss our needs and our plans.

We are St. Luke's United Methodist Women

We are a community of women who know God;

We experience freedom through Jesus Christ;

We develop a creative and supportive Fellowship;

We are advocates for Justice;

We expand the concepts of Mission;

We support Women, Children and Youth.

And, We do all this with prayer through faith, hope, and love in Action.

To simplify – we surround this above stated purpose with friendship, enjoyment, laughter, fun, food, and the satisfaction and gratification of being one of God's servants. God gives to us, We give to others.

All of our missions "lift up and give a helping hand" in assisting women to become self sufficient; youth at risk of becoming homeless; advocates for healthy family atmospheres; assisting therapists to aid children of abuse; keeping the homeless warm.



St. Luke's United Methodist Church

8817 S. Broadway • Highlands Ranch, CO 80129

303-791-0659 • www.stlukeshr.com

GRACE • COURAGE • WONDER • BEYOND

*Because of the life and teachings of Jesus, we exist to deepen
people's connections with God, show compassion for all,
and reflect God's love in a way that changes lives.*

CONGREGATIONAL CARE



Hannah Shepperd
Director of
Communications and
Office Administration

*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 the Office Administrator if you have any additions/removals 303-791-0659 x132, leave a note at the front desk, or email sallie@stlukeshr.com

LATEST ENTRIES TO PRAYER LIST:

Marc Abbott,	Jeanne Halderman,	Katie Mueller,
Tate Allen,	Donna Halstein,	Richard O'Neill,
Denise Anderson,	Linda Harris,	Gene Pace,
Marilyn Ayers,	Lynne Harris,	Roger Pederson,
Vickie Barone,	Jil Hoffman,	Brian Reamy,
Jim & Barb Britt,	George & June Hutchins,	Kaye Shapaker,
Caroline Butler,	Nels Jacobs,	Charlie Shaw,
Pearl Carlisle,	Jennifer Jensen,	Bruce Stahlman,
Sarah Cleary,	Lorna Knudsen,	Fred Strawn,
Karen & David Corson,	Jerry Lubben,	Kimberlee Trembath,
Irv Durban,	Inge Verhaegen Lyons,	Charlie Williams,
Carrie Enloe,	Michael McCarthy,	Diana Zickefoose.
Jim George,		

CONGRATULATIONS TO:

Dale, Sarah, Jack, and Lucy on the birth of Penny Kohler on Jan. 25.
The Canaday family on the birth of Brix River Canaday on Feb. 22.
Taylor, granddaughter of Rich and Carleen Krening, daughter of Tim and Jena Krening, on her marriage to Loren Fehr on March 2.

SYMPATHIES TO:

Jen Cameron and family on the passing of her father, Dan Harris.
Karl Krantz and family on the passing of his father, Gerald Krantz.
Bessie Bartling and family on the passing of her father, Joes Cruz.

Cowboy Wisdom - pt. 1

(This was given to me when I started my appointment to Wheatland, Wyoming UMC in 1997. —Rev. Les Ludlam)

1. Don't name a pig you plan to eat.
2. Life is not about how fast you run, or how high you climb, but how well you bounce.
3. Keep skunks and most bankers at a distance.
4. Life is simpler when you plow around the stump.
5. A Bumblebee is faster than a John Deere tractor.
6. Words that soak in are whispered, not yelled.
7. Meanness don't happen overnight.
8. Don't dress or act in a way that makes people think you have more than you have.
9. Forgive your enemies; it messes with their heads.
10. Don't sell your mule to buy a plow.
11. Don't corner something meaner than you.
12. It don't take a very big person to carry a grudge.
13. You can't unsay a cruel thing.
14. Every path has some puddles.
15. When you wallow with pigs, expect to get dirty.
16. The best sermons are lived, not preached.
17. Most of the stuff people worry about never happens.
18. Don't squat with your spurs on.
19. Don't judge people by their relatives.
20. Remember that silence is sometimes the best answer.
21. Live a good, honorable life; then, when you get older and think back, you'll enjoy it a second time.

God bless us all, cowboys and cowgirls. —Les