



The Chronicle

ST. LUKE'S UNITED METHODIST CHURCH

FEBRUARY 2014

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and much more!



Common Table

Sunday Feb. 9
Noon-2:30pm

Love LENT to the World



Where is the mark of St. Luke's found upon the world?

How are we,

as a community, spreading Jesus' love to the world?

Join us at the Common Table on Sunday, February 9, to hear how St. Luke's is loving the world, both locally and globally!

Additionally, with this Common Table, we'll be introducing new opportunities for you to ask questions, or just to be in conversation with leaders in our church community. Come to hear more on the 9th!

Potluck lunch; daycare is available with 48 hours notice (sam@stlukeshr.com).

All are welcome!



Thank you to the Community of St. Luke's!

Blessings and thanksgiving to a few hundred (!) of you that served during the Advent Season. We are grateful to the many hands, warm hearts and welcoming smiles that brought the season special meaning to all of us. From those who decorated our church, to the many hospitality areas, the musicians, drama teams and those who have already prepared our small candles for next Christmas Eve. Thank you for sharing your gifts, talents and passions, to make this past Christmas Season at St. Luke's memories for all.

Love LENT to the World



Ministry isn't just what a pastor does on Sundays, or even what pastors - or missionaries, or chaplains - do all week. The word ministry has Latin roots, and its origins meant service. In the context of the church, ministry might be defined as "the service to others that followers of Jesus perform in the name and Spirit of Christ."

Imagine No Malaria is one of the ways that The United Methodist Church seeks to serve others, offering them abundant life in Jesus' name. The community health workers, doctors and nurses, administrators of in-country health boards, communication professionals and many others who are on the ground to provide services in Africa are all engaged in ministry, whether they think about it that way or not. All of them are part of an effort to allow many more people to live life to the fullest, as God desires.

But they're not the only ones doing ministry through Imagine No Malaria. As we work to raise awareness and educate people here in the U.S. about malaria, its devastating effects on individuals and communities in Africa, and the opportunity we have to end preventable deaths and suffering from malaria in this generation, we need people to get involved who have a variety of backgrounds and a wide range of gifts. Whether

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The Pirates of Penzance Bounds onto the Stage

Fri. Feb. 28 - 7:00pm

Sat. Mar. 1 - 2:00 & 7:00pm (Dinner 5:30pm)

Sun. Mar. 2 - 2:00pm

\$5 Children/\$10 Adult suggested donation at the door.
Open seating. Doors open 30 min. early.



Goofy, irreverent comedic opera an adventure for the entire family!

Gilbert & Sullivan's classic comedic opera, *The Pirates of Penzance*, is a chance to get carried away with swashbuckling pirates, damsels in distress, British

bobbies and, of course, a very modern Major General. The show, as popular now as it was when it first premiered in 1879, features sword-fighting, entertaining plot twists and a score that will leave you humming all the way home. It's an event not to be missed.

Written by W.S. Gilbert and Arthur Sullivan, the undisputed masters of comic opera, *The Pirates of Penzance* is the only Gilbert and Sullivan operetta to have its world premiere in the United States and features one of the most beloved scores in musical theatre, including the well-loved "I am the Very Model of a Modern Major General," "Poor Wandering One" and "With Cat-Like Tread."

Featuring a talented cast familiar to St. Luke's from shows past, including Jack Kennedy as the Major General, Karin Wesson as Ruth, Anthony Tyson as Frederick, Colleen Herskovits as Mabel and Torin Blair as the Pirate King. There will be a benefit dinner at 5:30pm on Saturday, March 1, immediately before the 7:00pm show. This pirate-themed event will feature a pirate costume contest for kids 12 and under, judged by pirates from the show and will be followed by a pirate treasure hunt. Dinner tickets include reserved seating for the show. Dinner tickets are \$30/adults 18+, \$20/youth 11-17 and \$5 for children 10 and under. Tickets can be purchased on Sunday mornings beginning Feb. 2 in the Fellowship Hall.

All St. Luke's Wesley Players' productions benefit local and international charities, raising over \$200,000 during the last decade of productions. Proceeds from *The Pirates of Penzance* will benefit the March 2014 construction mission trip to Guatemala. The mission teams will work with the local community to build a cinder block school and also to support the John Wesley School. For more information, contact Jim Ramsey or Melanie Kirkpatrick.

Sunday Worship Services:

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

Vine 4:00pm (Check website for locations)

Contemplative Service

(Check website for dates & times)

Sunday School:

Adult, Youth & Children:

9:30am & 11:00am

Nursery available for:

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

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Dr. James Ramsey.....x23

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Jennifer Ferguson.....x37

Associate Director of Music Ministry

Kay Coryell.....x36

Director of Handbells & Children's Music Ministry

Ernie Rodgers.....x44

Vine Worship Leader

Carrie Mallery.....x35

Assistant Vine Leader

Brenda Schafer.....x10

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Sheri Henry.....x24

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Kristi Pawley.....x16

Accounting Clerk

Lynda Fickling.....x20

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All submissions for the

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Editor: Sharon Oliver

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To receive *The Chronicle* via US mail, please call or email the Church Office.



Rev. Janet Forbes
Senior Pastor

Hope Changes Everything

Epiphany 2014: During January and February, we are gathering in worship for an Epiphany teaching series, HOPE CHANGES EVERYTHING! Your past is not your past if it's still impacting the present.

Do you ever feel as though your life has become a broken record? You're hearing the same song play over and over again? Nearly every human being on earth has likely spent some time on this carousel. Whether you're looking for a new beginning or just ready for renewal in your relationships, I want you to remember that

anything is possible when you learn how to make new choices and let hope in. These messages about connections in our marriages, families, friendships, and work places are based on the family systems fables in the work of Edwin H. Friedman, rabbi and counselor. My hope is that these stories (Friedman's Fables), along with their biblical and relational parallels, will help us to become healthier spouses, parents, friends, co-workers, and leaders in the New Year.

We started by talking about responsibility in the fable of *The Bridge* where we learned that you can't motivate the unmotivated and that the only person you can make responsible is yourself.

In the fable, *A Nervous Condition*, we learned that the most sensitive people in any system – the ones who are the most needy – tend to control everything. We talked about moving toward the ROAR and how to choose NOT to be controlled by the anxiety of another.

Then we moved to the story of Moses, Aaron, and the Golden Calf and learned about emotional triangles. When there is conflict between two persons, we tend to want to bring in a third to rescue one or the other, which leads to more conflict. We learned that the way to health is to de-triangle by paying attention to our own anxiety and dealing directly with conflict.

We then heard from Cinderella's Stepmother – the flip side of a famous story. Many of us grew up with characters of the classic fairytales. But one of the things I've noticed over the years is that many of the old fairytales, while they are entertaining, perpetuate, in a subtle and unintentional way, some less than helpful ideas about family systems.

Cinderella's stepmother is a great fable because it brings home the point that there is no happily ever after if the anxiety in the family system is never resolved and no one self-differentiates. I celebrate all those moms and stepmoms, dads and stepdads, who are willing to be self-differentiated, non-anxious, and deal with all the sabotage that comes from children learning to take responsibility for themselves. The willingness to set limits could just be the ticket to a child's long-term emotional health.

