



The Chronicle

ST. LUKE'S UNITED METHODIST CHURCH

AUGUST 2016

Inside This Issue:

From Rev. Jessica.....	2
From Rev. Ryan.....	3
From Rev. Sallie.....	3
Fall Classes!.....	4 & 5
Children's Ministry.....	6
UMW Update.....	8
CSE Update.....	9
SLY (Youth Ministry).....	10
Music & Arts.....	11

and much more!

You're Invited To our Hospitality Appreciation Breakfast

Sat. Aug. 13
8:30-10:00am

**All Current and
New team members
are invited! A Thank
You for all you do
for this community!**

**Greeters, Ushers,
Bread Bakers,
Guest Service
Station, Get
Connected Team,
Welcome Team
and Coffee &
Donut Team**

Want to be on one of these
teams?! Join us for breakfast
and we will get you
connected!

Contact Lynda Fickling
for more information and
to RSVP 303-791-0659
x120 lynda@stlukeshr.com
Childcare is available with
reservations sam@stlukeshr.com

Sr. High – Changing Lives in Slidell, LA



***"You, my brothers and sisters, were called to be free.
But do not use your freedom to indulge the flesh; rather,
serve one another humbly in love." Galatians 5:13***

Serving humbly in love, this is exactly what 62 senior high students and volunteers were doing as they traveled the long journey to Slidell, LA in June to work in a community still recovering from Hurricane Katrina over 11 years ago. Although walls were built, fences were fixed, and homeowner's lives were changed in the city of Slidell that week, I think it is safe to say that each person on that trip came back a little changed as well. Here are the testimonies of two youth who gave up a part of their summer to serve humbly in love.

I'm Annie Betts and I am going to be a junior in high school this year. On the senior high mission trip to Slidell, LA, my work team sanded, mudded, and textured dry wall. Although this was not the most exciting work, it was definitely important. My team sometimes compared our work to an Oreo, and how our part of the process was not the beginning nor the end,

continued on page 10



VBS Surf Shack makes a BIG splash!

St. Luke's
welcomed nearly
300 children
to our morning and
evening sessions of Vacation Bible

School this summer. The children and over 150 volunteers caught the wave of God's amazing love! Thanks to ALL who made this possible - especially the servants who gave their love and their time to make this event such a success. *See more on page 6.*



Imagine 5000 families.

The parents, children, grandparents no matter what the configuration; their surprise when they walk to a cupboard they expect to find empty and instead find food. The food they can use to help make it out of a tough time. No more empty cupboards, no more empty stomach. This is what Feeding of the 5000 accomplishes. It was awarded as one of the best actions of hunger in the state. Feeding of the 5000 has been celebrated as "one of the best things my family has ever done together", and "a great way to get to know more of the St Luke's community." So we're doing it again. **The Feeding of the 5000 will take place September 30, October 1 & 2.** Not only are we doing the Feeding of the 5000 food drive, we are also adding a 5K walk/run to the drive. It will be called Feeding of The 5K Walk/Run. Everyone is welcome to join; dogs, strollers, walkers, runners. **The walk/run will be on Oct. 1 at 9:00am.**

The more people involved, the more lives changed. Once again proving 'there are some things that can only be accomplished when people come together'. So here is our invitation to you: Help us collect the food, and sign up for the 5k walk/run. Do it because it matters. We need countless people to help collect, sort, and manage the food we collect. This is work for all ability levels and ages. Work as a family. Bring friends.

continued on page 12

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

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

Fax.....303-470-5615

Email.....office@stlukeshr.com

Website.....www.stlukeshr.com

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

**Staff:**

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

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

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

Rev. Pat Shaffer.....x142
Visitation Pastor

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

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

Stephanie Kirk.....x111
Children's & Families Ministries Coordinator

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

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

Jeremy Brown.....x141
Associate Director of Youth Ministry

Kay Swanson.....x115
Director of Little School

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

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

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

Brenda Schaffer.....x110
Office Administrator

Sheri Henry.....x124
Director of Finance

Kristi Pawley.....x116
Accounting Clerk/Music & Arts Admin. Assistant

Lynda Fickling.....x120
Director of Servant Ministry/Spiritual Director

Barry Curtis.....x139
Facilities Manager

All submissions for the combined
September 2016 issue
of *The Chronicle* are due August 20
Editor: Sharon Oliver
chronicle@stlukeshr.com

The Chronicle is published up to 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. Jessica Rooks
Lead Minister of
Community Life

The Connectional Church

Bishop Oliveto and "A Way Forward"

For my first article in *The Chronicle*, this might seem a bit odd. Normally I would write something about myself and my family, perhaps about my past and how I arrived at St. Luke's UMC. And yet, part of who I am as a United Methodist clergywoman, is my work at the General and Jurisdictional levels of our church. I am connectional, which is fancy Methodist word for how we connect with other churches, and with the global nature of our church. I am a cradle Methodist, growing up with the Wesleyan Quadrilateral used in family discussions (if you don't know what that is, I'd be more than happy to sit down over coffee sometime). And so, my first article in *The Chronicle* is, in a sense, an introduction...

Every four years, the United Methodist Church gathers as a global community at General Conference. This conference is a ten-day event filled with worship, celebration, legislation, and reports. Almost one thousand delegates, representing United Methodism around the world, join with thousands more volunteers, staff, and observers for this two-week event. The majority of time is spent in legislation, voting to approve or reject new church laws and structures. For many of us in the church (who often call ourselves Methodist nerds), this is an exciting and spirit-filled two weeks. It is also a troublesome two weeks as disagreements turn into disrespectful name calling and holy conferencing turns into a win/lose scenario. General Conference is the United Methodist Church at its best, and its worst.

Two months after General Conference, churches in the U.S. gather for Jurisdictional Conference. These are smaller gatherings, based on geographical regions within our country. One hundred delegates in the Western Jurisdiction, along with hundreds of volunteers and staff, gathered in Scottsdale, Arizona last month. The jurisdictional conferences are much like the General Conference – worship, celebration, legislation and reports – with one important additional responsibility, the election of new bishops.

If you pay attention to what is happening within our denomination, then you are aware that our church is in the midst of deep divisions and questions about our future. This division stems from a difference in how we interpret and understand the Bible, specifically around human sexuality. These differences have led to conflict within our global church, a conflict so deep that some are calling for schism. There are groups actively working to divide the church into two separate denominations, and there are even more groups actively working to keep the church united.

One group working to keep the church united is the Council of Bishops. At General Conference, the Council of Bishops proposed a plan titled, "A Way Forward," which called for the creation of a special Commission to study all language in our Book of Discipline regarding human sexuality. This commission is tasked with presenting proposals to the next General Conference, which could keep the current language, remove or revise it. This commission will be formed by the end of year, and begin its work shortly after. The Western Jurisdiction supports the Council of Bishops' proposal and the work of the special commission, and we are hopeful that the commission can bring resolution and healing to the divisiveness within our church.

At the Western Jurisdictional meeting, the delegates were tasked with electing one new bishop. Nine candidates were nominated, one removing his name before balloting began. The remaining eight candidates offered speeches, answered prepared questions, and were interviewed by the individual Annual Conferences. Your Rocky Mountain Conference delegation was committed to electing the most qualified candidate. As it turned out, the most qualified candidate was the Rev. Dr. Karen Oliveto (pictured at right below with Bishop Elaine Stanovsky), and Rev. Oliveto was elected on the seventeenth ballot. What makes this election noteworthy and newsworthy, is that Bishop Oliveto is an 'out' lesbian. What should make this election noteworthy and newsworthy is that Rev. Oliveto is the only woman to serve one of the top 100 member churches in our denomination, along with the other gifts and graces she brings to the role of bishop. Unfortunately, the focus has become her sexual orientation, rather than her qualifications for the office of Bishop. Bishop Oliveto's election has raised questions and concerns within the denomination. It has also created a time of celebration and rejoicing. Above all else, it has changed the conversation, for better or for ill.

