ST. LUKE'S UNITED METHODIST CHURCH







# Fall is here and so it must be Feeding of the 5000!

It's that time of year when St. Luke's goes beyond to help our community with the annual food drive. This year we are partnering with St. Andrew UMC to assist in our efforts. Mark your calendars for the following dates:

### September 26 - Training potluck:

This year we will host a potluck dinner to train people in the art of collecting food at the grocery stores. Come to hone your skills and to get to know our neighbors from St. Andrew who will be helping with the food drive. Bring a dish to share because who doesn't love food and fellowship.

#### October 3-5 - 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). With the assistance of St. Andrew, we will also be collecting food for the St. Andrew Market. FERN is a food resource collaborative serving the South metro area, feeding an estimated 800 families each week. St. Andrew Market is located at the East Community Center and helps bridge the hunger gap and offers everyday household necessities in a free, safe, and lowbarrier market. Donations collected during the event will be delivered to FERN and St. Andrew Market on October 5th. Look for volunteer sign-ups soon.

#### October II - Feeding of the 5k:

A celebration of our accomplishments and hard work for the food drive. Come join in the fun for this 5k run/walk 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 breakfast to be provided for all.





### **Wonderful August Car Show!**

Over 50 vehicles! Cruisin' Cats music! St. Luke's scouts! Lots of volunteers! One-of-a-kind trophies by John Church! Les Ludlam Memorial Best-in-Show! \$1,500 raised for HAAT force! Thanks to Jim Ludlam for leading the charge!

### St. Luke's Solar Campaign Underway

St. Luke's is taking a big step toward caring for creation — and saving on our electric bills — with a rooftop solar project that will provide about 159.5 kilowatts of clean, renewable energy for our church.

#### This project will:

- Reduce our electric bills by about \$21,000 every year.
- Reach net cash flow positive in year 3 meaning annual savings will exceed annual loan payments starting then.
- Lower our carbon footprint, preventing over 3,254 metric tons of CO<sup>2</sup> emissions over 25 years — the equivalent of planting 4,800 trees.
- Serve as a visible expression of our commitment to environmental stewardship.

We've displayed an aerial photo of our church roof in the Narthex. As donations and pledges come in, we're marking the sponsored panels in green. Already, several panels have turned green thanks to generous supporters



SSLAR

Let There Be Light

— and we're just getting started! The total project cost is about \$500,000. Our goal is to raise \$250,000 in donations and pledges and finance the rest with a loan, which we'll repay from the energy savings. You can sponsor a solar panel for \$750, but gifts of any size will make a difference.

**How to Give: Make a donation** — scan the QR code, visit the solar table in the Narthex on Sundays, or send a check to the church office (mark "Solar Project" in the memo).

**Make a pledge** — you'll have up to one year to fulfill your pledge, making it easier to spread your support over time. Online or pledge cards available.



Let's keep turning our roof green — and power our church with the sun for decades to come.



#### **OFFICE HOURS:** 9:00am-1:00pm M-F

#### **WORSHIP SERVICES:**

9:30am large traditional worship (live streamed and in person) II:00am small gathering/large spirit, with communion

### **SUNDAY SCHOOL:**

9:30am PreK-12th grade Nursery available with reservation Church Office......303-791-0659 Email.....office©stlukeshr.com Website.....www.stlukeshr.com Nursery.....sam©stlukeshr.com



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

| Stair   |
|---|
| Rev. Calob Rundellx105<br>Lead Minister                             |
| Rev. Liza Stoltz Hansonx107 Associate Minister                      |
| Rev. Dr. Sallie Suby-Longx132 Minister of Healing & Wellbeing       |
| Dr. James Ramseyx123  Director of Music & Arts Ministries           |
| Kenrick Mervinex133 Associate Director of Music Ministry & Organist |
| Kay Coryell   |
| Chris Rigolinix146 Director of Instrumental Music Ministry          |
| Angela Alderson   |
| Kelly Amadeox115 Director of Little School                          |
| Samantha Leahyx140 Dir. of Community & Early Childhood Ministry     |
| Sharon Oliver   |
| Josey Seeversx128 Director of Youth Ministry                        |
| Kit Campbellx110 Office Administrator                               |
| Melissa Grahamx124 Director of Finance                              |
| Jessica Sheltonx116 Financial Assistant                             |
| Barry Curtisx144  |

Our next issue of The Chronicle will be the Advent/Winter issue. Content due Nov. 20. 2025 Please send inquiries and submissions to: chronicle©stlukeshr.com Editor: Sharon Oliver

Facilities Manager

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.

### St. Luke's: A Place of Hope



Rev. Calob Rundell Lead Minister

...and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit that has been given to us. - Roman 5:4-5

The apostle Paul wrote those words to the earliest followers of Jesus in the imperial capital city of Rome. Those words of endurance, character, and hope were sent to a people who lived at the center of

a system of power built on force and control. And the power of the empire was embodied in the person and office of the emperor. But the earliest followers of Jesus were choosing to embrace the way of life centered in the life, death, resurrection, and grace of Christ. And in this way of Jesus, Paul states that they have a hope that will outlast any emperor and any empire.

This fall at St. Luke's, as we begin a new season in the life of the church, we are focused on this same hope. For like those people 2,000 years ago in Rome, it can seem that we live in a time where power, force, and control are increasing. And this makes our role as the church all the more important. When we gather for worship, we proclaim hope. When we are together in small groups, we are building hope in each other. When we are out serving in the community, we are living out hope for the wider world. When we listen and pray with one another, we are placing our hope in God's love that has been poured into our hearts, as Paul says.

You are invited to experience hope at St. Luke's. There are so many ways to be involved in the life of the church, and you are invited to engage in those things that bring hope to your life and bring hope to others. See you at St. Luke's this fall, a place of hope! **Peace, Rev. Calob** 

Hope: Every Sunday in September, you're invited to be a part of a short-term small group with Rev. Calob centered on hope. The group will meet in the Chapel from 5:30-7:00pm.We'll talk about stories from the Bible where hope



is prominent, stories from the world about hope, and we'll talk about hope in our own lives.



