



Lent/Easter The Chronicle

Highlands Ranch, Colorado

ST. LUKE'S UNITED METHODIST CHURCH

FEBRUARY/MARCH 2021

Plans to Reopen SOON!



We would like to update you on our reopening "Welcome Home" plans that Rev. Michele announced on January 22. In that plan, we set a target date of Palm Sunday, March 28 for our first in-person worship service! What a great way to start Holy Week, but a lot has to happen before Palm Sunday arrives. [\(see details on page 5\)](#)



We Belong @ St. Luke's

If you are thinking about church membership, we invite you to attend a We Belong at St.

Luke's session on: **Sunday, Feb. 21 at 11:30am**

This is a conversation about our church, our beliefs, what belonging at St. Luke's means to us, and how you belong here, too. This is a 90-minute session led by Pastor Liza and Rev. Michele and will be held on Zoom. Please reach out to Liza (liza@stlukeshr.com) for the Zoom link and any questions.



SAVE THE DATE "We Cannot Walk Alone": Anti-Racism and Allyship -A Panel Discussion on March 9

Moderator: Rev. Dr. Janet Forbes, Panel Guests:
Garlinda Burton, Jordan Lee, Rev. Ken Brown

Tuesday, March 9, 6:30-8:00pm (live-streamed)
REGISTER FOR THIS FREE EVENT
ON OUR WEBSITE - stlukeshr.com



In July 2020 a group from CSE came together to engage in self-reflection, education and action to support and to stand in solidarity with those experiencing racism in our community. Out of these conversations grew a need to reach out to our larger community with a much larger conversation. As a result, we have created a panel discussion, "We Cannot Walk Alone": Anti-Racism and Allyship moderated by Rev. Dr. Janet Forbes. We've brought together an amazing group of leaders and educators involved in the work of anti-racism:

- **Garlinda Burton** – journalist, educator, and justice advocate, Interim General Secretary for the General Commission on Religion and Race of The United Methodist Church
- **Rev. Ken Brown** – Senior Pastor, Trinity United Methodist Church, Denver, CO
- **Jordan Lee** – sophomore at CU Boulder and content creator for a social media campaign called "Unmask the Racism"

"We Cannot Walk Alone" is a quote from Martin Luther King's renowned "I Have a Dream" speech which exemplifies our purpose to seek greater connection in the fight to dismantle racism. We hope you will join us for this event and become a part of the global movement of justice and making positive change. For more information, contact the CSE Speaker Series Team Members Julie Polikoff julie.polikoff@msn.com or Sallie Suby-Long sallie@stlukeshr.com



Lent/Easter 2021

We can get through all things with God. We can! And this Lent, we will boldly steep ourselves in this truth, and we will open ourselves to the Great I Am at work in us so we can grow into the people and community God dreams for us to be.

Are you ready? Are you ready to move away from what we can't do, and into all we can be? Then plunge into this 40-day journey with us and prepare to reconnect to God, and to each other, through prayer, worship and daily devotions!

February 16 – Fat Tuesday: 4:00-6:00pm
Pancake Drive Thru. All are welcome to come get a pancake from SLY in our parking lot. Donations benefit our Youth Ministry

February 17 – Ash Wednesday:
• 12:45-1:15pm and 5:30-6:00pm Drive Thru Imposition of the Ashes in the church parking lot (no sign up needed, just drive up!)

• 7:00pm Livestream Service

WATCH FOR SIGN UPS ONLINE (*Sign up required*):

March 28 – Palm Sunday:
• 9:00am Livestream and In-Person Worship
• 10:30am Parking Lot Worship

April 1 – Maundy Thursday:
• 7:00pm Livestream and In-Person Worship

April 2 – Good Friday:
• 7:00pm Livestream and In-Person Worship

April 4 – Easter Sunday:
• 6:30am Sunrise Parking Lot Worship
• 9:00am Livestream and In-Person Worship
• 10:30am Parking Lot Worship
• 11:30am Livestream and In-Person Worship

Our building is currently closed to non-essential persons.

Worship services will be live streamed on Sundays at 9:00am
Outdoor worship on Sundays at 10:30am as weather permits - attendance is limited, please sign up online to attend.

Church Office.....303-791-0659
Email.....office@stlukeshr.com
Website.....www.stlukeshr.com
Little School Office.....303-791-1982



Staff

Rev. Michele Kaminsky.....x105
Lead Minister

Pastor 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 Ministry

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

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

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

Jake Smith.....x145
Director of Youth Ministry

Renae Parra.....x117
Director of Servant Ministry

Stephanie Kirk.....x110
Office Administrator M/W/F

Jana Wesson.....x110
Office Administrator T/TH

Rex Gradeless.....x124
Director of Finance

Jessica Shelton.....x116
Financial Assistant

Barry Curtis.....x144
Facilities Manager

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

Our next issue of **The Chronicle** will be the April/May issue.

Content due March 30

Please send inquiries and submissions to:

chronicle@stlukeshr.com

Editor: Sharon Oliver

The Chronicle is published about 6 times per year and is emailed to those on our email blast list, and it can be found on the church website. Printed copies are available at church entrances. To receive The Chronicle via US mail, please call or email the Church Office.



Rev. Michele Kaminsky
Lead Minister



Opportunities to Deepen Your Connection Over Lent

Dear St. Luke's,

Have the last 10 months felt somewhat like a continual Good Friday moment for you? Well guess what? **Easter is coming!** Easter is most definitely coming because Good Friday moments do not get to last forever. That is not what God intended and that is exactly what the resurrection brings us—a way out! A way out of the tombs of despair and oppression so we can rise up to the life God dreams for us.

But first we have to prepare. Good celebrations always require the best preparations, and the 40 days of Lent is an intentional time of going deeper with God.

What plans do you have to get closer to God during Lent?