I imagine the membership of St. Luke's will be mixed in our response to this election, especially since Bishop Oliveto will begin serving the Rocky Mountain Conference on September 1. I hope you will ask questions and engage in conversation as we are working to schedule times for the congregation to gather in dialogue. In the meantime, if you have immediate questions or concerns, please feel free to contact me. I am happy to engage in conversation, answer process questions, or simply explain further what all of this means, or does not mean, for our local and global church.

Grace and Blessings, *Rev. Jessica*

**General Conference is the
United Methodist Church
at its best, and its worst.**





Rev. Ryan Canaday
Lead Minister of
Worship &
Missional Life

Galatians: One Love

"I am amazed that you are so quickly deserting the one who called you in grace and are turning to a different gospel!" These words come from the opening lines of Paul's letter to the Galatians. What is happening here? Here's the brief backstory: Paul loved the people of Galatia. He taught them, he spent time with them, he's the one who introduced them to the God of grace and freedom and the idea of faith working through love. But here's the thing: Paul left the Galatia area to continue on his missionary journey and soon enough the Galatians were turning to a different gospel—a "gospel" that was built upon barriers to keep outsiders (Gentiles) out and insiders (strict adherents to Mosaic law) in; built upon legalism and cultural assimilation. You can be one of us as long as you look like us and act like us, and leave behind your tribe and its rituals to join our tribe and adopt our rituals. Paul says, "Seriously, I leave and this is

what you turn to (my translation)...you foolish Galatians! Who put a spell on you?" (Galatians 3:1). They were even telling the Gentile men that in order to truly be one of God's children they had to get circumcised (male circumcision was Jewish law). Paul is distressed. He's losing his patience: "Don't you get it, we are justified not by the works of the law but through faith in Jesus Christ (Gal. 2:7)...in Christ we are one, we are all children of God (Gal. 3:26)...there is no longer Jew or Greek, or slave or free, or male or female—we are one! (Gal. 3:28)...For freedom Christ has set us free" (Gal. 5:1). Love. Inclusion. Grace. Freedom. Oneness. For Paul there is no other gospel.

Is Paul's letter to the Galatians still relevant today? Does this first century letter have anything to say to us?

All of this brings me to our Fall Worship Series which will kickoff on Sunday September 11, "GALATIANS: ONE LOVE".

We'll spend six weeks exploring Galatians together, bringing this first century letter into our world! How are we proclaiming and living out the Gospel of Jesus Christ—the way of love, inclusion, grace, freedom, and oneness? What kinds of barriers need to be brought down? What does this letter have to say to us today as the Church struggles with its post-Christendom identity in a thoroughly pluralistic world? Or as the Missional leader, Elaine Heath, puts it in her new book *God Unbound: Wisdom from Galatians for the Anxious Church*, "Soon I came to the question that remains the same today as for the Galatians in Paul's day: Could it be that Jesus is found in the midst of outsiders who without our usual religious traditions nonetheless bear the gospel?" These are some of the questions we'll be asking. I can't wait to go on this journey with you!

Grace & Peace, *Rev. Ryan*



A Challenge For You...

Would you commit to reading the book of Galatians three times before we begin our "GALATIANS: ONE LOVE" Fall Worship Series? This book of the Bible (remember: it's actually a letter) is found after the Gospels, near the middle of the New Testament. It consists of six chapters. Read it three times, perhaps even in three different translations. Why three times? *Immersion*. Get a feel for Paul's language, his arguments, his passion, and what was going on culturally. As you read, ask the text your best questions, your hardest questions—the question that you think is too big or too dark or too judgmental, yes, ask that one. But also let this sacred text ask you the same hard questions. Pray for an openness as you read. Question the text and let it question you. Dance with it. Dialogue with it. Speak to it and let it speak to you.

Are you up for the challenge? I'm doing it with you! Ready...Go!



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

Stepping Up & Reaching Out

We have had a summer filled with many care needs in our community. In typical St. Luke's style, you have all stepped up and reached out to care for one another. It's beautiful to see! I hope you know how much your kindness means. Your generosity matters and literally helps in the healing of mind, body and spirit. Thank you for being present to each other.

We fully support you in caring for yourselves and caring for others. To connect in ways that may be helpful, contact anyone in our congregational care network. This includes Rev. Pat who is our Visitation Minister (Pat@stlukeshr.com), our Stephen Leaders who can connect you with one-on-one care, (Laura McCarthy, Bob West, Nancy Abbott, & Melinda Davidson) and our whole pastoral team Rev. Sallie (sallie@stlukeshr.com), Rev. Ryan (ryan@stlukeshr.com), and Rev. Jessica (Jessica@stlukeshr.com). Our Congregational Care and Wellness ministries include:

- **Stephen Ministry** – provides confidential, one-to-one care to individuals in our congregation and community. Stephen Ministers are volunteers who have specialized training in listening and providing emotional and spiritual care. Contact a pastor or Stephen Leader if you or someone you love would benefit from this ministry.
- **Counseling** – Rev. Sallie, Rev. Jessica, Rev. Ryan, and Rev. Pat offer short-term, solution-based counseling, pastoral care, and referrals for individuals, couples, and families seeking support. Confidentiality is always respected.
- **Center for Spiritual Engagement** – Ongoing opportunities for experiences promoting well-being, connection, healing and inspiration. Join us for workshops, retreats, seminars and classes featuring excellent facilitators. We offer outdoor adventures, meditation and yoga classes, and creative experiences that engage participants in learning new practices that contribute to health and wholeness. We also have a brand new ministry of Sacred Travel! Check the website at stlukesce.org and the CSE article in this issue.
- **Spiritual Direction/Mentoring/Coaching** – Spiritual direction supports people in managing transitions, enhancing self-awareness, gaining new insights, making desired changes, and proactively addressing life challenges.
- **Support Groups and Classes** – St. Luke's offers support groups and classes focused on a variety of topics including 12-step programs, divorce recovery classes, and grief support groups. Information about current groups is available on St. Luke's website and in the Care Ministries brochures in the church entry.
- **Faithful Friends** – offer care and friendship to individuals in care centers, those who may be dealing with long term health challenges, and individuals who may have difficulty getting to St. Luke's on a regular basis.

Stephen Ministry Training Coming Soon! This Fall we will be conducting interviews and training for people interested in becoming Stephen Ministers! Email me or a Stephen Leader if you are interested and watch for more details!

Warmly, *Rev. Sallie*

Ongoing Communitas Groups

CHRISTIAN CONNECTION

Adult class studying books of topical interest, chosen by the class. Our fall studies include *What We Talk About When We Talk About God* by Rob Bell and *The Evolution of Faith: How God is Creating a Better Christianity* by Philip Gulley. All are welcome.

Time/Place: Sundays 9:30am Rm 213
Contact: Ron & Suzanne Humphreys
 303-795-6486 rbhumphreys@comcast.net

OPEN MINDS: A SPIRITUAL DIALOGUE

Adult class that works to strengthen faith journeys through studies of religion, philosophy, science and history. Past studies include *God and Empire*, *Falling Upward* and *Bridges Out of Poverty*. All are welcome.

Time/Place: Sundays 9:30am Rm 210
Contact: Raina Powell 303-795-8457
 rainapowell@aol.com

CONTEMPLATIVE FELLOWSHIP

A time of study and prayer for those following the path of the Christian mystic. Books and videos are available to introduce newcomers into enriching fellowship. All are welcome!

