



ST. LUKE'S UNITED METHODIST CHURCH

FALL 2021

Kick Off

# The Chronicle

Highlands Ranch, Colorado



**Join in on Sunday  
September 12  
9:45am-12noon**  
(no 10:30am service)

Please join us for our St. Luke's Church Picnic after the 9:00am service on Sunday, September 12th on the back lawn. There will be breakfast foods, drinks, games, and fun for everyone. Since we will be enjoying this time of fellowship as a community, there will not be a 10:30am service.

**Food:** "Donut Wall" and lemonade and the **French Press food truck** with ready to eat breakfast burritos and sandwiches and made to order Big Breakfast and French Toast.

**Games:** Corn hole games, giant Jenga, water balloon toss, sack races and please bring your favorite lawn game.

**Children:** Nursery workers will monitor the **playground**. And we will have sidewalk chalk available as well.

**Raffle Drawing:** \$5 raffle tickets for a custom corn hole set made by our very own Marty Davidson and donated baked goods.

**Questions:** contact Paul Kirk, at pauljirk@gmail.com

## Kicking Off Our Year Together!



The Car & Motorcycle Show on August 28 helped kick off our year in fantastic form. We had 48 cars and lots of folks, great music, hot weather and yummy food. Oh, and money raised! Thanks to Jim Ramsey and team and all who helped make it an amazing day. (See more on page 11.) The Community Raiser team is working hard to provide opportunities for everyone to get out and enjoy being together again.

### SAVE THE DATES & WATCH FOR UPDATES:

**Sept. 11 - Golf Tournament** at Red Hawk Ridge

**Sept. 12 - Church Picnic**

**Sept. 17 - Backyard Move Night "You've Got Mail"**

**Nov. 5 - Wine, Music & Food Pairing Dinner**

**Nov. 13 - Wesley Players Dinner & Show**

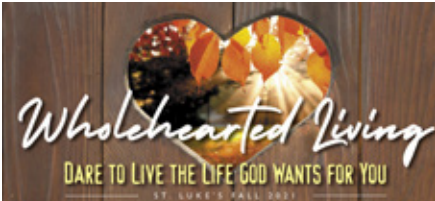
Other events being planned include a fabulous bourbon tasting, a chili cook off... and more to come. St. Luke's is happy to find ways to be celebrate our community together so please join us in our re-engagement party!



Feeding of the  
**FIVE**  
Thousand

### SAVE THE DATE:

Our 2021 food drive will be:  
**September 24, 25 & 26**  
[feedingofthe5000.us](http://feedingofthe5000.us)



Sermon Series Sept. 12-Nov. 21:  
**Wholehearted Living:  
Dare to Live the Life God  
Wants for You.** We'll start by getting back to our true selves and living the life God wants us to have using Brené Brown's *Daring Greatly* book to guide us. (see insert)

**SEPT. 12 - Church Picnic -**

**We Are Enough**

Psalm 4:6-8, Romans 12:1-2

**SEPT. 19 - Vulnerability**

Numbers 14:20-24,

2 Corinthians 12:5, 9-10

**SEPT. 26 - Dealing with Being Vulnerable**

Deut 32:8-11, Matthew 10:11-14

**OCT. 3 - Laity Sunday -**

**The Shame Game**

Psalm 119:103-105,

Jeremiah 46:1-2a, 11-12

**OCT. 10 - Stewardship -**

**Gender and Shame**

Jeremiah 1:4-8, Galatians 3:23-29

**OCT. 17 - Stewardship - Gratitude**

Psalm 50:7-9, 14-15, Colossians 2:6-8

**OCT. 24 - Stewardship -**

**Appreciating Beauty**

Psalm 16:5-11, Exodus 3-4

**OCT. 31 - Commitment Sunday -**

**True Comfort**

Proverbs 3:5-10, Mark 6:45-52

**NOV. 7 - All Saints Day - Real Success**

Psalm 34:8-10, Romans 8:35-39

**NOV. 14 - Minding the Gap**

James 1:22-27, Micah 6:6-8

**NOV. 21 - Dare to Live the Life God Wants for You**

Deut 6:4-7, Jonah 1-3

Our church building is gradually re-opening. Check with the office for accessibility.

**Sunday Worship services**  
**9:00am** live streamed and in person  
**10:30am** in person  
**5:00pm** (1st & 3rd Sundays)

**Sunday School**  
**9:00am** PreK-12th grade  
 Nursery available with reservation

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



### Staff

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

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

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

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

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

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

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

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

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

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

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

David Garrett.....x117  
 Interim Director of Servant Ministry

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

Taletha Pogge.....x124  
 Interim Director of Finance

Jessica Shelton.....x116  
 Financial Assistant

Barry Curtis.....x144  
 Facilities Manager

Our next issue of **The Chronicle** will be the November/December issue.

**Content due October 25**

Please send inquiries and submissions to:

**chronicle@stlukeshr.com**

Editor: Sharon Oliver

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



**Rev. Michele Kaminsky**  
 Lead Minister

## Journey with Us this Fall!

Dear St. Luke's Family and Friends,

I am so excited to begin our Fall Worship Series, *Wholehearted Living: Dare to Live the Life God Wants for You*, on September 12, based on Brené Brown's book, *Daring Greatly*.

During this series, we will journey together as a whole community lifting out the concepts that lead to wholehearted living, and connecting them to our faith and daily lives. The main way we will accomplish this is through worship and small groups.

### How would you like to engage on this journey?



Small groups are being offered to supplement what we do in worship that will allow you to engage in exactly the way you need. For a list of Wholehearted Living SMALL GROUPS and how to get involved, and for a schedule of what pages will be lifted up in worship each Sunday, please see the INSERT. We highly suggest you purchase or check out the book *Daring Greatly*

so you can read along with us, but it is not required as each worship service is designed to be a "stand alone" service, meaning if you missed a reading or a Sunday service, you will still be able to follow along and be fed. No matter how you choose to engage, the goal is to move into living more wholeheartedly.

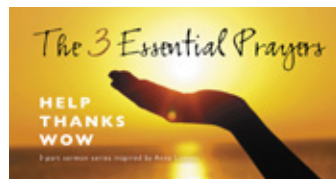
**So what exactly is Wholehearted Living?** Wholehearted is defined by Merriam-Webster as being "completely and sincerely devoted, determined or enthusiastic." As applied to our daily lives, wholehearted living means being completely and sincerely devoted to living from our true, authentic selves as God created us and calls us to be. And that takes guts! Because being who God created us to be, doesn't always fit with what society tells us we should be. So let's sort that out and discover some things we can do to live into our truest selves.

I invite you to enter into our Fall worship series "wholeheartedly" with devotion, determination and enthusiasm, knowing God will be guiding us.

**God dared to dream something wonderful for us, do we dare live it?  
 Knowing the outlier spirit of St. Luke's, I think we do!**

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

## Help, Thanks, Wow - Recap



It was such an honor and joy to preach a three-part sermon series this summer based on Anne Lamott's short book, *Help, Thanks, Wow: The Three Essential Prayers*.

In the sermon series, I commented that prayers of **HELP** are instinctual. They are prayers that come from our gut, prayer that escape us when we do not know what else to do or say. We realize

that we do not have the solution, we cannot fix this problem, and the only option we have left is to turn to God and say, "Help..."

The second prayer is **THANKS** and I reflected on the ways that prayers of gratitude and thanksgiving are habitual. We are taught to say please and thank you at a young age and we were probably also taught prayers of thanks at a young age. The habit of prayerful thanksgiving has huge benefits to our health – spiritual, emotional, and physical. These are prayers that remind us that we are not alone and center us in community.

Finally, I shared that the third prayer is perceptual. The **WOW** prayer happens when our senses are engaged, and we are experiencing life by paying attention. With our eyes wide open, with our arms outstretched, with our lips ready to taste. When we are open, we allow direct access to our soul and allow life to come deep within. Of course, this means we let ourselves be vulnerable to pain and hurt as well. Yet, it is in those emotions we come to see God's faithful, steadfast presence in the ugly parts of life as well as the beautiful.

I've loved hearing how this sermon series on prayer influenced you! If you want to catch up on the sermons you can find them on our YouTube channel! –Rev. Liza







**Rev. Liza Stoltz Hanson**  
Associate Minister

## Summer's End Prayer

As I reflect on this transition time between summer and fall, I can tell I am holding tension this in-between time. The summer months have been busy with afternoons at the pool, ice cream dates, neighborhood block parties, softball games, camping trips, and visits with family. All of those warm evenings and relaxing mornings have felt easy and relaxing. Now the pool is closed for the season, my tomatoes are starting to ripen in my garden, and I've finally completed all the back-to-school shopping, but I'm not sure I'm fully ready for the next season.