### **Journeys of Hope: Exodus and Land**

Beginning with Kick-Off Sunday on September 7th, a new message series starts on the story of the Exodus in The Bible. We'll be exploring how God's hope is with us through all the different parts of a journey. We'll be learning about the story of Moses and how God is a God of freedom and liberation. But, we can't talk about the Exodus story without also talking about land. In October, we'll use what we've learned in Exodus to ask hard questions about who gets to live where. This will afford us an opportunity to learn more about the history of the land where we live, and who was here before us.

On Sunday October 12, we'll have a special guest preacher when Rev. Matt Franks of Castle Rock UMC, who is Native American, will join us at St. Luke's.

### Thank You, St. Luke's!

With any luck, many of you have spent the last week or so enjoying the delicious and juicy glowing round orbs that can only be fresh Colorado Palisade Peaches! Again this year, we were delighted to partner with C&R Farms on the western slope to provide



peaches for our peach fundraiser. Thank you for your generous support! We sold 472 boxes of peaches to over 200 individuals which equaled over 6,600 lbs of peaches! Proceeds from these sales will support the launch of our new SOUL Ministry training, on-going Congregational Care materials, and periodic mental health education and training opportunities such as youth and adult Mental Health First Aid. As always, we could not make this annual event happen without the organization and oversight of Jean Ann Duncan. Thank you to Jean Ann and all those who volunteered on Peach Delivery day!



Sunday, September 28 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 crate





Rev. Liza Stoltz Hanson Associate Minister liza©stlukeshr.com

# Living Through Seasons

One of my favorite rituals of the back-to-school season is seeing my social media feeds fill up with students of all ages posing with their back-to-school signs. It is such a sweet and important way to capture the yearly milestones of our young people.

These snapshots mark more than just the start of a new academic year. They are the visual reminders that time is moving, growth is happening, and life is unfolding—ready or not.

### But what about the rest of us?

Adults don't often take "first day" pictures. We don't hold signs that say "Year 17 of parenting" or "Trying something new at work." Yet we, too, are living through seasons. We, too, are growing, changing, grieving, celebrating. We all have

important milestones in life that ought to be noted although maybe not always with a cute photograph.

Summer at St. Luke's

has been full of life: Vacation Bible School with over 200 kids participating and volunteering, mission trips for middle school and high school students, outdoor music concerts, great evenings of board games and Pub Theology, and moments of deep connection. We've gathered to honor lives well-lived, welcomed new faces, and prayed for healing and hope. And now, as fall approaches, we feel the shift. Calendars fill. Routines return.

### So what does this seasonal rhythm mean for us as people of faith?

It means we pay attention. We mark time not just with calendars, but with intention. We ask: What is God doing in me this season? What am I being invited to release, to embrace, to learn?

It means we honor each other's milestones—spoken and unspoken. We celebrate the courage it takes to start again, the grace it takes to let go, and the faith it takes to trust that God is present in every chapter.

And it means we live faithfully into each season—not rushing through, not clinging too tightly, but walking with God through the unfolding story of our lives.

It is a great gift to be part of a faith community like St. Luke's where we have many opportunities to share the milestones of life together. We will celebrate Third Graders receiving Bibles in October, baptisms, training new SOUL Ministers, and more.

Thank you for being part of it all and being witness to all the milestones we share together as a church community.

### Peace be with you, Rev. Liza



Rev. Dr. Sallie Suby-Long, LPC Minister of Healing & Wellbeing Director – Center for Spiritual Engagement sallie@stlukeshr.com



We're celebrating the 15th Anniversary of The Center for Spiritual Engagement! We began with a hope in 2010 to Foster Healing and Wholeness of Mind, Body, Heart and Spirit through Experiences that Inspire Wellbeing, Connection and Service. Now, thanks to the dedication and vision of our team and the participation of our St. Luke's Community, we serve over 1,000 people each year through Outdoor & Cultural Adventures, Classes and Experiences, Brave Spaces Social Justice and Creation Care, Yoga Classes, Retreats, Counseling & Spiritual Direction, Wellbeing Opportunities and Community Service.



### Thank you for your part in bringing this dream to life!

The verse that guided us then and continues to guide us today is Isaiah 43:19:

"I am about to do a new thing; now it springs forth; do you not perceive it? I will make a way in the wilderness and rivers in the desert."

Join us on Sunday morning September 14 to celebrate 15 years! In honor of this occasion, we'll have a video of CSE experiences, new information about upcoming opportunities, and of course some delicious treats. We're excited to see the new things God will continue to do through St. Luke's CSE in the future.

### With gratitude, Rev. Sallie

*Leadership Team:* Suanne Ediger, Julie Polikoff, Jane Staller, Janet Johnston, Jennifer Smith, Melinda Davidson, Michelle Lamoreaux, Sharon Oliver, Renae Parra (Team Lead), Lisa Heaton (2025 Lay Liaison) and Sallie Suby-Long (Director) *Brave Spaces Social Justice Team:* Julie Polikoff, Jane Staller, Audrey Elling, Kathleen Hart, Betsy Keyack

*Brave Spaces Creation Care Team:* Nichole Rairigh, Ryan Rairigh, Cathy Collins, Bob Oliver, Caroline Merchant, Susan McIntosh, Tom Suby-Long, Sharon Oliver, Sallie Suby-Long



You've probably heard me mention Melody Beattie a few times. She's an author I love. She writes with wisdom, warmth and purpose. I keep a book of her daily reflections at home and in my office and turn to them often. This week, the reading I opened to is called, Come Back to Center. As we move from summer into the rhythms of fall and as we continue to experience the shifting realities in our world, it seems especially fitting. I hope you may find a line

or two that resonate for you and that add some peace and confidence to your days.