Time/Place: Thursdays 6:30pm Chapel
Contact: Marshall Kuhn 303-931-5473
 marshal.kuhn@hotmail.com

GAP GROUP Discuss spiritual topics, chosen by the group. No preparation required. Drop in. All are welcome.

Time/Place: Wednesdays 6:30pm Rm 122
Contact: Bob Oliver boboliver@pcsisys.net

GENEALOGY 101 Who is my great-great-grandfather and where did he come from? Learn the basics for your start in researching your family tree. All are welcome.

Time/Place: 2nd Saturdays 10:00am Rm 206 (Conf. Room)
Contact: Sylvia Brady 303-955-0457
 jonsyl@comcast.net and Les Ludlam
 303-451-5141 lludlam@wyoming.com

SUNDAY SCHOOL

9:30am JOYTREK (age 2-PreK)

9:30am PEAK (K-4th grade)

9:30am TWEENS (5th & 6th grade)

9:30am SLY AM (7th-12th grade)

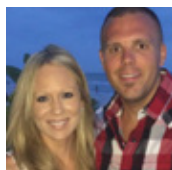
11:00am GODLY PLAY (PreK-6th)

NEW Fall Communitas Groups

We experience God through the messy creation of authentic community. We start with life together, this leads us to encountering God and finding deeper meaning in the world. **SIGN UP ONLINE**
www.stlukeshr.com under **Communitas Groups**

WHY? Wednesdays 6:30-8:30pm Sept. 14 - 5 wks.

Most of us are pretty good at telling others what we do, but many of us haven't invested the time and energy into figuring out why we do what do. Have you taken on a new role or started a new business, project, faith journey, recovery journey, or some sort of other journey? Why are you doing this thing? Why are you passionate about it? Why have you given your life to it? Let's figure out our whys together, in community. This is part of the process of inspiring others to be their best self, their true self—the one God created them to be.



LEADS: Ryan & Tami Canaday
 303-791-0659 x112
Ryan@stlukeshr.com

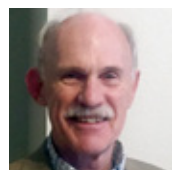
Ryan Canaday serves as one of the co-pastors on the Clergy Team at St. Luke's United Methodist Church in Highlands Ranch, Colorado.

Ryan graduated with his BA in Biblical Studies from Colorado Christian University in 2005, and earned his M. Div with a concentration in Justice & Peace Studies in 2009 at The Iliff School of Theology. Prior to St. Luke's, he served as one of the pastors at University Park UMC, as well as the Director of the Wesley Foundation at the University of Denver. Ryan has a deep passion for new, creative, and meaningful ways of doing church. He also has a deep desire to help people live better and more meaningful stories as they connect with God and the world in transformative ways. Ryan loves spending time with his wife, Tami, and their daughters, Selah and Shiloh and new son Breck.

Tami Canaday, wife of Rev. Ryan, has been actively involved at St. Luke's since 2012. She graduated with her BA in Psychology from Colorado Christian University in 2005 with a concentration in Biblical Studies. Tami recently transitioned from her corporate job of 13 years and is now the Founder and Director of "Project I Am For You". Her desire is to intentionally explore life's deepest questions by connecting various communities through experiences that create space for courage and compassion—and for individuals and communities to remind one another: "I am for you."

POVERTY Wednesdays 6:30-8:30pm Sept. 14 - 10 wks.

When we think about poverty it is most often in very personal terms. We may see an image of a malnourished child, or a beggar in rags with a blank stare. It could be a gaunt migrant worker, or perhaps dead farm animals at a dried up reservoir. Such images are real. Some form of such depictions are part of the news on a regular basis; always focusing our attention on personal loss; because after all, that is what we each can relate to most easily. We can relate. But is that the true, full nature of poverty? Jesus said "...you always have the poor with you, but you will not always have me." Who is he talking about? Who are these poor? Moses said to the Israelites I therefore command you, "Open your hand to the poor." What does that mean? In this discussion group we will explore the breadth and depth of poverty and the poor. We will look at the great diversity of thought and action today by exploring historical perspectives, looking at modern definitions and investigating the views of prominent religious and political leaders as well as economists and historians. What is poverty? That will be the challenge for this discussion group.



LEAD: Stephen Bennett stephenwbennett54@gmail.com

Stephen led adult Sunday school groups for over 20 years at Phillips UMC. For the last six years the focus was on the historical context of our Christian traditions and included exploration of philosophical, economic, scientific, artistic and political factors surrounding the development of our faith traditions. Professionally Steve is a graduate architect with a PE in mechanical engineering and an MBA. Though not trained in Church or religious studies work experience has encouraged development of a broad perspective and curiosity about most every aspect of our human condition. Merging professional and personal interests and convictions Steve is now enrolled in the Master of Theological Studies (MTS) program at Iliff. Steve is also a member of the St. Luke's Chancel Choir and Men's Chorus and participates when he can in the Open Minds adult class. Steve's other interests include bicycle racing and traveling. He and his wife Ann have two daughters and four grandchildren who live in Dayton, Ohio and Seattle, Washington.

Help Us Create Bible Studies at St. Luke's

Are you interested in learning more about the Bible, but you aren't sure where or how to start? There is interest in new Bible studies at St. Luke's, but what type of study, how often the group would meet, and for how long is hard to determine. So, we are hosting information gathering conversations on **Sunday, Aug. 28 during the 9:30 and 11:00am** worship services. Using the information and interested shared at these conversation, we will develop Bible studies for 2017. If you have questions, ideas, or cannot be at the conversation on August 28, please contact Rev. Jessica Rooks x109 or jessica@stlukeshr.com

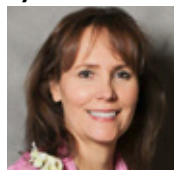
SANCTUARY: CREATING A SPACE FOR GRACE IN YOUR LIFE

Sundays
11:00am-noon
Sept. 18 - 6 wks.

The challenges of daily life take a toll on our energy, time and effort. What we need

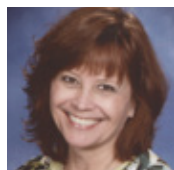
is Sanctuary - a place and space that allows us to Reflect, Rejuvenate and Restore. This is not a program to add to your to-do list, but a way to approach life through a new lens of grace, freedom and contentedness. Based on the book by Terry Hershey; the author is coming to St. Luke's on Oct. 18! (See www.stlukesce.org for details) Book \$13; due at first class.

LEADS: Renae Parra
renaeparra@aol.com
& **Lynda Fickling**
Lynda@stlukeshr.com



Renae has been a member of St. Luke's for over ten years. She is currently on the leadership team

for the Center for Spiritual Engagement which is a real passion of mine. She has served St. Luke's as a Lay Leader and been involved with United Methodist Women. She enjoys facilitating a monthly women's book club which has been going strong for many years. Outside of church she enjoys walking, reading, travel and spending time with my husband and young adult children. She is a big Colorado Rockies fan and loves watching college football.



Lynda has been a member since 1996 and on staff from 1997-2000 & 2003-present as the Director

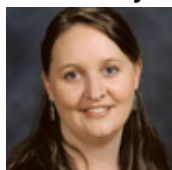
of Servant Ministry. She has been facilitating classes such as "Servant by Design" to "Falling Upward" by Richard Rohr. Lynda is certified in Equipping Ministry, a certified Spiritual Director, Stephen Minister and has completed a two-year course with The Academy of Missional Wisdom-focused on building Intentional Communities. On her free time she enjoys going to the movies, cooking, traveling and attending her daughter Jordan's art exhibits and listening to her son Christian's music.

