

ST. LUKE'S UNITED METHODIST CHURCH

CURRENT COVID POLICY: MASKS RECOMMENDED



ST. LUKE'S SUMMER 2022

JOIN US for **"A Summer** of Psalms"

Letting the Psalms Speak Our Realities - worship series

JUNE 12 -Psalm 139:1-18

JUNE 19 -Father's Day & Juneteenth -

Psalm 62 **IUNE 26 -**

VBS - Psalm 78 **IULY 3** -

Psalm 100

IULY 10 -Psalm 82

JULY 17 -Psalm 52

IULY 24 -Psalm 34:1-18

JULY 31 -Psalm 57

AUGUST 7 -Psalm 46

AUGUST 14 -

Psalm 84

Harp Concert indoors

SUNDAYS at 6:30 pm

• JUNE 12 --- Gabe Mervine with Dzirae Gold · JUNE 19 ... Cruisin' Cats

BONUS

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• JUNE 26 ... Broadway Under the Stars with Wesley Players. Admission is free, donations accepted.

In case of inclement weather, the concert will move in Bring a picnic, a blanket and lawn chairs!

ST. LUKE'S UNITED METHODIST CHURCH BB17 S. BROADWAY --- HIGHLANDS RANCH 80129 Stiukeshr.com

New Organ Ordered!

As you probably have heard Rev. Liza mention in a couple of her recent sermons, "St. Luke's needs an



organ transplant!" Well, on April 3, the talented Music Ministers came together to present a Fundraising Concert to benefit this mission. Under the enlightened direction of Kay Coryell, Chris Rigolini, and Dr. Jim Ramsey, concert attendees were treated to a broad range of works that featured Youth Bells, Tintinabulators, Wind Ensemble, Flute Choir, Chancel Choir – all joining forces with, and showcasing, our Organ. Gabby Rose, Penny Harris, Owen Metz, and Corinne Hollyman shared their musical gifts as brilliant instrumental soloists. A crowning highlight for me

was the congregation lifting their voices with Wind Ensemble, Handbells, and Choir, gloriously singing: "Holy, Holy, Holy" and "Amazing Grace." The concert is available to watch on St. Luke's YouTube channel.

With magnificent support from the St. Luke's Community, and the generosity of an anonymous matching donor, funds were raised and a new organ was ordered!!! Hallelujah!

The new organ is a customized three-manual, 66-stop Digital-Apex Organ built by the Allen Organ Company of Macungie, Pennsylvania. As preparations for it will take place over the summer, we are projecting that it will be installed early fall 2022. Stay tuned for future updates!

As the Organist for St. Luke's, I am blessed beyond measure, not only to have this opportunity to be a part of this new Organ, but to minister in such an appreciative and supportive community and to work side-by-side with such a spiritual, cooperative, and talented team of clergy and staff! I am grateful to all of you! Shalom, Kenrick Mervine



SUMMER OFFICE HOURS: 9:00am-1:30pm M-TH **CLOSED** on Fridays

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

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

Church Office	
Email	office©stlukeshr.com
Website	www.stlukeshr.com
Nursery	sam©stlukeshr.com
Little School Off	fice303-791-1982



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 Leahy.....x140 Director of Early Childhood Ministry Sharon Oliver.....x127 Director of Children's Ministry Jake Smith.....x145 Director of Youth Ministry David Garrett.....x117 Director of Community Stephanie Kirk.....x110 Dir. of Communication & Office Administration Taletha Pogge.....x124 Director of Finance Jessica Shelton.....x116 Financial Assistant Barry Curtis.....x144 Facilities Manager

Our next issue of The Chronicle will be the August/Kick Off issue. Content due August 10, 2022 Please send induiries 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.



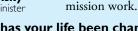
Missions: A Ripple Effect

Dear St. Luke's Family and Friends,

May is Missions Month at St. Luke's so we are celebrating all of the ways we

Rev. Michele Kaminsky Lead Minister

change the lives of so many people through our



How has your life been changed through mission work?

Because every time we show up, every time we donate, every time we make a meal, every time we help, we are changing another's life, and we are changing our lives as well.

But it doesn't stop there.



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Frederic and Mary Ann Brussat write in their book Spiritual Literacy, "...[theologian and] writer Frederick Buechner muses 'The life I touch for good or ill will touch another life, and that in turn another, until who knows where the trembling stops or in what far place my touch will be felt.' Our acts have reverberations which are felt way beyond our imagining."

This is profound. Our mission work has a ripple effect that we may never know about. We may see the one person in front of us, or the one meal we made, but that one action multiplies, because that is what love does. Love expands. It goes farther than we can imagine.

With God's power working in us, God can do much, much more than anything we can ask or imagine. - Ephesians 3:20

So whether we do grandiose mission work like traveling to Guatemala and building houses, or whether we pick up peanut butter at the grocery store for the Mondays in the Park group who bring lunch to our neighbors in need, the love of God in our mission work expands much farther than we may ever be able to see. And we don't need to see it. We just need to trust it. For God is good, and God is using us to change to world one brick, one jar of peanut butter and one loving act at a time.

Thank you, each and everyone of you, for the way you change lives through your mission work. I hope it has changed your life as well.

Peace & Blessings, Rev. Michele

Staff Update @ St. Luke's: Thank You, Jake!

I have a bittersweet announcement for our community. Jake Smith, our Director of Youth Ministry, will be moving to Kansas City, MO at the end of June. The following is written in Jake's own words:

Katie and I have some news. We are moving to Kansas City, so I will be leaving St. Luke's. It is a bittersweet time for me as I have been a part of this church for so long and have loved my time here as well as the community of St Luke's. But at the same time it is an exciting opportunity for Katie and me to start a family and start a new adventure! I will be on staff at St Luke's through the mission trip, so I WILL be going on the mission trip! After that I will start a new position in Lee's Summit, MO as the Director of Student Ministry at a UMC! I will truly miss St. Luke's, Jake



We are so sad to see Jake go, but we offer blessings and nothing but joy for the future he and Katie are creating together. Jake's last Sunday

with us will be June 5, however he will be working for us through the end of the youth mission trip June 11-19. Our Staff-Parish Relations Team met and we have already begun the process to fill the position this summer. Please pray for this process (filling positions is difficult across the nation right now), pray God will guide us, pray the right person will be found and pray for Jake and Katie as they make this transition.