We have many opportunities to deepen your connection, and I invite you to participate in all of the options that speak to you:

- **Daily Online Devotions**
- **Sunday Livestream Worship Services at 9:00am**
- **Sunday Parking Lot Worship Services at 10:30am**
- **Drive Thru Communion - March 7 from 11:00-11:30am (no sign up needed, just drive up!)**
- **Ash Wednesday Drive Thru Imposition of Ashes - February 17, 12:45-1:15pm and 5:30-6:00pm (no sign up needed, just drive up!)**
- **Ash Wednesday Livestream Worship - February 17 at 7:00pm**
- **Spirituality for Beginners through CSE starting February 16**
- **Family Lenten Bags for activities with your children**
- **Palm Sunday Livestream and In-Person Worship March 28 at 9:00am**
- **Palm Sunday Parking Lot Worship March 28 at 10:30am**
- **Maundy Thursday Livestream & In-Person Worship April 1 at 7:00pm**
- **Good Friday Livestream and In-Person Worship April 2 at 7:00pm**

Watch for sign ups on our stlukeshr.com website.

We have a lot of great ways to connect to God during Lent that offer deep spiritual growth so we are fully prepared for the resurrection that comes on Easter morning. For our spirits need some resurrection and recharging. So take the time to connect to God like never before and make it an unforgettable Lenten season filled with connection to the Divine Love that sustains us through all things!

Reflecting the Love of God in the World with Each of You,
Rev. Michele Kaminsky



Pastor Liza Stoltz Hanson
Associate Minister

Lent Begins with Dust



Hello St. Luke's!

The start of the season of Lent is marked by encountering dirt, and dust, and ash. Why is that? Why do we bear the sign of a smudged cross on our foreheads?

For me, it is a powerful reminder that I am not invincible. I am not eternal. I am human and that means there are influences in the world around me that are stronger than me. It is a reminder to make each day count and to live each day to the fullest.

In a blessing written for Ash Wednesday, Jan Richardson writes:

All those days you felt like dust, like dirt, as if all you had to do was turn your face toward the wind and be scattered to the four corners or swept away by the smallest breath as insubstantial — did you not know what the Holy One can do with dust?

During the season of Lent, even as we recognize this feeling of being fragile and being made from dust, we are also reminded that God is God. And what God can do with dirt and dust and ash is actually fully incredible because God is the Great I Am.

We are offering two times for you to receive an Ash Wednesday blessing along with the imposition of ashes on Wednesday, February 17th. Our Drive Thru Imposition of Ashes will be available from 12:45-1:15pm and 5:30-6:00pm. Enter the parking lot at the north entrance and clergy and staff will greet you near at the Portico.

I look forward to journeying through the season of Lent with you,
Pastor Liza



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

Shining Light on Your Sacred Story

“Our lives are not our own, they are grace-given gifts to treasure, to share, to enable others to embrace theirs, to make the world better”. K. Tyler Scott

Our lives are sacred. They are gifts to care for and to treasure. In my role as Minister of Healing and Wellbeing and Director of the Center for Spiritual Engagement, I have the privilege of continuing to provide counseling, spiritual direction, and coaching to our St. Luke's community. My sincere hope is to be part of shining light on the sacred story of your life and to connect you with opportunities that foster enhanced wellbeing of mind, body, heart and spirit.

St. Luke's is a remarkable community that has long recognized and prioritized care for the whole person. In my teaching at Creighton University, we refer to care for the whole person as *cura personalis*.

Cura personalis promotes human dignity and openness

to each person's spiritual and cultural development and prioritizes wholeness of life. While care for the whole person has been our ongoing practice at St. Luke's, it especially resonates with the present wellness focus in our culture and is so beautifully enhanced through spirituality and traditions of faith.

During my sabbatical over the fall months, I noticed with more intention the experiences in my life that have given me a sense of being on purpose and connected to my spiritual calling. I became even more aware that being present to people as they heal, navigate change, imagine, discover, and create their life stories continues to be an immense honor for me. I welcome the privilege of offering guiding resources, listening, and being in partnership with you to discover avenues for healing and growth. Some of the individualized opportunities available to you through St. Luke's include:

- **Spiritual Direction and Mentoring** – Spiritual direction offers deep listening and invites reflection on your spiritual story, what is sacred in your life and provides support as you grow in self-awareness and compassion for yourself and others.
- **Counseling and Consultation** – Wellness counseling and consultation honors the whole person and supports you to move toward your hopes for growth, healing, and enhanced wellbeing. It's an honor to be present with you and together, to identify creative strategies that allow you to thrive.
- **Appreciative Coaching** – Coaching provides support as you move toward personal and professional goals. An appreciative, strengths-based approach supports building upon what is already working in your life and encourages development of your strengths.

As always, I welcome a conversation with you! I'm committed to providing care that follows the expectations and standards of these professional practices. For health considerations at this time, conversations are offered via telehealth in an online Zoom format. You may reach me via email sallie@stlukeshr.com or by calling the St. Luke's office (303-791-0659).

Holding You in the Light,
Sallie





Les Ludlam
Retired Clergy

More from Les: #7 The Earless Rabbit

When my second cousin, Mariah, was 12, she decided that for her 4-H project that year, to raise Netherlander Dwarf rabbits.

One evening, I had dinner with the family. After the meal, Mariah brought out her newest bunnies. There were two, one glossy black female and the other a soft gray male.

Beautiful bunnies! They didn't have names, just numbers. The black one is "number 6", the gray one "number 7". They were nothing but cute!

"But," she told me, "look closely at number 7. See anything wrong? He doesn't have any ears!"



The mother doe had nibbled off his ears at birth. Not uncommon for domestic rabbits.

Number 7 couldn't be sold to a pet shop, couldn't be shown in competition. But there he was... Alive!

Some rabbit producers destroy deformed or defective animals at birth. But not so for Mariah and Number 7.

Infant rabbits have no fur and are very vulnerable to temperature changes. If you separate them from the others in the litter and the mother, they will die from loss of warmth.

Numbers 1 through 5 had been stillborn, so Mariah knew that Number 7 was needed for his body heat to help keep his sister, Number 6, warm and alive!

Number 7 was different, he had no ears, but he was valuable. He brought life to those close to him! Number 7 would always be different; he could not grow new ears, but he became a normal adult rabbit in all other ways. He lived because he had the power to save the life of another, his sister.