SOCIAL PRINCIPLES OF THE UNITED METHODIST CHURCH

Thursdays Noon-1:00pm Brown Bag Lunch
Sept. 15, 22, 29, Oct. 20, 27 & Nov. 3

Did you know, the United Methodist Church has a statement of belief/understanding on many of the social issues facing our world? "The United Methodist Church has a long history of concern for social justice. Its members have often taken forthright positions on controversial issues involving Christian principles. Early Methodists expressed their opposition to the slave trade, to smuggling, and to the cruel treatment of prisoners... The Social Principles, while not to be considered church law, are a prayerful and thoughtful effort on the part of the General Conference to speak to the human issues in the contemporary world from a sound biblical and theological foundation as historically demonstrated in the United Methodist traditions." These contemporary social issues include food safety, space, adoption, suicide, civil rights, alcohol and drugs, rural life, urban life, mental health, organ donation, the right to health care, poverty, gambling, the death penalty, and education, among numerous other topics. Rev. Jessica will lead a discussion on the UMC Social Principles as we ask ourselves where we stand on these issues and why the church deems them important. You can purchase a booklet for \$3.00 at the Get Connected Center.

LEAD: Rev. Jessica Rooks Jessica@stlukeshr.com



Rev. Jessica Rooks has a Master of Divinity from the Iliff School of Theology and a Bachelor of Arts in Economics from Western State College and began her ministry at Arvada UMC in 2001. One of Rev. Jessica's passions is facilitating conversations

and classes on topics ranging from Bible and book studies, to theology classes, to studies on prayer and spiritual growth, to Enneagram classes, to social justice issues and current cultural topics. Rev. Jessica believes strongly that faith is lived out in community, and in our community we experience the full breadth of God. When we allow ourselves to learn from others, to be challenged by others, to expand our own understanding through the experience of others, we come to know God and ourselves more deeply. Rev. Jessica grounds herself in this openness to God through community in the classes she facilitates and the conversations she leads.

THE ARMOR OF GOD BY PRISCILLA SHIRER

Thursdays 6:00-8:00pm Sept. 29 - 8 wks.

A Bible study for women that will:

- Equip you to get serious, specific, and strategic in their discipline of prayer
- Turn challenges and discouragement into opportunities for prayer
- Grow spiritually as you dig deeper into Scripture and expand your understanding of prayer
- Develop and implement practical, purposeful prayer strategies
- \$13/Book

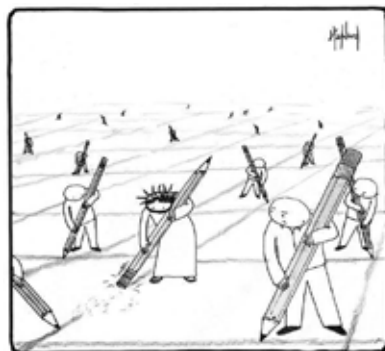


LEAD: Kristin Foster
kristinfoster13@gmail.com

Kristin Foster has been a member since moving from North Carolina five years ago. She has facilitated eight Beth Moore studies and is passionate about studying the bible. Feeding lunches to those in need on Mondays is another project near and dear to her heart. She has been married to Corbett for 21 years and her two boys, Caden (16) and Jackson (12), keep her busy! She enjoys photography, skiing, and biking but her greatest love is hiking and enjoying God's beauty in Colorado!

THE LINES THAT DIVIDE US

Sundays 9:30-10:30am
Oct. 23 & 30



I have some bad news and some good news. The bad news is that we have become very good at drawing lines that divide us. We draw lines that divide us by age, race, sexual orientation, religion, nationality and political perspective. We are very good at drawing the lines. That is the bad news. The good news is that God never learned to color within the lines. Loosely based on the book, *Fear of the Other: No Fear in Love* by retired United Methodist Bishop, William Willimon, our discussion will lead us to explore and struggle with how our faith calls us to view and relate to the "other" – those on the other side of the lines that society and we have drawn. Books available now for \$6.00 or on Amazon.com or Cokesbury.com



LEAD:
Rev. Dr. Jim Ryan
jryan81943@gmail.com

Rev. Dr. Jim Ryan is the retired Executive

Director of the Colorado Council of Churches having served from February 1, 2000 to May 31, 2013. Since his retirement, he has established, Doing Justice LLC affirming, "If you want peace, work for justice." In the Denver community, Jim was a founding Board member of Housing Justice! and served as the founding President of the Board of Eco-Justice Ministries. He has also served on the Board of Samaritan Counseling Center, Great Education Colorado, Colorado Interfaith Voices for Justice, Clothes To Kids Denver and is the founder of the Colorado Interfaith Roundtable. Jim has had several publications, the most recent being Doing Justice in a Purple Congregation. Dr. Ryan's wife, Kristin Ryan MSW, is a retired elementary school principal in Littleton, CO. They have adult children and grandchildren living with their families in Iowa, California and Colorado. His relaxation interests include travel and golf.

Children's Ministry News

Praise, Play & Prayers with St. Luke's Kids

Blessing of the Backpacks! Sunday August 28

Join us for this special day to bless our teachers, students and backpacks for the school year ahead.



MARK YOUR CALENDARS:

(check our website for full calendar)

August 7 (SUN) - REGISTRATION OPENS online & at church for 2016-2017 Sunday School year (Register new EACH year - Thank You!)

August 7 (SUN) - 9:30am SUNDAY SCHOOL: Joy Trek (PreK: 2-4 yrs.) begins 4-week lesson "Mary & Martha" Sign up to serve

August 7 (SUN) - 9:30am PEAK K-5th Grade SUNDAY SCHOOL begins 3-week lesson "Movies, Peace & Justice"

August 12 (FRI) - Parent's Night Out 5:30pm - Contact Ms. Sam for information

August 19 (FRI) - PLAYGROUP 9:00am - All are welcome!

August 21 (SUN) - 11:00am GOLIATH GATHERING - Servant Training & Servant Sign Up Kick Off

August 23 (TUE) - NEW DATE: Children's Ministry Team 6:30pm - All are welcome to help plan our ministry.

August 28 (SUN) - BLESSING OF TEACHERS & BACKPACKS 9:30am and PEAK K-5th Grade SUNDAY SCHOOL special "Back to School MUSIC Sunday"

September 4 (SUN) - Labor Day Weekend (No Sunday School) - Family Worship Services at 8:00, 9:30 & 11:00am -

September 11 (SUN) - PROMOTION SUNDAY! Children move up to their new grade! Tweens (5th & 6th grade) Sunday School begins!

September 11 (SUN) - 11:00am GOLIATH GATHERING - Servant Training & Sign Up

September 16 (FRI) - 6:45pm Family Movie Night "Zootopia"

September 17 (SAT) - Parent's Time Away 9:00am-noon Contact Ms. Sam to RSVP

September 18 (SUN) - Third Grade BIBLE SUNDAY - Third graders receive a new gift Bible - Please email Sharon by Sept. 4 to sign up to receive a Bible.

September 18 (SUN) - SLY, Jr. KICK OFF 5:30-7:00pm - ALL 5th & 6th graders and their parents are welcome!

VBS Gives Back

Not only does our Vacation Bible School program provide children of our community a chance to connect with God and have a great time but we get to act out the teachings of Jesus by helping others. This year we collected school supplies for the specials classes for Sedalia Elementary. The VBS community went above and beyond and collected all of the items asked as well as additional items such as tissues, hand wipes and grocery gift cards for families at the school in need. Thank You VBS families!

