ST. LUKE'S UNITED METHODIST GHURCH

Fall/Kick Off

UKes

SEPTEMBER/OCTOBER 2024



# Fall Mission Opportunities

Mark your calendar for the following opportunities to go beyond and be of service to our community:

Sept. 21: Feeding of the 5k – Calling all runners and walkers. Come join in the fun for this 5k race that supports our Feeding of the 5000 event. All are welcome to participate. Adults, kids, teenagers, parents, grandparents, kids, dogs, you name it, you are welcome. After the 5k, refuel with a pancake breakfast in the Fellowship Hall. Registration is OPEN! Go to the link on our **stlukeshr.com** home page or https://raceroster. com/events/2024/93920/feeding-of-the-5k-runwalk-2024

Oct. 4-6: Feeding of the 5000 – Volunteer to collect, pick-up, sort or deliver food for our annual food drive in support of Food Exchange Resource Network (FERN). FERN is a food resource collaborative serving the South metro area, feeding an estimated 800 families each week. Volunteer sign ups are available online stlukeshr.com or https:// feedingofthe5000.us

Oct. 19: We Don't Waste Mobile Food Market at North Middle School – Help feed a family in need. St. Luke's will take a group of volunteers down to North Middle School to work with We Don't Waste staff to set up the market, keep tables stocked with foods, assist neighborhood shoppers, and take down the market at the end. More information to come in October. Look for more opportunities to volunteer with We Don't Waste throughout the year.

November: Food for All – Each year we gather specific non-perishable foods to make Thanksgiving meal boxes for over 300 families in need in Denver through Food for All in partnership with Highlands UMC. This effort is driven by our children and youth and we welcome your support! Watch for details to come in October.

November: Giving Tree – Christmas is quickly coming upon us and the Giving Tree will be set up in the Fellowship Hall in November. Members will have the chance to select a tag and purchase gifts for the moms and kids that attend school at Florence Crittenton, the same organization we supported last year. Last year we were able to spread joy to 50 people with gifts and hope to increase that number this year. Watch for an announcement for when the tags are available.

OCTOBER 26

# Saturday October 26

Look for more information on page 6!

9:00am-3:00pm Craft Fair

11:00am-1:00pm Fall Festival/Trunk or Treat (\$20/family recommended donation) 11:00am-1:00pm Food Trucks II:00am-5:00pm Pumpkin Patch

Unload the truck with us at 9am, followed by a chili cookoff lunch! Bring your work gloves.

OFFICE HOURS: 9:00am-1:00pm M-F WORSHIP SERVICES: 9:30am large traditional worship (live streamed and in person) 11:00am small gathering/large spirit

#### SUNDAY SCHOOL: 9:30am PreK-12th grade

<b>7:30am</b> Pren-12ul glude	
Nursery available	e with reservation
Church Office	303-791-0659
Emailof	fice©stlukeshr.com
Websitev	www.stlukeshr.com
Nurserys	am©stlukeshr.com
	303-791-1982



Staff

Rev. Calob Rundell.....x105 Lead Minister

Rev. Liza Stoltz Hanson......x107 Associate Minister

*Rev. Dr. Sallie Suby-Long......x132* Minister of Healing & Wellbeing

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 Ministries

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

Angela Alderson.....x136 Director of Children's & Youth Music Ministries

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

Samantha Leahy......x140 Dir: of Community & Early Childhood Ministry

Sharon Oliver.....x127 Dir. of Children's Ministry & Comm.. Creative Dir.

Josey Seevers.....x128 Director of Youth Ministry

Anna Fisher.....x129 Associate Director of Youth Ministry

Cassy Meier.....x110 Communications & Office Administrator

Melissa Graham.....x124 Director of Finance

Jessica Shelton.....x116 Financial Assistant

Barry Curtis.....x144 Facilities Manager

Our next issue of **The Chronicle** will be the Winter/Advent issue. <u>Content due November 20, 2024</u> Please send inquiries and submissions to: **chronicle©stlukeshr.com** Editor: Sharon Oliver

The Chronicle is published quarterly and is emailed to those on our email general information list, and it can be found on the church website. Printed copies are available at church entrances. To receive a printed copy of The Chronicle via US mail, please call or email the Church Office.



Rev. Calob Rundell Lead Minister calob©stlukeshr.com **Thank You for a Great Start!** On July 1st I started my new adventure as your lead minister at St. Luke's. And let me tell you friends, it has been so much fun sharing the end of summer and the start of th

tell you friends, it has been so much fun sharing the end of summer and the start of the school year with you. It is a real blessing to be a part of the clergy team with Rev. Sallie and Rev. Liza. We have a talented and dedicated staff team that has been supportive and collaborative to work with.

During my first two months of July and August, I am thankful for all the ways you have invited me and welcomed me to be a part of all that goes

**on through the St. Luke's community.** Beyond the regular weekly schedule of worship and meetings, you've invited me to check out: seniors group conversation, pub theology, men's group, Performing Arts Academy performances and rehearsals, family camp, the Cruisin' Cats concert, document shredding, Friday Bible study, Wesley Players performances and rehearsals, Wacky Days, the Car Show, the golf event, school year kick-off fun, and the first days of Little School! Looking ahead, I'm excited to engage in some gatherings and events with our Center for Spiritual Engagement, the Feeding Of The Five Thousand and Fall Festival are coming soon, and in 2025 I'll be a part of the team going to Guatemala!

#### While my start here at St. Luke's has been so much fun, my mind is always thinking ahead. We have the work of the Future's Task Force to help us dream about the coming years at St. Luke's and to guide us to in

doing some real meaningful things. And while you, the people of St. Luke's, are inspiring in the ways you are engaged in your faith and serve the community, my heart is always on the people we haven't met yet.



#### There are so many people here in the southern

suburbs and in Douglas County that will resonate with the unique flavor of church we have here at St. Luke's. And I believe passionately that we are called by God, commissioned by Christ, and equipped by The Holy Spirit to meet new people. We do this by proclaiming God's good news for all people, and then that good news is lived out so that our community and our world are made better.