At the end of summer, I typically feel rested and ready for the back-to-school rhythm to start. This year, to be honest, there is still a lot of stress and tension in the air. Despite a lot of wonderful summer memories, I think we all are longing for more idyllic peaceful moments. Outside, the air has been thick with wildfire smoke and inside we are watchful and cautious of the new COVID-19 variants. The news is again filled with atrocities and conflict and natural disasters.

### It is all a lot.

I was reminded of two things this week that I want to pass on.

**First: it is OK to feel like life is a lot.** The author Glennon Doyle wrote, "You're just a feeling person in a messy world. You are exactly right to feel a lot right now. It does not mean you're weak. It means you are strong enough to be paying attention. Be gentle with you, please."

**And second is a prayer written by my friend, Eric Clapp.** I especially appreciated his preface to the prayer, which resonated with me very much. I hope you take time to breathe deeply and let this prayer bring comfort, resolve, and the assurance that Jesus knows us and knows the realities of all our complicated human feelings.

*In our family, when we have unprocessed emotions & respond to something mundane with anger, we say "it came out sideways." We haven't processed what we're actually grieving, and we respond harshly instead.*

*It feels like the whole world is coming out sideways today. There's just so much unprocessed grief. We still have so much from 2020, let alone everything that's happened this year.*

*I wrote a body prayer for processing grief today and I hope it can begin to help you attend to some of the grief in your life.*

Let us pray.

Loving and nurturing God,

You created us from dust and breathed life into our bodies. Help us to breathe deeply and steadily, leaning into your deep mercy.

You walked among us enfleshed in a body. You know what a nervous stomach feels like.

You know what it is to have a worried mind and a restless heart. Send your Holy Spirit to all places where anxiety, worry, and restlessness reign.

Be in Afghanistan and Haiti. Soften our hearts and open our arms to your children in need.

Be in ERs and ICUs at capacity around our world.

Be in nurses stations and hospital break rooms where weary healers rest and recover before serving all in need.

Be in classrooms and hallways, cafeterias and on playgrounds where we send our children to learn, grow, and play.

You have given us mouths and hands, with which we can communicate so much. Help us reach out and ask for help when we need it. Guide us as we seek to build up and encourage.

You have given us ears that can listen to or eyes that can read the stories of our siblings who have lost so much.

Help us listen well.

God, you have given us wonderful, brave, capable, courageous, strong, and nurturing bodies. We pray that you would help us release the grief, tension, worry, and fear that has ruled and reigned these days.

Then, in whatever capacity we are able, with whatever gifts and opportunities you show us, may your will be done in this place.

May we use every tool and medical innovation you have given us to help and heal our communities.

May you, who heal every ill, set us free from all that binds us, and help us faithfully walk with you and with each other.

It is in the merciful and restoring name of Jesus we pray. Amen.

Friends, I am praying for you in these changing seasons. Know that your St. Luke's family is here for you. The offer always stands for a walk or a cup of coffee with me! **In peace, Rev. Liza**



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

## Savoring...

I was recently reminded of the amazing value of savoring. It's uplifting and helps us enhance gratitude and joy. There is something that feels sacred about savoring, too. Maybe it feels like a prayer—a way to say Thank You for all that is good in our lives.

In July, I had the privilege of time with our immediate and extended family. My Mom, who just turned 84, has super-power savoring skills! I loved seeing her embrace the moment with each person in our family. She continues to talk about the moments she loved most when we were together. I want to learn from her. So, I am practicing savoring, too. I am learning to be present in the moment. I am learning to linger a little longer with special memories so they become part of me.

Our recent trip to Orcas Island, Washington was an experience I will keep in my heart always... the mountains, lakes, ocean, beautiful trees, fresh air, hiking, a ferry ride, a bonfire complete with s'mores, kayaking at sunset, and evening conversations on the porch.

Tom and I cherished this experience with Rachel, Sarah and Rebecca, their husbands and significant others, and our almost-2-year-old granddaughter, Ellie. Who can resist the pure joy of a toddler playing in a fountain or eating her first hot dog!? I want to hold these sweet moments closely. This is where savoring comes in.

Savoring is simple and profound at the same time. It really can feel holy. Savoring is deliberately enhancing the impact of the good things in our lives. Savoring can add to the gratitude we feel for life. Savoring each moment with loved ones can bring us closer and form a stronger connection and sense of appreciation.

### Ways to practice savoring:

- Focus on Details of Special Moments
- Linger a Little More with the Special Moments in Your Life
- Express Gratitude
- Take a Mental Photograph of Experiences You Love
- Tell Others about Your Experience

My favorite poet, Mary Oliver, sums up savoring in just 12 words:

*Instructions for Living a Life:*

*Pay attention.*

*Be astonished.*

*Tell about it.*

—Mary Oliver

**My very best to each of you, Sallie**

*Want to know more about savoring? Let me know. I have some great resources.*



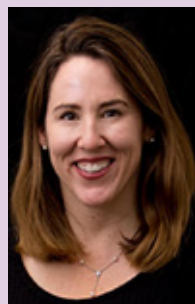


## We Belong @ St. Luke's

We are thrilled to welcome our new members. If you are interested in learning more about what

belonging at St. Luke's means for you, please join us for our next We Belong gathering. Contact Pastor Liza for more information.

**Welcome Lisa Hagan:** *"I am a professor at Metropolitan State University of Denver. I have two children, Andrew (14) and Sarah (12), and husband Joe. I grew up a Unitarian Universalist, went to Catholic mass with my family for many years, and finally found a spiritual home at St. Luke's."*



## Masks Now Required Inside

Thanks to everyone who has been so understanding of our mask policies that are being adjusted according to the case numbers in Douglas County. Rest assured we are watching all of the data closely and want to keep our congregation and all of those who use

**David Garrett**  
Interim Director of  
Servant Ministry

our building on a daily basis, as safe as possible. Please see this note from our Trustees from September 1:

*Corona virus cases continue to increase in Douglas County. Over the last 5 weeks, the number of cases per 100,000 people has increased by a factor of 6. In order to keep safe those attending worship, meetings, and other events inside St. Luke's, we are now requiring everyone to wear a mask when inside the building, whether you are vaccinated or not.*

*Also, signs are being added to each meeting room to indicate the mask requirement, the maximum occupancy, and the requirements for ventilation (e.g., the number of air purifiers) to insure a safe meeting environment.*



*This masking requirement is consistent with the CDC recommendation for everyone to wear masks indoors in areas of high transmission. Wearing masks can make a significant difference. For example, with no masking, 8 people may safely meet in the Conference Room; with 100% masking, 20 people can meet safely (other variables being the same.)*

*Thank you for helping us keep everyone safe.*

*Grace and Blessings, David*

## Welcome David!

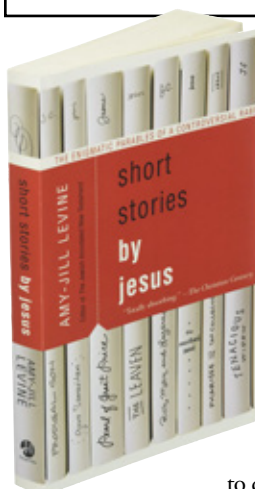
David Garrett is the new Interim Director of Servant Ministry. He was born on the east coast and moved several times as his father was serving in the Air Force. He attended Monmouth College (IL) for his undergraduate degree and Quincy University (IL) for his graduate degree. After graduating college, David worked in college athletics as a video coordinator and again moved several times. He met his wife while working for the University of California, Berkeley football program and later they moved to Merced, California where they both became teachers and started a family. David and his family moved to Highlands Ranch in 2016 and began attending St. Luke's with their three fun and energetic children (Jayden 12, Andrew 8, and Collin 6). David has served on the Equipping Team for three years before accepting this new role. David is excited about being the Interim of Servant Ministry at St. Luke's and hopes to serve this community well. Be sure to stop by and say hello to him.

**FUN FACT:** David enjoys playing the bagpipes (he has played for 12 years) and is part of Clan Macpherson.



## Friday Bible Study

Kudos to the Friday Bible study group, led by Rev. Liza, who recently completed reading the entire Torah (also known as the Pentateuch or the first 5 books of the Bible)! The group started with Genesis in July of 2020 and finished Deuteronomy in July 2021. After many months traveling through the wilderness with Moses and the Israelites, the group mourned Moses' death and the fact that he never made it across the Jordan River to the promised land! As a matter of fact, you need to keep reading into the book of Joshua to read the narrative of Israel's final arrival to the land promised by God to Abraham in Genesis!



The Friday Bible study group reads with keen attention to detail and acute critical thinking as they pause to consider the context of when our sacred texts were compiled, who they were written by, and who the intended audience was meant to be.

