



Highlands Ranch, Colorado

The Chronicle

ST. LUKE'S UNITED METHODIST CHURCH

JUNE/JULY 2016

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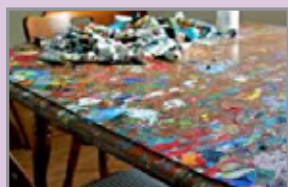
and much more!

The Painting Table

June 26, July 17 & Aug. 28

12:15pm-2:00pm

Fellowship Hall



We invite everyone,

those with no artistic leanings and those seasoned artists in our midst. Our mediums are watercolors, pastels, crayons, our hands and the expressions of our heart. We gather to reflect on a meditation, scripture, or that day's sermon and then explore this vision with our art. We will enjoy lunch together prior to painting so please bring a salad to share!

Cost: \$5.00 for supplies

Bring: a smock/old shirt!

Sign Up: stlukeshr.com

or at the Get Connected Center **No childcare

available. Please bring your child with you and paint together!

Contact: Lynda@stlukeshr.com 303-791-0659 x120

Thank You! Buen Camino, St. Luke's!

Thank you, St. Luke's, for the sharing the spiritual journey with me for twelve years. Thank you for the many gifts of grace.

My retirement reflection included these words about grace: "Twas grace, and no other, which surprised me, every time!" Grace is everywhere, the lenses that go unnoticed because you are looking through them. Eventually, God gave me the eyes to notice the grace around me. I became a preacher, I feel certain, in an attempt to reclaim words that had been tarnished by graceless, finger pointing religion. For me, faith is a life impassioned by the last best word—the first best gift—the heartfelt thanks. Grace!

Thank you from both me and Bob for a delightful afternoon of remembrance at the reception on June 5th, for the wise council about retirement and making new choices, for the laughter and hugs and well wishes, for the generous gifts to support my pilgrimage on the Camino de Santiago in September and October.



Buen camino! Pilgrims, in Spanish – peregrinos – offer this greeting to each other as they pass by - wishing their fellow pilgrims a safe and happy journey. This greeting is not just for The Way of St James in Spain. It is very appropriate—fitting—to offer this to anyone—as all of us are on some kind of journey as we pass by each other in this life.



So, St. Luke's, for all the journeys yet to be enjoyed, for the new pastoral connection with Rev. Jessica, Rev. Sallie, and Rev. Ryan, I bless you with a hearty "Buen Camino!" Good journey! Gratefully, Rev. Janet



Back when Janet announced her retirement, we in Itch to Stitch decided to make her a gift. It was decided that a quilt would be made. We chose fabric based upon what colors Janet wore the most, and what represented her passion of the great outdoors. We went through several renditions of designs, and finally got started. Fran came up with the idea of including names on the back, for a small price, to help cover the costs of the quilt.

Several of us, myself included, helped cut the fabric. Mary Petersen sewed the top and back. Kay Swanson wrote the names on the hearts. Victoria applied the hearts to the back. Mary and Fran did the quilting. —Diana Stephens

From Pastor R. Tonya Whaley: Dear Community of St. Luke's,

The time has come. There never seems to be enough time to say all that I wish I could say. I am filled with gratitude and joy during this time of my life and calling. You have walked with me, created a space of safe discernment, helped me to laugh, sat with me when I cried, helped me to feel safe to smile and surrounded me with grace.

Following my accident, that I shared with you, I worked hard to live each day with no regrets and to live each day as if it were my last. Taking nothing for granted and staying humble as I walk with God. *You have helped me to prepare for my future in ministry, my life today and allowed me a space to heal while discovering my authentic self.*

I cannot Thank You enough for walking with me and allowing me to grow into the pastor that I have become. As I begin the transition of spreading my wings and flying into the unknown, I am grounded with the community of St Luke's. I know I can always call or visit home.

As I move in a few weeks to the Western Slope of Colorado, I am looking forward to the new adventures, friends, and the unknown. I will be serving the communities of Hotchkiss and Crawford as a full time, solo pastor beginning July 1. I am grateful for all your blessings, love, wisdom and prayers as I begin the next steps in my life and call to ministry. I have nothing but Abundant Gratitude for the Community of St. Luke's. Blessings and God's Love to you all.



Sunday Worship Services:

8:00am, 9:30am, 11:00am,
Contemplative Service
(Check website for dates & times)

Sunday School:

Adult, Youth & Children:
9:30am & 11:00am

Nursery available for:

8:00, 9:30 & 11:00am services

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

Fax.....303-470-5615

Email.....office@stlukeshr.com

Website.....www.stlukeshr.com

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

**Staff:**

Rev. Dr. Janet Forbes.....x113
Lead Minister of Community Life (through June 22)

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

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

Rev. Jessica Rooks.....x109
Lead Minister of Community Life (effective July 1)

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

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

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

Stephanie Kirk.....x111
Children's Ministry Coordinator

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

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

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

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

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

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

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

Brenda Schaffer.....x110
Office Administrator

Sheri Henry.....x124
Director of Finance

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

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

Barry Curtis.....x139
Facilities Manager

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

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To receive *The Chronicle* via US mail,
please call or email the Church Office.



Rev. Janet Forbes
Lead Minister of
Community Life

Who Sits On Your Balcony?

Honor Loved Ones on the Tree of Life!

My friend, who is a pastor, was once asked about the pictures of the people hanging in her study behind her desk. She said, "Oh, that's my balcony." The questioner asked further, "Your balcony?" My friend explained. She said that those are pictures of important people of faith and influence in her life who had died and joined the Communion of the Saints. She keeps them there as she works on sermons every week. She is reminded of their continuing presence in her life. They are her "cloud of witnesses." They are former professors, persons from her congregations, family members. She looks up at them constantly to claim the way they shaped her, taught her, loved her, and modeled Jesus for her. As she prepares sermons each week, she looks to her balcony for encouragement.



**Therefore, since we
are surrounded by
such a great cloud of
witnesses..." -Hebrews 12:1**

wrote great books, edge thinkers who always look to the horizon, and leaders whose choices challenge and inspire me.

Then, there is St. Luke's, those saints who I can see around me and those who have passed, all of them egging me on, calling my name, and shouting themselves hoarse with encouragement.

As I retire, it's hard to think about the Communion of the Saints and not recall what I miss about each one.

The writer of Hebrews says that we are never without them. They have gone before us. We don't enjoy their company in the same way we once did and there is sadness in that reality. However, their deaths do not mean that they are gone. We are surrounded by them. They continue to root for us... just in a different place... now, from the balcony.

So, who sits on your balcony? You can honor these loved ones on the ST. LUKE'S TREE OF LIFE in the hallway to the Chapel. Make a gift in their honor and let their love continue to make a difference for you and for others.

With great thanks, **Rev. Janet**

Who sits on your balcony? I have many.

There are several teachers from high school. They ground into me the idea that I am talented, that I have potential, and never let me get by with shoddy performance.

