



Summer

The Chronicle

ST. LUKE'S UNITED METHODIST CHURCH

JUNE/JULY 2019

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and much more!



Service Week

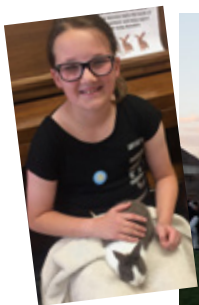
August 4-10

Last year's Service Week was such a success that we're doing it again this year, from August 4 to 10.

During the week, we'll be blitzing a number of badly needed church maintenance tasks, such as deep cleaning and painting the downstairs classrooms/bathrooms/hallways. We'll be asking all of the church's small group members to volunteer for a couple of hours during the week. Families are invited, too! With more hands, it will go faster and be a lot more fun. Be on the lookout for the online signups. Contact Ken Fong (303) 346-7057 if you have questions.

He is Risen, Indeed!

Easter 2019 drew quite the crowd. After six weeks of Lent, focusing on prayer and community, we began the Easter Celebration after church on Palm Sunday with Easter Fun Day. Hundreds of children, and their families, ventured around the church to hold baby bunnies, get their faces painted, participate in an egg hunt, fill up on popcorn and cotton candy, and various other activities. The week continued with Maundy Thursday and Good Friday services focused around the music of *Jesus Christ Superstar*. These worship services were meaningful and purposeful, and helped participants experience the depth of the Holy Week Story. On Easter Sunday we welcomed over two thousand community members as we celebrated the empty tomb and the risen Christ. Beginning with the sunrise service, we joined together in song and celebration. Thank you to everyone who participated in Lent and Easter 2019 - it was a fantastic and memorable season!



Living on Guatemala Time

by Annie Betts & Rachel Meade

At 10:00pm on a Friday night, we board a bus sitting outside the airport. Our bus driver, Nacho, introduces himself along with others from the Guatemala Pura Vida team. Then, our drive from Guatemala City to Antigua begins. After a few minutes of observing our unfamiliar surroundings, a police car turns their lights on behind us. To this, Nacho says, "Don't worry, they're my friends." The lights continue for about an hour and Nacho never pulls over. This signifies one of the first noticeable differences between life in the United States and life in Guatemala.

During the week, we built strong relationships with each other, the Guatemalan work team, and the future homeowners of the houses we built. *continued on page 9*



St. Luke's Summer Worship Series 2019

Why did people write this down? Why did they feel the need to put words to this? Why did Ancient Israel and those among the Early Christian movement tell these stories—why did they tell them in this way? And why did these Scriptures endure? We're talking about the weird stories in the Bible, the ones you can't make sense of, the ones you read and say to yourself: "I just don't get it." In this series we'll explore some of the weird stories and see what they have to say to us in our world today—to see what they teach us about God and hope and love and community and loss and forgiveness and faith and compassion. We'll explore how these stories help us better understand our stories.

June 2 - Jessica

2 Kings 2:13-25 "Baldness & Bears"

June 9 - Ryan

Judges 3:12-30 "Ehud Was Left-Handed"

June 16 - Dave Money

Genesis 19:1-11 "Four Fathers"

June 23 - Ryan

Jonah "What About the Guy Who Was Swallowed By a Big Fish? Pt. I"

June 30 - Ryan

Jonah "What About the Guy Who Was Swallowed By a Big Fish? Pt. II"

July 7 - Jessica

Exodus 33:12-23 "God's Backside"

July 14 - Ryan

Acts 5:1-11 "Wait a Minute, They Both Just Dropped Dead?"

July 21 - Monty Hoffman

Numbers 22:21-35 "Talking Donkey"

August 4 - Ryan

Matthew 7:1-6 "Holy Dogs and Pearly Pigs"

August 11 - Jessica

Genesis 11:1-9 "Tower of Babel"

August 18 - Jessica

Ezekiel 37:1-14 "Dry Bones"

August 25 - Ryan

Leviticus "Can't We Just Skip Leviticus?"

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

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

NEW Office Hours:

MON-THU: 8:30am-1:00pm & 1:30-4:00pm

FRI: 8:30am-12:00pm

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

Email.....office@stlukeshr.com

Website.....www.stlukeshr.com

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

**Staff**

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

Rev. Schawn Kellogg.....x143
Care Pastor

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

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

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

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

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

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

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

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

Hannah Shepperd.....x110
Director of Communications & Administration

Kristi Pawley.....x116
Accounting Clerk

Leon Hreck.....x110
Building Maintenance/Custodian Fall-Spring

Jack & Luke Ramsey.....x110
Summer Custodians

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

All submissions for the
August/September "Kick Off" issue
of *The Chronicle* are due

July 20, 2019

Editor: Sharon Oliver

chronicle@stlukeshr.com

The Chronicle is published 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.



Rev. Ryan Canaday
Lead Minister of
Worship &
Missional Life

Telling Our Story

You have probably noticed some changes in our space as you've walked through the front doors recently. Our "Storytelling Project Team" has been hard at work making some changes. We want our space to tell our story—the story of who we are and what we're about here at St. Luke's. We want to create space that is inviting, warm, and up-to-date.

The first thing you see as you walk in is our Principles:

**GRACE
COURAGE
WONDER
BEYOND**

Yes, there's a reason these words are in big, bold letters. These are the principles we strive to live by here at St. Luke's. You've also noticed some new paint colors on the walls as you walk in, and some pictures of various community events and moments hanging on the walls.

We will continue to transform our space and we plan to do so in phases. Our first phase is nearly complete: the Entryway and Narthex. As you can see in the mock-photo below, we plan to move our project into the Fellowship Hall, with wood paneling on the walls and tall, bar tables for mingling. We want this space to be cafe-like, a space that invites community and connection. We're also exploring flooring options and paint colors.

The Storytelling Project Team will keep you updated as we continue to update our space. We hope you like it, but more than that, we hope when you walk through the doors of St. Luke's you say: "Yeah, this is us...this is definitely us."

Grace & Peace, **Rev. Ryan**



FREE is thriving and moving forward!