### **Come Back to Center**

Come back to center, that place in you that is still, calm, quiet and connected.

Your center is a place you can trust. It connects the body, mind, heart, and soul. It connects truth, your inner voice, and the Oivine.

Your best work comes from there. Your most loving times come from there.

Your insights, awareness, and guidance come from being there, at that place.

Your best decisions and finest moments come from that place.

Your center is a place that is quietly confident, unassuming, spontaneous, and free. It is gentle and kind, but it has the power to defend instinctively against harm.

Your center is a place that is naturally joyful and at peace. It is accepting, nonjudgmental, and it channels the voice of your heart. It knows perfect timing. It knows the rhythm of the universe, the rhythm of all creation, and it delights in its connection to that rhythm.

If you must leave your center to learn a lesson, feel a feeling, or experience something new, do that. Take all the side trips you are called to.

But come back to your center when you're done.

And go to your center first, Before you go anywhere else.

### 4

### Seniors at St. Luke's

Seniors at St. Luke's offer copious activities and events for those active adults 55+ within our community.

In June we immersed ourselves in a Sound Bath Experience in the Chapel. Where participants were exposed to sound vibrations from singing bowls, gongs, and other instruments to induce a state of deep relaxation.

In July we offered a Bird Walk Adventure with bird experts Betsy Keyack and Janet Johnston. We also had an excursion to the Lavender Festival and enjoyed more than 2,000 lavender plants at the Chatfield Farms Lavender Garden.

In August we experienced a special Baroque Chamber Music concert. The ensemble of four musicians shared instrumental selections interspersed with arias and also talked about their unique Baroque instruments.

For more information on fall events and activities check out the website and fall flyer at the Get Connected Center or contact sam@stlukeshr.com.

### **COMING UP:**

Conversations with the Pastor
First Tuesday of the Month 2:00-3:00pm

Sept. 2 - Rev. Calob • Oct. 7 - Rev. Liza • Nov. 4 - Rev. Sallie

Join us in the Chapel to meet with a pastor for an open forum discussion and to ask questions. No subject is off limits. Open to everyone.

**SEPT/OCT:** The Experience of Grace in the Methodist Movement Class with Monty Hoffman Sundays: September 21, 28 & October 5 (11:00am) This 3-week class led by Monty Hoffmann is not to be missed!

**SEPTEMBER:** Leaf Peeping Date/Time TBD Cost \$10 for the bus

OCTOBER: Spirits with the Spirits Tour Wednesday, Oct. 22 (6:30-9:00pm) At the Highlands Ranch Mansion. Cost \$40. RSVP to Sam. Space is limited.

**NOVEMBER:** Mobile Blood Drive Sunday, November 16 Mobile Blood Drive in St. Luke's parking lot. Donating blood is one of the easiest ways to give back to your community

**NOVEMBER:** Fall Flower Arranging with Lisa Weddel Sunday, November 23 (11:00am) Create a vibrant one-of-a-kind Thanksgiving centerpiece in Fellowship Hall. Cost is \$50. RSVP to Sam.

**Senior Dining Group** For more information and to add your name to a group, contact Phoebe Mitchell at pajrmitch I ©gmail.com

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

### Women in Faith!

Calling all bold, spiritual women. We are United Women in Faith, a powerful, fearless force driven by God's love and united in sisterhood. With a focus on women, children and youth, we act for justice and transform communities. We invite you to join us, because love in action can change the world.

### **Interest Groups:**

Common Thread: 1st Wednesdays at 10:00am, contact Betty Ludlam, betty.ludlam1718©gmail.com This group has gathered to provide

fellowship and devotions and presentations of meaningful content. The latest presentation included hats and the need to protect ourselves from the effects of the sun and to get skin screenings on a regular basis.

#### Itch to Stitch:

3rd Saturdays at 10:00am, contact Victoria Mason, vlm23@q.com These ladies have continued to make lap



#### We are:

A community of women whose purpose is to know God and experience freedom as whole persons through Jesus Christ; to develop a creative, supportive fellowship; and to expand concepts of mission through participation in the global ministries of the church.





robes, baby quilts and other items. Recently working on the tops for two Quilts of Valor so they can be sent off to the quilter. In August, as an intergenerational activity six from the group met with the St. Luke's Youth to help them with some basic sewing tips to help themselves if a button falls off or a seam or hem rips.

**Book Club:** The Book Club, 4th Mondays, contact Teri Burget, teri0962©gmail.com We start with a potluck at 6:15 and begin the discussion on the book at 7:00pm. Upcoming books:

- 9/22 Everyone in My Family Has Killed Someone
- 10/27 Beautiful Ruins
- 11/24 Frozen River

This past month we were joined by the author of *Come Fly the World*. We had a wonderful discussion and it was a nice change to our usual meetings. Thank you to Cathy Collins for arranging it. Continuing as a "hybrid" group the Book Clubs meets in person and on ZOOM so everyone has a chance to participate. A meal is enjoyed together for those attending in person.

We are always open to your ideas for new interest groups, missions and gathering topics. ALL WOMEN AND TEENS WELCOME

Recapping activities for Spring and Summer. UWFaith groups have gathered in fellowship and mission every month. Following our "Celebration of All Women" the groups have continued to provide opportunities for spiritual growth, outreach and education. In June the St. Luke's United Women in Faith hosted the breakfast meeting for all UWFaith participants at Mountain Sky Annual Conference. Approximately 50 attended. Keep watch for activities coming up as St. Luke's begins the new activity year. You are invited to join in at any time. If you have a special interest let us know.

#### WATCH FOR AN UPCOMING BAKE SALETHIS FALL!!

**New Website Link for UWFaith:** On the St. Luke's website at the top under Ministries or Connect you will find the link to United Women in Faith, also look for our logo and the bottom of the page on most communications. Please check us out and become part of the community of women at St. Luke's.