As we start a new season, I want to encourage all of us to be invitational with the people around us. There are people in our lives who need good news. (And you and I can always use some good news, too.) Who can you invite to check out something at St. Luke's? Read through this edition of *The Chronicle* with an eye towards what you can invite someone to be a part of. If you have any questions, need some details, or would like some help in making that invitation, let myself or someone else in a leadership role know. We are here to be St. Luke's together.

#### On the journey with you, Rev. Calob



Thank you for 25 years of joyful, soulful, wonderful music at St. Luke's! Your gift of music and servant's heart are a blessing to us all. Here's to many more years on our staff! Associate Minister

Hanson

# The Rhythms of Life

Dear St. Luke's-

This seasonal transition from summer to fall is quite bittersweet. While I am sorry to watch the sun set earlier each evening, I am eager to feel the singular crispness in the air that comes only with autumn afternoons. I am resistant to the early morning packing of lunches and brushing of hair

before school, but I am proud of the flourishing our kids experience with the rhythm and routine of the school year.

It takes me a moment to adjust myself to the changing rhythm of the season. Around this time of year, I try to carve out a few days in the mountains for a solo retreat. As an extroverted introvert, this time is difficult but necessary. It is a reset of my priorities and an important time of connection with my heart and soul.

This year on my solo retreat, I spontaneously found myself participating in a sunset yoga practice overlooking Lake Dillon. It was one of those life experiences you don't know how much you need until you are in it. The yoga instructor prompted us to "reconnect to the rhythm of your life" and she specified "whatever that rhythm is for you."

One of the more impactful realizations of my adult life has been that everyone truly moves to their own unique rhythm. I am not and never will be a morning person. As an appointed clergy person in the United Methodist Church, my New Year will always be July 1. The church liturgical calendar offers us a specific and important rhythm of marking sacred moments throughout the year. And the beautiful, grace-filled truth is that we are always able to start and re-start rhythms that are important to us and our well-being.

Kick-off Sunday at St. Luke's is one of those specific markers of time when we celebrate a homecoming of sorts. After a busy summer of travel, camping, renewal, and work we come together to renew our engagement with worship and church community. I am so excited to kick-off this season together at St. Luke's. Believe me when I say, it is better when you are here with us! I encourage you to set aside time to re-set your rhythms and I can't wait to see you at St. Luke's this fall!

There is always SO MUCH happening here at St. Luke's. But if there is something you don't see offered that would be meaningful to you and your life of faith please call me today! I am certain if you are feeling that way, someone else is too and we can create a class or workshop to serve you and our community.

With the grace and peace of new rhythms of faith, Rev. Liza



Rev. Dr. Sallie Suby-Long, LPC Minister of Healing & Wellbeing Director - Center for Spiritual Engagement

fulfillment and wellbeing. Wellness is holistic in nature and includes mind, body, spirit, emotion, and meaningful connection. We all benefit from experiences that refresh and renew us and that uplift others, too. Some of the practices leading to enhanced wellbeing are

engagement in a faith community, deepening your relationships, and being of service to others.

Current research and the U.S. Surgeon General, Dr. Vivek Murthy, remind us that *connection is vital to our wellbeing*. Connection helps us thrive and adds meaning to our lives. St. Luke's Center for Spiritual Engagement offers opportunities for you to foster your wellbeing through connection in many creative ways. Here are just a few of our upcoming CSE experiences. To see more, take a look at the CSE pages in this issue of The Chronicle. We warmly welcome you to join us this fall!

CSE Connect and Celebrate! - September 17 - 5:30pm, Fellowship Hall: We're celebrating our community with a lighthearted evening of good food, connection with friends, and sharing our plans for Fall CSE opportunities. Bring an appetizer to share and RSVP to renaeparra©aol.com.

The Art and Science of Joyful Wellbeing - 5:15pm, September 24, October 1, & 22 - Chapel: Our Fall Wellbeing Experience will include readings, personal stories, videos, and thoughtful reflection. In the midst of uncertainties, challenges, and changes that are often present in life, connecting to centering spiritual practices and creating community are especially important. We'll share our own experiences and wisdom with each other, too. RSVP to sallie©stlukeshr.com

Brave Spaces - Be Here. Be You. Belong! Exploring our UMC Social Principles - Sunday, October 6, 10:45am, **Chapel:** The UMC Social Principles are foundational to our church; they are in our DNA and focus clearly on justice for all people and for our environment. Our CSE Brave Spaces team will join with Susan McIntosh, St. Luke's member and newly elected Lay Leader to the Mountain Sky Conference to engage in conversations about the mission and ministry of our UMC Social Principles and how to 'live' these principles in our community.

If you have questions, I welcome your calls, text, and emails! Be Well, Dr. Sallie



Thank you to everyone who participated in Pub Theology this summer. What a great turnout! It was a fun and casual opportunity to gather with our St. Luke's community at a local restaurant and engage in conversation about our faith. We were joined by wonderful guest speakers who shared their personal (and professional) understanding on a variety of topics.

Thank you to our guest speakers:

- Dr. Jim Ramsey "Why Music is Good for the Soul"
- · Jay Lee, MD and Jared Ediger, RN "Reflections on Practicing Medicine and Practicing our Faith"
- Rev. Jerry Herships "Is There a Need for Public Theology?"

And stay tuned for an announcement about an upcoming Fall Pub Theology series!