It was announced at St. Luke's that my time was shifting to 50% St. Luke's location and 50% FREE location. Tami and I are so grateful to the St. Luke's community for claiming FREE as a satellite location. I'll still be at St. Luke's every Sunday and preaching every other Sunday. God is on the move... and we get to show up for the ride. —Rev. Ryan

Rev. Ryan and Tami Canaday:
Berhewagon@gmail.com

FreeSpiritualCommunity.com

A Spiritual Community
for Addicts,
Loved Ones of Addicts,
and Spiritual Refugees.

Follow FREE:





Rev. Jessica Rooks

Lead Minister of
Community Life

Drop-In Summer Bible Study

The Friday Noon Bible Study is continuing through the summer, and we'll connect with the worship theme.

This summer's worship theme is: *What About the Weird Stories?* "In this series we'll explore some of the weird stories and see what they have to say to us in our world today—to see what they teach us about God and hope and love and community and loss and forgiveness and faith and compassion. We'll explore how these stories help us better understand our stories."

Each Friday, the Bible study will focus on the scripture text for the upcoming Sunday. Join us for one week, or for the entire summer. Join us in person, or through ZOOM (online from wherever you happen to be). Bring your lunch if you want.

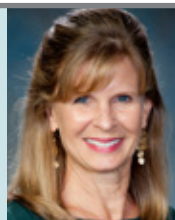
We'll spend the summer exploring some of the more unknown and weird Bible stories as a group.

Here is the schedule:

June 7	no class
June 14	no class
June 21	2 Kings 2:13-25 (this one week is not connected to Sunday's worship series)
June 28	Jonah
July 5	Exodus 33:12-23
July 12	Acts 5:1-11
July 19	no class
July 26	Numbers 22:21-35
August 2	Matthew 7:1-6
August 9	Genesis 11:1-9
August 16	Ezekiel 37:1-14
August 23	Leviticus
August 30	no class

The Friday Noon Bible Study will continue in the Fall with a study of the Book of Acts. If you have questions, or want more information, please let me know.

Grace and Blessings, *Rev. Jessica*



Rev. Dr. Sallie Suby-Long

Lead Minister of
Spiritual Life

A Community that Cares FOSTERING WELLBEING

St. Luke's has a long-standing commitment to being a community that cares. Thanks for this commitment belongs to all who offer their compassion, time, energy and creativity

in many ways to promote health and wellbeing throughout our St. Luke's community and beyond!



To ensure that you are aware of wellbeing resources and opportunities, here are just a few things we want you to know:

- **We are committed to proactive opportunities that help people enhance health and wellbeing.**
- **We are committed to responsive opportunities that help people in their healing and wellbeing.**
- **We are committed to recovery opportunities that help people restore their wellbeing.**

Here are some of St. Luke's ministries created with you and your loved ones in mind:

Fostering **HEALTH** and Wellbeing

Our Center for Spiritual Engagement offers a variety of ways for people learn practices and patterns that enhance fulfillment and wellbeing. The purpose of CSE is to foster healing and wholeness of mind, body, heart and spirit through experiences that inspire connection and wellbeing. Whether you love outdoor adventures, health and wellness classes, one on one coaching, meaningful travel and service opportunities, or experiences that help to clarify or enhance your purpose and direction, we have opportunities available for you! **Next Step:** Connect through our CSE website (www.stlukesce.org) or email me or anyone on the CSE team. Sallie@stlukeshr.com

Fostering **HEALING** and Wellbeing

One-on-one listening and support is available through our pastoral team and our well-trained Stephen Ministers. The support is available for anyone who is in the midst of normal life transitions, health concerns, dealing with loss, in the midst of decision-making, contemplating spiritual questions, or simply in need of someone to be present as a kind, good listener while sorting through some of the ups and downs that are part of life. Our Stephen Ministry program also gifted St. Luke's with CARE NOTES – brochures of excellent information on a very wide-range of topics such as healing after loss, parenting, recovery after divorce, hope following miscarriage, building open family communication, etc. The brochures are right next to the office door and are free to all. **Next Step:** email a Stephen Leader (Nancy Abbott, Melinda Davidson, Laura McCarthy, Bob West) or me to connect with one-on-one support. Then, select the brochures that are right for you: Sallie@stlukeshr.com

Fostering **RECOVERY** and Wellbeing

FREE is a new spiritual community for addicts, loved ones of addicts and spiritual refugees. The opportunities invite connection, healing, and spiritual growth in a new satellite location at Arapahoe Road just west of I-25. There are gatherings every Saturday night at 7:00pm and all are welcome. **Next Step:** Attend a Saturday night 7:00pm gathering at FREE or email Rev. Ryan at Ryan@stlukeshr.com.

As a community, we will always continue our commitment to caring for one another and offering ministries of healing and wellbeing. It's in our DNA! St. Luke was a healer – it's part of who we are and who we have always been. Together, we will continue to extend health and healing in ways that connect to the needs of our extended community.

It's always a privilege to connect you to the wellbeing opportunities that are right for you at this time in your life.

Dr. Sallie Suby-Long

Lead Minister for Spiritual Life

Director – Center for Spiritual Engagement

Our annual
Golf Event
is Saturday
Aug. 3.
Look for
brochures
for event
registration
at the Get
Connected
Center. Contact Dave Rhodes if
you would like to help with this year's
event - dirhodes@pcisys.net





Renae Parra
Director of
Servant Ministry



Get Connected at St. Luke's. To learn more about opportunities to get involved, contact Renae at renae@stlukeshr.com or x117

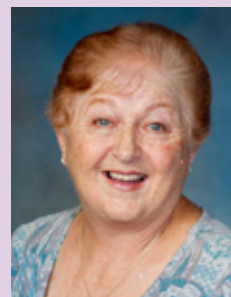
Welcoming Visitors

It's almost SUMMER! Did you know we get our highest volume of visitors during the summer months? Please be on the lookout for new folks and extend a welcome to them. Feel free to offer them a purple bag from our Get Connected Center. Thank you all for being a welcoming presence each week.