Learning to take responsibility for ourselves, learning to recognize our own anxiety, learning to set boundaries, and learning to pay attention to our role in relationships are keys to taking the "dys" out of dysfunctional families and organizations. It's hard work, but nothing worth doing comes easily.

Happy New Year! –Rev. Janet



...anything is possible
when you learn how
to make new choices
and let hope in.

Turn the Christian Year with the Imposition of Ashes

The Christian year tells the story of Jesus in two cycles of time. The year begins with the Christmas cycle of Advent, Christmas, and Epiphany as we celebrate Jesus' birth. The story culminates in the Easter cycle of Lent, Easter, and Pentecost with the wonder of resurrection. The turning of the year from one cycle to the next is marked by the tension of two very different holidays.

The Bible tells us that before Jesus began to teach the people he prepared himself by spending forty days praying in the wilderness. We call these forty days Lent, and Lent is the time when Christians prepare for the celebration of Easter. Some people still give up a favorite food during Lent, but in the Middle Ages, everyone had to go without eating meat or butter or eggs for the whole forty days.

Lent begins on Ash Wednesday, so on Tuesday everyone makes a good start by confessing their sins and having them shriven – in other words, forgiven. That is why the day is called Shrove Tuesday. They cook a meal of pancakes, using up all the eggs and butter in the house. Shrove Tuesday is still called, "mardi gras", which means "greasy Tuesday", when, traditionally, all the fat in the house has to be used up.

After the family feasts on pancakes on Shrove Tuesday, March 4 for dinner, our church family will mark the first day of Lent with the observation of Ash Wednesday, March 5, at 7:00pm. Everyone will be invited to write or draw a confession or a commitment to growth and give it to the flash of the fire! Then, we will receive the mark of the ashes and oil on the hand or forehead. This is a 45-minute family-friendly service in which school-age children can participate fully. Very young children will enjoy the help of a parent.

Join us as we observe the turning of the Christian year!



Rev. Ryan Canaday
Associate Minister

The Trip of a Lifetime

Tami and I had the opportunity to travel to the Holy Land in 2004. I had for so long dreamed of seeing some of these holy sites: Bethlehem and the venerated site of the birthplace of Jesus, Old City Jerusalem and the Garden of Gethsemane which looks over into the city, Nazareth and the Sea of Galilee--the place where Jesus spent so much time with his disciples. I was THIS close to proposing to Tami on the shore of that sea [actually, it's more like a big lake]...but we were poor college students at the time, and well, an engagement ring wasn't exactly in the budget. I had to wait another couple of months. Oh but I digress. Back to the Holy Land...Masada, the Western Wall, the Dead Sea, and the list goes on. I was majoring in Biblical Studies. I had read about these places in the Bible, I had studied them in the text, these stories shaped and continue to shape my faith and my understanding of the Christian tradition. But it wasn't just the sights that I was interested in experiencing. I wanted to meet the people, to hear the stories. This pilgrimage was just as much about us having the opportunity to take a deeper look into Israeli/Palestinian conflict. For many, many years this phrase has rang all too true: "small land, big problem." The history is complex and the solutions aren't simple. As Christians we are called to engage, to in some way be a part of the peace making process, not just in the Holy Land, but in all aspects of our lives and world.

What a trip! A merging of biblical studies and contemporary dynamics. When leaving the Holy Land I remember thinking, "I can't wait to come back...there's so much left to see. There's so much left to learn!"

Well, it's nearly 10 years later and Tami and I are excited to announce that we are organizing another trip to the Holy Land! The trip will be led by biblical scholar, Dr. Tom Phillips. He is a good friend of ours and was my undergraduate New Testament Professor. Tom led our trip in 2004 and he will also be leading Rev. Janet's trip in March.

Like me, you may have long dreamed of traveling to the Holy Land. Rev. Janet's trip is full, but there is space for you on the next pilgrimage. We will travel to Jordan, Israel, and the West Bank. We'll also have the opportunity to visit Petra--one of the Seven Wonders of the World. We will depart on December 27, 2014 and return on January 9, 2015 [Jan. 6 if you choose not to participate in the 3-day elective].

Interested in hearing more about the pilgrimage? We will be holding an informational meeting with Tom on Feb. 8 from 9:00-10:30am in the chapel at St. Luke's. We are also excited to have Tom as our guest preacher on that Sunday morning!

The Holy Land. December 2014.
The trip of a lifetime!

Grace & Peace, Rev. Ryan



Rev. Dr. Sallie Suby-Long
Associate Minister

Welcome New Stephen Ministers

Stephen Ministry Commissioning - Sunday, Jan. 26

Gail Abernathy: Stephen Ministry is what I have been working toward for a long time - to be able to help people through crisis in a Christian way. I feel that it brings me closer than ever to God and His purpose for my life.

Carol Gill: I am on a journey with the Lord to go out into the community and serve Him while caring for others. He has blessed me with a gift of caring. I want to honor Him by being a Stephen Minister.

Paul Connolly: This is my chance to become the light others need to find their way through troubling times. I will share the love and faith St. Luke's has in me with those who are struggling to find it on their own.

Melinda Davidson: It means walking alongside another lightening their steps. It means listening in the most honoring and compassionate way, it means authentically and empathetically being present, it means sharing the voice of God, spiritually encouraging through hope and faith. It means "I deeply care, this relationship is safe and you are not alone. I am here."

Maryellen Davis: It means so much to me to be given the opportunity to be a Stephen Minister. I am honored by the trust St. Luke's has put in me. With God's help, I promise to serve the St. Luke's community to the best of my abilities.

Jared Ediger: Stephen Ministry is about being present. We all need each other to be able to just sit and listen to what we have experienced in life.

Kim Joseph: Stephen Ministry offers me the opportunity to make a connection with someone and let them know they are not alone. Through listening, exploring options and walking together we can begin to move forward.

Jane Staller: Stephen Ministry has provided the training and will provide ongoing supervision and support to me, as I endeavor to be an instrument of God's loving care for a fellow sojourner who is experiencing life challenges. Being a Stephen Minister is twice blessed; it blesses those who give and those who receive.

Elizabeth Laurvick: I was helped through a very difficult time by a Stephen Minister and know the value of being cared for. I hope to be able to give back and be there for someone else who needs an ear, a shoulder, or a friend during a difficult time.

Dave Laurvick: I decided to go through the Stephen Ministry training after some discussion with a couple of the previous class members. I felt that the skills they talked of and showed in their service would be a great skill to use while working with the youth and their families. It has been a rich resource in my ministry with the youth of St. Luke's.

Sam Leahy: I am privileged to have the opportunity to be a caring and compassionate witness to others within our community and honored to be an instrument of God's love.

Nancy Mussetter: Stephen Ministry is an opportunity to show others how much they are cared about and how special they are. It offers a listening ear, a caring heart, and prayers when all three are needed most.

The Staff Parish Relations Team brings you a message from **Rev. Dr. Sallie Suby-Long:**

I want to share with you that I will be taking a 3-month leave from my responsibilities at St. Luke's. As many of you know, the past 4 ½ years since I joined the pastoral team have been extremely full and rewarding with my work at St. Luke's, the completion of my seminary training and the ordination process, and completion of my Ph.D.