## The Art & Science of Wellbeing

I've long been fascinated by research on what leads us to greater







# Seasons

Fall is one of my favorite seasons. Nature's colors change, pumpkins arrive and the leaves fall. What was once a tree deep in rich green will soon be a tree with vibrant shades

Dir. of Community & Early Childhood Ministry sam©stlukeshr.com

rich green will soon be a tree with vibrant shades of red and orange, and then nothing left but the

branches. But for every beginning there is an end and for every ending there is a new beginning. Those branches still reach out and upward. There is beauty in the strength of those branches. This is such a picture of what God does in our lives. We go through all kinds of seasons. Some are seasons of hard times, seasons of loss. We have seasons that are bright and beautiful and rich in life. Then we have seasons that God allows things in our life to enter so that we don't remain the same. But through all those seasons our faith is telling us to let go and let God. There is strength in your branches. Letting go, like the leaves that will fall this autumn, is part of a cycle that makes room for new things. Maybe it is time to join a team or try something new at St. Luke's. Visit our Ministry Fair or contact me to find the right fit for you. Fall Blessings.

# Shred Event

Thank you to PROSHRED Denver for providing their state of the art shredding truck for our Annual Community Shred event in August. The shred event donated more than \$1500 back to St. Luke's ministries. Thank you to Betty Ludlam, Maggie Giardina and Rev. Calob for your generous support on the day of the shred unloading boxes and greeting our community.

PROSHRED has a document destruction service at their offices located on Santa Fe in Englewood and allows customers to drop off at their facility. There's a lot more to shredding events than just security though. These events make it easy for everyone in a neighborhood to get their shredding done in a way that not only helps save them money, but also benefits the environment and the community, too.





## **UWF Fall Connections**

**MONDAY EVENING BOOK CLUB** Hybrid gathering (in person and Zoom) at 7:00pm on the 4th Monday. Join in the discussion of any or all the books planned. *More information contact Teri Burget Teri0962©gmail.com* 

**September 23 -** *Small Things Like These* by Claire Keegan **October 28 -** *Horse* by Geraldine Brooks\* **November 25 -** *Go As a River* by Shelley Read

**ITCH TO STITCH**: Gathers every 3rd Saturday at 10:30am in the youth room to work on various projects. *More information about Itch to Stitch contact Victoria Mason or Fran West.* 

**Time for Remembrance: Sept. 11** - 5:15pm in the Chapel Join us for a time of prayer, reflection and remembrance of the lives lost on 9/11.



We're a sisterhood acting in faith to tackle the hard work of the world without hesitation.

Driven by God's love and united in sisterhood, we work to improve the lives of women, children and youth. Every day, we show up.We take action.We get it done.And we invite you to join us.



# Seniors at St. Luke's

Seniors at St. Luke's enjoyed excursions to Hudson Gardens to meet their Water Gardeners, traveled through lavender fields at Chatfield Farms and

gathered for an Ice Cream Social.

If you are 55 and beyond and looking for ways to enhance interconnectedness join a variety of activities we offer at

St. Luke's. For details and more information contact sam©stlukeshr.com

**Conversations with the Pastor First Tuesday of the Month 2:00-3:00pm** *Oct. I - Rev. Calob* • *Nov. 5 - Rev. Sallie* • *Dec. 3 - Rev. Liza* Join us in the Chapel. No subject is off limits.

**SEPTEMBER: Leaf Peeping** *Tuesday,* September 24 - meet at 9:30am \$10 for the bus. Lunch TBD.

OCTOBER: Volunteer Opportunities Oct. 4-6 - Feeding of the 5000 Oct. 26 - Fall Festival & Craft Fair

DECEMBER: Christkindl Market TBD

**DECEMBER:** Miracle on 34th Street Sunday, December 8 2:00pm Matinee show at Town Hall Arts Center (15 tickets available). Price is \$35 plus bus charge of \$10. Lunch before will be at the Lazy Dog in Highlands Ranch. Senior Dining Group To add your name to a group, contact Phoebe Mitchell at pajrmitch I©gmail.com

Men's Social Breakfast Club meets on the last Monday of each month at 7:30am at the local Village Inn. Contact Steve Stine at sstine©zivaro.com

**Common Thread** group of retired and senior ladies will meet **Wednesday September 11 at 10:00am.** Then resume the first Wednesday of the month at 10:00m for Oct., Nov. & Dec. in the Conference Room. Contact Betty Ludlam at betty.ludlam1718©gmail.com

Also check out stlukeshr.com click 'Seniors at St. Luke's' logo: Seniors Dining Out Groups • Common Thread • Itch to Stitch • Monthly Services at Windcrest • Sunday Morning Bus Pick up at Windcrest

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Melissa Graham Director of Finance

financedirector©

# Thank You for Giving

Thank you so much for your continued support of our ministries. Your recurring and consistent giving is greatly appreciated - especially as we kick off our new year together. Any financial questions can be sent to Melissa Graham at financedirector©stlukeshr.com

- Check out the new ways to give page on the website: Click the DONATE button on the home page and find 4 options to explore - now including Venmo and a link to our latest financial information.
- 2. We are still taking in pledge cards for 2024 and it's easy online at stlukeshr.com It is appreciated!
- 3. King Soopers gives to St. Luke's! St. Luke's receives a percentage of what you spend in groceries so it's just a matter of going to the link below and selecting St. Luke's as your choice for donations. That's it. Very simple. THANK YOU! Email me if you need help with how to sign up.



https://www.kingsoopers.com/i/community/community-rewards



Sunday, September 29 Come any time between 4:00-5:00pm

Stop by the church backyard with your pet companion for a special treat and a blessing from Rev. Liza & Rev. Calob!

All pets are welcome (reptiles, too!) please use leashes and/or travel crates



## Summer Worship: Blessed to be a Blessing

Summer 2024 kicked-off a worship series at St. Luke's focused on

Blessings. "Blessed to Be A Blessing" was an opportunity to reflect on what we really mean when we say, "we are blessed" or share a blessing on others when we say, "bless you."

In the course of this 5-week series we participated in a number of significant blessings! We blessed fathers in all forms on Father's Day. We blessed our SLY High School mission trip before they departed for Albuquerque. We blessed two young children as we baptized them and welcomed them into the life of our church. We blessed Rev. Calob and his ministry as we welcomed him as our Lead Pastor. We blessed our new clergy team and the many ways they serve our community. Our

communion elements were blessed and we were blessed to receive the Lord's Supper on communion Sunday. We were profoundly blessed by the meaningful sermon that Dr. Stephen Collins shared with us on June 23rd.