You'll be glad to know that Number 7 survived to adulthood. Mariah was able to sell Number 7 as breeding stock to someone else raising Netherlander Dwarf rabbits.

Number 7 has a message for all of us. We don't have to be perfect to be valuable, to help someone else! We may not match some arbitrary standard of perfection, or correctness, or stylishness, but we are worthwhile. We can be an important resource for another!

Number 7 unknowingly helped his sister live. Number 6 didn't expect it, in fact, she didn't even know. Only Mariah knew.

Sometimes, like Number 6, our help can come unexpectedly, from unanticipated sources. Help for our day-to-day struggles may come from the least expected places, sometimes from right next to us. However, we're different from Number 6 and Number 7. We are usually aware of our need in difficult situations and understand what it means when help comes.

But, how many times have we said, "O, don't worry, I can handle this myself!" Can we accept the warmth of an odd, earless Number 7? Do we have the strength and will to ask for help when we need it?

God bless us all, Les



Renae Parra
Director of
Servant Ministry

Blessed with Leadership

Each year in January I have the honor of recognizing our outgoing leaders at St. Luke's. We are blessed with so many talented people who serve our church with all their heart. Usually I hand out a small token gift of appreciation. This year, names were read during a live stream service and the gift was mailed to each leader. Leaders received a small olive wood pocket cross made by artisans in the Holy Land. I had been searching for quite some time for the right gift and when I saw how each cross was so different I knew I found the perfect recognition gift. Each of our leaders has unique gifts they share with us, just as each of these crosses is unique in its design. Next time you see one of these leaders, please thank them for the time they have served our church. I am very grateful for each one of them.



Michelle Mallory, Executive Team Lead

Mike Hollyman, Executive Team Vice Chair and Stewardship Team Lead

Amy Brice, Finance Team Lead

Sandy Larson, Staff Parish Relations Team Lead

Leslie Porter, Executive Team Music & Arts representative

Nancy Abbott, Lay Leader

Jared Ediger, Lay Leader

Bryan Hutchinson, Lay Leader

Julie Polikoff, Lay Leader

Jack Ary, Youth Lay Leader

Ethan Thevarajah, Youth Lay Leader

Russ Overman, Trustees (7 years of service!)

Keri Madsen, Staff Parish Relations

Marty Davidson, Staff Parish Relations

David Kuester, Finance Team

Sturgis Wetherington, Church Treasurer for 7 years

Michelle Lamoreaux, Stewardship Team

Becky Mayka, Equipping Ministry Team

Patti Speedy, Equipping Ministry Team

Pam Fears, Children's Ministry Team

Nichole Rairigh, Children's Ministry Team and Stewardship Team

Jason Koenig, Lead Usher

We have a number of leaders who have chosen to stay on and serve on their teams an extra year! We also have dozens of leaders who are in the process of serving their terms and we are grateful for ALL of you! Thank you so much for your love and dedication St. Luke's.

Grace and Blessings, Renae

St. Luke's Reopening Update

Dear St. Luke's,

We would like to update you on our reopening "Welcome Home" plans that Rev. Michele announced on January 22. In that plan, we set a target date of Palm Sunday, March 28 for our first in-person worship service. What a great way to start Holy Week, but a lot has to happen before Palm Sunday arrives.

First, we have a task force from the reopening team working on an instructional video, so when we are ready for sign-ups online, you can watch it and be fully prepared on what to expect while inside the building at St. Luke's. The video will detail all of the things you will need to know about entering the building, how to get seated, how to exit the building, and protocols for safety.

We want your experience to be a wonderful time where you can focus on worshipping God, instead of worrying about your safety. We know, however, that once inside, it will not be the same as we are used to, because the chairs will be set up differently, we will all be wearing masks, and we won't be able to have fellowship following the service. BUT we will all be so grateful to be able to be together again, and we know we will slowly get back to all the things we know and love about St. Luke's in due time.

Second, we have to continue to watch the numbers in our county, as that will determine how many people we can safely allow inside. If the number of daily COVID-19 cases increases, the number of people we can safely have inside decreases. We also know that the new variants will have an effect on the number of daily cases.

In addition, Bishop Oliveto has requested that we arrive at a 4% positivity rate before returning to indoor worship, so please keep praying that people will stay healthy and safe so we can keep our March 28 target date!

Third, our worship staff and volunteers need to do some practice runs so we are sure that when we do open up, things will go as smoothly as they possibly can. Therefore, we are asking all team members to help us out by signing up for our test runs set for March 7, 14, and 21. The feedback we received from the test runs we did over the summer for the backyard worship proved invaluable, so we are grateful for all of your help. Please watch for an email about these test runs soon.

Fourth, we plan on rolling out in-person worship slowly, but effectively and respectfully. We recognize that not everyone is ready for the same things at the same time, so in typical St. Luke's fashion, we have options. Our survey that ran January 28-31, indicates that 204 people out of 394 responses are ready for singing during worship, while 39 are not. Our reopening team has therefore planned for three separate areas for worship. **All three areas will require masks.**

- **The Sanctuary will have singing.**
- **The Fellowship Hall will **not** have singing.**
- **The Chapel will **not** have singing.**

There is a chance you may be seated in the Fellowship Hall even though you'd prefer to sing, but singing in the Fellowship Hall greatly reduces how many we can safely have in the building, and we'd like to maximize the number of people we can allow in. So please respect the safety protocols for each room—and each other—as we seek to love our neighbors while we worship God.

The worship schedule will continue to offer the outdoor service, as the survey indicated that 72 people out of 394 are not ready for indoor worship, and 194 out of 398 would prefer some sort of outdoor worship, preferably in the backyard.



Therefore, on Palm Sunday, March 28, we plan to offer in-person worship inside the building at 9:00am, while continuing to offer the Livestream at the same time at 9:00am. Then we will continue with the parking lot worship at 10:30am.

