



ST. LUKE'S UNITED METHODIST CHURCH

The Chronicle

Highlands Ranch, Colorado

FALL 2022



Feeding OF THE
FIVE
Thousand

SAVE THE DATE:

Our 2022 food drive will be:

September 23, 24 & 25

feedingofthe5000.us
- see page 6

MIRACLES AMONG US, MIRACLES BECAUSE OF US

DISCIPLESHIP TODAY
ST. LUKE'S FALL 2022

Join us this Fall to Discover Miracles!

SEPTEMBER 11 - Kick Off
"Miracles Come from Teamwork"

SEPTEMBER 18
"Miracles Come from Our God-Selves"

SEPTEMBER 25 - 3rd Grade Bibles & Feeding of the 5000
"Miracles Come from Being the Salt of the Earth"

OCTOBER 2 - World Communion
"Miracles Come from Living Love-Based"

OCTOBER 9 - Stewardship
"Miracles Come from Devotion and Worship"

OCTOBER 16 - Stewardship
"Miracles Come from Connection to Others"

OCTOBER 23 - Stewardship
"Miracles Come from Mercy and Justice"

OCTOBER 30 - Pledge Sunday
"Miracles Come from Our Giving"

NOVEMBER 6 - All Saints
"Miracles Come Despite Our Mistakes"

NOVEMBER 13 - Veterans Sunday
"Miracles Come from Living With Wonder"

NOVEMBER 20 - Thanksgiving Sunday
"Miracles Come from Our Commitment to Them"



Want to dive deeper into our fall sermon series while connecting with others? Sign up for a group to discuss the sermon series along with a journal. Contact David Garrett at the Get Connected Center or david@stlukeshr.com for more information.

In-person groups:

- **Sundays at 11:30am** with Rev. Michele
- **Sundays at 1:30pm** with Scott Wesson
- **Weds. at 6:30pm** with Rev. Janet Forbes
- **Thurs. at 1:00pm** with Rev. Liza (ZOOM, too!)

CSE OUTDOOR ADVENTURES Celebrates 10 years!
- see page 8

BACKYARD MOVIE NIGHT!
SILENT AUCTION • DONATE TO HONDURAS LIBRARY

HIDDEN FIGURES

MOVIE DISCUSSION THE FOLLOWING MONDAY

Friday Sept. 16 • 7:00pm

More info and tickets stlukeshr.com
Fun pre-movie activities! \$10 or \$25 per person packages. Popcorn, treats and drinks will be available for purchase. Bring a chair. Walk ups welcome. Sponsored by CSE. (will move inside for inclement weather)

FALL OFFICE HOURS:

9:00am-1:30pm M-TH
CLOSED on Fridays

Worship services

9:00am live streamed and in person
10:30am in person

Sunday School

9:00am 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



Staff

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

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

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

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

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

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

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

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

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

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

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

Maya Opati.....x145
Director of Youth Ministry

David Garrett.....x117
Director of Community

Stephanie Kirk.....x110
Dir. of Communication & Office Administration

Taletha Pogge.....x124
Director of Finance

Jessica Shelton.....x116
Financial Assistant

Barry Curtis.....x144
Facilities Manager

Our next issue of **The Chronicle** will be the Nov./Dec. issue. Content due October 20, 2022

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

Miracles Among Us

Dear St. Luke's Family and Friends,

What **miracles** have you experienced in your life? What everyday miracles have showed up and blessed you? Was it when someone was there just when you needed them? Was it an insight that gave you clarity? Was it a window opening when a door was shut?

Miracles are happening all around us. Yes, even with all that is going on, miracles are happening all around us. And miracles are happening because of us. When have you been there for someone in their time of need? When did you offer a nugget of insight that gave someone clarity? When did you help someone find a window when a door was shut?

We are all a part of God's miracles in the world. We are not here by chance, and we are not here to just get through everyday. We are here to bring God into our world on a very real, relatable and tangible level. And St. Luke's does that so well!

Our mission statement says: *We exist to reflect God's love, deepen people's connection to Christ, and show compassion to all in a way that changes lives. When we reflect God's love, deepen our connection to Christ and show compassion to all, it is life changing—and it is miraculous.*

As we begin our Fall worship series *Miracles Among Us, Miracles Because of Us*, we will discover and embrace how God is using each of us as present-day disciples. For we at St. Luke's have the blessing of connecting with God and each other through worship, music, events, classes, children's activities, small groups, youth group, theater, and through all of the offerings with the Center

for Spiritual Engagement. And, we have the blessing of making this love real in the lives of others through our numerous mission opportunities, mission partnerships, and with how we interact with people on a daily basis, which allows them to connect to this love as well.

All of this is miraculous!

I invite you to come and be a part of the miracle this Fall, starting with our Kick Off Sunday, September 11, where we will celebrate together as one body in Christ with one worship service at 9:00am, and a church picnic to follow at 10:30am in the backyard.

This is truly an exciting time in the life of our church. I can't wait to see what miracles will be sprinkled among us, and because of us!

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



Reflecting on a Summer of Psalms

Our *Summer of Psalms* series has blessed us during the long, hot days of summer, giving us a shady place to sit down, cool down, and find some refreshment in God. As we looked at all the gifts the Psalms offer us, we saw how they spoke the realities of what we go through today. Below is a verse from each Psalm in our series that Sam Leahy, Director of Early Childhood Ministry, used each week in prayer. As you read through it, let it become a Psalm of its own, offering you whatever it is you might need to hear today.

"I thank you, High God - you're breathtaking! Body and soul, I am marvelously made! I worship in adoration - what a creation!" –Psalm 139

"My help and glory are in God" –Psalm 62

"His good heart made him a good shepherd" –Psalm 78

"For God is sheer beauty all-generous in love loyal always and ever" –Psalm 100

"You're here to defend the defenseless, to make sure that underdogs get a fair break" –Psalm 82

"And I'm an olive tree, growing green in God's house" –Psalm 52

"God's Angel sets up a circle of protection around us while we pray" –Psalm 34

"God delivers generous LOVE, God makes good on Her Word" –Psalm 57

"Be Still and Know I am God" –Psalm 46

"How lovely is your dwelling place" –Psalm 84



Rev. Liza Stoltz Hanson
Associate Minister

Miracles Because of Us

This summer, Ruby (age 6) learned to ride a two-wheel bike without training wheels. It was a momentous occasion and an event that occurred entirely on her terms. For years, she was not interested in taking off the training wheels. She was content on the “co-pilot” trailer behind Denton. Until, one day in July she decided she was ready. She put in the effort. She maintained her determination. And two days later she was cruising down our street on her own and she has not stopped since.

She commented to me, “I thought I would never learn to ride a bike. But look at me now! It’s a miracle!”

Was it a miracle?

