



Winter/Lent

The Chronicle

ST. LUKE'S UNITED METHODIST CHURCH

FEBRUARY/MARCH 2019

Inside This Issue:

From Rev. Jessica.....	2
From Rev. Sallie.....	3
From Rev. Ryan.....	3
Staff Changes.....	4
Missions Update.....	5
FREE 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>	

Family Camp 2019

Yes, there's still snow on the ground, but everybody wants a piece of the mountains in the summertime, and campsites are going fast, so it's time to start thinking about Family Camp! When was the last time you enjoyed an ooey gooey s'more? Are you smelling that campfire smoke, now? Can you hear "Michael, Row the Boat Ashore" coming from the guitar? Fun, fellowship, hiking, tie-dye, homemade ice cream, Gaga ball—what's Gaga ball, you ask? Join us and find out! Friday, July 12 through Friday, July 19 are the dates. Beautiful Snow Mountain Ranch near Winter Park, Colorado (two hours from the church—okay, two hours on a good traffic day) is the place. Come for a few days or join us for the entire week. Our campers range from age zero to seventy-five. Dogs are welcome, too! Go to stlukeshr.com/familycamp to make your reservations now!

Because of
his life and
teachings...

Lent 2019

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?

MARCH 5

Fat Tuesday

MARCH 6

Ash Wednesday

7:00pm

APRIL 14

Palm Sunday

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

Easter Fun Day

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

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

St. Luke's Wesley Players presents

Seussical™

Music by Stephen Flaherty Lyrics by Lynn Ahrens
Book by Lynn Ahrens and Stephen Flaherty
Co-Conceived by Lynn Ahrens, Stephen Flaherty and Eric Idle
Based on the Works of Dr. Seuss

Join Us for a Special Kids Sunday Matinee Event!

Friday, March 1 at 7:00pm
Saturday, March 2 at 2:00 & 7:00pm
Sunday, March 3 at 2:00pm

Advanced Tickets:
\$12 adults, \$10 students/seniors
Day Of/Door Tickets:
\$15 adults, \$12 students/seniors
Children 5 and under are free

Available at stlukeshr.com and at the door
Proceeds benefit local and international missions

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

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

Reneae Parra.....x117
Director of Servant Ministry

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

Sheri Henry.....x124
Director of Finance

Kristi Pawley.....x116
Accounting Clerk

Leon Hrccek.....x110
Building Maintenance/Custodian

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

All submissions for the
April/May "Easter/Spring" issue
of *The Chronicle* are due
March 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. Jessica Rooks

Lead Minister of
Community Life

The Visioning Continues

Last summer we began a visioning process at St. Luke's which started with a congregation-wide survey and continued with small group conversations. From information and feedback gathered in the survey and conversations, the core team developed our 'we exist' statement –

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.

Did you know that our visioning process is not over? Developing the statement and principals was not the end result, instead it is a starting place. The Executive Team and Staff Team at St. Luke's continue to engage this process, especially with the principles. We have spent time discussing and exploring what mindsets and behaviors are associated with each principle, and asking what adjustments can be made to assure we are living into our principles.

This work includes answering five questions related to each principle:

- 1. What does success look like for this principle?**
- 2. What happens if we fail at this principle?**
- 3. What presently stands in the way of this principle being successful?**
- 4. What questions can you ask to help you measure the effectiveness of this principle?**
- 5. What effect do you hope this principle will have on your organization?**

This work has been exciting and enlightening. When asked what success looks like, responses include growth, increase in mission opportunities, new ideas, increase in diversity, feeling welcome and safe, more failures as we try new things, and a willingness to embrace change. When asked what failure looks like, responses include loss of community, stagnation, failure to address community needs, becoming exclusive, and allowing fear to motivate decisions.

These questions are important questions for our community. What does success look like for St. Luke's UMC, and what does failure look like? What stands in the way of being who believe we can be? These are also great questions for us as individuals as well.

As our leadership and staff continue to work with our statement and principles, I invite you to join us by thinking through these questions yourself, and sharing your ideas. Thanks!

Grace and Blessings,

Rev. Jessica





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

Committed to Grace, Courage, Wonder, and 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.

Thanks for your continued engagement as we take actions to fully embrace our new vision and principles! This is community collaboration at its best. Everyone's voice and involvement is needed. Our team is grateful to all of you for your commitment to reaching toward our core principles. It really does take a huge leap of faith, doesn't it? To be full of grace, courage, and wonder and to stretch beyond our usual ways of being is a big vision!

So, how do we actually do this?! We've been talking with our staff team, ministry leaders, small groups, and individuals throughout our St. Luke's community to identify specific actions and to encourage each other to keep taking leaps of faith. Somehow, it seems more possible when we are all taking risks, challenging our thinking, letting mistakes be part of the process, and celebrating what works.

I don't know about you, but since we've identified our principles, I've been noticing these words everywhere! Maybe God is offering us reminders about the commitments we've made to encourage us along the way and remind us we are being purposefully guided. This popular writing by William Hutchinson Murray comes to mind...

"Until one is committed, there is hesitancy, the chance to draw back...concerning all acts of initiative (and creation), there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no one could have dreamed..."

—William Hutchinson Murray

Thank you for your continued partnership as we all learn to fully embrace our vision and put our principles in action.