For a change of pace, the group is shifting away from the Hebrew Bible into the gospels for our next topic. We will be doing an in-depth study of Jesus' parables as we read *The Short Stories by Jesus: The Enigmatic Parables of a Controversial Rabbi* by Amy-Jill Levine. Professor Levine is a Jewish scholar of the New Testament and her scholarship looks at Jesus' teaching in the gospels from a Jewish lens. We will start this book on Friday, August 20 at noon and we welcome new folks to join us! Contact Rev. Liza for more information.

## Grief Support Group

Many times people feel alone with their grief when the death of a loved one has occurred. Many grieverers have found that mourning in a safe place with people who will listen to their stories and hold their feelings and pain for a little while is helpful. St. Luke's has an opportunity for you to receive support on your grief journey. Join Rev. Pat Shaffer and Stephen Minister, Nancy Abbott, for a four week support group.

**We will meet 4 Sundays: Oct. 31, Nov. 7, 14 and 21 in the Chapel at 11:45am.** Please call Rev. Pat at 720-988-5430 or email her at prshaffer04@yahoo.com to let her know you will be attending.





*God, Thank you for putting in me the glory of your Spirit. I will live my life today in a responsible and loving way, and I will work to filter all of my senses and actions through You. I will not let anything outside of Your Spirit control me. Instead, I will go through my day living in the wisdom and peace You give me. Amen. (a prayer by Steve Kaminsky)*

## Sallie's Role at St. Luke's

Some of you have kindly asked me about my current role at St. Luke's. I'm happy to share the details with you again since I know being in the midst of a pandemic and many changes over the past year has made communication a bit more challenging. Here is a quick update:

I have the privilege of serving as the Director and Founder of the Center for Spiritual Engagement, a ministry of St. Luke's, which has been a passion of mine over the past 12 years. Our focus is building relationships, fostering healing, and expanding connection. The CSE Leadership Team is remarkable and I am grateful for their creativity, faith, and talents.

I also serve as Minister of Healing and Wellbeing and offer Spiritual Direction, Counseling, Consultation, and Coaching to our St. Luke's Community. These are areas of ministry that are very dear to me. Being present with people in their life journeys is truly an honor.

In my current 60%-time role, I am generally at St. Luke's on Mondays, Tuesdays and Thursdays and of course often on Sunday mornings. My additional professional involvement outside of St. Luke's includes serving as Dissertation Faculty in Creighton University's Doctoral Program in Interdisciplinary Leadership. I've always loved the process of teaching and learning and greatly enjoy working with graduate students.

I feel fortunate to be part of the St. Luke's community. As always, I welcome our conversations and connections! Let me know how I can be of support. You can reach me at [Sallie@stlukeshr.com](mailto:Sallie@stlukeshr.com) or by calling 303-791-0659. *Blessings to you, Sallie*



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



## Peachy Thanks!

*First a big thank you to all who supported Stephen Ministry at St. Luke's by buying delicious Palisade peaches!* This funds our ministry and we are so grateful. Second, our **St. Luke's Stephen Ministers** gathered in August to kick-off the fall season with an evening focused on re-centering based on our internal compass as a guide. Stephen Ministers are trained on the Caregiver's Compass, on which the cardinal directions are trustworthy, compassionate, full of faith, and skilled. These values are at the heart of the work of Stephen Ministry.

Expanding the metaphor of what a compass provides us on life's journey, we considered the people, places, or opportunities that have been grounding landmarks for us as we navigate uncharted paths. As well, we reflected on what our personal compass points are in our own lives; and who or what stands as our True North.

The reflection on the work of compass navigation was particularly resonant at this point in our pandemic experience. So many of our trusted navigational tools, resources, and skill sets have been turned upside down and we are all searching for new tools to help us journey these never-before-traveled waters.

To close our time of sharing, Rev. Liza shared a poem by Joyce Rupp titled, **"Old Maps No Longer Work"** which concludes:



*It is time  
for the pilgrim in me  
to travel in the dark  
to learn to read the stars  
that shine in my soul  
I will walk deeper  
into the dark of my night  
I will wait for the stars  
trust their guidance  
and let their light  
be enough for me*

## SLIC=St. Luke's In Community by Lisa Heaton



Just about a year ago, I received a phone call from Renae Parra. She was asking if I would be interested in co-facilitating, with Marge Harper, a SLIC group during the COVID time. There was an idea that with the shut down of the church, these small groups could be a helpful opportunity to interact with other members of St. Luke's. Saying yes to that invite, turned out to be one of the smartest things I did during COVID!

Our group had 9 members; three men and six women. Some of us knew each other, some of us just knew OF each other, and some of us had never met. There was as much as 28 years difference in ages. The group has met almost every Monday morning throughout the year, beginning in September, 2020 and we are still going strong! We met outside in masks, in a

garage in masks and coats, on Zoom, inside in masks, and then finally, we've been meeting more comfortably, with all vaccinated, sans masks. Even though we were often quite isolated during COVID, life kept moving on. There were hard emotions to process and joys to share. Our usual format was to do a personal check in with each person at the beginning of the meeting. There were some fragile hearts shared! Then, often we would take key ideas from the Sunday sermon to further discuss. That led to great insights and shared and different perspectives, and I think that is always healthy. It has not been a weekly agenda set in stone, which allowed for the group to grow with each other and develop relationships. As one member put it last week, "Thank you dear ones for our ongoing journey together!" And another responded with, "it is sure helpful to make courageous decisions, when you have a cadre of friends to listen, support and help 'clear out the bats'!"

So as we re-enter unsure times with the new Delta variant of COVID, I am truly looking forward to our hopeful weekly SLIC gatherings. I would encourage others in the church to get connected in small community groups. It has brought me closer to St. Luke's. It has brought me new and special friends. It has helped me cope in an unfamiliar time. And it has grounded me in my Christian faith.

## Continuing to Serve Our Neighbors

Food insecurity continues to be a problem in our community even as we start to overcome the disruption of the pandemic. St Luke's Missions will continue to focus on that issue.

When we are faced with a difficult situation, we often wonder where to start. The best place to start is to do what we can and encourage others to do the same. At St Luke's, we have tried to create numerous opportunities for you to do what you can to help.

Our ongoing projects include the **Blue Bin** to help feed Veterans who are in transition housing and **Monday Lunches** in the Park and at the Café for the homeless. Please remember these when you go to the grocery store and pick up some extra for these projects.

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



St Luke's people are volunteering to work the **We Don't Waste Mobile Markets**. These mobile markets go to places where fresh food and produce are hard to access and provide these items to people. You can contact the Missions Team or staff to see when the St Luke's time slots are or you can go on the We Don't Waste website and sign up for a convenient time for you.

Again this fall, we will conduct our annual **Feeding of the 5000 Food Drive** on the weekend of Sept. 24-26. The exact format has yet to be determined but it appears that it will again be dropping off food at the church and cash donations online. Please consider helping with the drop off and sorting work at the church. The food and proceeds go to the FERN foodbank and are then distributed to food pantries throughout the south metro area.

We have tried to provide numerous opportunities for you to do what you can. Please help our neighbors as we start to transition to normal times. —Monty Hoffman

**FROM UMCOR:** In response to the destruction caused by Hurricane Ida, much of which is still becoming clear, UMCOR remains in prayer for the many communities impacted by this major storm.

UMCOR is in coordination with conference disaster response coordinators in the region to assess the scale of damage and has awarded a grant to the Louisiana Conference to support initial emergency relief efforts.

Once the situation evolves, early response teams will be invited by the conference to help with needs such as debris removal and the tarping of roofs.

**JOIN THE WORK OF U.S. DISASTER RESPONSE BY MAKING A GIFT:** <https://umcmmission.org/advance-project/901670>

## News from Sedalia Elementary

This is our 11th school year in relationship with Sedalia Elementary. Kudos go to this year's Vacation Bible School families, who generously donated school supplies for the students. The Sedalia staff was very appreciative!

Principal Jeff Johnson reports:

- They have an "incredibly strong, positive school culture."
- They greatly want us to come back to volunteer in the classrooms. Please contact me, Betsy Keyack (bkeyack@att.net) if you are interested in volunteering. I am not sure when I will return to volunteering due to Covid.
- We offered to bring a meal to the staff and teachers during Parent-Teacher conferences. Stay tuned!
- Enrollment was down last year, at least in part because of the cost of housing.
- The school lost 18 staff members last Spring; nearly all moves were financially-based. Douglas County will need another mill levy override or other funding source to reduce the pay gap.
- They held a successful "Sedalia Summer Experience" for the students, involving project-based learning with a focus on science.
- The school needs more Educational Assistant support for their Special Education programs. Contact Jeff (jjohnson4@dcscdk12.org) or see the District web site for more information about the requirements. Pay is \$17.11 - \$24.80 per hour, depending on experience.
- They will continue with their purchase of technology for the students from the generous donation from a Seasoned Voyagers member.

