

The Chronicle

ST. LUKE'S UNITED METHODIST CHURCH

FEBRUARY 2015

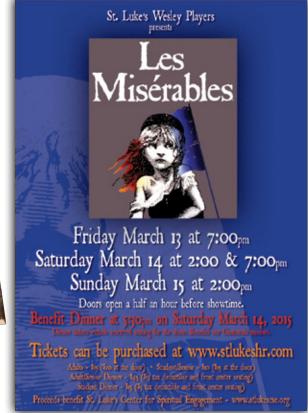
1113101C 11113 13311C.
From Rev. Janet2
From Rev. Ryan3
From Rev. Sallie3
CSE Update5
Children's Ministry6
Missions8 & 9
SLY10
Prayer Concerns12
and much more!

Incida This Issue.

Les Mis Rehearsals Taking Shape







Do You Hear the People Sing?

Les Misérables is coming to St. Luke's this spring. Since 2000, the St. Luke's Wesley Players have been entertaining, building community and raising more than \$200,000 for local and international organizations. To honor the fifteen year anniversary, the Wesley Players is thrilled to present Les Misérables, winner

of over 100 international awards. Seen by over 65 million people worldwide, *Les Misérables* is an epic and uplifting story about the survival of the human spirit. The true modern classic is based on Victor Hugo's novel and features one of the most memorable scores of all time. Our Lenten worship series, When Tomorrow Comes, will highlight Hugo's theological themes of grace, sacrifice, and hope in Jesus' journey to Jerusalem, Calvary, and Easter.

In 19th century France, Jean Valjean is released from 19 years of unjust imprisonment, but finds nothing in store for him but mistrust and mistreatment. He breaks his parole in hopes of starting a new life, initiating a life-long struggle for redemption as he is relentlessly pursued by police inspector Javert, who refuses to believe Valjean can change his ways. Finally, during the Paris student uprising of 1832, Javert must confront his ideals after Valjean spares his life and saves that of the student revolutionary who has captured the heart of Valjean's adopted daughter. His world-view shattered, Javert commits suicide, and Valjean at last attains the peace he has sought for so long.

When Tomorrow Comes - Celebrating Lent & Easter at St. Luke's

The Christian calendar 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.

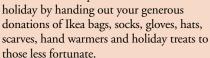
The turning of the year from one cycle to the next is marked by two very different holidays... just 24 hours apart. Mardi Gras, or Fat Tuesday, on Feb. 17, is the last day of the season of Epiphany. Another name for Mardi Gras is Shrove Tuesday, a day to confess our sins and have them shriven or forgiven. After confession, everyone eats a meal of pancakes, using up all the eggs and butter in the house.

When we wake up on Ash Wednesday, Feb. 18,

continued on page 4

Christmas in the Park

Over 70 St. Luke's folks joined many other area volunteers to bring the light of Christ to Lincoln Park this past



Christmas in the Park served more than 700 neighbors in need Communion and a large dose of Christmas love. Thank you for your support this year to not only warm the hands and feet of others but by warming their hearts. As we celebrated the birth of Christ your good hearted responses brought hope and love to those who struggle.

We continue to support this ongoing ministry weekly by serving 100 sack lunches in the park every Monday. For more information on how you can offer assistance please contact sam@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 available for: 8:00, 9:30 & 11:00am services

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March 2015 issue
of The Chronicle are due Feb. 20

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The Chronicle is published 10 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. Janet Forbes Senior Pastor

Launching Worship Design

Leaders at St. Luke's have been watching recent trends in our patterns of worship. In fact, everywhere I go, I talk to pastors who are experiencing the same thing... *People who attend church are attending less often.*

People who used to attend every week are attending three times a month. People who were around twice a month often now show up once a month. And attenders who used to come once a month are showing up half a dozen times a year. This is

true of rapidly growing churches, mega-churches, mid-sized churches, Bible churches, and churches like St. Luke's where many are connecting to faith for the first time. Sunday morning used to be honored as sacred time for worship and play. Now, we work, we play team sports, we shop.

Some church leaders I know wonder whether people will even attend physical buildings a decade from now. I believe they will, but maybe not in traditional patterns.

So what's going on? Well, culture is changing. But two of the biggest factors that used to drive attendance in the last twenty to fifty years are now reproducible online.

Two decades ago, if you wanted to hear great preaching, you had to go to church. Podcasting and online campuses have changed this. If you wanted great music, you had to go to church. Now, for \$20, all your favorite songs are on your phone wherever you go.

So what are we to do? We are seeking worship experiences that are transformational and inspirational celebrations that are relevant to our everyday lives. Worship is at the center of all that we do at St. Luke's. Through a blending of tradition and innovation, we are inviting a quality that echoes through the ages and yet speaks to the contemporary person. Through music, prayers, sermons, and song, we are inviting a spiritual hour where the presence of God and the love of others is palpable.

Here are six other ways that St. Luke's is choosing to respond.

- 1. We are planning an awesome online presence. Launching an online campus is a 2015 goal for us. Between Facebook, Twitter, podcasts, websites and blogs, all of us can stay connected. Even giving to the church online has never been easier. Many people tell me that when they're not physically present, they stay in touch via all of these media.
- **2.** We elevate personal relationships. Somehow facilitating a personal relationship is easier and more effective in person. Faith communities that value personal relationships will always attract people who value personal connection (which is, I think, almost all of us).
- **3. We love people!** Can you love, fully-love, people without being fully present? Do human relationships go to their deepest level in person? I think so. Two in five couples meet online today. But even those two in five couples who meet online don't stay online. They partner in face-to-face covenants. Love can be expressed online, but its deepest fulfillment happens through personal contact.
- **4. We are designing an irresistible experience.** We are re-designing worship with deep soul: sensory-rich, creative and welcoming, gathered around story, radically present to the Spirit of God. Something happens to us when we gather in that Holy Presence! A live concert is never quite the same as watching a song on YouTube or even a concert in full HD on a kicking home theater system. Church is more than the sum of its parts... between the message, music, prayer, creative elements, human interaction, and hallway conversations. You can get some of it online, but not all of it. At least not yet.
- 5. We create a culture of serving. Online church doesn't allow many serving opportunities. When you get up early to prepare breakfast for the homeless, or peanut butter sandwiches for Monday lunches in the park, or shepherd a group of 2nd graders, or mentor a confirmand, or serve at Urban Peak or Denver Urban Ministries, or greet people with a smile, or serve as a worship leader, somehow you find a place in service of a goal greater than yourself. St. Luke's is committed to serving outside our church house: locally, nationally, and internationally.
- 6. We prioritize children and youth. Parents can catch a podcast, but kids really miss out when parents miss. To be with their friends who are running in the same direction, and to have another voice who knows their name, favorite food and hopes and dreams saying the same thing a loving parent would say, is so far un-reproducible in cyber-community. I believe that when the parents miss church, the kids are the biggest losers. The more we prioritize families, the more families will prioritize Sundays.

