

Inside This Issue:

From Rev. Sallie.....2
Stewardship Update.....2
From Rev. Ryan.....3
From Rev. Jessica.....3
Visioning Update.....3
Missions Update.....5
Children's Ministry.....6
CSE Update.....8
Music & Arts Ministry.....9
FREE Recovery Ministry Insert
and much more!

**Visit our
Pumpkin
Patch now
thru Oct. 31!**



Giving Smiles

Shine families had a great time offering lunches and sharing communion with the kind people of Civic Center Park area.

Thank you to all who came out. With the help of Rev. Jerry Hershops, United Way, St. Andrew, and our hard working team of smiling kids we handed out around 550 lunches.



The Interfaith Community Comes Together To Make Feeding of the 5K/5000 Succeed

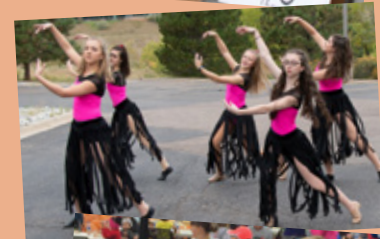
For the third annual Feeding of the 5K, participants came from St. Luke's, but primarily from the Highlands Ranch Running Club (HRRCC) and member churches of the Highlands Ranch Interfaith Ministries (HRIFM). Members of the Food Exchange Resource Network (FERN) also participated. Over \$4000 was raised in donations and race entry fees.



It was a beautiful, cool, Fall day, and the runners enjoyed the 3.1 mile route. There was an abundance of friendly pets who joined the race by paw or by wagon. After the race, everyone (including a few furry friends) enjoyed pancakes flipped by Chris Cakes.



Scott Swaney was the first male finisher, remarkable in that just two years ago at the first annual Feeding of the 5K he was battling Throat Cancer. Debbie Patskowski has repeated as the female champion all three years.



The race started with the National Anthem being performed by the St. Luke's Choir. Chris Cakes provided pancakes, SLY, Jr. provided cookies and pumpkin decorating, and Colorado Dance Center provided entertainment after the race. *cont. on page 11*



ST. LUKE'S WESLEY PLAYERS PRESENTS
Christmas
on BROADWAY 2018
with Puppet Ministry
FRIDAY, NOVEMBER 30 * 7:00PM
SATURDAY, DECEMBER 1 * 3:00PM & 7:00PM
NO TICKET NEEDED - \$10 SUGGESTED DONATION AT THE DOOR



Sunday Worship Services

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

Sunday School

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

Nursery

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

Mon.-Fri. Office Hours

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

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

Email.....office@stlukeshr.com

Website.....www.stlukeshr.com

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



Staff

Rev. Dr. Sallie Suby-Long.....x132
Lead Minister of Spiritual Life

Rev. Ryan Canaday.....x112
Lead Minister of Worship & Missional Life

Rev. Jessica Rooks.....x109
Lead Minister of Community Life

Rev. Shawn Kellogg.....x143
Care Pastor

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

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

Dave Laurvick.....x114
Director of Youth Ministry

Amy McMullen.....x119
Assistant Director of Youth Ministry

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

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

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

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

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

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

Kristi Pawley.....x110
Temporary Office Administrator/Consult

Sheri Henry.....x124
Director of Finance

Kristi Pawley.....x116
Accounting Clerk

Leon Hreck.....x110
Building Maintenance/Custodian

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

All submissions for the
December/January "Advent" issue
of *The Chronicle* are due
November 15, 2018
Editor: Sharon Oliver
chronicle@stlukeshr.com

The Chronicle is published 6 times per year
and is emailed to those on our email blast list,
and it can be found on the church website.
Printed copies are available at church entrances.

To receive *The Chronicle* via US mail,
please call or email the Church Office.



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

Partnerships for Health & Wellness

We are thrilled to be continuing and growing our partnership with Centura Health to help address critical needs in our immediate community. St. Luke's is serving as one of Centura's faith community partners. Together, we are offering Mental Health First Aid trainings as well as Health and Wellness experiences. All opportunities are open to our immediate and extended community. We are dedicated to the collaborative efforts in the south metro area to foster wellness of mind, body and spirit and to address the critical mental health and recovery needs in our community. Our Congregational Care Ministries, Center for Spiritual Engagement, Stephen Ministry Leaders,

Youth and Children's Ministries and FREE (a new addiction/recovery ministry started by Rev. Ryan and Tami Canaday) are all collaborating within our community to impact overall health and wellness across a full continuum of needs. Watch for classes, training opportunities, outreach, and events in the coming months!

And, if you or someone you love is in need of counseling, coaching, support, or learning opportunities to enhance wellbeing, please contact me. I am happy to connect you. Confidentiality is always respected. You can reach me at sallie@stlukeshr.com/303-791-0659.

Be sure to check out our Center for Spiritual Engagement information in this issue of *The Chronicle* and our website where we offer many opportunities to foster overall wellbeing. www.stlukeshr.com

Kind regards, **Rev. Dr. Sallie**

Will You Follow? * Grace * Courage * Wonder * Beyond

STEWARDSHIP UPDATE: St. Luke's United Methodist Church giving campaign kicked off Sept. 23, and culminates Oct. 28 with Celebration Sunday. Commitment cards and letters will go out at the beginning of October.

The Stewardship Committee has 3 ASKS:

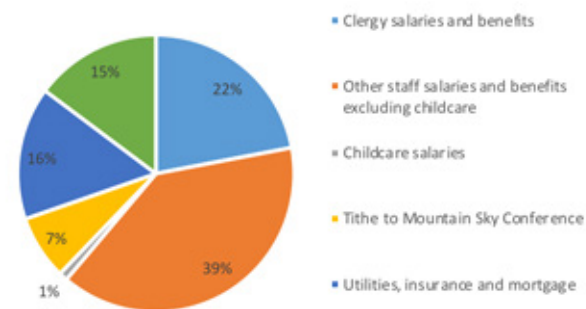
1. Increase the budget by 10% from \$1.2M to \$1.4M.
2. Fill out the commitment card.
3. Turn in the commitment card on Celebration Sunday, Oct. 28 during service or anytime during the giving campaign.