Our Coffee/Donut area is one of our primary ways of showing hospitality on Sundays. *We would love to expand the number of helpers for this team.* Serve one Sunday per month from about 8:00-11:00am making coffee and keeping the donut area refreshed. Contact Renae@stlukeshr.com for more info.



Congrats, Edee!



Congratulations to our own Edee Worth who was recently named Volunteer of the Year at Swedish Hospital! Edee has worked as a volunteer Chaplain for over 35 years. In addition, Edee's name was put into the pool of National Volunteers and she was awarded 1st runner up! Edee received honorariums

for her service and awards; she chose to donate to the Pura Vida Scholarship program to sponsor a new Guatemalan student. Edee has shown a heart for service and has worked with patients and families during times of crisis and stress, often being called on in the middle of the night. We are proud she is one of our own! Thank you Edee for all you do for St. Luke's and for our greater community.

Welcoming Our Newest Members

2019 Confirmation Class: (pictured with SLY Confirmation Leaders & Ex-Cons)

Alyssa Marie Bafford • Carson Alan Brice • Everett Robert Jolley Brown • Erin Lucille Burch • Natalie Ann Cameron • Jackson James Foster • Emma Kate Johnson • Sidney Paula Hertling Johnson • Rachel Jane Lowrey • Sophia Reece McClain • Luke Charles Middleton • Luke Joseph Ramsey • Madeline Elyce Sharpe • Sophia Kelley Strickland

If you are interested in making a deeper commitment by joining St. Luke's, please contact Renae Parra x120 renae@stlukeshr.com or visit www.stlukeshr.com



Celebrations of 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, designed by our floral designers, cost only \$40 for both. You may take the bouquets home after the 11:00 service. Vases may be returned later and placed at the sink area in the Narthex. Sign up and pay at the Get Connected Table on Sunday or call the office to reserve your "Special Flower Sunday." Send \$40 check payable to St. Luke's UMC with Sunday Flowers in the memo line. There are open Sundays in July and August.



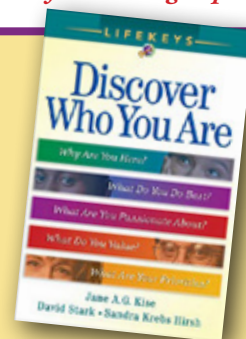
Church GARDEN!

On May 25, Jeanne from Grow Local Colorado came out to help plant the church garden and give advice. We planted radish, basil, beans, tomato, zucchini, parsley, carrots, peppers, and more. *Be on the lookout for the Weekly Weeder sign up.*



NEW CLASS starting in August!

Renae Parra and Tami Canaday will offer their yearly class, *Who Are You?* Come and find out as we discover your Gifts, Personality type, Values, Passions and more. Apply this knowledge to your work life, volunteer life and family. Come and discover how God uniquely created YOU. It is serious work, but we always have fun doing it! We will meet on Sundays at 11:00am (Aug. 4-Sept. 29). This class is suitable for men, women and older teens. Contact Renae or Tami for more info or to register. Cost apx. \$15 for book.



We All Do What We Can

Bill Fetke was a long time St Luke's member whom we lost too young to cancer. He gave me a piece of advice that has served me well through the years. During one of the difficult times that were common when St Luke's was getting established, we had financial problem that looked like it would be hard to solve. His advice was simple, "Do what you can." Each of us did and we solved the issue.

As we try and balance the needs of our family, our community, and the world, we sometimes throw up our hands and ask, "What can I do?" We are pressed to find the time and resources to take care of what we need to do for our family and what we would like to do to make the world a better place.

One of the good things about being part of a community like St Luke's is that you don't have to do everything, just what you can. The Missions Team is here to help you do what you can. If you have a few hours a month, let us know and we can help you find a project that you would like to help with. We can help you direct your resources to projects that are meaningful to you.

Remember that a community is a powerful resource. When we all do what we can, it is amazing what we can accomplish.

—Monty Hoffman

Warren Village Celebrates Its Single Parents

Warren Village in downtown Denver helps low-income single-parent families achieve sustainable personal and economic self-sufficiency. It provides safe, affordable housing for 2 years while residents work on their educational and employment goals. On May 14, Warren Village held its annual resident honoring event. The event was emotionally powerful and truly uplifting. Single parents, accompanied by their children, were honored for meeting educational, financial and personal development goals. There were inspiring stories of courage, resilience and self-affirmation. There was a tremendous sense of COMMUNITY, with all the parents cheering, clapping and standing in support of each other. If you would like to learn more about Warren Village or explore the opportunities to get involved with this wonderful organization you can contact Laura Richards, mathrichards@gmail.com or go to www.warrenvillage.org. —Betsy Keyack

Recognizing Seasoned Voyagers' Generosity



A 55+ MINISTRY

Seasoned Voyagers is a ministry for our 55 and older crowd. We do events at least once per month, often using our church bus to transport us. You can get more information or sign up for events at our table in the Fellowship Hall on Sundays. Most months we have at least one participant who is new to the group - let's keep that trend going!

Seasoned Voyagers is very involved in Missions. Whenever Seasoned Voyagers goes on a monthly outing or sponsors an event, they usually take up an offering to support our local community.

Seasoned Voyagers' primary mission focus is Sedalia Elementary School. They have their annual December bake sale to raise funds for gift cards for families. Because of a generous donor, in May, the Seasoned Voyagers were able to buy each student two books to take home (buy one get one free) at their annual book fair. The school was so appreciative that not only did the principal write us a thank-you letter but we received 87 hand-written thank-you notes from the overjoyed students! Principal Jeff Johnson wrote: "Your continued support of our students, staff and community continues to impress and humble us... The cheers and smiles school-wide were inspiring when we made the announcement... You would have thought we just told kids we were taking them to Disneyland. The power of books and the thrill of being able to choose a book was seen first hand and we wish you could have experienced this thrill as well... We are grateful to have partners like those at St. Luke's church."