The teachers and staff really appreciate St. Luke's at Sedalia Elementary. Principal Jeff Johnson says, "We are beyond grateful for the support from St. Luke's church and are looking forward to returning to the school days we have all longed for during this odd year and a half."



## HAAT Force Fall Kick Off!

HAAT Force is gearing up for the upcoming severe weather season. We provide motel vouchers to families and people with disabilities experiencing homelessness in the South Metro area during very cold and/or stormy weather. We are also doubling our efforts to offer resources to help our guests with their immediate needs and a journey out of homelessness.

Our Fall virtual fundraising campaign will kick off on September 18 with a livestream broadcast from St. Luke's at 10:00am. We are currently planning to offer

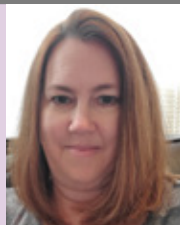
free donuts, coffee and breakfast burritos to those who come in person. We will have an on-line silent auction through October 18. Many of the items were donated by St. Luke's members. Stay tuned to St. Luke's communications for more details!

**It costs \$70 to provide a motel voucher to a family for one night. In the past 5 years, HAAT Force has issued 1,145 motel vouchers, which provided 6,144 person-nights of shelter.**

St. Luke's has supported HAAT Force since its founding in 2010. Thank you, St. Luke's, for your compassion, generosity and solidarity with the most vulnerable people in our community! Our website is [www.haatforce.org](http://www.haatforce.org). —Betsy Keyack







**Taletha Pogge**  
Interim Director of  
Finance

## Financial Update

Thank you for your continued support. As St Luke's reopens and the expenses continue to come in it is more important than ever for you to continue your giving.

You can support St Luke's in many different ways.

- **Continue your monthly or yearly pledge giving** by going online ([stlukeshr.com](http://stlukeshr.com) - click the donate button) or mailing in a check to St Luke's UMC, Attn: Finance Department, 8817 S Broadway, Highlands Ranch, CO 80129.
- **One time donations** can be made online at [stlukeshr.com](http://stlukeshr.com) or mailed in to St. Luke's UMC, Attn: Finance Department, 8817 S Broadway, Highlands Ranch, CO 80129.
- **Attend and financially support any of the upcoming Community Raisers.**

Any financial questions can be sent to Taletha Pogge at [financedirector@stlukeshr.com](mailto:financedirector@stlukeshr.com)

**Watch for our annual Stewardship Campaign in October.**

Your continued support is more important than ever. *Thank You!*



## Refugee Help

We have 2 projects we are moving forward on:

1. **Collecting donations** for Apartment Bins for refugee families - now through Oct. 16. Each bin costs \$50 to compile and our goal for St. Luke's is to donate 10 complete bins to Lutheran Family Services.
2. **Cultural Mentorship** Gathering interest to see if we can form a group from St. Luke's to provide Cultural Mentorship to a new refugee/refugee family.

Email [Liza@stlukeshr.com](mailto:Liza@stlukeshr.com) for more info

## Join Us for Family Camp 2022!

After 10 years at Snow Mountain Ranch, we returned to Winding River Resort this year for trusty trail horses, flying flapjacks, and a multitude of moose. At this beautiful campground that was miraculously spared by the East Troublesome fire in October 2020, the diverse wildflowers and vibrant green grass growing in the black soil of the scorched hillside gave us visible proof of rebirth after tragedy. Over the 10 days of camp, there were eight families, sharing hikes, time on the lake, potluck meals, and fun stories around our fire-ban-approved propane campfire. The tie dye creations turned out exceptionally well this year...hopefully, a good omen for **Family Camp 2022, which will take place July 22-31** at Winding River Resort. This year we welcomed two new families, the Fine-Rise family and the Carr family, and we definitely encourage any interested families (whether rustic campers or cushy glampers) to reach out to Caroline Merchant to learn more - [caroline@merchant-us.net](mailto:caroline@merchant-us.net).



## UMW Update: Focus on God's Creation

*"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."*



### UMW Interest Groups:

**Book Club** – Fourth Monday 7:00pm on Zoom

- September 27: *Georgia - A Novel of Georgia O'Keeffe* by Dawn Tripp
- October 25: *The Great Alone* by Kristin Hannah
- November 22: *Can't Nothing Bring Me Down: Chasing Myself in the Race Against Time* by Ida Keeling and Anita Diggs

For more information contact Teri Burget, [teri0962@gmail.com](mailto:teri0962@gmail.com)

**Itch to Stitch** – Projects of crochet, knitting, sewing, quilting are all donated to charities. Individuals are working on projects at home. We usually meet on the 3rd Saturday 11:00am to 12:00pm. We want to put another "Quilt of Honor" together this year. For those that are interested in joining our mission service can contact Fran at 303-797-7107 or [mfranwest@gmail.com](mailto:mfranwest@gmail.com).

**UMW Ladies** – A time to connect and chat - Wednesday evenings at 7:00pm. For further information contact Fran West, [mfranwest@gmail.com](mailto:mfranwest@gmail.com). The St. Luke's United Methodist Women are part of a national UMW organization that is focusing on speaking out about climate justice this year.

**Taking Action for God's Creation** - United Methodist Women members call on their legislators to enact legislation that prioritizes climate justice by *Tara Barnes*

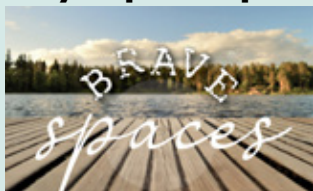
*And the king will answer them, "Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me."—Matthew 25:40*

As United Methodist Women members our faith guides us to care for God's creation and the "least of these." The production, transportation and combustion of fossil fuels cause catastrophic changes to the planet's climate system and harm the health of communities around the world. Currently, 80 percent of the energy consumed in the United States comes from fossil fuels. We must urgently transition to a renewable energy economy across all sectors, one that is centered on equity and justice.

Addressing climate justice requires a commitment to 100 percent renewable energy, clean transportation and just transition. A just energy strategy requires us to not only embrace renewable energy but support programs for those currently working in the fossil fuel industry to transition to new opportunities. It also calls for policies to ensure that marginalized communities are not negatively impacted by the transition. Implementing just climate solutions requires us to recognize the disproportionate harm faced by Tribal and Indigenous communities, Black communities, communities of color, low-wealth communities, rural communities and particularly to women within these communities.



## Brave Spaces Anti-racism & Allyship Group



*"This is lifelong work. Avoid the shortcuts, and be wary of the easy answers. Question yourself when you think you have finally figured it out--there are always deeper layers, and you will continue to reflect even more as you continue on with this work." -Layla F. Saad*

As we continue our journey to help address racial conflict we meet as community to learn, exchange information, express our different perspectives and look for solutions towards meaningful change.

**BOOK STUDY**  
(Mondays SEPT. 13,  
OCT. 11 & NOV. 8  
5:00-6:00pm) - Our focus will be a book study using Layla F. Saad's *"Me and White Supremacy: Combat Racism, Change the World, and Become a Good Ancestor."* This anti-racism workbook will challenge us as we educate ourselves in becoming better allies. All are welcome! Contact Julie. polikoff@msn.com

**LEGISLATIVE ACTION POD** - The work of the Brave Spaces Legislative Action Pod continues with a shift in focus. The Colorado Legislature adjourned until January 2022, so we will focus on more local issues at the county, municipality, and School Board level. For more information or to get involved, contact janestaller@gmail.com

### 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:** We have been offering hiking experiences in our beautiful Colorado wild places for 9 years, and each year we discover great new places to hike; 2021 is no exception. Since January, we've added 5 new trails to our list of recommended hikes, and there are more to come for the Fall. You can find a complete list of our hikes over the last 9 years on the CSE website.

*In July we hiked the Mayhem Gulch trail* in Jefferson County's Centennial Cone Open Space. We enhanced our experience with a mindful Forest Therapy experience. Following the hike, we reactivated our "tailgate time" for sharing snacks and connecting with one another.

*Sallie and Tom Suby-Long led our August hike up the Three Mile Creek trail*, off Guanella Pass Road. The more challenging trail climbs upward along beautiful Three Mile Creek with numerous crossings. The group rejuvenated by wading in the creek and having a picnic lunch.

*On Sunday, August 22 Suanne and Jared Ediger hosted our family Potluck and Paddling* event on the Gravel Ponds at Chatfield State Park. Around 50 people enjoyed the evening that included a potluck picnic, exploring the beautiful gravel ponds, (kayaks and paddle boards provided by CSE), and warm fellowship.