There are college and seminary professors who gave me a passion for learning. They passed on a hunger for the spiritual journey and the desire to share that joy with others. They are members of my home church who showed me amazing acceptance. They gave me confidence. There are scout leaders and coaches who taught me how to be strong and showed me that I have greater courage than I thought I did. They are former members of churches, retired pastors and bishops who influence me more than I realize. Their words and actions come to me often and guide me to the leader I really want to be.

There are some people I have never met: scholars who wrote great books, edge thinkers who always look to the horizon, and leaders whose choices challenge and inspire me.

Be Still

Thursdays In July

Summer is a good time to slow down and be still. Pausing allows us to separate, to distinguish, to sift through.

Knowing how and when to pause creates wonder and uncovers things we may have never noticed. It's easy to become numb to the noise. Let's do things differently. Let's take some time, create some space, and find a little grace and gratitude along the journey.

Leaders: Ryan & Tami Canaday

When: Every Thursday in July 6:30-8:30pm

Where: The Canaday's

What: pause, slow down, chill out, hang out... enjoy some food and beverages

Resource: book "*Power of Pause: Becoming More By Doing Less*" by Terry Hershey

RSVP to: Ryan or Tami by July 1

ryan@stlukeshr.com or tncanaday@gmail.com

*Childcare will be provided at St. Luke's UMC. Contact Sam@stlukeshr.com 48 hours in advance to make reservations.





Rev. Ryan Canaday
Lead Minister of
Worship &
Missional Life

“Story to Service”

Project Humanity is non-profit organization who works with local leaders in Africa to identify and develop sustainable projects that emphasize women's empowerment with a focus on healthcare, literacy, and micro-financing. Volunteers from all over the world travel with Project Humanity to contribute in these areas. Over the last several months, I have been working with Darren Tipton, the Founder & CEO of Project Humanity, to

develop a program that is rooted in the power of storytelling and the idea that knowing and sharing one's story is essential in making the story of the community stronger. A few weeks ago we went to Rusinga Island, Kenya—where Project Humanity has established relationships with its people and leaders—to launch this “Story to Service” concept.



There were four of us from St. Luke's (Ryann Leahy, Kris Reif, Edee Worth, and myself), and others who came from various parts of the U.S. The leadership of these St. Luke's women was outstanding! Below are some of my reflections on the experience.

I went to inspire people, particularly the women of Rusinga Island—since Project Humanity is centered upon women's empowerment. I went to facilitate groups

and introduce our “Story to Service” concept (4 principles: Know Your Story, Know You Matter, Live with Intention, Be Part of Something Bigger Than Yourself). I was excited. We worked hard on developing this concept/program. But you know how it works, right? The paradox. You go to inspire, but you're the one who's actually inspired. You've experienced this, right?

There were moments where I was at a loss for words. We sat in awkward silence. Moments where I felt useless—let's be honest, the face of extreme poverty feels suffocating. But you can only hear the story of a mom losing a child to Malaria, a woman being infected with HIV/AIDS, the young girl who drops out of school due to lack of funds, the sexual assaults, the abuse, the business that was supposed to work but didn't, the devastation...you can only hear this story so many times before saying to yourself: “What in the hell I am doing here?”

Sometimes we have to actually sit in hopelessness in order to encounter hope.

On our last day in Rusinga, Project Humanity hosted a women's conference. I was honored to be one of the speakers. The women in this room were among the most courageous women I'd ever encountered. Near the end of my talk I asked them to stand if they'd lost a child due to illness or tragedy; almost all of them stood. They sat back down. I asked them to stand if they'd ever suffered from an illness that robbed them of joy. Again, most of them stood. They sat back down. I asked them to stand if they had ever experienced sexual assault or domestic violence. These women stood—at least half of them—boldly proclaiming their story. No one said a word. They didn't have to. They were standing. Looking at one another.

Saying “no” to the shame...together.

Saying “no” to shame. This is always, always inspiring. The women of Rusinga are brave and courageous. As one woman said while leaving the conference: “Today I learned that I am not alone. My story must be told.”

Yes! Tell it. Own it. And know that shame will hate you for it—for shame loves silence. Stand as one. Hold on to the pieces of hope amidst the hopelessness.

I experienced a great gift along this journey. Sometimes we have to travel to the most distant places to be reminded of the simplest truths—we are not alone; our stories must be told. Isn't it true? I look forward to my future travels to Africa!

Grace & Peace, *Rev. Ryan*



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

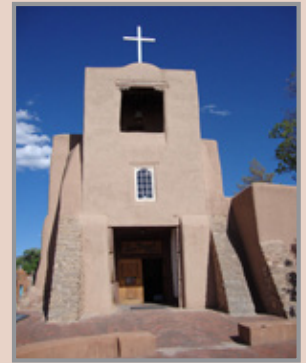
Introducing Sacred Travel

“Every great journey stimulates great faith and great joy.”

—Lailah Gifty Akita

In May, the Center for Spiritual Engagement launched our very first Sacred Travel experience. Our adventure

took us to beautiful Northern New Mexico on a three-day spiritual pilgrimage. Pilgrimage is a powerful metaphor for any journey with the purpose of finding something that matters deeply to the traveler. As reflected in The Art of Pilgrimage, Cousineau notes; “With a deepening of focus...and attention to the path below our feet, and respect for the destination at hand, it is possible to transform even the most ordinary trip into a sacred journey – a pilgrimage.” Our hope in creating this new experience is to reimagine the way we travel. We have been grateful for the enthusiastic encouragement Rev. Janet has contributed as we've envisioned this new ministry.



On our adventure, we hiked to Chimney Rock in Ghost Ranch and saw the magnificent landscape that inspired some of Georgia O'Keeffe's most popular paintings. We explored Plaza Blanca, witnessing other-worldly rock formations towering above us. We visited the peaceful grounds of Santuario de Chimayo, a holy site that draws thousands each year to experience the healing land and tranquil rural setting. Together, we walked the outdoor Labyrinth at the entrance to the majestic Cathedral of the Basilica in Santa Fe and we enjoyed the handcrafted work of local artisans. But more meaningful that all of this was the inspiration of the stories, connection and presence shared by each person on the trip. There was lots of laughter and story-telling over delicious meals, reflection and relaxed conversation under the evening Spring sky, and of course attention to the simple yet necessary details of being on a road-trip together (bathrooms stops, snacks, etc.)!

We arrived home in Colorado feeling grateful for our experience. Maybe it really is true that intentional sacred travel can be spirit-renewing and can actually change us. With attention to the path below our feet, our companions along the way and the destination at hand, the most ordinary trip becomes a sacred-journey.

If this type of spiritual adventure is appealing to you, please join us in the future! As you experience your own travels over the summer months, remember Cousineau's teaching:

“At the heart of this idea is the belief that virtually every traveler can transform any journey into a pilgrimage with a commitment to finding something personally sacred along the road”.