At the end of the school year, Seasoned Voyagers took up a collection and gave the 22 Sedalia Elementary teachers and office staff Starbucks gift cards and gave each of the total 56 staff members a little bag of chocolate with an attached card of appreciation.

Earlier in 2019, Seasoned Voyagers contributed to additional community partners. They donated \$315 to HAAT Force and substantially contributed to the purchase of 329 pairs of underwear for the veterans supported by Colorado Coalition for the Homeless. These are the same veterans who receive the food donations for the Blue Bin near the church entrance. Sometimes in lieu of taking up a monthly offering, the Seasoned Voyagers are encouraged to support church-wide mission projects such as the Guatemala burrito breakfast and UMCOR Sunday.

With a financial gift from the Guatemala Mission Team, Seasoned Voyagers embarked on a Pura Vida sponsorship of 6th-grade student Felix. St. Luke's representatives visited Felix in Guatemala in March and the Seasoned Voyagers group has started writing letters back and forth with him. Felix says his mother Maria is very happy that we are sponsoring him!

It is wonderful to have a group of older adults who not only like to take adventures and have learning experiences, but to give of themselves through our mission opportunities. —Betsy Keyack

St. Luke's Completes 8th School Year with Sedalia Elementary

We have just completed another great year in relationship with Sedalia Elementary School. Many thanks go out to many people!

There were several dedicated classroom volunteers - Carleen Krenning, Teri Burget, Marilyn Hecht, Pat Shaffer, Renee Ducnuigen, Mina Hall and Betsy Keyack. Seasoned Voyagers contributed money for books, gift cards for families and teacher/staff appreciation. Last December, Seasoned Voyagers went as a group to the school's annual holiday show. A big highlight of the show was the team of Josh Burget, Amanda Burget and Steve Collins bringing the St. Luke's puppets to do the delightful story of Frosty the Snowman. Go puppets! Thanks to Trudy Turner and Teri Burget for bus driving and logistical support for that event. In addition, we have had wonderful donations throughout the year. Pam and Marshall Kuhn and Linda Osborn have donated books. Jean Ann Duncan and others have donated school and office supplies, books and educational games. Box Tops for Education have poured in. Most recently, Michelle Gallegos, a newly retiring teacher, donated a treasure trove of books to the school. The staff gratefully expressed amazement over her collection. Thank you all!

Over the summer, we will continue to collect Box Tops for Education. We'll start volunteering in the classrooms in August. The St. Luke's contact person is Betsy Keyack, bkeyack@att.net.

The Blue Bin and the Veterans Still Need You!



Thank you to all who generously donate food to the Blue Bin near the church entrance. This food goes to downtown to the pantry of the Colorado Coalition for the Homeless Vocational Services and the Homeless Veterans Reintegration Program at 563 E. Colfax. They are very appreciative of all our donations. SPAM is particularly popular. Special thanks go to Dave Laurvick, Walt Weiler, Steve Blue and Jim McKeown, who take the food downtown on Monday mornings. Judy Weiler, Lance Willoughby and MaryAnne Eagelston have also contributed to the Blue Bin project in special ways. We are so blessed to have this opportunity to support our veterans! —Betsy Keyack

Children's Calendar Praise, Play & Prayers

(check website for full calendar)

- June 2 (SUN) - **JOY TREK (PreK) & PEAK Elementary 9:30am SUNDAY SCHOOL** begin 5-week lesson "VBS: To Mars & Beyond"
- June 5, 12 & 19 (WEDS) - **Wacky Wednesdays 9:30am-noon**. Contact Sam for more info.
- June 14 (FRI) - **Parent's Night Out 6:00pm**. Contact Sam for more info.
- June 18 (TUES) - **VBS Training 6:00-7:15pm**
- June 22 (SAT) - **VBS Decorating Day 9:00am-noon**
- June 23 (SUN) - **VBS Decorating Day 3:00-5:00pm**
- June 24-28 (MON-FRI) - **Vacation Bible School - "To Mars and Beyond" 9:00am-noon**. Contact Sharon for more info.
- June 30 (SUN) - **VBS Kids sing prelude for 9:30 & 11:00am worship**. Contact Sharon for more info.
- July 7 (SUN) - **No Sunday School - FAMILY WORSHIP SUNDAY**
- July 10, 17 & 24 (WEDS) - **Wacky Wednesdays 9:30am-noon**. Contact Sam for more info.
- July 12 (FRI) - **Parent's Night Out 6:00pm**. Contact Sam for more info.
- July 12-19 - **Family Camp**. Go online stlukeshr.com for more info.
- July 14 (SUN) - **JOY TREK (PreK) 9:30am SUNDAY SCHOOL** begins 2-week lesson "Jonah"
- July 14 (SUN) - **PEAK (K-5th) 9:30am SUNDAY SCHOOL "Bible 101"**
- July 21 (SUN) - **PEAK (K-5th) 9:30am SUNDAY SCHOOL "Prayer 101"**
- July 23 (TUE) - **Children's Ministry Team Meeting 6:30pm**
- July 28 (SUN) - **No Sunday School - FAMILY WORSHIP SUNDAY**
- August 4 (SUN) - **Registration Opens for the 2019-2020 Sunday School year**



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



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

St. Luke's Kids
Growing with God

Welcome to St. Luke's Kids – our ministry to children birth through grade 6.

In caring for the children of St. Luke's and their families, we seek to nurture and develop faithful loving lives, modeled after the Love, Acceptance, Justice, and Hope of Jesus, through relationship and learning. We strive to create sacred spaces and experiences for children to discover and be inspired by God's love.

Join us for Sunday School at 9:30 & 11:00am and register online any time throughout the year. We run on volunteer help. Sign up online to serve our children. Thank you!



Children's Dinner Theater EPIC Success!

On May 3, 38 St. Luke's kids 1st-6th grade enthusiastically performed the musical, "The Most EPIC Birthday Party Ever" and raised the most donations ever - \$2100 - for our water filters mission in Guatemala! Thanks to all those generous hearts who donated! The kids were amazing and the volunteers were fantastic!

Kudos to 15 great years of Children's Dinner Theater!