I have requested a leave of absence from my responsibilities at St. Luke's to have time with my family. And, I am grateful to Rev. Janet, Staff Parish Relations, and the Rocky Mountain Conference for graciously honoring my request.

Just so you know, I will not be disappearing. Tom and I will be around just as we have been over the last 17 years that we've been lucky enough to be part of this community. You may even see us in church on Sunday Morning!

You might be wondering what this means regarding pastoral care ministries during the time I am on leave. Let me share with you the plan Rev. Janet, Rev. Ryan and I, and our congregational care team, have put in place: Rev. Janet will provide oversight of pastoral care while I am away. Rev. Janet, Rev. Ryan, Ali Young, Nancy Abbott and some of our Stephen Ministers will continue to make hospital visits and provide pastoral care. Our Stephen Ministers are available for one-on-one care and our Stephen Leaders will help make these connections for you. In addition to our current Stephen Ministers, we have a wonderful new Stephen Ministry team that just completed their training and were commissioned on January 26. If you need counseling we have a list of professional counselors that we are happy to share with you.

Most importantly, the St. Luke's community has an inspiring history of generously caring for each other. I know you will continue in that vital ministry.

So, you will still see me around St. Luke's from time to time in the weeks ahead and I will look forward to returning in mid-April.



Lynda Fickling
Director of
Servant Ministry/
Spiritual Director

Get CONNECTED

We know that getting involved is a great way to meet people, but did you also know that connecting can be transforming? Can give your life more meaning?

Serving/Volunteering not only changes those you are serving but with God's amazing Grace—changes us, transforming our lives.

Find your fit, where you will passionately serve and connect with the community of St. Luke's and beyond.

Do the fun Spiritual Gifts assessment located at www.stlukeshr.com

Visit the Get Connected Center on Sundays, where we will help you connect with a class, volunteer opportunities and more. There is always a place for you!

Your Get Connected Team: Lisa Phillips, Mary Peterson, Allison Wright, Brenda Hart and Carleen Krenning.

Monday Mornings at McDonald's

Highlands Ranch Pkwy & Broadway. Drop in!
8:30-10:00am

Or... Join us for Coffee & Conversation

about the History of St. Luke's, the United Methodist Church, our programs and ministries.
9:30am any 2nd Sunday of the month (Excluding December)
Meet Rev. Sallie, Monty Hoffman and Lynda Fickling in Room 212
We look forward to getting to know you!



We really need more folks for the team and invite you to prayerfully consider being a part of this welcoming team. Only one Sunday a month for 30 minutes! And the rewards? Connecting people to St. Luke's and welcoming the stranger! Please contact Lynda Fickling lynda@stlukeshr.com 303-791-0659 x20 Blessings!



Brenda Schafer
Office Administrator

PRAYER CONCERNS

Please stop by the Information Center, by the front door, where you will find the complete and updated Prayer Concerns list or view the listing on our website. Contact Rev. Sallie Suby-Long or Brenda Schafer if you have any additions/removals. 303-791-0659 x32, leave a note on the front desk, or email sallie@stlukeshr.com or brenda@stlukeshr.com



LATEST ENTRIES TO PRAYER LIST:

Olivia Murrow
Joe Forbes – Rev. Janet's brother
Kathy Hutchinson – Dave Laurvick's sister
Jan Lindquist
Pete Reif
Natalie Murrow
Jane Riegle
Claire Alpert
the Moorman family
– friends of Bill & Kendra Lee
Janet Walters
Eric & Mark Stahlman
Mary Nell Jones
Bea Lasky – Jan & Charlie Rufien's cousin
Linda Beth Waldheim
– Peter Waldheim's sister-in-law
Betty Babcock – Gwen Riggles' aunt
Andrew Streevy – Michael Streevy's son
Bernice Williams – Janet Walters' daughter
Chloe Levine
Toby Streevy – Michael Streevy's son
Harold Johnson – Laurie Gilbert's father
Julia Klug
– Peter & Linda Young's granddaughter

Mary Jo Weber
Eileen Law

SYMPATHIES TO:

Pam Hinrich, on the passing of her mother,
Martha Estelle Bethea Edwards
The family of Claire Davis
Martha Boon on the passing of her good friend, Michelle Lips
Leslie Porter and family on the passing of her husband, Dr. Jim Porter
Neil & Kerri Tillquist on the passing of Kerri's father, Dale C. Hart
Carson & Michelle Mallory on the passing of Carson's aunt, Shirley Wetterstrom
Bob & Sharon Oliver on the passing of their brother-in-law, Fredy Perez
Mairi Wells on the passing of her husband, Bill Wells
O'Leary family on the passing of their 17-yr old son
The family of Justin Miller, student of Angela Alderson

continued from page 1 you are a teacher, a custodian, an architect, an administrative assistant, a software engineer, or a scientist, you have something to offer.

We recently heard from Dr. Cynthia Paquette, an Entomologist who is working on malaria-transmitting mosquito research at Colorado State University. Cynthia is also a Certified Candidate for Ministry (Elder's Orders). She reached out to offer her gifts to be part of the campaign, and also expressed her conviction of the importance of this work:

Bishop Stanovsky,

I am very excited and glad that the United Methodist Church is taking a big leap to help people afflicted with malaria. Malaria, as you probably already know, is a very difficult disease to control and the plasmodium parasite is a very fastidious one due to its different forms in its life cycle. A lot of research is ongoing but people are dying daily because a cure has not been found and the mosquito vectors are becoming resistant to the available chemical insecticides. Meanwhile, it is harder and harder to conduct research because federal grant money is drying up due to the decline in our economy. Therefore, I think it is important for the people of God to step up to the plate to help other people of God who are suffering. I think an integrated approach that the Imagine No Malaria campaign is taking is an important one due to the prolific nature of this parasite and its mosquito vector. I think it is very important that the church be exposed to the ongoing problem of malaria and be given the opportunity to respond financially (and other ways – prayer, resources, physical help etc.) because this is a disease that has plagued the third world countries where financial resources are very low.

I believe we, the church, can make a difference!

Blessings, Cynthia

What gifts can we bring? **St. Luke's has pledged \$25,000 to the Imagine No Malaria campaign.** We'll offer those gifts in LOVE LENT TO THE WORLD this March and April. May God grant us an energetic and compassionate response!

St. Luke's: Your Spiritual Community

Our hearts lead the way when we join in a community. We embrace new friendships, discover shared passions and connections, ask questions, and begin to understand who Jesus is for us, in our lives. We invite you to experience community with St. Luke's. To connect in a deeper way, please contact one of our Pastoral staff or Lynda Fickling, Director of Servant Ministry lynda@stlukeshr.com 303-791-0659 x20

We look forward to sharing our journeys together.



connection • inspiration • transformation

The Spirituality and Wellness Team has become the Center for Spiritual Engagement

Have you noticed our new logo and our new name? The Spirituality and Wellness Team has become the Center for Spiritual Engagement, reflecting our expanding mission and the aspirations defined some seven years ago. A visioning initiative in 2007 led to the creation of the Spirituality and Wellness Team with a charter to explore, create, and lead opportunities for connecting and inspiring spiritual formation. For several years we have experimented with new learning formats in a variety of environments, and we have discerned that the time is right for creating a "Center" for all of St. Luke's spiritual formation initiatives. Coincidentally, St. Luke's has the opportunity to incorporate the First Steps program, which was developed by the Rev. Dr. Leanne Hadley to focus on spiritual healing and formation for children and teens. Later this year First Steps will join the ministries offered within the Center for Spiritual Engagement to provide a continuum of opportunities for spiritual formation and healing for children, teens, and adults. We are very excited! We're building a new website that will launch soon! Stay tuned.