My rational brain knows that learning to ride a bike as a child in a normal developmental skill. Yet, the part of me that surrenders to wonder feels so strongly that yes – the process of learning to ride a bike IS a miracle. It is miraculous! It is magical! One minute your feet are firmly on the asphalt and the next, they are pedaling and propelling you forward. The wind hits your face and the landscape glides past and it is as close to flying as you can imagine.

I love that six-year-old Ruby is so full of wonder that she recognizes miracles around her every day. I am grateful that as her parent, I am privileged to see the miracles that she sees every day.

I believe miracles start with Divine motivation in one form or another, and they conclude with and because of us.

In the poem, *In The Storm*, beloved poet Mary Oliver describes an a situation where tiny sandpipers take shelter from a windy ocean storm, huddled behind the snowy tails of slightly larger ducks. This kindness, she describes, is a miracle.

Kindness. Bravery. Determination. If we are open to wonder, miracles are all around us.

As we move into the coming season in the life of St. Luke’s, I am prayerfully anticipating the miracles that we will surely come to know.

With love and blessings, Rev. Liza

An excerpt from “In The Storm”

by Mary Oliver

**Belief isn’t always easy.
But this much I have learned --
if not enough else --
to live with my eyes open.**

**I know what everyone wants
is a miracle.**

This wasn’t a miracle.

Unless, of course, kindness --

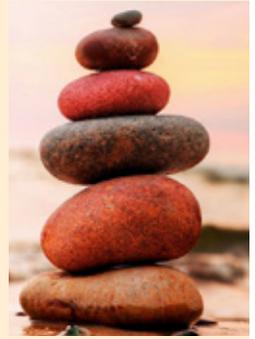
**as now and again
some rare person has suggested --
is a miracle.
As surely it is.**



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

Be Well

One of the privileges I have in our St. Luke’s community is providing counseling, spiritual direction, and wellbeing



opportunities. Being present to people as they navigate change and challenges, identify new possibilities, and develop healthy strategies for greater fulfillment is an honor I hold with respect and humility. As a licensed professional counselor, educator, and ordained minister, I practice with an integrated, strengths-based perspective and honor people’s innate capacity for enhanced wellness. I believe in the healing power of listening, care for the whole person, and promoting human dignity.

Counseling and therapy are offered to support people while addressing a wide variety of topics and intentions. Some of these areas include communication strategies, life-stage transitions, interpersonal relationships, grief and loss, depression, anxiety, spirituality, career development and decision-making, change, personal growth, clarifying meaningful life purpose, care-giving for loved ones, parenting, family counseling, work/life balance, couples counseling, pre-marriage and marriage counseling, women’s development, life coaching, and consultation for health and fulfillment.

It’s always a joy for me to connect you with opportunities that foster wholistic wellbeing and spiritual growth. Some of these opportunities are listed below. Blessing to you all.

Be well! Sallie

Wellbeing Opportunities:

- **Consultation, Counseling and Therapy** – Consultation and counseling honors the whole person and through education and therapeutic approaches, supports you to move toward your goals for growth, healing, and enhanced wellbeing.
- **Spiritual Direction and Mentoring** – Spiritual direction offers deep listening and invites reflection on your life story, what is meaningful and sacred to you, and provides support as you grow in spiritual awareness and compassion toward yourself and others.
- **Appreciative Coaching** – Coaching provides intentional partnership as you identify and embrace your personal, vocational, and life goals. An appreciative approach supports building on what is working well in your life and encourages using your strengths.
- Our **Center for Spiritual Engagement Team** creates new wellbeing experiences for our community each month and we welcome your participation! Check the CSE website and our fall flyer for more details about classes/experiences, outdoor & cultural adventures, yoga, and community action opportunities

www.stlukesese.org



A Bushel of Thanks

to our St. Luke’s community for their support of our annual Palisade Peach sale! The proceeds from peach sales support the work of our Stephen Ministry including grief booklets and regular continuing education opportunities for both Stephen Ministers and the community.



David Garrett
Director of
Community

Calling Disciples

What are the ways God is calling you to disciple at St. Luke's? Is your call to connect and support others or volunteer behind the scenes or serve on a St. Luke's Team? We are all gifted with unique ways to support and guide our church and we value what everyone brings to the St. Luke's Community.

The Equipping Ministry Team will begin to discern and pray about leadership for our teams here at St.

Luke's. Most teams have approximately nine members, three people rotating off and three new rotating on each year. The Equipping Ministry Team values your recommendations for new people to be on a team. Come find someone on the Team you are interested about. Come find someone on the Equipping Team as they can answer your questions or connect you with the people who can.

Members of the Equipping Team are: Jay Lee, Teri Burget, Joely Maddux, Ann Metz, Kim Joseph, Eileen Law, David Garrett, and Rev. Michele.

We would appreciate your prayers during this time and as we work to equip our church with leaders. *Grace and Blessings, David*

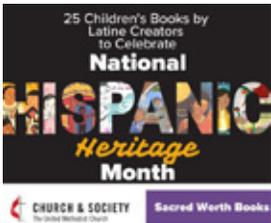
New St. Luke's In Community (SLIC) groups are now forming.

These small groups are focused on Growing in Faith, Love, and God one small group at a time. Current SLIC members describe their group as "allows all of us to share with each other in a safe space, pray for each other, and keeps all of us connected with one another." For more information about joining a SLIC group, please visit with David Garrett at the Get Connected Center or email him at david@stlukeshr.com for more information.

Church and Society of the UMC: 25 Books by Latine Creators to Celebrate Hispanic Heritage Month

Hispanic Heritage Month is an official celebration of people whose ancestry can be traced back to Spain, Mexico, Central and South America and the

Caribbean. Hispanic Heritage Month pays tribute to the generations of Hispanic Americans who have positively influenced and enriched our nation and society. See the list of books here: <https://www.umcjustice.org/news-and-stories/25-books-by-latine-creators-to-celebrate-hispanic-heritage-month-1369>



Trustees Corner: Updated Bathroom

Thanks to Trustee Steve Parra, the upstairs Men's Bathroom has now been updated with a modern vanity and touchless faucets. Steve made the same updates to the Women's Bathroom earlier in the year. This effort to bring the look of our two main bathrooms into the current century is part of the "Storytelling Project" to refresh the look of our church building. These vanity updates used up the last of the Storytelling donations. Future desired bathroom improvements are replacing the old tile walls with beadboard and repainting all the walls. We'll undertake these improvements when the Storytelling funds get replenished. Contact Ken Fong for more information. *-Ken Fong*



United
Women
in Faith

New brand, same mission, new opportunities

United Women in Faith at St. Luke's presented a moment during worship on August 28th. Please reach out to us to learn more. Another way to "learn more" is to visit the website UWF.org. There are many menu items or "learn more" places to click and find out about the why and what's next. If you have a special interest there is probably something for you. Are you a baker? UWF supplied many yummy baked goods for the church kick off picnic. There is a book club an Itch to Stitch Group ready for you to join in!