Praying With Your Child

Every Sunday the JOY TREK preschool children engage in what we call our Sacred Circle Prayer Time and share our prayers. It's a way the children can connect with how they may be feeling on the inside and a great way to strengthen their connection to each other. There are many benefits to praying with your child. One of the benefits is getting a glimpse into what your child is thinking or feeling. If you notice that your child is feeling happy, frustrated or upset, ask if they want to pray. Encourage your child to ask God for what they may need; strength, courage or guidance. It just may increase their confidence and provide your child with the added support they may be seeking. This simple prayer time may provide insight for a parent as to what your child may be experiencing. Use your prayer time to talk about things that are going on, and don't be afraid if you don't have all the answers. Another additional benefit to praying with your child is to model gratitude. Thank God for all your blessings, preschoolers can articulate what they are thankful for and this helps them to understand the concept of gratitude. Faith is a tricky subject, and your little one will appreciate your vulnerability and honesty. Thankfully, prayer is not something that we need to be able to explain, but something that we can model as a part of our life. And to that we say, *Amen.*



Sharon Oliver
Director of
Children's Ministry



Samantha Leahy
Director of Early
Childhood Ministry



Stephanie Kirk
Children's & Families
Ministries Coordinator

St. Luke's Kids
Growing with God

**Registration is NOW
OPEN for the NEW year**
AND our first Volunteer Training is Aug. 21!

Register for the 2016-17 Sunday School year is up on the website: www.stlukeshr.com and paper forms are also available at the church. We ask all families to enroll their children EACH new school year so we can update our records. Our Sunday School year kicks off Sept. 11 PROMOTION SUNDAY with the kids moving up to their new grades. We are so excited to share God's love with your kids. AND we can't do it without our wonderful volunteers. Thanks to YOU for sharing your gifts with the children each year. **Attend training and Sign up to serve for the coming year.** Come serve with us - one Sunday or lots! We need to fill 25 servant spots each week(!) so there's plenty of room for all. We need You! ONLINE SERVANT SIGN UP for the fall will be available by August 21 at 11:00am when we will have our first "Goliath Gathering" Servant Training. We will have several of these gatherings throughout the fall: Aug. 21, Sept. 11 & Oct. 9 at 11:00am - Choose one.

3rd Grade Bibles - Sept. 18!

St. Luke's has a wonderful tradition of gifting our 3rd Graders with their very own Bible! They have their Bible presented to them upstairs in the worship service and then get to meet as a class with the pastor and go over their Bible. This is a rite of passage that our families really look forward to. **This year Bible Sunday will take place on Sept. 18.** AND we will continue with 2 additional Sundays of Bible Study with our Pastors for our 3rd Graders! Sept. 18 (Bible Sunday) & 25 & Oct. 3 at 9:30am!! This will be an awesome experience for those 3rd graders to explore this amazing book in depth. If you know of a 3rd grader who would like a gift Bible on Sept. 18 and would like to participate in our 3rd Grade Bible Study Sundays, **please send their name to sharon@stlukeshr.com by Sept. 4.** Thanks!!!

Wacky Wednesdays

participants learned all about the fruits of the spirits this summer. Each week our amazing teachers shared the concepts of love, joy, peace, kindness, goodness and faithfulness through song, crafts and time together. Thank you to so many wonderful Little School teachers and St. Luke's youth for supporting this joyful and fun summer program. A special thank you to Anne Hamilton and Tami Clement for their leadership and administration.



Kay Swanson
Director of
Little School



Little School News:

'Back to School' is Right Around the Corner!

Little School is hopeful that you have had a wonderful summer and that you are looking forward to a few more days of leisure before school starts and it's time to begin those busy school routines!

Little School does still have a few openings for more happy children, so please be in touch with us. You can email Ms. Kay at Kay@stlukeshr.com or Ms. Tami at Tami@stlukeshr.com to find out more

information about our openings! We would love to hear from you!

Important dates to remember:

- **August 12** - Letters will be mailed out to all family from their new teachers!
- **August 29** - Parent Open House - evening
- **August 30** - Children's Open House - morning
- **August 31** - School begins for M/W/F students
- **Sept. 1** - School begins for T/TH/F students

We are excited for our 22nd year of Little School and seeing our wonderful returning families and getting to know our new families that are joining us for the first time! Have a great time playing with your children and enjoying these wonderful summer days!

Be sure to take time to sing, dance, swim and gaze at the stars. Make every moment count!

Blessings from Ms. Kay and Staff

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



St. Luke's Little School
- Best Preschool in
Douglas County
2013, 2014, 2015
& 2016!



by Rev. Les Ludlam

More from Les: Climbing Blair Mountain

A topographic map of the Routt National Forest northwest of Glenwood Springs shows an unimproved Forest Service road branching off from county road #17 between Newcastle and Buford. The road is not maintained, four-wheel drive only, and rises above timberline on Blair Mountain.

The trail from the county road to the top of Blair Mountain is pretty easy, but then it drops off to the southeast down over the edge of a limestone formation. Limestone is a very hard, blocky rock, so the road down to Adams Lake is like going down a steep, long stairway with scattered rocks and loose shale mixed in here and there. Driving down requires picking your way slowly, avoiding the high spots, large rocks, and eroded gullies. You must gently drop the vehicle's front wheels down off each ledge. This rough part of the trail covers about a mile and a half. Descending would usually take about 15 minutes to get from the top to the meadows below. But, going up was another story! There are no big trees on the trail and nothing else to which one can tie a winch cable. Momentum is your key tool for climbing the hill and getting up over the limestone ledges. If your vehicle stalls going up you might have to back all the way down!

Going over Blair Mountain became sort of a matter of pride and a "rite of passage" for the drivers in my family; several years ago, my turn came to drive Blair Mountain.

There were lots of words of advice before my solo trip. My father's words were the most significant. "Don't let the truck stop," he said, "keep it moving, let the four wheel drive do its thing. You can't see anything right in front of the truck when you are going up, so look well ahead, plan your route, then remember where the holes and boulders are."

Then he concluded, "Put it in compound low, keep the engine RPM up and don't hit anything that might break the tires or the oil pan. And keep your eyes wide open!" **Comforting words!**

Well, I made it down the mountain in the morning; we had great day of fishing, but then it came time to climb back out. I don't need to tell you I was a little nervous. We tied our gear down tightly and headed up the mountain. My head told me the Chevy was designed to do this sort of thing. I knew that it was in good running condition. I had faith in the truck and I only had to be careful and keep my eyes wide open. But, my stomach didn't get the message! As I approached the steep part, I began wondering to myself just why I had felt it was so important to prove I could do this! Then came the ledges, the truck bounced so much I had trouble hanging on the steering wheel, I kept my foot down on the accelerator and hoped something wouldn't come loose in the engine.

The half-hour climb seemed more like an eternity, but finally, the Chevy broke over the summit and it was still in one piece. I had made it up the Blair Mountain trail without any serious damage to the truck or its contents! I was exhilarated when I reached the top and the easier part of the trail. Then I thought for a moment of the words, "Do not put the Lord your God to the test." That was also the last time I drove over Blair Mountain.

Driving over Blair Mountain required faith, faith that the Chevy Truck could climb this rough, steep mountain trail, and faith in my own driving skills. Faith is belief in action; doing something that may put things we value at risk to achieve a desired goal. And climbing that trail up Blair Mountain also required faith with my eyes wide open, to watch for hazards that lay in and along the trail.

There are times when you and I face our own mountains. They are not geologic barriers, but deeply rooted issues, things that we wish could be removed. But, we cannot avoid them; we must deal with them! Acting with our eyes wide open, responding to hurdles encountered as we move forward

*Remember Jesus' words, "whatever you pray and ask for, believe that you will receive it, and it will be so for you." Mark 11:24. **God bless us all. -Les***

Simple acts of love. It's how we respond to tragedy, hate, and violence.