SLY, Jr. 5th & 6th grade club had a great year capped off with the 6th grade silly string send off. We'll start up again in September, watch for dates!

Wacky Wednesdays

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



Open to all children age 2 1/2 years through entering 2nd grade!*

(Must be potty-trained to attend.)

9:30am-noon

June 5, 12, 19 & July 10, 17, 24

Registration is ONLINE

\$25 per day per child.

***Young Toddler Option**

sam@stlukeshr.com

Welcome to 9:30am Summer Sunday School

St. Luke's Kids Growing with God	6/2	6/9	6/16	6/23	6/30	7/14
PEAK Workshops: Kindle-5th Grade	Art	Cooking	Games	Science	Storytelling	BIBLE 101
Joy Trek Preschool:	VBS Bible Lessons: Daniel	VBS Bible Lessons: Esther	VBS Bible Lessons: Good Samaritan	VBS Bible Lessons: 10 Lepers	VBS Bible Lessons: Emmaus	Jonah
	7/21	8/4	8/11	8/18	8/25	9/8
PEAK Workshops: Kindle-5th Grade	PRAYER 101	Art	Cooking	Games	MUSIC Special	PROMOTION SUNDAY 2018
Joy Trek Preschool:	Jonah	Mary & Martha	Mary & Martha	Zacchaeus	Zacchaeus	Creation

Children move up to their new grades Sept. 8, 2019
Registration for the new year opens Aug. 4, 2019



**VBS June 24-28
NEEDS
OVER 100
VOLUNTEERS
- CAN YOU
HELP?
ONLINE
SIGN UP!**

Sign up for just one, two or all five mornings to volunteer! We provide training. Go to stlukeshr.com or visit our table in the Narthex on Sunday mornings or email sharon@stlukeshr.com. YOU can be part of the BEST week of the year! **THANK YOU!**



Kelly Amadeo
Director of
Little School



Little School News:

**Happy
Summer!**

We had a wonderful school year. We want to thank every parent for the role they played in making this the best school year yet! You will never know how much the smiles, hugs, and words of encouragement meant to us each and every day. It is because of your love, nurture, and support of your children that we have such a wonderful environment to help children grow. We are confident that every child leaving Little School this year is well prepared for their next adventure.

I want to take a moment to congratulate our teachers on their achievement of a level 4 rating through Colorado Shines. We have always known that we have a wonderful program here at Little School, and this rating solidifies our beliefs.

Enjoy your families this summer, and make new memories to last a lifetime.

Little School Families, please save the dates:

August 22: Parent Open House, 6:00-7:30pm

August 23: Children's Open House
MW, MWF, and Explorers 10:00-10:45am,
TTH, TTHF 11:00-11:45am

August 26 & 27: First Day of School!

Grace and Love,
Kelly Amadeo, Director



*Enjoy a
sampling
of our
annual
Spring
Art
Show!*

Little School's BIG News: **Level 4 Rating!**

Congratulations to Ms. Kelly and her staff at Little School on receiving a Level 4 rating through Colorado Shines. Colorado Shines is the organization that partners with our state's programs to connect Colorado families to highly rated early learning programs. They strive to recognize high quality preschools that not only support the children's overall health and safety, but create an environment where children are exposed to excellent language, dramatic play, nature and science, music and movement, and critical reasoning.

As you know the early childhood years are crucial for a child's learning and development. Here at Little School, we have always strived to create a safe environment that nurtures and challenges our children to be their best self. And now our accreditation rating reflects that St Luke's Little School is the highest rated faith-based preschool in Highlands Ranch and one of the highest of all South Denver faith-based schools.

We have been working towards this goal from the beginning of the school year. There were evaluations based on each one of our teacher's qualifications, parent involvement, business strategies, quality improvement plans and different services provided. It also included nine random completely unannounced full day observations of our teachers and classes over the course of an entire month. Talk about a stressful time! Our teachers took on a lot of extra work to prepare for accreditation and did it all with a smile. We are so incredibly proud of them. This is a testament to their character, education and hard work. This Level 4 accreditation is tangible proof of what we always knew. Little School is truly an exceptional community where faith and learning come together to create a special place where our kids can grow and develop.

As part of our playground safety improvement for accreditation we were blessed with a donation to install bollards along the South side of our

playground. This will benefit all the children of St Luke's and create an even safer playground by preventing cars from accidentally driving onto the playground.

Thank you St. Luke's UMC staff! You worked with us to make our rooms safe, remove staples, provide food, give hugs, pray for us and support us through this crazy process. You truly are the best!

We still have a few openings for next year and would love to have you join our special community. Please stop by and say "Hi". We would love to show you around and have you join us in our first year as a Level 4 program!

Have a wonderful summer and create some special memories with your kiddos!

—Tushka Breen, Assistant Director of Little School





CSE Purpose:

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

Take a look at our website:

stlukesCSE.org

CSE OUTDOOR ADVENTURES:

On May 11th we were fortunate to enjoy a beautifully sunny and blue skied Colorado morning hiking Mount Falcon. As a group of 18 women and men we had an opportunity to meet new people, renew old acquaintances and strengthen our love for our outdoor community. We identified many early spring wildflowers, gazed in awe at the snow covered peaks and reflected upon the deep spirituality of it all. Our next hike is scheduled for Saturday, June 8th when we will explore Spruce Mountain. This is a 5.5 mile hike to the top of the mesa, with views of surrounding buttes, Pike's Peak and the Palmer Divide. For further information on this and future hikes please contact Jane or Julie. (juliepolikoff@msn.com).

Save the dates:

July 13 (Sat.) – Wildflower Hike along the Burning Bear trail

August 10 (Sat.) – Palmer Lake Hike & Rock House Ice Cream

September 21 (Sat.) – Hike to Silver Dollar Lake

October 11 (Fri.) – Fall Colors Hike on Mt. Galbraith

November – TBD

Please visit the CSE Photo Gallery www.stlukescse.org/gallery to view our outdoor adventures over the past six years.