Thank you Jake for the way you have served SLY and St. Luke's. Your gifts have brought us closer to God, and we are grateful. We wish you and Katie all the best. -Peace and Blessings, Rev. Michele



Associate Minister

Rev. Liza

Five Reasons Why I Love Ted Lasso

In the name of light-hearted summer fun, I'm taking the opportunity to say a little more about a TV show that has captured my attention in the last six-months. Stoltz Hanson

The show is eponymously named after its main character, Ted Lasso. Ted is an American college football coach who is brought in by the vengeful owner of a British

professional soccer team, who hired him in hope that he would ruin the team which would be revenge on her ex-husband. Instead, Ted Lasso's optimism, hope, humor, love, compassion, and honesty win over his team and his staff.

I was initially hesitant about the show and this character. He starts off as a bumbling, hokey cartoon-like character. But quickly, the show writers establish an impressive depth to Ted as a man, a father, a friend, a coach, and a leader. The show centers around the experience of Ted, but the show writers and producers have a created an entire show with heart and soul. It is fun and witty, emotional, and heart-warming.

So without further ado, here are Five Reasons Why I love Ted Lasso:

I. The show doesn't shy away from mental health issues

In Season One, Ted experiences multiple panic attacks and in Season Two, the team hires a sports psychologist, played brilliantly by the actress Sarah Niles.All members of the team seek out Dr. Sharon's advice and find themselves in her office for therapy appointments. I love how the show portrays both how normal and routine therapy is, and is also honest with Ted's struggles to seek Dr. Sharon's help. Eventually, the two build an important and trusting connection. My favorite line from Dr. Sharon is when she tells Ted (quoting Jesus and feminist icon Gloria Steinem), "The truth will set you free. But first it will piss you off."

2. The show portrays Female Characters as Real Friends and Allies

I am tired of women's relationships in films, TV, on social media and even real life being competitive and catty. Often female conversations in these forms are only focused on being discouraged in romance or exhausted in motherhood. This is not the case in Ted Lasso, where female friendships, especially between Rebecca and Keely are delightfully refreshing. They are honest, loyal, supportive, and reliable. One favorite scene is when Keely shares the news of her new career opportunity and Rebecca tells her,"A bit of advice for being a boss? Hire your best friend."

3. It Is Not a Competitive Sports Show

On first glance, it would appear that Ted Lasso is a sports sitcom. It is not at all. The game of British football sets the premise for the show, but in its entirety the show is about being in right relationship, where it is friend, colleague, or teammate. In fact, an important storyline throughout the show has to do with Ted's coaching style, which for him is not measured in successful competition or the final score of the game. Ted tells the press, "For me, success is not about the wins and losses. It's about helping these young fellas be the best versions of themselves on and off the field."

4. It Breaks down typical tropes of Toxic Masculinity

Ted Lasso breaks stereotypes of how males are portrayed on TV. The show features a group of men who are dubbed the Diamond Dogs - a group formed to listen to each other share about life's issues with family, work, and relationships. Roy Kent, the gruff one-time star is reticent about the group, but seeks out them to process an event that "hurt his feeling." After sharing, the group is empathetic but offers no concrete solutions. Roy asks,"Wait. So sometimes the Diamond Dogs is just chatting about stuff, and no one has to solve anything and nothing changes?" Ted responds, "Sometimes. Yeah."

5. It is a show about Hope

Finally, after a grim two years of constant change and unknowns, this sometimes silly TV program reminded me that people truly are good. During the pandemic, when we missed daily interactions with strangers and friends, it was easy to forget the small but meaningful gestures of comradery, good-will, and unity. Ted Lasso was a bright light of hope and kindness that was able to make me think of church and



community, of living as if the kingdom of God is here and now – to make the very best out of every situation, to be a 'day-maker,' and to notice the good in all people around us.

I love when I see God and the working of the spirit in unexpected places. What about you? What surprising ways does God show up in your shows and movies, or books or poems? I'd love to hear all about it!

FROM REV. SALLIE



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

Honduras: Abundant Life Christian School Partnership

Our partnership with Abundant Life Christian School in Yamaranguila continues to flourish, thanks to the generosity of

the St. Luke's community. In 2018, with the Center for Spiritual Engagement's first service & cultural trip to Honduras, our connection with ALCS began. Through your kindness,



here is what has been created at the school to expand opportunities for children, youth, and families:



A stage and a cover have been created on the outdoor sport court making it possible for students and the community to gather for chapel at the start of each school day, to hold music education classes and performances, and to host community events for students and families. In addition, musical instruments and sound technology have been purchased to enhance these community and school experiences.

A library, filled with brand new books for children Pre-Kindergarten through 12th grade, has been established. The library includes book sets that teachers use with their classes and individual books that have been carefully selected to offer a wide range of engaging stories and learning opportunities.

We are excited for this ongoing relationship. Your generous contributions through St. Luke's Center for Spiritual Engagement and the Wesley Players are greatly appreciated. Watch for opportunities coming this fall to purchase more books for the school. Thank you, St. Luke's, for your ongoing commitment to the students and families of Abundant Life Christian School!

Sincerely, Rev. Sallie

Hoping for a summer of fun and joy as we continue to connect with God, Rev. Liza



Thank You to our **Community!**

In the previous Chronicle, I mentioned some of our teams and what they do here at St. Luke's. Those teams were the Staff Parish Relations Team, the Missions Team, The Equipping Ministry Team, the Finance Team, the Trustee Team, the Family Ministry Team,

David Garrett Director of Community

and the Lay Leadership Team. Thanks for everyone that is currently serving on these teams!

Did you know that we have more teams here at St. Luke's? The teams below help with more of the week to week operations of supporting our worship services. Here is a brief run-down of their primary responsibilities. If participation on any of these teams interests you or if you have any questions about them, please let me know.

Altar Team - Assist in changing seasonal banners / altar cloths; maintain Altar candles; assist with Easter flowers; Thanksgiving worship; Advent/Christmas/Poinsettia agenda; work with ministers as needed.

Bereavement Team - With advice of the family, plan menu for food service. This can be anything from snacks to a full meal. Purchase groceries for the event. Help generally with the event.

Bread Bakers Team - Provide 3 mini loaves, once a month.

Caring Connections Team - Serves and supports our church community on an as-needed basis by: Taking occasional meals to individuals or families who are in need of support or care, making companion visits, running errands, providing back-up or occasional transportation.