We have some great speakers and thought provoking activities planned to show how St. Luke's UMC is changing lives through Jesus. Here are some powerful testimonials:

- *St. Luke's United Methodist Church holds space for Upon Awakening meetings of Alcoholics Anonymous 365 days per year has given me the opportunity to have a front row seat for countless miracles. God continues to make AMAZING things happen as men and women are released from the prison of alcoholism and grow in their relationship with God.*
- *A woman attending the Wind Crest outreach program stopped and asked if the pastor would do her memorial service, even if she wasn't a member of St. Luke's. She said she has a terminal diagnosis and has been given 6 months to live. The pastor assured her she would be honored to offer a celebration of life service when the time comes and provided her contact information to pass on to her daughter. Then the woman asked if she would mind visiting her at her apartment in the weeks to come. Our pastor explains what an honor it is to visit with her in this time of preparation and transition.*
- *A woman needs surgery on her leg and will be unable to drive for at least eight weeks. She has been in a weekly Bible Study class that she hates to miss. Another person in the class tells her "I will pick you up each week to bring you to class and if I can't be there I will arrange for someone else to drive you." She never misses a class and feels grateful for the care and friendships.*
- *Families say we are showing kids from an early age that church is a good and fun place to be and that kids can make a difference and that has impacted them in a positive way. One mom said about the Children's Dinner Theater: "This is our daughter's last year to participate and she is already asking if she can volunteer to help with it next year. It's in her blood. We couldn't have asked for a better learning experience or our daughter over the last 5 years."*
- *A family expresses their appreciation for the way we are blessed during the Children's Moment. They have never listened to one of the children's sermons and not felt encouraged or convicted—or both. It relates to all age levels. The Children's Moment uses vulnerability and humor to instruct—while making certain to impart God's wisdom and truth.*

We all give and take from the Church community what we need. Thank you for your continued support be it service, time, money and/or gifts to St. Luke's United Methodist Church.

Projected Funds for 2019: \$1.4M





Rev. Ryan Canaday
Lead Minister of
Worship &
Missional Life

Coming Down the Mountain

We're in the midst of a 6-week worship series COMING DOWN THE MOUNTAIN. We are diving into Stewardship (the ways in which we give to sustain this community and keep us moving forward), as well as Visioning (who we are and where we're headed).



Luke 9:28-37. Peter, James, and John climbed to the top of the mountain with Jesus. Something profound happened there. They shared an experience that filled them with wonder. It changed their lives. Life was good. It was so good Peter wanted to stay: "Rabbi, let's pitch

some tents in this place; let's stay here." Jesus was all about relationships and the people. He leads the disciples down the mountain to be with the people. Just imagine if Jesus would have said, "Cool. Pitch those tents. Let's just stay put. It's comfortable here." Imagine what would have happened. Quite possibly, nothing.

We share those same mountaintop experiences; those moments we don't want to end. We want to recapture them and hold onto them forever. But our faith is about a journey, not a destination. We don't stop when things are good. We don't simply pitch tents and campout forever, do we?

Our faith asks us a bigger question: Will we follow Jesus down the mountain?

Grace & Peace, **Rev. Ryan**

Visioning Update



Thank you all for your excellent participation in our St. Luke's Visioning Process! We have gathered your feedback from 250 completed surveys, 16 focus groups involving over 110 people and additional information gathered from conversations with our leadership teams, staff, and individuals. The process has been remarkably collaborative and we're grateful to all of you.

Our consultant has been favorably impressed with the overall health of our St. Luke's faith community. Of course there are areas where you have suggested important changes/enhancements and this gives us valuable feedback as we chart our course and action plans. With that in mind, beginning with a community that is healthy overall is a terrific starting place for moving into the future.

We are excited to share more with you in the upcoming weeks about our foundational principles and purpose during our Sunday morning services. We have a lot to celebrate and a lot we can aspire to as we look to our future together. Everyone's gifts, talents, and commitments are needed to realize our dreams to positively impact individuals, our community and beyond.

Our sincere thanks to everyone for your continued participation in this process with us!

Gratefully, St. Luke's Core Visioning Team
Nancy Betts, Rev. Ryan Canaday, Mike Hollyman, Michelle Mallory,
Rev. Jessica Rooks, Rev. Dr. Sallie Suby-Long



Rev. Jessica Rooks
Lead Minister of
Community Life

What's Next in the United Methodist Church?

The United Methodist Church is the third largest Christian

denomination in the United States. Unlike many protestant denominations in the U.S., the UMC is a global denomination, with local churches in Europe, Africa, and the Philippines. Every four years, almost 1000 delegates from across the denomination gather for a business meeting – making decisions about budget, structure, social justice issues, and beliefs. This is called General Conference. The tangible outcome of the General Conference meeting every four years is a revised and updated Book of Discipline, which contains the laws, policies, history, constitution, procedures, and tenets of our church.

Over the last few decades, the United Methodist Church has been engaged in discussions, arguments, and fights concerning homosexuality. Our current Book of Discipline has exclusionary language towards homosexuality, and there is a movement to change that language, and change current policies regarding same-gender marriage and ordination. There is also a movement to retain the language and strengthen exclusionary policies.

