ST. LUKE'S UNITED METHODIST CHURCH

OCTOBER/NOVEMBER 2019

Inside This Issue:

From Rev. Sallie2
From Rev. Ryan3
From Rev. Jessica3
Staff Updates4
Missions Update5
Children's Ministry6
Little School Update7
CSE Update8
Music & Arts Ministry9
SLY Ministry10
and much more!

Feeding of the 5K/5000: **Serving** from the Heart by AJ Preble

Feeding of the 5000 took place Sept. 20-22,. This event raised over 22,000 pounds of food and over \$6000 in cash donations to support The Food Exchange Resource Network (FERN). With so many people involved we can change so many lives. Once again proving there are some things that can only be



FESTIVAL. Saturday Oct. 26

12:00-2:00pm \$5/per family admission (cash/check encouraged)

Join us for fall outside family fun to CELEBRATE DUR

PUMPKIN PATCH

with

Bouncy Castle, Treats. Crafts, Games, Trunk or Treat cars and more! Wear costumes!

Sian up to volunteer! stlukeshr.com

COOKIE. APPLE \$ CANDY DONATIONS NEEDED

people come together in love.We thank all of our wonderful volunteers and

sponsors for such a truly successful event.

FERN distributes food and resources collected to 13 partner food pantries to help the most people possible. Our community is supporting each other through working together with our friends and neighbors. We supported 10 grocery stores in the Denver Metro Area. We needed countless people to help collect, sort and manage the food we collected. This is rewarding work for all people. We would like to thank The Church of the Latter-Day Saints, the ThunderRidge Tennis Team, as well as the Food Exchange Resource Network for their incredible volunteers.

continued on page 2



Being a Part of the St. Luke's Story

For those who have grown up in a United Methodist Church, the fall season brings with it a number of expected church seasons - kick off Sunday for a new year of children, youth and adult programming; the return of music groups in the worship service and weekday rehearsals; new Bible studies and small groups; 3rd grade Bibles; and last, but not least, Stewardship! Every fall season brings with it the time to talk about money, budgets, and giving in the church. Aren't you excited? continued on page 3



Forbidden Broadway Delivers!

Oct. 11-13 we were treated to 3 amazing performances by St. Luke's Wesley Players of Forbidden Broadway's Greatest Hits. It was full of laughs and expertly performed. Bravo to the cast and crew! In a simple but effective stage set up in Fellowship Hall, an intimate bond was created between audience and actors. This is a show where you want to take in every facial expression and slap stick move, and hear the clever and hilarious lyrics to the songs - and we did! Kam Boles wrote on facebook, "It was so much fun to watch! Laughed the whole time!" That was the sentiment by everyone who came to see the show.

In case you missed it, here is a little info about the show and the mission of the Wesley Players written for the program by cast member Stephen Collins: "Forbidden Broadway's Greatest Hits takes a tonguein-cheek look at some of the most famous musicals ever to hit the

continued on page 9



Sunday Worship Services 8:00am, 9:30am, 11:00am

Sunday School

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

Nursery

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

Office Hours:

MON-THU: 8:30am-1:00pm & 1:30-4:00pm FRI: 8:30am-12:00pm Church Office 303,791,0659

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







Staff

Stall					
Rev. Dr. Sallie Suby-Longx132 Lead Minister of Spiritual Life					
Rev. Ryan Canadayx112 Lead Minister of Worship & Missional Life					
Rev. Jessica Rooks					
Rev. Schawn Kelloggx143 Care Pastor					
Sharon Oliverx127 Director of Children's Ministry					
Samantha Leahyx140 Director of Early Childhood Ministry					
Jake Smithx145 Director of Youth Ministry					
Dr. James Ramseyx123 Director of Music & Arts Ministries					
Kenrick Mervine					
Kay Coryellx136 Director of Handbells & Children's Music Ministry					
Chris Rigolinix146 Director of Instrumental Music					
Renae Parrax117 Director of Servant Ministry					
Hannah Shepperdx110 Director of Communications & Administration					
Rex Gradelessx124 Director of Finance					
Kristi Pawleyx116 Accounting Clerk					
Leon Hrcekx110					

All submissions for the December/January
"Advent/Epiphany" issue of *The Chronicle* are due
December 1, 2019
Editor: Sharon Oliver

Building Maintenance/Custodian Fall-Spring

Kelly Amadeo.....x115

Director of Little School

chronicle©stlukeshr.com

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



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

Director – Center for Spiritual Engagement

The Power of Telling Family Stories

In September I had the privilege of being part of an evening with our Children and Youth Ministry Staff and Volunteers. Our topic of focus was the importance of telling family stories. While I have always sensed the value that comes from sharing stories together, research on the topic revealed some information that surprised me. As it turns out, there are remarkable benefits connected to sharing family narratives.

An article entitled *The Importance of Telling Family Stories to our Children* (see link below) indicated that children who know more about their family's history have a stronger sense of control over their lives, higher self-esteem, believe their families

function successfully, and have a sense of belonging. In fact, one study found that the best single predictor of children's emotional health and happiness was knowing their family's stories.

An additional benefit of telling family stories is the development of identity. Our identities are tied to our families and our shared history. A connection between generations is formed in the simplest way when, in a story, a child is told of a characteristic they share with a parent or other relative. Connection through common experiences is reinforced through sharing stories and creates a sense of belonging. Stories can also



highlight important family traditions and create meaningful rituals that children and families come to cherish over time.

Sharing family stories, both the happy stories and stories of difficulties, boosts children's emotional development. Time together sharing stories strengthens relationships among family members and provides a strong foundation that can help children develop resilience and confidence for the challenging times life may bring. When families tell stories about both happy memories and also about the times when they struggled and how they coped with disappointments, mistakes or unexpected turns, children feel more connected and have examples of how to be creative and carry hope in times when resilience is needed.

Sharing and hearing stories in our families often brings healing, too. For example, if your child or teen is going through a difficult situation to which you can relate, don't be afraid to share your experience with them. Hearing about your experience enables them to learn about powerful emotions. Your empathy and truthfulness about similar difficulties you may have experienced gives them a chance to learn about coping strategies and invites them to experience your loving support and understanding.

