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The Chronicle

ST. LUKE'S UNITED

IST CHURCH

OCTOBER 2017

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Experience Guatemala!

St. Luke's will sponsor a mission trip to Guatemala during March of 2018. (3/17-3/25/18) During our trip, we will be doing construction work to help needy families in Guatemalahowever, prior construction experience is not required.We will also spend time helping at an elementary school in the village, and possibly sponsoring a band camp at the John Wesley School.

Cost for the trip is currently \$1,850. This is an "early-bird" price and will increase after 11/10. Applications are now available online at: trips.puravida.org/slumc

If you would like to go and have any questions, please contact Ron Miller (720-381-9452, ronmiller74©gmail.com).

We'll begin a new Worship Series on Oct. 29: "Paint a New Reality With Philippians"!

Around 50-60 A.D., the apostle Paul wrote a letter to a church he planted in the Roman colony of Philippi, located in modern day Greece. Today, we call that letter "Philippians". This letter is filled with struggle and the call for unity, deep joy, and genuine affection. Paul's primary purpose in writing was to encourage the church in Philippi to make progress in their faith as they followed Jesus together. That "Christ is proclaimed in every way possible [1:18]"; "forgetting what lies behind and reaching out for the things ahead [3:13]"; "rejoicing and letting your gentleness be known to everyone [4:5]"; these are some of the issues Paul was addressing. And how does he begin the letter-with the declaration of "grace and peace [1:2]." Through love, Paul was painting a new reality for the church in Philippi.

Begin reading through this letter—it's only four chapters. See what jumps out, what grabs your attention. Look inward. Look into the heart of this St. Luke's community. Look out into the world. I wonder if Paul's letter to the Philippians can help us paint a new reality as 21st century followers of Jesus.

Feeding of the 5000/5k Overcame Challenges in a BIG Way!

Feeding of the 5000 had some new challenges this year with the closing of DenUM due to a lack of funds. St. Luke's has been very successful the last nine years raising food and money for the less fortunate, and we felt the drive to continue in this mission. The planning team decided to refocus the

drive on local Food Banks in the south Metro area. We interviewed several possibilities and finally settled on Integrated Family Community Services formerly Interfaith and Food Exchange Resource Network (FERN) that stocks St. Mary's Food Pantries shelves.

Then Hurricane season hit and we really started thinking outside the box. Lee Seaman suggested and offered to drive a trailer full of food to Fair Haven UMC in Houston TX. We also made the decision to send all cash raised to UMCOR for disaster relief. We are happy to say all goals were reached. Two food banks shelves were completely restocked, 6000 pounds of food (max weight limit) will be delivered to TX the week of October 9th, and nearly \$40,000 will be donated for UMCOR for disaster relief.

Feeding of the 5K Run/Walk was a big part of this effort once again this year.

According to Race Director Mike Preble, on this second annual evert, over 170 runners and walkers, and volunteers participated. Jeremy Allen and Debbie Patskowski repeated as male and female champions. The next two female winners of the 5K race were, Debbie Johnson-Bell, and Blair Larson and the next two male winners were Josh Brandt and Mat Smith (Mat was the first St. Luke's finisher). Racers ranged in age from under 5 to 77. The race was started with the National Anthem being sung by Erynn Shryack. We had a several dogs join us this year again. This year SLY, Jr. (5th & 6th grade) contributed in the festivities and sold lemonade and cookies and hosted a pumpkin decorating table and they raised an additional \$250 dollars for UMCOR relief. After the race participants enjoyed a delicious community breakfast/lunch from Flippin' Flapjacks and the Hamburghini food truck. The Feeding of the 5K team said this year's event was bigger than last year and they are looking forward to watching this race grow and become an even larger contributor for communities in need.



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

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

Nursery available for: 8:00, 9:30 & 11:00am services

Mon.-Fri. Office Hours 9:00am-12:30pm & 1:00-3:30pm

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Find us on: facebook.

Staff:

JJ		
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<i>Rev. Ryan Canadayx112</i> Lead Minister of Worship & Missional Life		
<i>Rev. Jessica Rooksx109</i> Lead Minister of Community Life		
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Samantha Leahyx140 Director of Early Childhood Ministry		
Stephanie Kirkx111 Children's & Family Ministries Coordinator		
Dave Laurvickx114 Director of Youth Ministry		
Amy McMullenx119 Assistant Director of Youth Ministry		
Jake Smithx145 Associate Director of Youth Ministry		
Dr. James Ramseyx123 Director of Music & Arts Ministries		
<i>Kenrick Mervinex133</i> Associate Director of Music Ministry & Organist		
Kay Coryellx136 Director of Handbells & Children's Music Ministry		
Chris Rigolinix146 Director of Instrumental Music		
Renae Parrax117 Director of Servant Ministry		
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Curtis Rossx110 Building Maintenance/Custodian		
Sheri Henryx124 Director of Finance		
Kristi Pawleyx116 Accounting Clerk/Music & Arts Admin. Assistant		
Kelly Amadeox115 Director of Little School		
All submissions for the		

November 2017 issue of *The Chronicle* are due October 20 Editor: Sharon Oliver chronicle©stlukeshr.com

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Fhere is a Season

Rev. Jessica Rooks Lead Minister of Community Life Many of you are probably familiar with the words from Ecclesiastes, "to everything there is a season, and a time to every purpose under the heaven..." Every fall these words find their way into my thoughts. Fall is the kick-off season for church life – choir and music groups return, ministry programs for children and youth gear up, new classes begin, the pumpkins arrive, 3rd graders receive Bibles, and the list goes on. This is the beginning

of a new church year, a new season. I find this time both exciting and exhausting.

As I'm writing this article, I'm sitting in our Youth Pumpkin Patch, putting in my hours to help offset the cost for the senior high mission trip, for our oldest daughter. I'm watching the preschool children leave for the day, the constant coming and going of cars in our parking lot, and the



seemingly never ending line of orange pumpkins. "To everything there is a season."

Fall is my favorite season as a minister. Blessing Bibles and spending time with our 3rd graders as they explore their new Bibles is exciting. Even unloading a semi-truck full of pumpkins, alongside adults, youth and children, is a meaningful moment. Fall is the season many of us return to our normal routines and schedules after the summer break. It is the season for recommitting ourselves to community, and to that which brings us life.