Coffee Team - Setup coffee/tea/hot water and water, donuts, gultenfree/vegan cart starting 8:15am. Watch over area re-supplying all until 11am one Sunday a month.

Greeter Team - Arrive 30 minutes prior to the worship service time. Welcome everyone and assist with any questions they may have.

Usher Team - Service at one Sunday service per month during the year and at special services when available to help. Duties include: Facilitate smooth flow and hand out bulletins to people as they enter the anctuary, Take collection during the offering, Direct congregation during communion services (Usually first Sunday of month), Maintain the friendship pads and chairs in the sanctuary.

Grace and Blessings, David

Trustees Corner: Updating & Refreshing WORK DAY: May 28 - JOIN US!

News about our church building:

As part of the ongoing Storytelling project, the Trustees are working on updating the Men's and Women's bathrooms on the main level. Last year, we replaced the outdated flooring. This year we are replacing the vanities. Recently, Steve and Clark Parra finished installing a new vanity in the Women's bathroom. The new vanity in the Men's bathroom is on order.



And because of a grant that Little School received, all of the old green carpeting on the lower level has been updated with new gray carpeting. Check it out the next time you go downstairs. Thanks to Kelly Amadeo, the Little School Director, for getting us that grant! -Ken Fong

New Name, New Logo! UMW is now **UNITED WOMEN IN FAITH**



Who We Are - We're a sisterhood acting in faith to tackle the hard work of Women the world without hesitation. Changes in Faith are taking place in the origination and information will be forthcoming, so keep us

in your prayers so we can determine where we fit in and what we will do.

Harriet Jane Olson, CEO of UWFaith has this to say, "This is an exciting time for our organization! Looking back we see the through lines for our organization -faith in God, Love for each other and commitment to putting our faith into action supporting women, children and youth. These commitments have been expressed in different ways at different times using different names, always calling women to world changing action. The combinations of a new look, more accessible resources for members and new ways to participate, positions us to impact in our journey and in how we engage the world that God loves."

The website with lots of new information is **UWFaith.org** As new information becomes available we will put it out there for all. We look forward to new and great things for United Women in Faith at St. Luke's.

Visit the website or contact Betty Ludlam for more updates.

June is We Don't Waste Month at St. Luke's!

We Don't Waste is a Denver based non-profit that rescues food that would otherwise be sent to landfills and redistributes it to help those who are food insecure.

During June, St. Luke's will celebrate its long relationship with We Don't Waste! WDW reduces food waste and hunger



around Denver by recovering high-quality, unused food from all areas of the food industry and delivering it free of charge to food pantries, soup kitchens, shelters, schools, daycares, and other programs. In the last few years, WDW began distributing healthy food to thousands of families and individuals at "Mobile Food Markets" held in areas of Denver known as "food deserts," where convenient access to affordable, fresh and nutritious food is limited. Since 2009, WDW has grown from the back of a station wagon to four refrigerated trucks that have collected and distributed approximately 154 million servings of food!

Estimates are that as much as 40% of the food produced in the U.S. is thrown away, despite the overwhelming need for quality food in underserved populations. Nearly 1 in 3 people in the Denver area don't have enough food. Much of this waste is in the form of fruits and vegetables, whether because they are about to reach their expiration date or because they are blemished and rejected by retailers even though they are perfectly edible. When wasted in landfills, these foods decompose into methane, contributing heavily to greenhouse gas emissions. Every truckload of food rescued by WDW reduces the adverse environmental impact of food waste.

Since We Don't Waste was founded in 2009 they have recovered over 40 million pounds of food saving more CO2 than created by 8500 cars driving 10,000 miles/year. This effort has helped provide more than 42 million servings of vegetables, 12 million servings of dairy and fruit, 7 million servings of protein and 38 million servings of shelf-stable items such as canned goods, pasta, rice etc. St. Luke's has been involved with WDW since it's inception in 2009.

WDW offers a number of volunteer opportunities, such as gleaning unused food from the suites at Empower Field after Broncos games, supporting the Mobile Food Markets, or making the annual Fill-a-Plate for Hunger fundraising event a smashing success! For more information, visit wedontwaste.org

Refugee Ministry: THANK YOU FOR YOUR CONTRIBUTIONS TO THE BUNK BED FUND

St. Luke's Community, thank you for your generosity in contributing toward the purchase of bunk bed frames for one of our Afghan refugee families. You covered the cost of the beds plus significantly more which can help for other needs they have. Our St. Luke's mentoring team and the family are truly grateful. Let us introduce you to our families:

We are mentoring the Abdul Shah family who has 5 children ages 9, 5, 3, 2, and 10 months. All of their children are girls except the 2 year old. We have not met the older two children because they are in school when we visit. The three younger children are delightful and so smart. We have brought puzzles and toys for them to play with during our visits and the 3 and 2 year olds figure them out quickly.

We also mentor the Adam Salarzai family who has 2 children ages 9 and 3. Again, we have not met the 9 year old as he is in school. On most of our visits with the Salarzai family there are extended family members present and it has been enjoyable meeting them as well.

We have been having fun trying to learn their language, Pashto, as well as helping them learn English. We all laugh at ourselves knowing we do not pronounce Pashto words very well and our families can laugh along with us. The families are both Muslim and observed Ramadan during the month of April. We learned the fast from sunup to sunset includes fasting from both food and drink. We were surprised it included liquids. Ramadan ended at sunset on May 2. At the end of Ramadan there is a celebration similar to our New Year's celebration called Eid. We will take a meal and some gifts on our next visit to celebrate with them.

We are learning so much and enjoying our visits with our families.We are looking forward to summer when we can meet the older children and have

some fun activities outside. We will share more about this wonderful experience in the next Chronicle.

Your mentoring team, Teri Burget, Steve Collins, Julie Gustafson, Betsy Keyack, Kris Reif and Pat Shaffer



Altar flowers are a wonderful way to celebrate, honor, or remember a loved one or special event. Sign up online or contact Stephanie in the office. It is \$40 for two arrangements and you may take the arrangements home after the 10:30am service. Please return the vases when it is convenient for you.



Get to Know Your St. Luke's Staff:

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

I.What is the last book you read?