As we engage in our Storyline Series over the next weeks, share some of your family stories with your children and the people you love. Storytelling can be fun, meaningful and even inspirational and helps families become more connected and resilient. And, invite your children to tell some of their stories. They will feel seen and heard – a transformative combination for all of us.

Warmly, Rev. Sallie

Feeding 5k continued from page 1 Both our volunteers and benefactors are so essential to the success of effecting so many lives. We need your help to make a difference in the lives of so many. We want our lives to be changed by being a part of something greater than ourselves. To learn about more of our food and monetary donations please go to Feedingofthe 5000. us

AND on September 28, runners, walkers, kids, and pets enjoyed another beautiful day for our 4th Annual Feeding of the 5K run/walk which benefited STEM Shooting Victims and the Douglas County Sheriff's Department Text-A-Tip program. John and Maria Castillo were present for the event in memory of their son, Kendrick Castillo, who graciously sacrificed his life for his fellow classmates last spring. Hannah Reese from STEM School Highlands Ranch was our MC. Kelly Severseike was our official photographer for the 4th straight year.



This year's race winners received certificates from Road Runner Sports in Lone Tree for a free pair of running shoes. Other sponsors were PR Bar, and Pepsi CO.We had at least 8 participants over 60 years of age with our oldest being 72 (Diana)! This event is for all! Everyone enjoyed the gorgeous weather, the pancake breakfast, and the challenging scenic course. We hope to see all of you again next year!! Year 5 should be something special, and we encourage suggestions. *Contacts: AJ Preble at* (720)401-7260 or Mike Preble at (720)244-2045





Rev. Ryan Canaday Lead Minister of Worship & Missional Life

Thank You!

Throughout the month of October we engaged in a community wide conversation about "Homosexuality & the Christian Faith." We did this through our

4-week sermon series, as well as groups/classes throughout the week. This conversation was a response to our St. Luke's community saying, "It's time to have this conversation" due to the



recent "Traditional Plan" that passed at the UMC General Conference back in February. The Traditional Plan affirms the church's current bans on ordaining LGBTQ clergy at officiating at or hosting same-sex marriages. It also boosts penalties for the transgressions of those bans.

In our community wide discussion we were asking questions about the Bible and what it actually says (or doesn't say) about this topic. We looked at six passages from the Old and New Testaments—texts that have traditionally been used as a weapon against the LGBTQ community—and we read them through a lens of historical context, and through the lens of God's love for all people and all people being created in God's image. We asked the question: what does it look like for us to live faithfully to the Gospel of Jesus Christ? We invited folks to share their story with the congregation, stories about Coming Out, stories about staying engaged with the faith community even when it's at times painful, stories about the need to move the conversation forward.

We heard from many of you! You appreciated having this conversation in the church. You appreciated diving deeper into these biblical passages. For many of you it was good for your soul and even helped restore your faith in the Church as we were together reminded of God's love for all people.

My St. Luke's brothers and sisters, thank you for your willingness to have this conversation. Thank you for your deep engagement—even if it was as times difficult. As one of your Pastors, I must say, I am so grateful for this community. I am grateful that we can have these kinds of conversations together. I'm grateful to be in this journey with all of you. God is moving in this community!

Grace & Peace, Rev. Ryan



Rev. Jessica RooksLead Minister of
Community Life

St. Luke's Story continued from page I

Historically, the Stewardship series is the least attended worship series in a church. Which means, every year the Stewardship Team works hard to make this time pleasant and enjoyable. To give enough numbers for people who want numbers, and not too many numbers for people who get lost in the numbers.

The Stewardship Team works hard every year, because we know this season is important. Stewardship is important.

Stewardship is the 'careful and responsible management of something entrusted to one's care.' In the United Methodist Church, Stewardship

is an invitation to the congregation to take seriously what it means to care for the church community. This means responsible management of financial giving, caretaking of the building and property, support for talented staff and volunteers, and commitment to the mission and ministry of the church. We are all invited to be good stewards.

Storyline: Finding Your Subplot in God's Story is the theme for this fall's worship and small group series. As our Stewardship Team began to plan for this year's series, this theme offered us a new way to approach stewardship.

What is the St. Luke's story – the story of St. Luke's UMC? Last year we sought to answer this question through our visioning process which led us to a new mission statement and principles:

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

Frace leads us to Courage. Courage moves us to Wonder.

Nonder leads us to go Beyond. Beyond moves us to Grace for all.

This statement and these principles remind us who we are and why we are a community. We exist to reflect God's love by offering grace, by being courageous in our faith, by creating a space for questions and dreams, and by going beyond our walls into God's creation. We exist to connect our stories with God's story, and to build community that enhances our lives and the lives of others.

This year, our Stewardship Team is inviting you to be a good steward of the St. Luke's story. Be part of a story that cares for individuals from birth to death. Be part of a story that fosters connection with God through music, word, worship, fellowship, service, nature, fun, education, and relationship. Be part of a story that sends us out into the world knowing we have a place to call home. Be part of a story that welcomes all people and celebrates that every person has something to offer the world. Be part of the St. Luke's story, a steward of the community.

I hope the St. Luke's story is a part of your story, and that together we reflect God's love in a way that changes lives.

Grace and Blessings, Rev. Jessica

2020 Stewardship Campaign Culminates on November 17!

Our annual Stewardship Campaign is in full swing.
St. Luke's staff are sharing amazing stories in concert with
the Storyline theme. They are sharing how our giving has made a
difference for people in our community as well as what more they could do if they
had the resource to do so.

Stewardship Team has 2 asks:

- I. Turn in your pledge cards so we can plan for 2020!
- 2. Spend some time thinking about how you can give back to the community and our church with your time, talents and treasures. Then act.

Giving cards and letters will go out in October. Thank you for all that you do every day!