Spirituality and Wellness Speaker Series: On Tuesday, Feb. 4 we welcomed Kimba Ashworth, an Eating Psychology Coach, to speak on *"Mind Body Nutrition and Spirituality"*. Kimba invited participants to look at how our relationship to eating and our bodies mirrors our relationship to life. The concepts of Mind Body Nutrition focus on the undeniable connections between brain, body, and behavior. Understanding these connections can empower us to implement nourishing and sustainable strategies to improve our overall health.

Participants learned:

- How to choose the most nourishing foods for our unique body and lifestyle
- How to bring our fullest, most powerful metabolism to every meal
- What we can do today to begin to maximize metabolic power and health

Outdoor Adventures: We hope you will consider joining us to explore our beautiful Colorado landscape and to experience God's loving grace in wild places. Look for more information about these upcoming trips at the Get Connected table, and in the St. Luke's Bulletin and Week At a Glance.

- March – Snowshoeing at the Flying J Ranch (Evergreen)
- April – Mallory Cave Hike (Boulder)
- May – Stalking Early Wildflowers at Alderfer/Three Sisters or Golden Gate Canyon Park
- June – Sunset Canoeing on Chatfield Reservoir.

Spiritual Direction and Formation: The Center for Spiritual Engagement sponsors both group and individual learning opportunities that honor each person's unique life journey and support people in managing transitions, enhancing self-awareness, working through challenges, and growing in faith. For more info, contact Rev. Sallie (sallie@stlukeshr.com) or Lynda Fickling (lynda@stlukeshr.com).

For those who want to learn more, Kimba is offering an optional fee-based 4 session workshop series, "Mind Body Nutrition and Spirituality" starting February 17. For more information contact kimba@kimbaashworth.com.

Monty's Methodism Musings:

The Wesleyan Idea of Christian Perfection - Pt. I

by Monty Hoffman

It's Not About Being Perfect, It's About Love

Matthew 22:34-40 – ³⁴ Hearing that Jesus had silenced the Sadducees, the Pharisees got together. ³⁵ One of them, an expert in the law, tested him with this question: ³⁶ "Teacher, which is the greatest commandment in the Law?"

³⁷ Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind." ³⁸ This is the first and greatest commandment. ³⁹ And the second is like it: 'Love your neighbor as yourself.'

⁴⁰ All the Law and the Prophets hang on these two commandments."

Most denominations have a creedal or doctrinal statement that defines them as a group and you have to agree with that doctrine to be a part of that denomination. Usually this doctrinal statement is a point of belief that separated this group from a previous denomination. Methodism is different in that we have no creedal statement that defines us. John Wesley had no doctrinal disagreement with the Church of England and remained a priest within the Church of England until his death. His disagreement with the church establishment was about who should hear the good news of God's love and grace for all people and he went outside the organization of the church to reach out to all people regardless of who they were or where they were.

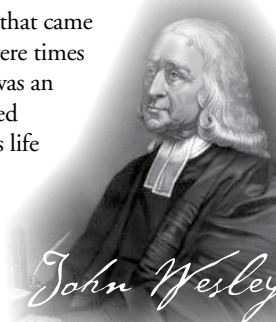
Rather than define ourselves by a creedal statement, Wesley said we should define ourselves by an experience, the experience of striving to live a life of Christian Perfection. He said that this was the act of living our lives for the love of God and for the love of our neighbors. This actively fulfills the two great commandments that Jesus gives us in Matthew 22: 34-40.

As I have talked to people about Christian Perfection, it is obvious that the word, perfection, brings back bad memories for some people when it is used in a religious context. The idea of perfection has been used to control people instead of using it as Wesley intended, to encourage people. While I use the phrase because of its historical context, Rev. George suggests that the phrase, Christian maturity, can also be used. It is in maturing as Christians that we move towards perfection.

This is a very simple statement that defines us, but it is a very difficult call to fulfill. Because of this, different groups of Methodists have taken different approaches to fulfilling the call. These different paths have sometimes strained the ties that bind in the Wesleyan tradition. Part of the reason that there are different interpretations is that John Wesley saw things differently at different times in his life and wasn't afraid to say so.

One point of disagreement is about how we live Christian Perfection. Do we have an assurance experience in our lives and enter into Christian Perfection, never to sin again? Do we have times during our lives when we God's perfecting grace works through us but we struggle at other times to focus on the love of God and neighbor? Wesley thought it was the first after his Aldersgate Experience and the presence of God's grace in his life. Wesley lived another 50 years and experienced the disappointments in his life that many of us have. He also experienced the disappointment in himself that came from this. Yet, through it all, he felt there were times of Christian Perfection in his life when he was an instrument of God's Grace and accomplished great things. In his later years, he viewed his life as a journey towards Christian Perfection instead of his earlier belief of entering into it at a moment in time.

(to be continued in our March issue)





Just the Facts

with
Shea, Jake & Max

Woof! Woof! Meow! Jake, Max, and Shea here to bring you up to speed on what we are sniffing out at the church. We've interviewed several human folks around the church and this is what they are telling us:

Wow! Christmas was just awesome! Thanks to everyone who helped with and participated in the Tree Lighting service, Holiday Shop, Advent Devotionals, Christmas Pageant, Sunday School, Candy Cane Sunday, Christmas Eve services, King's Sunday and more - what an amazing Advent/Epiphany! We have HOPE to last us throughout the year!

Sunday School is the place to be! Please join us each Sunday morning at 9:30 and 11:00am to learn Bible stories, sing songs, share our joys and concerns, create sacred space, get to know each other, have fun and grow closer to God. We are faith-filled and going strong. You can join in at any time. During Lent we will be participating in the Imagine No Malaria Campaign. Teachers and Shepherds are always needed! Come give your time and your heart to the children! Check out our website for openings. Email sharon@stlukeshr.com or sam@stlukeshr.com for more info.

Family Movie Night is Friday Feb. 21 at 6:45pm. Join your church family for "Despicable Me 2" rated PG. Wear your pajamas, bring your pillows and come get warm and cozy in Fellowship Hall. We'll pop the popcorn!

Acolyte Training is March 9 at noon. All 2nd-6th graders welcome to join us for training to become an Acolyte. Bring a parent, we'll supply a snack and we'll learn the importance of this sacred tradition of bringing in the light to our worship services. RSVP with Ms. Sam or Ms. Sharon.

America's most practical and entertaining parent training **Becoming a Love & Logic Parent** returns to St. Luke's for two Thursdays Feb. 13 & 20 6:00-9:00pm. \$69 per person or \$130 per couple. To register please contact: Suzanne Crawford - Facilitator at suzanne@justshutterup.com or cell 303-883-8800

SLY, Jr. (our 5th & 6th grade service & fun club) has had a great month - first we joined SLY on a trip to Jump Street and then we held our annual LOCK IN on Jan. 31! It was a cold and snowy night but that didn't keep 51 5th and 6th graders from warming up the church! We sang with Thomas and his band, played SOUlympics games, ate great food, learned from Rev. Ryan what it means to be inclusive, made music videos, recieved medals and even slept a little. It was an amazing time. We collected a big box full of socks for Urban Peak and we brought in canned food for the Broncos food drive. Thanks to all who helped out and made this such a special event.