Worship in the St. Luke's community is a radical endeavor... risky, daring, prophetic, centering, and counter-cultural. God's grace abounds! So let us be bold. Let us be brave. Let us be together. –Rev. Janet





Rev. Ryan Canaday Associate Minister

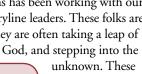
Leadership -A Leap of Faith

One of my favorite things over the past several months has been working with our emerging Storyline leaders. These folks are incredible! They are often taking a leap of faith, trusting God, and stepping into the

> leaders continue to inspire me--to trust in something other than myself, to be bold, to take risks.

Maybe you have felt called to step into some sort of leadership role at work, at home, at church, or in the community. Perhaps fear has been holding you back: "I can't do that. What if I screw up? What if I fail? He or she is so much better than me..." Maybe it's time to take a leap, step into something new, and trust that God's grace will always be enough for you. I get it! It can be really scary. It can make your stomach turn, your hands sweaty. You might even lose sleep thinking about it. But I think it's worth the risk! I think you're likely to encounter God and others in brand new ways! Check out these

words from one of our new Storyline leaders. Becky was willing to be bold and courageous, to take a leap of faith...I am grateful for her leadership! -Grace & Peace, Rev. Ryan



Leading a storyline group - who me?? I participated in my first Storyline

group in the fall of 2014. When Rev. Ryan asked me to lead a storyline group, I thought -"who me"? Leading a group of strangers and/ or friends on part of their journey with God - uh, no. That is only for pastors and ministers and people of God to do, right? I am just getting to know God myself. I couldn't possibly lead others. Could I?

I took that leap of faith and I am co-leading our first winter storyline group, with a friend, who it seems I have known for years, but actually only just met as a part of the fall storyline group. That is what Storyline does – it connects people, on a deeper level. At first, I was excited and energetic about leading a Storyline group, but as the time of our first class got closer and closer, I began to have doubts. What if I can't pray like Rev. Ryan? What if I don't know all the answers? What if I say something dumb? Maybe this leadership stuff isn't for me.

We had our first Storyline gathering last Wednesday... and I survived!! And it was fun! And I didn't pray like Rev. Ryan or know all of the answers, but it was okay. People were relating and laughing and some were even vulnerable. We were all connecting. And it was ok because God doesn't judge us on how we pray or if we say something stupid because we are nervous. Instead, God gives us grace and peace and stays with us on our journey. Leading others in the Storyline process isn't about having all of the answers, or having years of training about how to lead. It is about trusting God, and being genuine with others. It's about making new friends, and connecting deeper with old friends. I took a chance, and I am so thankful that I have this opportunity to grow and learn with others, with God as our true leader. -Becky Mayka



Rev. Dr. Sallie **Suby-Long** Associate Minister

Engaging in Fearless Conversations

One of the things I love about the St. Luke's community is the wide range of experiences and beliefs we collectively represent. Our diversity is one of our greatest strengths! By engaging in respectful, authentic conversations with one another we open ourselves to being a vital learning community – a place where intellect and spirit

are valued, where differences of opinions are encouraged, and where honest communication is practiced.

As we move into the future, there will continue to be important social, political, theological, and community topics that will call us to be present with one another in courageous conversations. Conversations that invite us to bring the best of who we are and to create environments of fearless, respectful dialogue. Conversations that encourage creativity, deepen relationships, and build trust and understanding.

I believe our diversity of thought is crucial to the health and vitality of our community. We will continue to benefit from talking openly with one another and to engage with those who challenge our assumptions, who think differently, and who approach topics with different experience and knowledge.

Of course this process of fearless conversation can be a little scary, too! Sometimes we may feel nervous, defensive or even afraid to share what we really feel or think. Or, we may be in the process of deciding how we feel and what we think about any particular topic.

I'd like to pass along some practices that can help us engage in fearless conversations in a meaningful, productive way. At the January Common Table, we discussed and practiced these ideas together. By using them intentionality, I believe these practices can foster authentic conversations and create environments of trust, new insights and deeper faith. They've been helpful to me and I hope they will be to you, too.

Guidelines for Engaging in Fearless Conversations:

Practice Gracious Space

- Hold an inner commitment to curiosity, compassion, & grace.
- Create an external space that welcomes differences, invites learning together, & suspends judgment.

Engage in Skillful Discussion & Dialogue

- Skillful Discussion means moving beyond raw debate and polite discussion toward collaboration, sharing perspectives, & making
- Dialogue means engaging with others to explore, discover new meaning, & build deeper understanding and insight.

Use SOLAR Model for Reflective Listening

- Sit/Stand slightly forward
- Open, relaxed posture
- Look into the other person's eyes
- Attend to what the other person is saying
- Reflect what the other person says

Use Open Ended Questions that begin with "What" or "How" Such as:

- What are your thoughts about this topic?
- How have you come to your beliefs?
- What would help me understand your perspective more fully?

Agree on and Practice **Group Norms**

- Use "I" messages
- Take responsibility for your learning
- Respect & embrace differences
- Honor confidentiality
- Treat one another with respect
- Other norms that group collectively identifies







Lynda Fickling Director of Servant Ministry/ Spiritual Director

GENNECTED

Team Kick-Off 2015

Thank you to Randy Gradishar, the Equipping Ministry Team, Dean Conklin, the Fellowship Events Team (for a yummy breakfast) and

all the teams, leaders and guests that were present on January 24 for the Team Kickoff Breakfast.

I am constantly humbled by the gifts, talents and skills that God has brought together in our community for



His work. Over 85 folks attended and heard an inspirational talk from Randy Gradishar (former Ohio State honored player and Denver Bronco–Orange Crush player!!).