Warmly, *Rev. Sallie*



Lynda Fickling
Director of
Servant Ministry/
Spiritual Director

Get CONNECTED Belonging to St. Luke's...

As we search for our belonging, we realize that in order to belong we need to give a little of ourselves in the process. But can we trust those who we give ourselves to?

At St. Luke's we invite you to become a part of this wonderful community where you can thrive and have a deep spiritual connection with God and with others. Connecting within a new community is sometimes daunting and sometimes very difficult when you are wondering if you will fit in, if you will be accepted, if we will want you.

Don't wonder from the outside! The process of belonging only takes one step at a time. Who we are as a community depends greatly on who YOU are and how much of your journey you are willing to share.

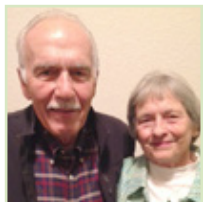
We are all pilgrims, seeking a sense of belonging and worth. Each one of us have asked and continue to ask the same questions but together in this community, let us look to one another for guidance and support.

We have many places for you to connect you need to ask yourself what is calling you? Perhaps it may be questions that seem to have no answers, having conversations that deepen your journey, yoga to connect your body and soul, praying in silence, singing songs, painting pictures, serving the community, serving the children, ...we are here to walk beside you and connect you...one step at a time.

Let me know how I can help make this first step of connection the lightest one, so you know that without you, we are not complete... we are not St. Luke's. Contact Lynda Fickling 303-791-0659 x120 lynda@stlukeshr.com

Welcoming our newest members

of St. Luke's and their reasons for joining our community.



Gerald & Diane Schroeder

Reason for joining: "Inspirational services with uplifting music."

David Kuester & Lorraine Arnold
(Welcome back David & Lorraine!)

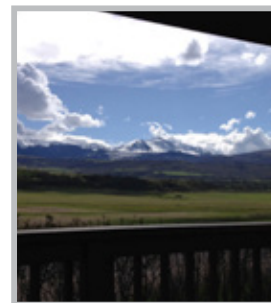


If you are interested in making a deeper commitment by Joining St. Luke's, please contact Lynda Fickling 303-791-0659 x120 lynda@stlukeshr.com or visit www.stlukeshr.com

Contemplative Fellowship Retreat

St. Benedict's Monastery, Snowmass

I was privileged to attend this Contemplative retreat at the end of May that Marshall Kuhn (facilitator of our Contemplative Fellowship Group at St. Luke's) arranged. We participated in Centering Prayer, Kundalini yoga, guided meditation and attending Liturgical services at the Monastery. **Note:** We also had no access to Wi-Fi and our cell phones had no service. I highly suggest you plan a one day electronic sabbatical to experience owning your life again (!).



It was a beautifully diverse group of people, seeking to deepen their relationship with God and "reflect, reconnect and get grounded."

The setting was 3800 acres of green valley and mountains, set on the property of the Monastery. Each morning I walked to the retreat house, holding the presence of the world around me in awe. We had breakfast as a community catered by Karen, who loved us by sharing her gift of food. Next we had our Kundalini Yoga session with Darshan, a close friend of Marshall's. This ancient method of yoga concentrates on your nervous system. Less physical than other styles which is a good thing, since I'm not that limber! We continued with an hour of guided Visualization than one hour of three 20-minute sits separated by a short meditative walk. Sitting still in a most beautiful room, surrounded by loving people is such a gift. I encourage you to try this someday soon. You will be at peace and be able to hear God in new ways. Many of the folks used the time to hike the beautiful area where an elk herd was very present, chipmunks friendly and the hummingbirds plenty. Some of us attended Liturgical services at the Monastery, which were filled with the spirit as the Monks voices were richly deep and reverent, gifting us with the sense of God in every pore of the Chapel.

Marshall created a beautiful space for each of us to find that balance that we need in our lives. I for one, will journey with this group again next year. I have been transformed and will continue many of the practices I've sharpened through this experience. Thank you Marshall. And thank you to all of the attendees, who helped me to reconnect with my deepest self in order to live the life God, has intended me to live.

—Lynda Fickling

Centering Prayer is offered 6:00am every morning in the Chapel at St. Luke's. The Contemplative Fellowship Group meets every Thursday evening, 6:30-8:30pm in the Chapel. Contact Marshall Kuhn for more information 303-931-5473; marshall.kuhn@hotmail.com

**You're Invited
To our
Hospitality
Appreciation
Breakfast**

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

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

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

Want to be on one of these teams?! Join us for breakfast and we will get you connected! Or contact Lynda Fickling 303-791-0659 x120

GREETERS RSVP TO Lisa Phillips lisaphill4@aol.com

USHERS RSVP TO Jay Lee jjlee1012@gmail.com

WELCOME TEAM RSVP TO Dianna Starnes dianna.starnes@q.com

GUEST SERVICE STATION RSVP TO

Mercedes Von Normann mercedes.vonnormann@aecom.com

BREAD BAKERS RVSP TO Joanne Cleveland jcleveland05@gmail.com

GET CONNECTED TEAM RSVP TO Lynda Fickling Lynda@stlukeshr.com

COFFEE & DONUT TEAM RSVP TO Lynda Fickling Lynda@stlukeshr.com

Childcare is available with reservations to Sam@stlukeshr.com

Mission of the Month!

The emphasis of the United Methodist Women is “turning faith, hope and love into action on behalf of women, children and youth”. All people of St. Luke’s and beyond are welcome to join us in these missional opportunities. Please join St. Luke’s UMW in working monthly missions:

June: Cafe 180 June 25, 12:30-3:00 pm; meet at church at 11:45am to carpool

Cafe 180 nourishes people by serving fresh, delicious food to everyone—whether by traditional exchange or by the exchange of a person’s time and/or talents. They aim to inspire others through dignified exchanges, the encouragement of self-sufficiency, and by opening people’s hearts and minds to the hunger that exists in our community. They depend on volunteers everyday. Duties include food prep and serving, cleaning, washing dishes, picking up trash, and wrapping silverware. For more information and to sign up, please contact Sharon Smith at umwinfo@stlukeshr.com by June 20.

July: Ubuntu Day of Service with Mile High/Pike’s Peak District UMW- July 9 8:00am-12:30pm

Ubuntu is a Zulu/Xhosa word which is an African philosophy for respect for humanity. Simply, it captures the concept: “I am human because you are human.” It recognizes that each person is part of a community. This word affirms women as human beings - especially in some cultures where they are not considered equal. Above all, Ubuntu describes a coming together of God’s people to celebrate God’s presence and prompting to act on behalf of our neighbors. Ubuntu Journeys are unique, short-term mission service opportunities for UMW to interact with the world through mission partners. On July 9, St. Luke’s UMW is hosting a gathering of UMW women from across the Mile High/Pikes Peak District. Our church will serve as a gathering point for these generous individuals to be sent forth to help many organizations across the greater metro Denver area, including Cafe 180, InterFaith Community Services, The Haven at Fort Logan, The Action Center in Lakewood, and She She’s Corner, as well as a “Feed the Need” food drive at local King Soopers. If you are interested, please contact Sharon Smith at UMWINFO@Stlukeshr.com, to sign up by July 1.