I am reminded of a poem by Edward Hays ~

- O sacred season of Autumn, be my teacher, for I wish to learn the virtue of contentment.
 As I gaze upon your full-colored beauty, I sense all about you an at-homeness with your amber riches.
 You are the season of retirement, of full barns and harvested fields.
 The cycle of growth has ceased, and the busy work of giving life is now complete.
 I sense in you no regrets:
- you've lived a full life.

I live in a society that is ever-restless, always eager for more mountains to climb, seeking happiness through more and more possessions. As a child of my culture, I am seldom truly at peace with what I have.

May this season bring renewed life to you and your families. And may you find joy and contentment in the simple things.

Grace & Blessings, Rev. Jessica

Teach me to take stock of what I have given and received, may I know that it's enough, that my striving can cease in the abundance of God's grace. May I know the contentment that allows the totality of my energies to come to full flower. May I know that like you I am rich beyond measure.

As you, O Autumn, take pleasure in your great bounty, let me also take delight in the abundance of the simple things in life which are the true source of joy. With the golden glow of peaceful contentment may I truly appreciate this autumn day.



2



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

Sponsored by St. Luke's Stephen Ministers in Collaboration with Centura Health & Mental Health First Aid Colorado

be part of addressing one of our state's biggest health challenges. Join us for an exceptional opportunity to be trained in Mental Health First Aid. Sadly, our community has experienced

many deaths by suicide

and suicide attempts in the past months and years. Many times these tragedies are related to health challenges such as depression, anxiety, addiction or other mental health-related concerns. Mental Health First Aid Colorado promotes and supports mental health education and is designed to give people skills in offering care and support. In the course, you will learn signs and symptoms of a mental health challenge or crisis, what to do in an emergency situation, and where to get help.

Our Stephen Ministry team is sponsoring this crucial learning opportunity to help in addressing one of the most concerning health challenges in our community. There is no cost to you. As a service to our community, the entire workshop, materials, and lunch will be provided by our St. Luke's Stephen Ministers in partnership with Centura Health.

To register for this workshop and to become a lifeline to someone in need, please register on our St. Luke's website or sign up on a Sunday morning.

I, along with our Stephen Ministry Team, invite you to



WHAT: Mental Health First Aid Training

WHY: To Be A Lifeline!

WHEN: Saturday, Nov. 4, 8:30am-5:00pm

WHERE: St. Luke's Chapel

NO FEE: Fully sponsored by our St. Luke's Stephen Ministers and Centura Health – lunch will be provided by our Stephen Ministry program

TO REGISTER: Go to our website: www.stlukeshr.com

FOR MORE INFORMATION:

Contact Rev. Sallie (sallie©stlukeshr. com, 303-475-0141) or any Stephen Ministry Leader: Bob West, Melinda Davidson, Laura McCarthy, Nancy Abbott

This Training is Open to **Our Community!**

The workshop is a gift from our St. Luke's Stephen Ministers to encourage wellbeing and safety and to prepare more people to understand, recognize, and respond to those in need of urgent mental and emotional care and support.

Rev. Ryan Canaday Lead Minister of Worship & Missional Life

During this series we have also been focusing on our stewardship campaign. What's a stewardship campaign? A fancy way of talking about raising money for the church. It's the fundraising that supports the mission of St. Luke's. It's important! It's one of the things that allows us to keep going, to keep

On Sunday Oct. 22, we will celebrate the gifts! It will truly be a celebratory Sunday.

doing new and meaningful things in our community and in our world. We have received so many pledge cards from you allhow cool! Don't forget about the big, red Psalms box just outside the Sanctuary doors. If you haven't had the chance to turn in your pledge card yet, there is still time. You can place your card in the box anytime between now and October 22 (you can also mail your card to St. Luke's). On Sunday October 22, we will celebrate the gifts! It will truly be a celebratory Sunday. I hope you plan on joining us!

We give because we are expecting to be surprised by hope. This is giving at the edge!

Grace & Peace, Rev. Ryan

Buy Groceries, Support St. Luke's!

With the holidays coming up, it's a great time to purchase grocery certificates and help support St. Luke's operating budget.



Sheri Henry Director of Finance

How it Works: Just purchase grocery certificates on Sunday from the table in the Narthex or come by the office during office hours. Use the cards at King Soopers, Safeway or Tony's Market ... it's just that simple!

St. Luke's receives a percentage back from every card sold (percentage varies based on store). This money goes directly

I sincerely hope you will participate in this important training that will help all of us offer more informed care within our families, our neighborhoods and our community. If you have any questions, I welcome a conversation with you (sallie@stlukeshr.com, 303-475-0141). Please join us and invite others to part of this workshop, too. Be a lifeline.



to offset operating expenses for the church.

Questions?: Speak with one of our volunteers at the Grocery Certificates table in the Narthex on Sunday or email Sheri Henry at sheri©stlukeshr.com

We are nearing the end of our Fall Worship

Series, "Psalms: Living at the Edge", and we

have been exploring together what it means

to live at the edge of our lives. Living at the

edge is the place where we encounter God

and each other in the most meaningful ways.



(retired)

More from Les: Learning About Water Rights

In 1948 my family lived in, Fruitvale, an unincorporated community just east of the Grand Junction, Colorado city limits. Our property and business sat within a network of irrigation ditches fed by a big canal owned by the Grand Valley Irrigation Company and the purchase of the property had included the right to use as share of the irrigation water. One neighbor to the south, by Rev. Les Ludlam Eb, seemed to me to be a sullen sort. He was always coming to the family gas station to complain about something, usually about his lack of irrigation

water for his alfalfa field. His small farm lay just south of our place, located at the end of the feeder ditch. If the ditch were to go dry, he was the first one to loose water.

One day he came to the Ludlam shop particularly angry, "you been taking too much water," he exclaimed. "Ain't got enough for my alfalfa!" My father and mother talked with him for some time, but with no resolution. Finally he left, and my mother turned to me and said "Leslie, please stay away from the feeder ditch head-gate, if anybody is taking too much water I don't want Eb to think it's us!" I nodded, but this was not something an eight-yearold would spend too much time thinking about.