Renae Parra Director of Servant Ministry

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

Discover Your Gifts

Let Service spring gently, naturally, from who you are. Radiate your gifts to the world by loving and sharing yourself. -Melodie Beattie

Who Am I? class re-cap: Thanks to Tami Canaday for helping me co-lead another installment of our class on gifts, personality type, values and more. We are grateful to the all the participants for their dedication to doing the work to discover who they are and how they can best use their gifts to serve their families and communities. If you are interested in doing this work to discover your gifts and how to use them, please contact me (renae©stlukeshr.com). Below is a testimonial from two class participants:

"Through this class of discovery, I was encouraged to look deeper at myself as I identified my values, my passions, my personal and spiritual gifts and my personality type. I greatly benefited from understanding about my personality type as it has helped me validate Who I Am and the things I'm naturally drawn to. I have also learned what I value most and this encouraged me to look at where I can grow in life. Sometimes. we can get caught up in what others think about us and how we can be accepted by others. But, through this class, I believe we are all uniquely and individually made. God has designed us each differently and I am proud of what -and why- I'm ME". Kaila D., Sophomore in High School

"I was in a place of personal growth in wanting to delve deeper to defining my purpose and meaning as I develop my next unfoldings. The Who I Am class helped me to understand and integrate the many components that make up my whole self. The most critical of these was defining my specific values and my personal mission statement. I have a clear knowing of why I value what I value and through my mission's definition how I undeniably need to show up and engage in the world. We all have choices in life but I now can hear God's messages in direction to my life's choices...it follows the gifts, passions, personality and values of self that drives my soul." Melinda D.

Grief Support Group

If you are experiencing grief after the loss of a loved one, please consider joining me, Rev. Pat Shaffer, and Stephen Minister, Nancy Abbott, for the following November 3, 10, 17, 24, at 12:15pm in 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 if you have questions.



Staff Updates @ St. Luke's UMC



Rex Gradeless Director of Finance

Welcome Rex Gradeless, **Director of Finance**

Rex Gradeless joined the St. Luke's staff as the Director of Finance after thirty years of experience in accounting, tax preparation, and finance. Rex, along with his wife Sallie, moved to Highlands Ranch a year ago to be near their son and granddaughter. They moved from Indiana where Rex owned and managed his own accounting firm.

Rex and Sallie have been married 43 years. Their family includes one daughter, two sons, and two granddaughters. Rex and Sallie have attended United Methodist churches for much of their adult lives and have been active in choirs and church life.

We are excited to welcome Rex to our staff, and to welcome both Rex and Sallie to the St. Luke's community. Please take a moment to introduce yourself and say a word of welcome.



Jake Smith Director of Youth Ministry

Congratulations Jake Smith, **Director of Youth Ministry**

A special thanks to Jake Smith, who stepped into the role of Interim Youth Director in June in the midst of a transition time for the Youth Ministry program, lake demonstrated strong leadership skills during the transition,

along with an ability to relate and work with youth. We are excited to welcome Jake as the full-time Director of Youth Ministry.

St. Luke's UMC is excited to announce another staff position -Assistant Director of Youth Ministry. We hope to fill that position soon.

Poinsettias \$25

There will be a table to order poinsettias in the Narthex on Dec. 1, 8, & 15. Please help us decorate for the Christmas season, In Honor Of, In Memory Of or In Celebration Of. Names will be listed in the bulletin. You may take your poinsettia home after the 10:00pm Christmas Eve service. Or you may donate your poinsettia, it will be taken to a nursing home for others to enjoy.

Celebrations of Life The Altar Team invites you to

help us decorate our Altar each Sunday by Celebrating Your Life, Your Family and Your Friends. The two bouquets, designed by our floral designers, cost \$40 for both. You may request certain colors/flowers and the designers will do their best to honor that. You may take the bouquets home after the 11:00am service and return the vases at your convenience. Call or stop into the office to reserve your "Special Flower Sunday". The 2020 calendar is now available.



Spaghetti Dinner Fundraiser on Oct. 25

Come one come all! We're having a spaghetti dinner on Friday, October 25 from 6:30-8:30pm!! This will be a fundraiser for HAAT Force - Homeless Awareness and Action Task Force South Metro. It will be a family event! There will be entertainment by our Wesley Players and St. Luke's Puppets; a Silent Auction featuring many items created by our own St. Luke's members; and children's activities, including balloon animals, coloring and tattoos. Admission is free; you will be invited to give a free will offering at the dinner. We are taking reservations on Sundays in the Fellowship Hall or you can RSVP to Betsy Keyack, bkeyack@att. net. This event is sponsored by the HAAT Force Board of directors, with support from the Missions Team. St. Luke's is a founding supporter of HAAT Force since 2010. This non-profit provides motel vouchers to families and people with disabilities experiencing homelessness on severe weather nights. Come join the fun and participate supporting our neighbors experiencing homelessness!

Our 9th School Year With Sedalia Elementary - Thanks for Support!

Our 9th school year in relationship with Sedalia Elementary is off to a great start! Children's ministries led a drive to collect Kleenex and wipes. Currently they are collecting underwear. Volunteers are being connected with classroom teachers. Seasoned Voyagers donated sketch books for the art teacher. A group of Seasoned Voyagers and classroom volunteers provided a spectacular dinner for the teachers and staff during Parent-Teacher Conferences; thanks to Caroline Butler, Betty Ludlam; Ann Bennett, Edee Worth, Kay Oscai, Linda Osborn, Gail Strawn, Debbie Boucher, Mina Hall and Teri Burget. Others have donated Box Tops for Education and books. Thanks to all at St. Luke's for supporting the children and teachers at Sedalia Elementary!



It's been a year since we started FREE, a spiritual community for addicts, loved ones of addicts, and spiritual refugees. We've gathered every Saturday night for a year!

There's a single word people use to describe FREE when they walk through the doors. It's the most common word we hear from new people. Some people call this their tribe. Some call it their place. Some call it their church. But so many people call it

"home." I was talking with someone recently and she said: "I'm a drunk in recovery. This is my church. This is my home. These people get me."