On Easter Sunday, we plan to offer six worship services. We will offer a sunrise service at 6:30am in the parking lot, an in-person indoor service

at 9:00am, a livestream service at 9:00am, an outdoor service in the parking lot at 10:30am, an in-person indoor service at 11:30am and a livestream service at 11:30am. *Please note that you do not have to stay in your cars during the parking lot services. You can bring your lawn chairs and join us up front while social distancing.*

On the Sunday after Easter, April 11, and going forward, we will offer a 9:00am in-person indoor service, a livestream service at 9:00am and an outdoor service at 10:30am in the parking lot. Additionally, we will begin offering **Sunday School** for children PreK-6th grade and for youth 7th-12th grade on April 11 during the 9:00am service. Please note the **Nursery** will be available for all in-person indoor services.

Online sign up will be required for all of our in-person and outdoor worship services, Sunday School and Nursery. Watch for those signs up to be available soon.

As the number of COVID-19 cases reduce, as we are hoping they will do in April, we will begin to assess the need for the outdoor worship service.

I know it feels like March 28 can't get here soon enough, but as Lent approaches, we know it is a time for preparation, and we are working hard to prepare for our reentry. So hang tight and stay connected. We're almost there. And please keep St. Luke's in your prayers, and pray for health and safety for all so we can meet our target date!

In the meantime, the building is now open to small group ministries. If you are a part of a small group ministry at St. Luke's and would like to meet in the building, please email Rev. Michele at michele@stlukeshr.com and Ken Fong at ken@stlukeshr.com for approval for building use.

Once you have approval, please email the church office at office@stlukeshr.com to check room availability. We are asking that all team meetings continue to meet via Zoom so our ministries can have priority of the space for their gatherings.

Thank you so much, St. Luke's, for helping us re-engage with each other for worship and ministry. We are excited for all the possibilities before us and can't wait to **welcome you home!**

In Christ,

Rev. Michele Kaminsky, Jay Van Hoosen, Ken Fong

Helping Our Neighbors

"WOW!!!!!! That is huge and will go such a long way in helping us out." That is the response we got from Joyce, the director of the Food Exchange Resource Network (FERN) when we sent her the \$22,000 check from Feeding of the 5000. That, plus the 6,500 pounds of food that we gathered, made this year's Feeding of the 5000 a success despite the limitations that we had because of the pandemic. FERN supplies food to 13 food banks and pantries in the south metropolitan area and Feeding of the 5000 is a major contributor to them.

The Missions Team will continue to look for ways to support our community and help our neighbors. We will continue to work with our partner organizations, like We Don't Waste, Love INC and Warren Village, to help people. Please see what you can do to help them also.

We also want to recognize the people of St Luke's who very quietly do what they can to help their neighbors. Several times during the pandemic I have asked about the Missions Team helping out with a project and have been told that someone has stepped up and taken care of it. Thank you and keep up the good work. I'm proud that you are a part of my church community. *—Monty Hoffman*

In the spirit of helping, Missions is planning on a Lenten Missions Project this year. If there is something that you give up for Lent or you want to give a little extra during the season, we will provide a way to use that to support our neighbors. *Details to come.* Thanks for all you do.

Christmas in the Park(ing Lot)

Christmas in the Park looked very different this year due to the corona virus. We were not able to gather in Lincoln Park downtown Denver to offer the free market to those experiencing food and housing insecurities. After Hours leadership in collaboration with St. Luke's and many other faith groups collected necessary items during Advent. We met in St. Luke's parking lot Christmas day to pack 4 buses and one large u-haul truck with new backpacks, sleeping bags, coats, sweats, long johns, hats, gloves, more than 700 pairs of socks and hand warmers, and hygiene supplies. The items were delivered and distributed to such organizations as The Gathering Place, St Francis Center, Haven of Hope, Colorado Business Collaborative, Delores Project, Urban Peak, Dry Bones, and Denver Homeless Out Loud.

Thank you for your generosity to bring light, hope and God's love to many this Christmas. *—Sam Leahy*



A 55+ MINISTRY

Seasoned Voyagers Give Back

Seasoned Voyagers, our 55+ older adult group, has been active despite not being able to go on our wonderful field trips! In December, we donated \$1200 toward gift cards for families in need at Sedalia Elementary. In January, we received a letter from our sponsored student Felix in Guatemala and wrote a letter back, along with a monetary donation for his family. The people in Guatemala continue to struggle during the pandemic. Like here in the US, students are having trouble with remote learning. For February, we reached out with cards of appreciation and support for the teachers at Sedalia Elementary. We wrote about 50 cards of

support and appreciation. Many thanks to Nancy Abbott, Debbie Boucher, Kay Oscai and Edee Worth for participating and all their hard work! Thanks also to Kay for making the cookies! Teachers are indeed some of our local heroes! One of our especially generous Seasoned Voyagers donated \$4000 to Sedalia Elementary and they got back to us promptly with a wish list of needs for the school. Finally, on the first Tuesday of every month, Seasoned Voyagers has a Zoom "Conversation with the Pastor," in which we get to ask any questions that are on our minds and learn more about happenings at St. Luke's. Seasoned Voyagers continue to travel "virtually" in so many ways! If you have ideas for future activities or want more information about our group, contact Rich Krening at 303-589-1839 or Renae Parra (renae@stlukeshr.com). *—Betsy Keyack*



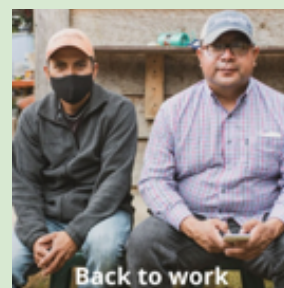
Thank You for the Donations to HAAT Force and Sedalia Elementary

On behalf of HAAT Force and Sedalia Elementary, I would like to thank the congregation for their generous donations during December. St. Luke's, including Seasoned Voyagers, gave a total of \$2825 worth of \$25 gift cards from Walmart and King Soopers to Sedalia Elementary for families in need. And with the pandemic and economic situation, the need was especially great this year. The staff at the school is tremendously appreciative. (photo shown of Principal Jeff Johnson and Office Administrator Cathy Wilson receiving gift cards.) HAAT Force - Homelessness Awareness and Action Task Force - provides severe weather motel shelter to families and people with disabilities. We also partner with local organizations to help our guests with the resources they need to improve their situation. HAAT Force received a total of \$923 from the December Giving Tree. Thank you for your compassion and generosity! *—Betsy Keyack*