On one particularly hot day later that summer, I decided to spend the afternoon playing with my friend Lester. We walked up to the feeder ditch looking for water bugs, frogs or whatever we might encounter. We took our shoes off and stood in the water to cool off. It was cloudless and very hot, the ditch water felt great on our feet as we walked along in the mud. I decided we needed to make a nice dam to collect whatever might be coming down, so I picked a small piece of wood lying near the ditch and forced it down into the feeder ditch, blocking the flow and building up a nice little lake. What I didn't notice was that with the higher water level behind my makeshift dam, water began to flow down the side ditch to our property.

Then we found some tadpoles swimming around. What a find! Lester ran home to get a jar and we began trying to catch them.

A short time later, the telephone rang at my family's gas station; Eb was calling. "Did you cut me off?" he questioned. "My ditch is beginning to run dry!" "Why no, we watered our garden yesterday," Mom replied. "We aren't taking anything now." "Well you darn well not!" He replied angrily, and hung up.

Mom's intuition must have been working overtime, for she immediately went out to the garden at our house. To her amazement and chagrin, there was water flowing in our ditch! Her face grew red and she started walking toward the feeder ditch. Then, she saw Lester and me, playing in the water!

She broke into a run, but then stopped at the willows and cut off a branch. Suddenly there was my mother!

"Boys, open up that feeder ditch right now, do you hear!" "But Mom," I tried to protest, "We're getting some really" "Both of you boys go home, right now!"

My fatal mistake, I reached for the jar of tadpoles.

"I said, right now!" And she raised her switch high. I turned away and suddenly felt a hot burn right across my hip pockets! Without looking back I started heading to the house, beginning to cry.

The next thirty seconds seemed like a lifetime. My mother rarely spanked me; she never lost her temper! But now she had, and she had lost it at me! She followed me all the way home, then said, "You sit here till I get back."

Then she picked up the shovel and walked to the feeder ditch and made sure our earthen dam was gone. Her return seemed to take forever. I really didn't know what to expect.

She walked up to the house, put the shovel away and motioned to me over to the chairs on the porch. We sat there for what seemed like an hour, she told me about the irrigation system, why we shouldn't shut off the water when it wasn't our day to water and what I had done could hurt Eb's fields.

She finished by saying, "Leslie, I wouldn't be so angry at you if I didn't love you so much. I want you to learn to respect other people's property."

"Now, I want you to go to Eb tomorrow and apologize for what you've done."

That's how I learned about water rights and water use in the west.

God bless us all. -Les

Pura Vida's 14th Anniversary **Benefit Dinner** and Celebration

Pura Vida is celebrating 14 years of ministry in the Western Highlands of Guatemala in 2017! To help commemorate this anniversary, Pura Vida will hold a Benefit Dinner and Celebration on Friday, Oct. 20, at the Lakewood Country Club. The dinner will provide an opportunity to celebrate 14 years of success for Pura Vida's Guatemala ministries. St. Luke's has been instrumental in that success via mission trips, financial and



prayer support throughout Pura Vida's history. The program for the dinner event will include a short video chronicling some of the partners we

work with in Guatemala (who have also become good friends!) In addition, there will be a silent auction and time to mingle with others who've participated in Pura Vida's success.

Pura Vida's Guatemala ministries have included providing scholarships for more than 540 children in several rural Guatemalan villages. Many of these students wouldn't otherwise have the opportunity to attend school. There are currently 311 K-12 students and 29 University students enrolled in the scholarship program. A significant number of these scholarship students are sponsored by families from St. Luke's. In past years, St. Luke's mission teams have worked to provide new homes for needy families in Guatemala. They've also built 6 new school rooms and a school kitchen in the vicinity of Lemoa, Guatemala and provided much needed medical care through medical mission trips. Other past construction projects have included an addition to the orphanage in Lemoa and various projects at the Methodist Retreat Center in Lemoa. Pura Vida also has English Camps each summer where teams go to Lemoa to teach English to the Guatemalan students. Each year, our mission teams take school supplies, water filters and an abundance of love to share with the children of these rural villages.

Please join Pura Vida on Oct. 20 to hear more about these and other successful ministries. For more details about the event and to order tickets, go to puravida.org/ dinner. To volunteer to help, please contact laura©puravida.org





Renae Parra Director of Servant Ministry

Get Connected at St. Luke's. To learn more about opportunities for you to get involved, contact Renae at renae©stlukeshr.com or 303-791-0659 x117

Fall Connections



Fall is definitely here. Along with turning leaves, pumpkins and pumpkin spice everything, fall also brings new faces to our community on

Sundays. I hear at least once a week from a newer attendee saying they wish we wore name tags. We also have new-ish staff members still learning lots of names. So, dust yours off and wear it each Sunday; it's a great way to be hospitable! If you have never ordered a name tag or lost yours somewhere, you can get one made for \$4.50. Stop by the Get Connected Center to order yours and it will be ready the following Sunday for pick up.



Fall is also a time for spiritual shedding. Just as the leaves drop off the trees, we also can choose to let things go in our own life. It's a great time to focus on our truest needs so we can get through the long winter. Think of your self as a tree; when the leaves fall away you can see

things more clearly: the shape and structure of the branches, the birds' nests, the scars on the branches. But, you can also see through the tree more clearly. You can see the house standing behind it or the stars up above it. So, as things fall away this opens your eyes to see life more clearly. Be attentive to yourself during this beautiful season of earth and life. Is your soul calling you to engage more deeply with your family, your community or in service to others? Listen closely and honor this need for connection or restoration.



Seasoned Voyagers Leaf Peeping & More!

* Our annual Leaf Peeping bus trip took us over two miles high, on **Tuesday, Sept. 19**. We





found the earliest turning leaves and had lunch at Echo lake. It was a great time with great folks!

Save these days: October 19 tour of the Denver

Water Recycling Plant; With Hurricane Harvey, Irma and Marie reminding us all of the power and importance of water, Seasoned

Voyagers are taking an eco-tour of the Denver Water Recycling Plant in Commerce City to see what happens

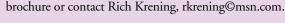
to the water we use and depend on. Meet at the church at 9:00am to board the bus. Lunch at Olive Garden.



November 16 - 9:15am - a trip to the Museum of Nature and Science.

December 12 - 11:15am - our annual kick-off pot luck lunch and program.