Melissa Graham Director of Finance financedirector© stlukeshr.com

# Finance Update: Servant Keeper & Online Auction

The church has a new online giving platform called Servant Keeper that everyone is invited to use! Servant Keeper is an online portal where you can donate to St. Luke's, set up recurring giving, and also view a record of your financial giving. Please visit https://

giving.servantkeeper.com/stlukeshr to set up your account. For those needing to have their Vanco donations cancelled with our transition to Servant Keeper, please email Melissa at financedirector©stlukeshr.com. Current Vanco donations will not cancel otherwise. If you have questions or need any help, our Finance Director Melissa Graham is here to be of assistance. financedirector©stlukeshr.com. *Thank you for your continued support.* 

Please mark your calendars for our Silent Auction on Sunday, Nov. 2 © 11:00am. Donations for our auction will be open from October 1-20.



### **Pub Theology Turns One-Year Old!**

This summer marked the one year anniversary of St. Luke's Pub Theology! It has been a fun, important, and meaningful year as we have gathered monthly at local restaurants and breweries to build community, engage in relevant topics, and be reminded that God is very much at work in the world.

This summer we are grateful to our Guest Speakers:

**Denton Hanson** "The Language of the Heart"

Dr. Stephen Collins "If God Really Is All-Knowing, Then What?"

Laura and Carl Fitch "Faith and Philanthropy"

Rev. Dr. John Miyahara "Anchored Faith in Deep Seas"

Look forward to Fall Pub Theology dates, coming soon!



Join US! The Bereavement Team can always use more on the team. We are here to serve our community with compassion and love during a difficult time. If you want more information please contact Betty Ludlam betty.ludlam1718@gmail.com.



**Kit Campbell** Office Administrator office©stlukeshr.com

### Staff Transitions: Welcome, Kit!

The Staff Parish Relations Team (SPRT) is happy to share that Kit Campbell, a member of St. Luke's for over 13 years, started as our new Office Administrator in mid-August.

As Kit notes in her resume, she's a friendly and thoughtful administrative professional who loves building connection through clear communication and heartfelt service. With a background in engineering and deep roots in community service through Scouting America, she has found her passion

in supporting teams that care deeply about others—just like St. Luke's. She is wife to Andrew and mom to Torin and Ailey.

We will miss Cassy in the office, but are happy that she and her family will continue to be a part of the SLUMC community. We appreciate the additional work of our staff and volunteers during this transition time. The community of St. Luke's takes care of each other in ways big and small.



#### Fun Facts about Kit:

- Favorite color: green
- · Immune to caffeine so drinks coffee for the vibes
- Named after her maternal grandmother, who just celebrated her 103rd birthday!

Samantha Leahy Dir. of Community & Early Childhood Ministry

### **Welcoming Opportunities**

St. Luke's is committed to creating a truly welcoming environment, especially for guests and newcomers. Our approach to hospitality is characterized as "radical welcome" and "genuine hospitality". This commitment goes beyond mere friendliness; it involves intentionality in exceeding guest expectations consistently.

We offer a variety of opportunities for individuals to contribute to the welcoming atmosphere at St. Luke's: **Windcrest Bus Driving Team:** Drive to the local senior living center once a week. **Usher Team:** Ushers

serve one Sunday per month, welcoming people into the Sanctuary and assisting during the worship service. **Family Ministry Team:** support youth and children's programs throughout the year. **Mission Team:** this team provides awareness and support of local and global mission initiatives. **Trustee Team:** trustees are responsible for the upkeep, maintenance, and security of the church building and grounds.

Hospitality is key on any one of these teams and is seen as an expression of love for Christ and neighbor through intentional acts of invitation and service. Ultimately, St. Luke's aims to create a community where everyone feels a sense of belonging and connection, embodying the spirit of Christ's love and acceptance. Please contact me if you are interested or want more information in serving on any of our leadership teams in 2026.

## Is there something you want to learn more about on Sunday nights?

Sunday nights from 5:30-7:00pm is our new time for short-term studies at St. Luke's. We started in March with youth confirmation classes and an adult class on the Methodist church. We did a Bible study on the Minor Prophets and we did a series on the Trinity and one beginning Sept. 7 on Hope and then after that Bible Geography. What should come next? Any ideas, thoughts, or suggestions? What is something you've always wanted to learn about at church? Send your ideas for studies directly to Rev. Calob at calob@stlukeshr.com



### **Meet Our Lay Leaders**

Lay leaders encourage discipleship, listen to the congregation, share information with clergy and church leaders when needed, promote the Futures Task Force goals, answer questions and focus the broad ministry of the church.



**Lisa Heaton:** "I am a Colorado native. My husband and I have been attending St. Luke's since 1990. Our three children were baptized here. Our twins were involved in youth choir, ministries and three mission trips to Guatemala. Now retired from a lifelong career in education, I have time to give back to St. Luke's. I love singing in the Chancel Choir. Come introduce yourself! I wear a BIG, Fun name tag."



Paul Connolly: "My wife, Shannon, and I have enjoyed being a part of St Luke's for 15 years. This is a wonderful place to get involved and feel like a part of something much bigger. I have been an usher, lay leader, part of the car show, and most importantly, I am the senior executive assistant to one of the greatest acolytes in all the land, Corbin."

### Mission Lunch Program

Our weekly lunch program for friends without homes has partnered with Denver Public Library. DPL actively assists individuals experiencing homelessness through their community resource program. This program focuses on connecting people with various city and county

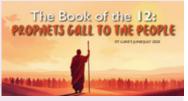


resources, including housing, shelter, and other essential services. DPL also provides a welcoming space for individuals to access resources, participate in educational programs, and seek support from staff with lived experience in homelessness. We deliver 50 sack lunches each week to the library and another 30 lunches to Network Coffee House. Kind acts may encourage others to repeat the good deeds they've experienced themselves. Thank you to Kristin Foster, Kara Emig and their families who purchase supplies each week, Kim Joseph for delivering and to our weekly volunteers who show up to prep every Thursday morning. Weekly donations of individually bagged chips are welcomed. If you have questions on ways you can support this mission outreach please contact sam@stlukeshr.com. Just one example of St Luke's making a positive impact in the world!