Guatemala Virtual Work Trip

St. Luke's is sponsoring Pura Vida's first Virtual Work Trip with the goal of building a home for Valentina. She is the social worker who makes sure children in Lemoa, Guatemala get the nutrition they desperately need; she is currently living with Sister Helen and has no home of her own and limited income. Our local Guatemala crew is ready to begin work. With your help we can finish the home by summer. This will give Valentina somewhere to go if Sister Helen has to leave for any reason. You can donate to the home building effort by joining this virtual work trip at puravida.org



Finance Update

I would like to take the opportunity to express my thanks for your pledge and continued support of St. Luke's United Methodist Church. I would also like to remind everyone who donates through Vanco via their checking account or credit card to update their contribution amount to reflect their most current pledge amount information as St. Luke's cannot automatically do that for you.

However, we would be happy to process that information on your behalf, but in order for us to complete those items we will need an "EFT Authorization Form" completed and returned to our office. This form is located on our website or you can send me, Rex (rex@stlukeshr.com), an email and I will forward the form to you. Once received, we will update your information. Again, I thank you for your support and we look forward to seeing everyone during our re-opening later this year.

Thank YOU!

In this time that has been very different for all of us, we continue to celebrate God's amazing love and we thank you for your kindness and your generosity. In these unique days we trust that God continues to care for us and is present with us.

Here are the different ways you can give to St. Luke's:

1. **Mail** your donation to: St. Luke's UMC, Attn: Finance, 8817 S Broadway, Highlands Ranch, CO 80129
2. **Visit the church website** and click the 'donate' button, then click 'make online contributions.'
3. **Download the EasyTithe app** to your phone or mobile device and set up an account linked to 'St. Luke's UMC'.
4. **Add St. Luke's** to your list of monthly payments with your personal mobile banking procedures.
5. Visit the church website and click the 'donate' button, then click **'EFT form.'** Download this form, follow the instructions, and mail the completed form and voided check to St. Luke's.

Please contact Rex (rex@stlukeshr.com) if you have any financial questions.

Invitation to Stephen Ministry

Stephen Ministry is a St. Luke's ministry of laity led, one-on-one connection and support. Our Stephen Ministers have been trained with the skill of listening and journeying with individuals who are experiencing difficult and normal life situations including loss of a spouse, divorce, a career change, the challenging realities of parenting, or many other life transitions. Learn more about Stephen Ministry at St. Luke's in the short video on the St. Luke's website.

If you think a Stephen Minister would be beneficial to you during this time, please reach out to Pastor Liza at Liza@StLukesHR.com

Stephen Ministers: The After People

People often ask, "What exactly is a Stephen Minister?" One way to put it is that Stephen Ministers are the *After People*.

Stephen Ministers are there:

- ... *after* the phone call you hoped you'd never get.
- ... *after* the funeral, when everyone has left and the emotions you've held at bay come crashing in on you.
- ... *after* the relationship falls apart and the bottom falls out of your life.
- ... *after* the doctor says, "I'm sorry, but there's nothing more we can do."
- ... *after* the nursing home director shakes your hand and says, "Welcome to your new home."
- ... *after* the last child honks the horn, waves, and drives away—and the house suddenly seems empty.
- ... *after* the gavel comes down, the handcuffs go on, and your loved one is led away.
- ... *after* the baby arrives, demanding more of you than you ever dreamed possible.
- ... *after* you find a pink slip with your final paycheck.
- ... *after* your family and friends have heard your story one too many times, but you still need to talk it out.

Stephen Ministers are the After People. They are ready to come alongside you—or your friends, neighbors, coworkers, or relatives—and provide comfort and support for as long *after* as needed.

www.stephenministries.org

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288-011



JUST LOVE- Lenten Series

presented by the Mountain Sky Conference

Are you looking for a Lenten Study that explores justice issues?

JUST LOVE Lenten Series on Sunday evenings through Lent.

5:30-6:45pm, starting February 21 via Zoom

JUST LOVE registration here <https://mtnsky-reg.brtapp.com/JustLove>

For more information, contact vitality@mtnskyumc.org.



CSE Purpose:

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

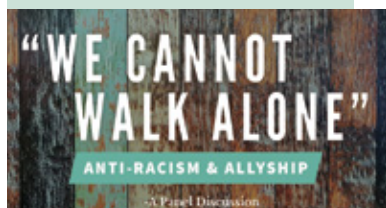
Take a look at our website:

stlukesCSE.org



Brave Spaces - Anti-racism Discussion Group

CSE's Brave Spaces is an online opportunity for those who want to engage in conversations to learn more about anti-racism. Our intention is to create a community to discuss racism, learn from each other and support each other on a life-long journey of being an anti-racist. As a group we have shared thoughts and ideas, books, articles and other learning sources that have allowed us to go deeper into these difficult conversations related to racism and social injustice. Jump in any time - our next two sessions are **Feb. 22 and Mar. 1 from 5:00-6:00pm via Zoom**. All are welcome! If you would like to join our conversations or be added to our email list please contact Julie Polikoff (julie.polikoff@msn.com), Jane Staller, Sharon Oliver, or Sallie Suby-Long.



CSE Nourish Experience: *Nourish: Wholehearted Being and Living with Melinda Davidson*

A 2-part experience: Individual Reiki session (scheduled in April) & Virtual Cooking Class on May 1 from 10:00am-12:30pm

Melinda has creatively adapted her healing Nourish program, so that we can experience it in a safe, "virtual" manner. Nourish offers a 2-part experience:

1. **One individual Reiki session** (including pre and post consultations) that you can experience either via internet or phone connection, or in-person with social distancing. Reiki's healing, integrative power can be experienced using a "no direct touch" technique. Individual, tailored-to-comfort sessions, alongside a pre-consult and post-consult, can be scheduled with Melinda during the month of April.
2. **A one-time virtual, interactive cooking class** on Saturday, May 1 from 10:00am-12:30pm. Meet in community via zoom to prepare nourishing foods in your own kitchen. Melinda will provide a follow-along recipe booklet and ingredient list. Optionally, you can purchase a pre-assembled "market basket" of ingredients for an added fee.