Upcoming SLY, Jr. events: Feb. 16: "Puppets!"

5:30-7:30pm. Bring \$2 for dinner and come experience our puppet ministry up close and learn how to become a puppeteer. **Mar. 2 "Take Flight!"** 5:30-7:30pm.

Mr Barry is bringing in his flight simulator (!) and we will get to experience what it's like to fly a plane! We'll have paper airplane contests and other fun activities. Bring \$2 for pizza. On March 16, we'll be going to Warren Village for a book fair and party. Check the website for more.

MARK YOUR CALENDARS:

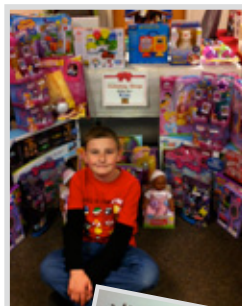
Easter Fun Day - April 12 10:00am-noon

Children's Dinner Theater - May 2 at 6:00pm (see info at right)

VBS "Workshop of Wonders" - Morning Session: June 23-27,

Evening Session July 8-11, Online Registration begins April 14 at 7:00am

Don't forget we have a great website www.stlukeshr.com/children with lots of important info on it. You can even check out the **Sunday School servant schedule** there! Please let Sharon & Sam know if you have any questions. **Furry Blessings!**



Sharon Oliver
Director of
Children's Ministry



Samantha Leahy
Director of Early
Childhood Ministry



Stephanie Kirk
Children's Ministry
Coordinator

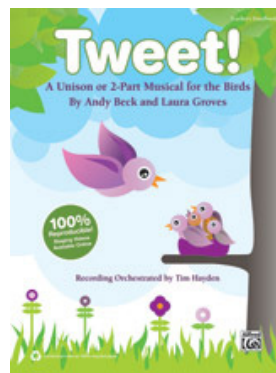
St. Luke's Kids
Growing with God

Register for St. Luke's 2014 Family Camp

Registration for St. Luke's 2014 Family Camp has begun. This year, we have an all new Family Camp website at www.stlukeshr.com/FamilyCamp. Here you can find all the information you need about Family Camp - including making your Family Camp reservation, activity sign up, and the delicious Camp breakfast and dinner menus served each day.

St. Luke's Family Camp will be July 18-July 27, 2014, at Snow Mountain Ranch in Granby Colorado. Become part of our Family Camp Family - join us for a few days or stay for the entire week! Registration is available through April 6; spots are limited, and filling up quickly. Sign up early to guarantee your Family Camp reservation. We look forward to seeing you at Family Camp this summer! Questions? Contact Amy Antinoro at 720-445-5845 or slumcfamilycamp@gmail.com.

Children's Dinner Theater Auditions Feb. 23 & 26



It's that time of year again!! Calling all 1st-6th graders to come audition for our annual Children's Dinner Theater. This year we are doing a musical! It's called "Tweet!" and it's about some baby birds wondering what's it's like to leave the nest and all of the crazy characters that

offer them advice. It's a great coming of age story with wonderful music. This year we are partnering with Kidz Prayz (Ms. Angela and Ms. Kay!) and we will hold our rehearsals on Wednesday nights from 6:00-7:15pm beginning March 12. Please join us on Sunday Feb. 23 at 11:00am or Wednesday Feb. 26 at 6:30pm in Goliath to audition. All children who audition will get a part. The dinner and show will be Friday May 2 at 6:00pm. We will have a great time and our performance is only part of the fun - our journey growing together during our rehearsals, gaining confidence on the stage and our participation in a mission project is our tradition. For questions, contact Ms. Sharon sharon@stlukeshr.com.



Kay Swanson
Director of
Little School



Little School News:

Fabulous February



Valentines abound at Little School and we will be talking about how to show our love and God's love to others. We will be hosting our fun "Dad's Saturday" on Feb. 8 as we really enjoy seeing our Dads, Uncles, or Grandpas spend a morning being creative with their children and making Valentines! (Especially sitting in our tiny chairs!) This is a very special month celebrating all kinds of LOVE and caring.

It will also be a fun time to talk about our Winter Olympics and have our own Obstacle course Olympics to try. Children will be bringing in articles and pictures about the Olympics and talking about being fit and doing exercise!

Everyone will be excited to find out if Mr. Groundhog sees his shadow and if we will have more snow or spring? Just remember whatever he finds out, you still need to dress for "out" and bring those jackets.

Little School will be closed Feb. 17 and 18 to observe our President's holiday and hold Parent-Teacher conferences. This is a great time to meet with our parents and let them know how their child is doing in preschool. We enjoy partnering with our families to make sure that all of our children have an excellent foundation when they leave us, social, emotionally, academically, physically and spiritually.

If you are still looking for a preschool, we would love to have you join us! Tours are on Wed. and Thurs. mornings at 10:00am and no appointment is necessary. Please bring your children to join in the fun! We would also appreciate you spreading the word about our outstanding program! Little School remains a revered program with excellent preparation for kindergarten. Remember that we have classes for as young as 2 1/2 and potty trained. IF you are concerned about potty training, they CAN join us anytime during the year after they are trained. So call us when you are ready! If you have any questions please feel free to contact Ms. Kay at Kay@stlukeshr.com or visit our NEW website stlukesschool.org

Blessings, Ms. Kay and staff

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



"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."

Operation Christmas Child -

In December, the Simply Saturday group volunteered at Operation Christmas Child packaging Christmas boxes for children around the world. Everyone really enjoyed the experience and we plan to organize this again next year.



Connecting with Missionaries - Sharon Smith, Spiritual Growth Coordinator for 2013, set a goal of sending a birthday wish and Christmas greeting to all of the United Methodist Missionaries listed in the UMW Prayer Calendar (almost 500 people!) Sharon achieved this goal and in return received responses from all over the world. Missionaries shared the obstacles they face in the areas they serve and expressed their heartfelt gratitude for our prayers. Sharon and all of the UMW Board felt their hearts break open to the sacred stories being shared with us; a true experience of spiritual growth.

Subgroups of United Methodist Women at St. Luke's:

Women are welcome to attend a subgroup of UMW anytime during the year!

NEW Women's Bible Study - second Monday, 6:30pm Room 213. First session is February 10. We will be studying "Sisters - Bible Study for Women" beginning with "Knowing God". The study is a DVD set that has 6 sessions. Study guides are \$7. Contact Janet Sackett or Lisa Phillips to reserve a study guide or for more information (jsackett@comcast.net or lisaphill4@aol.com)

Itch to Stitch - Second Saturday 10:00-11:30am. Meet in church basement. All skill levels welcome! Contact Fran West 303-797-7107 mfranwest@gmail.com for more info.

Women's Night Out - First Monday, 6:30pm

- March 3 - Whole Foods - Southglenn Mall
 - April 7 - Carlos Miguels - Highlands Ranch Town Center
- Contact Elaine Carlstrom at ecarlstrom@comcast.net or Jean Dunn at jd-teacher@hotmail.com

Simply Saturday Helping Hands - First Sat. morning of each month Rm. 206

- March 1 - work at Renewed Treasures
- Contact Tennie Christman at mydammie@comcast.net or Linda Osborn at lmosborn5@gmail.com for more info.