### Save the dates:

**September 16** – Hiking at Fox Run Regional Park

**October 7** – Hiking the Rattlesnake Gulch Trail

**November 9** – Hiking the Hidden Mesa Open Space

### CSE Classes & Experiences:

**REFLECT - RESET - REIMAGINE Recap** Over the summer, we hosted small community gatherings for intentional reflection on the past year. Guided by Bryan Hutchinson, Renae Parra, Julie Polikoff and Sallie Suby-Long, the Reflect – Reset – Reimagine sessions brought many together in community to share experiences, gain new perspectives, embrace insights, and to begin imagining meaningful paths forward as we continue to navigate this time of ongoing change. Our thanks to everyone who joined in these important conversations.

**Thursday YOGA** was an awesome experience this summer! We met 3 Thursdays on the Highlands Ranch Mansion lawn and had sessions for children and families, and adults. We even took a group to Red Rocks for Yoga on the Rocks in July. Watch for more info on future sessions.



**WELLBEING Counseling & Consultation** For your continued emotional, mental, physical and spiritual wellness, Dr. Sallie Suby-Long welcomes you to personalized wellness counseling for health, reflection, healing and growth. Contact [sallie@stlukeshr.com](mailto:sallie@stlukeshr.com)

**SEE INSERT for CSE Daring Greatly Groups: Book Study Group offered 4 Mondays 12:00-1:00pm** with Melinda Davidson, Renae Parra, and Sallie Suby-Long (9/27, 10/11, 10/25, 11/8) and **Parenting Group on 3 Sundays 10:30-11:30am** with Sam Leahy, Sharon Oliver and Jennifer Smith in the Chapel (9/26, 10/3, 10/10)

**THRIVE – Renewing the Healthy Rhythm of Your Life** Join us Friday October 8 for an uplifting retreat day focused on wellbeing and lightness of spirit led by Sallie Suby-Long, Renae Parra, Suanne Ediger and Melinda Davidson. \$129 *A few spots left!* Contact [renaeparra@aol.com](mailto:renaeparra@aol.com)

**Parent Wellness Check** November 7, 10:00am. We invite you to join us for meaningful conversation about what you have experienced and overcome during the pandemic as parents. Contact [sam@stlukeshr.com](mailto:sam@stlukeshr.com)



All are welcome!  
**BACKYARD  
MOVIE  
NIGHT!**  
"You've Got Mail"

**Friday Sept. 17  
7:00pm**

More Info and to Register  
**stlukeshr.com**

Bring a chair and a blanket and a book to exchange for a cozy evening in the church backyard to raise money for St. Luke's. Sign up online for \$10 or \$20 per person packages. Backyard opens at 7:00pm for fun pre-movie activities! Childcare provided with 48-hour notice (email [Sam@stlukeshr.com](mailto:Sam@stlukeshr.com)).

Questions -  
contact  
Sharon@  
[stlukeshr.com](mailto:stlukeshr.com)







Welcome to St. Luke's Kids – our ministry to children

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



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



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

**Mark Your Calendar - Fall Festival Oct. 30!**



## Sunday School - More than Bible Stories

Sunday School for children age 2 through 6th grade just kicked off the new 2021-22 school year. We are so glad to be back together again! Our Sunday mornings are spent in 2 small groups downstairs - Joy Trek is Preschool through Kindergarten led by Ms. Sam and PEAK is 1st-6th grade led by Ms. Sharon. This time is an opportunity for children to share their lives, their prayers and their hopes together. We learn a Bible story to create that strong foundation for our Christian faith but also explore what that lesson means to us and how we can apply it in our everyday lives.

These lessons of kindness and loyalty and courage and compassion and love help to guide us on our spiritual journey. We play games and make crafts and sing songs and look for God within us and all around us. Children create community unlike any other. It's playful and challenging and creative and sparks wonder in whatever lesson we are exploring that week. And this community is one that will be there for them throughout life's joys and challenges as they grow in God's love together. As we are slowly able to bring back structure into our lives again, please feel free to join us for Sunday School at 9:00am and let it be part of your weekly routine this fall. Masks are required for kids that are 12 and under and those not vaccinated, and are strongly encouraged for everyone else who is vaccinated and working with them. We want to provide the important work of Sunday School and keep our community as safe as possible. **Welcome home, we are glad you are here!**

**Registration is open online now for the new year. Go to [stlukeshr.com/children](http://stlukeshr.com/children).**

**SLY, Jr.!** Our 5th & 6th grade youth group KICKS OFF on **Sunday September 26** to help with the Feeding of the 5000 event. We will meet at noon to go over what SLY, Jr. is and then help at the event until 2:00pm. We will sort and box up food to go to the food bank to help those who are hungry in our community. Contact Ms. Sharon with any questions and to RSVP for the event.

## Third Grade Bibles!

It's that time again! If you have a third grader this year that would like the gift of a BIBLE, please let us know by the end of September so we can order one for them. Third grade Bible Sunday will be **Oct. 10**. - contact Ms. Sharon.



## Children's Dinner Theater - Sept. 24!

Please come and support our St. Luke's kids as they help kick off the Feeding of the 5000 weekend with a musical performance outside on our backyard stage (indoors if weather is bad.) Our cast of 26 kids has been working hard on **"A Kid's Life"** - a show about kids who have to learn to have fun without their electronics! Remember playing Bingo and charades and telling ghost stories and making paper airplanes? It's gonna be a great night! Join us at 5:00pm for dinner and pre-show activities and the show starts at 6:00pm with a dessert to follow. Admittance is free but please bring a cash donation and non-perishable food to donate.



## Summer Blessings!

Looking back over the summer we are so grateful for our St. Luke's community. It has been challenging, but we have been able to have a few of our beloved events this summer, safely and successfully. Thank You for your support!

**Vacation Bible School:** Thank YOU to the 80+volunteers who gave their time and love to offer "Discovery on Adventure Island" VBS at the end of June! We were able to welcome 150 kids with safety protocols in place, to participate in outdoor activities (music, games, snacks) and indoor fun (adventure storytime with puppets, Bible drama, science and crafts). It was an incredible week on the search to find God's great light! We even had a yummy grab-and-go lunch gift to each of our volunteers. We also collected many boxes full of school supplies for Sedalia Elementary as our mission. Yay! The school was beyond grateful for your generosity. We are looking forward to next year and praying that we can be together again to celebrate God's love! - Ms. Sharon, VBS Director



**Wacky Week:** Our End of the Summer Wacky Week was a great opportunity for preschoolers to prepare for their preschool year. Preparing is crucial for this major milestone for children. Most children experience conflicting emotions when starting school for the first time. There is excitement for all the fun they will have and the new friends they will make. At the same time, venturing out away from parents into the big world can feel sad or overwhelming. Our Wacky program introduces preschoolers to the classroom spaces, helps them to understand school routines and expectations. The Wacky experience reassures children that preschool is a good place and learning is fun. Becoming familiar with their environment before the year begins or continuing routines during the year helps children to be more in control and reduces their anxiety. A special thank you to Sarah Dunlap and Edee Worth for supporting the week. Wishing all of our Wacky attendees a very blessed year ahead! We look forward to seeing them over school break. **Next Wacky Week is Oct. 18-21!** - Ms. Sam, Wacky Week Director



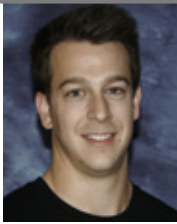
## Blessing of the Backpacks:

On Aug. 29th we offered a blessing for students and teachers for the school year ahead during our 3 worship services. We pray that teachers and students and families have a blessed year and will TRUST God with their whole heart and know our church family supports them! If you would like a tag, see Ms. Sharon.

**Back-to-School Blessings!**  
-Ms. Sharon & Ms. Sam







**Jake Smith**  
Director of  
Youth Ministry

## ON THE SLY: 7th-12th grade Fall Kick Off!

Come join the crew during the week and let's have some fun!

**Wednesday Nights:** Bible Study & Fellowshiping & Food

**Sunday Mornings:** Sunday School during the 9:00am service



**Sunday Nights:** Youth Group: We have been having great attendance at our weekly Youth Group meetings, but there is always room for more! So, grab a friend, or 3 or 4 of them and come hang out. Or, just come make new friends.

SLY is a great place for all youth to come hang out and have fun. Kickball has been a popular event lately as well as dinner at Chick-fil-A.

**Sunday Night Worship:** We are off to an exciting start at Sunday Night Worship. We have had a few of the youth performing worship and it has been a great time so far! Come check it out! SNW is on the evenings of the 1st and 3rd Sundays of the month starting at 5:00pm! ALL YOUTH AND FAMILIES INVITED!!!

**MISSION TRIP:** We took a group of youth and volunteers to Oklahoma City in June. We were so grateful to be on a mission trip after missing out in 2020. We worked on houses in the city, we worked with various homeless shelters and missions, we also volunteered at a single mom's shelter among various other jobs throughout the week. It was an amazing experience for everyone involved!