The denomination has come to a point where a decision must be made. In February 2019, there will be a special called session of the General Conference to debate and vote on a plan for moving forward as a church. Currently, there are four primary plans being discussed and presented to the delegates. They are called the 'One Church Plan,' the 'Traditionalist Plan,' the 'Multi-branch Plan,' and the 'Simple Plan.' Each plan focuses on different priorities – removing or reinforcing the exclusionary language, developing belief statements and punitive measures for those who don't follow that statement, allowing regional decision making based on context and culture, or creating a process for clergy and local churches to leave the denomination.

The conversations are complex in some ways and simple in other ways. The emotional depth of those conversations is profound, no matter which plan one supports. As we move closer to the General Conference in February, we'll be hosting conversations that explain the process, possible outcomes, and how this may or may not effect St. Luke's UMC.

At St. Luke's, we value each and every person, and believe that every person is a child of God, created with sacred worth as they are. We welcome all persons. Period. We also welcome the difficult conversations, and believe that together, in community, we experience and reflect God's grace and presence in powerful ways.

As the denomination engages in these difficult conversations and makes decisions for our global church, please hold the church, its leaders, and its people in your prayers. And if you have any questions about how we've come to this point and what might be next, please don't hesitate to ask.

Grace and Blessings, **Rev. Jessica**





Renae Parra
Director of
Servant Ministry

Serve With Us

We are entering into the season of Fall which means the Equipping Ministry Team is in full swing inviting people to serve on our ministries and teams at the church. We are all called to serve; we each have gifts that are the most natural places for us to serve. If you are interested in serving in some capacity at St. Luke's, let Renae Parra (renae@stlukeshr.com) know so we can find a place that fits your gifts. Don't know what your gifts are? Take our online Spiritual Gifts Assessment (<https://stlukeshr.com/SpiritualGifts/>). The amazing thing about serving from our gifts is that it fills our souls and it is how we live out God's purpose for us.

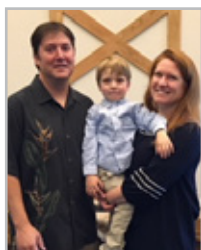
Get **CONNECTED**

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



Welcoming our newest members

of St. Luke's and their reasons for joining our community.



Megan Jones and Justin Hindman -

"We found a church that embraces us and our family's needs as well as desire to grow and connect in faith."



Cheryl Espinoza -

"I was searching for an inclusive church and found St. Luke's."



Donald & Natalie Rose, Preston and Zoey -

"To continue connection with God and become part of a church community."



David & Dawn Garrett, Jayden, Andrew and Collin -

"For the acceptance, love and community at St. Luke's"



Dale Sevcik and Polly Speranza -

"Transferring from the Catholic Church."

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

Are you getting emails?

St. Luke's sends out an email every Wednesday "This Week at St. Luke's" to connect you with upcoming opportunities and we send out one every Friday "Sunday at St. Luke's" to let you know about Sunday worship. If you are NOT getting these 2 emails, please let Renae know so she can add you to the list. Renae@stlukeshr.com. You can also sign up online - "stlukeshr.com" - to get emails from various ministries - click "resources", then "email lists". **THANK YOU!**

Thank You, FET!

On a recent Sunday we recognized the outgoing members of our Fellowship Events Team (FET). Usually we ask for a two or three year commitment to serve on a team, but this group was having so much fun they kept going for 12 years! We calculated that is over 60 special events they cooked and served (and cleaned up!) for us. It is with deep gratitude we say THANK YOU to this awesome team of individuals: Mona Daniels, Lisa Lehnus, Stephanie Kirk, Linda Babcock, Dave and Jenita Rhodes. You all have made a difference at St. Luke's. We have new co-leaders and a new team starting up in January; if you are interested in becoming a part of this team contact renae@stlukeshr.com.



Genealogy 101 and Wesley Writers

Genealogy 101, 2nd Saturday, and Wesley Writers, 3rd Saturday, are two of St. Luke's special interest, small groups, meeting monthly, 10:00am-12:00pm, with a revolving membership of expertise, helping, guiding and encouraging one another. Some attend both meetings, creating and sharing family history stories as gifts for relatives and friends. Some genealogy attendees are proficient in the use of ancestry.com and familysearch.org and other search agents, using home computers. Writers include fiction and nonfiction story tellers, journalists, poets, and song writers, some have self-publish their creations. Beyond one's own supplies there are no fees. Contact Sylvia Brady at jonsyl@comcast.net to join our emailing list.



Seasoned Voyagers

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!



Thursday, Oct. 18

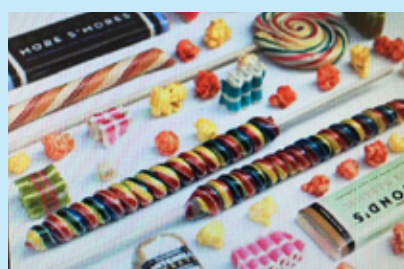
(9:00am) we will go to Denver's Downtown Aquarium. Bus fee \$5 plus money for admission to aquarium and money for lunch.

Thursday, Nov. 15

(apx. 9:00am) we will go tour Hammond's Candy Factory. FREE tour, Bus fee \$5, plus lunch money.

Save the Date! Annual Christmas Party, **Tuesday, Dec. 11** (lunch time.) Do you have an idea for one of our monthly activities? Stop

by our table in Fellowship Hall to share your ideas with us. We also have flyers about our upcoming events, sign up sheets and other info.



VBS Book Drive for Africa a Great Success!



In June, participants in Vacation Bible School donated an amazing 1827 books for school libraries in Africa! Several hundred dollars were also donated for shipping. These books will be sent to Africa by first quarter next year, when a shipping container is scheduled to depart through the African Library Project. Thanks to all who donated!