Also, another opportunity to learn more about UWF and connect with our district sisters in faith will be held at St. Andrew UMC on September 17. **SAVE THE DATE!**

If you have questions contact Betty Ludlam at betty.ludlam1718@gmail.com or Cathy Collins at scecollins@q.com

Community Shred Event Gives Back

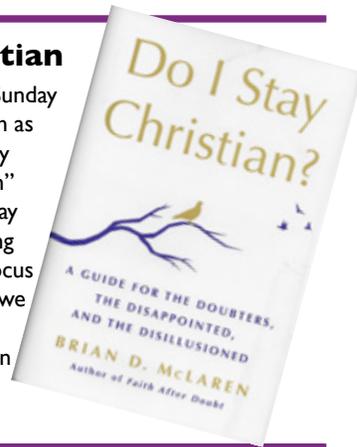


Thank you to PROSHRED for providing their state-of-the-art shredding truck for our Annual Community Shred event in August. The shred event donated **more than \$1700 back to St. Luke's ministries!** PROSHRED

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

NEW STUDY! The Christian Connection Class

meets on Sunday morning at 10:15 in the conference room as well as on Zoom. We start our new study on September 18 on "Do I Stay Christian" by Brian D. McLaren. There is a way to say both yes and no to the question of staying Christian, McLaren says, by shifting the focus from whether we stay Christian to how we stay human. If Do I Stay Christian? is the question you're asking—or if it's a question that someone you love is asking—this is the book you've been waiting for.



Car Show THANKS!

By all measures the 2nd Annual St. Luke's Car and Motorcycle Show was a success. We want to say THANK YOU to all of our participants, vendors, sponsors, donors, and volunteers. This Community Raiser is a way to bring so many together who have a love for cars and want to help those who are less fortunate. A special thank you to our sponsors and vendors: Porter Properties, Performing Arts Academy, Colorado Dance Center, Reverse Mortgages of Colorado. We appreciate your support for HAAT Force as they provide hotel vouchers for homeless and disabled persons during the coldest nights of the year. See HAATForce.org for more information.

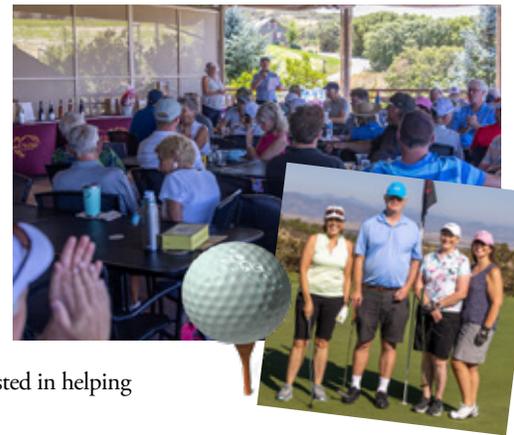


SAVE THE DATE! See you next year at the **3rd Annual St. Luke's Car and Motorcycle Show scheduled for August 19, 2023.**



Golf Event Success!

This year's golf tournament was at Red Hawk Ridge in Castle Rock. We had 68 players. A big Thank You to the following people for volunteering and making the tournament great: Rev. Michele, Ken Fong, Kam Boles, Gwen Riggle, Linda Babcock, Alan Babcock, Sun Warren, Rachael Owens and Sandy Larson. The Golf Committee was able to generate over \$2,500 in prizes/giveaways and we will soon know how much above and beyond that we were able to raise for St. Luke's. We had 12 sponsors this year. Overall, St. Luke's had another successful Golf Event. The Golf Committee will be meeting in November to work on next year's event. **We need more volunteers.** If you are interested in helping please contact Brian Owens Brian.owens@comcast.net



St Luke's Softball - We still won!

It was another great season for Inter-Church League Softball! It may not have been a championship season but we still won in many ways! It was great to have lots of youth and their friends out on the field and to see friends from our neighbor churches! Look for more info for the 2023 season next May!

Flowers Celebrate Life!



The Altar Team invites you to help us decorate our altar each Sunday by Celebrating Your Life, Your Family, and your Friends.

The two bouquets, \$40 for both, may be taken home after the last service. Vases may be returned later and placed at the sink area of the Narthex. Contact Stephanie in the office to place an order or answer questions. There are open Sundays in September, October, and November.

Thank You for your Continued Support

Due to your commitment of making your pledge payments on time and to the continued commitment of generous giving beyond pledges, St. Luke's has been able to maintain a balanced budget and do great things so far in 2022!

Here are a few items –

1. Equipment and items that needed to be repaired, have been fixed.
2. Projects that were put on hold due to lack of funding have been finished.
3. St. Luke's has been able to hire a full time facility manager so that the facility will be maintained on a regular basis.
4. SPR was able to show the communities appreciation of the amazing lay staff at St. Luke's by awarding them a cost of living raise that hasn't been done since 2019.
5. We've already had some great Community Raisers in 2022 - watch for these to come: CSE Movie Night (9/16), Fall Wacky Week (Oct 17-19), Bourbon Tasting (TBD), Silent Auction (TBD)

As we all celebrate the great things happening at St. Luke's please continue to give and support so we can continue to reflect God's love, deepen people's connection to Christ, and show compassion to all in a way that changes lives. If you have any financial questions please reach out to the Finance Director, Taletha Pogge at financedirector@stlukeshr.com or 303-791-0659 x124.

Mark Your Calendar: Our Stewardship Drive "Sowing Miracles: Deep Roots Generate New Life" is coming this October - Pledge Sunday is Oct. 30! We are so excited for what 2023 holds for our St. Luke's Family!



Taletha Pogge
Director of Finance



Get to Know Your St. Luke's Staff - pt. 2!

Rev. Liza came up with 10 questions and the staff was asked to answer at least five of them... Here are a few of their answers... ENJOY! (We will reveal more in the next edition of *The Chronicle!*)

4. What is your favorite summertime treat?

Iced Matcha Latte's (Maya), BBQ'ing with friends & family (Jessica), Cold Iced Tea (David), Bombpops - the original red, white, and blue popsicle (Liza), Watermelon (Sallie), A strawberry or mango ice cream cone! (Michele), Root Beer float bars (Taletha)

5. What is your comfort food?

Cookies n' cream ice cream (Maya), Pho (Jessica), Mac and cheese (Barry), Anything with dips (salsa, artichoke, cheese, etc.) (David), Thai take-out - Red curry with fried tofu (Liza), Spaghetti (Sharon), Krispy Kreme maple glazed donut (Michele)

6. Who is your favorite superhero?

Batman - Specifically the Batman from Justice League Unlimited (Maya), Captain America (Barry), My grandfather and dad (David), Moon Knight - as he has some significant issues, and, like Jesus, is Jewish! (Ken M.), BATMAN! (Kelly), Wonder Woman (Kay, Liza, Sam), Incredible Hulk (Jessica), Poison Ivy (Sharon)

The Letter of James: Practical Instructions for A Life Of Faith Key Take-a-Ways from the 3-Part Series

Listen Twice, Speak Once: James tells us to be "quick to listen and slow to speak" (James 1:19). Once spoken, once heard our words land where they are aimed. With precise intention, words can heal or they can do great harm. The 13th century Sufi poet Rumi wrote, "Before you speak, let your words pass through three gates. At the first gate, ask yourself, "Is it true?" At the second ask, "Is it necessary?" At the third ask, "Is it kind?"