We heard him share his life experience and dedication to "paying it forward." It made

me stop to think how I am doing this in my life and how I witness others doing it in theirs. He reminded me to have the servant heart in everything I do and to keep being challenged, committed, assured... redirecting and realigning ourselves. In Methodist chat that would be Justifying Grace!

As you continue to discover your purpose and your gifts (take our quick gifts assessment at stlukeshr.com/ spiritualgifts) contact any member of the Equipping Ministry Team, we will walk with you to find your place to serve.

Equipping Ministry Team: Ann Metz (co-lead), Judy Dearasaugh, Laurrie Lorenzo, Dean Conklin, Sandy Larson, Cathy Collins, Elizabeth Billups, and John Harper. **We are seeking another person to join our team – please contact us if you are interested!! It is a great team to be a part of and filled with witnessing God at work through others!

Lynda Fickling Director of Servant Ministry/Spiritual Director Lynda©stlukeshr.com



continued from page 1 the Christian year turns 180 degrees. We turn from watching a manger in Bethlehem to a cross on Calvary. The Bible tells us that before Jesus began his ministry 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. The word, Lent, is from the Anglo-Saxon word, lencten, meaning the lengthening of the days or the coming of spring.

Some people still give up something during Lent, maybe a favorite food. In the Middle Ages, everyone had to go without eating meat or fat or eggs for the whole forty days. Other persons take on something new during Lent. They honor their bodies. They eat well. They exercise daily. They lose weight. Or they reconcile a relationship. They spend time with their children. They reconnect with their spouse. They settle an old fight. Or they decide to do something for other people. They fast one meal a week and give the money to relieve hunger. They ride a bicycle to limit global warming. They practice acts of kindness.

Our 2015 Lenten worship series, WHEN TOMORROW COMES, is a forty-day, intensely focused period of personal reflection and community discernment through prayer, scripture reading, holy conversation, and fasting. We make a commitment sacrificially to lay aside things we ordinarily enjoy and to re-evaluate our faith journey by asking some hard questions. Does my faith talk match my faith walk? Am I trying to live with a foot in two contradictory worlds? Am I putting off until tomorrow what God is calling me to do today? The cross is more than just a physical object, it is a commitment to a radically different lifestyle. WHEN TOMORROW COMES will highlight Victor Hugo's the theological themes of grace, sacrifice, and hope in Victor Hugo's Les Misérables as we tell the story through the lenses of Jesus' journey to Jerusalem, Calvary, and Easter.

Following Jesus in the way of the cross means giving ourselves fully and sacrificially for the concerns of God's heart. In saying yes to Jesus, it is his cross we are lifting, his cause we are embracing, and his life mission we are supporting. Saying yes to Jesus is an all-out, all-in commitment to go where Jesus goes, be who Jesus is, do what Jesus does, and give what Jesus gives for the life of the world that God loves.

- What do I need to let go of so I may be more faithful or whole in my relationship with God?
- What spiritual practice might I take up to bring me closer to the person God is calling me to be?

These are the questions we ask as we anticipate WHEN TOMORROW COMES. -Rev. Janet

A New Beginning

a 12 week Divorce Recovery Seminar

Mondays starting March 2 • 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 (Scholarships are available) register by contacting Larry Sears 720-524-0440 Irsears@q.com
Please keep in mind your friends, all are welcome.



Our Mission: To promote healing and wholeness by creating opportunities for authentic connection, and by providing experiences that inspire and transform.

Please visit our new website **www.stlukescse.org** to learn about upcoming opportunities and explore our photo gallery. Plus, check out the inspirational Moments of Reflection on the homepage. To be added to our e-mail distribution list, contact renaeparra©aol.com

- Thank you for your support What a year the Center for Spiritual Engagement has experienced. We have continued to grow and innovate thanks to your involvement in all we do. For the upcoming year we plan to stay dedicated to all five areas of our ministry: the Spirituality and Wellness Speaker Series, Classes and Experiences, Outdoor Adventures, Spiritual Direction and First Steps healing ministry for hurting kids.
- "The Golden Cord" book was written by Rev. Dr. Leanne Hadley, the founder of First Steps. The story gently explains death to a child. It is helpful to children who are grieving the loss of a loved one. We have republished this book thanks to a generous donation from Sonny's BBQ in Colorado Springs. Our shipment is scheduled to arrive any day. They are \$15 each. If you do not need a copy of the book but would like to support this ministry, you can purchase one to donate to our pastoral staff for their use. Contact renaeparra©aol.com to purchase or donate a copy.
- Outdoor Adventure Ministry keep your eye on the bulletin for upcoming events. Last year we experienced God's glory in hikes to Chief Mountain, Chatfield, Spruce Mountain, Marjorie Perry Nature Preserve, Moonlight

Snowshoeing, Bird Watching at Castlewood Canyon just to name a few! To join the Outdoor Ministry mailing list, contact janestaller© gmail.com







Listeners. If you are interested please let Rev. Sallie know of your interest.

- Women's Spirituality and Wellness Adventure Weekend our first weekend retreat experience was held in early February at the spectacular Devil's Thumb Ranch in Tabernash. We were so pleased with the response to our event. This winter adventure weekend offered cross country skiing, snowshoeing, reflection time, yoga, spiritual direction and as much rest time as each participant wanted.
- **Save the Date Saturday, May 2 World Labyrinth Day.** Come learn about the role of labyrinths in spiritual practice and walk the St. Luke's labyrinth.

Planning for Cold Weather Closures

In the event of inclement weather, the pastors and staff of St. Luke's have adopted these procedures:

During the week:

- When North Douglas County cancels school, St. Luke's will close the church office and cancel all classes, meetings, and events in the building. All childcare for the day will be cancelled.
- When North Douglas County schools announce an early dismissal, St. Luke's will close the office and cancel all afternoon and evening classes, meetings, and events.
- If there is no school closure, but weather conditions are becoming severe, staff and group leaders will determine by 4:00pm if evening classes, meetings, and events will be cancelled.
- When North Douglas County delays the start of the school day, St. Luke's will open at the normal time (8:00am). All classes, meetings, and events will continue as scheduled.