Hurricane Florence - Support UMCOR

UMCOR, the United Methodist Committee on Relief, is the humanitarian relief and development arm of the United Methodist Church. It is currently responding to requests for assistance by communities in North Carolina in the aftermath of Hurricane Florence. If you would like to help, you can make a check out to St. Luke's UMC, with "UMCOR - US Disaster Response" on the memo line.

Coming Up: Breaking Bread with Teens at Urban Peak

Here's another opportunity to get out and "break bread" with people in the wider community! We are inviting up to 5 volunteers to serve lunch at the Urban Peak Shelter on Saturday, October 20. The shelter, located on Acoma near Evans and Broadway, supports teens who are experiencing homelessness. The process is simple - as a group we bring a check for \$75 and Urban Peak provides the food, which we prepare and serve. Contact Betsy Keyack, bkeyack@att.net, if you would like to participate.

HAAT Force Gearing Up for Cold Weather Season

HAAT Force (Homeless Awareness and Action Task Force - South Metro) provides motel vouchers to people experiencing homelessness who are disabled, a family, or expecting a baby. HAAT Force has roots at St. Luke's and we have been a long-time supporter of this 501c3. A donation of \$60 houses a family for a night. Last cold-weather season, HAAT Force provided 1258 nights of shelter to 112 individuals: 37 men, 43 women, and 32 children. Volunteers are welcome. For more info, see <https://www.haatforcesouthmetro.org/>. Checks can be made out to St. Luke's UMC with "HAAT Force" on the memo line.

Sedalia Elementary - Thanks to Donors and Fundraisers

This is our 8th school year working with Sedalia Elementary! There is an ongoing need for classroom volunteers and Box Tops for Education. Many thanks are due to the following:

1. Linda and Peter Young, for baking the beautiful shortbread and French Bread that was sold to raise funds for \$475 worth of gift cards for families in need at Sedalia (the remaining 1/3 of the proceeds went to Lunches in the Park). They did not take anything off for their expenses. We are so grateful to you, Linda and Peter!
2. The UMW, who raised \$425 in gift cards for Sedalia families at their Pie and Prayer event;
4. St. Luke's members who have donated school supplies, Box Tops and other items;
6. Seasoned Voyagers for their ongoing support of Sedalia Elementary over the years, most recently to help provide an orchestra scholarship for a student who could not otherwise afford to participate.
8. The Feeding of the 5000 Team, who designated all donated gift cards to go to Sedalia Elementary families.

UMCOR West Depot Experience "A Really Fun Trip"

During the week of September 10-14, our team from St. Luke's helped to inspect and repack 7,440 UMCOR hygiene kits at the UMCOR Depot (warehouse) in Salt Lake City. These kits are sent to disaster survivors all over the country. In addition, we made quilts for people experiencing homelessness in the local community; worked alongside Mormon (LDS) people at their thrift store and worked at a Habitat for Humanity build. We brought donations to Crossroads Urban Center, a local non-profit with roots in United Methodist Women. We ate at some interesting restaurants (have you ever seen Lee Seaman try to eat a foot-tall burger?); experienced Mormon Temple Square; heard the Mormon Tabernacle Choir and their Bell Choir rehearse; visited the Utah Natural History Museum and a gorgeous botanic garden; were welcomed by the pastor at the historic First UMC; listened to a powerful organ concert in the Tabernacle; and, led by two retired United Methodist pastors, experienced beautiful devotions and a Communion service. We stayed at the lovely, cost-effective Episcopal Center of Utah. Our trip was complete when we got our colorful T-shirts, custom-printed with the motto, "When the Earth Rocks, UMCOR Rolls!" Indeed!

Our team members were: Ken Fong, Betsy Keyack, Linda Young, Lee Seaman, Janet Johnston, Fran and Bob West and Carolyn McIntosh. Thank you again to all at St. Luke's who donated items or funds for the 64 Hygiene kits and supplies we brought to the Depot. If you want to get a group together to go help at the UMCOR West Depot, simply contact Rev. Brian Diggs, Director, BDiggs@umcor.org to schedule a date and get instructions.



Breaking Bread with Warren Village Residents

On September 20, a small group went to have dinner with single Moms and their children at the Warren Village First Step location in Wheat Ridge. We brought a burrito buffet from Qdoba and the children decorated sugar cookies for dessert. With the children, we had coloring sheets and mandalas, Play-doh, tattoos, stomp rockets, sidewalk chalk and bubbles. We were not only fed by the delicious food, but our spirits were fed by the fellowship with the families. Participants were Laura Richards, Sharon and Bob Oliver, Judy Weiler and Betsy Keyack. This is a great experience for a group of 5-6 volunteers who enjoy playing with children.

If you would like to have a similar small group experience or otherwise get involved in the many opportunities with Warren Village, you can contact Laura Richards, mathrichards@gmail.com.



Pura Vida Benefit Dinner - Oct. 26 The dinner in Lakewood will provide an opportunity to join in the celebration of the success of Pura Vida's Guatemala ministries. Your church has been instrumental in that success via mission trips and financial and prayer support throughout Pura Vida's history. The program for the dinner event will include a presentation exploring the unique approach of our work trips, and a short video showcasing the success of our students and staff in Guatemala. There will also be a silent auction and time to mingle with others who've participated in Pura Vida's success. For details and to order tickets, go to puravida.org/dinner, or contact Nickie Rounds at rounds@roundscpa.com or 303-632-8191.