Action Speaks Louder than Ideals: James is adamant that "faith without works is dead" (James 2:26). We ask ourselves, what actions does my faith require of me? What do I do and how do I live that is different because I follow Jesus? I want your doing to be done with intention. Take time to prayerfully knit the connection between our inner lives of faith and our external expressions - because the connection IS there. As the great Elvis Presley so eloquently sang, "A little less conversation, a little more action!"

Comparison is the Thief of Peace: James says, "Where there is envy and selfish ambition, there will also be disorder and wickedness of every kind" (James 3:16). We have all heard the quote from President Theodore Roosevelt, "Comparison is the Thief of Joy". James talks about all the ways that boasting, pride, and comparison lead to a loss of peace. That is both our inner peace as well as the loss of peace in our community. Comparison spirals out of control within us and it affects us and our relationships. But in fact, You, in the eyes of your Creator are INCOMPARABLE. The sparkling light of your soul, the goodness of your spirit, the peacemaking nature within you - the unique YOU is what is so needed in this world today. There is a Buddhist teaching that says, "The flower does not compare itself to the flower next to it. It just blooms."

Continuing to Serve Our Neighbors

Food insecurity continues to be a problem in our community, and some of St. Luke's Missions continue to focus on this persistent issue. There are a variety of opportunities for you to do what you can to help alleviate hunger.

Ongoing projects include the **Blue Bin** to help feed Veterans who are in transition housing, and **Monday Lunches** which are provided to one of Denver's Safe Outdoor Spaces. Please remember these when you go to the grocery store, and pick up something extra for these projects!

St. Luke's volunteers work through Love INC to deliver food to people who cannot go to the store or food bank. You can call Love INC to see what their current needs are.

People from St. Luke's also volunteer with **We Don't Waste**. Surplus food recovery from Broncos home games is expected to return this fall, and St. Luke's committed to provide volunteers for the games on Sunday, October 23 and Sunday, November 20. Look for more information about sign-ups in the near future! Also, St. Luke's volunteers work at various We Don't Waste Mobile Markets. Mobile Markets provide fresh food, produce and dairy products to communities in Denver where these items are hard to access. You can sign up to volunteer at Mobile Markets on the We Don't Waste website.

Again this fall, we will conduct our annual **Feeding of the 5000 Food Drive** from Friday, September 23 through Sunday, September 25. Like prior years, we expect to post volunteers at local grocery stores, accept food drop-offs at the church, and receive cash donations online. Please consider volunteering at the stores or helping with the drop-off and sorting work at the church. The food and proceeds go to the Food Exchange Resource Network (FERN) foodbank and are then distributed to food pantries throughout the South Metro area. See article at right for volunteer sign-up information.

Please help! We try to provide a variety of opportunities for you to do what you can to alleviate hunger in our community. —Bruce Kirchhoff

Support HAAT Force on Sept. 17

HAAT Force (Homelessness Awareness and Action Task Force) provides severe weather motel vouchers to families, people with physical disabilities or medical issues, older adults, pregnant women and people with animals, experiencing homelessness. We show life-sustaining compassion to the most vulnerable people in the South Metro area. Additionally, through our many community partners, HAAT Force provides our guests with referrals to Resource Navigation and Case Managers, food and other services. St. Luke's has been a generous supporter of HAAT Force since its founding in 2010 and we appreciate you very much!



We are getting ready for the upcoming severe weather season with our annual month-long Fall Fundraising Campaign. There will be a kick-off at St. Luke's on Saturday, September 17. At 9:00am there will be free breakfast burritos, donuts and coffee, followed by a 30-minute informative and inspirational live-streamed program at 9:30am. The link for the livestream will be <https://stlukeshr.com/SELivestreams.php>. In addition, our Silent Auction items will be on display for early bidding! The Silent Auction will continue on-line until October 17. Come join us either in person or online on September 17!

To learn more about HAAT Force, go to www.haatforce.org or email info@haatforce.org.

Save the Date: Feeding of the 5000 Weekend - Sept. 23-25!

Your favorite church event Feeding of the 5000 Community Food Drive is back this year again! We will again be supporting the Food Exchange Resource Network a food bank (FERN) that serves 16 food pantries in our neighborhoods. This event has raised in past years 20,000-50,000 lbs. of food in a 1 weekend event!

Our goal this year is to raise 25,000 lbs. of food for our neighbors in need!

This family friendly event will be occurring Friday September 23-Sunday September 25. We will be at your local grocery stores Friday and Saturday; and accepting donations at St. Luke's Friday-Sunday.

All throughout September in the weeks leading up to this event we will have paper sign ups in the Fellowship Hall after all services or sign up on our website feedingofthe5000.us. **We will be looking for STORE VOLUNTEERS, VAN DRIVERS, AND SORTERS!**

Please check out our website and keep an eye on our Facebook page! (www.facebook.com/feedingofthe5000) We will be posting regular updates. Please reach out to AJ Preble (720-537-5710) for any questions or concerns! We look forward to seeing you there! www.feedingofthe5000.us

Feeding OF THE
FIVE
Thousand

Pura Vida: Annual Gathering Oct. 28

St. Luke's will be hosting Pura Vida Ministries' Annual Gathering on October 28. We will celebrate accomplishments of the previous year and raises funds to support its ministries in Guatemala for the coming year. These ministries include sponsorships for students, construction of houses for needy families, and providing nutrition to needy children. Similar to last year, the event will be a hybrid. It will begin with an in-person reception, which will include a silent auction. Then, a simultaneous in person and livestreamed presentation will provide updates from Pura Vida's students and staff as the country begins to emerge from the pandemic. There will also be messages from donors and volunteers. More information will soon be available at puravida.org. In the meantime, contact Ken Fong if you would like further information or if you can help with items for the silent auction.



Back to School Crafts - Thanks!