**Confirmation Class:** We will begin a confirmation class January of 2022. The class is for any youth 8th-12th grade who has not been confirmed yet! Contact Jake to sign up.

**PUMPKINS ARE COMING:** Mark your calendars!!! September 25th @ 9:00am is our first trailer unload. We need LOTS OF VOLUNTEERS. *I will give double volunteer credit hours on the 25th.* The patch will then open on the 26th and it is time to earn those hours towards your mission trip dues. WE WILL NEED LOTS OF VOLUNTEERS THIS YEAR.



Get in on the weekly TWIS Email to stay up to date with weekly emails about SLY events from Jake! Sign up on the St. Luke's website.

*Yours in Christ, Jake*

Youth Mission Trip to OKC



**Kelly Amadeo**  
Director of  
Little School



ST. LUKE'S  
LITTLE SCHOOL

*"Education is the most powerful weapon which you can use to change the world."*

—Nelson Mandela

## Welcome Back!

**Welcome to the new school year!** We have an exciting year ahead of us, and we are so happy to offer some of the family and community events that we had to cancel last year due to Covid-19 concerns. Our teachers have been preparing their classrooms and attending trainings to help them prepare for the new school year. Be sure to follow us on Facebook to see our updates and pictures of our decorated classrooms!

Not only are we excited for the new school year and to be together again, but we are excited about all the changes, attention, and funding early childhood education is finally receiving both nationally and statewide! **Overwhelming brain research shows that the first few years of a child's life are most critical to a child's overall development.** Here at Little School, we are well aware of the brain research surrounding child development, and that is why we work very hard to provide a quality education and loving environment for our students. As the state of Colorado has started to invest more time and funds in early childhood education, we have seen a significant rise in enrollment rates at Little School. Preschool, both public and private, is now more attainable than ever for all families regardless of socioeconomic status. Little School works to offer affordable preschool to all families by maintaining a contract through the Colorado Child Care Assistance Program. This program offers tuition assistance to families who fit within the income parameters. We are also rolling out a new scholarship program this year that allows church and Little School families to donate to a scholarship fund to help cover tuition costs for families seeking early childhood education at Little School. In addition, we plan to provide scholarships to teachers who plan to further their education in the field of ECE. Keep an eye out for ways you can help in the coming months.



While we work hard to provide a high quality education and highly qualified teachers for our students, we work even harder to provide an environment that is welcoming to our preschool families. Many of our families are seeking new church homes, and that is where St. Luke's UMC can help. We have partnered with church staff to include our Little School families in worship services and events throughout the year. **St. Luke's UMC staff hosted a Tea and Tissues event for our parents on the first day of school,** many who were doing their first school drop off. We have the best community!

Through the blessing bestowed upon us by St. Luke's and our faith in God, we know this is going to be the best school year yet. We feel fortunate to provide a quality education for so many students this year, and we love hearing the laughter of children in our hallways again.

Welcome Back! *Grace and Love, Ms. Kelly*



## Music Groups are BACK!

We are thrilled to announce the return of our music groups and hope YOU will join us! With various start dates and some updated times, we recommend you reach out to the individual coordinating each group to find out if it is the right fit for you. For choral music for adults and youth, reach out to Dr. James Ramsey; for instrumental music, reach out to Chris Rigolini; for handbell music and children's music offerings, reach out to Kay Coryell. We hope you will join us make a joyful noise!

A few group highlights:

**CHANCEL CHOIR** – *adult choir* – practices are Thursdays at 7:00pm in the Sanctuary beginning 9/9.

**JOYFUL NOISE** – *youth handbells* – practices are Tuesdays from 6:00-7:00pm in the choir room beginning 9/14.

**TINTINNABULATORS** – *adult handbells* – practices are Tuesdays from 7:15-8:30pm in the choir room.

**SOUL PURPOSE** – *youth choir for 7th-12th grade* – practices are Sundays from 9:50-10:20am in the Chapel beginning 9/12.

**KIDZ PRAYZ** – *children's choir for 1st-6th grade* – practices are Sunday from 9:50-10:20am in the choir room beginning 10/24.



**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 Music Thanks!

Through the summer months, we have been graced with the extraordinary musical talents of many dedicated individuals.

While it may be common for a congregation to have a couple of musically talented members.....St Luke's is blessed beyond measure with the sheer number, level of skill, and dedication of their Music Ministers.

I am especially grateful for the added dimensions of spirituality, solemnity, and sacred enthusiasm that each participant has brought to our communal worship experience.

A special and heartfelt "Thank You" to all who have volunteered their time and talent.

Dyani Galligan

Erynn Shryack

Roberta Hamilton-Griggs

Chris and Kelly Rigolini

David Garrett

Copland Harris Rose

Kay Coryell

Penny Harris

Owen Metz

Sandy Larson

Marge Harper

Leslie Porter

Kaila Davidson

Elise Collins

And of course, St Luke's Music Ensembles: Worship Band, Summer Choir, GraceNotes, Men's Chorus, and Sisters of Soul!!!

*Thanks & Blessings to All –Ken Mervine*



The first annual **St Luke's Car and Motorcycle Show** was a huge success! It was a hot but beautiful day with over 250 people in attendance looking at 48 cars and motorcycles on display. A sight to see with some real beauties and a little something for everyone who attended! There was so much variety and passion from the owners of every car and we are so thankful to everyone who registered and participated. The Ministers of Swing and the Kool Cats Rock band also entertained us through out the afternoon playing songs we love to hear. After the show, several of the participants commented they are looking forward to next year. Additionally, thank you to the 30+ volunteers who helped make this car show a huge success. I especially want to thank the car show team, Alan Babcock, Dave Rhodes, Carl Fitch, and Leslie Porter, for their inspiration, leadership and dedication to this brand new community raiser for St Luke's! *Blessings! –Dr. Jim*

## WESLEY PLAYERS AUDITIONS!

The Wesley Players is holding auditions for the readers theatre production of *Young Frankenstein* and a musical review of *All Together Now*. All are welcome to audition. For questions or more information, please contact Dr. James Ramsey at [jim@stlukeshr.com](mailto:jim@stlukeshr.com) or go to [wesleyplayers.org](http://wesleyplayers.org).

### Auditions:

*Young Frankenstein* - Wednesday, Sept. 29 at 6:00pm

*All Together Now* - Wednesday Oct. 13 at 6:00pm

### Performances:

*Young Frankenstein* - Saturday Oct. 9

*All Together Now* - Saturday Nov. 13



## Seasoned Voyagers is a ministry for our 55+ crowd

Before COVID, we would do events at least once per month, often using our church bus to transport us. You could get more information or sign up for events at our table in the Fellowship Hall on Sundays. Most months we had at least one participant who is new to the group! **We are working hard to get our activities organized and going again.**

**Our first adventure will be September 21 as we will be going leaf peeping.** This fall should be fantastic with color. We are hoping you will join us as we board the church bus and head to the mountains. We will have lunch in Idaho Springs after we view the color along Squaw Pass to Mount Evans and Echo Lake. We will stop at Echo Lake Lodge for a much needed break. If they are open you can stretch your legs, do some shopping and perhaps get a cold drink. Then on down the hill to where we will have lunch. It will be a fun time and we look forward to having you join us. We do encourage vaccinated members and the wearing of masks where necessary. We want everyone to feel safe and secure as we venture forth on our tours. Please respond to [rkrening@msn.com](mailto:rkrening@msn.com) and let me know if you will join us this September.



## St. Luke's United Methodist Church

8817 S. Broadway • Highlands Ranch, CO 80129

303-791-0659 • [www.stlukeshr.com](http://www.stlukeshr.com)

GRACE • COURAGE • WONDER • BEYOND

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



**Stephanie Kirk**  
Director of  
Communication &  
Office Administration

### CONGREGATIONAL PRAYERS

Contact Rev. Liza Stoltz Hanson or the Office Administrator if you have any additions/removals 303-791-0659 x107, or email [liza@stlukeshr.com](mailto:liza@stlukeshr.com) or [office@stlukeshr.com](mailto:office@stlukeshr.com)



Adrian,  
Sherri Barrett,  
Virginia Broman,  
Terri Christopherson,  
Mark Dickerson,  
Phil Goldsberry,  
David Goodin,  
Larene Guest,

Jerry Heinz,  
Sister Helen,  
Janet Knistern,  
Dean Luallen,  
Marilyn Miller,  
Stella Moe,  
Jolene Pace,  
Shirley Peavy,

Jeanne Rasmussen,  
Mikey Reidel,  
Sam and Lupe Sosa,  
Annie VanHoosen,  
Marilyn Ware,  
Edith Walters,  
Fran West,  
Amy Wieske

### WE CELEBRATE TOGETHER:

*The 57th anniversary of Tom and Mary Harper*

*The birth of Emerson Frederick Kennard born to proud  
parents Dr. Kristen Hertzler and Phillip Kennard and  
grandparents Jerry and Terry Hertzler*