Grace – Courage – Wonder – Beyond
Rev. Sallie



Rev. Ryan Canaday
Lead Minister of
Worship &
Missional Life

Light is HERE!

What a marvelous Advent, Christmas, and Epiphany season we have had and are having! We have been experiencing the "Light" that Christ brings and the "Light" that God is always inviting us into.

I want to encourage you to continue exploring the Light. Figure out who you are, where God is calling you. Figure out what you're passionate about. Figure out where your deepest joy meets the world's greatest needs. Figure out the thing that gets you out of bed.

The Japanese have a word for this. They call it your ikigai.

Author and speaker, Rob Bell, describes ikigai this way: "Your ikigai is that sense you have when you wake up that this day matters, that there are new experiences to be had, that you have work to do, a contribution to make. Sometimes this is referred to as your calling, other times your vocation, your destiny, your path. Your ikigai is your reason for being."

It's a great word, right! Your ikigai holds you in the Light. Your ikigai keeps your ego in check. Your ego will try to tell you that you can do it all. Your ego will try to get you to say yes to everything. But your ikigai has little patience for ego; it will always call you back the central thing, the thing you were called to.

My brothers and sisters, keep living into your purpose. You will stumble along the way, that's ok. Keep going. Keep moving towards the places where God is calling you. And let's continue to explore together God's Light in our lives and in the world!

Grace & Peace, **Rev. Ryan**





Renae Parra
Director of
Servant Ministry



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

Thank You to our Leaders!

In January we recognized and thanked our outgoing leaders. We have over 100 volunteer positions that Equipping Ministry matches with gifted congregants each year. Have you ever wondered what some of our teams do? Here is a brief run-down of some of the teams you may hear about at St. Luke's. If you would like to serve on these teams or in any other capacity at St. Luke's, please let me know. *There is a place for you here.*

Staff Parish Relations - Evaluate clergy and clergy candidates; liaisons with staff regarding workplace issues; participates in interview and hiring process, budget management for salary and benefits. Ensure that employment laws are followed.

Missions - Provide support and advice to the mission activities of St. Luke's.

Equipping Ministry - Identify potential members for teams at St. Luke's. Match spiritual gifts and passions, and skills to the needs of St. Luke's. Make individual contacts to invite people to be a part of a St. Luke's Ministry Teams. Support healthy transitions of leadership at St. Luke's.

Finance - Support St. Luke's Director of Finance in overseeing the church budget, general fund and expenses. Maintain "transparency" of SLUMC General Fund finances to congregation.

Trustees - Oversee maintenance, repair, or installation of church property: building, landscaping, bus, security and contents (such as audio/visual equipment).

Stewardship - Develop and support annual giving campaigns. Plan and encourage congregational growth in faithful stewardship to our community.

A BIG THANK YOU to Caroline Butler and Carleen Krening who have been co-leading our Bereavement Team for over 10 years. The Bereavement team prepares a reception when we have a funeral or memorial service at St. Luke's. They have served numerous families during their time of grief and created a gracious and hospitable space for family and loved ones to gather and share time with one another. The food is always delicious and prepared with love. Thank you ladies for your superior dedication and service!!

We are grateful for you!



Do you enjoy saying Hello to people and creating a welcoming, friendly church? Do have 30 minutes to give on a Sunday once per month? We have openings for our front door greeters and podium greeters. Contact renae@stlukeshr.com

Staff Changes @ St. Luke's UMC



Dave Laurvick
Director of
Youth Ministry

On Sunday evening, January 27, at SLY (St. Luke's Youth), our Director of Youth Ministry, Dave Laurvick, announced his resignation.

Dave has been the Director of Youth Ministry for six years, and served as a SLY volunteer for fifteen years before that. As Dave reminded the youth and parents, the average tenure of a youth director is five years. After

working with youth for more than twenty years, Dave has decided it is time to step away.

Dave will continue to lead SLY through the end of this school year, and will lead the Guatemala mission trip in May. We are already planning a celebration event in May to recognize and honor Dave's leadership with our youth.

We want to extend a heartfelt

THANK YOU to Dave for the commitment and care he has offered St. Luke's in the role of Director of Youth Ministry! His impact on youth is immeasurable, his dedication to missions is irreplaceable, and we will miss Dave's leadership in multiple areas of church life.

Please join us in offering Dave our appreciation and love for his service as Director of Youth Ministry.

St. Luke's UMC is excited to announce a new staff position – Director of Communications and Office Administration. This new position is in response to our visioning process last fall and the clear need for a new focus on communications at St. Luke's.



Hannah Shepperd
Director of
Communications and
Office Administration

We are thrilled to

Welcome Hannah

Shepperd to the St. Luke's staff as the Director of Communications and Office Administration, beginning February 4, 2019. Hannah has a B.A. in Communications Arts from the University of Alabama. She has worked for the Mountain Sky UMC Conference office for the last year as part of their communications team, and served as an interim administrative assistant.

You will see Hannah in our front office and at various church events. Hannah will help us imagine new ways to tell our story, and enhance communication within and outside our community. Please take a moment to welcome Hannah to the St. Luke's community.

We also want to express our gratitude for Kristi Pawley, who served as our interim Office Administrator for six months. Kristi did a fantastic job and helped us envision what this new position could be. **Thank you to Kristi** for her commitment and dedication to the St. Luke's community. Kristi will continue as our Accounting Clerk.