We want to express our sincere gratitude for your donation of \$820 for our Arts program. Because of you, our Kindergarten students will enjoy arts and crafts all year long! Your generosity is what gives our students at Field Elementary the resources and support they need and opens doors for the next generation! We can't wait to use them! Thank you, Salome & Cheryl

Providing Lunches to Our Unhoused Neighbors

Monday sack lunch program for folks experiencing housing insecurities is now supporting lunches to Denver's Safe Outdoor Spaces (SOS). The housing project is a strategic step to provide temporary, safer housing through the harsh summer and winter months. It is an opportunity to provide managed care, services and compassion to those without homes. Our Monday team took plants left from our spring plant sale to be planted in gardens around the space. These plants have provided much joy to many living on the margins. Thank you for your weekly donations of peanut butter, chips and jelly to support this mission. Questions please contact sam@stlukeshr.com



Organ Progress!

St. Luke's new Allen Organ is well under construction in Macungie, PA, and should ship to us mid-September. Ken Fong, Marty Davidson, Dr. Jim and myself have been working on new speaker and wiring installation details. Speaker chamber work will begin late August.

Take a look at the photo progress of the beautiful oak console, custom stained to match our choir loft. Such exciting times!



New Time for KidzPrayz and Soul Purpose!

We are excited to announce that our children's choir, KidzPrayz, is open to students in grades 1-6 and will meet at **10:30am on Sunday mornings** this fall, beginning September 18. Soul Purpose, our youth choir open to all in grades 7-12, will also meet at 10:30am on Sunday mornings, beginning September 18. KidzPrayz and Soul Purpose will sing in services on October 9, November 13, and December 11. Ms. Kay, Ms. Angela, and Dr. Jim will be working together to lead both choirs; please reach out to any of them for more information or to ask any questions you may have.

Our Summer Backyard Concerts were AMAZING!

How lucky are we? Wow! Thank you to our talented performers: Gabe Mervine and Dzirae Gold, Crusin' Cats and Wesley Players Broadway Under the Stars! We had a great turnout at each of these 3 fantastic shows and raised money for St. Luke's!



James Ramsey
Director of Music & Arts Ministries
jim@stlukeshr.com

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



Kenrick Mervine
Associate Dir. of Music Ministry/
Organist
kenm@stlukeshr.com

Grace Notes,
Men's Chorus,
Sisters of Soul



Kay Coryell
Dir. of Handbells & Children's Music Ministries
kayc@stlukeshr.com

Tintinnabulators,
Joyful Noise,
Tone Chimes,
Kidz Prayz,
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
allegroaa@hotmail.com

Kidz Prayz,
Tone Chimes,
Soul Purpose
Youth Choir

Thanks from Ken!

The amount of talent and generosity of spirit at St. Luke's continues to amaze me.

The Summer of Psalms Series received such magnificent feedback.

It wouldn't have been as successful without the musical offerings of the following:

Grace Notes
Men's Chorus
Summer Choir
Flute Choir
Sandy Larson
Chris & Kelly Rigolini
Kaila Davidson
Rick Newell
Penny Harris
Marge Harper
Alex Oliver
Copland Harris Rose
Erynn Shryack
Dyani Galligan
Lise Takayama
Kate Jonnard
Owen Metz
Emilie Owens
Bryan Hutchinson
Amy Antinoro
Elise Collins
Leslie Porter
David Garrett
Rev. Sallie Suby-Long

Fall Music

Music Opportunities for ALL

Our choral and instrumental groups are beginning fall rehearsals and want YOU to join us! We have opportunities for all persons - beginner to advanced. Dr. Jim is happy to talk with you to find the right place for you.



St. Luke's Choir Ministry Children (Grades 1-6):

- Kidz Prayz Choir – Sundays at 10:30am

Youth (Grades 7-12):

- Soul Purpose Youth Choir – Sundays at 10:30am

Adult & Youth:

- Chancel Choir – Thursdays at 7:00pm
- Grace Notes – Select Thursday evenings
- Men's Chorus – Select Thursday evenings
- Sisters of Soul – Select Thursday evenings

St. Luke's Instrumental Ministry Children (Grades 4-6):

- Tone Chimes – Sundays at 10:30am

Youth (Grades 7-12):

- Joyful Noise Youth Handbell Choir – Tuesdays at 6:00pm

Adult & Youth:

- Brass Ensemble – Select Saturday mornings or Sunday evenings
- Flute Ensemble – Select Saturday mornings
- Ministers of Swing – Select Saturday mornings (Spring only)
- Orchestra – Select Saturday mornings (Christmas)
- Tintinnabulators Handbell Choir – Tuesdays at 7:00pm
- Wind Ensemble – Select Saturday mornings or Sunday evenings
- Worship Band – Select Wednesday or Thursday evenings

St. Luke's Arts Ministry Children, Youth & Adult:

- Puppet Ministry – Selected days of the week (Dr. Stephen Collins – scecollins@q.com)
- Wesley Players Theatre Company* – Wednesday evenings, Saturday mornings and Sunday afternoons (Melanie Kirkpatrick – melanie.kirkpatrick@gmail.com)
Check out wesleyplayers.org for Fall Shows & Audition INFO! *The Wesley Players Theatre Company is an extension ministry of St. Luke's UMC and an independent 501(c)3 nonprofit organization that supports the missions and ministries of St. Luke's.

For more information on our Music & Arts Ministries use this QR code:





Center for
**Spiritual
Engagement**
inspiring connection & wellbeing

CSE Purpose:

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

stlukesCSE.org

Outdoor Adventures Celebrates 10 Years!



Thanks to those who joined us for our 10th Anniversary celebration of Outdoor Adventures on Aug. 5th! We planned 3 simultaneous hikes at 3 different levels of difficulty all for one beautiful August morning in Roxborough State Park. This was the site of our very first Outdoor Adventure in August 2012. Seven people hiked the South Rim trail to experience breathtaking views of the red rock formations the park is noted for. We came upon 2 mule deer grazing just feet away from the trail! Eight people hiked the Carpenter Peak trail to appreciate spectacular views of the front range. Even more impressive than our 10 years of hiking is our 3 original hike leaders are still on the team and planning new adventures every month. **Thank you to Jane Staller, Janet Johnston and Julie Polikoff for planning and leading TEN years of adventures into God's great wilderness.**

Here are some Fun Facts about Outdoor Adventures over 10 years:

- 63 guided hikes
- 20 outdoor special events
- 228 miles of outdoor fun

Janet's two most favorite hikes:

Gateway Mesa Open Space:
Legacy Trail - "magical"

Fox Run Regional Park: Ute
Tribe Prayer Trees - "mystical"

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

Outdoor Adventures Hikes:



Golden Gate Canyon - Upper Mule Deer Trail to Frazer Meadows Friday, Sept. 16 – 8:00am meet at St. Luke's to carpool.