CSE CLASSES & EXPERIENCES:

Feel GOOD “Summer” Yoga – with Suzanne Rainey: most **Thursdays - 8:00-9:00am** (check summer schedule with Renae) in the St. Luke's Chapel. Suzanne Rainey, certified yoga teacher, leads an inclusive, relaxed yoga class that provides mindfulness reading and reflection. Come try this calming, centering class. We invite you to drop in whenever your busy life allows. Bring a yoga mat. Suggested donation is \$10/class. Contact Renae@stlukeshr.com for more information.

Enneagram Panels: Our exploration of the Enneagram continues through Enneagram panels! One “core style” will be featured each month. Learn how to recognize different personality patterns as panelists share their inner world, behaviors and realities related to their core style.

Whether you are new to the Enneagram or have been engaged in Enneagram learning for a long time, the panel conversations are an excellent way to deepen your understanding and compassion toward yourself and others. This time-tested tool helps individuals to increase self-awareness, enhance communication skills, and experience meaningful spiritual growth.

Come join us! And, bring a friend, a partner, an adult son or daughter, a neighbor, or a study group. You may attend one, two, or all of the panel conversations. All are welcome!

The panel conversations are facilitated by Rev. Shawn Kellogg and Dr. Sallie Suby-Long – trained Enneagram educators. Cost is \$10. To sign up for the Enneagram Panel conversations, contact Sallie at Sallie@stlukeshr.com

Panels are monthly on Sundays from 12:30-2:00pm:

- Core style “8 - The Challenger” on Sunday, June 23
- Core style “3 - The Achiever” on Sunday, July 28
- Core style “6 - The Loyalist” on Sunday, August 25
- Core style “1 - The Reformer” on Sunday, September 22
- Core style “5 - The Investigator” on Sunday, October 20
- Core style “4 - The Individualist” on Sunday, November 17

WHOLE: Exploring Wellness in the Blue Zones – with Sharon and Bob Oliver: Saturday, July 20 -10:00am-12:30pm.

Find out why people in these 5 areas of the world (blue zones) live longer, happier and healthier lives. We'll talk about how food can either feed disease or fight disease and the benefits of incorporating healthy eating habits into our lives. We'll share a light meal and whole-food plant-based recipes. Cost \$10.

Contact Sharon at sharon@stlukeshr.com



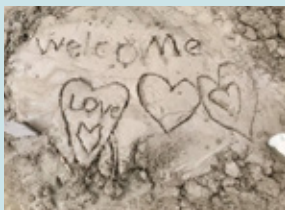
GUATEMALA cont. from page 1

Annie's Experience: Our house started with walls at a low height, but we finished building the walls by the end of the week. Although the gratification of hard work is normally a highlight of mission trips for me, this trip had a completely different focus. Instead of our days being driven by a deadline,



we simply lived on "Guatemala Time", where we enjoyed the present without following a strict schedule. This encouraged me to take a break from working and build relationships with those around me.

The future homeowners of our worksite have four kids, and we immediately connected with the family. Throughout the week, the parents worked alongside us, patient with our Spanish language efforts. The kids made hearts out of the concrete we mixed and playfully dragged us into the field for dodgeball games. When the kids were at school in the mornings, we chatted with the Pura Vida team on work breaks, exchanging English sayings for Guatemalan phrases. After developing these close relationships over such a short period of time, it was difficult to say goodbye. Although it saddened me to leave the wonderful people in Guatemala, it made me happy to realize that we overcame language barriers and contrasting cultures to form meaningful relationships with each other.

**Rachel's Experience:**

On my worksite, the walls started at a height about three cinder blocks tall and ended with all walls being fully completed to roof height. While this felt like a big accomplishment, it is not what we gained most from our trip. The relationships were where we saw the most growth in ourselves and with God.



One relationship in particular was with a seven year old boy named Pablo. Pablo is one of seven kids of Maria, a widow and the future homeowner of the house we were building. From the first day, Pablo ran out of the house wanting to play. Without a father and only two older siblings in the house, the family needed to focus on making money, so Pablo did not often have playmates. The ecstatic seven year old would grab different members of our work team and play ball, monkey in the middle, spin us around in a field, or show us his school journal and "How to Train Your Dragon" toys. We all grew attached to Pablo as he did to us. On the last day, we truly realized the strong relationship we made with Pablo when he asked, "When are you coming back?". We sadly had to tell him that we would not be coming back, but others will arrive to finish his home. Pablo pulled his hood over his head and tears fell, not only from Pablo but from us too. This interaction showed us that we not only made a meaningful impact on those we helped, but they had also made an equally big impact on us.



James Ramsey
Director of Music
& Arts Ministries



Kenrick Mervine
Associate Dir. of
Music Ministry/
Organist



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



Chris Rigolini
Director of
Instrumental Music

Summer Choir

Looking for a musical connection this summer?! Join us for our Summer Choir retreat on Saturday, July 20th from 8:30-11:00am. Summer Choir will sing at the 9:30 and 11:00 services on Sunday, July 21st and Sunday, August 4th. We would love you have you join us at the retreat and either one or both Sundays!

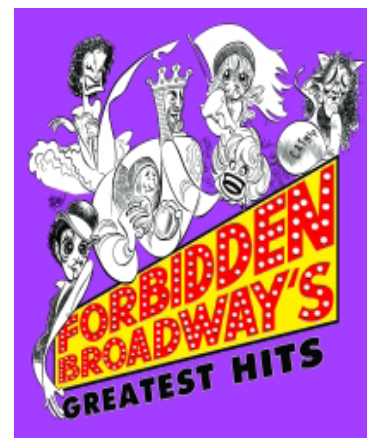


All regularly scheduled music groups will return to weekly practices after Labor Day. If you have thought of joining us, please look for additional information coming out in August with specific dates and times for rehearsals.

“Music
speaks what cannot be expressed
soothes the mind and gives it rest
heals the heart and makes it whole
flows from heaven to the soul.”