August: Renewed Treasures, help sort and stock. date and time tbd.

Coming Soon: UMW SUNDAY Please join UMW on Sunday Aug. 7 at all services as we support Rev. Jessica Rooks and share information about UMW. More information coming soon.



Care! These items will be utilized by Rev. Sallie and Rev. Pat and all of the Stephen Ministry team as they visit members of our community in need.

UMW Mission Projects: May 9th, members of St. Luke’s UMW helped with “Mondays in the Park”. We made and served lunches for over 100 people in downtown Denver’s Civic Center Park.



A Mission Study sponsored by the United Methodist Women and Seasoned Voyagers was held on May 19, enjoying a variety of ice teas and cookies. Approximately 30 attendees listened attentively to Pastor Tonya Whaley speak on Inclusion and Disability. We soon learned that this topic “Inclusion and Disability” is extremely extensive with

multiple layers. We were introduced to the word “disability” - a word with many definitions, one being “a medically diagnosed condition that makes it difficult to engage in the activities of daily life”. To briefly highlight, we were introduced to:

- the realities of disability - the visual and also the hidden
- the complexity of differences
- welcoming the disabled and their families
- resources to assist us and the disabled
- books of the Bible referencing disability (over 53)
- very poignant statements about Inclusion - making space accessible, accommodating, integrating. “Why does Inclusion matter? - because ALL HUMANS MATTER”.

Thank you Pastor Tonya for this informative, enlightening study.

UMW Reading Program: The purpose of the program is to encourage United Methodist Women members to:

- Expand understanding of and participation in God’s mission
- Increase sensitivity to all human beings—their needs, interests and concerns.
- Encourage critical thinking about issues facing humanity today.
- Grow in understanding of Scripture as it relates to Christian faith in contemporary life.
- Enhance self-knowledge and act from that knowledge.
- Strengthen involvement in local and global Christian mission.



The Reading Program encourages members to think critically about current issues through an annual selection of member-reviewed books. It offers an opportunity to deepen your spirituality and to broaden your understanding of our mission work. For more information contact Sharon Smith at UMWINFO@stlukeshr.com or Renae Parra at renaeparra@aol.com for more local information

Interest Groups of United Methodist Women at St. Luke’s UMC:

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

Contact: Renae Parra renaeparra@aol.com or 303-683-0872

- June 27 - “The World’s Strongest Librarian” by John Hanagarne
- July 25 - “Mrs. Lincoln’s Dressmaker” by Jennifer Chiaverini
- August 22 - “Our Souls at Night” by Kent Haruf

SAVE THE DATES: 2016 UMW CALENDAR OF EVENTS

- August 7 – UMW Sunday
- August 28 – A Celebration of Pie and Prayer
- December 6 – Candlelight Dinner

For further information: email us umwinfo@stlukeshr.com.



“The organized unit of 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.”

Mission U:

All are invited, July 21-23 at St. Andrew UMC in Highlands Ranch.

The Rocky Mountain Conference United Methodist Women and Global Ministries invite you to join us at Mission U 2016 where we will grow in understanding and commitment to God’s mission at work in our world today.

Mission U offers each of you three exciting and timely study options:

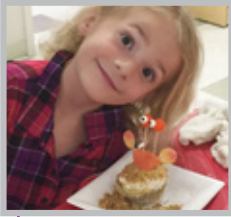
- Climate Justice: Call to Hope and Action,
- The Bible and Human Sexuality: Claiming God’s Good Gift, or
- Latin America: People and Faith.

For more information and registration (sign up by July 11), contact Sharon Smith at umwinfo@stlukeshr.com or visit www.rmcmumw.org/events/mission-u/

Children's Ministry News

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

Summer Sunday School!



Join us for Summer Sunday School! We are having a blast learning Bible Stories, playing, praying and praising! Fill your spirit up on Sunday mornings. We need

teachers and assistants - sign up online!



MARK YOUR CALENDARS:

(check our website for full calendar)

June 5 (SUN) - 9:30am SUNDAY SCHOOL: Joy Trek (PreK: 2-4 yrs.) & PEAK (K-5th) begin 4-week lesson "VBS: Surf Shack - Bible Stories" Sign up to serve!

June 8, 15 & 22 (WED) - WACKY WEDNESDAYS "Fruits of the Spirit" -

June 10 (FRI) - Parent's Night Out 5:30pm - Contact Ms. Sam for information

June 21 (TUE) - VBS Morning Session Volunteer Training 6:00-7:30pm

June 25 (SAT) - VBS Decorating 9:00am-noon

June 27-July 1 (MON-FRI) - 9:00am-12noon Vacation Bible School "Surf Shack" Morning Session Sign up to volunteer!

July 3 (SUN) - Independence Day Weekend (No Sunday School) - Enjoy Family Worship

July 8 (FRI) - PNO Parent's Night Out 5:45pm Contact Ms. Sam for more info

July 10 (SUN) - 9:30am PEAK K-5th Grade SUNDAY SCHOOL begins 2-week lesson "Bible & Prayer 101" Sign up to serve! Great learning - don't miss!

July 10 (SUN) - 9:30am SUNDAY SCHOOL: Joy Trek (PreK: 2-4 yrs.) begins 3-week lesson "Jonah" Sign up to serve!

July 11 (MON) - VBS Evening Session Volunteer Training 5:30-7:00pm

July 12-14 (TUE-THU) - 5:45-8:00pm Vacation Bible School "Surf Shack" Evening Session

July 13, 20 & 27 (WED) - WACKY WEDNESDAYS "Fruits of the Spirit" -

July 15 (FRI) - PLAYGROUP 9:00am - July 19 (TUE) - Children's Ministry Team 6:30pm

July 22-29 - FAMILY CAMP at Snow Mtn. Ranch

July 24 (SUN) - Family Camp Weekend (No Sunday School) - Enjoy Family Worship

July 31 (SUN) - 9:30am PEAK K-5th Grade SUNDAY SCHOOL begins 5-week lesson "Peace & Justice" Sign up to serve!

Wacky Wednesdays
Each week children will enjoy music, crafts, chapel time and games.

The theme this year is:



Open to all children age 2 1/2 years through entering 3rd grade! (Must be potty-trained to attend.)

TIME: 9:30am-noon

WEDS.: June 8, 15, 22
July 13, 20, 27

Registration is \$20 per day per child. (This helps cover the cost of supplies, snacks and teacher salaries.) If you have any questions regarding registration contact: Tami Clement at tami@stlukeshr.com Register now! Forms available at the Little School Office.