Check out at the Seasoned Voyagers table in Fellowship Hall on Sundays, pick up a





InBetweeners Fall Fellowship - Join in the Fun!

The InBetweeners group is up and running. This group is for adults who fall between the Shine group and the Seasoned Voyagers group. It is for both men and women, single or married and members of St. Luke's or not; who want to gather for fun and fellowship. We have enjoyed several activities this summer! Our group has a new logo and is now connected to the St. Luke's website.

Activities for October:

Sunday, October 8: Corn Maze at Chatfield and afterwards dinner at Los Dos Portillos. The Broncos have a bye week this weekend. *Saturday, October 14: CSE Fall Colors Hike* We will join the CSE (Center for Spiritual Engagement) group in the morning for a hike at Castlewood Canyon State Park. We will hike the Homestead and Rim Rock Trails, which offer spectacular views of the canyon and spacious outward-bound views. The gamble's oaks should be beautiful this time of year. Total hiking distance is approximately 3 miles with a moderate rating. We'll meet at St. Luke's at 7:30am to carpool.

Tuesday, October 24: Bowling Meet at Boondocks in Parker (18706 Cottonwood Drive, Parker CO 80139) at 6:15pm. Cost: \$4.00 per game and \$3.00 for shoes. Let us know by Sunday, October 22 if you are coming, so we know how many lanes to get.

Join us for one activity or all. For more information call Sandi Thompson at 303-791-3407 or email: silyp©comcast.net

Children's Ministry News Praise, Play & Prayers

CHILDREN'S CALENDAR:

(check our website for full calendar)

NEW! Oct. 11 - Nov. 15 (WEDS) - **6-wk.** BIBLE STUDY for KIDS (3rd-6th grade) 6:00-6:30pm: Meet in Goliath corner Rm. 128. Bring your Bible! Come to I or all 6! RSVP to Sharon

- Oct. 13 (FRI) Parent's Night Out 6:00pm. Contact Sam for more info and to rsvp.
- Oct. 15 (SUN) **PEAK (K-4th grade)** 9:30am SUNDAY SCHOOL begins 4-week lesson "3 Women of Faith."
- Oct. 15 (SUN) Goliath Gathering SUNDAY SCHOOL SERVANT TRAINING 11:00am - LAST TRAINING OF 2017 - Join Us!
- Oct. 15 (SUN) SLY, Jr. (5th & 6th grade) CORN MAZE! 12:30-3:30pm \$10/per person. Bring a disposable sack lunch.
- Oct. 18 (WED) **STORY TIME** 9:00am -Caregivers enjoy conversation & coffee while kids enjoy stories in the Narthex.
- Oct. 18 (WED) (thru Nov. 15) BIBLE STUDY for KIDS (3rd-6th grade) 6:00-6:30pm
- Oct. 22 (SUN) JOY TREK 9:30am SUNDAY SCHOOL begins 3-week lesson "Joseph & His Brothers."
- Oct. 25 (WED) BIBLE STUDY for KIDS (3rd-6th grade) 6:00-6:30pm
- Oct. 29 (SUN) Acolyte Training 11:45am - All 2nd-6th graders welcome!
- Oct. 29 (SUN) SLY, Jr. (5th & 6th grade) **THERAPY HORSE VISIT** 4:30-6:30pm: \$5/per person (optional donation to therapy program) RSVP with Sharon.
- Nov. I (WED) **STORY TIME** 9:00am -Caregivers enjoy conversation & coffee while kids enjoy stories in the Narthex.
- Nov. I (WED) **BIBLE STUDY for KIDS** (3rd-6th grade) 6:00-6:30pm
- Nov. 4 (SAT) 9:00am: **Parent's Time Away.** Contact Sam for more info and to rsvp.
- Nov. 5 (SUN) 5:30-7:30pm: SLY, Jr. (5th & 6th grade) Game/Service Night. \$2/dinner.
- Nov. 7 (TUE) 7:00pm: Children's Ministry Team Meeting
- Nov. 8 (WED) **BIBLE STUDY for KIDS** (3rd-6th grade) 6:00-6:30pm
- Nov. 10 (FRI) Parent's Night Out 6:00pm. Contact Sam for more info and to rsvp.
- Nov. 15 (WED) BIBLE STUDY for KIDS (3rd-6th grade) 6:00-6:30pm
- Nov. 15 (WED) **STORY TIME** 9:00am -Caregivers enjoy conversation & coffee while kids enjoy stories in the Narthex.
- Nov. 19 (SUN) 12noon-3:00pm: SLY, Jr. (5th & 6th grade) Trip to Highlands UMC to make **Thanksgiving Dinner Boxes**
- Nov. 25 (SAT) 9:00am: Hanging of the Greens (decorate church for Christmas)
- Nov. 26 (SUN) 6:30pm:TREE LIGHTING service with Impromptu CHRISTMAS PAGEANT (costumes 5:45pm)



SLY, Jr. 5th & 6th Grade Fun & Service Club Kicked Off October in with Service!

We had 25 SLY, Jrs. roll up their sleeves and help with our Feeding of the 5000/5k event to benefit local food banks and UMCOR.Way to go! WE even ran a cookies and lemonade stand and craft station this year and raised \$250 for UMCOR hurricane relief!

We meet next

to go to the Corn Maze

together Oct. 15 from

12:30-3:30pm. Cost is

at Chatfield Botanical

Gardens. Gonna be a

fun time to celebrate

sharon©stlukeshr.com

Join Us and bring a friend!

fall together!

RSVP to

\$10 per person. Bring a

sack lunch for our picnic



Sharon Oliver Director of Children's Ministry sharon©stlukeshr.com Samantha Leahy Director of Early Childhood Ministry

sam@stlukeshr.com

Stephanie Kirk Children's & Family Ministries Coordinator





Please join us for a children's story time upstairs in the Narthex on the first & third Wednesdays of the month at 9:00am.

Caregivers can enjoy complimentary coffee and conversations while children enjoy stories, songs and rhymes. No sign up required,

LAST Sunday School Servant Training for 2017 Oct. 15 at 11:00am - JOIN US! We'll meet in the Goliath area downstairs, fill out a few forms, go over the latest in our Safe Sanctuary & Sunday School procedures and be done by noon. RSVP to Sharon.