This past year we've partnered with countless individuals and organizations to serve our community and BREAK THE SILENCE OF ADDICTION. That's what FREE is about. We live in a culture that still keeps secrets around this epidemic that is sweeping the nation. People are isolated, disconnected, and dying. FREE breaks this silence.

We call this FREE because all the things that set us free—grace, compassion, love, forgiveness—these things are so freely given by God.

We work hard here to create a safe and inviting space for people to explore God and faith and recovery and spirituality, and we see it impacting people's lives in a huge way. People who have never stepped foot inside the doors of a "church" are walking into FREE. Spiritual refugees, people who have been told somewhere along they way that they don't belong are coming...and they're encountering God in new ways. They are accepted here; they are

welcomed here!

You're probably aware of National Church Decline, and the declining numbers are true. But here at FREE we are growing! In fact, this year, we've experienced growth of over 100%. We're going to keep growing because God is moving is in this community. And it's not just about Saturday nights—our doors are open 7 days a week to our community. We host panel discussions, book studies, workshops, and daily 12step meetings.

Saturday November 2 is our I-year celebration at FREE. Come celebrate with us! We'll have the Colorado Pizza Company food truck here, a silent auction, and stories from the community about how Join FREE for our ONE YEAR celebration!





5:30 - 8:30 P.M. NOVEMBER 2

A night of community and celebration, including:

Colorado Pizza Company Food Truck (5:30-7:00pm)

Silent auction items ranging from restaurants, experiences, to local favorite

Personal stories from the community about how FREE has impacted

To continue the momentum of moving forward while celebrating along the way. 7939 E Arapahoe Road, #160 Greenwood Village, CO

FREE has impacted their lives. Hope to see you there! -Rev. Ryan

WHILE SHE

The Giving Tree November 3-December 6

Once again, St Luke's will be involved in the Giving Tree program for Christmas. This year, the sponsor of the program, IFCS, has asked that we give gift cards instead of gifts. While this may seem not as personal, I'm sure that the creativity of the St Luke's congregation will find a way to make it personal. If you have any ideas please let me or Debbie Miller, who handles the program, know about them. I invite your participation in the program. It has always been a meaningful part of the Christmas season for my family and I hope it will be for yours. - Monty Hoffman

6

Children's Calendar Praise, Play & Prayers

(check website for full calendar)

- October 20 (SUN) SUNDAY SCHOOL 9:30 & 11:00am
- October 20 (SUN) SLY, Jr. CORN MAZE \$15, I1:30-2:30pm. Contact Sharon to RSVP.
- October 23, 30, Nov. 6, 13, 20 (WED)
 5-week BIBLE STUDY for Kids 3rd through 6th grade 6:00-6:30pm. Contact Sharon to RSVP.
- October 27 (SUN) SUNDAY SCHOOL 9:30 & 11:00am



NEW DATE/TIME: October 26 (SAT) -FALL FESTIVAL

10:00am-Noon \$5/per family - All are welcome - come

enjoy bouncy castle, pumpkins, crafts, games, trunk or treat, balloon animals, and more! Kids are invited to wear costumes! Sign up to volunteer!

- November 2 (SAT) Parent's Time Away 9:00am. Contact Sam for more info and to rsvp.
- November 3 (SUN) SUNDAY SCHOOL 9:30 & II:00am - Register online for the new school year!
- November 3 (SUN) SLY, Jr. GAME NIGHT with SLY! 5:30-7:30pm:All 5th & 6th graders welcome. Contact Sharon for info. \$2 Dinner.
- November 8 (FRI) Parent's Night Out 6:00pm. Contact Sam for more info.



- November 8
 (FRI) FAMILY
 MOVIE NIGHT
 "Toy Story 4"
 6:45pm. Contact
 Sharon for info.
- November 10 (SUN) - SUNDAY SCHOOL 9:30 & 11:00am
- November 10 (SUN) Acolyte

Training II:45am-I:00pm - All 2nd-6th graders welcome - Contact Sharon to RSVP.

- November 12 (TUE) Children's Ministry Team Meeting 6:30pm.
 Contact Sam for more info.
- November 17 (SUN) SUNDAY SCHOOL 9:30 & 11:00am
- November 24 (SUN) SUNDAY SCHOOL 9:30 & 11:00am
- November 24 (SUN) SLY, Jr.
 THANKSGIVING BOXES mission trip with SLY! Noon-3:00pm:All 5th & 6th graders welcome. Contact Sharon to RSVP.



- November 30 (SAT) -Hanging of the Greens 9:00am
- December I (SUN)
 Children's Christmas
 Pageant! 6:00pm



Sharon Oliver
Director of
Children's Ministry



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

St. Luke's Kads
Growing with God

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

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

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

SLY, Jr. Kicks Off!

We've had a great start to the year with a fun bowling outing. We meet next to go to the



Corn Maze together
Oct. 20 from I 1:30am-2:30pm.
Cost is \$15 per person. Bring
a sack lunch for our picnic at
Chatfield Botanical Gardens.
Gonna be a fun time to
celebrate fall together! All 5th
& 6th graders are welcome to
join in on the fun of SLY, Jr. and
bring a friend! RSVP to Sharon

Congrats to our Newest Acolytes!

Selah Canaday, Peyton Maher, Noah Hunkins, and Torin Campbell.





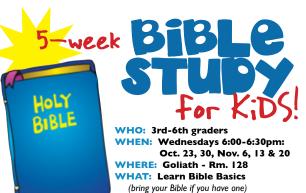
3rd Grade Bibles & Bible Study!

Bibles were presented to 19 third graders on Oct. 6 - such a wonderful St. Luke's tradition. And we really enjoyed having Revs. Ryan, Jessica & Pat lead our 3 Sunday School 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.

Servant Training was Awesome but we still need LOTS of Help!

THANK YOU to Rev. Sallie and to those who attended our Annual Safe Sanctuary Training Event

We had a great time getting to know one another and learning from Rev. Sallie the importance of sharing family stories with our children. See her article on page 2. Congratulations to our prize drawing winners! If you would like to serve in Sunday School (we need YOU) and you have questions, please contact Sam or Sharon and we will guide you through what you need to know, even if you missed training. Forms to fill out and our Safe Sanctuary document are online for your review. You can sign up to serve online! Click "calendars" in the upper right and scroll down to "children's ministry servants" to check the schedule and sign up. Thank You!