Book Group - Fourth Monday, Room 206, 7:00pm. (Potluck 6:15 pm) Contact RenaeParra@aol.com to for info.

- February 24: "The Power of Half" by Kevin Salwen and Hannah Salwen
 - March 24: "The Shoemaker's Wife" by Adriana Trigiani
- Contact RenaeParra@aol.com for more info

Common Thread - meets First Thursday at 10:00am, usually at the church. Call Caroline Butler for more info 303-797-3225

Save the Date:

March 8 - Spiritual Day Apart in Castle Rock - our own Jenita Rhodes will be the workshop leader this year. Email Renae Parra at renaeparra@aol.com to carpool or for more info.

April 24 - UMW Annual Spring Tea - 2:00-4:00pm

FEBRUARY:
Love INC

MISSIONS OF THE MONTH

Highlighting Mission Opportunities: For more about missions supported by St. Luke's, please contact Jerry Hertzler 720-480-0476, jmhertzler@comcast.net or Scott Hetherington 484-883-0778 scott.g.hetherington@gmail.com

February is Love INC Month!

Two of the events that take place during Love INC (In the Name of Christ) Month are the very entertaining **"In Love With Broadway" concert with a Silent Auction on Feb. 8** and an **informational/orientation meeting on Feb. 13**. The concert features members from the Soprano Effect, Ken and Barbara Mervine in a musical and comical rendition of Bach, as well as other artists performing favorites from Broadway musicals. The third event for Love INC Month, **the diaper drive, continues throughout February**. So, there's still time to participate by donating diapers, wipes, or money (in the large plastic baby bottles). Last year St. Luke's donated approximately 8,500 diapers plus many wipes. Let's try for 10,000 diapers this year!! Love INC greatly appreciates the kind and generous hearts of the St. Luke's congregation.

Guatemala English Camp June 2014

Pura Vida Ministries will be holding an "English Camp" in Guatemala

The best students at the John Wesley School will attend a week of intensive English at the Methodist Camp in Lemoa. Come join the team – no special skills needed except the ability to speak English.

English speakers needed to:

- Teach small groups of 3-4 well behaved kids
- Lead crafts and games using English

Team members with sponsored students will also be given time to meet and visit with their students.

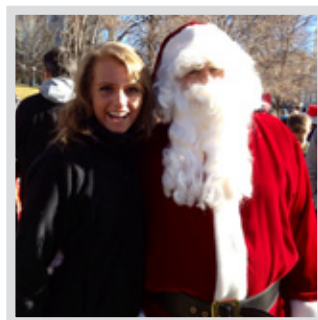
Trip dates are June 21-28, 2014. Application and additional details are available at www.puravida.org.

If you have questions, contact johnpwilliams@comcast.net.

Christmas In The Park

Christmas time for most families is a holiday rooted in rituals and traditions freshened up now and then to reflect who we are and where our lives stand at that moment. We were thrilled so many St. Luke's families made Christmas in the Park a part of their holiday celebration and for some a continued tradition. In keeping with the season of giving, more than 50 St. Luke's folks joined other groups to distribute Ikea bags, hats, gloves, socks, hand warmers, sweet treats and holiday greetings to over 300 who are hungry and homeless. Thank you for your generous warm weather donations and gathering to make the holidays special for many who are less fortunate.

We serve lunches downtown each Monday to those who are hungry. Keep that holiday spirit of hope, peace, love and joy going all year long and consider dropping off lunch supplies in our missions closet. For more information contact sam@stlukeshr.com.



A 55+ MINISTRY

Seasoned Voyagers - Latest Update

January our Voyagers kicked off 2014 with a very interesting "pilgrimage to the holy land" presented by Rev. Janet and a very good middle east meal provided by Garbanzo. February 18th will find the group voyaging to a private showing of Anschutz collection of western art in Denver (see more details below) followed by celebrating in March with a potluck on St Patrick's Day. If you are over 50 and haven't been on a voyage with the group yet, please do consider it. You can get email notices of all activities simply by going to StLukesHR.com and using "Quick Links" selection "email lists" to go select list "SeasonedVoyagers" in Ministry email lists and enter your name and email address. You can use same mechanism to remove your name later if you choose.

FEBRUARY GATHERING: The American Museum of Western

Art: The Anschutz Collection in the Navarre Building across the street from the Brown Palace Hotel. Philip F. Anschutz, Colorado businessman has collected Western art for years, including top names such as George Catlin, Russell, Remington, Bierstad, Moran, Blumenschein and Georgia O'Keefe. He just opened the collection to the public in 2012 and we will have our own private tour with guides. We must have 20 sign up by Feb. 9 in order to get this private viewing. More are welcome.

When: Tuesday, February 18 leaving from St Luke's at 9:00am for a 10:00am tour staying for lunch before returning at 2:00pm.

Cost: \$15 plus lunch. For more information contact Joyce at rovetta@juno.com or 303-470-5705



"A New Beginning"

a 12-week Divorce Recovery Seminar
Monday, March 3, 6:45-9:00pm

For those who are separated or divorced, this workshop brings healing from a Christian community where one can experience acceptance, care giving, and the love of God.

Cost is \$100 ~ register with Larry Sears 720-524-0440 or lrsears@q.com Scholarships are available

Get Off Your Donkey!

Reggie McNeal calls us to dismount, get down and dirty, and live a life that makes a difference.

Join us for an online course! Book \$10.00

March 16-June 8

Read and engage in our blog!

Sign-up at the Get Connected Center
Co-facilitators Jenita Rhodes & Lynda Fickling lynda@stlukeshr.com



Beth Moore Spring Women's Bible Study

Join a great group of women in studying the bible with a Beth Moore bible study. The specific study is TBD, but the group will meet Thursdays, from 6:00 to 8:00pm, in the Conference Room, beginning Feb. 13 for about 11 weeks. Contact Kristin Foster at kristinfoster13@gmail.com with questions. To register online, visit: stlukeshr.com/learningwithstlukes

Reducing Family Anxiety Class

Improve your family dynamics by joining Carl Cleveland on Sundays from 6:30 to 8:30pm, Feb. 16-Mar. 23 and then again April 27-May 25. The class will meet in Rm. 212. This study series coincides with Rev. Janet Forbes' sermon series in Jan. and Feb. Attendees will learn better tools and skills to handle and reduce anxiety in the family as well as improve communication and relationships between family members. Contact Carl@Ctr4IntLdrs.com or 303-470-1042. Spaces are limited so sign up now. To register, visit stlukeshr.com/learningwithstlukes

Come Write With Us!

Wesley Writers is a small group of writers from St. Luke's and Littleton UMC who meet monthly at St. Luke's in the conference room. Our purpose is to give writers a forum in which to read their works and receive positive and constructive feedback. Some are memoir writers who wish to pass their life stories on to their children and grandchildren. Others are writers who draw upon their own life experiences in the hopes of publications, which assist others in specific life challenges. Wesley Writers meet the third Saturday of each month. Moderators are Rev. Les Ludlam and Sylvia Brady.