On weekends and holidays:

 The church staff and group leaders will determine whether classes, meetings, and events will be held.

All closures will be posted on the St. Luke's website (www.stlukeshr.com) as soon as a decision is made. The closure of the St. Luke's Little School will also be given to local television and radio stations.

Executive Team Meeting, Feb. 22, 6:30-8:30pm

Happy New Year! I'm excited to start the New Year with our modified Executive Team format. As the needs of the church community continue to grow and change, we want to meet those needs. The first hour of each quarterly Executive Team meeting is a general session, available to any in the community who are interested in the business, goals, and vision of the local church community. Any confidential agenda items will be held in an executive session following the general session.

This February's meeting will include a brainstorming session for that first

hour. The church has enjoyed the presence of a growing drama ministry for many years, and we want to understand what that ministry has meant to the community, and what it can mean in the future. Please join us to discern the next phase of drama ministry at St. Luke's!

–Susan McIntosh





Woof! Woof! Meow! Jake, Max, and Shea here to bring you up to speed on what we are sniffing out for children at St. Luke's.



Family Movie Night
- "How to Train
Your Dragon 2"
- rated PG. Join us
in your pjs at 6:45pm
on Friday Feb. 20! We'll
provide the popcorn!

Sunday School at St. Luke's -Each Sunday

morning at Joy

Trek, PEAK and Godly Play we try to create an atmosphere that gives children the opportunity to grow closer to God. We do it through Bible stories, prayer, discussion, Holy Listening, friendships and fun. We're packing lots of great learning into our Sundays in 2015 about living like Jesus taught us and MORE! Join in at ANY time. You can register online.

Serve in Sunday School–Check out our Online Servant Sign Up & Schedule! Thanks to all who have gone online www.stlukeshr.com/children to sign up. It's fast, easy and a great way to double check when you serve. Come serve with us - one Sunday or lots! WE NEED YOU! Come and share your gifts with our children.

Mark your calendars:

Feb. I5 (SUN) - No Sunday School -Enjoy family worship

Feb. 17 (TUE) - 5:00-7:00pm SLY, Ir. "Fat Tuesday"

Feb. 20 (FRI) - PLAYGROUP 9:00am

Feb. 20 (FRI) - 6:45pm FAMILY MOVIE NIGHT "How to Train Your Dragon 2"

Feb. 22 (SUN) - 9:30am PEAK (K-5th) begins 5-week lesson: "Journey to the Cross"

Feb. 22 (SUN) - 9:30am Joy Trek (PreK: 2-4 yrs.) begins 3-week lesson: "The Disciples"

Feb. 22 (SUN) 11:00am & Feb. 25 (WED) 6:30pm - Children's Dinner Theater Auditions (All 1st-6th graders!)

Mar. I (SUN) - 5:30-8:00pm SLY, Jr.

"Dinner & a Movie & a Service Project" Mar. 6 (FRI) - PLAYGROUP 9:00am

Mar. 7 (SAT) - RESPITE Afternoon

Coming Up:

Easter Fun Day - SUNDAY Mar. 29

Wacky Wednesdays "Characters of the Old Testament" - June 3, 10, 17, July 8,15,22

Vacation Bible School "G-Force" - June 22-26 (online sign up begins April 20 at noon)

Blessing to you!!

Our Souls are Glowing in 2015!

Our St. Luke's children have been learning what it means to live the teaching of Jesus using the gifts God has given us that make us each so unique. In doing that our SOULS GLOW! Our "Soul Glow" SLY, Jr. lock in brought 45 youth and 20+ adult volunteers together to take over the church for one night and find out what makes our soul glow. We learned from Rev. Ryan and Rev. Sarah and sang with Mr. Mac - we played with glow in the dark beach balls and created memorable music videos with black light and played games and ate!!



Thanks to all who made the night so special. We also collected LOTS of doggy items to donate to the Dumb Friends League.

Welcome 4 new Acolytes!! Kylie Brookfield, Teddy Ernster, Lane Bucher and

Teddy Ernster, Lane Bucher and Jessa Reese!! Congratulations!!

P.R.A.Y. Program 2015 was a big success! On Feb. 8

medallions were presented to:
God & Me (Ist-3rd grade) Class:
Breanna Bach, Kyle Bowling, Cora
Brown, Duncan Crespo, Tanner
Fischer, Charlotte Holmberg, Ellie
Killham, Grace Kruglet, Cecelia
Metz, Miranda Metz, Burton Schuth,
Maxwell Schuth, Lauren Smith, Ally
Wright; God & Family (4th & 5th
grade) Class: Brooke Bowling, Molly
Cloutier, Kaila Davidson, Deven
Flagg, Owen Metz, Emily Slade

Thanks to Joely & Sam Maddux, Ann Metz, Cathy Collins, Teri Burget and Amy Slade for leading the classes!





Sharon OliverDirector of
Children's Ministry



Samantha Leahy Director of Early Childhood Ministry



Stephanie Kirk
Children's Ministry
Coordinator

St. Luke's Kads Growing with God

Sign Up for Family Camp Fun

Family Camp held a fundraiser in January. Thanks to all who stopped by for a bowl of delicious Chili! There were four kinds available, and we may see some of these

recipes again up at Family Camp for the annual Chili cook-off.

2015 Family Camp registration is going on now. Family Camp runs from July 17 – 26, 2015 and is full of fun, fellowship, and food! There is something for everyone, including zipline, canoeing, archery, summer tubing hill, a waterfall hike, and candy bingo. The fun doesn't stop at night, how does a night hike under the stars or singing songs while roasting s'mores by the

campfire sound? Community breakfast and dinners are provided daily. To sign up (or just get more information) go to www.stlukeshr.com/familycamp. We hope to see your family there. Stay a few nights or stay the whole week with us!

Children's Dinner Theater Auditions - Feb. 22 & 25!!

Join us for our annual children's dinner theater! This year we will once again be partnering with KidzPrayz and with the Guatemala outreach team for our mission focus. What a successful partnership! Our production will be "Adventures of a Comic Book Artist" - the amazing musical tale of comic villains and

the amazing musical tale of comic villains and superheroes come to life! Who will save the day??