In June Rev. Ryan asked our congregation to bring a pair (or several pairs) of new socks to the Sunday service. A simple blessing was placed in the folded socks and taken to our homeless brothers and sisters in Civic Center Park where we hand out sack lunches every Monday. The average homeless person walks more than 10 miles a day. A new, dry pair of socks are the most needed item and, unfortunately, among the least donated. St. Luke's was able to distribute almost 500 pairs of socks and blessings to those less fortunate. Thank you St. Luke's for your simple act of love and kindness. Our Mondays in the Park crew prepares and distributes 100 lunches, water and Communion for those who are homeless and hurting each week. We also hand out our fair share of love! For more information on ways you can support please contact sam@stlukeshr.com.

St. Luke's United Methodist Women is on Facebook!

Please like our Facebook page to keep up-to-date on events:

www.facebook.com/stlukeshrumw "St. Luke's United Methodist Women - Highlands Ranch, CO"



UMW SUNDAY August 7 – This was a spiritual day for UMW as ladies volunteered to serve at all three services greeting, serving communion, reading scripture.

SAVE THE DATE: August 28 – UMW Annual Summer's End Celebration of Pie and Prayer ~ Blessedness. Fellowship Hall, 2:00-4:00pm. This is a free event, giving you a Taste of Harvest Fruits, With God's Blessing's. Our Mission Recipient will be Children's Hospital, Highlands Ranch. Sign up at the Get Connected Center (so we know how many pies to supply). Hope you will join us.

UMW Monthly Mission Projects: The emphasis of the United Methodist Women is "turning faith, hope and love into action on behalf of women, children and youth". All are welcome to join St. Luke's UMW in working at our monthly missions.

August Mission:

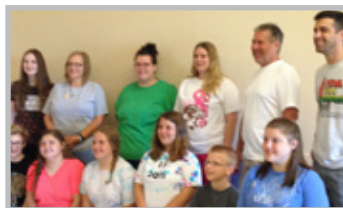
Warren Village First Step is a one year transitional living program for women; and women with children. It offers communal housing, on-site classes for developing life skills assisting residents in becoming self-sufficient. There are 7 units for families and 6 units for single women.

The UMW will host a Summer Cookout at the Warren Village "First Step" home in Lakewood for 20 + residents on **Aug. 18** from 6:00-7:30pm. Young Women, Mothers and their children, will enjoy hamburgers, hot dogs and other picnic goodies. We are planning a fun evening of food, fellowship, and crafts. We will carpool from the church at 4:00pm. For more information and to sign up, please contact umwinfo@stlukeshr.com

*We would like to join us in providing food to feed the homeless teens at Urban Peak on **September 8**. Please contact renaeparra@aol.com if you are interested in providing some of the food for the homeless teen lunch.*



June 25, for both morning and afternoon shifts at Café 180 in Englewood, Colorado. The restaurant operates on the assumption that "everyone should eat well" and serves soups, salads, pizzas, hot sandwiches, vegetarian and gluten-free options. The only things missing from Café 180 are prices on the menu. Here one pays if able. If one cannot pay, time volunteering can be exchanged for a healthy and delicious meal! Teri Burget, Peggy Fretz, Brenda Hart, Linda Streaty, Fran West and Bob West served patrons, prepared food, wrapped plastic-ware and even washed dishes. The experience was so overwhelmingly positive that, at the end of the day, the women were asking when there might be another opportunity to come again and help. As a result, discussions are underway to consider regular quarterly volunteering at Café 180. If you are interested in helping a neighbor who may be in need and also filling your heart, please join the United Methodist Women on their next visit.



fun, conversations flowed, laughter was in abundance. A fun, enjoyable time. July 20 we made sack lunches for the youth attending the Mission

June Mission:

UMW serves it Up at Café 180 Pursuing its new monthly mission outreach, the St. Luke's United Methodist Women (UMW) volunteered on Saturday,

July Missions: July 16 and July 17, the UMW prepared breakfasts for 8 youth, their Pastor and 4 adults from Quincy, Illinois who were staying at the church on their way to their summer mission trip. The food was delicious, the youth were

u Conference who were going on a day's outing. *Fun time, Fun conversation, Yummy PJ&J.*

Let us be a part of your Spiritual Journey We will Support you in Friendship and Fellowship ~ Keep you in Prayer ~ Listen to your Thoughts ~ Enhance your Handiwork Skills ~ Satisfy Your Mission Needs ~ And... Supply YOU with Renewal.

Trustees Corner

Refreshing, renewing, weeding, mowing, entertaining summer visitors, sound familiar to you? Our Trustees team has been doing all this and more – likely as you are at home. Challenging to stay ahead of our 'honey-do' list as we host VBS, Wacky Wednesdays, PAA rehearsals and performances, support groups, and our regular summer classes and worship services! We hope you're enjoying your summer – we would really appreciate it if you can make time to help us with our next **Service Saturday** event to help us get ready for Fall Kick Off and Back to School is **Saturday August 20, 8:00am-noon** – we welcome all ages! Please call or email Sam@stlukeshr.com if you would like childcare.

*We are United Methodist Women.
What do we do?*

*We are a community of women who know God.
We experience freedom through Jesus Christ.
We have a creative and supportive fellowship.
We are advocates for justice.
We expand the concepts of mission.
We support women, children, and youth, and
We do all of this with prayer through
faith, hope, and love in action.
We do this here at home, throughout the
United States, and around the world.*

*The gathering of women in fellowship
with God is a beautiful thing. Share this
beauty with others you meet. The sharing
of God's blessings to you... Given to others.*

Interest Groups of UMW at St. Luke's:

Women's Evening Book Group: Fourth Monday, Room 206, 7:00pm (no potluck in summer)

Fiction/Non-fiction/Informative/ Fun. Contact: Renae Parra renaeparra@aol.com 303-683-0872

- August 22 - "Our Souls at Night" by Kent Haruf
- Sept. 26 - "We are Called to Rise" by Laura McBride
- Oct. 24 - "All the Light We Cannot See" by Anthony Doerr

Common Thread: *Friendship/ Fellowship/Caring/Sharing.* Will resume their meetings in September. First Thursdays 10:00am at the church. Contact: Caroline Butler carolinebutler@q.com or Betty Smith 303-797-3225

Itch to Stitch: *Mission - Crochet, Knit, Sew, donating projects to charities.* Will resume in September. Meets 2nd Saturdays in church basement. All skill levels welcome! Contact: Fran West - 303-797-7107. Check out Our Facebook page! "St. Luke's UMC Itch to Stitch Guild"

SAVE THE DATES: 2016 UMW CALENDAR OF EVENTS

- **August 28 – A Celebration of Pie and Prayer 2:00-4:00pm**
- **December 6 – Candlelight Dinner**

For further information: please contact Sharon Smith at umwinfo@stlukeshr.com.

Look for our Brochure at the Church entrance or find us on Facebook

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



Morning Yoga with Gargi returns! Join us Thursday mornings (9:00-10:15am) in the Youth Room starting September 1. This class combines spiritual reflection with the discipline of yoga to help us feel rejuvenated and centered. All abilities are welcome. Suggested donation \$10-15/class (renaeparra@aol.com).

Visit our website **stlukesce.org** to learn more!