The Swamp Fox by John Oller (David), The Book of Hope by Jane Goodall with Doug Adams (Liza), This is How it Always Is by Laurie Frankel (Sharon), Eye of the Wolf by Margaret Coel (Ken F.), The Book of Joy by Dalai Lama,

Desmond Tutu (Sam), I Sit Listening to the Wind by Judith Duerk (Michele), Atomic Habits by James Clear (Kelly), Every Good Boy Does Fine by Jeremy Denk (Ken M.), Angels and Demons (completely read) (Jim), Upstairs at the White House: My Life with the First Ladies by JB West (Stephanie), A Gambling Man by David Baldacci (Kay)

2. What is the last TV/Netflix show you bingewatched?

The Queen's Gambit (Sallie), Inspiration 4 documentary (Barry), Severance (Sharon), The Crown (Ken F.), Ozark (Sam), Cobra Kai (Taletha), Downton Abbey (Kelly), The Witcher (Jim), Schitts Creek (Stephanie), Never ever bingewatched (Kay)

3. What is your favorite summertime activity?

Family time - game or movie nights (Jessica), Hiking/camping/fishing in the mountains (Barry), Hiking and Camping (David), Going on a bike ride with Denton and the kids where the destination is dinner out or ice cream - or both! (Liza), Hiking near Estes Park before or after watching Wimbledon (Sharon), A morning walk or run (Michele), Going to the pool with my boys (Taletha,) Bravo! Vail (Ken M.), Hiking (Jim), Paddleboarding (Kelly), Camping with family and friends (Stephanie), Hiking/Camping (Kay)

Our Journey to Easter 2022

Our Lenten season this year was a wonderful six weeks of following Jesus' life and ministry looking for the SIGNS he gave us for our life journey. Are you still seeing any of these signs in your life?

Have you made a **U-TURN** recently? Because we started our Lenten journey with Jesus' 40 days in the desert and saw how every time the devil tempted him, he made a U-turn turning away from the devil's traps and back toward God.

We listened to the part of his Sermon on the Mount where Jesus told us there is only **ONE WAY** to go, and that is through the narrow gate, and the ONE WAY God knows works for one person, may not be the ONE WAY God knows works for another person.

At the end of his Sermon on the Mount, Jesus gave us another sign to watch for: **FALLING ROCK,** because what may seem steady and firm in our world, may end up being only as secure as sand.We need a firm foundation in God.

And later in Jesus' ministry, when he met the Samaritan woman at the well, and we must learn to **MERGE** our earthly existence with the holy presence of God we have within.

We also remembered how Jesus taught us to **YIELD** the world and our lives to God, because if we don't, we'll end up with the weight of the world on our shoulders. God shares the load with us and can help us manage all that goes on at a livable and sustainable pace.

Then we arrived at Palm Sunday, Jesus **STOPPED** on the Mount of Olives and took in the sight of Jerusalem that lay before him. And we learned that we need to make time to stop and breathe in our lives as well.

Then we were invited to the table with Jesus and his disciples for a reenactment of the Last Supper on **Maundy Thursday** and learned that the night before he was to deliver us, he was remembering through the Passover Meal how God delivered his people from Egypt. And then on **Good Friday** we walked with Jesus through the Stations of the Cross, and received the power and intensity of the sacrifice he made for us. And on **Easter** morning, we joyfully celebrated his resurrection. For the empty tomb lets us know that when we feel empty, the fullness of Christ is with us.

All of these teachings, sacrifices and gifts from Jesus give us signs for daily life. See if you can recognize the signs Jesus is leaving for you along the way!



May | - Missions Sunday Celebration

The blessings of sustenance, shelter, education, and work!

Many of our partners who work to bring these blessings to the community were celebrated on Missions Sunday, May 1. Mindful that all at St. Luke's share their care, time, and resources in personal ways, we asked some groups from within and outside our congregation to spend the morning with



us. In the Narthex between and after services, St. Luke's volunteers and organization leaders shared information about their work:

FOOD FOR ALL

Our Monday Lunch team prepares and delivers 80 sack lunches each week to Denver's Safe Outdoor Spaces, where those experiencing homelessness find safe shelter. We also participate in Christmas in the Park, at which hundreds of volunteers hand out needed gifts to our friends without homes. (Contact Sam Leahy at sam@stlukeshr.com)

The Blue Bin at the entry to our church takes donations of nonperishable food items, to be delivered to the Colorado Coalition for the Homeless for distribution, particularly to veterans.

We Don't Waste recovers fresh, healthy food from producers, distributors, event venues, restaurants, etc. to fight hunger and food waste in metro Denver, and then delivers it directly to the most food-insecure or to food banks, schools, and other organizations. (See page 4. for more details)

Feeding of the 5000 is our annual community food drive that supports thousands of food-insecure families throughout Colorado. Most recently we have supported FERN (Food Exchange Resource Network) pantry. This year a 5K Race will be run in support of Feeding of the 5000. Watch *The Chronicle* for more information.

SHELTER FROM THE STORM

The Refugee & Asylee Program sponsored by Lutheran Family Services needs volunteers to mentor refugees from Afghanistan and other countries (www.LFSRM.org). Our volunteers work directly with these families in the Denver area.

HAAT Force South Metro shelters families, people with disabilities, and others during severe weather by providing hotel vouchers as needed. St. Luke's volunteers have supported HAAT Force for more than a decade. www.haatforce.org

Pura Vida serves families in Guatemala. Work teams have helped build dozens of houses and a school there, and we have also sponsored the education of hundreds of students over the last two decades. puravida.org

SLY (St. Luke's Youth) teens have served communities all over the country. This June, they will travel to East Texas to join in a tornado clean-up program for residents there.

BUILDING COMMUNITY

Love INC works to lift those in need though "life changing compassion." Love INC offers diverse opportunities for volunteers including service as life coaches, assisting at the Renewed Treasures resale store, and collecting donated furniture for use by those in need. (loveinclittleton.org)

Sedalia Elementary is a richly diverse school in Douglas County with a student population that has benefitted from direct support for both the teachers and families from our senior group, Seasoned Voyagers, and others at St. Luke's. (Contact Pam Burke through the church office).

These amazing projects and organizations represent a small sample of the volunteer missions work in action now at St. Luke's. The Missions Team celebrates these initiatives, and we ask you to share your own experiences with St. Luke's as you learn of more opportunities to serve our community and the wider world.