All children in grades I-6 are welcome to participate. Auditions will take place Feb. 22 at I I:00am and again on Feb. 25 at 6:30pm. All will get a part in the play. Rehearsals begin March

18 and continue every Wednesday from 6:00-7:15pm until the show on Friday May 1 at 6:00pm. Don't miss out on this St. Luke's tradition.





Kay SwansonDirector of
Little School



Little School News: **Fabulous February**

St. Luke's
Little School is
still accepting
REGISTRATION
FORMS for FALL
2015. We would
love for you to
come and visit our
wonderful program
and see the kids
in action! Tours

are on Wed. and Thurs. mornings at 11:00am, no appointment is necessary and your children are more than welcome to come with you! If you have any questions, please visit our website Stlukeslittleschool.org or email Ms. Kay ~ Kay©stlukeshr.com

February is one of our very favorite months as we get to talk about winter animals and habitats. Dad's Saturday was on Feb. 7 and we welcomed Dads, Grandpas and Uncles to come for a fun morning making Valentines for their sweethearts. It was a great time for Dads to see their child's classroom and meet their little friends. Our Scholastic Book Fair was Feb. 5-11. Always a treat to shop at our great book fair!!!

What fun we have had at school making "snow"! We took Baking Soda (2 cups) and ½ cup



cream rinse (for hair), and a touch of glitter! It makes the most wonderful play snow. You should try this at home!

Thanks for all of your prayers and support for Little School. You are always welcome to come and PLAY with us!

Blessings from Ms. Kay and Staff

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

Gold Plus Award - 2014 was a very successful year for our UMW Team. We were definitely "Welcomed By God, Celebrating All" - the theme of the annual Mile High/ Pikes Peak District UMW Mission and Mentoring Celebration Day in January as we proudly accepted the "Six Star Gold Plus" award. We completed all of the 25 requirements of the Rocky Mountain Conference United Methodist Women "Mission Today Criteria". This criteria comprises categories of Spiritual Growth, Education, Social Action, Leadership, Mission Work. In confirming our purpose of supporting Women, Youth, and Children, we assisted and contributed to over 15 local and national Missions throughout the year financially, in kind, and in service.



"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."

Invitation to fun, fellowship, friendship, faith - We invite you to join our community of women on our Team and in our Interest Groups. Please join us and enjoy the fun, excitement, fellowship, friendship,

laughter, and... even hard work. Contact anyone on our team to share your thoughts, your interests, and your gifts. We would love to have you join us helping to fulfill our UMW Mission of supporting Women, Youth, and Children in 2015.

President, Sharon Smith - sewssmith @aol.com, Vice President, Janet Sackett - jsackett@comcast.net
Secretary, Nancy Mussetter - nmussetter@gmail.com, Treasurer, Trudi Matthews - trudimathews@comcast.net
Spiritual Growth, Fran West - mfranwest@gmail.com or 303-797-7107,
Education, Linda Streaty - 303-840-0222

Church Women United Luncheon and Fashion Show - Church

Women United, formed in 1941, comprise Christian women from various denominations, cultural and diverse backgrounds uniting together in praise and worship working for a world of peace and justice. Their 1st event of the year was the Annual Luncheon and Fashion Show held at Littleton UMC in January. Janet Sackett was one of the models. Fashions were from Neighborly Service Thrift Shop. Sylvia Brady, our Church Women United representative for UMW was extremely surprised when she was awarded the Valiant Women's Award for her years of service to her churches, communities, as well as CWU. Sylvia is the Historian of CWU. She has a very generous spirit, an independent

mind, a talented writer, a genealogy expert, and the list goes on. Our Congratulations to you Sylvia.

Annual March madness Sewing – March 28, 9:00am-1:00pm - Itch to Stitch will sponsor their Annual March Madness Sewing event "Spiritual Sewing Saturday" on March 28, 9:00am-1:00pm. Sewing circles from other UMC in our area have been invited to join them. Fellowship begins with a light breakfast, followed by sewing cotton blankets/wraps for the homeless. The day will end with a pot luck lunch and door prizes. No special skill needed. Cotton material for backing and thin quilt batting are requested.

Interest Groups of United Methodist Women at St. Luke's:

Women are welcome to attend an Interest Group of UMW anytime during the year!

<u>Women's Night Out</u> - Food, Friendship, Fun. First Mondays, 6:30pm - Contact Elaine Carlstrom ecarlstrom@comcast.net or Jean Dunn jd-teacher@hotmail.com

- March 2 Yazoo's BBQ (9555 E. Arapahoe Road Greenwood Village)
- April 6 Wang's Gourmet (12 E. Arapahoe Road, Centennial)

Itch to Stitch - Mission - Crochet, Knit, Sew. Feb. 7 & Mar. 7, 10:00am-12:00 noon

(We will be cutting fabric for our March event, March 28). Meets in church basement. All skill levels welcome! Contact: Fran West (303-797-7107 or mfranwest©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 or 303-797-3225

<u>Simply Saturday Helping Hands</u> - Mission, Mission, Mission. Random Saturday's throughout the year. Contacts: Linda Osborn lmosborn5@gmail. com or Janet Sackett jsackett@comcast.net

• March 7- Serve at Cafe 180 - ALL are welcome to join this outreach!

Women's Monday Night Bible Study - Jesus' Teachings Today. Second Monday, 6:30pm Rm 213.

• Studying Sisters: Bible Study for Women - Unfailing Love, Growing Closer to Jesus Contact Janet Sackett jsackett©comcast.net for more info

Book Group - Fiction/Non-fiction/Informative/Fun. Fourth Monday, Room 206, 7:00pm (6:15pm potluck) RenaeParra@aol.com for info.

- February 23 "Moloka'i" by Alan Brennert
- March 23 "The End of Your Life Book Club" by Will Schwalbe

Save the Dates: *Saturday, March 14* - District Spiritual Day Apart - Castle Rock (8:30am-2:30pm) - Rev. Sarah Merchant speaker.

Saturday, March 28 - Itch to Stitch-"Spiritual Sewing Saturday" (9:00am-1:00pm) (cotton blankets for homeless)

E X P L O R E MISSIONS



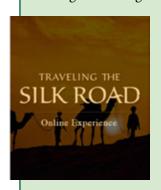
Seasoned Voyagers Update

In January, Seasoned Voyagers visited the Amache Japanese Internment Camp

and Bent's Old Fort as well as time traveling all over the map at the Colorado History Museum.