### The Book of the 12: Prophets Call to the People

During June and the first Sunday of July, our messages during worship focused on wisdom from what are commonly called The Minor Prophets. These are twelve relatively short books of the Bible from Hosea to Malachi. Each of



these twelve books were written for different times and purposes, but each communicates a message that God had for a community. Hosea called the people to return to God's mercy. Joel wrote about days to come when God's Holy Spirit would empower the people. Micah implores us to seek justice. And Jonah was tasked with proclaiming the grace of God, even when that grace was much bigger than Jonah wanted it to be. And in the middle of this series, Dr. Jim and Ken Mervine has a Sunday when they shared with us interesting insight into the music of the church.

#### The Means of Grace

In July and August, the founder of the Methodist movement, John Wesley, has been a part of our Sunday morning worship. The message series for these two months was focused on Wesley's



Means of Grace. These are practices that help fill our souls, ground us in God's goodness, and sustain us in serving the world. Some means of grace are about piety, such as prayer, fasting, devotion, and the sacraments. Other means of grace are described as mercy, meaning how we treat other people and seek justice in the world.

#### **COMING IN NOVEMBER: Sacred Moments**

During the four Sundays of November, our Sunday morning worship will be all about sacred occasions in the year. All Saints Day, when we remember those who have passed from this life to the life that is to come, is November 2nd. The next Sunday we will mark Christ The King, and remember that Jesus is a king in a completely opposite way of what we expect. November 16th is when we will mark Veterans Day. And November 23rd is the Sunday of Thanksgiving. And Advent begins on November 30th!

### SHORT-TERM CLASSES WITH REV. CALOB

**Prayer workshop:** How are we do pray? Have you ever been asked to pray for a person or a group? Is there a model for prayer? To learn more about these questions, you're invited to one of the prayer workshops on **Sunday September 21** in the Chapel after both worship services. We'll learn how the Lord's Prayer is a step-by-step, part-by-part



model of how to pray in any situation, and then we'll practice praying with the model.



**The Trinity:** For three Sunday evenings in August, a short-term small group gathered to learn more about The Trinity and ask questions about this mystery of the faith. We talked about mystery and wonder work in our faith, our lives, and our relationship with God. We looked a lot of scripture

passages and what they say, and don't say, about the God who is 3-in-1. And we took a deep dive into 1900 years of church teachings and arguments over The Trinity.

**Geography of the Bible:** The next Sunday evening short-term study will be on the Geography of the Bible. Stay tuned to the church communication channels for details and dates.

### WPTC Completes an Amazing 25th Season

## **Bring on Annie!**

Wesley Players Theatre Company (that was founded at St. Luke's 25 years ago!) has a had a big summer! *Dear Edwina* was so much fun in June! The show attracted an audience of all ages and was perfectly cast and was a great tie in to our VBS week. What a fun show to round out our 25th season. (photos below) *The Dining Room* cast performed 2 shows at Historic Elitch Theatre and then performers from *Dear Edwina* and *Mary Poppins* were featured there for their Gala on August 24th. The new production team for *Annie* just hosted auditions and we are looking

forward to kicking off our 25th season with a great show at St. Luke's Oct. 23-26.... tickets go on sale for this iconic musical

ATTIC

soon: wesleyplayers.org Come volunteer or audition with us! And thanks always for your support!



### Freshening up for Fall!

**Big Thanks** to Jim Ramsey and Randy Larson for painting the main hallway, entryway and stairwell.And to James Bacon and team for moving walls downstairs to accommodate our growing Little School! Wow! It all looks great! More building updates to come.





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 Prayz, Cherubs, Flute Ensemble



Chris Rigolini
Director of
Instrumental Music
Ministry
Chris@stlukeshr.com

Brass Ensemble, Wind Ensemble, Ministers of Swing, Orchestra



Angela Alderson
Dir. of Children's &
Youth Music
Ministries
allerman@hotmail.com

Kidz Prayz, Tone Chimes, Soul Purpose Youth Choir

### Music Ministry Group Rehearsals Return!

The Music Team is excited to get the music and arts ensembles started back up this fall. If you are interested in joining a choir, an instrument ensemble, a handbell ensemble, or the band team, please reach out to one of our team members who leads that particular area. 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 begins rehearsing on Thursday evenings at 7:00pm on September 4, and a complete calendar of our Music Ministry rehearsals through the fall can be found online! If you're interested in signing up for the Puppet Ministry, I'll get you in touch with Steve and Cathy Collins who volunteer to lead this ministry. Please don't hesitate to reach out to me (Dr. Jim) if you have any questions about any ensemble or how to participate. All are welcome!

### Thank You Summer Musical Talent!

I am continually amazed at the generosity of talent, time and spirit from the St Luke's Community; especially to those who graciously enlightened our summer Music Ministry. A heartfelt Thank You to all of our vocalists and instrumentalists!

Chris Rigolini • Sandy Larson • Dave Rhodes • Carl Fitch • Rob Datsko • Elise Collins • Penny Harris • Shel Stanfill • David Garrett • Copeland Harris Rose • Leslie Porter • Barbara Mervine



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 more information, email or talk to Dr. Jim, Kay, Chris, Angela or me. –*Kenrick Mervine* 



In July, we enjoyed two amazing Sunday evening concerts on July 20 and July 27. The first concert was by the very cool band, Cruisin' Cats featuring our very own Jeff Johnson. Around 50 people were present enjoying sounds from the



50's-80's with a few disco tunes mixed in too! Gabe Mervine was featured on the second concert and he brought his very talented friends to come hang with us in the back yard with some fun Jazz, both standard and new. Over 70 folks attended and they played until it was almost dark. A very special night and a fun time had by all. Make sure to mark your calendars for next summer's concerts when we advertise next spring. You don't want to miss them!