We are so very blessed, St. Luke's and this sermon series was a great reminder of the importance of sharing many blessings in community.

# Lay Leaders are Gifts

#### Lay Leaders Purpose Statement

- We connect people
- We are liaisons between people and pastors when needed
- We like being present and we are good listeners
- We love to share our knowledge about St. Luke's



**Mina Hall:** My gifts are discernment and hospitality. I am a 5-year member of the church so can assist with questions of those who are new to the church. I am always involved with St Luke's Missions.

**Teri Burget:** As a 15+ year member I believe my gift is knowing many aspects of the church. My kids were involved in Sunday school, VBS and SLY. The whole family has done missions, puppets and plays. I lead the Women in Faith book club... reading is my passion.

**Gail Abernathy:** I am a Lay Leader, Stephen Minister, choir member. I love meeting new people and helping them find their way at church. I love talking to people I already know and checking in with them.

**Amy Antinoro:** One of the gifts I bring to the Lay Leadership team is my passion for connecting with people. I love meeting children and hearing about whatever they want to tell me. I love meeting youth and learning about their passions and what music they're into. I love meeting other adults and figuring out the things we have in common. And I would love to meet YOU!

**Pam Burke:** I am able to connect people with the areas and opportunities available at St Luke's.

**Betty Ludiam:** My main gift is hospitality. I invite people in and make them feel welcome. Also, I observe a crowd to see if there are questions or needs that will help them belong. Being connected has always been important to me.

If you are interested in learning more contact Amy Antinoro at rkymtnrph©hotmail.com

## Thanks to our Lay Leaders and Staff for our Church Picnic Fun!





# Craft Fair & Fall Festival - Oct. 26!

Mark your calendars and get ready for a day packed with festive fun! On October 26th, our beloved Craft Fair is back and better than ever, and this year, it's joining forces with our fantastic Fall Festival for families - wear your Halloween costumes and enjoy games, food and trunk or treat!

This fall, we're turning up the excitement with **more vendors, more crafts, and more** 

**fun** than ever before. The Spring Craft Fair was a smash hit, drawing in crowds from across the community, and we're thrilled to build on that success with an even bigger and brighter event.

But that's not all! Our pumpkin patch will be bursting with vibrant pumpkins perfect for your fall decor or carving creativity. And don't miss out on the delicious offerings from a variety of food trucks sure to satisfy every craving.

Join us for a day where creativity meets community spirit. Whether you're hunting for unique handmade treasures, enjoying a tasty treat, or simply soaking in the festive atmosphere, there's something for everyone. Come celebrate the season with us and make this October 26th a day to remember. See you at the Fall Festival and Craft Fair – where fun, food, and fantastic finds await!

# Trustees Corner: New Chapel



Carlo

The Trustees have replaced the projector and screen in the Chapel with a 75" LCD monitor. The old projector was showing its age, especially having problems displaying 16:9 HD aspect ratio images properly. So in its place now is the LCD

monitor. The monitor can be used with either the Mac Mini in the sound cabinet, or with your laptop. If you plan to use a laptop, it will need to have an HDMI output. The complete instructions are in the sound cabinet. Contact Ken Fong if you have any questions.

## The 4th Annual St. Luke's Car and Motorcycle Show

was held on August 10th. This is becoming a wonderful St. Luke's tradition attracting cars from around the south metro area. We had cars from years gone by as well as newer models including a Ferrari F8 Tributo provided by Ferrari of Denver. A real highlight was a work in progress by Jim Ludlam, a Daytona racer.



Jim was happy to let folks help "wrench" on the car and had a model showing what it will be when finished. Hope to see the final machine at the show next year! In all we had more than 35 cars and a really nice BMW Motorcycle. Food, music by the Cruisin' Cats and displays from

our vendors rounded out a beautiful day spent with family and friends.



# Guatemala March 2025 Trip!

Our team traveling to Guatemala through Pura Vida in early March 2025 still has openings! You are welcome to join us for this life-changing, fun and educational experience! Contact Betsy Keyack, bkeyack©att.net for more information.

## HAAT Force Needs Your Help!



As the cold severe weather season approaches, HAAT Force needs volunteers to help provide motel vouchers to the most vulnerable people in our community experiencing homelessness! Volunteers are

needed to preregister guests before severe weather occurs; take reservations on the phone for people needing shelter during severe weather; and distribute the motel vouchers and food at HAAT Force's location in Englewood. Please contact info©haatforce.org if you can volunteer!

**To donate,** you can write a check to St. Luke's with "HAAT Force" on the memo line. Donations are used for motel vouchers, bus passes, food and operations.

## 'Monday Lunches' Moves to Thursday

Our Monday lunch team continues to prepare 75 lunches each week for people experiencing homelessness. We moved to serving on Thursdays where there was a greater need. We continue to deliver lunches to Denver's Safe Outdoor Space on 13th street. Eileen's



cookies are generous to allow us to take day old cookies from their shop and one Thursday over the summer there were a couple of Happy Birthday cookies that went in the delivery. I delivered the lunches that day and before I left a gentleman came to me in tears thanking me for his Birthday cookie. He told me it had been a long time since someone remembered his birthday. I couldn't take the credit for this, I believe it is one of those God moments we all encounter. Believing in something that we cannot see or prove is a real and necessary life skill. We need this skill to believe in goodness and hope to motivate us to continue on through rocky roads and uneven waters. We all need it to believe in the invisible magic of the world- to believe there is a God who loves and cares for us even though we all face uncertainty. Thank you to our lunch team-Kristin Foster, Bessie Bartling, Nancy & Greg Plamp, Lynne & Bob Belville, Kim Joseph and the Emig family who meet each week to prepare and deliver the love that comes in a paper sack and sometimes a Happy Birthday cookie. - Sam Leahy



# The 20th Annual Golf

**Event** on August 17th at Heritage Eagle Bend Golf Club in Aurora was a magnificent Colorado day. We had a great turnout and had lots of fun and raised funds for St. Luke's and our church vans. Thanks to everyone who helped bring this event to life.