Vacation Bible School

VBS Morning session:

June 27-July 1 9:00am-noon

Morning Session Full

VBS Evening session:

July 12-14 5:45-8:00pm

Spots Still Available for Evening Session!

www.stlukeshr.com
\$40 per child per session.

For all kids age 3 (by 9/30/15) through entering 5th grade.

Adults: Volunteer to help all days of your child's session and get one free registration.



Sharon Oliver
Director of
Children's Ministry



Samantha Leahy
Director of Early
Childhood Ministry



Stephanie Kirk
Children's Ministry
Coordinator

St. Luke's Kids
Growing with God

Sign up to serve at VBS!

It takes 100+ volunteers. Come join the team for the greatest week of the year. Sign up online: www.stlukeshr.com/children. Thanks!

Character Street Brings Big Smiles and \$1500!

The 12th annual Children's Dinner Theater was a big success. The show was super fun (complete with a Fuzzy Monster puppet and birthday party!), the dinner was yummy and the generous crowd helped us raise \$1500 to donate to the Guatemala Water Filter project! Wow! Thanks to all who gave their creativity and time to this meaningful tradition at St. Luke's that not only focuses on mission but brings kids together to gain confidence, build relationships and work together in a fun and nurturing environment. Yea!



KIDS food finder

Kids Eat Free!

This summer, more than 500 community sites across Colorado will provide meals to children up to 18 years old at no cost. There are no income or registration requirements for participation. Spread the word or find nearby summer meal sites. Use the interactive map at KidsFoodFinder.org or call Hunger Free Colorado's statewide food resource hotline toll-free at 855-855-4626.



Kay Swanson
Director of
Little School



Little School News: Summertime and the Playing is Easy!

We ended our Little School year with a bang - our Art Show had record attendance and we are so very proud of our 148 graduates that are moving on to Kindergarten or our Explorer's program in the fall. Believe it or not, these preschoolers will be the high school graduating class of 2029! The year flew by and now they are ready to spread their wings! The children performed several really fun songs, including "Fruits of The Spirit" our chapel theme. May was filled with lots of outdoor learning and play and we accomplished our picnics and 4 year old hotdog lunch, despite the rain, thanks to Mr. Barry! Lots of fun memories to fill our books with and now time for a well-deserved respite for all of our teachers.



This year we say goodbye to two of our amazing teachers. Ms. Bonnie has been with us for 16 years and is starting a very busy retirement and Ms. Christy W. (7 years) will be moving on to a public school position this fall. We will miss them sadly, but know that we are a better school because of their love, devotion and wonderful teaching! We are blessed with a full compliment of teachers for 2016-17 and we are excited for the year ahead.

Thanks for all of the prayers, love and support to the staff and our students! We ask that you continue to hold all children in prayer as they graduate, no matter their age, and begin their new journeys! We are always excited to see how well our alumni have done when we hear all of their amazing accomplishments! Some friendships started right here at Little School and remain strong to this day! We are proud to say that we were part of their educational foundation! What a joy!

Happy Summer everyone! *Blessings from Ms. Kay and Staff*

Little School starts in August.

First day of school is Aug. 31. We still have a few openings, so don't forget to contact us!

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



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

Relationship with Sedalia Elementary Finishes its 5th Year!

It all started in the Spring of 2011. Peter Reif, Ann Fort (from Hope UMC) and I met with a representative of the Douglas County School District about piloting a food box program for Spring and Fall breaks and 3-day weekends. We wanted to connect with a school in the District that had the highest percentage of students on free/reduced price lunch. Sedalia Elementary was among the top three and was enthusiastic about trying the food program, which was in partnership with Food Bank of the Rockies. At the meeting we discussed the correlation between student achievement and the stresses of poverty and hunger. We also saw some surprising data about the number of homeless children in Douglas County.

Although the food box program did not continue beyond the first year for a variety of reasons, our relationship with the school continued. Every year, St. Luke's has had volunteers helping in the classrooms and library, assisting reading and math groups and supporting the PTO. We have donated Box Tops for Education, underwear, socks, clothing, books and grocery gift cards. Seasoned Voyagers has been extensively involved with Sedalia, most recently donating books, school supplies and grocery gift cards.

Sedalia Elementary students and staff are greatly appreciative of our relationship with them. I would like to thank all volunteers past and present for their service.

2011-2012 Food Program volunteers: Janet Johnston, Caroline Butler, Nancy Copher, Teri Burget, Jon and Linda Streaty, Liz Yount, Ben Daly, Jan Munoz, Sharon Williams, Michael Streevy, Nancy Mussetter, Linda Lloyd (St. Andrew UMC), Ann Fort and friends (Hope UMC).

Financial Support for Food Program: St. Luke's United Methodist Women; St. Andrew UMC; Hope UMC

Scholastic Book Fair at St. Luke's, which netted over \$1000: organized by Ann Reck

Classroom/student volunteers: Jon and Linda Streaty, Sharon Oliver, Lee Seaman, Carleen Krening, Michael Streevy, Linda Lloyd, Ray Miller, Sue Stephenson

Past classroom/student/library volunteers: Joanne Cleveland, Linda Palmer, Nancy Mussetter, Mary Ellen Davis, Lorna Roberts, Ann Reck, Julie Love-Ott

Past PTO Supporters: Caroline Butler, Nancy Copher, Teri Burget, Jan Munoz, Jan Rufien, Kay Ocai, Julie Love-Ott

Box Tops for Education "Sparker": Mike Preble

Volunteer Linda Streaty says: "Jon and I just completed our third year of volunteering at Sedalia. This year we had an opportunity to work with some very bright and talented fourth graders. Not only was it truly rewarding, but fun and a learning experience for us too!"

Carleen Krening, who volunteers all day on Wednesdays, contributes: "Volunteering at Sedalia for the past 4 years has given me an opportunity to be a helping hand to several classroom teachers by working with individual students or groups who need extra attention. The staff has been so appreciative of all the aid St. Luke's has provided, from classroom support, school supplies, books, clothes and gift cards for food to families in need. I have been blessed by being there."

We look forward to continuing our relationship with Sedalia Elementary and the blessings we receive from it! To get connected, you can contact Betsy Keyack, bkeyack@att.net, 303-346-7057.