### **CSE Purpose:**

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

stlukesCSE.org



# Counseling & Consultation with Dr. Sallie Suby-Long – Licensed Professional Counselor

Sallie welcomes you to care for your health and wellbeing and is honored to be present with you as together you identify creative strategies for enhanced emotional, mental and spiritual wellness. Her approach is individualized, respectful and compassionate as she supports you to navigate change and challenges, identify new possibilities, and develop approaches for greater fulfillment. Sallie is a Licensed Professional Counselor and holds a PhD in education with an emphasis in psychology, a Master of Arts in spiritual care, and a Master of Science in human development. For a conversation to explore your hopes and goals, contact Sallie.

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

## **CSE** Celebrating 15 years this Fall!

Join us on Sunday morning September 14 to celebrate 15 years!

### **BRAVE SPACES:**

### What Can I Do? Homelessness: Our Neighbors in Crisis Monday, Sept. 8, 5:30-7:00pm in Chapel

We will learn about the personal experiences and challenges confronting our unhoused and often unseen neighbors. We will:

- Learn about the common myths versus the reality of those who are homeless
- Hear stories of the many faces of our unhoused neighbors
- Find out how we can help

We have invited a group of panelists who will share their stories of working within the homeless community, why they were motivated to help, how they helped and how those relationships changed them. We will also hear a story from a woman who has experienced homelessness and what helped her on her journey. We'll have time for Q & A, discussion, and reflection.

**Brave Spaces Field Trips:** Join us for some hands-on experiences and opportunities to volunteer.

- Sept. 19 We will be touring Bridge House, a Colorado-based non-profit that offers services to those experiencing homelessness.
- Sept. 25 Come join us to see first-hand the programs, services and volunteer opportunities at Giving Heart, which offers services that help people experiencing homelessness to move forward. You are also invited to be part of a group to provide a meal that day.

Wednesday evening, Oct. 29 - Brave Spaces



Praye Spaces presents
Beyond The Bridge: A
Solution to Homelessness

We are excited

to offer a nationally acclaimed documentary film - Beyond the Bridge: A Solution to Homelessness. The producers traveled over 40,000 miles around the US to answer this question: How can this country solve homelessness in a comprehensive way? You will be hearing much more about this opportunity as we get closer to the date.

### What Can I Do? Indigenous Peoples: Stand with, Advocate for, Learn October 6, 5:30-7:00pm

What does our Methodist faith say, what does our history and present reality say and how might we learn about, stand for and advocate for Indigenous People in our community. More information to come as we get to the date.

### **OUTDOOR ADVENTURES:**

### Mount Falcon Park (Morrison) Thursday,



**Sept.18 - -** Our hike will begin in the west parking lot and will include the Castle Trail and Walker's Dream Trail, approximately 3.3 miles

out and back. Along the way we'll enjoy beautiful panoramic views of Pike's Peak, Mount Evans, Indian Peaks, Red Rocks amphitheater, the Denver skyline and expansive views of the eastern plains. We hope you'll join us! Please contact janestaller@gmail.com to register.

### **CULTURAL ADVENTURES:**

### **Lunch at Haveli Indian Restaurant**

Thurs., Sept. II, Littleton RSVP renaeparra@aol.com



Who we are and what we do:This social and friendly group of open minded and kindhearted individuals is led by Renae Parra and Janet Johnston.We seek multicultural destinations offering to indulge your senses,

inspire connection, education and together co-create authentic experiences. We invite you to join us on our lively cultural adventures to celebrate and whole-heartedly embrace the arts. We look forward to sharing these magnificent moments with you. To be added to our email list, email renaeparra©aol.com.

### **CLASSES & GROUPS:**

### **Men in Community** with Bryan Hutchinson

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 1st & 3rd Mondays at 5:00pm.

### **Fall Wellbeing Session** with Rev. Sallie & Renae Parra

Tuesday, October 21, 2025 5:30-7:00pm

### Thursday Morning Yoga

with Sharon Oliver in the Chapel Thursdays, Sept. 25-Nov. 13 9:15-10:00am

### **Relationship Enrichment**

with Carl Cleveland Four sessions: Wednesday evenings (Oct 1, 8, 15 & 22) 5:30-7:00pm

Feeling anxious and stressed? Are your personal relationships strained at times? This four-session workshop led by Carl Cleveland will share approaches used for over 20 years with the Center for Pastoral Effectiveness that can have significant impact on your personal life. \$40 registration fee due at first class. Register with Carl (carlLcleveland@gmail.com)

### **CREATION CARE:**

**Produce Stand!** Share the abundance of your garden with others. Produce that is not grabbed by congregants will be donated to Integrated Family Community Services. Contact Sallie for more information.

**Gardening Help:** Come help tend our St. Luke's garden for the harvest season. Contact Nichole Rairigh for more information nichole.rairigh@gmail.com.

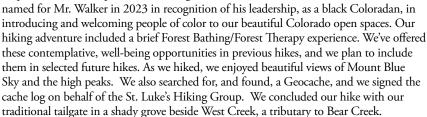
### **CSE Summer Recaps**

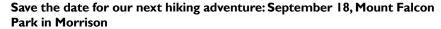
#### **Outdoor Adventures:**

**June - Reynolds Park:** We had a nice cool morning to start our rather long ascent up to Eagle's View. We crossed over trickling streams, listened to birds, sighted a deer, and used the breeze to give us strength. We were rewarded with stunning views of Pikes Peak and surrounding areas.