3rd Grade Bibles & Bible Study!

Bibles were presented to 25 third graders on Sept. 17 - such a wonderful St. Luke's tradition. And we really enjoyed having Revs. Ryan, Jessica & Schawn lead our Bible Studies. We had a great time learning about this amazing book. Congratulations to our 3rd graders on this special milestone. Blessings on your faith journey.



NEW! Bible Study for KIDS!

(3rd-6th grade) 6-weeks Oct. 11-Nov. 15 (WEDS) -6:00-6:30pm: Meet in Goliath corner Rm. 128. Bring your Bible! Let's dive in to Bible basics. Come to I or all 6 sessions. RSVP to Sharon.



ACOR. Way to go! en ran a cookies honade stand and ation this year and \$250 for UMCOR ne relief!



Kelly Amadeo Director of Little School



Little School News: We are Falling into Place at Little School!

What a fun fall we have in store! We have joined up with the Youth Group and Children's Ministry to provide 100 complete meals to those in need this year. At Little School, we will have classroom races to see which classroom brings in the most donated food items. Each classroom is assigned a specific food item to contribute. Let the races begin!

In addition to the seasonal celebrations of fall harvest and Halloween, we also celebrate Fire Prevention month. Throughout the month, our children will learn fire safety and what it is like to be a fire fighter. We will have Firefighter Katie and Firefighter Carla come visit the school to give presentations. Littleton Fire Department will be bringing over their fire truck, "Ladder 18," for the children to tour as well.

We have worked hard this month to upgrade our technology and make communication a priority with our parents. Parents are loving the daily updates and photos of their children.

Our Chapel theme this year is "Science Experiments for Illustrating Bible Stories." In September, we talked about how prayers are like bubbles. Our prayers are words from our heart, and they float up to the sky so God can hear them. We then watched Ms. Kelly make a lot of bubbles float up to the sky.



She put a liter of club soda into a jar. Then she poured a lot of salt into the jar and bubbles went everywhere! Several of the teachers mentioned, afterwards, that during lunch that day, the kids said their prayers, and many of them talked about how their prayers were floating up to God like bubbles. We sure do love what we do! Our children are amazing!

We want to wish you all a wonderful Fall!

Grace & Love, Ms. Kelly Director, St. Luke's Little School

"Play is often talked about as if it were a relief from serious learning. But for children, play is serious learning." -Mr. Rogers

SHINE Gleans Potatoes in Alamosa



This past Labor Day weekend, a group of SHINE families took a trip down to Alamosa to take part in La Puente Home's annual gleaning effort. Many residents of Alamosa and the surrounding San Luis Valley of Colorado suffer from isolation, poverty, and limited economic opportunities. Food

insecurity is a primary concern, with 1 in 4 families using the local Food Bank Network at least once per year on average.

Together, along with the food bank coordinator, our group gleaned 450 lbs. of carrots! We had a great time washing, cutting and preserving our yield which was placed on the food bank shelves as well as used to prepare meals for those utilizing the La Puente Home services.

We spent the rest of our weekend making friends and admiring the beautiful sights this area has to offer. Kids and adults alike enjoyed rolling down sand dunes, hiking to a waterfall set back deep in a slot canyon and cooking s'mores and telling stories around a crackling campfire. And who could forget the parade of classic muscle cars thanks to the 37th Annual American Early Iron Festival!

Many thanks to the Alamosa Presbyterian Church for providing us the use of their bunk rooms and kitchen, to La Puente and the Alamosa Food Bank Network, and to the folks at Grimmway Farms. Most of all, thanks to the St. Luke's SHINE families for a great time full of both a little hard work and some tremendous fun! *—Scott Hetherington*

NEW! Opportunity for Food & Fellowship Following the 11:00am Service

Beginning Sunday, October 29, immediately following the 11:00am worship service, there will be a potluck lunch held in Fellowship Hall for anyone who wishes to attend. Chicken will be provided with a request for donations to cover the cost and those attending are asked to bring a side dish or dessert to share. Paper products and drinks will be provided along with the chicken. This opportunity is intended to be a once a month gathering for those attending the 11:00am worship service so we can get better acquainted with others who worship with us. Pat Shaffer and Debbie Boucher will host the first gathering on October 29. Please call Pat Shaffer, 720-988-5430, or email her at prshaffer04@yahoo. com with any questions. See you on October 29 right after worship. ALL are welcome!

Mondays in the Park

Thanks to your generosity each week with supplies, we serve a hundred lunches on Mondays to many in Civic Center Park who may be experiencing homelessness. We provide a brown bag lunch, communion, smiles and a ministry of presence to those living on the margins. Join us to prepare lunches any Monday at 10:30am in Fellowship Hall and/or deliver at 11:15am alongside AfterHours ministry in Civic Center Park. Life's struggles can affect anyone at anytime, a simple smile and a word a kindness can make a huge difference in a life of hardship. FOOD needed: individual chips and granola bars. Questions or ways you can support contact sam@stlukeshr.com.

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Thank You to all the attendees of our Pie and Prayer Celebration for your generous Donations and Pledges. We were able to send UMCOR 27 health kits and \$500. Congratulations to you ALL OF YOU for supporting UMW and UMCOR.

Save the Dates: Join our Celebrations,

Educational Studies and Volunteer Mission Projects

 October 29: UMW Fall Pumpkin Fest - a "Pumpkin Treat, Good to Eat Bake Sale". The UMW is having a fall



fundraiser to assist our St. Luke's Youth with their Mission trips and also to assist us with our purpose of helping women, children and youth. Exchanging your "dollars " for our delicious goodies! We have everything pumpkin for you to purchase with your free will donations. Pumpkin Pie, Pumpkin Bread, Pumpkin..., Pumpkin...,

Pumpkin... Cakes, Cookies, Muffins, Cupcakes! Stop by our table, give us your \$ donation \$, take home a pumpkin treat. Hope to see you, and thank you for supporting St. Luke's Youth and St. Luke's United Methodist Women.

• December 5 Annual Candlelight Dinner: "A Holv Night".