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



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

Children's Calendar Praise, Play & Prayers

(check website for full calendar)

- Oct. 14 (SUN) - **PEAK (K-4th)**
9:30am SUNDAY SCHOOL
begins 3-week lesson "Creation"
- Oct. 14 (SUN) - **FALL FESTIVAL 11:00am-1:00pm**
CANCELED due to weather
- Oct. 17 (WED) - 5-week **BIBLE STUDY for KIDS** (3rd-6th grade) 6:00-6:30pm - week 2 (drop in) Contact Sharon
- Oct. 21 (SUN) - **JOY TREK (PreK)** 9:30am **SUNDAY SCHOOL** begins 3-week lesson "Ruth"
- Oct. 21 (SUN) - **SLY, JR. CORN MAZE** 12:30-3:00pm \$12/person - RSVP Sharon
- Oct. 24 (WED) - 5-week **BIBLE STUDY for KIDS** (3rd-6th grade) 6:00-6:30pm - week 3 (drop in)
- Oct. 28 (SUN) - **Acolyte Training** (2nd-6th) 11:45am RSVP Sharon
- Nov. 3 (SAT) - **Parent's Time Away** 9:00am. Contact Sam for more info and to RSVP.
- Nov. 4 (SUN) - **PEAK (K-4th)**
9:30am SUNDAY SCHOOL
begins 3-week lesson "Esther"
- Nov. 4 (SUN) - **SLY, JR. Game Night** 5:30-7:30pm - RSVP Sharon
- Nov. 7 (WED) - 5-week **BIBLE STUDY for KIDS** (3rd-6th grade) 6:00-6:30pm - week 4 (drop in)
- Nov. 11 (SUN) - **JOY TREK (PreK)**
9:30am SUNDAY SCHOOL
begins 3-week lesson "David"
- Nov. 13 (TUE) - **Children's Ministry Team Meeting** 6:30pm
- Nov. 14 (WED) - 5-week **BIBLE STUDY for KIDS** (3rd-6th grade) 6:00-6:30pm - week 5 (drop in)
- Nov. 18 (SUN) - **SLY, JR. THANKSGIVING BOXES**
noon-3:00pm - Travel together to Highlands UMC to put together dinner boxes for those in need of a Thanksgiving meal - RSVP Sharon
- Nov. 25 (SUN) - **PEAK (K-4th)**
9:30am SUNDAY SCHOOL
begins 4-week "The Gift of Jesus"
- Nov. 29 (WED) - **Family ADVENT Devotional** 6:00-6:30pm - join us in the Chapel for devotional and then Fellowship Hall for a craft
- Dec. 2 (SUN) - **Tree Lighting Service & Children's Christmas Pageant!** 5:00pm



SLY, Jr. 5th & 6th Graders Kick Off the Year with Service & Fun!

We've had a great start to the year with a fun bowling outing and running a donations table with cookies and crafts for Feeding of the 5k.



We meet next to go to the Corn Maze together Oct. 21 from 12:30-3:00pm. Cost is \$12 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!

Emery, Brennah &
Cowan Dohrman

St. Luke's Kids Growing with God

"Serving in Sunday School is my favorite way to give my time to St. Luke's. The children are fun and ask the best questions. I love learning Bible stories, that I didn't know before, right along with them!"

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 that we need to remember to take care of ourselves. We all took this pledge: **"I will honor and respect myself by regularly taking care of my needs. This will help me be healthier, more fulfilled, and better able to care for others in my life."** 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. 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!



3rd Grade Bibles & Bible Study!

Bibles were presented to 22 third graders on Sept. 16 - such a wonderful St. Luke's tradition. And we really enjoyed having Revs. Ryan, Sallie & Schawn 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.



Bible Study for KIDS!

(3rd-6th grade) 5-weeks WED. nights
Oct. 3, 17, 20, Nov. 7 & 14 - 6:00-6:30pm: Meet in Goliath corner Rm. 128. Bring your Bible! Let's dive in to Bible basics. Drop in!



Fran's Faith Garden!

Fran West and crew have grown over 70 pounds of delicious vegetables and fruits for Warren Village. Church families took turns weeding the beds this summer. What a wonderful gift of food to women and children who need it.



Kelly Amadeo
Director of
Little School



Little School News:

"Fall"ing into Place!



October is a special month at Little School! We began the month with a full staff professional development day. We listened to a wonderful keynote speaker named Marianne Gibbs. She is the founder of a program called "Write Out of the Box." She taught us special tips and tricks for teaching writing and education our young children. If you get a chance, look up her program. We will definitely be implementing her strategies at Little School!

We also welcomed Firefighters Katie and Carla to our center. Their goal is to teach children about fire safety and to prevent children from being scared of firefighters in all their gear and masks in the event they ever need help from a firefighter.

Our beloved pumpkin patch has arrived. Our students will be visiting the patch! **On Oct. 30 & 31, we will celebrate the harvest and Halloween. We will have an adorable Halloween parade at 9:15am on those mornings.** There are few cuter things than 230 children in costumes!

November is our month to teach about being grateful. We kick off the month with a Thanksgiving box competition. Each classroom will compete to bring the most of one Thanksgiving food. The food will later be combined to provide full Thanksgiving meals for families in need. We enjoy our own Thanksgiving meals with our students and teachers in November. Our children wear Native American and Pilgrim costume pieces and join together for a Charlie Brown Thanksgiving where we serve kid friendly foods! It is a blast. We are truly thankful for our families, our students, our loving staff, and all of you who smile at our students and teachers and support is in many ways. We adore each of you and wish you a blessed season of fall and Thanksgiving.

Grace and Love, Kelly Amadeo, Director

Pie & Prayer

St. Luke's UMW Annual Pie and Prayer

The annual Pie and Prayer, *Blessings in a Box*, was an exploration of our many blessings. The afternoon was filled with delicious pies and meaningful activities and an enriching workshop lead by Rev. Jessica. It was a great way to be with friends and welcome fall.

Taste of Fall Bake Sale

Stop by our Taste of Fall Bake Sale on October 28 in Fellowship Hall and pick up some homemade goodies! Donations will help support UMW Mission Projects and Youth 2019 Mission trips.