RSVP to sharon@stlukeshr.com

NEW CHRISTMAS TRADITION

Beginning December 1st,
Read one chapter of
The Book of Luke in the Bible
each evening.
There are 24 chapters.
On Christmas Eve you will have read
an entire account of Jesus's Life
and wake up Christmas Morning
Knowing WHO and WHY
We Celebrate!!





Kelly AmadeoDirector of
Little School

ST LUKE'S LITTLE SCHOOL Little School News: Happy

Little School is in full swing, and we are excited to celebrate the harvest season and Halloween. As we begin the new school year, we also begin our new Chapel Lesson Series. Each month, the children of Little School have a chapel service in the sanctuary with me. We learn a bible story and sing songs with our amazing music teachers. The children learn our Little School prayer and do an activity. This year, we are learning the four visioning words of St. Luke's UMC, Grace, Courage, Wonder, and Beyond. For September and October, the children are learning the meaning of God's Grace. In November and December, they will learn the meaning of Courage. If

you have not read the book "A Little Spot of Kindness," I recommend it. If you see any Little



Schoolers with a colored dot on their hands, ask them what kind act they did that day to earn their spot.

One of our favorite events at Little School is our Halloween parade. The children parade around the church and collect Halloween treats from the church staff. We follow that up with Halloween parties in each classroom.

The halls are beginning to smell like pumpkin muffins and mini apple pies as our teachers cook special harvest treats with their students.

October is Fire Safety month. We will have firefighters from Littleton Fire Department stopping by to give us a fire truck tour and tell us about fire safety. During this month, we recommend you discuss a "safe meeting place" with your family in case you ever need to evacuate your homes. This month is also a good month to change out any smoke detector batteries or old smoke detectors so they do not wake you up at 2:00am like they tend to do.

We wish you a wonderful harvest season and peaceful fall.

*Grace and Love,*Kelly Amadeo, Director

UMW Fall Festival Bake Sale – Oct. 20

Stop by the UMW Fall Festival Bake Sale on October 20, 9:00 am - Noon in Fellowship Hall and pick up some homemade goodies! There will be a delicious variety of muffins, breads, small pies, cookies, brownies and trail mix to delight your taste buds or take extra home and freeze to share with holiday guests. Free Will Donations will help support the Youth 2020 Mission trips and UMW Mission Projects.

UMW Candlelight Dinner – Dec. 3, 6:00pm

Mark your calendars because you don't want to miss the return of this UMW annual event... the UMW Candlelight Dinner, December 3, 6:00 pm in Fellowship Hall. This is a wonderful beginning of the Advent season shared with the women of St. Luke's and their friends. Tickets go on sale November 3. Watch for additional details in the bulletin and a special flyer at the Get Connected Area.

UMW Interest Groups:

Looking to expand your participation in our community? Join one of our Interest Groups!

Book Club – Fiction/Non-fiction/Informative/Fun. Fourth Monday, Room 206, 7:00 pm. Come at 6:15pm for a monthly potluck followed by our Book Club meeting at 7:00pm.

- October 28 My Grandmother Asked Me to Tell You She's Sorry by Frederic Backman
- November 18 Until Tuesday: A Wounded Warrior and the Golden Retriever Who Save Him by Luis Carlos Montaivan and Brit Witter
- **December** No meeting in December

For more information about book club or to receive a list of the 2018 books, contact Teri Burget, teri0962@gmail.com.

Common Thread – Friendship/Fellowship/Caring/ Sharing. First Thursday of each month, 10:00 am. 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 are 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."

Please join us at the upcoming St. Luke's UMW special events:

- October 20: UMW Taste of Fall Bake Sale
- *November 10:* Quilt of Valor Presentation
- *December 3:* UMW Candlelight Celebration

For further information about United Methodist Women:

Visit: www.stlukeshr.com

Email:

bettyludlam1718© gmail.com

Like us on Facebook: https://www.facebook.com/stlukeshrumw

Mini Mission Service Week



Thanks to many volunteers, the Mini Mission Service Week of August 4 to 10 was a great success! We completed a long list of projects, including: Painting: 4 downstairs bathrooms, the hallway going west from the Little School office, the hallway going north-south between the Little School and Youth offices, 1 classroom, the garage, and the backyard playhouse.

We addressed a number of repair/maintenance needs: fixed the chimney in front of the church, installed a changing table in the nursery bathroom, and spruced up the landscaping. And we deep cleaned the kitchen, the Sanctuary and Chapel chairs, and the upstairs wood trim.

Thanks to all the Trustees, small groups, and individual volunteers who put time in to improve our physical facilities. And special thanks to the painters in the Upon Awakening group who professionally painted our garage!





CSE Purpose:

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

Take a look at our website:

stlukesCSE.org

CSE OUTDOOR ADVENTURES:

Silver Dollar Lake – Saturday, September 21, 2019 Silver Dollar Lake is a beautiful alpine lake that can be reached via a 3.5-mile out-and-back trail off Guanella Pass Road. Our hiking group was blessed with glimpses of early fall colors along our drive to the trailhead. We shared a snack along the windy shores of Silver Dollar Lake. We are grateful to our intrepid drivers who navigated the rutted road to the upper trailhead.



Palmer Lake Reservoir Saturday, August 10, 2019 This 4.1 mile out-and-back trail climbed through stunning rock outcroppings. We passed a smaller reservoir and continued on to Palmer Lake Reservoir's serene waters. We ended our hike with a visit to the Rock House Ice Cream Shop, which features over 2 dozen flavors of homemade ice cream!

For further information on this and future hikes please contact Jane or Julie. (juliepolikoff©msn.com).

Save the date:

November 9 (Sat.) - Hike Mount Galbraith, near Golden. 4.9-mile lollipop loop - rocky, moderately steep - trail that gains 1,100 feet in elevation.