6:00pm, \$15/per ticket. We Invite All Ladies to begin their Advent with us in the Candlelight Ambiance of Christmas, Enjoying a Delicious Dinner catered by our Fantastic Fellowship Events Team, and served by our wonderful Men of St. Luke's. Mission – Prison Fellowship Ministries

- January 20, 2018 District Mission, Mentoring and Celebrations
- March 10, 2018 Spiritual Day

United Methodist Women enhances your Spiritual Journey, supports you in Friendship and Fellowship, keeps you in Prayer, satisfies Mission Needs, and supplies you with Renewal. Let us be a part of your journey.

If you would like to join us at any of these events, please contact umwinfo©stlukeshr.com



Hello, all Stitchers! We are happy to report

that we have made our goal of 250 giant Christmas stockings; don't worry if you are still making them – we will find a special child for them. Watch for opportunities for the whole congregation to fill the stockings - coming soon! We also distributed 11 baby blankets to Children's Hospital at Highlands Ranch. We even got the

opportunity to reclaim a light yarn blanket for distribution at our Mondays in the Park program!

Our next meetings will focus lap robes for the Veterans' Hospital and Nursing Home. Feel free to bring anything you have completed to the meetings. Feel free to bring any crafting project with you. It's a great time to meet and greet each other. We'll have tea and lemonade! Need a knitting/crochet project? Check out our basket in the Narthex of the Fellowship Hall! And remember, we are always looking for clean textiles to use (cotton fabric, fleece, yarns, flannels) for our future projects!

For more information about UMW:

- Email us at umwinfo@stlukeshr.com.
- Look for our brochure at the church entrance AND we are on Facebook www.facebook.com/stlukeshrumw "St. Luke's United Methodist Women - Highlands Ranch, CO"
- United Methodist Women Rocky Mountain Conference and Mile High Pikes Peak District www.rmcumw.org
- UMW national website: http://www.unitedmethodistwomen.org

Interest Groups of UMW

Join an Interest Group at any time. Want something different, let us help. Email us umwinfo©stlukeshr.com.

Book Club ~ Fiction/ Non-fiction/Informative/Fun. Fourth Monday, Room 206, 7:00pm (potluck 6:15pm) Contact: Renae Parra (renaeparra©aol.com)

- October 23 "Orphan #8" by Kim van Alkemade
- November 27 "A Memory of Violets" by Hazel Gaynor
- December No Meeting

Common Thread ~

Friendship/Fellowship/ Caring/ Sharing. First Thursday of each month, 10:00am. Meets at the church. Contact: Caroline Butler carolinebutler©q.com or Betty Smith 303-797-3225

Itch to Stitch ~

Projects of Crochet, Knitting, Sewing, Quilting donated to Charities. All skill levels welcome. Meets 1st & 3rd Saturday, 10:30am-1pm in downstairs Youth Room. (No meetings in December, June or August) All skill levels welcome. Contact: Fran West ~ 303-797-7107. Check out Our Facebook page !!! - "St. Luke's UMC Itch to Stitch Guild"



"The organized unit of United Methodist Women shall be a community of women whose purpose is to know God and to experience freedom as whole persons through Jesus Christ; to develop a creative supportive fellowship; and to expand concepts of mission through participation in the global ministries of the church."

WE ARE... St. Luke's United Methodist Women

INVITATIONAL

"...a community of women whose purposes is to know

God..." All women, including teens, are invited to participate in the events of United Methodist Women (UMW). Membership in the church is not required, you just need to have a passion to help women, children and youth.

RELATIONAL

"...develop a creative supportive fellowship..."

UMW provides a connectional relationship with other women of faith who have a desire to learn and serve. We are in relations with others in our community, district, conference, nationally and globally.

MISSIONAL

"...expand concepts of mission through participation in the global ministries of the

church." Locally and nationally we have given thousands of dollars and many hours of love labor to agencies serving others.

SPIRITUAL

"...experience freedom as whole persons through Jesus Christ..."

With the use of the Annual Prayer Calendar, Response magazine, guest speakers, retreats and more, we can grow in our faith journey together.



CSE Mission: Our purpose is to foster healing and wholeness of mind, body and spirit through experiences that inspire wellbeing. We invite all to join us!

Visit stlukescse.org

CSE SPEAKER SERIES TUESDAY Oct. 17

6:30-8:00pm "The Spirituality of **Pilgrimage: An Evening**





with Rev. Dr. Janet Forbes"

In 2016. as a marker for her retirement from active ministry as a United Methodist pastor, Rev. Janet set out from Saint-Jean-Pied-De-Port. France, to walk the ancient pilgrimage route across northern

Spain to the Cathedral of St. James in Santiago de Compostela. The Camino de Santiago is a 500-mile path carved by thousands of walkers each year since medieval times to the burial site of James, the apostle of Jesus.

Rev. Janet will tell the story and share photos of her journey as she experienced the deep spirituality of both the intentional and unintentional pilgrimages of life, how God's grace provides surprising companions in the most fortuitous moments!

TICKETS ON SALE NOW

at stlukeshr.com (\$10 each plus \$1 processing fee) and in Fellowship Hall on Sunday mornings (\$10). Ticket cost, evening of event, \$12. The St. Luke's bus will be available to Wind Crest residents for this event. Please sign up at the ticket sale table in Fellowship Hall. The bus will pick up from Wind Crest at 5:45pm. Childcare with 48 hr. reservation to sam©stlukeshr.com. More info: julie.polikoff©msn.com.

Wellbeing & Faith

In last month's Chronicle, I promised I would share some of my learning about what fosters wellbeing of mind, body and spirit. Beginning with faith seemed like a good place to start! I know this will not come as a surprise to you, but many research studies indicate



that those who participate in a faith community often experience greater sustained happiness and wellbeing. In fact, scientists found again and again that those with a spiritual practice or who participate in a religious community tend to be happier than those who don't. Some researchers found that practicing faith gives a greater sense of meaning and purpose and spiritual beliefs can often carry us through lower points in life while also elevating the better parts of our life journeys, too.

Interestingly, research indicates one of the primary reasons for the strong connection between faith practices, happiness and wellbeing, is related to practicing one's beliefs with other people. Our connection to family, friends, community and congregation really does make a difference. As noted in a Special Edition of Time, The Science of Happiness (2016) "one of the most critical elements in the protective and happiness benefits of faith has to do with the fact that it's practiced in groups". The timeless words of Matthew 18:20 beautifully reflect this power of connection.