Christmas Candlelight Celebration - Dec. 4

The annual Candlelight Celebration, *Angels, On Angels Wings*, is December 4, 6:00-

8:00pm.

Save the date to celebrate the blessings of the season. Buy your tickets November 11, 18 & 25



Please join us at the upcoming UMW special events:

St. Luke's events:

Oct. 28: Taste of Fall Bake Sale

Dec. 4: UMW Candlelight Dinner Buffet Celebration

Mile High/Pikes Peak District UMW events:

Oct. 20-21: RMC UMW Annual Meeting- Scott UMC

Check out the UMW Facebook page for the latest happenings and UMW updates: www.facebook.com/stlukeshrumw



"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."

Interest Groups of UMW

Looking to expand your participation in our community? Join one of our Interest Groups! Email umwinfo@stlukeshr.com

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

- Oct. 22 - *Before We Were Yours* by Lisa Wingate
- Nov. 26 - *Hidden Figures* by Margot Lee Shetterly
- Dec. 24 - NO Meeting during the Holidays

For more info, contact Cathy Collins at scecollins@q.com.

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 are welcome! Meets monthly, 3rd Saturday, 10:00am (No meeting December). Contact Fran West 303-797-7107. Check out our Facebook page - "St Luke's UMC Itch to Stitch Guild".

Sharing Ministry at Wind Crest - Join Us!



On the 4th Saturday of every month for the last 9 months Rev. Schawn Kellogg (Congregational Care Visitation Pastor) and Sam Leahy (Stephen Minister) provide an afternoon worship service to residents at Mill Vista Lodge at Wind Crest. Mill Vista Lodge offers on-site continuous care in a warm and homelike setting. What started as an Advent Devotional afternoon last December has turned into a monthly unique and personalized service for the residents. The services include scripture, favorite hymns, heart warming messages, beautiful restorative harp music from St Luke's youth Kaila Davidson and piano by Wind Crest resident Hope Bergren. We have enjoyed music appearances by Jim Ramsey and

his family and we are excited to have other musical talents join us in the future. Anyone is welcome to join, mark your calendar for upcoming services Oct. 27, Nov. 17, Dec. 15 at 1:00pm. Wind Crest services are one of the many ways we are reaching out to the community and growing together in our faith.



Golf Fun!

Thanks to the many golfers and volunteers at this year's **Golf Event** on Sept. 8. It was a day filled with friendly competition, beautiful scenery, and even a few mulligans. We raised \$6,675, which supports our Ministry in Motion, and keeps our bus running.





CSE Purpose:

To foster healing and wholeness of mind, body, heart, and spirit through experiences that inspire connection and wellbeing. Take a look at our website:

stlukesCSE.org

CSE OUTDOOR ADVENTURES:

On September 22 we caught Colorado's beautiful aspens at their peak as we traveled to the Walter Pesman trailhead at the Dos Chappell Nature Center on Mt. Evans Road. Our trail led us upward through an ancient forest of Bristlecone Pines, open tundra, and stoic rock formations. We enjoyed expansive views of the Mt. Evans wilderness area. We have 2 remaining hikes in 2018, and we hope you'll consider joining us



• Oct. 13 – Fall Colors Hike in Eldorado Canyon (near Boulder)



• Nov. 17 – Spruce Mountain Hike (near Palmer Lake)

Contacts:

julie.polikoff@msn.com janestaller@gmail.com

CSE CLASSES & EXPERIENCES:

The Enneagram and You: Ancient Lenses & Timeless Traits

Tues., Oct. 30, 5:00-8:30pm

Facilitators Schawn Kellogg & Sallie Suby-Long



What if you had a roadmap – a “soul-map” for understanding who you are and what makes the people around you tick – A time-tested system that integrates your whole being and can be applied to every area of your life? And, what if this map could help you tap your essential nature, resulting in more genuine relationships and a deeper sense of purpose? The Enneagram is a time-tested model for understanding our unique way of being in the world. It allows us to explore our authentic self. It's a powerful tool

for developing self-awareness and understanding of ourselves and others that leads to enhanced relationships, more effective communication, and increased compassion. Whether you are new to the enneagram or have participated in previous enneagram workshops, we encourage you to attend. To register, contact Sallie. (sallie@stlukeshr.com) or online at stlukeshr.com. Fee is \$36 (includes light appetizers and course materials). Additional \$10 fee to complete the online Enneagram Assessment if you have not taken it previously. When you register, we'll provide the link to the Enneagram website where you can complete the assessment prior to the workshop.

On Purpose Day Retreat – We had an amazing experience at the CSE On Purpose Retreat in September. In the gorgeous setting of the Hideaway Conference Center we engaged in the process of discovering, clarifying and celebrating each person's individual purpose. It was uplifting, affirming and energizing. We quickly filled this retreat and still had interest so we scheduled another for Saturday, October 20 and it has filled up! Wow!

Whole - Eating for Mind, Body & Spirit – Sharon and Bob Oliver invited 12 of us into their home to share their passion about plant-based WHOLE food. We watched videos and talked about what it means for our health and for the health of our planet to eat plant-based diets. We learned new ideas about mindful eating, how to stock our pantries and lots of new recipes. And, the very best part of the morning, we prepared and ate a delicious breakfast and lunch! Thank you Sharon and Bob!

Yoga – *Continues Thursday mornings 9:00-10:00am* in the St. Luke's Chapel. Suzanne Rainey, certified yoga teacher and St. Luke's member, leads an inclusive, relaxed yoga class that provides mindfulness readings and reflection. Come try this calming, centering class. Suggested donation - \$10/class. More Info: renaeparra@aol.com

Reiki Training Level II – “Healing Symbols” will be offered on *Sunday, October 28, 12:30-5:00pm* at St. Luke's. renae@stlukeshr.com

Gracious Space – *the second Friday of every month, 10:00-11:30am.*

This gathering will continue at the home of Jenita Rhodes. jenita@pcsisys.net

The Wisdom of You – *Thursdays, November 1, 8, and 15, 4:00-5:00pm* at St. Luke's. This is a repeat of the class offered March 2018. Contact Rev. Sallie at sallie@stlukeshr.com for further information.