#### MUSIC & ARTS MINISTRIES

## **Wesley Players Celebrates 25 years!**

The Wesley Players is celebrating 25 years of shows, developing skills and forging friendships!!

When Jim Ramsey began as the Choir Director at St. Luke's 1/4 of a century ago, his lovely wife Leigh suggested a drama program. Godspell was the inaugural show and there have been almost 65 shows



since then! We just finished Broadway on Broadway 2024 which was a fabulous show and filled the house for 2 performances.



James Ramsey Director of Music & Arts Ministries

Chancel Choir, Worship Band, Soul Purpose Youth Choir, Wesley Players, Puppets



Kenrick Mervine Associate Dir. of Music Ministry/ Organist

Grace Notes, Men's Chorus, Sisters of Soul



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

Tintinnabulators, Joyful Noise, Tone Chimes, Kidz Pravz. Flute Ensemble



Director of

Brass Ensemble,

Wind Ensemble,

Ministers of

Swing, Orchestra

Ministry

Angela Alderson Dir. of Children's & Instrumental Music Youth Music Ministries keshr.com allegroaa©hotmail.com

> Kidz Prayz, Tone Chimes, Soul Purpose Youth Choir





Currently, we are rehearsing for The Secret Garden, a stunning musical by Lucy Simon (yep, Carly's sister) and Marsha Norman--and, we still have many of the original Godspell cast and crew members participating today!

Please join us as we take the show on the road for the first time! The Secret Garden has a one night showing at The Historic Elitch Theatre (www.

historicelitchtheatre.org) on October 4th at 7:00pm. Then, we come back home to perform 4 shows at St. Luke's on October 10, 11, 12 and 13 (www.wesleyplayers. org). This is a remarkable show made even more so by the spectacular Classical Indian Dance team, Shivoham, led by Sulakshana Jayaram and the shimmering vocals of our large choral ensemble. Directed by Roberta Hamilton-Griggs with music direction by

Dr. Jim and more choreography by Rebekah Ortiz, this show is not to be missed! And if you are an artist - be part of our ART **SHOW** visit bit.ly/47AXP8P for full details.

Kicking off the holidays will be our Readers Theater show, A Christmas Carol-Mountainville Style, written and directed by Jack Kennedy and next spring we will highlight acting, singing and dancing talents in Mary Poppins, The Dining Room, and Dear Edwing (a musical play for children). Come volunteer or audition with us!

> Visit wesleyplayers.org for info on our 25th anniversary season!





Have you been inspired by the various music ministries at St. Luke's? Have you considered joining one of these groups? Now is the perfect time to give us a try! Our Tintinnabulators Hand Bells Choir is currently rehearsing Tuesday evenings at 7:00pm; our Chancel Choir began rehearsing on Thursday evenings at 7:00pm on September 5, our Cherubs and KidzPrayz Children's Choir begin rehearsing Sunday mornings at 10:45am on September 11 and Soul Purpose Youth Choir on **Sundays 4:50-5:30pm,** and a complete calendar of our Music Ministry

rehearsals through the fall can be found online! Christmas Cantata RETREAT is October 25 from 6-9pm and October 26 from 8-11am (Cantata is December 8 at 9:30 and 11:15am.) Feel free to reach out to Dr. Jim or Kay Coryell at any point to ask questions and get involved!

# **Thank You Summer Musical Talent!**

As is always the case, I am amazed at the talent of the St Luke's community and grateful for their generosity of spirit and time. Looking back over our summer music ministries, we are thankful to:

Chris Rigolini • Sandy Larson • Dave Rhodes • Carl Fitch • Rob Datsko • Elise Collins • Penny Harris • Kay Coryell • David Garrett • Steve Collins • Leslie Porter • Barbara Mervine • Owen Metz • Rick Newell • Jeff Johnson • Ed Coryell • Jana Wesson • Patrick Griggs • Roberta Hamilton Griggs • Meg Hall • Erynn Shryack • Dyani Galligan • Amy Antinoro • Marge Harper • Andrew Vega • Wesley Players • GraceNotes • Chancel Choir

As our September 8 Kick Off Sunday officially resumes the 11:00am service, we look forward to seeing (and hearing) all of our music groups: handbell, instrumental, and choral on the weeks and months ahead! Why not consider joining one of St Luke's ensembles?

For further information, please email or talk to Dr. Jim, Ken M, Kay, Chris or Angela. -Kenrick Mervine

## Cherubs & Kidz Prayz are BACK beginning Sept. 11!



We will gather from 5:00-5:45pm on select Wednesdays throughout the year. Cherubs will meet in the David area. Kidz Prayz will meet in the music room. Cherubs Choir is open for children ages 2.5 through Kindergarten. Parents are strongly encouraged to stay and participate with their child. Kidz Prayz is for children first through sixth grade. Come join in fellowship and song as we learn singing techniques, instruments and ways to play with our voice. We can't wait to sing, dance, play and explore music with you in new and exciting ways!

Please contact Jacob Wesson at jacobwesson00©gmail.com for Cherubs Choir and Kay Coryell at kayc@stlukeshr.com for Kidz Prayz.





**CSE** Purpose:

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

#### stlukesCSE.org

Cultural ADVENTURES CULTURAL ADVENTURES Asian Food Experience

Friday, Sept. 20 11:00am-1:30pm



Join us for a trip to HMART in Aurora. This is a huge Asian food market with an incredible produce section, rows and rows of spices, noodles, etc. We will also have lunch at their food court area of the market featuring a variety of ready made hot dishes or made to order noodle or rice bowls. They also have pre-made sushi and salads and a Boba tea booth. So many things to try! We will meet at 11:00am to carpool.