Interested in Membership at St. Luke's UMC?



Sundays

March 17 • June 30 • Sept. 29

12:15-2:00pm

St. Luke's Chapel

RSVP jessica@stlukeshr.com 303-791-0659

Welcoming all to a deeper connection
with our community at our Membership Gatherings

Ask questions of clergy

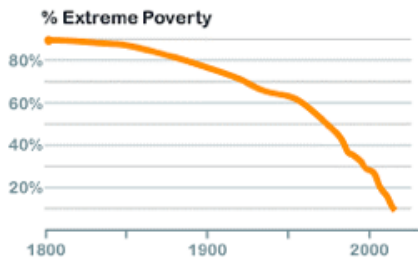
Enjoy conversation and meet new friends

Childcare available with 48hrs notice to Sam@stlukeshr.com

We are Making the World a Better Place

The Methodist Movement, The United Methodist Church, and St Luke's are all committed to making the world a better place. The Wesleyan Ideal of living our lives for the love of God and our neighbors calls us to this type of action. We have been a part of providing education and healthcare, working for justice, and improving peoples' lives for 300 years and we will continue to do so.

In the world we live in, it is sometimes difficult to remember that our efforts have made a difference and the world is becoming a better place. I would recommend the book, "Factfulness". It is a compilation of data that shows the rapid improvement in most people's lives in the world. It also explains why, despite this great improvement, we think the world is getting worse, not better.



One example is the rapid drop in the number of people in the world who are living in extreme poverty, people who don't know where their next meal is coming from. In the last 20 years, the number of people who are in this situation has

been cut in half. In the 217 years that this graph covers, the rate has dropped from 85% to 9%. In 1966, the rate had dropped to 50%. Since 2000, the rate has dropped from 20% to 9%. The elimination of extreme poverty is occurring at an ever-increasing rate.

Despite our success, there are still about a billion people in the world that need our help. Our commitment to being a part of the solution continues. We can't do it all but we can do what we can.

The United Methodist Church and St Luke's have many opportunities for you to use time, talents, and resources to help. Please thoughtfully and prayerfully consider what you can do as a member of our community to help with this effort. If you need more information, please contact me or a member of the Missions Team and we will be glad to provide it.

—Monty Hoffman, Missions Team, msaffordexp@aol.com

Missions Opportunities

Throughout his life, John Wesley fasted on Fridays and gave the money he saved to the poor. If you are giving something up for Lent, please consider donating what you save to one of the St. Luke's missions that provide for others. Here are a few of them. Contact Monty for more info.... msaffordexp@aol.com

The Blue Bins: donate non-perishable food for our homeless veterans. Look for the big blue bins around the church.

Mondays in the Park: donate peanut butter and jelly and your time to make sack lunches for those in need.

Sedalia Elementary School: donate your time and resources to support this fantastic school.

HAAT Force: donations urgently needed due to several recent snowstorms. Provide shelter to homeless who are disabled, pregnant or have children under 18, \$70/night. Make check payable to St. Luke's with HAAT Force in the memo line.

St. Luke's Blood Drive: happening Sunday Feb. 10 from 8:30am to 12:30pm. Questions? Contact Maryanne Egelston at eglestonma@gmail.com or text (720) 891-2248.

Exciting News for FREE

What started in our backyard last Summer has become a movement. **FREE is a spiritual community for addicts, loved ones of addicts, and spiritual refugees.**

This community is about breaking the silence of addiction while creating space for healing, recovery, and spiritual connection.

We moved from our backyard into our new space in Greenwood Village at the end of October. Since then we have been gathering weekly on Saturday nights at 7:00pm, and we have been partnering with numerous non-profit organizations for service opportunities.

During the past several months we have been working with a Liaison Team (members from the FREE Leadership Team and members from St. Luke's Executive Team) to determine the relationship between FREE and St. Luke's. **In January, our St. Luke's Executive Team voted on FREE becoming a satellite-location of St. Luke's.** That means FREE will remain under the umbrella of St. Luke's.

This is an exciting time and we have all experienced the great and growing need of addressing the problem addiction and recovery in our community. "Beyond" is one of our principle words we identified this Fall as a St. Luke's community. We described it this way: God invites us to move beyond the self to others, beyond the norm to the new, and beyond our walls to the world. **FREE is truly moving beyond!**

Here are some of the reasons why FREE has accepted God's invitation (God's calling, really) to move beyond:

- The disease of addiction now affects more Americans than heart conditions, diabetes, or cancer
- 23.5 million Americans suffer from drug and/or alcohol addiction
- Alcohol & Substance abuse is higher in Denver than anywhere else in the U.S.
- Colorado drug overdoses are up in almost every county and ahead of the national average (example: Arapahoe County overdose deaths doubled within the past 15 years)
- The state of Colorado has the highest rate of deaths by overdose than any others state in the U.S.
- Opioids will kill 52,000 Americans this year, and up to a half million in the next decade
- 16% of all adults in Douglas County and 20% of all adults with children under 18 reported binge drinking
- More Coloradans died of a drug overdose in 2017 than any year in history

People are dying. There is an epidemic in our midst. Addiction, isolation, and social disconnection are literally killing us.