Save the Date: Feeding of the 5000/5K Weekend - Sept. 23-25

St. Luke's is excited to announce the return of the Feeding of the 5K Run/ Walk. It will be held the same weekend as the Feeding of the 5000. The family friendly run/walk will be Saturday September 24 at 10:30am. We look forward to getting everyone moving again and supporting a great cause. Keep an eye out for sign-ups. As usual, it will take a community to bring the community together, we will have plenty of volunteer needs. Sponsors are encouraged. Mike Preble 720-244-2045 mikepreble©yahoo.com.

Pura Vida Update: Tomasa's Home in Guatemala Complete & More

The home for Tomasa and her 3 sons is complete! The dedication ceremony for the house was May 12. Danilo Lopez, a member of the Pura Vida staff in Guatemala, expressed his appreciation to St. Luke's:

"Blessed be to God that the work on this home is complete. This will benefit Tomasa and her children, so that they can live comfortably...Thank you,

team, for the economic, moral, and spiritual support, and the work you do from a distance. Without a doubt this has changed the life of a Guatemalan family. Each one was an angel for this family."

Here are some ways you can continue to be engaged with Pura Vida and our friends in Guatemala:

- Pura Vida has multiple virtual construction trips planned for the rest of 2022. You are invited to contribute and participate! Several more virtual homes will be added over the next few weeks. Watch for them on the Pura Vida website under Virtual Work Trips.
- Pura Vida is looking for sponsors for students in the Scholarship Program.
- Pura Vida's annual Fall fundraiser event will be at St. Luke's on October 28. It will be a hybrid in-person and livestream event.

Go to **puravida.org** to get connected to all these opportunities! We appreciate your continued support. *—Betsy Keyack*

HAAT Force Completes Season

From December 2021 through March 2022 (severe weather season), HAAT issued 153 motel vouchers for 1090 person-nights of shelter. We sheltered 106 men, 87 women and 48 children at the Holiday Motel in Englewood and the Motel 6 in Greenwood Village. Our guests included children as young as 6 months and 4 years of age; people with disabilities or medical issues, such as frostbite; people with pets; and many elderly people. Referring organizations



included case workers at Swedish Hospital, Veterans Affairs, Colorado Access and McKinney-Vento school liaisons. Through collaboration with many community partners, HAAT Force provided referrals to resource navigators and Case Managers, hot meals, sack lunches, bus passes, clothing, as well as portable shower and laundry facilities. Volunteers followed up with the HAAT guests to see how they were doing.

Thank you for all your support over the past 12 years! Our annual Fall Fundraising Campaign will start on the morning of September 17 with a livestream event at St. Luke's! There will be free food, a silent auction bidding preview, videos and speakers. Save the date and come join us! We are also looking for volunteers to help with motel vouchers next season! Contact info©haatforce.org to get connected. Visit **haatforce.org**. *—Betsy Keyack*





Director of

Finance

Thank you for your continued support

of our ministries. Your steady and consistent giving through your annual pledge, donating during our Community Raiser events, during offering, etc... is keeping our church vibrant and moving in 2022. Thank YOU! Any financial questions can be sent to Taletha Pogge at financedirector©stlukeshr.com

Mill Vista Monthly Service Once a month



Rev. Liza Stoltz Hanson and Sam Leahy create a worshipful experience at the continuing care facility, Mill Vista Lodge at Wind Crest. An altar is created and familiar hymns are played by one of the residents. Scripture, a devotion and an inspiring spiritual message are delivered. Each of the guests is greeted by name during Holy Communion. We never outlive our need to grow spiritually or be part of a worshiping community. If you are a resident of Wind Crest or Mill Vista you are invited to join us each month in the living room on the second floor at 2:00pm.

Lenten Mission Success!

Once again this year our observance of Lent included an appeal for contributions to two groups who bring support and opportunity to the most needy in our community. And once again your generous response to this request was an inspiration to us all!

Bayaud Enterprises works to provide employment opportunities to people with physical, mental and emotional disabilities. Bayaud's diverse support services have uplifted thousands of lives in the Denver area since 1969. One of their outreaches is The Laundry Truck, a mobile service enabling people experiencing homelessness to wash and dry their clothing. We donated enough laundry detergent for 3,896 laundry *loads!* Clean clothes are something we all take for

granted, but they are a blessing to those trying to move forward in the face of challenging living conditions. Bayaud Enterprises' leadership was amazed and grateful for your kindness.

Love INC works with many churches to "distribute their skills, gifts, resources, and love to communities in need - In the Name of



Christ." The Renewed Treasures community resale store is one of Love INC's programs. A number of St. Luke's volunteers donate their time at Renewed Treasures, while others help collect furniture and household items or serve as life-coaches working to move people out of conditions of need. Diaper assistance is one of Love INC's many ministries. During Lent we collected 5,364 diapers to be distributed by Love INC to young parents struggling to care for their infants.

The Mission Team celebrates the generosity of all who participated in the Lenten Mission this year by providing laundry detergent and diapers to these two important organizations. Your kindness year after year is a gift that inspires us all!

Did you know our ministry partner, Love **INC** (In the Name of Christ), is on the lookout for volunteers who are passionate about serving our community and transforming lives? Through faithful volunteers, St. Luke's was instrumental in helping Love INC launch their community resale store, Renewed Treasures, their life-transformation ministry, IMPACT, and their new furniture gap ministry, Furnishing Hope. We have seen many St. Luke's volunteers take shifts at the store, collect and distribute diapers to lowincome families, offer transportation for seniors, and offer life coaching and life skills courses. Consider how God may be calling you to use your time and talents with Love INC on a weekly, monthly or one-time basis.Visit loveinclittleton.org to learn more.









Chris Rigolini Director of Instrumental Music



& Arts Ministries

Organist Ministry



& Children's Music

Community Raisers for St. Luke's - Bring a chair and join us in the backyard at 6:30pm:

• June 12 - Jazz - Gabe Mervine and Dzirae Gold

Music Ministry/

- June 19 Cruisin' Cats
- June 26 Broadway Under the Stars featuring the Wesley Players

WESLEY PLAYERS ANNOUNCEMENT

- Nov 4 & 5, 2022 Guys and Dolls concert version
- Dec. 3, 2022 Reader's Theater A Mountainville Christmas
- March 10-11, 2023 Little Women

Mothers Day Dance: The Mother's Day dance was super fun! The Ministers of Swing were awesome and many folks cut the rug at



the new PAA County Line location. It was great to be together and we raised over \$500 for St. Luke's Community Raisers, and it was just great listening to the band! Wow!