**July - Betasso Preserve:** In July we ventured to Betasso Preserve just outside of Boulder. An overcast day and an uncrowded trail provided a cool and peaceful place for enjoying the scenery, wildflowers, and the company of one another. Kristin Foster provided an awesome devotion and created a space for sharing things we noticed on the hike and reflections on life and

August - Winston K Walker trail at O'Fallon Park: On August 22, a multi-generational group of hikers (2 years-70+ years) climbed up through lovely wooded terrain along the Winston K Walker loop trail at O'Fallon park near Kittredge. This trail was





### **Cultural Adventures:**

**June - CoArk Korean Food Hall:** We had a great group visit this Korean Food Hall which houses ten different vendors, all serving authentic Korean food, drinks and dessert. Most in our group tried the poke bowls or the bibimbop. Lots of people tried the exotic non-alcoholic drinks they offered which were colorful and refreshing. We even had a few people try the croffles for dessert.

July - Highlands Ranch Mansion: Our visit to the Highlands Ranch mansion was one of our most popular events to date! Over 20 people attended the private tour(s) and learned about the stories and the people behind this landmark in Highlands Ranch.

**The Hope of AWE and WONDER:** Dr. Sallie Suby-Long and Sharon Oliver shared their learnings on the science behind Awe, based on the book Awe by Dacher Keltner. We learned having moments of awe is good for the body and mind! We discussed how to recognize awe and understand how it makes us feel connected. We all shared many beautiful stories and examples of awe from our everyday lives. Sources of awe include Moral Beauty, Religion and Spirituality, Collective Effervescence,

Nature, Visual Design, Music, Stories of Life and Death, and Epiphanies. We ended the experience with a beautiful video highlighting God's awesome creation.

**Summer Yoga:** Thank you to Sharon Oliver for leading us in four sessions of gentle Yoga this summer. The stretches and poses are so good for our bodies. Sharon always includes a meaningful and beautiful devotion as the focus of each class. This summer we centered ourselves on awe, gratitude and hope.









### FAMILY CAMP 2025!

**WOW! Family Camp just celebrated** 

its 25th year! What a great time it has been, with so many fun adventures building community together in God's beautiful creation! Family Camp 2025 took place July 17-24 at Winding River Resort, near Grand Lake, CO. This year, we welcomed 25 people, including Dave and

Julia Murrow, with their cute puppies, Max and Maisy. The Murrows had not been to Family Camp since the early 2000s, and they brought their family banners from 2002 and 2003!



top of Trail Ridge Rd in RMNP!



Family Camp 2026 will be Thursday, July

16-Thursday, July 23 at Winding River Resort. There are reserved campsites available. Contact Caroline Merchant at caroline@merchant-us.net for more



He is particularly interested in any photos and/or stories prior to the year 2000, but anything you consider significant, fun, unusual, or just plain uplifting is welcome. You can drop materials off in the St. Luke's office and photos will be returned after being scanned if you leave your contact information. Contact him at jpkjournalism@gmail.com or text him at 303-550-4755 with materials or questions. Thanks!



Josey Seevers
Director of
Youth Ministry
josey@stlukeshr.com

### **ON THE SLY:** Mission Trips! 7th-12th grade

A huge thanks to everyone who helped support our summer youth mission trips this year with your prayers and donations. It was a transformative summer.

Six middle school youth ventured to Rapid City South Dakota, July 7-12, to work alongside Feeding South Dakota, Canyon Lake UMC, and the Humane Society of the Black Hills. They gathered over 490lbs of nonperishable food donations, and \$350 for Feeding South Dakota, then helped pack over 400 boxes of food for families, and sort pallets of produce

into family size portions. They also prayed over the animals and workers of the Human Society after some upkeep projects and visiting with the animals. Canyon Lake UMC was so grateful for the help moving their children's ministry supplies over to their new building, and because of their relationship with the community were able to get us early access to the new Tuwahe memorial in Rapid City. The youth also got to visit Mt. Rushmore, Bear Country USA, and the Cosmos Mystery Area.

Twelve high school youth headed to Billings Montana, July 27 - August 2. They worked alongside Montana Rescue Mission, the HER Campaign, St. John's United, the Audubon Center, Parks & Rec., and ZooMontana - with work ranging from playing outside with kids, to digging, to painting a garage, to visiting compassionately with folks losing their memory. At the end of the week, they had the opportunity to white water raft in Cody, WY.

Additionally, we'd like to say another congratulations to our 2025 graduates! You did it, and we are so proud of you and excited to see where life takes you next! Come join us at SLY on Sundays!

### Here for you, Josey

Here are some mission trip thoughts and highlights from the youth:

*Maddie Youll, Middle School:* "On the mission trip, I learned and experienced so many things that will forever have a place in my heart. But a couple of the highlights from the mission trip were getting to help around the church we were staying at, and seeing how grateful they were that we could help them was truly beautiful. One of the main takeaways that I had after the mission trip was that God has so many ways of showing that He loves you no matter how bad you mess

up. Sometimes, it's just harder to realize that He is always on with you and can always help you."

*Kensley Morris, Middle School:* "On the mission trip to Rapid City, I learned and did so many new things. My favorite part was helping with the Humane Society. I really liked playing with the dogs and cats. Another one of my favorite parts was staying at the church. It basically felt like we were having a weeklong sleepover. I also really enjoyed working at Feeding South Dakota, doing an assembly line to build food boxes was my favorite. But sorting potatoes was also really fun."

*Hazel Hanson, Middle School:* "On the mission trip, I learned many things, but mostly how important listening to other people is. Also, something really cool that I got to experience were a bunch of baby bears climbing up a tree!"

**Anna Sevinsky, High School:** "The Montana mission trip was such an amazing experience! I learned so many important things. One that particularly stood out was working as a team through everything. Every site we visited to help at, we had to work as a team and I learned a lot about how to step up when needed and when to stand back and let others work. I really enjoyed getting to know the group dynamic and spending so much time with them! Everything about the whole trip was just so sensational!"