As things continue to move forward with FREE, we will keep you in the loop. If you have any questions or want to get involved, please don't hesitate to reach out. —Rev. Ryan

BREAKING THE SILENCE OF ADDICTION

FREE

SATURDAYS 7PM

7939 E ARAPAHOE RD UNIT 160
GREENWOOD VILLAGE, CO 80112

Rev. Ryan and Tami Canaday:
Berthwagor@gmail.com
FreeSpiritualCommunity.com

A Spiritual Community
for Addicts,
Loved Ones of Addicts,
and Spiritual Refugees.

Follow FREE:



Children's Calendar Praise, Play & Prayers

(check website for full calendar)

- Feb. 10 (SUN) - **Children's Dinner Theater** "The Most Epic Birthday Party Ever" Auditions (1st-6th grade) 10:30am - Contact Sharon
- Feb. 12 (TUE) - **Children's Ministry Team Meeting** 6:30pm
- Feb. 13 (WED) - **Children's Dinner Theater** "The Most Epic Birthday Party Ever" Auditions (1st-6th grade) 6:30pm
- Feb. 17 (SUN) - No Sunday School - **FAMILY WORSHIP SUNDAY**
- Feb. 20 (WED) - **Children's Dinner Theater** "The Most Epic Birthday Party Ever" Rehearsal 6:00-7:30pm
- Feb. 20 (WED) - **NEW DATE!** Free Parenting Workshop "Feeling YOUR Light" 6:30-7:30pm. Learn tools to help proactively manage feelings and emotions. Childcare available with 48 hour notice - contact Sam.
- Feb. 22 (FRI) - **Family Movie Night** 6:45pm - "Toy Story"! Bring your favorite toy for show and tell and a can of food to donate to homeless veterans. We'll have a fun photo booth and some games to play. Join us in Fellowship Hall. Wear your pj's and bring your pillows. We'll provide the popcorn.
- Feb. 24 (SUN) - **JOY TREK (PreK)** 9:30am **SUNDAY SCHOOL** begins 3-week lesson "The Prodigal Son"
- Feb. 24 (SUN) - **PEAK (K-4th)** 9:30am **SUNDAY SCHOOL** begins 4-week lesson "Ten Lepers"
- Feb. 24 (SUN) - **SLY, JR. IKEA Scavenger Hunt** 5:30-8:00pm - Bring \$ for dinner at IKEA. RSVP Sharon
- Feb. 27 (WED) - **Children's Dinner Theater** Rehearsal 6:00-7:30pm
- Mar. 2 (SAT) - **Parent's Time Away** 9:00am. Contact Sam for more info and to RSVP.
- Mar. 6 (WED) - **Children's Dinner Theater** - NO Rehearsal (Ash Wed.)
- Mar. 8 (FRI) - **Parent's Night Out** 6:00pm. Contact Sam for more info.
- Mar. 13 (WED) - **Children's Dinner Theater** Rehearsal 6:00-7:30pm
- Mar. 17 (SUN) - **JOY TREK (PreK)** 9:30am **SUNDAY SCHOOL** begins 3-week lesson "The Lord is My Shepherd"
- Mar. 17 (SUN) - **Acolyte Training** 11:45-1:00pm (2nd-6th grade) - RSVP Sharon
- Mar. 20 (WED) - **Children's Dinner Theater** Rehearsal 6:00-7:30pm
- Mar. 24 (SUN) - **PEAK (K-4th)** 9:30am **SUNDAY SCHOOL** begins 4-week lesson "Journey to the Cross"
- Mar. 24 (SUN) - **SLY, JR.** TBD 5:30-7:30pm - RSVP Sharon
- Mar. 27 (WED) - **Children's Dinner Theater** Rehearsal 6:00-7:30pm



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!



Congrats to P.R.A.Y. Program Award Recipients:

On Feb. 3, Scouts Sunday, St. Luke's awarded medallions to the recipients of the 2019 P.R.A.Y. Program classes. They spent the month of January studying, and playing, as they've learned about God, Jesus and their faith. These scouts received medallions for reading their Bibles, for exploring their faith, for caring for their families, and for serving others. Their service project was collecting children's books for Warren Village. We would like to thank our adult leaders this year:

For God & Me: Dawn Garrett and Erin Balcaitis. And for God & Family: Sharon Oliver and Cathy Collins. And many thanks to those who assisted in the classes. These young people listed below completed the requirements of study and service and have earned the right and privilege of wearing these emblems in recognition of their accomplishment.

God & Me (1st-3rd grade): -Sam Anderson -Warren Arnold -Esti Balcaitis -Cianna Becker -Alexis Becker -Merrick Brascia -Jake Doernbrack -Penny Fears -Daisy Gross -Emerson Herrin -Chloe Long -Riley Scott -Lillian Wilson

God & Family (4th-6th grade): -Clark Anderson -Tessa Balcaitis -Abigail Cantrell -Charlie Ernster -Teddy Ernster -Jayden Garrett



Mezuzah? What is it?

St. Luke's PEAK Elementary Sunday School Art has been creating Mezuzahs as part of our "Bible Teachings" workshop rotation series.

What is a Mezuzah? Pick one:

- Scroll containing scripture located by the front door
- A quilt where each square contains one of the Beatitudes.
- A painting of Jesus using unusual colors where the grass is orange instead of green, for example.