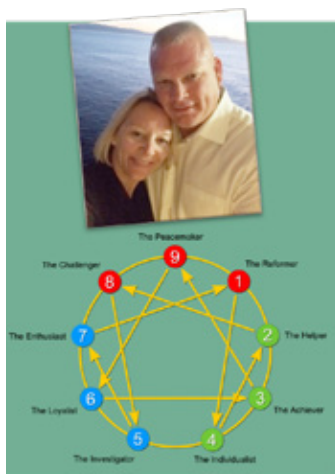
Price is \$120 – includes both Reiki and cooking experience; additional fee for market basket. Partial scholarships are available. For more information or to register go to the stlukeshr.com website or contact renae@stlukeshr.com.

CSE Outdoor Adventures: The CSE Outdoor Adventure Team offered a hiking and birding experience along the South Platte River on January 22. The interest was overwhelming, and we scheduled a second hike on January 27. A total of 19 hikers enjoyed the opportunity to observe the waterfowl that access this important migratory stopping point. Janet Johnston, an experienced birder, guided us to help us appreciate the wonders of migration. Migrating ducks leave their northern fall staging grounds to fly south, and they arrive to winter on open water along the South Platte. As a group we marveled at their beautiful winter plumage, and we learned to identify differences between diving and dabbling ducks. Everyone agreed that, in all and in awe, our adventure felt like a wonderful winter retreat close to home.



CSE Enneagram Classes: *The Enneagram and You – an Introduction with Schawn and Eric Kellogg, Sunday, February 28, 1:00-4:00pm (a Zoom Workshop)*

What if you had a roadmap – a "soul-map" for understanding who you are and what makes the people around you tick – a system that integrates your whole being and can be applied to every area of your life? The Enneagram is a time-tested model for understanding our unique way of being in the world. It is a powerful tool for developing understanding of ourselves and others that leads to more effective communication, and increased compassion. It's an engaging pathway for personal growth as well as for collective transformation that transcends gender, religion, nationality and culture. The Enneagram is an effective pathway for intentional inner work that helps us become clearer about our core beliefs and deepens our spirituality. For more information or to register, contact Renae@stlukeshr.com. Registration fee is \$35. *Additional \$10 fee to complete the online Enneagram Assessment if you have not taken the assessment previously. When you register for the workshop, a link to the Enneagram website will be provided where you can complete the assessment prior to the workshop.*



Using Enneagram Wisdom to Enrich Relationships with Schawn and Eric Kellogg Sunday, March 14, 1:00-4:00pm (a Zoom Workshop)

Enneagram is a study of the nine basic personality types. The Enneagram map of general predictable behavior patterns will be our starting point as we venture into our individual expression of these patterns. We will discover potential challenges and sweet spots within relationships, based on our individual strategies. We invite you to join us as couples: partners, friends, co-workers or parent and child. This is a light-hearted yet meaningful class which will offer examples and activities designed to help

us recognize what we need in relationships. Practical suggestions will flow from shared discussions, offered in a safe and respectful context. Previous experience with Enneagram is strongly recommended for this workshop. Registration fee is \$35. For more information or to register contact Renae@stlukeshr.com

SAVE THE DATE: March 9 6:30pm (see article on page 1)

CSE Yoga Update: Thursday Morning Yoga with Sharon has continued virtually and we now have 29 videos to choose from! We hope to be able to meet again in person once the church opens. Contact Renae@stlukeshr.com if you'd like to be added to the list to access our yoga videos and class information. Thank You!



Sharon Oliver
Director of
Children's Ministry
sharon@stlukeshr.com



Samantha Leahy
Director of Early
Childhood Ministry
sam@stlukeshr.com



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 be inspired by God's love.

Please register for the 2020-2021 Sunday School year online to keep our records current and help us stay connected. *Thanks!*

Winter Connections!

Advent was a challenging yet really rewarding time for Children's Ministry. We started with an amazing **Tree Lighting Parking Lot Service** - with a live Christmas tree outside along with lights all around the church. It was magical! We offered **Advent bags** to families who used them to travel through the Advent season with their families. "Our Advent bag had great messages, fun activities and simple reminders each day." Since we couldn't do our traditional

Christmas Pageant with all of the children in one place acting out the Christmas story, we brought in families one at a time, got the kids in costume and filmed them. We then pieced our one-of-a-kind virtual pageant together with the help of



Pastor Liza and Rev. Michele as our narrators and the Youth Bells as our music. "The finished video was spectacular and the bonus was we got to share it with our out of town relatives." You can view the finished product on our St. Luke's website. Then, despite the cold weather, we had a very well-attended socially-distanced **Holiday Shop** because all of the Little School classes shopped for gifts! And then we had a fun **Candy Cane Sunday** delivering the special meaning hidden in the candy. To cap the season off, we offered 2 outdoor children's **Christmas Eve Services** and a livestream version to watch online with carols and our amazing Puppet Ministry! And we gave out over 100 coloring book gift bags to all of the kids that came through to see the services in the parking lot. And we had a fun **SLY, Jr. Christmas Party** outside on the south stage and kept up our white elephant gift exchange tradition. Even in a pandemic, St. Luke's Children's Ministry found creative and meaningful ways to connect. **We love our St. Luke's families!**



Look for our video and printable **Sunday School** lessons each week and journey with us through Lent with our **Family Lenten Bags** with activities and devotions. (We still have a few left - contact sharon@stlukeshr.com to get yours.)

Coming up we have our SLY, Jr. (5th & 6th grade) socially distanced **LOCK IN** on Feb. 28 from 3:00 to 5:00pm with lots of cool activities planned and special guests - contact sharon to rsvp.

Wacky Week is back for March 15-18 for kids aged 3-6. The theme is "The Magic of the Rainbow." Contact sam@stlukeshr.com for more info or sign up online to grab your spot.