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



As summer winds down and fall peeks around the corner, we are thrilled to welcome back our students and families for another

wonderful year at St. Luke's Little School! Classes will officially begin after Labor Day, and our hallways will once again be filled with the laughter, curiosity, and joy of learning that make our community so special.

In preparation for the year ahead, our dedicated team of teachers gathered on August 25th for a full day of professional development and training. Under the guidance of our school nurse, Laura, staff completed CPR, First Aid, and Medication Administration training to ensure that every child is safe, supported, and cared for throughout the school day. This training is just one way we uphold our commitment to providing a nurturing environment where children can thrive.

We are excited to begin a new chapter together and look forward to all the discoveries, friendships, and growth that await our students this year.

> Here's to a fantastic school year at St. Luke's Little School! –Kelly Amadeo



Kelsey Ediger, High School: "I had such an amazing time with everyone. We worked together and helped many different organizations, while also getting to know each other better. One of my favorite parts was when we all helped out at the Friendship House, doing painting and yard work. Going away from home for a week was a really great opportunity, especially since we were helping the community around us. This experience was fulfilling in the way we could witness how grateful and happy everyone was when we were helping. I am super excited to be able to go on the mission trip next year, and I would definitely encourage other people to come in the future!"

*Cece Metz, High School:* "Over the mission trip I learned that whether it is a small amount of work or big amount, you are still helping people at the end of the day. It is important that you see that the work you are doing is important while still having fun. It's a time where you can reflect on what good you are doing for others and how a small thing to you is something bigger for someone else. These trips helped me connect with others in ways I don't do on a daily basis which help me gain experiences I won't forget.

**VACATION BIBLE SCHOOL Road** Trip brought learning about God's love to our community! We had 160 kids "on the Go with God" led by 100 volunteers to make June 16-20 a magical week of Bible stories, creativity and fun. Topped off by a delightful performance of Dear Edwina by the Wesley Players. It was a fun tie-in and helped make the week that much more meaningful. Thanks for all of your support of Children's Ministry!











Welcome to

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 & Dir. of Community & Comm. Creative Director Early Childhood Ministry



Samantha Leahy

### Fall Family Blessings!!

SLY, Jr. (5th & 6th grade fellowship) kicks off on Sept. 21 with food and games and an overview of our year together. Parents are invited! Watch the SLY, Jr. webpage for our upcoming opportunities!

### Third Grade Bible Sunday is coming Oct. 5!

Please email Sharon by Sept. 21 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.





**Sunday School is the best!** If you have not registered your child yet for the new Sunday School year - please do - we so appreciate it. We start each year with clean rolls so we have the most updated information on your child. You can register online at stlukeshr.com - it's quick and easy! Volunteer with us on a Sunday morning - it's rewarding, fun and you are SO needed! Sign up online or contact Sharon or Sam.

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!

**BLESSINGS** to Little School Staff on the start of another preschool year. YOU are inspirations!!!

**SUMMER HIGHLIGHTS:** We had a super fun "Star Wars" Family Potluck & Movie Night - it was multi-generational and we had a great time

making light sabers out of pool noodles. Summer Wacky Days in August was a huge success.

This program helps to counteract the 'summer slide' where children may experience a loss of academic and social-emotional gains during the break from school. Many thanks to Ms Nancy & Ms Trudy for making this camp extra special. The camp focus included valuable experiences that contribute to the holistic development of preschoolers, setting them up for success in the upcoming school year and beyond by fostering creativity and curiosity, and building

crucial social and emotional skills. We wish all of our summer camp attendees a great new school year!



And don't forget, on the first Sunday of every month, parents can gather together in the Chapel for It Takes **A Village** to get to know one another.









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

8817 S. Broadway • Highlands Ranch, CO 80129

303-791-0659 • www.stlukeshr.com

**COURAGE • WONDER • BEYOND** 

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



Kit Campbell Office Administrator

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.

Pam Allen, Jean Bennett, Ira Brenton, Carla Brown, Sally Cleary, Marilyn Curtis,

Bev Furns, Betty Halderman, Alina Harper, Rev. Jim Harris, Kerry Kirkpatrick, Lennon Krantz.

Suzanne Lustie, Doug Lyons, Carolyn McIntosh, Ion Metz, Fred Munoz.

Jan Munoz, Ann Newton, Evan Oliver, Austin Raap, Greg Sanek,

Brenda Schafer, Bodie Shoffeitt, Trudy Turner, Mary Twinem, Dan Woods

### WE CELEBRATE TOGETHER & OFFER CONGRATULATIONS TO:

The wedding of Evan Oliver and Emilia Cassidy on July 7 (proud parents, Bob and Sharon Oliver)

Carl and Joanne Cleveland on the birth of their grandchild Owen Cleveland (parents Claire and Brian Cleveland)

#### **ALTAR FLOWERS:**

In loving memory of Kathy Dreyer

In memory of Karen Herr's mother and her parents' anniversary

In congratulations of Jeff and Tammy Schugel becoming first time grandparents!

In loving memory of Kam Boles' mom, dad, and sister

In honor of Gail Abernathy & Mike Stevenson's anniversary

From Bob Oliver in celebration of Sharon's 60th birthday

From Diane Lindsay in loving memory of Jed Scott Bennett, son of Jean Bennett In celebration of the wedding anniversary of Duane and Mary Wilterdink

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

James Bacon and family on the passing of James' mother, Carole Bacon Family and friends on the passing of Pat Helms

Greg, Ken, and Larry Sanek on the passing of their mother, Renie Sanek

Billie and Chris Marvel and family on their niece, Natasha Koeplin Michelle Mallory and family on the passing of her uncle, Gonzalo Marcias

Joyce Horan and family on the passing of her husband, Richard Horan Jean Bennett and family on the passing of her son, Jed Bennett Polly Speranza and family on the passing of her husband, Dale Sevcik Elizabeth Bauer on the passing of her stepfather, Richard Dropik