Answer: a - A Mezuzah is a scroll that contains parts of Deuteronomy. The scroll is placed by a doorpost to remind us that God's presence is with us. "The Lord is our God, the Lord alone. You shall love the Lord with all your heart, and with all your soul and with all your strength." Jesus told us to also make sure we love our neighbors like we love ourselves. Check out the 1st and 2nd grade Mezuzahs. How does it change a house or room to have a Mezuzah hanging on the doorpost? —Nichole Rairigh



SLY, Jr. Lock In Brings Light!

On Jan. 25, 32 5th & 6th graders gathered to discover the light that is in each of us through crafts, games, singing, food, service, lessons and reflection. It was a magical over-night event thanks to all of the volunteers and staff that pulled together to share their light with these children.





Kelly Amadeo
Director of
Little School



ST. LUKE'S LITTLE SCHOOL

Little School News:

Reaching New Heights!

For two years, we have been hosting fundraisers to cover the cost of a new playground. The average playground in the Colorado climate lasts 15-20 years. Our St. Luke's playground which is enjoyed by so many groups in our community, was 17 years old. The support beams under the structure began to show some damage, and given how many children use our playground each day, we knew it was time to replace the structure. With the support and approvals of the Finance Committee and Trustees, we were able to purchase a new playground which was installed in early January!



The joy our students are experiencing with our new playground is indescribable! There is more room to play and run, more slides, climbing walls, two tunnels, and a café window to encourage little imaginations. In addition, we have taken music outside! There is an outdoor glockenspiel for the students to make music with! In addition, we purchased a four tiered basketball hoop that allows students of differing abilities and heights to play together, thus, supporting social skills. We want to thank all donors and staff who helped make our fundraisers successful. This was a community project, and we appreciate all who helped make this come to life!

Colorado Shines is the state of Colorado's quality rating system for preschools in Colorado. Each licensed school is rated at a level one. Schools that are licensed, and have completed additional professional development courses annually can apply to be a level two. We are currently a level two with Colorado Shines. We are applying, this March, to be rated by Colorado Shines to receive a higher rating. This is an intense process that involves an entire month of observations of our environment, work force, administration, family partnerships, and child health. At least half of our classrooms will be observed for an entire day and the classrooms are selected at random for observations. We are excited to take on this new adventure and ask for your extra prayers and support around your wonderful staff during the month of March.

Wishing you all a safe and happy February and March as we begin to enter into the warm light of spring.

Grace and Love, Kelly Amadeo, Director



by Rev. Les Ludlam
(retired)

More from Les: Don't Look Back

My appointment to Wheatland UMC came to an end after 7 years and now I was to be appointed to Thornton United Methodist Church north of Denver. We would be living in the church Parsonage, so, it was necessary as we prepared for moving to a smaller house. And that preparation was harder for me, in a way, than the move itself.

I was a mess as we started getting ready the necessary large garage sale! "Anything we haven't used for years needs to go," said Betty, and I smiled and agreed, not actually realizing what this

seemingly innocuous statement might have hidden in it. I knew it was time to dispose of the unused stuff we have been carrying around with us for so long that it had been almost forgotten! But knowing is not the same as doing.

"We might need this sometime," I would say as we sorted out the things to go out on the garage sale tables. Betty would just roll her eyes.

First, there was a collection of old vinyl phonograph records. Fats Domino, "I found my thrill, on Blueberry Hill," and the Everly Brothers, "Wake Up, Wake Up, Little Suzie," "Bye, Bye Love," and the Big Bopper, "Chantilly Lace and a Pretty Face..." and Little Richard, "The Girl Can't Help It!" These were symbols of my callow youth, growing up in High School, driving my '50 Chevy Bel Air hardtop to the Top Hat Drive In, cheering the Central Warriors toward victory against the Delta Panthers and Palisade Bulldogs. "I was going to record the songs on tape," I said as the box of records was placed on the table. "And when were you going to do that?" was the reply. Sadly, I could only mumble, "someday," and bid this symbol of my naïve youth goodbye.

Then there was the bowling ball, complete with carrying bag and shoes. I picked up the bag and recalled that I had been a fair bowler in Grand Junction in the '70s and in Alaska from '89 through '91. Got my average to about 145, I was proud of that! "But you haven't bowled since we moved from Alaska, and with your unsteadiness, you probably shouldn't bowl anyway." I thought to myself, "As long as I have that bag and ball, I can try!" But, I haven't. It was a symbol of my physical ability and giving up that symbol meant acknowledging something I really didn't want to admit to myself. But I knew the truth and the bag and ball, and the shoes, were placed on the sale table.

Then came the John Deere riding lawn mower. My adult toy; to be ridden only when wearing an appropriate hat. It had been purchased after rationalizing that I really wasn't physically capable of walking behind even a self-propelled mover for time necessary to mow our lawn. "I could do the yard work just like before," I thought, but I knew that eventually we would be moving to a home where the church trustees will do the landscaping and maintenance work. By selling the mower, I was affirming that the manly task of mowing one's lawn would be a thing of the past for me. (The mower sold fast to a local farmer, it got a good home.)

Then, the final blow came. The electric Golf Cart had to go. But it was my means for mobility and recreation in Wheatland. The nearest public golf course in Thornton was more than ten miles from the parsonage, golf carts must be licensed and properly fitted with safety devices if they are to be operated on public streets, cart storage space is limited and costly. And I had no means to easily transport the cart from place to place. Owning a cart and using it in that area would be far more expensive and quite inconvenient. My head knew this, but my heart saw these things differently. My ready access to a golf course on a moment's notice would be gone.