Forbidden Broadway on Broadway

Mark your calendars!
Forbidden Broadway comes to St. Luke's this fall! In this long-running Off-Broadway hit musical revue, Broadway's greatest musical legends meet Broadway's greatest satirist in this hilarious, loving, and endlessly entertaining tribute to some of the theatre's greatest stars and songwriters. Even if you have never been to a Broadway musical, you will love *Forbidden Broadway*!



Auditions are open to everyone age 18 and older, and will be held in August with performances October 11, 12 and 13. Details coming soon! Any questions, please contact Melanie Kirkpatrick at melanie.kirkpatrick@gmail.com.

The Wesley Players Spring Show will perform the weekend of February 21st with auditions in November. Watch the bulletin and website for more information forthcoming!

Recurring & Upcoming Events!

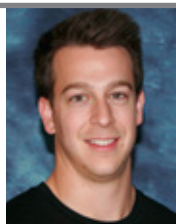


- * **SUNDAYS SLY AM**
9:30-10:30am
Youth Room: Life Lessons from the New Testament
- * **SUNDAYS SLY PM** 5:30pm Dinner (\$2)
6:00-7:30pm fun stuff
- * **WEDNESDAYS** 6:00-8:00pm
"Holy Grounds" Your time - your discussions, food & fun activities!!
- * **June 15-23: Sr. High Mission Trip**
- * **July 7-13: Jr. High Mission Trip**
- * **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!**



Young Adults!

Back from college? Come talk to Jake. Volunteers are needed in the youth room this summer and we are looking at you!!! Also, we meet at The Rock every Thursday for trivia night at 7 so come hang!



Jake Smith
Interim Dir. of Youth Ministry

everyone dresses up nice-ish (at least Cole wore a tie) and it's always a great time! We celebrated our Seniors with a dinner at Olive Garden, mostly for the endless breadsticks, of course. It was great to celebrate such an impactful group of seniors and a big congratulations to the entire class of 2019! We can't wait to see all of the amazing things you'll do next! We celebrated our confirmands as they completed the class and were officially confirmed in their faith and made full members of St. Luke's UMC! We are so proud of them!

Summer is upon us! That means mission trips!!! It also means new schedules and new opportunities in the youth room. There is lots of planning still to be done for SLY this summer and even into the Fall. With all the recent transition in the youth room, there is an increase in leadership opportunity for any youth looking to get more involved. Have a cool idea?

Talk to Jake. Have a bad idea? Still talk to Jake. It's a time to try new things so let's get creative! Mission Trips are coming up and this is a big time for our youth so keep SLY in your prayers this summer. In June, the Sr. High trip will take a full group of 70 to Nederland, Texas to work with Next Step Ministries. The Jr. High team will be going to Albuquerque in July to do all kinds of work in and around the city. *Yours in Christ, Jake*

ON THE SLY: Summer is Here!

Hello SLY! I am so excited for this summer, and YOUR support is appreciated and welcomed – volunteers and youth leadership are needed! Contact me and let's have a great summer together.

The end of our school year was eventful. SLY went on our annual Progressive Dinner at the end of April. We went to different homes where families had meals prepared for us. This is a long-time tradition for SLY,



From Amy:

Dear friends,
As the great philosopher Winnie the Pooh wrote, "How lucky am I to have something that makes saying goodbye so hard." Saying goodbye to my position as the Assistant Director of Youth Ministry is hard simply because it has been so good. For as much as I have given during my 7 years in youth ministry, I have gained as much or more. I am grateful to the youth and families who have welcomed me into their lives, trusted me with their heart, and taught me so much. During my 29 years growing up at St. Luke's, including my 7 years on staff, I have come to call this place home. And one thing I know for sure, is that through out my time here, St. Luke's has loved me well. Thank you. Thank you for your support, your trust, your guidance, your honesty, and your love. I am a better person because of my connection with you. I am excited to see where it is that God sends me next. I know it will be great because He is the one who brought me here! How lucky am I to have something so great, it makes saying goodbye so hard.

Keep in touch. Love, *Amy*

From Dave:

As I head off into the wide world, I am taking the privilege to say..... well, thank you.

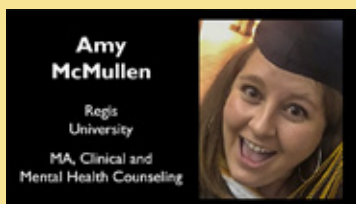
Thank you to my colleagues Amy, Jake, and Jeremy - you made so much happen.

Thank you to all the adult and parent volunteers who have made so much of my time at St. Luke's a place to try (and fail at times) to find paths with and for youth to explore and build their faith foundations.

Thank you to all the youth who have blessed me with their presence. Through your eyes, your actions, your thoughts, your questions.... you opened doors to my own journey. You have invited me to walk beside you in awesome "mountain top" experiences, following you in your passions in social justice, sharing dark moments that have rocked us both as individuals and as a community. We have shared joy, and we have experienced grief together. For these times I am grateful, and for you I am heart filled and blessed.

Thank you seems so little to all of you for all you have given me. I will hold each and every one of you in my heart and in my prayers.