Discover Your Roots!

Genealogy 101 is a small group of St. Luke's and Littleton UMC attendees interested in discovering the roots and location of their families' past generations. Meetings are 10:00am to noon the second Saturday of each month in St. Luke's Conference Room.



James Ramsey
Director of Music
& Arts Ministries



Kenrick Mervine
Associate Dir. of
Music Ministry/
Organist



Jennifer Ferguson
Associate Director
of Music Ministry



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

Christmas Canata Memories!

Christmas Canata in 2013 was a lovely time for the Music Ministry Program at St. Luke's to showcase talent and cooperation between groups. The Orchestra, Chancel Choir, Kids Prayz, Soul Purpose, and Worship Band worked together to weave a tapestry of holiday music. The Music Team would like to give a huge shout out to all of the musicians, and an especially big THANK YOU to the Tech Team who makes all of our productions not only possible, but lovely.

Did you miss Canata last Christmas? It is usually during Sunday Services the second weekend in December, and replaces our traditional services with an abundance of holiday music for the audience to enjoy and participate in. Look for it again in 2014!

SLYJO Rockin' Around the Christmas Tree

The St. Luke's Youth Jazz Orchestra did what they do by providing live holiday music during the cookie reception after the tree lighting ceremony. These students learned music for the reception as well as music for middle of November for the Music Serving the Word performance. That's a lot of hard work in a short amount of time! Great job guys. **Interested in participating in SLYJO?** We are currently looking for students who play tenor or baritone sax, trumpet, and trombone. Join us!

Christmas Eve As always, the Chancel Choir, Tinninnabulators Hand Bells, and Brass Ensemble put in their overtime and did an amazing job at the 5 and 7pm services Christmas Eve. The Soul Purpose Choir, Kids Prayz, Youth Bells, and Puppet Ministry also dedicated the time and energy into making the 1 and 3pm services spectacular and very special. This is another example of how everyone involved in Music and Drama ministry comes together for a very special time. Thank you to the tech team, and to Melanie Kirkpatrick for being our production manager this year!

Look! Pirates on the horizon!

Coming to see the hit musical, *The Pirates of Penzance* to get an extra dose of piratitute? Produced by the Wesley Players, we invite you to the Sanctuary for 3 special performances on February 28 and March 1 and 2. This will be a great night of music, humor, and dancing. Suitable for all ages. See you there!





Upcoming Events!

- ✦ **March 2 – Pizza and Pool Party:** We are renting out the entire South Suburban Rec-Center! RSVP Today!
- ✦ **March 4 – Mardi Gras Pancake Dinner:** Come and eat pancakes and support youth missions!
- ✦ **Sign up to receive our emails and Check www.stlukeshr.com and click on "Youth" or "SLY"** for up-to-date info on programs, activities, opportunities and more!

Sundays:

- **9:30-10:30am – SLY AM**
Exploring the bible and life
- **5:30-6:00pm – SLY Dinner**
We need help feeding these hungry teens! Sign up to help on our website. \$2 per person.
- **6:00-7:30pm – SLY PM**
All sorts of fun activities are going on this month! Check out our website for details.

Wednesdays:

- **5:30-6:30pm – Homework Hour**
- **6:30-8:00pm – Coming up we have a cooking contest, going out to dinner, pot luck, and birthday party!**



ON THE SLY: Taking Care and Having Fun

This holiday season was both a reminder of how blessed we are and how tough times can get. There were many joyous times like our annual trip to Zoo Lights and the always popular White Elephant Gift Exchange. We also joined youth from a bunch of different churches at a Karaoke party at St. Andrew UMC and a dance at Littleton UMC. It was a total blast getting together with fellow youth groups!

As we enjoy the good times and fellowship together, all of SLY are still stunned and shocked at not only the shootings at Arapahoe High School but all the hurt and hardship that has fallen on our middle and high schools lately. There is a great need for our youth to not only have a safe place to talk about these confusing times but to join in community and feel connected. This is what we are striving to provide in SLY. Our youth, although always conscious of others, have truly stepped up the conversations on bullying and mental health. At the end of January we invited two mental health workers from The Children's Hospital to come and talk to parents about teen depression, self harm and suicide. Parents are such a key role in teen mental health and they need support and information just as much as the youth. Then, at the beginning of February, we invited them back to talk with just the youth to really delve into the mental health issues teens are facing at schools and with friends. Life can truly be difficult for teens these days and we love that we are in a position to help them survive and thrive through the tough times.

We do have many exciting things coming up in the SLY neck of the woods. At the beginning of March we have rented out the entire South Suburban Rec-Center for a giant pizza and pool party! Also, the senior high mission trip has officially been locked down for the end of July! We will be working on the Navajo Indian Reservation in New Mexico! To help get us there we are having our annual Mardi Gras Pancake Dinner Fundraiser. Come join us on March 4th for some fun and pancakes and help us support all our youth mission trips!

SLY (St. Luke's Youth) is an inclusive group for all 7th-12th graders that focuses on fellowship, fun, and finding out what this God thing is all about!

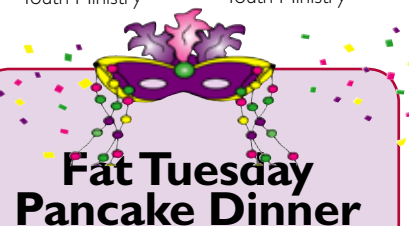
As always, we have lots going on and are so excited to grow closer while having fun and being the hands and feet of Christ! *—Yours in Christ, Dave & Amy*



Dave Laurvick
Director of
Youth Ministry



Amy McMullen
Assistant Dir. of
Youth Ministry



Fat Tuesday Pancake Dinner

March 4

5:00-7:30pm

The biggest and best Fat Tuesday fundraiser yet!! The youth are hosting a Pancake Dinner along with pancake flipping, arts and crafts, and mask making for the whole congregation! This is a fundraiser to support Youth Missions!! In the Fellowship Hall! Free will donations! Tell your friends! This is an event you don't want to miss!

Denver Wins BIG in Food Drive Challenge!

With 102,518 items collected (8,400 of that from St. Luke's!), Denver has shown that Broncos fans are unmatched in generosity! The United in Orange food drive has been going head-to-head with Seattle since the division championships to see which city (and their friends) could raise more food for local food pantries.

Gathered at 80 different locations throughout Denver, the front range, and stretching into 9 other states (thank you Omaha), this total is an amazing accomplishment for our city and team to be proud of.

Every donation site is sending their collections to a local food pantry, helping support families in neighborhoods all throughout "Broncos country."

Seattle collected 52,000 items, and since those will also be going to food pantries in Seattle, no one really loses.

The combined total between the two cities is 154,518 items of food to help feed those in need.



More from Les: "But First!" *by Rev. Les Ludlam*



I confess; I'm easily distracted—to a fault at times. One afternoon I decided it would be nice to take in a movie. "Let's go to a movie," I said. "Sure," replied Betty, and started to go to the door.

"**But first**, I'll look at the movie listings." Several movies, all on at about the same time, were showing at the local movie theater. They began in about two hours. Then, as I scanned the paper, I noticed a promotional coupon from a local restaurant...

"**But first**, let's eat. I'll call and get our names on the waiting list." I turned toward the telephone but didn't know the phone number at the restaurant.