"I feel like I'm selling off pieces of my life, of who I am as a person," I said one afternoon, as we posted advertisements around town and began putting more items on the garage sale tables. But then, I recognized that these material things were symbols of that which had shaped me in the past, but the past would never return. Looking at each symbol brought back volumes of memories.

What might I forget if I got rid of these symbols?

How would I be different as these artifacts of my past went out of the door?

My head said, "don't look back," but my heart grieved as each symbol of "that which has been" passed from my sight.

God bless us all, as we face the future.



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:

**Tuesday, March 12
6:30-8:00pm**



God in the Wilderness with Rabbi Jamie Korngold

We are delighted to welcome Rabbi Jamie Korngold, best-selling author of "God in the Wilderness" and creator of the Adventure Judaism program. Rabbi Korngold envisioned this unique program as she experienced her most vibrant spiritual experiences in the outdoors. Christians and Jews share a tradition of spiritual experiences in nature, based in our common scriptures.



This evening will offer an opportunity to explore questions of spirituality.

- **How do we identify and access our spirituality?**
- **Why do so many of us experience God in the outdoors?**
- **And is this considered a religious experience in the same way we experience religion in church?**
- **What makes your soul soar?**

We invite you to bring your questions and ideas, for an exciting evening of exploration.

TICKETS: (\$10, plus \$1 fee) online at stlukeshr.com. Tickets will also be sold beginning Sunday, Feb. 24 in Fellowship Hall, prior to and after the 9:30 service, for \$10. Tickets at the door are \$12.

CHILDCARE: Available with a 48 hr. reservation to sam@stlukeshr.com

MORE INFO: julie.polikoff@msn.com, www.stlukescse.org

CSE CLASSES & EXPERIENCES:

Melinda's Conscious Cooking – One Sheet Pan Suppers

Once again, Melinda Davidson invited us into her gracious kitchen to learn to prepare nourishing meals for busy cooks. On Jan. 19, we gathered to prepare recipes designed for a single sheet pan, maximizing time and minimizing cleanup. Her expert use of fresh herbs made the five meals we prepared both savory and aromatic. The best part always is that we are able to connect with one another as we cook and sample our delicious meals.



ONGOING/COMING UP:

Spirituality 101 – with Bryan Hutchinson: Spirituality is an elusive concept. Spirituality means different things to different people - depending upon your background, upbringing and belief systems. Michael Singers book: "The Untethered Soul" will be the framework for exploring what spirituality is for each participant. The course will explore many different views of spirituality with a focus on what spirituality is for you - "right here, right now". The exploration will begin **Sunday, February 24 from 6:00-7:00pm.** (5-6 weeks) We look forward to seeking spirituality together! Register at Get Connected or Renae@stlukeshr.com

The Enneagram and You: Our exploration of Enneagram continues with Enneagram panels! One core style will be featured each month, beginning **Sunday, March 31, 2:00-3:30pm** in the Chapel. You can discover how to recognize different personality patterns as panelists share their inner world and realities. Through facilitated questions, "core styles" come to life in a way that doesn't happen with book-learning. Come, bring a friend, a spouse, a study group... all are welcome. Facilitated by Schawn Kellogg and Sallie Suby-Long. Suggested donation \$10. Contact Sallie@stlukeshr.com

WHOLE: Exploring Wellness in the Blue Zones – with Sharon and Bob Oliver: **Saturday, April 6 - 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 meal and blue zone recipes. Cost \$10. Contact Sharon at sharon@stlukeshr.com

On Purpose Workshop: April 12 - 8:45am-4:00pm at The Hideaway Retreat Center. Dr. Sallie Suby-Long and Renae Parra will guide exploration and intentional reflection on life narratives that can help you discover, clarify and celebrate your purpose. Cost \$95. Registration now open. Contact Renae at renae@stlukeshr.com

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

Individual Coaching – with Sallie Suby-Long: One-on-one, asset-based coaching. By appointment. Contact Sallie at sallie@stlukeshr.com

CSE OUTDOOR ADVENTURES:



Burning Bear Snowshoeing Adventure – Saturday, March 9.

Join us for a morning of snowshoeing on this scenic, gentle out-and-back trail off Guanella Pass. We'll follow meandering Geneva Creek and enjoy beautiful views of Geneva Peak and Square Top Mountain. Dress warmly for temperature and altitude. Snowshoes are required. Contact Jane at janestaller@gmail.com

Trustees Corner: Drivers Needed

The Trustees again thank the congregation for their wonderful support of the recent successful Ministry in Motion fundraiser to replace our aging original 24 passenger bus. We raised about \$135,000, allowing us to purchase 2 brand new 15 passenger buses in October. **Because the new buses seat only 15, they do not require the driver to have a Commercial Driver's License.** We require those driving the new buses to complete a training/certification class. We've conducted one of these classes so far and will be scheduling others. If you're interested in driving one of the buses for church events, please contact the Trustees or ken@stlukeshr.com.



One of the questions asked of the Trustees has been: "What happens to the old bus?"

Well, now we have an answer: we were able to sell it for \$5,000! We offered the old bus on Craigslist, and the first responder gave us our asking price. Many of us will miss our original bus.