CSE SPIRITUALITY & WELLNESS SPEAKER SERIES:

On Tuesday, September 18 our Speaker Series hosted “Love Matters” with **Lawrence Martin**. His message



was all about the power of love and the difference we each can make when we express love into the world.

We listened, we laughed, we sang, and we learned anew that “Love Matters”! Thank you to Lawrence and all who joined to make this evening memorable!



Stephen Ministry Care Notes Brochure Outreach

Stephen Ministers are lay members of St. Luke's church who have received 52 hours of training to provide one-on-one, Christian care to



people in our congregation and community experiencing challenges of life... grief, loneliness, divorce, hospitalization, job loss, parental/elder care and many other life difficulties. Across the 12 years of St. Luke's Stephen Ministry program, there have been 96 dedicated Stephen

Ministers who have provided Christ-centered, confidential care to 250 community members in need of support. Currently, we have 26 active Stephen Ministers who walk alongside those in need, offering time and presence in extending strength, hope, faith and compassionate care.

Our Stephen Ministry's committed outreach is also intentional to many other underpinnings at St. Luke's. These offerings have been made possible due to the generous contributions of our whole community with the proceeds from a robust Palisade Peach Sales. These collective peach revenues have directly provided the financial backing to sustain these dynamic offerings:

- Educational and program development for our Stephen Ministry program
- The start up of Stephen Ministry in other churches
- Mental health trainings
- Extension of Pastoral Care with outreach in hospitals, nursing homes, memory care and home ministry visits

Our newest extension is our "Care Notes: Take One and Take Heart, Give One and Give Hope display brochure stand that offers pamphlets across many of life's headings of Spirit Care, personal healing, emotional recovery, growth and mental wellness categories. These informational pamphlets are for everyone and anyone in need of resources, additional knowledge and faith centered support. Please stop by the display stand and check out the over 20 Care Note topics...perhaps you may want to **Take One** for yourself or **Give One** to someone you know. On behalf of our Stephen Ministry Leader Team we thank you St. Luke's and beyond for your continuous support, belief and equipment of financial gifts in loving outreach to all.

"Encourage one another and build one another up"

—1 Thessalonians 5:11

Poinsettias \$25

There will be a table to order poinsettias in the Narthex on Dec. 2, 9, & 16. 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 11:00 service and return the vases at your convenience. Call or stop into the office to reserve your "Special Flower Sunday". There are Sunday openings on Oct. 28 and Nov. 11, 18 & 25.



James Ramsey
Director of Music
& Arts Ministries



Kenrick Mervine
Associate Dir. of
Music Ministry/
Organist



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



Chris Rigolini
Director of
Instrumental Music



Mark Your Calendars!!!

- **Consecration Sunday – October 28**
- **All Saints Day – November 4**
- **Auditions: *Suessical* – November 9**
- **Veterans Sunday – November 11**
- **Thanksgiving Sunday – November 18**
- **Show: *Christmas on Broadway 2018 with Puppet Ministry* – November 30 & December 1**
- **Christmas Cantata – December 9**

Music & Arts Fall 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. This weekend was one of the 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 20 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.

- ***The Lion King, Jr.*** will play on Friday, November 9 and Saturday, November 10 at 6:30pm at St. Luke's. ***Newsies*** will play on Friday, November 16 and Saturday, November 17 at 6:30pm at St. Luke's. Tickets for both shows are available at paacolorado.org.

The Spring Musical is *Seussical*!

Just Announced! Come find out all the thinks you think and be reminded that a person's a person no matter how small by auditioning on Saturday, November 10 at 9:00am. ALL are welcome to audition! Contact Melanie (melanie.kirkpatrick@gmail.com) with questions.

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. We hope you'll come make music with us.

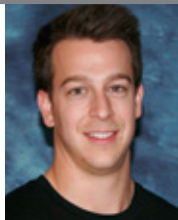




Dave Laurvick
Director of
Youth Ministry



Amy McMullen
Assistant Dir. of
Youth Ministry



Jake Smith
Assistant Dir. of
Youth Ministry

ON THE SLY: Pumpkins and More!



Fall is always an exciting time of year for the youth. Not only are they back in school, competing on all different sports and music teams, and attending homecoming dances, but we have lots of opportunities going on in SLY as well. Our biggest project we do every fall is our Pumpkin Patch! All of the

proceeds from our pumpkin patch go towards our summer mission trips. At the end of October we once again will be hosting a Halloween Party for homeless families with Warren Village. This is always a rewarding event!

We just wrapped up our Walk For Sudan fundraiser which helps the people of Sudan access clean water and education. One of our youth, Emily, a junior at Columbine, is particularly passionate about this event. She spoke about it during Children's Time at the beginning of September and was able to raise nearly \$700 for the project!

As always, it is such a joy and an honor to serve alongside these youth as they reach out to serve the greater community! We are so blessed!

Food For All: Each year for Thanksgiving the children's and youth ministries put together boxes of food for families who otherwise would not have a Thanksgiving meal. We are hoping to put 100 boxes together, but we can't do it without help! Check out our list of foods we need and bring them to the youth room by November 17.

- **boxed stuffing • canned corn • canned green beans**
- **gravy (mix packet or jar) • canned pie filling**
- **boxes of jello • canned sweet potatoes or yams**
- **canned cranberries • cream of mushroom soup**
- **pie crust • \$10 grocery gift cards**

Don't forget to follow us on instagram @st.lukes.youth and on snapchat @wesosly

Yours in Christ, Dave, Amy & Jake



Upcoming Events!