"For where two or three are gathered in my name, I am there among them."

I'm grateful to be in this faith community with you! More to come... -Rev. Sallie

CSE CLASSES & EXPERIENCES

- Morning Yoga with Gargi on Thursday mornings! 9:00-10:15am in St. Luke's Chapel. \$12/suggested donation per class. Join us!
- Simple Truths Sam Leahy and Tami Canaday invite you to join for a 4 week evening discussion on simple truths based on The Little Book of Awakenings by Mark Nepo. We will engage each week in matters that touch our hearts ~ suffering, being real, awareness & abundance. Wednesdays beginning November 1 from 6:30-8:00pm at St. Luke's. Sign ups available Sunday 10/15 or contact sam©stlukeshr.com. Class size is limited
- On a beautiful fall weekend in September, CSE partnered with Project I am For You to lead a



couples retreat weekend in Breckenridge. PIAFY is co-founded by Rev. Ryan Canaday and his wife Tami. The theme for this event was "Whiteboarding Your WHY, Couples Edition" based on their new book Wow, talk about a powerful and meaningful two and a half days. The feedback from this event was off the chart. Each and every participant saying they were so glad they learned about their WHY as a couple and new ways to be "for" each other. Tami said "seeing others experience breakthrough moments and find deeper

connection with God and each other brings us so much joy."

CSE OUTDOOR ADVENTURES (julie.polikoff©msn.com or janestaller©gmail.com) All are welcome to join us to connect with one another and with God's beautiful world.

• ARCHAEOLOGY EXPERIENCE - On Saturday, Sept. 23, under soft grey skies, we explored the Bradford II and III rock shelters in Ken-Caryl Ranch with Jack Warner, past President of the Colorado Archaeology Society. Ancient Peoples inhabited these sites at least 5,000 years ago. We also visited the ruins of the

Bradford-Perley House, built in the 1860's, along a toll road that took miners to Breckinridge during the gold rush. Signage in the house describes the property's history from its construction by entrepreneur Robert Boyles Bradford, its use as a Civil War recruiting station for the Union Army and its sale to second owner James Adams Perley, whose family was likely the last to live in the home full time.



COMING UP:

SATURDAY OCT. 14 - FALL COLORS HIKE at

CASTLEWOOD CANYON STATE PARK. Please join us for this fall hike, which is timed so we can observe the beautiful seasonal changes to the Gamble's Oaks throughout the park.We'll hike the Homestead and Rim Rock Trails, which offer spectacular views of the canyon and spacious outward-bound views. Our total hiking distance is approximately 5 miles, with a moderate rating. We'll meet at St. Luke's at 7:30 am to carpool. We'll share a potluck tailgate after our hike. Contact Janet Johnston.

SATURDAY NOY. 11 - MATTHEWS/WINTERS PARK FALL HIKE near Morrison our final Outdoor Adventure for 2017 - contact lane.

ON THE SLY:



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Dave Laurvick Director of Youth Ministry

Amy McMullen Jake Smith Assistant Dir. of Assistant Dir. of Youth Ministry Youth Ministry

Upcoming Events!

¥ PUMPKIN PATCH OPEN I lam-7pm (9am-7pm on weekends)

SIGN UP TO HELP ONLINE www.stlukeshr.com

October 8: 9:30-10:30am SLY AM - Life Lessons from the New Testament 5:30-6:00pm SLY Dinner - \$2 6:00-7:30pm SLY PM - Capture the Flag © Northridge Park

- October 14: 2nd batch of PUMPKINS ARRIVE 8:00am Come help us unload!
- October 15: 9:30-10:30am SLY AM - Life Lessons/Discussions 1:00pm WALK FOR SUDAN No SLY PM
- October 18: 5:30-6:30pm - Homework Hour 6:30-8:00pm - HOLY GROUNDS Coffee and Conversation
- October 22: 9:30-10:30am SLY AM - Life Lessons/Discussions 5:30-7:30pm SLY PM - Competition "games" night
- October 25: 举 5:30-6:30pm Homework Hour 6:30-8:00pm HOLY GROUNDS Coffee and Conversation
- October 29: Noon-8:00pm Warren Village Halloween Party
- October 29: 9:30-10:30am SLY AM - Life Lessons/Discussions 5:30-7:30pm SLY PM - TBD
- November 1: 5:30-6:30pm Homework Hour 6:30-8:00pm HOLY GROUNDS Coffee and Conversation
- Fri, Nov. 3- Sun, Nov. 5: Ignite 2017 Senior High Retreat -"Exactly Where You're Supposed to Be"
- November 5: 9:30-10:30am SLY AM - Life Lessons/Discussions 5:30-7:30pm SLY PM - Making lunches for Civic Park
- Sign up to receive our emails and Check stlukeshr.com and click on "Youth" or "SLY" for up-to-date info on programs, activities, opportunities and more!



Healing Through Helping It doesn't take much effort to find another news article about something else bad happening in the world. We've got shootings and hurricanes, fires and

earthquakes. We've got hunger and suicide, illness and hate. Add this to all the normal pressures of being a teenager in 2017 and we've got some stressed out youth! Outside the SLY world you may hear statements like "I can't make a difference, I'm only a teenager," but our youth know that is not the case. When hard times come, helping others can bring light back to the dark, and we have so many opportunities to help others this fall!

October was kicked off with the youth participating in the Feeding of the 5K. Some ran, most walked, everyone had a great time. And of course October means the pumpkins are here! The pumpkin patch is our biggest fundraiser for our summer mission trips, so you'll see youth all month long giving up their time to volunteer at The Patch! Come visit them and buy a pumpkin!

There's so much going on in the world, but did you know that there is a Genocide going on in Sudan right now?!? The government is bombing its own people! On top of not having access to clean water, medicine or education, these people are hiding away in caves just to survive! The youth this year have decided to do something about this and are raising money for an organization called Walk For Sudan. They will also be participating in the 5K walk that the organization puts on to raise awareness.