*The birth of Grayson Jordan Meier to proud parents Jordan  
and Allison Meier and grandmother Jennifer Jensen*

*The birth of Selah Quinn Ramsett to proud parents Tony  
and Kailey Ramsett, and proud grandparents Mike and  
Julie Ramsett*

*The 50th wedding anniversary of Bill and Rev. Pat Shaffer*

*The engagement of Jake Smith to Katie Ellison*

*The birth of Fitzwilliam David Nelson Trussell to proud  
parents Elizabeth Manthey-Trussell and Cameron Trussell  
and grandparents Christina and Stephen Manthey*

*The clear PET scan and remission for Amy Weiske, daughter  
of Greg and Nancy Boyer*

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

*Martha Boon and family on the passing of her  
father, Dr. Walter Tinsley*

*Jim and Pam Burke on the passing of Jim's  
mother, Angela Burke*

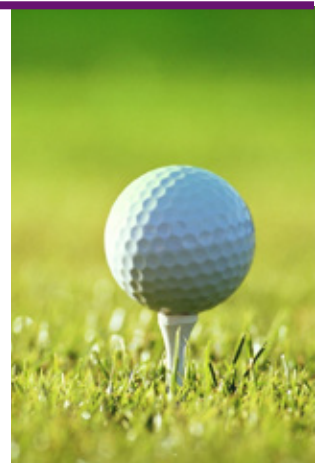
*David Garrett and family on the passing of his  
father, John Garrett*

*Bob Mainger and family on the passing of his  
son-in-law, Jim Gross, Jr.*

*Debi Ransick and family on the passing of her  
father, Wayne Knistern*

*Laura Richards and family on the passing of her  
mom, Roxann Browning*

*Monty Hoffman and family on the passing of his  
sister-in-law, Mary Jo McGrath Hoffman*



17<sup>th</sup> ANNUAL  
MINISTRY IN MOTION  
GOLF EVENT  
at Red Hawk Ridge  
Golf Course  
Saturday Sept. 11  
8:00am

Sign up to Play,  
Sponsor a Hole  
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**Les Ludlam**  
Retired Clergy

## **More from Les:** *Traversing Blair Mountain*

The topographic map of the Routt National Forest shows an unimproved road branching off from Meeker County Road #17 between Newcastle and Buford. The unimproved road/trail goes over the top of

Blair Mountain, down to Adams Lake and is not regularly maintained.

To my father and his fishing buddies, this represented a challenge that had to be taken on.

So, every year, between mid-July when the snow was off and the end of August, before the weather set in again, they would make the trek up over Blair Mountain and down to Adams Lake, just to prove they could do it. Also, the fishing was great, and the scenery is spectacular!

As my brother, my cousins and I were growing up, one of the rites of passage into adulthood was to drive ourselves up over Blair Mountain and camp at Adams Lake. I had not had a chance to drive it myself during High School and college, and then I moved to California right after graduation. My brother, Jerry had been able to take his rebuilt army Jeep over the mountain a couple of years after I left. My cousin, Mel, had gone over in a Dodge Power Wagon. But I had not made the sacred trek! So, the first summer of my return to Grand Junction, I decided it was my turn.

Blair Mountain is no easy trail to conquer. It was kept open for emergency access, but it had been used very little for years.

The mountain lies on top of a massive limestone formation that covers much of the White River National Forest. The Glenwood Canyon was formed eon's ago when the Colorado River cut down through this formation at it was thrust upward.

The trail from the county road to the top of Blair Mountain is pretty easy, but then it drops off to the southeast down over a limestone formation.

Limestone is a very hard, blocky type of rock, so the road down to Adams Lake is like a steep, long stairway with scattered rocks and loose shale mixed in here and there.

Going down means picking your way slowly, avoiding the high spots, large rocks, eroded gullies, and gently dropping the front wheels down off each ledge as they are encountered. This part of the trail is about a mile and a half long, it would usually take about a half-hour to get down from the top to the lake

Going up is another story!

There are no trees on the trail and nothing else to which one can tie a winch cable.

Momentum is your key tool for climbing the hill and getting up over the limestone ledges. If your vehicle stalls going up, you might have to back all the way down!

There were lots of words of advice before my solo trip on Blair Mountain.

My father's words were the most significant.

"Don't let the truck stop," he said, "keep it moving, let the four-wheel drive do its thing."

"You can't see right in front of the truck when you are going up, so look ahead, plan your route, then remember where the holes and boulders are."

Then he concluded, "Put it in compound low, keep the engine RPM up and don't hit anything that might break the tires or the oil pan."

"And keep your eyes wide open!"

Comforting words!

Well, I made it in; we had a great day fishing, and then came time to climb back out.

I don't need to tell you I was a little nervous. We tied out gear down tightly and headed up the mountain.

My head told me the truck was designed to do this sort of thing.

I knew that it was in good running condition.

I had faith in the truck, and I only had to be careful and keep my eyes wide open.

But my stomach didn't get the message!

As I approached the first steep part, I began wondering to myself just why I had felt it was so important to prove I could do this!

Then came the ledges, we bounced so much I had trouble hanging on the steering wheel, I kept my foot down on the accelerator and hoped something wouldn't come loose in the engine.

The half-hour climb seemed more like an eternity, but finally, we broke over the summit. I had made it up the Blair Mountain trail without any serious damage to the truck or passengers and cargo. I was exhilarated! Then I thought for a moment of the words, "Do not put the Lord your God to the test." That was also the last time I drove over Blair Mountain.

Driving over Blair Mountain required faith, faith that the Chevy truck could climb this rough, steep mountain trail, and faith in my own driving skills.

But it also require keeping my eyes open, to watch for the hazards the lay in and along the trail.

I believe that is the way we must practice our faith in God.

With our eyes wide open.

*God bless us all, Les*

# Wholehearted Living

## DARE TO LIVE THE LIFE GOD WANTS FOR YOU

ST. LUKE'S FALL 2021

### SMALL GROUP OFFERINGS WEEKS OF 9/12-11/21

Wholehearted living means being completely and sincerely devoted to living our true, authentic selves as God created us and calls us to be.

#### BOOK STUDY GROUPS:

These groups will study the concepts in *Daring Greatly* with the discussion prompts from Brené Brown as she lays them out in the back of the book. Participants will need to purchase the book, and the weekly readings will follow along with the worship series, but watching or attending worship is not a requirement. This group includes personal sharing at the participants discretion.

##### GROUPS AVAILABLE:

- **Wednesdays 5:30-6:30pm** every other week with Nichole Rairigh
- **Thursdays 6:00-7:00pm** with Betty Ludlam
- **Thursdays 6:30-7:30pm** with Elise Collins (9/23-11/25)
- **2nd & 4th Sundays 5:00-6:00pm** with Stephanie Kirk
- **Sundays 10:30-11:30am** with Rev. Liza Stoltz Hanson and Kristin Foster
- **4 Mondays 12:00-1:00pm** with CSE: Melinda Davidson, Renae Parra, and Sallie Suby-Long (9/27, 10/11, 10/25, 11/8)
- **Mondays 1:30-2:30pm** with Sandy Larson, Lisa Heaton and Eileen Law

#### FAITH GROUPS:

These groups will look at Brené Brown's concepts in *Daring Greatly* from a faith perspective. Participants are asked to read the scheduled pages each week and attend or watch either the 9:00am or 10:30am worship service. This group includes personal sharing at the participants discretion.

##### GROUPS AVAILABLE:

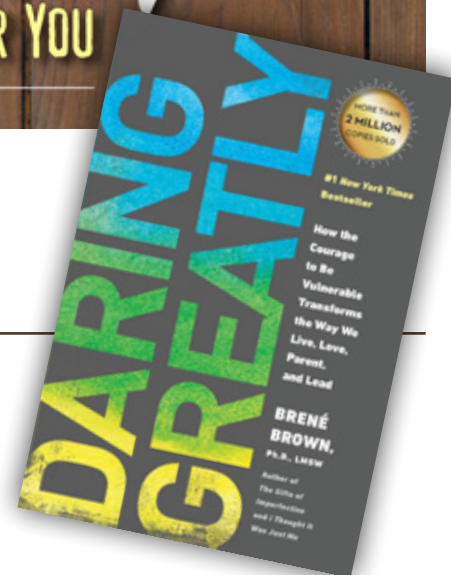
- **Sundays 11:30am-12:30pm** with Rev. Michele Kaminsky
- **Tuesdays 7:00pm (via Zoom)** with Pam Burke
- **Mondays 6:30-7:30pm** with Linda Osborn

#### DIGGING DEEPER SCRIPTURE STUDY GROUP:

This group will dig deeper into the scriptures used on Sunday mornings to gain a greater insight of the text. Participants are asked to attend or watch either the 9:00am or 10:30am worship service.