Visit the CSE website Photo Gallery to view our outdoor adventures over the past six years.

CSE CLASSES & EXPERIENCES:



thrive! Renewing the Healthy Rhythm of your Life

Nov. 6. This inspiring and transformative experience, led by Rev. Sallie Suby-Long and Renae Parra, includes a full-day retreat at the beautiful Hideaway Conference Center, an individual, personalized coaching session, and a follow-up gathering for all participants to honor their progress toward enhanced wellbeing of mind, body, heart, and spirit. Space will be limited to a small group. Registration is \$129/person, including lunch, snacks and materials. More: renae@stlukeshr.com

Hearts for Honduras: A Service and Cultural Experience: Feb. 12-19,

2020 CSE is excited to announce our second service and cultural trip to Honduras. Dr. Sallie Suby-Long and her husband Dr. Tom Suby-Long will lead this trip in collaboration with Rachel Suby-Long Compaan and her husband Jake Compaan, who live and teach in Central Honduras. Our focus will be cultural and service-oriented in nature as we embrace the customs, language, music and people of Honduras. We have an opportunity to support Abundant Life Christian School, and to continue expanding the library started by generous support from the 2018 team and St. Luke's. We'll also support expanded music opportunities for the students of Abundant Life, participate in the vibrant cultural event - Fiesta Tipica, and connect with children at Talitha Cumi Girls' Home. If you are interested in learning more about this unique opportunity, contact us directly at ssubylong©comcast.net or tsubylong©comcast.net.

Enneagram Panels Continue! One "core style" will be featured each month. Facilitated by Rev. Schawn Kellogg and Dr. Sallie Suby-Long.

Oct. 20 (12:30-2:00pm) Core style 4, Nov. 17 (12:30-2:00pm) Core style 5

Feel GOOD Yoga with Suzanne Rainey: every Thursday 9:00-10:00am.

Combines yoga poses with mindfulness meditations to refresh and restore. This weekly drop in class offers an inclusive, relaxed yoga environment. Fee is \$10/class. renae©stlukeshr.com

WHOLE: Exploring Wellness in the Blue Zones – with Sharon and Bob Oliver: Saturday Nov. 16, 10:00cm, 12:30cm, Wa will once again focus on the 5 areas of

Oliver: Saturday, Nov. 16, 10:00am-12:30pm We will once again focus on the 5 areas of the world (blue zones) where people live longer, happier and healthier lives and dive in to the reasons why. We will share a light meal and blue zone recipes. \$20. rsvp sharon@stlukeshr.com

SPIRITUALITY AND WELLNESS SPEAKER SERIES RECAP:

"Building Your Emotional Immunity: Cultivating Resilience for Every Day Life" with Megan Burch: With more than 60 people attending on Tuesday evening Sept. 16, we explored thought-provoking information about resilience offered through Megan's insightful presentation, unique and instructive videos and interactive conversation. We learned practical applications to help handle the complex and often challenging issues we all face every day. We want to give a huge thank you to Megan for her knowledge shared and for all she does for our community. And, thank you to all participants who support our Speaker Series!



CSE EXPERIENCES RECAP:

CSE Breckenridge Women's Weekend:

An intergenerational group of women headed to the mountains on a crisp, sparkling fall Friday morning (Sept. 27). Our Breckenridge rental property was sized perfectly to support our relaxing, community-building objectives. We cooked together, enjoyed great food together, laughed together, danced together, played games together, hiked together, and savored the beauty of a peak Fall Colors Colorado



weekend. Renae Parra provided wonderful spiritual reflections that helped us deepen and honor our unique journeys through life's changing seasons. Suzanne Rainey offered the ultimate yoga experience to gently "tuck us in" at the end of a busy traveling day.

The Music Man Auditions!!



Join the Wesley Players this Spring for *The Music Man!* One of the greatest Broadway musicals of all time! When lovable, smooth-

talking Harold Hill comes marching into town, you know there's going to be trouble in River City. He promises to teach the town's children how to play in a magnificent marching band as part of a big con, but falling in love with Marian the Librarian wasn't part of the deal. When Marian tries to expose him as a swindler, Hill sets out to win her heart and save his hide. Will the town get wise to Hill or will Marian make an honest man out of him? This wonderful slice of Americana will leave your entire family humming such all-time favorites as "Ya Got Trouble", "Shipoopi", "Goodnight Ladies", "Gary, Indiana," "Til There Was You", and the show-stopping "Seventy-Six Trombones". Winner of 5 Tony Awards including Best Musical. Auditions for The Music Man are from 9:00am-12:00pm on Saturday, Nov. 16 and from 1:00-4:00pm on Sunday, Nov. 17. Performances are Feb. 21-23, 2020. We encourage everyone 8-80 to participate! If you have questions, please contact Melanie Kirkpatrick or Jim Ramsey.

continued from page 1 "Great White Way," so named because Broadway was the most well lit street in New York in the early 1900s with all of its lights and marquis. We lovingly pay tribute to the some of the Broadway greats including Kennedy Center Honoree, Jerry Herman, who composed Hello, Dolly and La Cage aux Folles and Mike Nichols who directed Spamalot and Trevor Nunn who directed Cats and Les Misérables. And after the Wesley Players challenged themselves to stage Stephen Sondheim's Into the Woods, it feels like poetic retribution to salute and parody this technically challenging composer. We are an ensemble—as we always are in the

Wesley Players here at St. Luke's—and very much a part of the body of Christ—perhaps on this occasion the funny bone—finding our purpose in collaboration, companionship, camaraderie, and communion, all ultimately in service of mission to ourselves, our neighbors, and our local and global communities. Yes, we are slightly cheeky, but more than anything we are earnest in our desire to laugh with and love with God and

our neighbor and some of the greats of Broadway. And thank you for your love and laughter in helping us bring joy into our world."

Thank you, Wesley Players!