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 February, March, April, and May.



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.



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

What an amazing Advent, Christmas & Epiphany we have experienced!

"Christmas on Broadway" with Puppets, the Christmas Cantata, Christmas Eve services and the Kings Sunday service were all highlights that brought brilliant light to the season. With hundreds of participants sharing their gifts and talents, St. Luke's was illuminated with music, artistic expression, energy, inspiration and meaning. **Light is Here!**

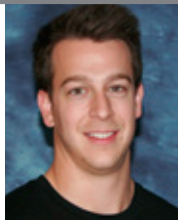




Dave Laurvick
Director of
Youth Ministry



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!!
- * **March 5: Fat Tuesday Pancake Dinner Fundraiser**
- * **March 8-10: Confirmation Retreat**
- * **April 27: Confirmation Service & Reception**
- * **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: The Fun Keeps on Rolling

From a White Elephant Christmas party and cookie decorating to karaoke and board games, every Sunday evening at SLY this winter has been filled with loud music, a little bit of chaos, and a whole lot of laughter! In mid January, we had an epic battle of miniature golf around the church, boys vs. girls style! The course was complex, going in and out different rooms, and at one time even down the stairs! Learning how to hit the ball hard enough, and yet gentle enough was a bit of a task, but loads of fun were had all around!



Besides all of our typical good times, SLY also had their annual winter retreat up at Ponderoas Camp just out side of Monument. A full bus load of middle and high school students engaged in deep conversations about what God has planned for our future, and how we can better listen to the Holy Spirit to ensure we are following God's lead. And of course there was tons of food, a beautiful hike, and lots of games including a solid two hours of black-light dodgeball!



Something to keep in mind: Summer Mission Trip plans are already in full swing and paperwork due dates are already fast approaching. Applications can be found outside the youth room and info about the trips can be found under the parents page of the SLY website!

Yours in Christ, Dave, Amy & Jake



Just Church in Winter



Just Church, our young adult ministry, had a busy winter! While trivia nights have always been a staple in this ministry, we decided to try out a new place. The Rock Wood Fire Pizza hosts a casual trivia night on Tuesdays at 7:30 and the response at the new location has been great! It's a good break in the week for those who are interested in random knowledge.. and those just there to catch up with new and old friends!

One thing Just Church is looking forward to adding in the new year is more volunteer opportunities. For the 4th year in a row, our young adults volunteered as balloon handler's at Denver's Parade of Lights. It was cold and those giant balloons can be quite tricky, but we had a blast! We also worked with the Dream Center on one of their Christmas events for families of people who have been incarcerated.

One of the things Jake and Amy worked hard to do this winter break was connect with our young adults who are in college. Being away at college can be difficult, especially if you don't have a faith community. Between our two college dinners, we were able to connect with over 30 students and remind them that they will always have a community to turn to at St. Luke's.



It's time for Pancakes!!!

March is quickly approaching and that means so is Mardi Gras!! On March 5th the youth will be putting on our annual Fat Tuesday Pancake Dinner to fundraise for our summer mission trips! This is a great event, fun for the whole family, and we would love your support! Keep an eye out for more info, coming soon!



Youth Mental Health First Aid Workshop (free)

April 6, 8:30am-5:00pm

in the St. Luke's Chapel (space is limited)

Sponsored by Stephen Ministry in Collaboration with Centura Health & Mental Health First Aid Colorado

Be a lifeline for our youth. Register now at stlukeshr.com for an exceptional opportunity to be trained in Mental Health First Aid. In the course, you will learn signs and symptoms of a mental health challenge or crisis, what to do in an emergency situation, and where to get help.



A 55+ MINISTRY

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!

Take Off for Wings Over the Rockies!

February 19 - Wings Over the Rockies at Buckley Field. This Air and Space Museum has a collection of airplanes from across the ages and into space. Our guided tour leaves the church on Tuesday Fe. 19, at 9:15am. Cost for bus and tour is \$15 plus money for lunch after the tour.

March 14 - National Renewable Energy Lab (NREL) tour in Golden Meet at the church at 8:45am for this tour limited in size to 20 people so sign up early for this one. Solar. Wind. And what else? Lunch in Golden.

April 18 - Mile High Stadium Tour Everyone is welcome and will fit into our tour to Mile High Stadium that includes everything from skyboxes to locker rooms to getting down on the field itself. Go Broncos!

Also, the 2nd Tuesday of each month at 2:00pm we meet at the church for informal Conversations with the Pastor. Our three clergy take turns meeting with us. Bring your questions; they love engaging with us and want to know what we are thinking.

And... each month we have an opportunity to give back to our broader community through coordinated Missions.

Do you have an idea for one of our monthly activities? Stop by our table in Fellowship Hall to share your ideas with us. We also have flyers about our upcoming events, sign up sheets and other info.

Season Voyagers visited the Denver Art Museum in January to see Rembrandt's etchings.



We are United Methodist Women -

What do we do?

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.

We invite you to join our team and assist us in our mission to help women, youth and children domestically here at home, nationally around the United States, and internationally. 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.

Save the Date!

March 16:

9:00am-1:00pm:
UMW Spiritual Journeys at Castle Rock UMC

May 4-5:

UMW District Conference Spiritual Retreat, Glen Eyrie, Colo. Springs, CO.