February 19, 2015, is the time to "Organize our Legal Affairs" from 10:00-11:30am in St. Luke's Fellowship Hall.

Matt Groves, LLC recommends three documents every Coloradan should have to protect their health and welfare. In a hands on presentation, assisted by Roger Rhodes & Mindy Sterling with Homewatch CareGivers, all Seasoned Voyagers will be able to see and understand which documents they need to bring caregivers into their homes or the homes of loved ones..Bring your questions and an appetite. Snacks will be provided. For more information contact Rich Krening at rkrening@msn.com



Next save
Tuesday, March
17, 2015 for the
Denver Museum
of Nature &
Science including
special exhibit
Traveling the
Silk Road. This
remarkable

journey made famous by Marco Polo continued to connect Europe and the Far East in a rugged overland 5700 mile trek From Xian, land of the terra cotta warriors across Samarkand's high deserts through Iran and the Middle East to Turkey and Italy, camels carried precious cargos of saffron, silk, bamboo, gunpowder, spices and teas.

For more information contact Rich Krening at rkrening@msn.com or Kay Oscai koscai@earthlink.net

MISSIONS OF THE MONTH

Highlighting Mission Opportunities: For more about missions supported by St. Luke's, contact Scott Hetherington 484-883-0778 scott.g.hetherington@gmail.com

"English Camp" in Guatemala - Join In!

Spaces are available for a June 2015 work trip to hold an "English Camp" in Guatemala. The best students at the John Wesley School will be attending a week of intensive English instruction in Lemoa. Come join the team – No Spanish language skills or teaching experience necessary... the only requirement is a desire to spend time working and playing with Guatemalan children who want to learn English!

We need native English speakers to:

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

Trip dates are June 20-28, 2015. For more information, contact Laura Richards, laura©puravida.org

Love INC Diaper Drive

February is Love INC month at St. Luke's. Of course you know what that means! It's time for our annual diaper drive. The drive lasts this entire month. So, you have plenty of time to purchase diapers or to make a monetary contribution! The diapers, wipes, and monetary donations are given to Love INC's Dipes & Wipes and



Haven's Hope programs. These programs are currently in desperate need of sizes 5 and 6 diapers.

The goal for last year's drive was 10,000 diapers by the end of February. With all the diapers, combined with monetary donations (\$1,090.80), St. Luke's collected the equivalent of 14,484 diapers for Love INC. That's amazing! Also, 4,372 wipes were donated. Love INC's staff and volunteers were ecstatic with St. Luke's donation, especially because we donated larger size diapers. Way to

go! Do you think we can reach a goal of 15,000 diapers this year? Of course we can! Remember, sizes 5 and 6 are requested by the Love INC staff.



Check for \$14,312 presented to Rev. Andy Dunning of DenUM from our Feeding of the 5,000 Food Drive! Money will go towards buying fresh produce and other needed items for those in need in the Denver community. Way to go, St. Luke's!



DENVER, COLORADO 80205 720.443.3668

January 20, 2015

To All of our Terrific and Valuable Volunteers:

Attaining goals for any organization is an important highlight to be trumpeted be they daily, monthly or yearly. As important are the goals achieved, is how an organization is able to reach their goals.

In the case of We Don't Waste, I am proud and excited to report that in calendar year 2014, We Don't Waste distributed more than 2 million servings of wholesome, nutritional, restaurant grade food, which was recovered from more than 60 different food donors. The food was delivered to more than 55 different community based nonprofits, who in turn provide meals to those less fortunate in our community.

These accomplishments could not have been achieved without the incredible support We Don't Waste has with its volunteers. Yes, each of you have contributed in so many ways—giving up a portion of your weekends and this year on several occasions late night evenings; your time in just waiting due to circumstances We Don't Waste has sought to minimize; and your tireless efforts to retrieve thousand of servings from the suites.

To give you a better picture of what your efforts contribute to We Don't Waste reaching our goals, you assisted in recovering more than 66.950 servings of food—all from the 141 suites at Sports Authority Field at Mile High.

Each of you, and with many of you, the companies and organizations you work with, deserve and has our utmost appreciation and respect. WE COULD NOT HAVE recovered all of the food without you. You make us what we are and for that we say THANK YOU!

A special note of thanks to Andrea Kirchhoff, our Volunteer Coordinator in making sure we are always staffed; Bruce Kirchhoff for assisting Scott Van Daele and Kate Van Daele, who are always there to make sure all of the details are properly in order.

We invite you and hope you will join with us in 2015 to once again assist We Don't Waste in accomplishing its mission of recovering food and delivering the food to community-based non-profit agencies serving those less fortunate.

Warmest regards,

Arlan Preblud **Executive Director** Scott Van Daele **Director of Operations**

Trustees Corner – 2014 Highlights

Through your generosity, volunteering, and the partnerships we enjoy with other teams and individuals within St. Luke's, our Trustees team completed several projects through 2014. Highlights include reworking the concrete on the north side to improve water run-off and our NW entrance. Partnering with our Worship and Drama Ministry we redesigned and upgraded our stage, lighting, video, and sound systems. With the support of our Golf team, our Ministry in Motion program transported team members of all ages – youth to seniors and everyone in between in support of our missions and community outreach, worship services, educational, and social events. We painted, cleaned, carpeted, fixed, tossed, replaced, polished, and repaired our St. Luke's home. We kept you warm when it was cold, and on most days cool when it was warm... lit the lights when it was dark, and even enhanced our Christmas celebrations with new garland and LED efficiency, then packed it all up just in time for a New Year. We are truly grateful for the gifts, time, talent, and service you've given to us to make this all possible, and offer our heart-felt thanks for your promises and pledges to help us again in 2015, we simply couldn't do it without you. -Sandi Miyaki





Sheri Henry

Director of Finance Accounting Clerk

Thanks for Your **Financial Support!**

Financial

Did You Know?... that St. Luke's made just over \$18,000 from our grocery card sales in 2014? That's an increase of approximately \$4,000 from 2013. It's such an easy way to help raise funds and we'd love to continue to see this grow. Stop by the Grocery Card table on Sunday morning if you're interested in getting involved.

We offer a variety of ways for you to make your contributions.