Speaker Series:

Save the Date: Tuesday, October 18
6:30-8:00pm in Fellowship Hall



An Evening with **Terry Hershey**, author of *The Power of Pause* and *Sanctuary: Creating a Space for Grace in your Life* – Story is one of the most powerful forms of communication and Terry is a master storyteller. He tells stories of grace and inspiration as he shares his gift of seeing the world with new eyes. Spending a moment or a day with him is more than an experience; it is an adventure that will leave you longing for more and yet feeling full and satisfied. Please join us as Terry inspires

us to Create places of Rest, Renewal and Refuge. Terry says “Everyone has a sanctuary, if only in our mind. Even if we can’t name it, we know of its power. It is a place where you do not owe anyone and where no one owes you.” Mark your calendars for this Speaker Series event at St. Luke’s. For more information, contact: renaeparra@aol.com

Classes and Experiences:

COMING SOON! 2 NEW FALL CLASSES:

Sanctuary: Creating a Space for Grace in Your Life
by Terry Hershey (see information on page 5)

The Soul of a Pilgrim Class: 8 Practices for the Journey Within by Christine Valters Paintner

Sept. 16-Oct. 28 (7 weeks) Fridays 10:00-11:30am Chapel

Invites you to take an Inner Pilgrimage: *The Soul of a Pilgrim* is organized into eight sections and leads us to follow intentional steps to make a transformative journey within. Each phase of the exploration focuses on a distinct practice such as packing lightly, being uncomfortable, or embracing the unknown. We will explore how to cultivate attentiveness to the divine

through deep listening, patience, and opening oneself to the gifts that arise in the midst of discomfort. Each of the eight chapters offers reflections on the themes, a scripture story, an invitation to the practice of lectio divina, and a creative exploration through photography and reflective journaling. Cost of the book is \$10. Contact: Sam Leahy sam@stlukeshr.com or Jenita Rhodes

Melinda's Conscious Cooking



Saturday, Sept. 10 (10:00am-1:00pm) Melinda Davidson invites us into her gracious kitchen once again for another opportunity to learn about Superfoods and how to incorporate them into delicious recipes that feed body and soul. Cooking healthy foods is one way that Melinda Davidson expresses her spirituality. This class is limited to 6 participants, and the cost is \$25. To register, contact Melinda at md.md@comcast.net.

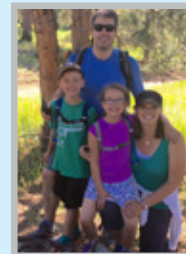
Check out Melinda's Recipes at
www.stlukesce.org

Outdoor Adventures:

Ten hardy souls met at 6:45am on Saturday, July 11 for a hike in the Goliath Natural Area on the flank of Mt. Evans. Our early arrival at the



Dos Chappell Nature Center ensured parking spaces and a hike that felt like we were the only people in this vast alpine wilderness. We encountered a majestic landscape, full of alpine wildflowers and the haunting shapes of ancient Bristlecone Pines, which have survived in this hostile environment for millennia.



Saturday August 27 - Hike to the Devil's Head Fire Tower. The Ediger family (Suanne, Jared, Miles, and Kelsey) family invites you to hike this classic Colorado trail with them. Alltrails.com describes Devil's Head as a “must do” hike to the area's only working fire lookout. The trail is moderate, traversing 2.7 miles round trip, and from the top it offers spectacular 360 degree views of the surrounding mountains. (Julie.polikoff@comcast.net.)

Save the Dates for these future Outdoor Adventure Experiences:

- September (date TBD) – An evening picnic at Bear Creek Reservoir
- October 15 – Hiking in Golden Gate State Park
- November 12 – TBD

“A New Beginning”

12-week Divorce Recovery Seminar

Mondays starting Sept. 12

6:30-9:00pm

For those who are separated or divorced,
this workshop brings healing from a
Christian community.

Cost \$100 ~ Contact Larry Sears

720-524-0040 Irsears78@comcast.net

Scholarships are available.

Please keep in mind your friends,
all are welcome

Melinda's Recipes



Upcoming Events!

- ✦ **August 7:**
9:30-10:30am SLY AM
6:00-7:30pm SLY PM
- Soccer in the Park
- ✦ **August 12-13: GEMs Lock In!!**
- ✦ **August 14:**
9:30-10:30am SLY AM
6:00-7:30pm SLY PM
- ✦ **August 21:**
9:30-10:30am SLY AM
6:00-7:30pm SLY PM
- Messy Games
- ✦ **August 28:**
9:30-10:30am SLY AM
5:30pm SLY Fall Kick Off for ALL parents & youth
- ✦ **Sign up to receive our emails and Check stlukeshr.com and click on "Youth" or "SLY" for up-to-date info on programs, activities, opportunities and more!**



SLIDELL continued from page 1

but the middle, the most important part of an Oreo. During the week, I saw God in my work group through the determination that drove us to finish the project to the best of our ability. I also saw God in the amazing people we met and through their hope, trust, and faith.

My name is Olivia Ary and I'm going to be a junior in high school. This year my work team built a wheel chair ramp for a family whose old ramp was not safe and up to regulation codes. We had some issues with digging the post holes in the right place, and there was a lot, and I mean A LOT, of measuring and re-measuring, but it was an incredible feeling to see it all come together. I saw God in the family we helped, the organization we were working with, and most of all in the people surrounding me from St. Luke's. I made new friends and connected more in depth with old ones. The senior high mission trip to Slidell, LA was beyond incredible. Serving those affected by hurricane Katrina and recent flooding really opened our eyes to all that we are blessed to have here in Colorado. Even though the drive was long, it was hot, it was humid, and our bus broke down, this trip and the incredible people on it have made it one of the best experiences we could have asked for. I know it will be a memory that will last a lifetime.

ON THE SLY: Remembering Summer Preparing for Fall



Dave Laurvick
Director of Youth Ministry



Amy McMullen
Assistant Dir. of Youth Ministry



Jeremy Brown
Assistant Dir. of Youth Ministry

Have you ever participated in an egg toss... with a raw egg? Played tag... with ketchup? Or been on a slip-and-slide... covered with pudding? These and other fun and crazy activities are what will be found on August 21st at our annual **SLY Messy Games Event**, the first official sign that fall is approaching! Of course then there is the sign that it is here... the **SLY Fall Kick-Off!** This is an event for all of St. Luke's 7th-12th graders AND their parents! On August 28th we will go over all the exciting events and details for the upcoming year as well as get all that boring paperwork stuff out of the way. The meeting will be held in the sanctuary at 5:30pm, then we'll head downstairs together to enjoy a BBQ and fellowship. If you've been wondering what this SLY thing is all about, or have been looking for more ways to get involved, this is the place to be!

While we are looking forward to all the exciting things this fall and the new school year have to bring, we also remember to look back at all the great memories and moments this summer had to offer. Many lives were changed this summer as SLY went on three different mission trips. As always, some of our older youth went back to Lemoa, Guatemala at the end of May to build houses, work on water filters and bring hope to the community. In June our senior high went to Slidell, LA to work in rural areas still devastated by Katrina, and in July our junior high went to Rapid City, SD to help with a food drive for the local food pantry and connect with disabled members of the community. We also had a blast this year with our summer programs GEMs (Girls Enrichment Ministry) and STMs (Shortcuts To Manhood). Fellowship and fun were had in these programs throughout the summer, ending with a bang at our annual GEMs Lock In! How can you not have fun when you mix girls, God, and a midnight run to Waffle House!

We are looking forward to bringing the summers focus on missions into our fall season as we continue to find ways to have fun while honoring and serving God and all His children.





Lynda Fickling
Director of
Servant Ministry/
Spiritual Director

Get CONNECTED EMT... It's Not What You Think!

Did you know there is an EMT team at St. Luke's?? Contrary to popular belief we are not the stop for Emergency Medical Techs in the congregation. In fact, the EMT here at St. Luke's is one of the busiest "behind the scenes" teams that you just may never have heard of!