THANK YOU to our incredible Music Ministers for a year of flexibility, commitment and hardwork! We are blessed to be part of a community that values the gifts you offer, and blessed by the energy and effort you commit when sharing your gifts.

Summer Worship Music Ministers needed! Please reach out to Ken Mervine if you are interested in providing music during a worship service this summer either by yourself or with a small ensemble.

Seasoned Voyagers

We are delighted to reintroduce The Seasoned Voyagers Ministry. We are a 55+ Ministry based on St. Lukes's Mission and Core Values of being invitational and relational within the broader community. Our ongoing A 55+ MINISTRY Missions project is the Sedalia Elementary School.



As we move with Grace into 2022 we are delighted to once begin our monthly outings for Seniors (55+). We went to the American Art Museum and lunch at Ellingtons in May. Future plans are for the Chatfield Farms Botanical Gardens in June, the Forney Train museum in July and in August, the Peterson Space Force Museum in Colorado Springs. In September the Seasoned Voyagers will be doing the Grandparents Day services on the 11th and we will be visited by the Colorado Service Dogs for a demonstration (this event will be open to our whole church community!) Watch for detials in the bulletin and via email. For information contact Jim or Pam Burke through the church office.



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

stlukesCSE.org

Spring Container Gardening Class

CSE is always creating new innovative ways for people to express and share their spirituality. On April 29, Jennifer Smith, a long-time avid plant lover, shared



her enthusiasm and love for flowers and plants during her new Container Gardening class. She shared many tips and tricks for us and answered so many questions! Everyone created a beautiful clay pot of annuals to take home and start their spring flower garden.

WHOLE: Exploring Wellness in Blue Zones

On March 12, a group gathered at Sharon & Bob Oliver's house once again to focus on the 5 areas of the world (blue zones) where people live longer, happier and healthier lives and dive into the reasons why. We shared a light meal, great conversation and blue zone recipes.

"I loved the experiential and tasty learning of the Whole Class. Both Bob and Sharon are so passionate about healthy eating. A very compelling class!" –Janet



"I really enjoyed Bob and Sharon's class about the Blue Zones, especially hearing how healthy plantbased diets are." –Natalie

"Attending this class reminded me of how simple eating well is!" –Lynda

Little Bit of Good: Celebrating Desmond Tutu

"Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world." – Desmond Tutu On 2/22/22, 22 folks came together to celebrate the life of Archbishop Desmond Tutu. His life exemplified compassion, reconciliation, love, integrity and joy! We listened and reflected on his actions and teachings as we joined in prayers, readings, videos, music and stories. As so beautifully expressed by participants, Jennifer and Brian Smith: "It was a lively and inspiring evening that allowed us to feel a sense of immersion into Desmond Tutu's South African culture. Our favorite part was playing the African instruments, hearing Desmond's meaningful wisdom and tasting mangoes! Thank you for a wonderful evening that filled us with hope and demonstrated resilience in such a positive way."

> Take Care of Your Type! An Enneagram Workshop Sun., June 26, 10:00am-12 Noon, Chapel

Together, we'll explore self-care approaches that honor the core hopes and motivations of each Enneagram type. The workshop is intended for people who have had exposure to the Enneagram. Knowing your Enneagram Type in advance will make this workshop the most valuable for participants. This experience is hosted by Schawn Kellogg and Sallie Suby-Long who are Enneagram Facilitators and Spiritual Directors. Registration Fee is \$40 per person and includes a copy of the book, *Take Care of Your Type*. For more information contact Sallie©stlukeshr.com Space is limited so register soon!

Practices of Wellbeing

In May, a group of 10 engaged together in Practices of Wellbeing to help us renew, flourish, and remain centered in our lives. We shared conversations, readings, videos, research, and connection with each other for shared learning. We also enjoyed identifying our signature strengths and exploring the wellbeing practices of self-compassion, social connection, gratitude, meditation, movement, and savoring. In addition to learning a lot, we laughed a lot, too!

Understanding Grief

On Feb. 15 & March 1, Rev. Pat Shaffer and Nancy Abbott facilitated a meaningful experience on understanding grief. With sensitivity and care they helped participants identify the many ways that loss and death can affect us. Those in the class shared stories and examples that helped everyone honor the multiple emotions surrounding loss. The experience created an important sense of community and connection. About 25 people attended the sessions.

Thursday Yoga with Sharon

We have been meeting this Spring to practice Yoga together in community. Our theme is "Ease Into Summer" and we've been doing exactly that with gentle stretches, poses, meditations and flows. We have one more session left -June 9 at 9:00am. Feel free to join us.

"The gentle yoga with Sharon is the BEST! She leads the class with grace and serenity. I especially enjoyed the focus on Yoga for hikers she presented one week. The short devotions and poems she shares with the class always uplifi me."

"I always leave class with happy energy."



Outdoor Adventures: Waterton Canyon & Red Rock Canyon

Colorado's capricious weather this year has challenged our Outdoor Adventure's schedule. Fortunately, in March we found an amazing substitute hike in Waterton Canyon. This beautiful hike is so close to St. Luke's, but we had never done it as a group. March 19 was a beautiful day, and we hiked approximately 3.5 miles round trip into the canyon.



We finally had perfect Colorado weather for our May Outdoor Adventures hike at Red Rock Canyon Open Space in Colorado Springs. Steve and Renae Parra led this moderate 4.5-mile loop trail that combined Red Rock Canyon, Round Up, and Quarry Pass Trails. Our great group of intrepid hikers enjoyed stunning views of red rock formations that included views of Garden of the Gods. At several points we were able to observe the delicate maneuvers of climbers in this popular rockclimbing destination. At one of many scenic overlooks, Renae shared a beautiful poem from The Circle of Life. A boulder traverse and some unprotected rock stairs added an element of exhilaration. Following the hike, we enjoyed lunch at Rudy's BBQ.

HIKES COMING UP:

June 2 - Mason Creek in Staunton State Park June 6 & 20 - Highline Canal Walks with Renae July 16 - 3 Mile Creek

Send us your email, to stay informed about our plans - janestaller@gmail.com

Brave Spaces Advocacy



During the 2022 Colorado Legislative session (Jan. 12-May 11), Brave Spaces has been advocating for social justice bills. Eight of our nine priority social justice

bills were passed and will become Colorado law. In March, Together Colorado provided a presentation on how bills become law in Colorado, as well as strategies for communicating with our representatives. Our April meeting focused on key points within the legislative process for advocacy intervention. Our May meeting featured a Q&A session with St. Luke's own Sam Maddux, intern for Rep. Tom Sullivan, and Austin Fearn, aide to Rep David Ortiz, to get their perspectives on how to increase the impact of our advocacy efforts. For more information contact janestaller©gmail.com.