##### GROUP AVAILABLE:

- **Sundays 11:30am-12:30pm** with Steve Collins



#### YOUTH AND PARENT GROUPS:

These groups will focus on how the concepts in Brené Brown's *Daring Greatly* apply to parents and youth. Participants are asked to read the scheduled pages each week. This group includes personal sharing at the participants discretion.

##### GROUPS AVAILABLE:

- **Parenting Group on 3 Sundays 10:30-11:30am** with CSE: Sam Leahy, Sharon Oliver and Jennifer Smith in the Chapel (9/26, 10/3, 10/10)
- **SLY (7th-12th Grade Youth Group) on Wednesdays 5:30-7:30pm** with Jake Smith, bring money for dinner

**SIGN UP:** Contact David Garrett [servantministry@stlukeshr.com](mailto:servantministry@stlukeshr.com) or use the **sign up sheets** on Sunday mornings





# SUNDAY THEMES, READINGS AND FAITH GROUP DISCUSSION QUESTIONS

## SEPT. 12 - We Are Enough

READ ALONG - pp. 1-30 (Preface, Intro and Ch. 1)  
BOOK STUDY - pp. 289-291

- How do you fill in the blank? "I am never \_\_\_\_\_ enough."
- What experiences or messages did you receive in life that taught you, you weren't good enough? What did you start doing (or stop doing), so you could become good enough?
- Do you believe God thinks you are enough?
- When was the last time you were just yourself—no pretenses, no being what others needed you to be? How did that feel?
- When you were just being your true self, do you think that was worthy of being an offering to God? Why or why not?
- How do you see your life as an offering to God?

## SEPT. 19 - Vulnerability

READ ALONG - pp. 32-43 (Myth 1 in Ch. 2)  
BOOK STUDY - p. 292, stopping after the question: "Does it make sense to you that 'vulnerability sounds like truth and feels like courage'?"

- How does the thought of being vulnerable with others make you feel? (Brené Brown defines vulnerability as "uncertainty, risk, and emotional exposure." p.34)
- When someone makes themselves vulnerable in front of you, how does it make you feel?
- In your opinion, what makes a person weak?
- What makes a person strong or courageous?
- Brené Brown says on p. 41: "We love seeing raw truth and openness in other people, but we're afraid to let them see it in us." Does that match your understanding of how God wants you to live?

## SEPT. 26 - Dealing with Being Vulnerable

READ ALONG - pp. 43-56 (Myths 2,3 and 4 in Ch. 2)  
BOOK STUDY - p. 292 starting with: "When we operate from the belief..." through the end of Ch. 2 at the top of p. 294

- Who are the "marble jar" people in your life where you can be vulnerable by being just who you are? Why do they make this list?
- How can you weave more vulnerability back into your life?
- Are there people in your life who need some marbles taken out of their jar because being vulnerable with them might not be safe? If so, what "bark" do you need to keep around you as a safe boundary?
- Is there a boundary that you keep between you and God?
- What helps you return to your peace?

## OCT. 3 - The Shame Game

READ ALONG - pp. 58-91 (in Ch. 3)  
BOOK STUDY - pp. 294-295 stopping after: "Where is it easiest? Why do you think it's harder or easier in these circumstances?"

- What are your Gremlins and how do they shame you?
- In what ways are you far more than what you produce or create?
- Discuss how you see empathy as the "balm" or the antidote to shame?
- When has someone been the "balm from Gilead" for you? How did that feel?
- Empathetic listening includes paraphrasing what you heard, speaking to how that must make the person feel, and naming some things they might need based on how they are feeling. ie: "I heard you say you lost your job yesterday. That must feel rejecting, concerning and confusing. Know that I am here for you and will help you navigate next steps." Based on this understanding, why do you think empathetic listening soothes the soul?

## OCT. 10 - Gender and Shame

READ ALONG - pp. 101-111 (in Ch. 3)  
BOOK STUDY - pp. 295-296 starting with "In this chapter I discuss the primary soft spots..."

- Have you ever felt shame about your body or the way you look?
- How have you experienced shame because of your gender?
- What "roles" have you played that has kept the gender pattern going?
- How do you relate to the *Velveteen Rabbit* quote on pages 110-111 that says: "Real isn't how you are made," said the Skin Horse. "It's a thing that happens to you. when a child loves you for a long, long time, not just to play with, but really love you, then you become Real...once you are Real, you can't be ugly, except to people who don't understand."? Who's love has allowed you to become Real?

## OCT. 17 - Gratitude

READ ALONG - pp. 112-127 (in Ch. 4)  
BOOK STUDY - pp. 296-298 stopping after the quote: "I've never heard one person attribute their joy, success or Wholeheartedness..."

- Do you feel you forebode joy? If so, when do you do this?
- Is there a common theme underlying the times when you forebode joy?
- What are the top five things you are most grateful for?
- How do you see an increase in gratitude, decreasing foreboding joy?
- What are some ways you can incorporate gratitude into your daily life?
- How is being thankful like offering a sacrifice to God, as stated in Psalm 50:14: "I am God Most High! The only sacrifice I want is for you to be thankful and to keep your word?"
- How does gratitude make you strong in your faith?
- Is there a scripture or phrase you could use as a mantra when you find yourself foreboding joy?

## OCT. 24 - Appreciating Beauty

READ ALONG - pp. 128-137 (in Ch. 4)  
BOOK STUDY - p. 298 from "Where do you think you are on the perfection continuum..." through "...What scares you the most about putting down the shield?"

- Where do you try to be a superhero? Where do you tend to expect perfection from yourself?
- Do you believe perfection is attainable?
- Do you believe God can use imperfect people like Moses?
- Do you believe you are a beautiful child of God? Name how you are beautiful.
- Do you believe the beauty God gave you is enough?
- What do you think God wants you to do with the beauty God gave you?

## OCT. 31 - Commitment Sunday - True Comfort

READ ALONG - pp. 137-151 (in Ch. 4)  
BOOK STUDY - p. 298 starting with the quote, "And numbing vulnerability is especially debilitating..." through p. 299 ending with, "What are two ways that you feed your spirit? How do you know that you need more care? How do you know you are full?"

- When do you tend to want to numb? Is there a common theme underlying these circumstances that cause you to want to numb?
- Recall a stormy time in your life when God was there for you. How did God "walk on water" to get to you, to help calm your storm?
- Proverbs 3:5 says: "Trust the Lord with all your heart, and don't depend on your own understanding." Do you trust God will always be there for you during future storms?
- What brings you true comfort?
- How often do you spend time doing the things that bring you true comfort?
- What are some ways you can incorporate the things that bring true comfort into your life?

## NOV. 7 - All Saints Day - Real Success

READ ALONG - pp. 151-171 (in Ch. 4)  
BOOK STUDY - p. 299-300 starting with the quote: "When we lead, teach, or preach from a gospel of Vicking or Victim, win or lose, we crush faith, innovation, creativity, and adaptability to change."

- When have you been a winner? What did it feel like?
- When have you been the loser? What did that feel like?
- How does the idea of being either a winner or a loser limit us as God's children?
- How does society define success?
- Where are these societal definitions of success messaged and portrayed?
- How do you define success?
- Romans 8:37 says: "But no matter what comes, we will always taste victory through Him who loved us." How does this inform your definition of success?

## NOV. 14 - Minding the Gap

READ ALONG - pp. 172-182 (Ch. 5)  
STUDY GROUP - pp. 300-301

- What are your core values? Name/list at least three.
- Does what you say and do reflect these values?
- When and how do you disengage when there is a gap between what you desire for your life and for the world, with what really is?
- How do we model our values in society?
- How did Jesus model the values of "Love the Lord your God with all your heart and with all your soul and with all your mind! This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.'" (Matthew 22:37-39)

## NOV. 21 - Dare to Live the Life God Wants for You

READ ALONG - pp. 184-249 (Ch. 6, Ch. 7 and Final Thoughts)  
STUDY GROUP - pp. 301-303

- How does shame eat away at us like termites, keeping us from being who God created us to be?
- Where have you experienced shame in our culture or in an organization?
- Have you ever felt like running away from something you were called to do like Jonah did? What was the final outcome?
- Are you running from a calling now? Are you willing to stop running?
- Are you willing to dare greatly by being the person God created you to be?
- Are you willing to dare greatly by bringing love to anger and shame?
- Are you willing to dare greatly by speaking up when society tries to define human success?
- On April 23, 1910 Theodore Roosevelt said at the Sorbonne in Paris, France: "It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marked by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of his achievement, and who at the worst, if he fails, at least fails while daring greatly." Are you willing to dare greatly by stepping into the "arena"? (p.1)