CONGRATULATIONS & BLESSINGS! *Your St. Luke's family is so very proud of you.*

 <p>Nolan Cook Highlands Ranch High School University of Colorado, Boulder</p>	 <p>Gracie Daniels Legend High School University of Colorado, Boulder</p>	 <p>Kara Fong Stanford University BS, Chemical Engineering</p>	 <p>Maureen Frank Utah State University PhD, Wildlife Biology</p>
 <p>Kimberly Goddard Lafayette College BS, Mechanical Engineering</p>	 <p>Matthew Hagan Valor Christian High School Worcester Polytechnic Institute</p>	 <p>Stephanie Hagan St. Olaf College BA, Philosophy & BA, Ancient Studies</p>	 <p>Molly Howard Mountain Vista High School University of Colorado, Boulder</p>
 <p>Jeff Ingell Highlands Ranch High School Michigan State University</p>	 <p>Emily West Kintzel Iliff School of Theology Masters of Divinity</p>	 <p>Ashton Kohrs ThunderRidge High School University of Nebraska, Lincoln</p>	 <p>Madeline LaMee ThunderRidge High School University of Colorado, Boulder</p>
 <p>Jacob Madsen Heritage High School University of Colorado, Colorado Springs</p>	 <p>Heidi Markel Rock Canyon High School University of Arizona, Tucson</p>	 <p>Bennett McIntosh Princeton University AB, Chemistry</p>	 <p>Chelsea McManigal Middle Park High School (Granby) University of Northern Colorado</p>
 <p>Chloe McManigal Middle Park High School (Granby) University of Northern Colorado</p>	 <p>Joshua Merchant Heritage High School Seattle University</p>	 <p>Liza Nolder Metropolitan State University of Denver BA, Modern Languages</p>	 <p>Evan Oliver University of Colorado, Boulder BA, Mathematics</p>
 <p>Thomson Rose Castle View High School DCSD Bridge Program & Arapahoe Community College</p>	 <p>Kayla Sheppard Highlands Ranch High School Metro State University</p>	<h2>FOR IMMEDIATE RELEASE May 23, 2016</h2> <p>Washington, D.C.: <i>Reviving a tradition that is more than a century old, the United Methodist Council of Bishops sent this letter today to the people of The United Methodist Church following the 2016 General Conference, held in Portland, Oregon, May 10-20. The letter reads as follows:</i></p> <p>To the people of The United Methodist Church: The Council of Bishops brings you greetings in the name of our Lord and Savior Jesus Christ who has called us to be servant leaders of the church. In 1812, Bishop Francis Asbury, Bishop William McKendree and General Conference Secretary Daniel Hitt sent the first letter to churches following General Conference. This letter seeks to revive that tradition. Many bishops will also be communicating individually in their own areas.</p> <p>Hundreds of lay and clergy delegates from around the world gathered in Portland, Oregon, along with bishops and pastors, church members and staff, volunteers and visitors, to engage in Christian conferencing, to make decisions for our church's future, to affirm our global connection, to worship and to celebrate God's faithfulness.</p> <p>We celebrated the success of our Imagine No Malaria initiative, which seeks to raise \$75 million in the fight against malaria, a disease that takes the life of a child in Africa every two minutes. We celebrated our ecumenical partnerships as we move into full Communion with the Uniting Church in Sweden and toward full Communion with the Moravian church. We celebrated our heritage: the 250th anniversary of our oldest church, John Street United Methodist Church, the 200th anniversary of the African Methodist Episcopal Church, the 150th anniversary of United Methodist</p> <p><i>continued on page 9</i></p>	
 <p>Hannah Smith Mountain Vista High School University of Colorado, Boulder</p>	 <p>Kathryn Smith Rock Canyon High School Arizona State University</p>		
 <p>Christopher Stephens University of Northern Colorado BA, Music and Media Studies</p>	 <p>Brooklyn Walker Heritage High School University of Northern Colorado</p>		
 <p>Jacob Wesson University of Colorado, Boulder BS, Astrophysics</p>	 <p>Brent Wester Mountain Vista High School Colorado State University</p>		

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



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

Nurturing Spiritual Growth

Exploring and promoting new, innovative ways to nurture spiritual growth within and outside of the “traditional church” environment has been a key goal of the Center for Spiritual Engagement. Sacred Travel is our newest effort to provide the St. Luke’s community with opportunities to connect, to be inspired, and to experience transforming possibilities. In May we offered a Sacred Travel opportunity to explore the meaning of pilgrimage in beautiful Northern New Mexico. Travelers experienced the arts, music, architecture, food, and the stunning beauty of this lovely land with its open skies. To read more about Sacred Travel, see Rev. Sallie’s article on page 3.

Classes and Experiences:



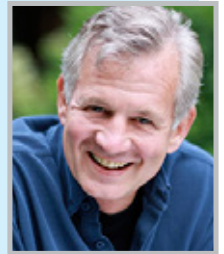
Melinda’s Conscious Cooking is another new offering from the Center for Spiritual Engagement. Cooking healthy foods is one way that Melinda Davidson expresses her spirituality. On Saturday, June 25 Melinda invites us into her kitchen to learn about Superfoods and to prepare and enjoy some of her favorite recipes. This class is limited to 8 participants, and the cost is \$25. To register, contact Melinda at md.md@comcast.net. Melinda provided nourishing treats for our Sacred Travel group, and she will begin sharing some of her recipes on our website at www.stlukesce.org.

Our Thursday morning yoga classes with Gargi concluded on May 26; we plan to resume these sessions in mid-August. (Visit our website at www.stlukesce.org for updated information.) These Thursday morning experiences provided sanctuary, healing, and blessings to those who attended regularly, as well as those who “dropped in” as their schedules allowed. Contact Renae (renaeparra@aol.com) if you’d like to be added to our yoga email list, or to get information about alternative yoga experiences this summer.

Speaker Series:

Save the Date:
Tuesday, October 18

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



Outdoor Adventures

On Saturday, May 14 we hiked to the top of Evergreen Mountain through

the soft mists that often muffle sound and color in Colorado’s high country. We rejoiced at the summit as the sun briefly burned through the clouds and revealed a snow covered Mount Evans and the swirling fog pouring into the valley below. We welcomed new friends, shared stories, and delighted in the reminders that spring has come and summer is not far behind.



**Save the Date for
our next Outdoor
Adventure Experience
Saturday, July 9
an evening picnic
celebration**

On Saturday, June 11 we explored Staunton Park, Colorado’s newest State Park. “From high grassy meadows at 8,100 feet, to soaring granite cliffs over 10,000 feet, the park’s geology, soils, water features, and climate create a rich variety of habitats—and make Staunton State Park an excellent outdoor classroom.”

continued from page 8 Women, the 25th anniversary of Africa University and others. We continued in our acts of repentance with a presentation from the Cheyenne and Arapaho tribes about the Methodist involvement in the 1864 Sand Creek massacre. We shared in the consecration of deaconesses and home missionaries and the commissioning of missionaries. We moved toward a global Book of Discipline and global Social Principles. We voted to add five new bishops in Africa after 2020, and approved a churchwide study on our ecclesiology.... (full letter available on www.rmcumc.org)

The body had difficult and challenging work before it as we acknowledged our differences over human sexuality. Amidst those differences, the delegates affirmed they want their bishops to lead and we found ourselves with an opportunity for a holy moment. We spoke candidly about what divides us and what our church might look like in the future if we dared to consider new possibilities. We offered a way forward, postponing decisions about sexuality matters and committing to having a different kind of global conversation that allows all voices to be heard.