We invite you to select the method that is best for your particular need from the following methods:

- Cash, check or stock transfers
- Scheduled automatic withdrawals from your checking or credit card accounts.

You may enroll in either of these methods by going online at stlukeshr.com or contacting me

One-time online transaction. Go online at stlukeshr.com and do a one-time transaction from your checking or credit card accounts. This method is great for situations such as forgetting to leave your check in the offering plate on Sunday or if you're out of town.

Thanks to everyone who has returned your 2015 Commitment Cards. If you have not had an opportunity to return yours yet, you may mail them in or drop them off at the church at any time. We greatly appreciate your support!



Upcoming Events!

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!



February 17 - 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:

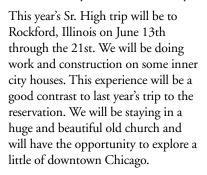
- 9:30-10:30am SLY AM
 Exploring the bible and life
- 5:30-6:00pm Community Dinner \$2 per person.
- 6:00-7:30pm SLY PM
 All sorts of fellowship and fun activities are happening Sunday nights in the youth room!
 Check out our website for details.

Wednesdays:

- Homework/Tutoring Hour
 5:30-6:30pm A chance to get your homework done and even get help if you need it!
- Wed. SLY 6:30-8:00pm –
 Youth directed fellowship activities.
 Coming up we have dinners, crayon art, and making a hot lunch for the youth at Urban Peak!

ON THE SLY: Looking Forward to 2015!

After a wonderful Christmas and a nice break from school, the youth are looking forward to an awesome year in SLY. Our mission trip dates are all set up and our first mission team of 27 people leave for Guatemala in less than 4 months! They are nearly half way to their fundraising goal which will fully fund the house they will be building.



On July 12th the Jr. High team will be heading down to Crown Point, New Mexico, where the Sr. High went last year, to work on the Navajo Reservation. The Jr. High are so excited to get to meet and experience some of the amazing things and people they heard about from their older peers. There is so much need on the reservation and we are so excited to be able to help again this year.

The fact that we are able to go on these trips and make the difference that we do is because of the generous people of our congregation who participate in our fundraisers. To help raise funds for our house in Guatemala we are selling bricks every Sunday morning in between church services. Also coming up is our annual Fat Tuesday Pancake Dinner! On February 17th, the youth will be hard at work decorating the fellowship hall and making hundreds of pancakes to raise money for their summer mission trips. Everyone is invited to come, eat, flip some pancakes, and have fun!

As always, we have a lot going on! We are blessed to be able to work with the youth of St. Luke's love to watch God work in their lives!

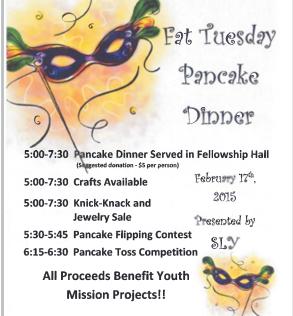
-Yours in Christ, Dave & Amy



Dave LaurvickDirector of
Youth Ministry



Amy McMullen Assistant Dir. of Youth Ministry



Congratulations to 9th grader



Eryn
Meyers
for being
elected to the
Conference
Council on

Youth Ministry for the Rocky Mountain Conference of the United Methodist Church! We are so proud of her!

Bricks for Guatemala by Nikki Markham

Last summer, a group of St. Luke's youth started their summer break off right by traveling to Guatemala and spending time working various construction projects. In May of this year, a similar group will be going back to Guatemala. The experience so moved them last year, that they wanted to return and make a difference again this summer. This year's project is to build a house. Living in Colorado it came as a shock to the youth that the cost for the house is only \$5000!!! The youth are determined to make this goal a reality... and that is where the members of St. Luke's can help!!

Every Sunday, the youth are selling "bricks" for \$25 to help them realize their goal to build a house. We have the bodies, and the determination to do the work, but we need help with the materials. Please consider stopping by our table and purchase a "brick". Help us help a family in Guatemala, and build them a house!!! If you have questions, please contact Nikki Markham at 303-791-1487, or would like to help in any other way... please help us make this possible!!!

1

More from Les by Rev. Les Ludlam:

Random Act of Grace



"You can sure tell it's the holiday season!" thought Shelley as she carefully steered her shopping cart through the mass of humanity that clogged the aisles of the local Walmart. She and Matt had agreed to meet at the store after work and school to finish their Christmas gift shopping and pick up few groceries before dinner.

But Shelley was having trouble getting the grocery items she needed. "I swear they have reorganized the shelves again," she thought. "And it seems like everyone else in the aisle is going for the same things I need!" But, at last, she had all the items on her list and headed to the line of checkout registers at the front of the store.

To her dismay, there were no short lines to be seen at she approached checkout counters. Then Matt came up. "Let me scout for a shorter, faster-moving line for us," he said, "Stay here, in this line, till I find a better line and give you the high sign."

Matt hurried of on his scouting mission. Shelley checked her watch, thought for a moment on what the children were doing while she waited, and watched for a signal from Matt.

Then Matt waved and pointed to an aisle near him. Shelley pulled her cart out of line and headed to the promising spot. Then, suddenly another customer jammed her loaded cart toward the same line, turned toward Shelley and glared ferociously at her!

"O.K., I'm in no mood for a confrontation," she thought and pulled her cart back. "She looks like she has problems enough as it is!"

So, Shelley moved to a few rows away from the aggressive shopper.

She found herself behind an elderly couple with only a few grocery items in their cart. She watched and smiled as they fussed with each other about the purchases: "no coupon for that item; the generic item would have been cheaper; we still have plenty of that at home..." After all the couples' items had been scanned, the husband startled Shelley with a loud shout, "What!"

After finishing scanning all the items in the basket, the clerk had turned to them and said, "Your credit card is not accepted!" Re-scanning did not help; neither did entering the card numbers by hand.

The man was beginning to get edgy, his face muscles tightened as he thrust the card into his shirt pocket and turned to his wife, "Go try the ATM with your card," he ordered gruffly. The wife, now almost in tears, nodded and walked over to the ATM to try her card.

Suddenly, for no reason at all, as Shelley tells it, she took out her own credit card and spoke to the grocery checker at the counter, "Here, let me pay for their groceries." The checker looked a little surprised but proceeded to use her card before the elderly man realized what she was doing.