For questions or to RSVP, please contact Renae at **renaeparra©aol.com** 

Scholarships are available for all of our classes and experiences - simply contact sallie©stlukeshr.com

# Get **CENTERED** at St. Luke's this Fall!

#### CLASSES & EXPERIENCES:



#### BRAVE SPACES **CSE - Connect and Celebrate** (a Potluck event) Tuesday, September 17 - 5:30-7:00pm St. Luke's Fellowship Hall

We're celebrating our CSE community with a light-hearted evening of good food, connection with friends, and sharing our plans for Fall CSE opportunities! We would love to have you join us! Please bring a favorite appetizer to share and we'll provide beverages and some sweet treats. RSVP by Sunday, September 15 to **renaeparra©aol.com** We're looking forward to seeing you!

#### OUTDOOR ADVENTURES Pine Valley Ranch Park Hike Monday, Sept. 23 (notice new date!)



Meet at St. Luke's at 7:45am to carpool to Pine Valley Ranch Park. This trail is mostly sun/partial shade. We will hike 3 miles with an elevation gain of about 525 feet. Granite cliffs, massive spruce trees and a quaint lake are all part of the scenery. In addition, we will see

evidence of the Hayman Fire from twenty years ago. Please rsvp to **renaeparra©aol.com** or Julie if you'd like to attend.

#### Save the dates for our last hikes of 2024:

- October 4 Golden Gate Canyon
- November 2 Palmer Reservoir

#### Men in Community with Bryan Hutchinson Sept. 16 at 5:00pm

Join this opportunity to connect with other men in our community. The experience engages participants in informal conversations about relevant topics and offers a chance to connect with other men regarding everyday aspects of life...family, work, faith, challenges, transitions, goals and hopes. You are welcome to join in anytime! We meet the 3rd Mondays of the month at 5:00pm. Bryan, who holds a Master of Science in Psychology, is a skilled and engaging facilitator. Contact **bryanrhutch©aol.com** for more information about the next meeting.

### FALL WELLBEING EXPERIENCE The Art and Science of Joyful Wellbeing with Dr. Sallie Suby-Long



Tuesdays from 5:15-6:30pm - Sept. 24, Oct. 1 & 22

This fall, we'd love to have you join us for conversations on the art and science of joyful wellbeing. In the midst of uncertainties and changes that are often present in life, connecting to centering spiritual practices, deepening relationships, and engaging in fulfilling work or service are especially important for meaning and joy. Our time together will include readings, videos, and reflection. We'll share our personal experiences and wisdom with each other, too. As a guide, we'll use an insightful book by Arthur Brooks and Oprah Winfrey entitled, "Build the Life You Want" along with readings from "Grateful" by Diana Butler Bass and "Beauty: Rediscovering the True Sources of Compassion, Serenity, and Hope" by John O'Donohue. Registration: \$50 (Includes 3 sessions, hard-cover book, materials, and a few light refreshments.) To register or for information contact sallie©stlukeshr.com

#### BRAVE SPACES: Be Here, Be You, Belong! Exploring Our UMC Social Principles Save the date for the introductory session: October 6 at 10:45am in the Chapel

The Social Principles of the UMC are a foundational part of our faith tradition! They are in the DNA of our St. Luke's community and connect with all we do!

Click on the QR code to see them! Our CSE Brave Spaces Team will join with Susan McIntosh, newly elected Lay Leader to the Mountain Sky Conference, and others for this informative and action-oriented





conversation!

#### Fall Flowers with Lisa Weddel Sunday, November 3 - 2:00-4:00pm

All are welcome. Join us! Class fee \$45. Save the date. Registration details coming in October. Contact sallie©stlukeshr.com

Counseling, Coaching & Consultation with Dr. Sallie Suby-Long – For more information contact sallie©stlukeshr.com

# **CSE's Summer Together**

#### OUTDOOR ADVENTURES

Three Mile Creek: On August 15th, another glorious Colorado day welcomed



17 hikers to explore Three Mile Creek Trail at Guanella Pass. This hike includes all that Colorado has to offer as we traversed through dense pine forests, lush aspen groves, flower-filled meadows, and towering granite cliffs! All this beauty lies along the gurgling Three Mile Creek which created numerous water crossings (adding to the adventure!) then culminating at a large beaver dam. Our time together was concluded with a picnic gathering on the banks of Geneva Creek.

**Caribou Ranch:** On July 10th, 17 avid hikers spent a perfect Colorado day at the historic Caribou Ranch near Nederland. We hiked through beautiful forests, flower-filled meadows and wetlands and took some time to enjoy the cool rushing waters of North Boulder Creek that runs through the property. Caribou Ranch is also known as a destination for popular rock bands of the 70's.



Our reflection time gave us the opportunity to remember and appreciate the music produced here, as we listened to an old favorite written by Chicago. We completed a lovely day with our traditional tailgate picnic.

Bicycles, Brunch, and Blessings: Melinda Davidson led a delightful morning bicycling trip along the Cherry Creek Trail on a temperate Friday in July. She paused our journey at planned, inspiring points along the trail to lead brief meditation experiences that deepened our awareness and enjoyment of our rich natural setting. Near the end of our trip Melinda shared a lovely affirmation printed on eco-friendly paper. We dropped our papers into Cherry Creek, and we watched as they magically dissolved into the creek, mingling with the water's essence as it flowed away. At the end of our bike ride, Melinda served delicious brunch boxes with a healthy and delicious veggie salad and homemade pitas, accompanied by a delicious and healthy dessert-to go. If you've never joined Melinda on one of her adventures, you should add it to your bucket list.



#### **CULTURAL ADVENTURES**

After a small group of us visited **Mango House Food Hall** in Aurora last year, we knew we needed to schedule another visit. We went again on a Saturday in August and our group of ten tried many of the different food booths and enjoyed a variety of new flavors.