WACKY WEEK
THE MAGIC OF THE RAINBOW

Watch for a **March Bible Study for Kids** and a possible **Easter Egg Hunt Fun Morning** on March 27 (more details to come!) And **IN-PERSON SUNDAY SCHOOL** is scheduled to start back up at 9:00am on Sunday morning on April 1!! Sign ups and masks required. It will be great to be back together again! -Ms. Sharon & Ms. Sam



Kelly Amadeo
Director of
Little School



Little School News:

Happy New Year!

Hello St. Luke's!

We are excited to announce that we recently passed our Tri-County Health and Office of Early Childhood inspections with no violations. This is no easy feat in the middle of the pandemic with extra rules and regulations. We have a phenomenal staff who care about the health and safety of our students, and they work very hard to keep our preschool open and safe.

Our staff has started to get their Covid immunizations through Children's Hospital. We have a contract with Children's Hospital and our nurse consultant is a Children's Hospital Nurse, so they are helping to get our essential personnel immunized now. The rest of our staff will start their immunization process in the next few weeks.

This time of year brings a lot of fun to Little School. We have our Dad's Saturday event where dads or another significant adult and their Little School child complete a craft, mingle with other parents, and do a fun activity for Valentine's Day. This year is a virtual event, and we are looking forward to it.

We also had a virtual book fair February 1st-14th. A portion of the proceeds will go directly to Little School programing.

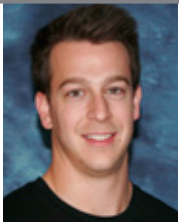
We are enjoying our time at Little School and are grateful we are able to meet in person.

Don't forget to wash your hands!

Grace and Love, Ms. Kelly

***CHECK OUT CHILDREN'S TIME all about love with Ms. Kelly and Lego Batman during the livestream worship video on Feb. 14 - stlukeshr.com.**





Jake Smith
Director of
Youth Ministry



Fat Tuesday Pancake Drive-thru was so much fun! Thanks to all of the volunteers and to all who came by for beads and some yummy pancakes and for your support of SLY!

ON THE SLY: 7th-12th grade

WE HAVE A MISSION TRIP! There are VERY limited spots, so contact Jake ASAP for an application.

Dates: June 13-20

Ages: Current 8th grade to 12th grade

Cost: \$450 (\$200 deposit)

Location: Oklahoma City with NEXT STEP!

Application: Send in BY MARCH 1

Keep an eye on your email! We will be going inside for Youth Group beginning in February! Again, there are limited spots for each meeting so sign up EARLY!!! Here's our next event:

TRIVIA NIGHT (With Prizes)

When: February 21 from 5:30-6:30pm

Where: INSIDE THE CHURCH (with masks and social distancing)

How: Email jake@stlukeshr.com to get sign up info

Yours in Christ, Jake

SIGN UP FOR THE WEEKLY YOUTH EMAIL.

It's on the church website or email jake@stlukeshr.com



Trustees Corner

Thanks to James Bacon and Lee Seaman, we have new tile in the upstairs main bathrooms. The previous tile had some

water damage, and gave the bathrooms a 1980s look. The new tile should last much longer and is the beginning of a planned updating of the bathrooms by the Storytelling team. If you have questions or would



like to donate to the modernization effort, contact Ken Fong or Renae Parra.



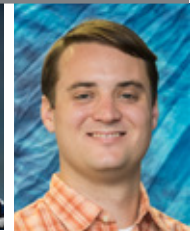
James Ramsey
Director of Music
& Arts Ministries



Kenrick Mervine
Associate Dir. of
Music Ministry/
Organist



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



Chris Rigolini
Director of
Instrumental Music



Small Ensembles Update

The Music and Arts team has been working closely with church leadership to provide the safest possible opportunities, and we are thrilled to be welcoming back small ensembles for limited rehearsals in person! If you would like to be included in the e-mails to find out about the rehearsals, please contact Dr. Jim (jim@stlukeshr.com) for information about choir for adults and youth, Kay Coryell (kayc@stlukeshr.com) for information about adult and youth handbells, and Chris Rigolini (chris@stlukeshr.com) for information about instrumental music. We are grateful to be making music again in person, and love that our passion can be shared in worship services thanks to the magic of video recording and the efforts of our tech team.

Wesley Players Becomes Wesley Players Theatre Company

Live theatre will return to St. Luke's this year, with some differences large and small from the past.



And what a past we have. In 2000, a small and brave group of performers and musicians gathered to "put on a show" at St. Luke's. The simple homespun production of *Godspell* was the inspiration to create the Wesley Players. Over the last twenty plus years the Wesley Players has performed a variety of productions from liturgical drama to melodrama and from dramatic plays to musical theatre classics. Dozens of productions in all.

One of the magical aspects of the Wesley Players is families performing together, on stage, behind the scenes, in the orchestra, or all of the above. Grandparents and grandchildren, parents and children, brothers and sisters, aunts and uncles, and yes, even some husbands and wives working together to put on a production.

As part of the drama ministry, the Wesley Players raised more than \$350K for various local, national, and international charities through performances supported by St. Luke's.

Today, as an extension ministry of St. Luke's, the Wesley Players Theatre Company (WPTC) is now a 501(c)3 nonprofit community theatre group that remains in residence at St. Luke's. As a self-sustaining legal entity, WPTC's new status allows us to bring together people of all ages and experience levels, from within the church and from the wider community, to perform drama productions and musicals year-round while broadening the outreach impact and revenue potential.

We are hopeful with the vaccine, and declining cases in Colorado, that WPTC is able to put on a production this spring and demonstrate our vision to celebrate our core values of encouraging diversity, creativity and community in every production, providing audiences with theatre experiences that inspire and entertain.

To stay informed about the Wesley Players Theatre Company, please visit our website **WesleyPlayers.org** and join our mailing list.