"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

Looking to expand your participation in our community? Join one of our Interest Groups! Email umwinfo@stlukeshr.com

Book Club - Fiction/Non-fiction/Informative/Fun. Fourth Monday, Room 206, 6:15pm potluck followed by our Book Club meeting at 7:00pm. For more info, contact Teri Burget, teri0962@gmail.com.

Common Thread - Friendship/Fellowship/Caring/Sharing. First Thursday of each month, 10:00am. Meets at the church. Contact: Caroline Butler carolinebutler@q.com

Itch to Stitch - Projects of Crochet, Knitting, Sewing, Quilting donated to charities. All skill levels are welcome! Meets monthly, 3rd Saturday, 10:30am-12:30pm. Contact Fran West 303-797-7107. Anyone interested in helping create the Quilt of Valor for presentation in November, please submit a Patriotic Sampler Block, 12.5x12.5". For more information, contact Victoria Mason, v1m23@q.com. Check out our Facebook page "St Luke's UMC Itch to Stitch Guild".

Encountering God and Neighbor - Women's Bible Study

meets in Conference Room 206, 7:00pm, 3rd Wednesday of the month. For more information, contact Betty Ludlam, betty.ludlam1718@gmail.com.

For further information about UMW:

- Email: umwinfo@stlukeshr.com
- Look for our Brochure at the Church entrance
- Check us out on Facebook, www.facebook.com/stlukeshrumw

Grief Support Group

If you are experiencing grief after the loss of a loved one, please consider joining me, Rev. Pat Shaffer, and Stephen Minister, Nancy Abbott, for the following **Sundays, March 10, 17, 24, 31, 12:15-1:45pm**, in room 210. The heart of this Grief Support Group is sharing your grief story after the death of a spouse, child, family member, or friend with others who are on the same journey and understand what you are feeling and experiencing. Group values are listening, caring, and keeping confidence. Helpful resources are shared as well. Please email Pat at prshaffer04@yahoo.com or call 720-988-5430 to register or if you have questions.





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.



Join the Ministers of Swing for a Sweetheart Dinner Dance on **Saturday, Feb. 9.**

Come at 6:30pm to enjoy an Italian Buffet and stay for the dancing from 7:00-9:00pm. Tickets are \$15/single person, \$25/couple, \$5/kids.

CONGREGATIONAL CARE



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	Karen & David	Donna Halstein	Winnie Kolves	Richard O'Neill	Sharon Smith
Nancy Abbott	Corson	Linda Harris	Jerald Krantz	Jean Pace	Bruce Stahlman
Tate Allen	Socheat Dee	Lynne Harris	Dalai Lawrence	Roger Pederson	Gail Strawn
Chase Appel	Jayne Dunham	Maddie Hendreschke	Jan Lindquist	Brian Reamy	Kimberlee Trembath
Vickie Barone	Irv Durban	George & June	Jerry Lubben	Mary Richards	Beth Vega
Tushka Breen	Carrie Enloe	Hutchins	Carrie Mallery	Renie Sanek	Charlie Williams
Jim & Barb Britt	Jim George	Nels Jacobs	Michael McCarthy	Kaye Shapaker	Carl Worley
Pearl Carlisle	Kate Gould	Jennifer Jensen	Katie Mueller	Lauren Sharpe	Diana Zickefoose
Sarah Cleary	Jeanne Halderman	Bill Kemman	Rose Olejniczak	Charlie Shaw	

CONGRATULATIONS TO:

Daniel and Kaitlyn Hauptert, and big sister Eva, on the birth of Louise Marie.

Kami and Christopher Wilson, and big sisters Natalie and Charlotte, on the birth of Genevieve Sara.

Justin and Stacey Kloster on the birth of their daughter, Auden Elizabeth.

Erin and Scott Reid, and big brother Camden and proud grandparents Monty Hoffman and Raina Powell, on the birth of Crosby.

SYMPATHIES TO:

Suzanne Lustie and family on the passing of her husband, Al.

The family of Marcia Benshoof who recently passed.

Tennie Christman on the passing of her sister, Wilma Lawton.

The Canaday family on the passing of Ryan's uncle, Steve Billington.

Bob Davis and Janet Forbes on the passing of Bob's father, L. Wayne Davis.

Lee and Yvonne Seaman on the passing of Yvonne's mother, Audrey Worley.

Betty Dowis on the passing of her husband, Graydon on January 19.

Patrick Griggs on the passing of his father, Fred Rasmussen on January 20.

Tom, Eileen, Ally, and Brandon Wright on the passing of Eileen's brother, David Halley.

James and Marilyn Bacon on the passing of their friend, Rose Olejniczak.

Jerry & Terry Hertzler, Julie Ovecka, Glenn Hertzler, Janie Williams & Joe Hertzler, and their families on the passing of their mother, Betty Hertzler.

Family and friends of Ken Fligg who passed away on January 26.

Rich Spong on the passing of his wife, Pris Spong.

Kate Crespo, her children, and the Duncan family on the passing of Kate's husband, Chino Crespo.

Rescheduled! Feeling YOUR Light



**Wednesday
Feb. 20
6:30-7:30pm**

Free Parenting Workshop with Children's Ministry to learn about how healing energy techniques can be used at home with our children, focusing on emotions, calming, and feeling your light.

For childcare, \$5/family:
RSVP to Sam@stlukeshr.com