James Ramsey Director of Music & Arts Ministries



Kenrick Mervine Associate Dir. of Music Ministry/ Organist



Jennifer Ferguson Associate Director of Music Ministry



Kay CoryellDir. of Handbells
& Children's Music

continued from page 1 Epic, grand and uplifting, Les Misérables packs an emotional wallop that has thrilled audiences all over the world. A spectacle on Broadway and in London, *Les Misérables* is equally effective with a minimal set; it is its powerful affirmation of the human spirit that has made *Les Misérables* a popular masterpiece.



Performance dates and times are Friday, March 13 at 7:00pm, Saturday, March 14 at 2:00 and 7:00pm and Sunday, March 15 at 2:00pm. The doors open a half an hour before showtime. There will be a benefit dinner at 5:30pm on Saturday, March 14,

immediately before the 7:00pm show. Dinner tickets include reserved seating for the show. Tickets can be purchased at www.stlukeshr.com or in the Fellowship Hall on Sunday mornings beginning Sunday, Feb. 22.

Adults - \$15 (\$20 at the door)

Student/Senior - \$10 (\$15 at the door)

Adult/Senior Dinner - \$45 (\$35 Tax deductible and front center seating)

Student Dinner - \$15 (\$5 Tax deductible and front center seating)

Proceeds from *Les Misérables* will benefit St. Luke's Center for Spiritual Engagement, a group that assists in the development, coordination, and implementation of events and experiences that promote emotional, mental, and spiritual health and wholeness. Dinner proceeds benefit our Guatemala outreach programs.

Would you like to be a part of the fun? We are looking for volunteers to usher, help with concessions and work backstage during the production. If you are interested in learning more about these opportunities, or if you have any questions at all, please contact Melanie Kirkpatrick at melanie. kirkpatrick@gmail.com



"You didn't need to do that!" protested the man, but Shelley just smiled. "Merry Christmas" she said, as the wife returned from a failed attempt to get cash from the ATM.

"Oh, thank you!" the wife said, shedding even more tears. "I was at my wits end! "We really appreciate it," said the husband quietly. Then they took their groceries and left.

Shelley would relate this encounter later, with a sparkle in her eye.

"I didn't start out the day planning to do a good deed. But, I had been talking to my class earlier in the week about 'paying it forward,' so perhaps I was prepared. I offered to pay on the spur of the moment, without even thinking about what I was doing. I'd never done that before, but it felt good! It made my Christmas!"

God bless Shelley and God bless us all. -Les



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

CONGREGATIONAL CARE

Jordan & Nancy Obertier



Brenda Schafer Office Administrator

Don't you be afraid, for I am with you. Don't be dismayed, for I am your God.

I will strengthen you.... -Isaiah 41:10

PRAYER CONCERNS

Contact Rev. Sallie Suby-Long or Brenda Schafer if you have any additions/removals. 303-79 I-0659 x32, leave a note on the front desk, or email sallie@stlukeshr.com or brenda@stlukeshr.com

LATEST ENTRIES TO PRAYER LIST:

Joe Forbes – Rev. Janet Forbes' brother Debi Sheppard Jane Riegle Lee Long - Annie Van Hoosen's Lynn McNichols – Trudy Turner's friend Paula Lee – Betsy Keyack's friend Bob Halderman Sally Sinclair Millie Cleveland Liss – Carl Cleveland's mother

Peter & Linda Young

Renie Sanek Bertha Ross Bonnie Williams Ellie Craine John Dunbar Isaac – McCarthy family friend Gina & Cecil – Marg Mack's family friends Mary Rovetta – Chip Rovetta's mother Val Clark Curtis Atkinson – Sue Jone's father Jim Trantham – Kay Swanson's Caden Foster

Sam Sosa – Michelle Mallory's Bea Long - Tom Suby-Long's mother Jennifer & Dwight Mullen -Mike & Gwen Riggle's family friends Jackie Durban Isaiah – Betsy Obourn friend Pat Keleher Art Crowfoot – Charlie Rufien's cousin Orie Roberts Phoebe Hanson – Rev. Patricia Shaffer's aunt Doug Bryden – Kay Swanson's father Libby Craven – Jensen & Cassy Meier's friend cousin

Kathy Breneman -Lynda Fickling's sister Jan Munoz Brian Ary's mother Gene Schmidt – Joyce Trembath's brother-in-law Amy Hertling-Johnson Kim Siffering - Kay Swanson's friend Denise Anderson Jan Lindquist Joe McMinn Louis Hall – Debbie Newby's father Kate Unruh – Val Clark's friend Katie Jonnard Miley Fischer – Dena Fischer's granddaughter Jan Rufien Penny Juda – Val Clark's friend Jim George

CONGRATULATIONS TO:

Jim & Linda Allen on the birth of their granddaughter, Camdyn Belle Charlie & Bonnie Williams on the birth of their greatgrandson, Austin Benight Shawn & Debi Sheppard on the birth of their granddaughter, Layton Sue Shelton

SYMPATHIES TO:

David Whitelaw on the passing of his mother, Marilyn Mae Whitelaw Patsy Matsumura on the passing of her husband George Matsumura Myndi Hoffman on the passing of her grandfather, Gilbert Hoffman the Bentley family on the passing of baby Hope Mary Bates on the passing of her husband, Stan Bates

Dave & Elizabeth Laurvick on the passing of Dave's sister, Kathy Hutchinson Andy & Kristi Amick on the passing of Kristi's father, Steve Beckman Bryon & Claudia Swanson on the passing of Claudia's mother, Waltraut Brisk Friends and family of Rev. Patricia Sailors-Westlake on her passing Mark & Suzanne Piskadlo on the passing of Mark's father, Roy Piskadlo the Lukas family on the passing of family friend, Jeff McNamee

Bob & Sharon Oliver on the passing of Sharon's father, Bob McGill Jon & Linda Streaty on the passing of Linda's father, Dr. Frederick Perry, Sr. Roy & Loli Hill on the passing of Loli's grandfather, Pedro Estrada Graydon & Betty Dowis on the passing of Graydon's cousin, Richard Dowis David, Ann & Michelle Lamoreaux on the passing of David's mother, Nancy Lamoreaux Fritts