Our differences do not keep us from being the body of Christ. They do not keep us from doing good in the world. They do not keep us from making a difference – and so we set forth bold new goals: to make a million new disciples of Jesus Christ; to engage 3 million new people to make a difference in the world; to transform 400 communities for vital abundant living; to reach a million children with lifesaving health interventions; and to double the number of vital congregations.

Most importantly, we affirmed our commitment to stay united. We proved that we are more than debates and divisions, more than rules and resolutions. We stood together as the body of Christ. As we reflect on our time in Portland, our prayer is for unity in the church for the advancement of our mission of making disciples of Jesus Christ for the transformation of the world.

As John Wesley reminded us, “Best of all, God is with us.”

Signed on behalf of the Council of Bishops, Bishop Bruce R. Ough, president of the Council



Upcoming Events!

- ✦ **May 27-June 5:**
Guatemala Mission Trip!!
- ✦ **June 5:** 9:30-10:30am
SLY AM - Miss Christi
6:00-7:30pm
SLY PM - Minute to Win It
- ✦ **June 9:** GEMs & STMs Starts!!!
6:00-8:00pm LASER QUEST!!!
- ✦ **June 12:** 9:30-10:30am
SLY AM - Miss Amy
5:30-8:30pm
SLY PM- BBQ © Heritage UMC
- ✦ **June 16:** 6:00-8:00pm
STMs - Park & Fast Food!! Bring \$
6:30-8:00pm
GEMs - Canvas Painting
- ✦ **June 18-26:**
Sr. High Mission Trip to Louisiana!!
- ✦ **June 19:** Father's Day!
9:30-10:30am
SLY AM - Mrs. Karin
NO SLY PM
- ✦ **June 23:** 6:00-8:00pm
STMs - Park & Fast Food!! Bring \$
6:30-8:00pm
GEMs - Movie Night - *INSIDE OUT*!!
Come in your PJs and bring a snack to share!
- ✦ **June 26:** 9:30-10:30am
SLY AM - Mr. Paul
6:00-7:30pm
SLY PM - Giant Jenga
- ✦ **June 30:** 6:00-8:00pm
STMs - Park & Fast Food!! Bring \$
6:30-8:00pm GEMs
- ✦ **July 3:** 9:30-10:30am
SLY AM - Mr. Dave
6:00-7:30pm
SLY PM - Capture The Flag
- ✦ **July 7:** 6:00-8:00pm
STMs - Park & Fast Food!! Bring \$
6:30-8:00pm GEMs
- ✦ **July 10-16:**
Jr. High Mission Trip To Rapid City!!
- ✦ **July 10:** 9:30-10:30am
SLY AM- Miss Amy
6:00-7:30pm
SLY PM - Play © The Parks
- ✦ **Sign up to receive our emails and Check stlukeshr.com and click on "Youth" or "SLY" for up-to-date info on programs, activities, opportunities and more!**



ON THE SLY: Summer is Here. Time to Help!

The sun, shorts, and flip-flops are all out in full force and our school books are put

away! That's right, summer is finally here!! Summer is, without doubt, the most exciting time of the year at SLY. Not only does it mean the return of our summer programs STMs (Shortcuts To Manhood) and GEMs (Girls Enrichment Ministry), but it means MISSION TRIPS!!!

One cannot know about SLY and not know the vital importance placed on our yearly mission trips. Providing an opportunity for middle and high school students to go into a different community, learn about their history and culture, and lend a helping hand while providing the hope and love of Jesus to these communities is a significant aspect of our ministry in the youth program. This year, between our two trips, we have over a hundred people going!!!

In the middle of June, 3 vans, a SUV, and the bus will be taking off for the long journey to Slidell, Louisiana packed full of senior high students and adult volunteers. Yes, that is right, we are DRIVING to this small town outside of New Orleans. The town of Slidell never fully recovered from Hurricane Katrina over ten years ago. It was hit hard again a few years later by the oil spill causing financial



hardships on most of the town due to the impact of their fishing industry. Not only do we plan to help rebuild and restore many of the homes, but to also bring hope to this town by letting them know the world, and God, have not forgotten them.

The heat of July will find 40 of our jr. high students traveling to Rapid City, South Dakota to do many different projects throughout the community. One of the biggest projects they will be taking on is a food drive to fill the pantry of the local soup kitchen. They will also have the opportunity to visit the soup kitchen and serve lunch to the community in need. In Rapid City there is also an amazing place called the Black Hills Workshop which is a day program for mentally disabled adults. The teens will get the opportunity to visit and interact with these adults. They plan on showing them new games, painting nails and doing make up, and overall just giving these adults the attention and love that they so desperately long for. We are looking forward to a fulfilling and spiritually uplifting week!

We cannot make these mission trips happen without all the financial and other support that this congregation and the St. Luke's community provides. Just a small shout out to all of you! It is because of you that our students get to go in these life changing experiences and get to make the world a better place. Thank You!

Yours in Christ, Dave, Amy & Jeremy

GEMs & STMs

Summer will be here before we know it! Not only does that mean it's mission trip time, but it also means the return of GEMs and STMs!! GEMs (Girls Enrichment Ministry) and STMs (Shortcuts To Manhood) are our gender specific summer programming that includes all sorts of fun crafts and activities for the girls and good old Ultimate Frisbee and fast food for the boys.

This year GEMs and STMs will be held on THURSDAY NIGHTS from 6:00-8:00pm.

These programs start up June 9th!
Don't Miss It!



Dave Laurvick
Director of
Youth Ministry



Amy McMullen
Assistant Dir. of
Youth Ministry



Jeremy Brown
Assistant Dir. of
Youth Ministry

A Unique Experience for the 20-Somethings!

St. Luke's Young Adults is putting on their first ever Young Adult Mission Trip and Retreat Experience! We will be staying in Fort Collins working with Habitat for Humanity during the week and then enjoying a spiritual retreat weekend full of fellowship and fun! Here's the unique part.. Can only come to the retreat? To the work part? on Tuesday? We have designed this trip to work with your crazy life so if you can only come to part of it.. we'd still love to have you! Dates are July 31st- August 7th. Contact Jeremy Brown or Amy McMullen for more information or to sign up by July 1st!



Sheri Henry
Director of Finance

We offer a variety of ways for you to make your contributions.

- Cash, check or stock transfers.
- Scheduled automatic withdrawals from your checking or credit card accounts.

You may enroll in either of these methods by going online at stlukeshr.com or contacting us directly.

Thanks for your financial support!

Bill and Joan Goddard recognized as Quiet Disciples



For 13 years, Bill and Joan have worked quietly and tirelessly behind the scenes to create impressive scenery, a hallmark of St. Luke's thriving outreach and missions-focused Drama Ministry. With their help, St. Luke's productions have dazzled many community audiences, raising \$250,000 for local and global causes. They have been the brilliance



and might behind a pirate ship, a levitating bed, a grand mansion, and more.