Contact renaeparra@aol.com

Upcoming Hikes:

- Oct. 20 (Thursday) - Green Mountain
- Nov. 15 (Tuesday) - Rawhide Trail, White Ranch Open Space

Cooking with Jen (and Jen)



Sunday, Oct. 2 11:00am-1:00pm – Professional cook and baker Jennifer Hiltz is sharing her passion for cooking with us in this new class leading us in the preparation of an authentic Thai meal. Jennifer Jensen is offering her beautiful kitchen for this fun and unique class. \$50. Space is

limited! To register contact renaeparra@aol.com

Backyard Movie Night: St. Luke's CSE



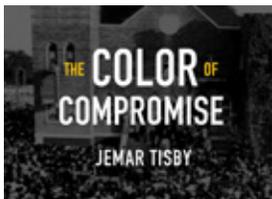
Community Raiser! Hidden Figures (rated PG) Friday, Sept. 16 at 7:00pm – Enjoy an evening under the stars watching the heartwarming story of a team of female African-American mathematicians who served a vital role in NASA during the early years of the U.S. space program. \$10 or \$25 per person packages. Register

online. Contact sharon@stlukeshr.com

Brave Spaces:

Follow-up Conversation about Hidden Figures – Monday, Sept. 19, 5:15-6:30pm – Join us to

discuss the issues brought up in the movie. To register contact sallie@stlukeshr.com



"The Color of Compromise: The Truth About the American Church's Complicity in Racism"

Sept. 26, Oct. 3, 10, 17, 24, and Nov. 7, 14 from 5:00-6:30pm. A video study based on Jemar Tisby's book on the church and racism throughout American history. To register contact julie.polikoff@msn.com



Hearts for Honduras Book Fair! Each Sunday in October you may purchase books to be gifted to the children and teachers of Abundant Life Christian School.



Gentle Yoga on Thursday Mornings, 9:15-10:00am, Sept. 29-Nov. 10 – Gentle Yoga to Ease into the Holidays. Enjoy a peaceful yoga experience with our very own Sharon Oliver, a certified yoga instructor. \$10 suggested donation per class. For more

information sharon@stlukeshr.com

Men in Community with Bryan Hutchinson (Fall Gatherings Began on Monday, Sept. 12 at 6:00pm)



– Engage in informal conversations about relevant topics and connect with other men in our community regarding everyday aspects of life... family, work, faith, challenges, transitions, goals and hopes. Join in anytime! Contact bryanrhutch@aol.com

Cultural Adventures:

Thursday, Sept. 29 join us for dinner at Cracovia Polish restaurant – Our friend Suzanne



carpool. RSVP to renaeparra@aol.com



Alexandria lived in Poland in her young adult years and would like to share the adventure of their food and culture with us. We will meet at St. Luke's around 5:00pm to



Friday, Oct. 14, 10:00am we'll explore Chatfield Farms Corn Maze – Tickets must be pre-purchased (no onsite ticket sales). RSVP to renaeparra@aol.com or janet.johnston@comcast.net

BE WELL Counseling & Consultation

with Dr. Sallie Suby-Long – Sallie welcomes you to care for your health, healing and wellness. Sallie, a Licensed Professional Counselor, is honored to be present with you as, together, you identify creative strategies for enhanced emotional, mental, physical and spiritual wellbeing. For more information contact sallie@stlukeshr.com

I've Been Thinking...

Conversations on Strength, Resolve, Faith & Hope, Sundays 10:15-11:15am, Oct. 9, 16, & 23 – Join us for honest conversations intended

to encourage practices that hold us steady. We'll use the book *I've Been Thinking... Reflections, Prayers, and Meditations for a Meaningful Life* by Maria Shriver. \$25, includes book. Contact sallie@stlukeshr.com



Bicycle, Blessings, & Brunch with Melinda Davidson, Friday, October 7, 9:30-

11:30am – Enjoy a low intensity, flat bike ride along the beautiful Mary Carter Greenbelt (near Hudson Gardens) led by Melinda Davidson. We will be taking pause points for readings and breathings and end our ride with a "Nourish"ing brunch prepared by Melinda. \$5, contact nourishwithmelinda@gmail.com

An Active CSE Summer!

Outdoor Adventures:



August - Family Potluck Picnic and Paddling Over 70 people, of all ages, attended our Paddleboarding and Picnic at Chatfield State Park at the end of August. The weather did not cooperate with us this year with winds and dark skies. But, the food was fantastic and the kids running on the beach were not bothered by the threat of a storm. Those who stayed until the end to clean up were treated with a beautiful rainbow! Thanks so much to Jared and Suanne Ediger who coordinated and planned this event for us!



July - Three Mile Creek Hike: On July 16 our delightful group of Outdoor Adventurers enjoyed perfect weather, beautiful wildflowers, several log stream crossings, and some serene moments around the large beaver dam and pond at the 2-mile mark. Julie Polikoff read a beautiful native blessing that captured the feeling of nature's grandeur in this lovely spot. We engaged with interesting facts on beavers to better appreciate their eagerness for construction and wetland management. Following our hike, we shared snacks and time together beside Geneva Creek.



June - Staunton State Park: Our planned June hike along Mason Creek was postponed due to snowy trail conditions, but we shared a beautiful hiking experience in the lower meadows and aspen groves of Staunton State Park on June 2nd. The weather was perfect, and our group of hikers connected with the scenic beauty and with each other, and identified wildflowers in early bloom and watched marmots scramble over rock outcrops. Mason Creek will be rescheduled.



June Enneagram Class: Rev. Dr. Sallie Suby-Long and Rev. Shawn Kellogg led a new class exploring the Enneagram more deeply. This refresher workshop was based on the book *Take Care of Your Type*, by Christina S. Wilcox. In the class we explored self-care approaches based on our Enneagram type and shared personal experiences and asked questions with the goal of enhancing our emotional health. Keep your eyes open for more Enneagram classes in the coming months.



Summer Cultural Adventures: Our summer Cultural Adventures offered diverse sensory experiences, one for the taste buds, for the eyes and nose. The outing to La Chiva Colombian restaurant was an afternoon of laughter on the patio and daring to try foods we couldn't pronounce! Everyone decided it was a place to return to with friends or family. In July, the beautiful mountain gardens at the Betty Ford Alpine Gardens wowed us with gorgeous colors and fragrance. As a bonus, the New York Philharmonic was rehearsing for an outdoor concert and we listened to their music as the backdrop to our garden tour! A feast for the ears indeed! In August we attended the Immersive King Tut exhibit; this is a video experience full of color and wonder. We are excited about our Fall Cultural Adventures too and hope you will plan to join us for an upcoming outing. Our goal is to seek multicultural destinations to indulge your senses and embrace the arts and it feels like we accomplished that this summer.