There are absolutely some big needs out in the world right now, but there are some big needs at home as well. We will be heading down to Warren Village, an organization that helps single parent families on the verge of homelessness, at the end of this month to throw a Halloween party for the kids! We also provide them with costumes, something that would otherwise be a luxury they'd have to go without. Also, Thanksgiving will be here before we know it, and lots of families do not have the means to have a Thanksgiving meal. We, along with Children's Ministry and Little School, have pledged to put together 100 Thanksgiving food boxes that will go

to families in need this holiday season! Check out next month's Chronicle for a full list of things we need!

Mr. Rogers said when bad things happen, look for the helpers. The youth of SLY have taken that one step further and decided to BE the helpers in a world that is hurting. Their passion is

Off fo Peace Corp

inspiring! Yours in Christ, Amy, Dave & Jake

Cherubs Choir

Hendreschke as the new leader of Cherubs

(6) and Madeleine (4) have been members

of St. Luke's since 2011. In addition to

working with the Cherubs choir, Kim is

also a member of the Chancel Choir and

Sisters of Soul. During her free time, she

A note from Kim...

It's the start of a new school year and

Kindergarten and love music, Cherubs

7:15pm in the David Area. Each week

we practice our songs, participate in a

fun, age appropriate activity and learn

a new bible story! This is a great chance

for children to make new friends while

Cherubs perform at services and special church events like the Tree Lighting and the Children's Dinner Theater.

being introduced to the joys of music!

You can see a complete listing of our meeting dates on the Music & Arts

calendar on the St. Luke's website.

Team Lead - Cherubs Choir,

kmhendreschke©gmail.com

We look forward to seeing you at one of our meetings! Kim Hendreschke,

another chance to get involved with music at St. Luke's! If you are PreK-

Choir is the place for you! We meet three times a month, from 6:30-

your time and gifts!

enjoys traveling, snowboarding, boating, and

spending time with family, friends and their dog, Buddy. Thank you, Kim, for sharing

Choir! Kim and Andy and daughters, Amelia

We are thrilled to welcome Kimberly

UPCOMING EVENTS:

2018 Spain/France Trip meeting – Sunday, Oct 15 © 2:00pm

PAA Beauty and the Beast – Fri. & Sat., Oct 27-28 © 6:30pm stlukespaa.org for tickets & info

PAA Gala – Saturday, Nov 4 © 5:30pm stlukespaa.org for tickets & info

Auditions for Joseph – Wed., Nov 8 6:00-9:00pm & Sat., Nov 11 - 10:00am-1:00pm

It's Back!!! SLYJO – St. Luke's Youth Jazz Orchestra!

Attention all youth musicians! We are very excited to announce that SLYJO has started up again! We are looking for youth musicians (grades 6th - 12th) to join us and be a part of something new and fun. All instruments and skill levels are welcome! We meet on Sunday afternoons at 3:30pm in the music room. We hope to see you there!



March 2-4, 2018

Directed by Roberta Hamilton-Griggs

One of the most enduring shows of all time, Tim Rice & Andrew Lloyd Webber's Joseph and the Amazing Technicolor Dreamcoat is the irresistible family musical about the trials and triumphs of Joseph, Israel's favorite son.



Saturday, Nov. 11, 2017 10:00am-1:00pm Choir Room



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

Instrumental Music

Director of



Kristi Pawley Music & Arts Admin. Assistant/ Accounting Clerk

Psalms Reborn Inspiring Concert

On Oct. 1 to celebrate the culmination of the Feeding of the 5000 and our Psalms worship series we were treated to to jazz stylings of Music Serving the Word Ministries "Psalms Reborn" project. This musical innovation explores the depth and beauty of the Holy Bible's Book of Psalms, using the language of modern music, including jazz, rock, funk, R&B, and world music. Each original song in the Psalms Reborn collection is written by pianist, author and composer, Chuck Marohnic. Also featured were Gabe Mervine, Penny Rose and our own Chancel Choir. Duets between Jim Ramsey and Carol Rogers were highlights.







St. Luke's United Methodist Church

8817 S. Broadway • Highlands Ranch, CO 80129 303-791-0659 • www.stlukeshr.com

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

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



CONGREGATIONAL CARE



PRAYER CONCERNS Contact Rev. Sallie Suby-Long if you have any additions/removals 303-791-0659 x132, leave a note with Kim at the front desk, or email sallie©stlukeshr.com

LATEST ENTRIES TO PRAYER LIST:

Jean Bennett Candice Buie Jackie Durban Riley Goings Linda Harris

Phil Keyack John Lewis Janet Dristy Farrell Joe Lorenzo Kay Mervine Jordan Obertier Nancy Obertier

Mary Richards Pris Spong Bob Sala Anh Tosi Renie Sanek Betty West Greg Seefeldt Tonya Whaley Fran West Connie Shoemaker Nancy Springman

SYMPATHIES:

afraid, for I am with you. Don't be dismayed, for I am your God. I will strengthen **you....** -Isaiah 41:10

Kim DeVries

Office Administrator

Don't you be

David Brace (son of Vanessa Brace, grandson of Bob and Jan Brace, friend of Pat & Bill Shaffer) passed away on September 16, 2017. Cynthia Camp (wife of Bob Camp) passed away September 17, 2017.

Sarah Jane Shepherd (close friend and co-worker of Mary Walker) passed away on September 14, 2017.

Joe Bayer (close friend of Maryellen and Jerry Davis) passed away on September 19, 2017.

Lorraine Steele (Lindsay Hetherington's mom, mom in law to Scott, Grandma to Rachel and Josh) passed away in early September 2017. Kathy Fink (friend of Kathy Swier) passed away September 1, 2017. Kathy Pinkelman (friend of Kathy Swier) passed away September 8, 2017. Donna Pierce (aunt of James Bacon) passed away August 22, 2017.

Grief Support Group

If you are experiencing the loss and grief of a loved one, please consider joining me, Rev. Pat



Shaffer and Stephen Minister, Nancy Abbott, on the following Wednesdays, November 1, 8, 15, and 29, 2017 from 6:00pm until 7:30pm in the St. Luke's Chapel. The heart of this Grief Support Group is sharing your grief story after the death of a spouse, child, family member, or friend with others who are on the same journey and understand what you are feeling and experiencing. Group values are listening, caring, and keeping confidence. Helpful resources are shared as well. Please email Pat at prshaffer04©yahoo.com or call 720-988-5430 to register or for more information.