Nourish with Melinda



Davidson

Melinda Davidson's Nourish experience continued to inspire in April and May by nourishing our souls, minds and bodies, from the wholesome Mediterraneaninspired recipe

booklet and cooking class, to the healing Reiki experience, Melinda provides a lush, deeply nourishing invitation to be and live wholeheartedly. Melinda offers Nourish periodically within our CSE calendar, and we encourage you to watch for it.

Cultural Adventures!

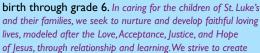
In January we toured the American Museum of Western Art to explore the American West through paintings, drawings, and sculptures representing the period from early 19th century to present day. In February we gathered at Cafe Jordano in Lakewood, a family owned restaurant featuring fabulous traditional Italian food. In March we toured the Kirkland Museum of Fine & Decorative Art where each person chose a piece



of art they would love to imagine showcasing in their home. And in April we took a big group to the Sherpa House in Golden to enjoy a fabulous dinner and do some shopping of traditional Tibetan goods. In May we visited the Littleton Museum's special exhibit on art made from single use plastics. All of our adventures support creative opportunities allowing for social, intellectual and emotional connections. We have adventures planned through the end of the year! Join us!

NEXT ADVENTURE: June 9 at 11:00am -La Chiva Columbian Restaurant.

Contact renaeparra©aol.com to RSVP



St. Luke's K¥ds

grace courage wonder beyond

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

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

Thank you for

Lenten Season!

We found so much meaning

serivce, Lenten Family bag

activities, Sunday School

lessons and Palm Sunday and Easter services but

the highlight was our time together for **Easter Fun**

Day! On April 10, we were

being together brings as we

reminded of the joy that

played games, decorated

cookies, bounced in the

bouncy castle, played with

chickens and goats and tried

not to blow away in the wind.

a Wonderful

in our Ash Wednesday

Children's Dinner Theater was

"A Hit!" We had a great group of 19 kids (1st-6th grade) put on the fun show "It's a Hit!" on April 28 and a fantastic group of parents created a baseball-inspired yummy dinner. The show



was delightful and we reached our goal of raising \$1000 to fund Warren Village's music program for kids for one year! Thanks to Lisa Kramer, Kay Coryell, Angela Alderson, Sarah Dunlap and Sharon Oliver for directing and leading the way with love for our 17th annual production. **Thanks to all who helped out and worked so hard to make this event such a success.**

Summer Wacky Days! Our End of the Summer Wacky Days is a great opportunity for preschoolers to prepare for

the start of their preschool year. 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. Join us! Dates are Aug 8, 9 & 10. Contact Ms. Sam for more information.

SLY, Jr.! Our 5th & 6th grade group ended the year with an amazing Lock In, IKEA Scavenger Hunt, Progressive Dinner and Graduation Party. What an awesome bunch of kids that explore faith, fun and fellowship together. Congrats 6th graders on moving up to SLY!



SAVE THE DATE:

- Sunday Social June 5 after Sunday School on the playground!
- Bible School "Food Truck Party" June 20-24
- Family Camp July 22-31
- Outdoor Movie Night "Encanto" August 5
- Sunday School Promotion Sunday August 7
- End-of-Summer Wacky Days August 8-10
- Blessing of Teachers and Backpacks August 28







our ministry

to children

St. Luke's Kids -

9



Jake Smith

Youth Ministry

Director of

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

With Jake leaving the staff soon for big plans in Kansas City, we are currently in the search for a new Director of Youth Ministry. We hope to have a new director in place to kick off the new school year. If you have any questions about plans for SLY for this summer, please contact Rev. Liza.



Mission Trip: SLY grades 8-12th will be heading out June 11-19 to San Augustine, TX for the summer mission trip. Keep them in your prayers as they travel to do good work to enrich their spirits and help others.



CONGRATULATIONS CONFIRMANDS who became members on March 27:

Brody Amadeo, Zoe Brandt, Austin Curry, Taylor Curry, Reece Donnell, Eloise Emig, Cecelia Metz, Miranda Metz, Manuel Rodriguez, and Sadie Weaver





Softball starts June 5!

Contact Rev. Liza for information. Games are June 5, 12, 19, 26, July 10, 17, 24 & 31. Join Us! liza©stlukeshr.com



Kelly Amadeo Director of Little School

a major overhaul. At right is a photo of the plan for the new structure. We are also adding new woodchips and a shade structure this summer.

Our annual art show was a hit! I hope many of you were able to see all the hard work of our students and staff on Palm Sunday when we left the art show up for all our church community to enjoy as well! If you do not know about our art show, throughout the school year, children work on pieces of art that are kept to display in April at the art show. This year, the theme of our art show was classroom mascots. Each child in our school created an art project to go along with our class mascots like caterpillars, cubs, ladybugs, bees, pandas, zebras, and more! On April 7th, we transformed the Fellowship Hall into an art gallery for families and friends to enjoy. It



LITTLE SCHOOL Summer!

We are doing so well at Little School. Our staff and students remain healthy and happy and ready to graduate at the end of May! Lots of good stuff happening at the end of the year.

Thanks to a sustainability and workforce grant we recently received, we were able to re-carpet the basement and update our playground with

is always a highlight of the school year!

We had a wonderful Mother's Day singing concert and graduation in May. We will send about 170 four-year olds, and five-year olds to kindergarten across the metro area. We are proud to be a big part of the lives of our young community members.

As of right now, we are almost full for the next school year. During a time of uncertainty, we find great appreciation in families' trust in our school. We love our St. Luke's UMC staff and community and are humbled by the support we get from our partnership.