—Leigh Ramsey, Chair, WPTC Board

Christmas Reflections

"Christmas Eve at St. Luke's was different on some levels YET, our family embraced this as a reminder how the Spirit is always with us and in us... across all spaces and time. Our family attended the 'parking lot' Christmas Eve service and we felt sustained in the core of tradition by our Pastoral Leaders/Team and the many ushers who exchanged their personal warmth to extending kinheartedness by way of gracious presence. The service illuminated the familiarity of message and heart of connection that we needed to hear, see and feel, reflective of the manger, on the cusp of Jesus' sacred birth. We were amazed by the colorful lights as the night's sky transformed the words of Life, Peace, Joy, Love and Hope - through the illuminating journey of Mary and Joseph."—Melinda Davidson

"My mom and I attended and we thought it was beautiful, uplifting and very on point with Michele's message and Jim Ramsey's group singing. Very moving."

"We loved the parking lot service. The lights were beautiful and it was a lot of fun."

"It was so fun to see families arrive with their dogs in their cars!"

"One family arrived with a Christmas Tree in the back of their truck! Such great Christmas Spirit!"



Behind the Scenes!

UMW Update: **Women with a Purpose**

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



The work goes on – turning FAITH, HOPE and LOVE into ACTION. United Methodist Women are connected all over the world: Equipping Leaders • Organizing for Growth • Educating to Transform • Serve and Advocate • Foster Spiritual Growth

For the next four years two priorities all United Methodist Women are asked to be educated on:

- **Racial Equity – Criminalization of Communities of Color**
- **Climate Justice**

To learn more, go to the national website: <https://www.unitedmethodistwomen.org>. Read and learn what is happening.

For Local information go to www.mtnskyumw.org, you will find links for conference and district activities, news and leadership. The district St. Luke's is connected to is Mile High Metro.

Upcoming Events:

- **February 7, 14, 21, 28: "Finding Peace in an Anxious World"** A virtual Mission study led by Rev. Su DeBree. Registration is available at mtnskyumw.org
- **March 23 is Giving Day** for United Methodist Women. To help St. Luke's United Methodist Women continue their work, please make a check payable to United Methodist Women and send to the church Attention:

United Methodist Women
St. Luke's United Methodist Church
8817 S. Broadway, Highlands Ranch CO 80129

If you wish to donate to the National Legacy of United Methodist Women, visit the national website listed above.

Hope is still alive as we put our love and faith into action.

We are United Methodist Women

UMW Interest Groups:

Book Club – Fourth Monday 7:00pm on Zoom
(Feb. 22, Mar. 22, Apr. 26, May 24, Jun. 28)

- February Book: *The Aviator's Wife* by Melanie Benjamin
- March Book: *Everything Beautiful in Its Time* by Jenna Bush Hager
- April Book: *The Dutch House* by Ann Patchett
- May Book: *The Girl with the Louding Voice* by Abi Dare
- June Book: *The Radium Girls: The Dark Story of America's Shining Women* by Kate Moore

For more information contact Teri Burget, teri0962@gmail.com

Itch to Stitch – Projects of crochet, knitting, sewing, quilting are all donated to charities. Individuals are working on projects at home. For more information contact Fran West, mfranwest@gmail.com.

UMW Ladies – A time to connect and chat -- Zoom meeting on Wednesday evenings at 7:00pm. For further information contact Fran West, mfranwest@gmail.com.



St. Luke's United Methodist Church

8817 S. Broadway • Highlands Ranch, CO 80129

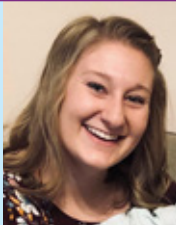
303-791-0659 • www.stlukeshr.com

GRACE • 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.*



Stephanie Kirk
Office Administrator
M/W/F



Jana Wesson
Office Administrator
T/TH

CONGREGATIONAL PRAYERS

Contact Pastor Liza Stoltz Hanson or the Office Administrator if you have any additions/removals 303-791-0659 x107, or email liza@stlukeshr.com or office@stlukeshr.com

*Tiffany Alverson,
James Bacon,
Greg Boyer,
Terri Christopherson,
Ted Dreyer,
Charles Freese,*

*Mark Godsey,
David Goodin,
Pat and Jack Hanna,
Mike Hollyman,
Danielle Horgan,
George and June Hutchins*

*Carleen Krening,
Dean Luallen,
Lara Magyar,
Victoria Mason,
Katie Mueller,
Zach Nannestad,*

*Kay Tabor,
Marilyn Ware,
Amy Weiske,
Baby Zander*

WE CELEBRATE TOGETHER:

The birth of Lane Lines to parents Leigha and Bryce Lines, and great grandparents Polly Speranza and Dale Sevcik;

The recent graduations of Elise Collins and Jacob Madsen;

The 101st birthday of Sister Helen in Guatemala;

The birth of Charly Caroline Campbell to parents Kevin and Katy Campbell, grandparents Fred and Lynda Drake, and great grandmother Caroline Butler;

The birth of Evelyn Stella Fort born to parents Alex and Casey Fort, and grandparents Rick and Robin Fort;

The birth of Hazel Catherine to parents Matt and Caitlin Plamp, and grandparents Brian and Elizabeth Bauer, and Greg and Nancy Plamp.

WE EXPRESS OUR DEEPEST SYMPATHIES AND CONDOLENCES TO:

Mary Belongie and Amy and Frank Cardello on the passing of Robert Belongie

Rev. Ryan Canaday and family on the passing of his grandmother, Cleta Sue Canaday

Carl Cleveland and family on the passing of his brother, Dale Cleveland

Kara Emig and family on the passing of her grandfather, Andy Anderson

Rick Fort and family on the passing of his mother, Ann Fort

Grace George and family on the passing of her husband, Rev. Jim George

Shane and Cindy Johnson on the passing of Shane's brother, Bill Johnson, and on the passing of their friend, John Hines

The family and friends of Margaret (Peggy) Link on her recent passing

Lorraine Lutz and family on the passing of her mother, Linda Leguillon

Mike Richards and family on the passing of father, Jack Richards

Shawn and Amy Slade and family, as well as Diana and David Slade and family, on the passing of their uncle, Jay Sessions

Teri Burget and family on the passing of Teri's step-father, George McGearry

Christy, RJ, and Claire Wohlleber on the passing of husband and father, John Wohlleber