May the Lord bless you and keep you. *Dave*



 <p>Thaddeus Alderson Arapahoe High School Full Sail University Winter Park, FL</p>	 <p>Cole Bauer Eagle Academy High School Gap Year</p>	 <p>Kate Bleyle Kent Denver School Knox College Galesburg, IL</p>	 <p>Amanda Burget Dixie State University, St. George, UT BS, Business Administration</p>
 <p>Dillon Carlyle Mountain Vista High School Job Corps</p>	 <p>Ellison Craine Rock Canyon High School Arapahoe Community College</p>	 <p>Parker Cushing Colorado Mesa University BBA, Economics & BBA, Finance</p>	 <p>Sadie Fletcher Chatfield High School Leeds School of Business, University of Colorado, Boulder</p>
 <p>Taylor Griggs University of Oregon BA, Media Studies</p>	 <p>Sophie Groustra Littleton High School Gonzaga University Spokane, WA</p>	 <p>Arianne Heaton University of Colorado, Denver MA, Clinical Mental Health Counseling</p>	 <p>Meg Henry Whitman College Walla Walla, WA BS, Biology</p>
 <p>Alyvia Hildebrand University of Colorado, Boulder BS, Mechanical Engineering</p>	 <p>Avery Hill Colorado State University BS, Human Development & Family Studies</p>	 <p>Ellie Hill Regis Jesuit High School St. Louis University</p>	 <p>Allison Howard Mountain Vista High School University of Colorado, Colorado Springs</p>
 <p>Mark Keplinger Colorado Academy Tulane University New Orleans, LA</p>	 <p>Olivia Lamee ThunderRidge High School Leeds School of Business, University of Colorado, Boulder</p>	 <p>Jordan Lee ThunderRidge High School University of Colorado, Boulder</p>	 <p>Alex Lucero Mountain Vista High School Gap Year</p>
 <p>Emerson Mallery Highlands Ranch High School Gap Year: YMCA of the Rockies Estes Park</p>	 <p>Nikki Markham University of Northern Colorado BS, Recreation, Tourism and Hospitality</p>	 <p>Midori McCarthy Littleton High School St. Olaf College Northfield, MN</p>	 <p>Hannah McClain Mountain Vista High School University of Colorado, Boulder</p>
 <p>Emerson McIntosh Colorado State University BS, Computer Science</p>	 <p>Emily Miller Rock Canyon High School University of Northern Colorado</p>	 <p>Hope Preble STEM School Northeastern Junior College, Sterling, CO</p>	 <p>Addie Rael Arapahoe High School Gap Semester in Madagascar</p>
 <p>Carter Rose Castle View High School DCSD Bridge Program</p>	 <p>Copland Rose University of Northern Colorado BM, Trombone Performance</p>	 <p>Madeline Schroeder University of Colorado, Denver BS, Marketing</p>	 <p>Weston Schroeder Mountain Vista High School Colorado State University</p>
 <p>Riley Slade Castle View High School Colorado State University</p>	 <p>Adam Smith Denver Christian School Colorado School of Mines</p>	 <p>Shanelle Thevarajah University of Guelph, Canada Bachelor in Arts & Science</p>	 <p>Max Welch ThunderRidge High School Presentation College Aberdeen, SD</p>

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



St. Luke's United Methodist Church

8817 S. Broadway • Highlands Ranch, CO 80129

303-791-0659 • www.stlukeshr.com

GRACE • COURAGE • WONDER • BEYOND

*Because of the life and teachings of Jesus, we exist to deepen
people's connections with God, show compassion for all,
and reflect God's love in a way that changes lives.*

CONGREGATIONAL CARE



Hannah Shepperd
Director of
Communications and
Office Administration

PRAYER CONCERNS

Contact Rev. Sallie Suby-Long or the Office Administrator if you have any additions/removals 303-791-0659 x132, leave a note at the front desk, or email sallie@stlukeshr.com

LATEST ENTRIES TO PRAYER LIST:

Marc Abbott,	Donna Halstein,	Inge Verhaegen Lyons,
Adcock Family,	Linda Harris,	Will Maniatis,
Pearl Carlisle,	Lynne Harris,	Katie Mueller,
Sarah Cleary,	Don Harper,	Richard O'Neil,
Karen & David Corson,	Dori Hauser,	Brian Reamy,
Bill Dale,	George and June Hutchins,	The Reaux Family,
Todd Davis,	Evan Kellogg,	The whole community
Carrie Enloe,	Dean Kittle,	in this difficult time
Mark Godsey,	Buffy Krantz,	following the STEM
Jack Goodman,	Jerry Lubben,	school tragedy.

CONGRATULATIONS TO:

Agnes Simmons, who celebrated her 102nd birthday!
Laura and Mike Richards on the birth of their first granddaughter, Chelsea, born to
parents Beth and Chris Unger on Sunday, March 31.;
Bill and Joan Goddard on the marriage of their daughter Kimberly to Ryan Dupuis.;
Parents Laura and Kent Wootton, and grandparents Martha and Rich Boon, on the birth
of Lucy Katherine.

SYMPATHIES TO:

Jon Streaty and family on the passing of Jon's sister;
Joely, Steve, and Sam Maddux on the passing of Joely's father Jim DeLuca;
Family and friends of Lorna Knudsen, a former St. Luke's staff member, who passed away;
Joyce Trembath and family on the passing of her sister-in-law, Kimberlee Trembath;
Kris Reif and family on the passing of her sister-in-law, Eunice Eckberg;
Lynda Fickling and family on the passing of her mother, Ellen Ursin;
James Bacon on the passing of his friend Ernest (Ernie) Unrein.

*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

Cowboy Wisdom - pt. 2

pt. 1 appeared in the April/May 2019 issue

(This was given to me when I started my appointment to
Wheatland, Wyoming UMC in 1997. —Rev. Les Ludlam)

22. Don't interfere with something that ain't bothering you none.
23. Timing has a lot to do with the outcome of a rain dance.
24. It's better to be a has-been and a never-was.
25. The easiest way to eat crow is while it's still warm. The cooler it gets, the harder it is to swallow.
26. If you find yourself in a hole, the first thing to do is to stop diggin'.
27. If it don't seem like it's worth the effort, it probably ain't.
28. It don't take a genius to spot a goat in a flock of sheep.
29. Sometimes you get and sometimes you get got.
30. The biggest troublemaker you'll probably ever have to deal with watches you shave his face in the mirror every morning.
31. If you get to thinkin' you're a person of some influence, try orderin' somebody else's dog around.
32. Don't worry about bitin' off more'n you can chew, your mouth is probably a whole lot bigger'n you think.
33. Always drink upstream from the herd.
34. If you're ridin' ahead of the herd, take a look back every now and then to make sure it's still there with ya.
35. Good judgment comes from experience, and a lotta that comes from bad judgment.
36. Lettin' the cat outta the bag is a whole lot easier than puttin' it back in.
37. You can't tell how good a man or a watermelon is 'til they get thumped.
38. Never miss a good chance to shut up.

God bless us all, cowboys and cowgirls. —Les