"**But first**, I need to find the restaurant's number." I began looking for the phone book in the bookcase next to the phone. "Oh," I thought, "here's a Robert Fulghum book I haven't read for years!" I opened the cover. *All I really need to know, I learned in Kindergarten* is an enjoyable book. "There are some great stories in it," I thought.

"Les, the restaurant!" said Betty. ... "Oh, yes, let's see..."

"Just pick one; OK?" The eating place was selected, we called and our names were put on the waiting list, now we could go. We went to the car and got in.

"**But first**, the car's gas gauge shows the tank is too low to drive very far. We need to get gasoline." So we started toward the gas station.

"**But first**, we'll need some cash for the gasoline and dinner and movie," so we diverted to the ATM nearby. Cash was withdrawn; we're on our way to the gas station.

"**But first** we have to wait for an open lane at the gas pumps." The car is filled up; we leave for the restaurant. On arrival we find we had been on the waiting list too long and our name was crossed off, **so, first**, we have to wait in line at the entrance.

"Shall we call another restaurant to see how busy they are?"

"NO!" was the reply; then, finally, our name is called. We sit down. We prepare to order.

"**But first** we have to order a beverage before deciding what to order."

"**But first** they have to refill the beverage dispenser!" Finally we eat, pay the bill and depart.

"Les, what time is it? When does the movie start?"

"Let's see. Here it is – 7:05pm."

"We'd better go to the later show, it's 7:30 already!"

"When's the next show?" I check the movie listings with my smart phone.

"Oh, No! I looked at yesterday's newspaper! The movie's not on tonight!"

We have good intentions, there are adequate resources to complete a task, but it seems that so often we let other things distract our attention and divert our efforts from the original plan. Why is that? Is this some sort of personality defect or mental disorder in us? Perhaps it is just part of our being human...

In Luke, Jesus tells us about those who are offered opportunities but are distracted and turn them down.

- "I have bought a piece of land, and I must go out and see it; please accept my regrets."
- "I have bought five yoke of oxen, and I am going to try them out; please accept my regrets."
- "I have just been married, and therefore I cannot come."
- "Lord, first let me go and bury my father."
- "I will follow you, Lord; but let me first say farewell to those at my home."

And Jesus tells his disciples, "Whoever does not carry the cross and follow me cannot be my disciple. For which of you, intending to build a tower, does not first sit down and estimate the cost, to see whether he has enough to complete it?"

Christ is calling us; let us respond with a love that does not get distracted.
God bless us all!



Sheri Henry
Director of Finance



Kristi Pawley
Accounting Clerk

Pick and Choose Your Method Of Giving to SLUMC

We have many ways for you to make your giving to SLUMC

easy and convenient. You may want to consider one of these convenient methods for your contributions.

In addition to cash and checks, we offer online credit card transactions, stock transfers and scheduled automatic withdrawals from checking or credit card accounts. The following is a general summary:

1. **General Fund and Capital Campaign:**

All methods.

2. **Grocery Cards:** Cash, check, scheduled EFT from your checking account.

3. **Special Events:** Depending on the event, may include cash, check, PayPal and online credit card transactions.

4. **Plus:** We'd consider any reasonable method you know about that we haven't adopted.

We appreciate your continued support!

Trustees Wrap up 2013 Strong!

In the last quarter, Trustees celebrated the completion of two major projects. First, we've expanded our garage storage space to accommodate our growing Drama Ministry programs! This will help our performers to use and re-use resources by having designated space for creation and storage of stage sets and props. Please join us in thanking Scott Kohrs of Taylor/Kohrs Construction, our Drama Ministry team and performers for their incredible shows, and your donations! Trustees got permits secured, and from there Taylor/Kohrs construction crews took over – they made revisions to the door that should help us keep the storage space well sealed. We are blessed!

Our second project was lead by Matt Willman, and with its completion, he's satisfied criteria to earn his Eagle Scout award! From design and materials acquisition to

personnel and time management, Matt and his crew have built what we believe to be the very best Dumpster Enclosure in the country! The new design eliminated the challenges of our old gates – this one is balanced, reinforced, and built with giant hinges that offer very smooth operation. It also includes designated space for our recycle bins, our grill and fuel. Our trash pickup service and we are entirely grateful!

With the close of 2013, we bid 4 team members farewell – Gary Gilbert, Will Coffield, Paul Connolly, and Brian Bacon we are very thankful for your gifts of time, talent, and service, and we welcome new members: Steve Howard, Russ Overman, Buddy Key, and David Trotter to our team.





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

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

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

For the most up-to-date calendar of events check www.stlukeshr.com

AGELESS SINGLES

*A social group for unmarried, divorced, widowed
men and women of all ages.*

UPCOMING EVENTS:

Sat. Feb. 15: Snowshoeing in Keystone. Snowshoe rentals are available at Nordic Center. Meet/carpool from St. Luke's at 9:00am.

Fri. Feb. 28: Dinner and movie night. More details to follow.

Wed. Mar. 12: Line dancing lessons at the Stampede.
2430 S. Havana St., Aurora. Meet/carpool from St. Luke's at 5:00pm.

RSVP to Allison Wright, 720-371-6760 or allisonwright303@yahoo.com

OUR COMMUNITY

Happy Retirement, Dave!



On Sunday, Jan. 5, we celebrated the ministry of Dave Cupp, Director of Finance, as we recognized his eight years of service on the staff of St. Luke's.

Dave and Meryl are charter members of the St. Luke's community, giving countless hours from craftsmanship to musical leadership to a track record of fiscal health.

Offer your thanks for Dave with a CARD SHOWER of gratitude. Bring your cards to church or mail them to the office addressed to Dave Cupp, St. Luke's United Methodist Church, 8817 S. Broadway, Highlands Ranch, CO 80129.

Thank You, Dave!

Open Letter to the St. Luke's Congregation from We Don't Waste

Dear Janet:

It is becoming a ritual for me to advise you and

your congregation of the valuable relationship We Don't Waste has developed and respects with St. Luke's United Methodist Church of Highlands Ranch.



We Don't Waste just completed its fourth year with Epicurean Culinary Group at Sports Authority Field at Mile High. St. Luke's volunteers have become substantial and irreplaceable ingredients to the success We Don't Waste experiences through our partnership at Mile High. In turn your incredible personal support is a measure of the value you and your church bring to We Don't Waste and its mission of increasing food security, reducing food waste and fighting poverty.

During the 2013-2014 Denver Broncos season, St. Luke's provided more than 150 volunteers, contributing more than 750 hours of service to We Don't Waste with a value in excess of \$16,800. What is impressive is that many of the individuals are there for us game in, game out. As you know from your personal experience, food recovered by the volunteers is nutritious, wholesome and of high value. To put the volume of food in perspective, the volunteers recovered enough food to provide a sell-out crowd at Mile High with more than one serving each. Not too bad for an organization, which is small in size, but has a large footprint in the community providing food to over 45 different community based nonprofits.

Thank you seems insufficient to express our sincere gratitude to each volunteer, to St. Luke's for adopting We Don't Waste and to you for insuring the success of the mission with We Don't Waste. We look forward to a long and supportive relationship in providing for those most vulnerable in our community.

Best regards, Arlan Preblud, Executive Director