James Ramsey Director of Music & Arts Ministries



Kenrick Mervine Associate Dir. of Music Ministry/ Organist



Kay CoryellDir. of Handbells
& Children's Music
Ministry



Chris RigoliniDirector of
Instrumental Music

Music & Arts News

Music and Arts Picnic: There are so many opportunities for folks at St. Luke's to involve themselves with the myriad music and arts programs, yet not many for those individuals who participate to join together. The last weekend of September was one of those rare and special opportunities! We had over 60 participants and their families gather at Civic Green Park to celebrate the gift of music together. A huge thank you to all who joined us, and an open invitation for ALL to plug in to the music and arts programs in any way they desire.

PAA: Changing lives through theater, the Performing Arts Academy, is hosting its annual Stars in Arts Gala on Saturday, October 19th to raise scholarship and operating funds. Tickets are still available! This is a night of fun, fancy, and an opportunity to support a program that impacts the community in a far-reaching way.

Frozen Jr. will play on Friday, November 1st and Saturday, November 2nd at 7:30pm at St. Luke's. *Matilda* will play on Friday, November 15th and Saturday, November 16th at 6:30pm at St. Luke's. Tickets for both shows are available at paacolorado.org.

St. Luke's Got Talent: Join us on Saturday, November 9th from 7:00-8:30pm for a night of frivolous fun and celebrating the

myriad talents of our community! Open to all who want to participate, please contact



Stephanie (musicartsadmin at stlukeshr dot com) with the type, title, and time (limited to three minutes, please) of the act you'd like to present no later than November 3rd. Acts will be judged by the ever gracious Applause-o-meter and the event attendees!

Join a Music Group: All our music groups are back in full swing, but there is still room for YOU! Are you musically inclined? Are you trying to find a place to dig deeper and find connection? Have you seen the Christmas Cantata every December for years and this year you want to participate? We would love to have you join us! Feel free to reach out to any of our Music and Arts folks, or just show up! Rehearsal schedules are listed in the bulletin every Sunday and are always on the website or contact jim@stlukeshr.com. We hope you'll come make music with us.

10

Recurring & Upcoming Events!

- * SUNDAYS SLY AM 9:30-10:30am Youth Room: SLY AM Sunday School
- * **SUNDAYS SLY PM** 5:30pm Dinner (\$2) 6:00-7:30pm Youth group fun stuff
- * **WEDNESDAYS** 5:30-8:00pm Youth Group Bible Study & FOOD!

* Mission Trips

- * High School Mission Trip: Clendenin, West Virginia!!! Trip dates are June 12-21. Trip cost will be \$450. There will be an info meeting soon! (likely after these pumpkins are gone).
- * Guatemala 2020: The first of the SLY mission trips is open for applications! Ask for more details! This is a yearly SLY trip at the beginning of the summer open to the youth and their parents. We have a great group going so far but there are more slots available!

* October Events

- * Warren Village Halloween Party-October 26: We need candy donations and any children's costumes (infant to teen age).
- * NEW DATE: Fall Festival Oct. 26: we need youth volunteers to run some stations after church 10:00am-Noon. Sign up online or contact sharon@stlukeshr.com.
- * All SLY Retreat is November 1-3. Cost is \$20. Please reply to this email if you would like to go. We will load the buses and hit the road after school on the 1st and be back after the 9:30 service on the 3rd.
- * Sign up for SLY dinners. If you are willing to help with dinners in any way I need lots of help!
- * Sign up to receive our emails and Check stlukeshr.com and click on "Youth" or "SLY" for up-to-date info on programs, activities, opportunities and more!



ON THE SLY: 7th-12th grade adventures

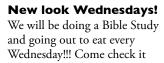
Hello Fall!!! And with fall we all know what that means for SLY. PUMPKINS!!! The Pumpkin Patch will be open every day until Halloween. The Pumpkin Patch is the largest fundraiser of the year for SLY. The money raised will go directly to helping the youth group go on mission trips this summer. We will be sending a group of 80 to Clendenin, West Virginia next June to help with flood recovery through Next Step Ministries. Every dollar we raise will go towards helping pay for the cost of the trip. Mission trips are a huge part of what SLY does and countless youth who have gone through the youth

group look back on their mission trip experiences as the most spiritually impactful time of their lives growing up. So, this fundraiser is the arguably the most important time of the year!!! Stop by and buy some pumpkins. We have all sorts of shapes and sizes, styles and colors and there is usually a smiling youthful face there to man the patch and help you out!

lake Smith

Youth Ministry

Director of



Volunteers still needed!

The youth group runs better with volunteers. There is always help needed so talk to Jake about ways you can help!!!

Yours in Christ, Jake







Visit our Pumpkin Patch now through Oct. 31!

Sat.-Sun.: 9am-7pm Mon.-Fri.: I I am-7pm

Types of pumpkins available: Snowball, Spooky, Perfect, Mini, Snowflake, Swan Gourds, Wing Gourd, Elf House and regular old-fashioned pumpkins coming in all sizes. Proceeds of the Pumpkin Patch go towards the Youth Program and summer mission trips. In 2019, the proceeds went to 75 high school aged youth and volunteers on a mission trip to Houston, Texas. There, the group helped with Hurricane Harvey recovery. Proceeds also benefited 35 middle school youth and volunteers in mission to Albuquerque, New Mexico for inner city community service.







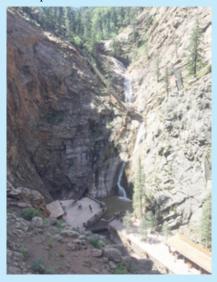
Seasoned Voyagers is a ministry for our 55

and older crowd.

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

- **Tuesday, Oct. 22 -** Our Comfort Food potluck at the church
- **Tuesday, Nov. 12 -** Monet exhibit at the Denver Art Museum
- Tuesday, Dec. 10 Annual kickoff meeting and Christmas celebration

Our leaf peeping outing was lots of fun - not much color yet when we went but still a great time. And we truly enjoyed our trip to Seven Falls. What a view!