#### **BRAVE SPACES:** Stories that Change Us

Brave Spaces facilitated three stand-alone experiences with compelling stories that reflect important topics of our time. Stories provide opportunities to see through someone else's eyes, to widen our worldview, and shape who we are. Each gathering included a video of a compelling story, time for personal reflection, and group sharing in a safe space. We also provided optional suggestions for going more deeply following each story session.

- June: Stories about injustice, featuring a video with Bryan Stevenson
- **July:** Stories about nature and caring for the earth, featuring a video with Louie Schwartzberg
- **August:** Stories about courage, hope and goodwill, featuring a video with Dr. Angus Hervey entitled "Why Are We So Bad at Reporting Good News?"

In August, some of the CSE leadership team was able to gather for a Meeting and Relaxation Time to plan for the fall. Thanks to Melinda for hosting!



Our team was honored to help during worship on June 2nd. We read scripture, led Children's Time, served communion and shared our Offertory prayers. It was such a sacred moment to break the bread and offer the cup to our community.

#### **CREATION CARE**

**Healthspan:** In July, Bob Oliver led a class focusing on the impact of our food choices on our planet and on our health. It was an enlightening experience and folks were grateful for the opportunity to learn more about caring for the planet and about increasing our healthspan (the years in our life that we are healthy and vibrant.)

The CSE website now includes a page on Creation Care and a link to a resource page which is full of tips and links to articles, videos and other resources. Check it out!

#### CSE: CREATION CARE **CORNER:**



then a young boy exclaims, "I found one!" and the potato treasure hunt has begun. A fast blur of Sunday School kiddos dug up tens of potatoes, many onions, basil, peppers, and tomatoes in the church backyard. They wanted to take home their own potato, but we explained that we would



## Watch for our CSE Creation Care Produce Stand

on Sunday mornings! Bring your extra garden produce to share with our community. Leftover produce will be donated to Integrated Family & Community Services (Thanks to Bob Oliver for building our portable produce stand!) be dropping that food off at a local food bank to provide it to neighbors who are food insecure. In concert with Grow Local Colorado, we donate all food to the Integrated Family and Community Services organization (IFCS). They run an outdoor grocery store where people can come shop for food. You too can donate extra produce to the IFCS. This year, St. Luke's has donated over 30 lbs. of organic fresh food. Way to go!

\*This is a seasonally specific column based on actions everyday people can take to care for God's creation.

-Nichole Rairigh



7th-12th grade

ON THE SLY:



Anna Fisher Associate Director of

ukeshr.com

Youth Ministry

**Service & Fun!** Fall is here and a new school year is before us! We have some exciting things coming up in September and October. Join us for a kickoff cookout, wander

the Chatfield corn maze with us, unload pumpkins and chow down on chili, and spend a weekend at Camp Buckhorn and meet new friends!

### SLY had a meaningful summer of mission opportunities.



Our high schoolers went to Albuquerque NM with Be the Neighbor, and our middle schoolers went to Alamosa CO with La Puente. In Albuquerque we learned about the indigenous heritage of New Mexico and some of the justice issues that affect folks from that area. The youth visited the Indian Pueblo Cultural Center and Petroglyph

National Monument. In Alamosa, our middle schoolers learned about homelessness and the justice issues that affect it, and the many kinds of organizations needed working together to address homelessness effectively.

**One of our seniors, Jonah Metz, shared this:** "The SLY mission trip has always been the highlight of my summer since the start of middle school, and this year's trip to Albuquerque was no exception. It was very special to work with various organizations in the area which provided shelter, food, and clothing for those who are less fortunate than myself, and I truly believe our work was not only impactful for the local community, but also for many members of SLY, including myself. Additionally, it was very interesting to learn about indigenous culture in New Mexico and discover their way of life. And, most importantly, I made countless memories on this trip with fellow SLY friends and adult leaders which I am certain will last a lifetime. It was such a blessing that I was able to attend this trip and I am so grateful for all the adult volunteers who took the time to join us!"

A big thank you to our adult leaders: Paul Peterman, James Bacon, Lee Seaman, Jay Van Hoosen, Amy Antinoro, and Nancy Copher! *Here for you, Josey & Anna* 

#### **Upcoming Events:**

- SLY Cookout & Kickoff Sept. 15 at 5:30pm (parents invited!)
- Chatfield Corn Maze Sept. 22
- Pumpkin Unloading Day & Chili Cookoff Sept. 28
- Ignite Youth Retreat Oct. 11-13
- You can join our mailing list on the church website, and sign up with Remind: https://www.remind.com/join/slyhrco



Kelly Amadeo Director & Principal of Little School kelly©stlukeshr.com

## ST. LUKE'S LITTLE SCHOOL The Happiest Time of the Year: School Starts!

We had an amazing teacher kick-off/ training day on August 19th. Our

teachers enjoyed a fun church scavenger hunt, visiting each St. Luke's staff member to receive a special gift or share a moment with them. We truly value our strong relationships with the church staff.

We welcomed our students on August 26th and 27th! Ms. Sam and Ms. Sharon hosted a delightful Tears, Tissues and Tea event for parents, where they enjoyed tea, tissues, baked goods, and a chance to celebrate their child's return to school.





Looking ahead, we're excited for several upcoming events. Our "Lunch with Loved Ones" event will invite parents and guardians to join their students for a special lunchtime. We're also gearing up for our favorite mini field trips to the Pumpkin Patch in September and October, and we're eagerly anticipating the fun fall and Halloween activities.

With 215 Little Schoolers this year, our building is filled with joy! If you're interested in volunteering, please reach out to me. Working with children is a wonderful way to boost your mood and make a positive impact.