Highline Walks: Our summertime Highline Canal walks have offered close-to-home adventures along some of the canals most scenic areas. The early morning walks have allowed us to beat the summer heat and start our day with views of the mountains, raccoons, fox, ducks, ponds, charming barns, horses, inspiring back yards and much more. Thanks to those who joined this new summertime opportunity.

Yoga at the Mansion: Nineteen people joined us for an outdoor yoga experience at the Highlands Ranch Mansion lawn on August 11. We had beautiful weather as Sharon led us in 2 sessions - one for families where the kids got to pick the poses and one for adults where we did poses and meditations appreciating the beauty and power of nature.

Family Camp!

St. Luke's Family Camp just had its 22nd year of bringing people together for fun and fellowship in the great outdoors! This year, there were 7 families (32 people) who got together July 22-31 at Winding River Resort in Grand Lake, CO. As usual, we shared stories, songs, and S'mores around the campfire, and tie-dyed shirts, bandannas, socks, dish towels, and anything else we could think of! Stephanie Kirk did a great



job improvising a communion love feast with cookies and milk on Sunday morning. Perhaps, this will be a new tradition...? This year, the Antinoros' extended family joined us from Oklahoma, and jumped right in, sharing new campfire songs and trying out a new hike to Lulu City in RMNP. Matthew Merchant applied his pancake-flipping skills to the outdoor grill. His "Pancake of the Day" on Saturday was made with crumbled bacon, white chocolate chips, sliced peaches, and cinnamon sugar—an instant classic! We also enjoyed hours just hanging out at the lake, picnicking and paddle boarding.

Planning for FC 2023 has already begun! It will be held Thursday 7/20 through Thursday 7/27 at Winding River Resort (see www.windingriverresort.com for camping info and reservations).

The community site for group activities will be site 12, and the Merchant family will be in site 13. It is a good idea to reserve your site NOW for next summer because they do fill up quickly. For more information, please contact Caroline Merchant at caroline@merchant-us.net.



A 55+ MINISTRY

Seasoned Voyagers

It's fall, almost! With fall comes **Leaf Peeping**. This year we will make our journey on the 4th of October. That is the first Tuesday of the month. Our usual stopping point, the Echo Lake Lodge is closing and will not be available for lunch. We are planning on lunch in Idaho Springs. The cost will be \$10 for the bus. We will lunch together, each of us paying for our lunch. Please let Pam Burke (burkecolorado@aol.com) know if you would to attend asap. Space on the buses is limited!



Maya Opati
Director of Youth Ministry
maya@stlukeshr.com

ON THE SLY: 7th-12th grade SLY Update



My name is Maya Opati and I am so excited to be joining you as the new Youth Director. Please feel free to contact me if you have any questions. *Here are some fun facts!*

1. I competed in Miss Colorado pageants for years. I made top 10, and was a spirit award winner. My titles were Miss Boulder, Miss Denver County, Miss Arapahoe County and finally Miss Teen Denver.
2. I am obsessed with Anime.
3. I used to sing for Colorado Children's Chorale and love jazz music. I sang at Berkeley School of Music for years over the summer.

I am looking forward to meeting you all and working with your children throughout the year. Watch for updated schedules via email. If you are not on the email list, let me know - maya@stlukeshr.com.



Staff Update! Welcome Maya!

Maya Nicole Samuel-Opati has a passion for Youth Ministry. Her joy is to help support and listen to youth people by applying faith, family systems theory and critical thought to every interaction.

Maya recently obtained her Master of Theological studies at Boston University of School of Theology. A trained vocalist, writer, ministry vlogger and cradle Methodist, Maya's hope is to bring her past experience to renew students' relationship with Jesus and walk alongside the members of SLY during this exciting stage in their lives.

Outside of ministry Maya is an avid foodie, newlywed to her wonderful husband Brian Samuel Opati and a dog-mom of three rescues named Carlos, Kona and Bella.

A note of gratitude to our amazing interview and hiring team who have prayerfully and thoughtfully moved through every step of this process: *Terri Ary, Carl Cleveland, Jay VanHoosen, Angela Alderson, Jonah Metz, Thomas VanHoosen, Eva Weddell, Rev. Liza*

Summer Mission Trip

Our annual mission trip was a great success. 35 youth and adults traveled to San Augustine, Texas and participated in work groups involving roofing, home repair, and foundation repair on a local church! Thank you to the adult sponsors who spent a week with our youth and to the St. Luke's community for your support and prayers!



Pumpkins!
Save the date for **Saturday, September 24!**
A semi-truck load of beautiful pumpkins will arrive in the St. Luke's parking lot and we rely on the strong arms of our community to unload the truck and set-up our pumpkin patch.

SLY Service at FERN

On July 17, Rev. Liza took a group of youth to participate in a meal packing event through Colorado Feeding Kids at the FERN food bank warehouse in SW Denver. During the 4-hour event, we packed over 15,000 servings of instant apple cinnamon oatmeal that will be distributed to schools and families in the Denver metro area.



Congrats to our 10 New Acolytes! **Jake & Ben Doernbrack, Hazel Hanson, Preston Rose, Violet Rairigh, Corbin Connolly, Avery & Bradley Petterson, and Calvin & Lauren Binfet.** These 10 kids just completed our Children's Ministry Acolyte Training, and along with our current Acolytes are ready to start bringing the light to the worship service – a beautiful reminder of God's presence with us.



Kelly Amadeo
Director of
Little School



It's the happiest time of the year! School starts!

We had a wonderful teacher kick-off/training day on August 22nd. Our teachers participated in a **Church Scavenger Hunt** where they had to visit each church staff member for a special gift or moment with each staff member. We truly value our relationships with the church staff.



We welcomed students on August 29th. Ms. Sam and Ms. Sharon hosted a **Tea and Tissues** event for our parents where they could have some tea, tissues, baked goods, and maybe even celebrate their child going back to school.

We are looking forward to some of our upcoming events. We will have a **Morning with Moms** event where our moms/guardians will come into the building for a special moment with their children in their classrooms and a chance to meet other moms.

One of our favorite events is our mini field trips to the **Pumpkin Patch** in September and October. We of course are looking forward to all the fun events that fall and Halloween bring.

The 204 Little Schoolers we have this year are the biggest joys in our building. If any of you are looking for a chance to volunteer, please reach out to me. Working with children is a perfect way to boost anyone's moral and day.

Grace and Love, Kelly

St. Luke's Kids

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

Welcome to St. Luke's Kids – our ministry



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



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



Mark Your Calendar - Fall Festival Oct. 29!

VBS "Food Truck Party" Celebration!



It was so great to experience Vacation Bible School in person again this summer. We limited the number of attendees to 150 and did lots of activities outside in the warm June sun. It was a huge success! We look forward every year to welcome these children - some to our church for the first time - to surround them with stories, songs and activities celebrating God's love. Big thanks to the over 80 volunteers who stepped in and gave a day or two or ALL week to make this event so special. You are a blessing!