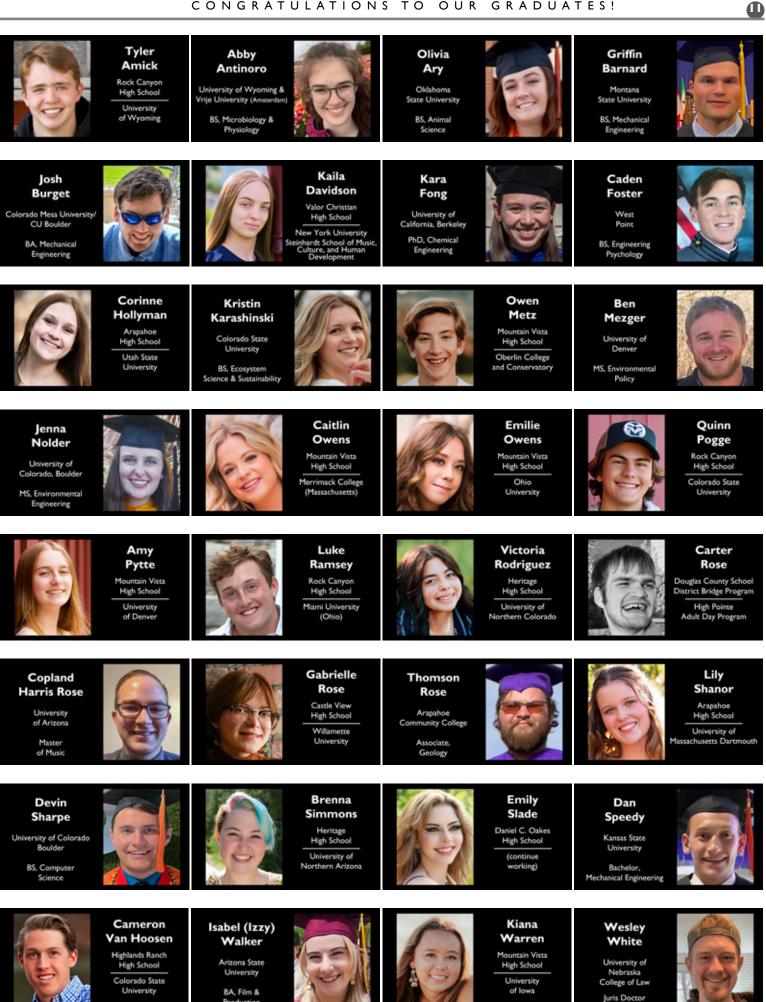
I want to wish you all a wonderful spring. Take a child outside with you, and look for new life!

Grace and Love, Kelly

Golf Event: Play or Volunteer St. Luke's Annual Golf Event is Saturday, August 13, 2022 at **Red Hawk Ridge Golf Course in Castle Rock**



Like other Fundraiser events, it requires volunteers to make the day successful. We need between 7-10 volunteers to help with both preevent and day-off event activities. This will include reaching out to our local neighborhood businesses for donations. Also, making phone calls and driving to businesses. Both adults and children are highly encouraged to volunteer for this event. If you are interested in signing up to play or to volunteer, please contact Brian Owens 720-635-7222 Brian.owens@comcast.net



Production



St. Luke's United Methodist Church

8817 S. Broadway • Highlands Ranch, CO 80129

303-791-0659 • www.stlukeshr.com

RACE • 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.



We're trying something a little different this summer and closing the office on Fridays effective May 27! The office will be open and responding to emails, phone calls, and drop in visitors from 9:00am-1:30pm Monday-Thursday. Our on call pastors will be listed in the weekly email and available each weekend,

as they currently are, but our office staff will not be working on Fridays. This schedule will remain in effect through Labor Day. If you have questions or concerns, please reach out to Stephanie in the front office or to any member of SPRT.



Stephanie Kirk Director of Communication & Office Administration

Judy Baird, Don Boon, Caroline Butler, Terri Christopherson, Bob Collins, Dave & Meryl Сирр, Mark Dickerson, *Kathy Dreyer*, Lucy Gustafson, Jerry Heinz, Susan Griggs Hooke, Jo Johnson, Pam Kuhns, Zander Levi, Marilyn Miller, Jolene Pace, Austin Raap, Jon Streaty, Amy Weiske

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



WE CELEBRATE TOGETHER:

the baptism of Kris and Josie Long the beloved memories of Jack Miller and Hazel Leinberger the beloved memories of Blanche and Oakly Eshelman the beloved memories of Bob, Jackie, and Kim Phillips the birth of Lilyanne Jessica Marie Crabb to Arianna Hutchinson Crabb and Joel Crabb, and grandpa Bryan Hutchinson the birth of Kaden John Link to parents Jenn and Adam Link, and grandparents Time and Kam Boles.

Adam Link, and grandparents Tim and Kam Boles the birth of a grandson to John and Marge Harper the birth of Caroline Elise Venrick to Jennifer and Connor Venrick, and grandparents Craig and Jan Ballard

the birth of Tessa Elizabeth to Katy and Kevnin Campbell, grandma Lynda drake, and great-grandma Caroline Butler

the birth of Lily Jane Clair Parra, granddaughter of Steve and Renae Parra

the 18th birthday and high school graduation of Bob and Lynne Belleville's granddaughter, Gigi

the retirement of Tim Boles

the 42nd wedding anniversary of Tim and Kam Boles the wedding/marriage of Sarah Dunlap and Joe Barnes the confirmation of 10 St. Luke's youth (see page 10)

WE EXPRESS OUR DEEPEST SYMPATHIES AND CONDOLENCES TO:

- Jean Bennett and family on the passing of her brother, Brig. Gen. (ret) Jerald D. Allen
- Virginia Broman and family on the passing of her husband, Warren Broman
- Patrick Griggs and family on the passing of his mother, Jeanne Rasmussen
- Roberta and Andrea Hamilton and families on the passing of their father, Ronald Hamilton

Marge Harper and family on the passing of her sister, Betty Polonus Linda Lukas and family on the passing of her mother,

Ruth G. Clark Simmons

Jeff Madsen and family on the passing of his mother, Mary Jo Alfstad Susan McIntosh and family on the passing of her mum, Caroll Gabert Michelle Sosa-Mallory and family on the passing of her father, Samuel Sosa, Jr.

Debi Ransick and family on the passing of her mother, Janet Knistern Gail Strawn and family on the passing of her husband, Fred Strawn Judy Weiler, Lori Groustra, and family and friends on the passing of Walt Weiler

Bob West and family on the passing of his brother-in-law, Dick Mason Trudy Turner on the passing of her brother-in-law, James Cleary Terry Walters and family on the passing of his mother, Edith Walters