Grace and Love, Kelly



St. Luke's staff welcomed back Little School staff with a grab-and-go brunch on their "Meet the Teacher Day" with a self-care bag for each teacher as they start the new year. Thanks to Sam Leahy for putting this together. *Blessings on their new year!* 

#### LITTLE SCHOOL

10

Josey Seevers

josev@stlukeshr.com

Director of Youth Ministry

## Family Camp 2024!

What a great year at camp! We had some new families as well as Family Camp faithfuls, and all ages from elementary

school age to retirement age. Our new pastor, Calob, was able to join us for a hike around Monarch Lake, where Adam Hollyman spotted a large piece of machinery that looked like it had been



used for logging operations in the early 1900s. John Harper played guitar and led campfire songs while everyone toasted marshmallows under the stars. And as usual, there was tie dye, paddle boarding, wildlife viewing, and lots of shared meals and fellowship.



Family Camp 2025 will be Thursday July 17-Thursday July 24 at Winding River Resort in Grand Lake, CO. If you are someone who enjoys visiting the beautiful Rocky Mountains and likes spending time getting to know friends from church, please join us! ALL ages are welcome babies to boomers! And for those folks who don't like to camp, there are cabins available. Please contact Caroline Merchant, caroline©merchant-us.net or 303-596-7026, for more information. St. Luke's Kids grace courage wonder beyond Welcome to St. Luke's Kids our ministry

to children birth through grade 6. In caring for the children of St. Luke's and their families, we seek to nurture and develop faithful loving lives, modeled after the Love, Acceptance, Justice, and Hope of Jesus, through relationship and learning. We strive to create sacred spaces and experiences for children to discover and share our principles of GRACE, COURAGE, WONDER & BEYOND inspired by God's love.





Sharon Oliver Dir of Children's Ministry & Comm. Creative Director Sharon@stlukeshr.com

# Children's Ministry: Summer Joy, Fall Hope

Our **Summer Wacky Days** program offered preschoolers the opportunity to learn in a play environment with developmentally appropriate activities for 3 mornings in August. It's a great way for new students to acclimate to Little School before the year begins. The children participated in crafts, music, games and outdoor play. Through these activities children continue to develop their emotional, social, creative, and cognitive skills. Special thanks to Ms. Nancy and Ms. Kate for their support. We look forward to our nextWacky Days over fall break.

**Summer Sunday School** has been extra special this year for our St. Luke's family and we so enjoy our time together learning Bible stories and what they mean in

our lives.We had a wonderful backto-school Sunday with a blessing of our backpacks and our teachers and the school year ahead.We got new backpack tags **"Be Here. BeYOU. Belong!"** That is our mission at St. Luke's! AND we started our **Tweens Class** and helped in our church garden.

Sunday School Registration is OPEN online for the 2024-25 school year and we would love to have you join us!

We also would welcome you to volunteer in Sunday School on a Sunday morning. It is so meaningful and super easy. Please consider giving of your time a few Sunday mornings a year being a mentor to our children. You can sign up on our stlukeshr.com website or contact Sharon or Sam.

**SLY**, Jr. (5th & 6th grade fellowship) kicks off on Sept. 15 with backyard grilling and games with SLY and an overview of our year together. Parents are invited! And then we plan to go to the Corn Maze on Sept. 22. Check out our SLY, Jr. calendar on the children's web pages.

#### Third Grade Bible Sunday is coming Sept. 29!

Please email Sharon by Sept. 22 if you know a 3rd grader that would like the gift of a Bible.We love this tradition and can't wait to share this milestone with the 3rd graders.

> Mark your calendar for our **Fall Festival** on Oct. 26 I 1:00am-1:00pm. This year combined with an amazing Craft Fair and of course, our Pumpkin Patch!

Cherubs and KidzPrayz Children's Choirs kick off

Sept. I I at 5:00pm. Please consider singing this year as we build back this amazing music program. Rehearsals on Wednesdays! Contact kayc©stlukeshr.com with any questions.

#### SEE BACKYARD FAMILY MOVIE NIGHT INFO on page 12!

SO many opportunities for children to create community and learn about and share God's love at St. Luke's. Join us as we continue to create sacred spaces for families to grow their faith!





#### St. Luke's United Methodist Church

8817 S. Broadway • Highlands Ranch, CO 80129 303-791-0659 • www.stlukeshr.com

 COURAGE • WONDER • BEYOND GRACE

We exist to reflect God's love, deepen people's connection to Christ, and show compassion to all in a way that changes lives.



**Cassy Meier** Communications and Office Administrator

Jean Bennett, Sally Cleary, Dave Cook, Bev Furns, Bonnie Garrett, Joan Goddard, Rev. Jim Harris, CONGREGATIONAL PRAYERS: Latest Entries Contact Rev. Liza if you

have any additions/removals 303-791-0659 x107, email Liza©stlukeshr.com, or leave a note at the front desk.

Ann Kershner, Mary Keyack, Lennon Krantz, Lt. Joshua Marvel, Chris McCarthy, Carolyn McIntosh, Mike Middleton, Emily Olney, Diane Orenstein, Linda Sears,

Sharon Johnson, Bill Shaffer, Bodie Shoffeitt, Nancy Springman, Āmy Weiske, Nan Woods

#### WE EXPRESS OUR DEEPEST SYMPATHIES AND CONDOLENCES TO:

Karl Krantz on the passing of his Uncle, Gene Tace

#### WE CELEBRATE TOGETHER & OFFER **CONGRATULATIONS TO:**

Grandparents, Mike and Becky Hutchins, and parents, Ian and Carly Hutchins, on the birth of Dorothy "Dottie" June

Ed and Eileen Law on the birth of their first great grandchild, Amelia Letah Eileen Forman

# DISNEP

# **BACKYARD**

Family Movie Night Friday Sept. 27 at 7:00pm

All are welcome!

We will gather in the church backyard under the lights at 7:00pm to watch "Moana" in preparation for the release of "Moana 2" in November. We will fire up the popcorn

machine and have ice pops! Feel free to bring other snacks and drinks of your own and don't forget your chair and/or a blanket while enjoying this fun family film! Feel free to wear your favorite Hawaiian shirt/outfit! For inclement weather we will move indoors to Fellowship Hall. Contact sharon©stlukeshr.com for more info.