Encanto Outdoor Movie Night!

We had 50 people come and enjoy "Encanto" on a delightful August evening. We did the first half inside and once it got dark enough we all moved outside and had a perfect evening of popcorn and songs under the stars. And we learned that we all have special gifts to offer the world.



Summer Wacky Days FUN! Our End of the Summer Wacky Adventure Days was a huge success. Our Wacky program introduces preschoolers to the classroom spaces, helps them to understand school routines and expectations. The Wacky experience reassures children that preschool is a safe place and learning is fun. This program is part of the Community Raisers and all proceeds benefit our Church ministries. **We look forward to the next Wacky Days over fall break Oct. 17-19.** Contact Ms. Sam for more information.



SLY, Jr.! Our 5th & 6th grade youth group KICKED OFF on **Sunday Sept. 11** and we are excited for the year ahead of fun, fellowship, service and exploring our faith! Our next activity will be helping with the Feeding of the 5000 on Sunday Sept. 25. We will sort and box up food to go to the food bank to help those who are hungry in our community. Our full schedule can be found on the St. Luke's website. Contact Ms. Sharon with any questions and to RSVP.

Sunday School is going strong at 9:00am each Sunday for PreK-6th grade, Join in any time!

Third Grade Bibles!

It's that time again! If you have a third grader this year that would like the gift of a BIBLE, please let Ms. Sharon know by Sept. 18. Third Grade Bible Sunday will be **Sept. 25.**



Children's Time & Why It's Important

The Children's Time over the years has always been a vital part of our worship services, in person and now online, too. We try to speak deliberately to the children, explaining Scripture and applying it to their lives. We want to meet them where they are and stretch them as they grow into maturing worshipers. And many times, the message speaks to the child in all of us.





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.

Grief Support Group

St. Luke's has an opportunity for you to receive support on your grief journey. Join Rev. Pat Shaffer and Stephen Minister, Nancy Abbott, for a four week support group.

We will meet 4 Sundays:

Nov. 6, 13, 20, 27 in the Chapel

at 11:45am. Please call Rev. Pat at 720-988-5430 or email her at prshaffer04@yahoo.com to let her know you will be attending.



OFFICE HOURS UPDATE

Our church office will move forward with the same hours that have been operated this summer: **9:00am-1:30pm MON-THU.** As we transition back into the fall, the church office will remain closed on Fridays. If you have concerns or questions, please contact Stephanie in the office, or any member of the Executive Team to discuss this change.



Stephanie Kirk
Dir. of Communication & Office Administration, & Music and Arts
Administrative Assistant
office@stlukeshr.com

CONGREGATIONAL PRAYERS: Latest Entries

Contact Rev. Liza Stoltz Hanson if you have any additions/removals 303-791-0659 x107, email Liza@stlukeshr.com, or leave a note with Stephanie at the front desk.



- | | | |
|------------------------------|--------------------------|--------------------------------|
| <i>Judy Baird,</i> | <i>Chris Doernbrack,</i> | <i>Bob and Leslie Mainger,</i> |
| <i>Fern Berends,</i> | <i>Kathy Dreyer,</i> | <i>Carolyn McIntosh,</i> |
| <i>Greg and Nancy Boyer,</i> | <i>Bev Furns,</i> | <i>Marilyn Miller,</i> |
| <i>Caroline Butler,</i> | <i>Bonnie Garrett,</i> | <i>Jolene Pace,</i> |
| <i>Ken Clemens,</i> | <i>Lucy Gustafson,</i> | <i>Mary Peterson,</i> |
| <i>Dave and Meryl Cupp,</i> | <i>Jerry Heinz,</i> | <i>Amy Weiske</i> |
| <i>Mark Dickerson,</i> | <i>Zander Levi,</i> | |

WE CELEBRATE TOGETHER:

- the birth of Cooper Raymond Coryell to Ben and Whitney Coryell, and proud parents Ed and Kay Coryell*
- the birth of Cedar Paul Migizi Belanger to Amy Northrop and Jim Belanger, and proud grandparents Peter and Susan Northrop*
- the birth of Dylan Avery Stork, the granddaughter of Donna Stork*
- the birthday of Elizabeth Manthey-Trussell*
- the 80th birthday of Lynne Belleville*
- the 91st birthday of Marilyn Miller*
- the 27th wedding anniversary of Sam and Teri Burget*
- the 58th wedding anniversary of Tom and Mary Harper*
- the 27th wedding anniversary of George and Suzanne Ward*
- the 50th wedding anniversary of Duane and Mary Wilterdink*

WE EXPRESS OUR DEEPEST SYMPATHIES AND CONDOLENCES TO:

- Pam Burke and family on the passing of her mother, Josephine Cook Johnson*
- Steve Collins and family on the passing of his father, Robert "Bob" Collins*
- Kay Coryell on the passing of her friend, Lisa Lynch*
- Rake Jiang and family and friends on the passing of his daughter, Jaqueline "JJ" Jiang*
- Sam Leahy and family on the passing of her aunt, Pam Nauman*
- Betty Ludlam and family on the passing of her sister-in-law, Betty Hoback*
- Billy Kay Marvel and family on the passing of her sister, Terri Christopherson*
- Carolyn Maddox and family on the passing of her father, Byron Springer*
- Victoria Mason and family on the passing of her brother-in-law, Steven Tyson*
- Debra Newby and family on the passing of her father, Louis Hall*
- Pat Nottingham and family on the passing of her husband, William "Bill" Nottingham*
- St. Luke's community on the passing of Marj Mack*



Les Ludlam
Retired Clergy

More from Les:

Looking Ahead with the Past in Mind

1958 was a memorable year for me!

I graduated from High School, I received a scholarship that assured my going to college for four years, and I had a serious girlfriend that loved me enough to put up with my techie-weirdness.

Looking ahead was fun, particularly when I glossed over the need for financial and time management skills needed when pursuing an engineering degree and when took the academic demands of the school of my choice for granted.

I was totally unprepared for the shock that came when classes began in the fall!

Eighteen hours of class load meant little time for recreational TV watching in the evening, one my favorite things at that time! Calculus instead of Jackie Gleason,

Geology instead of *Gunsmoke*! I was determined to keep my grade point average up enough to keep the scholarship, but I was scared! Fear drove me that first semester. I did well, with the help and advice from the D&RG Railroad Scholarship committee, and it changed me for the good. I graduated in 1962.

We grow as we face difficult new things with an eye on where we believe we should be. We learn more from our mistakes than our successes so it's important to recall and learn from them. Remember and learn from the past but don't live in it. Shape your future by positive moves today.

God bless us all, Les