A rocket scientist by profession, Bill plans the set designs meticulously year round for functionality, safety, and stage grandeur. Joan handles logistics, transforming their home into a scenic workshop during the building process. Together, they've devoted more than 2,600 hours to this ministry, sometimes making "vacations" out of it. Their willingness to tackle the impossible has raised the bar and earned the esteem and respect of cast and crew alike. Yet, Bill and Joan epitomize Quiet Discipleship: dedicated, humble volunteers who let their work speak for itself.

Nametags!!

Let's help Rev. Jessica out! If you have a nametag, please wear it while you are here on Sundays! If you need one, please order one at the Get Connected Center or email Lynda@stlukeshr.com and she'll have it ready for you the next Sunday. Cost is \$4.50. Thank you!!



James Ramsey
Director of Music & Arts Ministries



Kenrick Mervine
Associate Dir. of Music Ministry/
Organist



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



Kristi Pawley
Music & Arts
Admin. Assistant/
Accounting Clerk

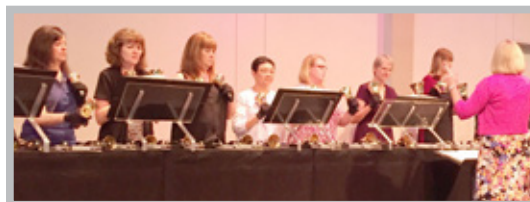
Summer Music Opportunities

Summertime and the livin' is easy, right? Our Music Ministry has worked hard all year to bless St. Luke's with wonderful, inspiring music every Sunday; they deserve a summer break! During June and July, Dr. Jim Ramsey will be busy with PAA and Ken Mervine will be leading the summer music at St. Luke's. If you are interested in providing music at a summer service, please contact Ken at kenm@stlukeshr.com.

Have you always wanted to be a part of the Chancel Choir? Is it time to rejoin after taking a break? The Summer Chancel Choir retreat will be held on Saturday, August 6, from 9:00-10:30am. Everyone interested is welcome! For more information, contact Dr. Jim Ramsey at jim@stlukeshr.com.

Meet the Music Ministry

The Tintinnabulators are the adult handbell ringers. **Joyful Noise** is the youth handbell ensemble for those in 7th through 12th grade. You can enjoy both of them in church once or twice a month, September through May. Have you ever wondered what the word tintinnabulation means? It means the ringing or sounding of bells. Since July 11, 1992 when three octaves of handbells arrived at St. Luke's, they have shared music in worship, concerts and outreach. Their ministry has grown to include 61 handbells and 61 handchimes! Thirteen ringers are needed to perform the full five octaves. Both groups rehearse once a week on Tuesday evenings.



Once you master more than 30 ringing techniques, it is all about the rhythm. The music looks like a piano score with a much bigger range.

Most ringers are responsible for 4-8 bells, which includes sharps and flats; bass ringers sometimes play the entire octave! And the gloves? First, gloves provide a uniform look. Second, gloves protect the bell casting from the oils of our skin. Third, gloves keep our hands free from blisters! Now if any of this "rings a bell" for you, the invitation to ring is open to all; please come take a closer look. They'd love for you to ring the C3, which weighs about 8 pounds at the beginning of the song and close to 15 pounds by the end!



St. Luke's Cherub's Choir

is the youngest choir at St. Luke's! These children, ages 3-6, sing with joy and energy we all wish we had! Wednesday evenings, September through May, you'll find

parents and children in partnership, singing, moving, playing and learning. This choir teaches Christian values through song and movement. It's a joyful experience that helps children begin to develop their own musicality. Four to six times each year, these mighty singers share their songs in Worship. They would love for you to join them!

For more information or to join, please contact Kay Coryell at kayc@stlukeshr.com. More information on all the music groups, can be found on our website.



St. Luke's United Methodist Church
8817 S. Broadway • Highlands Ranch, CO 80129
303-791-0659 • www.stlukeshr.com

*St. Luke's United Methodist Church welcomes you to our Christian family,
where we share life. Wherever you are in your faith journey,
you are accepted and encouraged to grow spiritually.*

*Join us in growing together toward full humanity through living
the teachings of Jesus: Love, Acceptance, Justice and Hope.*

CONGREGATIONAL CARE



Brenda Schafer
Office Administrator

***Don't you be afraid,
for I am with you.
Don't be dismayed,
for I am your God.***

***I will strengthen
you....** –Isaiah 41:10*

PRAYER CONCERNS

Contact Rev. Sallie Suby-Long or Brenda Schafer if you have any additions/removals 303-791-0659 x32, leave a note on the front desk, or email sallie@stlukeshr.com or brenda@stlukeshr.com

LATEST ENTRIES TO PRAYER LIST:

Natalie Murrow	Roberta Towell
Dean Conklin	– Jon Streaty's sister
Jane Reigel	Heather & Les Crosby
Debi Sheppard	Joey Papanek – Jay & Annie
David Johnston	VanHoosen's godson
Jan Lindquist	Greg Boyer
Sharon Morton	Laura Sandburg
– Casie Craine's mother	– Gail Abernathy and
Tami Hess	Mike Stevenson's friend
– Bonnie Funk's friend	Bruce Pawley
LaVawn McLeland	Peanut Johnson – Sharon
Jan Munoz	Williams' brother-in-law
Fran West	Peter Waldheim
Lucius Fouché	Ken Bottoms
– Fran West's brother	– Chris Brendlinger's father
Cash Blanchfield – Stephen and	Shawn Sheppard
Della Krochta's friend's son	Chris Harrison
Rachel Whittlesey	William Cavanaugh
– Julie Polikoff's daughter	– Phil Cavanaugh's father
Austin Raap	Carol Carnahan
Amy Nappa	Shilo Sniff – Dave & Elizabeth
– Lynda Fickling's friend	Laurvick's neighbor
Ed Lauer – Roger Lauer's father	Brad Laurvick
Jerry Hetch	Norm Veach

SYMPATHIES TO:

Kimberly Grassmeyer on the passing of her father, Russell VanHorn
Jeff Seefeldt & Cindy Robinson on the passing of Cindy's father, John Robinson
Jim & Grace George on the passing of Jim's sister, Betty Holcomb
Charlie Rufien on the passing of his wife, Jan Rufien
Ryan & Tami Canaday on the passing of Tami's uncle, John Sylvester
James & Marilyn Bacon on the passing of James' cousin, Myrna Weidenhamer
Larry and Julie Gustafson on the passing of their daughter, Kirstyn Gustafson
Joyce Rovetta on the passing of her husband, Chip Rovetta
Doug & Kimberly Blum on the passing of Doug's father, Darrell Blum
Ed & Eileen Law on the passing of Eileen's sister, Evelyn Wight