Read on..... Our acronym EMT actually stands for Equipping Ministry Team and that is exactly what we do – we equip the ministry groups here at St. Luke's so that we can continue to do God's work. Currently, there are over 80 active ministry groups in our congregation and the membership and leadership of these teams doesn't just happen by accident. The Equipping Ministry Team consists of nine very diligent members who spend a lot of time discussing and discerning who would be the best fit for a variety of positions in the church. We try to find just the right people to be Trustees, to serve on the Staff Parish team, to be members of the Mission Team, to serve with Children's Ministry, to be a Greeter, or to bake bread to make our visitors feel welcome each Sunday. The list is lengthy but the work these teams do around the church is awe-inspiring.

EMT will begin our work for the 2017 church calendar year **on Sunday August 14** at which time we will discuss Spiritual Gifts, Discernment and Prayer... the best tools we have to do our job well. **On October 2** we will meet to discern lists of the most qualified people we can think of to fill the open positions in the congregation. The members of the team will then start the invitation process, making phone calls or personally inviting people to prayerfully consider the position for which they have been recommended. **On November 13** we will meet one last time to report back and celebrate the completion of our work and know that the teams at St. Luke's are in good hands, ready to move forward with their ministry mission.

The current members of EMT are Sandy Larson, Pam Lyons, Salome Thevarajah, Cathy Collins, Lisa Coryell, John Harper, Ann Metz, Lisa Hajek and Ken Major. Lynda Fickling (303-791-0659 x120, lynda@stlukeshr.com) is the staff liaison who keeps us organized and on task.

So, the next time your phone rings and it's a member of the St. Luke's EMT, please know that we are not checking on your emergency medical needs. We are actually working hard to ensure the good health of St. Luke's ministry teams. We hope that you will prayerfully consider the opportunities that might be presented to you and know that you were hand picked to help continue God's work in the vibrant, spiritual community that is St. Luke's.

Ready to get involved right now?! Contact any of the team members and we will be happy to connect you!

Sandy Larson – larson6872@msn.com



James Ramsey
Director of Music
& Arts Ministries



Kenrick Mervine
Associate Dir. of
Music Ministry/
Organist



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



Kristi Pawley
Music & Arts
Admin. Assistant/
Accounting Clerk

A Message from Ken...



While the Choirs, Handbell and Instrumental Ensembles are enjoying a well-deserved rest this summer, we are indeed blessed at St Luke's to have so many gifted Music Ministers who are willing to share their time and talents with us all. To those dedicated individuals, I offer my heartfelt thanks for providing many moving and inspiring moments throughout the summer season. So far, we've heard the musical offerings of: Jeff Schnackel, Penny Harris, Dianna Starnes and the Parker String

Quartet, Roberta Hamilton-Griggs, Mica Mallory, Sandy Larson, Marge Harper, and Copland Harris Rose.

The summer Music Ministers will continue through the first Sunday of September, and lastly, a "Thank you" to all of those who have shared their kind words and support. **Blessings, Ken Mervine**

And St. Luke's says a big THANK YOU to Ken Mervine for his leadership and beautiful music this summer (and all year long, too)! We are blessed beyond measure!

Meet the Music Ministry

MEN'S CHORUS: If you enjoy the thrilling sound of harmonizing men, then why not give Men's Chorus a try? No previous experience needed and no need to be a member of Chancel Choir!

Reading music is not a prerequisite... only a desire to join your fellow men in creating Sacred Song.

Men's Chorus meets in the Choir Room on selected Thursdays at 6:30pm for about 30 minutes. They sing periodically throughout the year at the 11:00am Sunday service. Questions?...please see Ken Mervine after services or send him an email at kenm@stlukeshr.com. More information on all the music groups, can be found in the Music and Arts brochure at www.stlukeshr.com/PDFs/brochures/MusicArts.pdf.



Steel Magnolias

Save the Date...
November 4-6, 2016

Steel Magnolias is coming to St.

Luke's! *Steel Magnolias* is a comedy/

drama play about the bond among a group of Southern women in northwest Louisiana. The women are delicate as magnolias, but tough as steel. The play was written by Robert Harling, based on his experience with his sister's death. Look for more information in the weeks to come; if you have questions, please contact Melanie Kirkpatrick at melanie.kirkpatrick@gmail.com.



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.*

FEEDING OF THE 5K continued from page 1

Encourage your workplace to sponsor a volunteer shift. We need families at more than 8 grocery stores, we need drivers to deliver loads of food, and sorters to take all the food we collect and get it on to pallets and into the semi-trailer. Sign ups will begin in a few weeks at our website feedingofthe5000.us. The race sign ups are already live on the Feeding of the 5k page, which is bookmarked off of the Feeding of the 5000 page. We need your help to make a difference in the lives of so many. We want our lives to be changed by being a part of something greater than ourselves. Do it because it matters. For information on the food drive, Michelle Mostowy 303-588-5774 and for information on the 5K Run/Walk, Mike Preble 720-244-2045

CONGREGATIONAL CARE



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 303-791-0659 x32, leave a note on the front desk, or email sallie@stlukeshr.com or brenda@stlukeshr.com

LATEST ENTRIES TO PRAYER LIST:

Natalie Murrow	Roberta Towell –
Debi Sheppard	Jon Streaty's sister
Jan Lindquist	Arlene Hutchinson – Bryan
Joey Papanek – Jay & Annie	Hutchinson's mother
VanHoozen's godson	Kimiaki Maruyama –
Barry Newton	Kim Hendreschke's father
William Cavanaugh –	Kyle Chambers – Trudy
Phil Cavanaugh's father	Turner's family friend
Carol Carnahan	Betsy Keyack
Shilo Sniff – Dave & Elizabeth	Nancy Obertier
Laurvick's neighbor	Rev. Jim George
Fran West	Kay Swanson
Lucius Fouche –	George Hazelwood
Fran West's brother	Jane Rafferty –
Norm Veach	Kathy Swier's friend
Brad Laurvick	Melissa Herbel – Angela
Steve & Sherry Chaffee	Alderson's colleague
David Lamoreaux	Colter Hecht – Jerry &
Bob Halderman	Marilyn Hecht's grandson
Stuart Beecher	Duncan Crespo
Leroy & Joyce Schlechte –	Owen, Nathan, Zeppelin,
Sheri Henry's parents	Salem, Caleb & Lila
Minnie Mortimer	Paula Smith – Betty
Taylor Baird – Teri Burget's father	Halderman's niece

SYMPATHIES TO:

Bruce & Kristi Pawley on the passing of Kristi's uncle, Bryan Schmid
Karl & Buffy Krantz on the passing of Buffy's mother, Cathy Moore
Norm & Beckie Veach on the passing of Beckie's sister, Jayne Hopper
Riley & Randi McFall on the passing of Randi's mother, Joni Hudson
Jerry & Linda McLeland on the passing of Jerry's mother, LaVaun McLeland
Kay Swanson on the passing of family friend, Jeremy Bush
Family & Friends of Dean Conklin
Mike Riegle on the passing of his wife, Jane Riegel
Ralph & Alicia Lidge on the passing of Ralph's mother, Jacqueline Lidge
Nancy Mussetter on the passing of her grandson, Finn Mussetter
Kent & Linda Osborn on the passing of their son, Thomas Osborn
Elena Lynch on the passing of her brother, Kevin Cumberbatch
Jim Roorda on the passing of his wife, Jan Roorda
Jean Battaglin on the passing of her husband, Bernie Battaglin
Mountain Vista family & friends of Susan Cash
Todd & Lori Smith on the passing of Lori's father, Austin Lockrem

CONGRATULATIONS TO:

Mac & Rev. Sarah Merchant on the birth of their daughter, Lydia Grace