Tuesday, September 3rd we resumed our month Conversations with the Pastors. Revs Sallie, Ryan and Jessica take turns meeting with us to hear what we are thinking and let us ask them anything we'd like. It is fun and informative. Conversations are held the FIRST Tuesday of each month at 2:00pm at the church (room 212). Join us for one or all of the Conversations. This is open to anyone in the church, not just our 55+ community.

Each month you can optionally donate to the mission of the month that we have chosen to support.



by Rev. Les Ludlam (retired)

More with Les: Long-Hidden Truth Revealed

My father, LaVerne, died early 1984, following a long battle with congestive heart failure.

My mother, Pat, and brother, Jerry, went to the County Clerk's offices to record necessary changes in certain property records. To prove that Pat and LaVerne had been married, she had brought a copy their marriage license.

As the clerk in the office was reviewing the marriage license she looked up at Pat and said, "Mrs. Ludlam, I'm having a little trouble reading the date

for your marriage here. What was the year?"

Pat suddenly grew quiet, obviously pondering something very significant.

Then, quite unexpectedly, she turned to my brother and began speaking rapidly.

"Jerry, come closer, you need to hear this. My wedding date is actually January 1940, but that was only six months before your brother Leslie was born; your father scratched out the year on the license and wrote in 1939. Then he convinced all the family to keep the fact that I was pregnant before we were married a secret. Since then we have said nothing more about it." She paused and sighed deeply as if a great weight had been lifted from her.

The clerk, looking a bit embarrassed, said "Well, it really won't make any difference Mrs. Ludlam; I can just note for the record that you told us the wedding year was 1939."

"No," replied Mom, "The record should be correct, it's 1940."

Then she turned to Jerry and said, "Jerry, I think you should call your brother.."

For Pat, honesty was not just the best policy, it was the only one.

Jerry called me later that day and as I heard the revelation I reacted with surprise, disbelief, then amazement that LaVerne had been able to convince the family, including all my aunts and uncles, to simply not say anything!

Mom and I would talk about this later and I smiled at her words. "Times were different in 1940; pregnancy before marriage was not socially acceptable. And your father was very persuasive," she said. This led me to laugh at myself not asking the obvious questions years before. It had never occurred to me that she had not finished High School; I had not asked, nor taken the time to "do the math."

Our perceptions are driven by our expectations.

There are some things we cannot see, no matter how obvious, if we are not expecting them. There are other things we "see" that are false, incomplete, or even imaginary.

Both are outcomes of our expectations.

God bless us all! Les

St. Luke's Monthly Outreach to Mill Vista

Each month Rev. Schawn Kellogg. Sam Leahy and musical guests provide a special worship service for Mill Vista residents at Wind Crest Senior Living Community. The service welcomes folks of all faiths to come and enjoy the musical talent of many St. Luke's youth, namely Kaila Davidson on harp and Owen Metz on the piano. The service allows Church to come to them through Pastoral messages, Scripture, Hymns and Prayer. Studies show those who attend a religious service once a month increase their sense of belonging and stay more connected to the Divine.







St. Luke's United Methodist Church

8817 S. Broadway • Highlands Ranch, CO 80129

303-791-0659 • www.stlukeshr.com

GRACE · COURAGE · WONDER · BEYOND

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



CONGREGATIONAL CARE



Hannah Shepperd Director of Communications and Office Administration

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

–Isaiah 41:10

PRAYER CONCERNS

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

LATEST ENTRIES TO PRAYER LIST:

	Tiffany Alverson	Charlie and Diane Dokmo	Christian Holder	Jerry Lubben	Richard O'Neil
į	Denise Anderson	Ted Dreyer	Brian Holder	Lara Magyar	Bob Phillips
b	Ross Barnard	Carrie Enloe	George and June Hutchins	Carrie Mallery	Jackie Phillips
	Pearl Carlisle	Bonnie Garrett	Brie Katz	Will Maniatis	Brian Reamy
	Sarah Cleary	Rev. Jim George	Dean Kittel	Carolyn McIntosh	Justin Schnackenburg
d	Karen & David Corson	Mark Godsey	Rob Ludington	Cindy Moe	Roger Stork
n	Bill Dale, Todd Davis	Linda Harris	Inge Verhaegen Lyons	Katie Mueller	Edith Walters
	Kim DeVries	Warren Heaton	Dean Luallen	Nancy Obertier	Amy Weiske

CONGRATULATIONS TO:

Kathy and Ted Dreyer on their August 11 marriage! Jan and Craig Ballard on the birth of their grandson,

Noah Kai Venrick on August 16.

Jerry & Terry Hertzler on the birth of their grandson, Sawyer Griffin.
Parents Jensen and Cassy, along with sister Emryn on the birth of
Everett Jensen Meier.

Rev. Jim and Grace George on the arrival of their new great-granddaughter, Avery Mae.

Sallie & Tom Suby-Long on the birth of their granddaughter, Elizabeth Anne Compaan.

Terry & Jen Rousey on the birth of their grandson, Connor Rousey. Mark & Linda Lukas on the birth of their granddaughter, Rose June Dement.

Steve and Janice Ashby on the marriage of their son David to Sarah McNaughton in New York City. Laurie And Gary Gilbert on the birth of their newest grandbaby, Marisa Erin born on October 11.

SYMPATHIES TO:

Jim and Pam Burke on the passing of their dear friend, Margaret Ann (Peggy) Schultz.

Jim, Katie, and Madeline Youll on the passing of Mary Youll, Jim's mom. Betty Smith and family on the passing of her husband, Amiel Smith.

John Church and family on the passing of his father.

Suzanne Ward and family on the passing of Suzanne's aunt,

Ruth Agnes (Bonnie) Killgallon Gilbert.

Bonnie Williams, along with family and friends of Charlie Williams on his passing.

Dale Sevcik and Polly Speranza on the passing of their friend Bob Schulz. Marilyn Hecht and family on the passing of Jerry Hecht.

Rose & Rairigh families on the passing of their grandmother,

Bruce and Andrea Kirchhoff on the passing of Bruce's father Pete Kirchhoff. Dave & Jana Money on the passing of Jana's father, Reuben Baril.