- * **SUNDAYS SLY AM** 9:30-10:30am Youth Room: Life Lessons from the New Testament
- * **SUNDAYS SLY PM** 5:30pm Dinner (\$2) 6:00-7:30pm fun stuff
- * **WEDNESDAYS** 6:00-8:00pm Your time - your discussions, food & fun activities!!
- * **Oct. 12-13 All SLY Lock In**
- * **Oct. 13 MORE Pumpkins Arrive**
- * **Oct. 27 Warren Village Halloween Party**
- * **Nov. 2-4 District IGNITE! Retreat**
- * **Nov. 18 Thanksgiving Dinner Boxes** at Highlands UMC
- * **Nov. 20, Dec. 1 & 2 All SLY Retreat**
- * **Dec. 16 SLY White Elephant Christmas Party**
- * **Jan. 6 Confirmation Starts**
- * **Mission Opportunities:** See Dave if you are looking for community service hours !!
- * **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!



Finding Purpose in Alamosa

Labor Day weekend found a group of 14 friends from St. Luke's picking beets, visiting reptiles, camping, digging in the sand, and breaking bread together in Alamosa, Colorado. In the San Luis Valley of Southwestern Colorado, nearly 50% of the population lives well below the poverty line and relies on the food bank network organized by La Puente. St. Luke's has maintained a relationship with La Puente for a number of years having sent numerous youth mission trips to support their various efforts, as



well as several consecutive years of small groups participating in their Gleaning Program. This was the second year for a small contingent of St. Luke's families to travel south and collect fresh, ready to distribute, produce from local farmers for distribution

through the food banks. Working with another group from Salida, we gathered enough beets to overflow a 15-passenger van! Following a few hours in the field, our group spent the remainder of the weekend in community with one another sharing life and thanking God for our myriad blessings. This tangible mission opportunity offered catalyst for conversation with the 8 children from our group, aged 3-10, about the importance of sharing what we have to offer – especially the impact of our time and love beyond just money.





Blessing of Janet Forbes and Bob Davis on Sept. 16 as Rev. Janet takes on Interim Ministry at First UMC, Casper

Why Everyone is Welcome The Story of the First Methodists

Whenever we talk about the start of the Methodist Movement, we talk about the Wesley Brothers, John and Charles, and George Whitefield. They were the organizers, preachers, and hymnists who stepped into the open air and started preaching the Gospel. We often forget about the people who stood out in the open air of the Midlands of 18th century England and listened to the preaching and sang the hymns of the emerging movement. Without their presence and their enthusiastic response to John Wesley's message of God's love for all people, the movement would have died quickly and quietly. Who were these people?

England of the 18th century was changing on several fronts as the industrial revolution rapidly transformed many aspects of society. One of the things that changed was land ownership. Areas that had been occupied communally for generations were becoming titled property of the nobility. As that happened, the people who had lived there for generations were being forced off the land. They had two choices, emigrate to the New World or to the industrializing areas of the Midlands of England.

The people who went to the Midlands were forming the working class of the new industrial age. Most underwent a bewildering change to their lives. People who had lived in small villages and earned a living by farming and crafts were now living in new factory towns and working 12 hours a day and 7 days a week in the factories just to survive. Theirs was a difficult situation and very few had the skills to thrive.

The organized church was no help to them and the people in the pews of the churches wanted nothing to do with them. The theology of the church was very predeterminant. They viewed difficulties the working class were encountering as preordained. Their suffering was viewed as God's will and there was nothing to be done. They were unwanted in the churches.

As soon as word got around that John Wesley was saying that God loved these people also, he was unwelcome in the churches. He had no place to preach. Reluctantly, he stepped into the open air and preached his first open air sermon in a brickyard near Bristol. The response was incredible and word of his message spread quickly among the working class. The unwanted went to hear the unwelcome preach in the open air and the Methodist movement was born.

At St Luke's, we remember these early Methodists and we honor them. Everyone, regardless of how they look, what their faith background is, what they believe or think, or how they love, is welcome here. We remember a time when we were the unwanted and unwelcome. We welcome all and tell them, "God loves you". —Monty Hoffman

Trustees Corner: BIG UPDATES



We again want to say "Thank You!" As we shared in last month's newsletter, St. Luke's generously gave to the Ministry in Motion fundraiser and we reached our goal of \$100,000. We are so very thankful for your commitment and support of this important ministry.

Our Ministry in Motion team is hard at work determining the best option or options for a vehicle, or perhaps two vehicles. There are many decisions involved in deciding on the right vehicle – wheelchair accessible or not; one vehicle or two; bus or minivan or a combination; 24 passenger or 15 passenger; tow package or not; navigator seat or not; new or used vehicle and the price point for each; lap belts or 3-point seat belts and the additional cost and weight of those; CDL license requirement or not; do we need a new vehicle right away or can we wait seven months for a new vehicle; along with other questions being considered.

The church bus is used by a variety of ministries across the generations, and we are working hard to meet the needs of these ministries as best we can. The Board of Trustees is committed to purchasing a vehicle that is wheelchair accessible, and we hope to find the right vehicle very soon. We will keep the congregation updated on the progress, and the exciting news of a new Ministry in Motion vehicle.

Again, thank you to everyone who donated to this vital ministry – we greatly appreciate your generosity!

Other Board of Trustees news:

We welcome back Leon Hreck, as our Facilities Custodian/Maintenance on October 1, 2018. While Leon took the summer off to camp and fish, Jack and Luke Ramsey filled in as our youth custodians for the summer. Thanks to Jack and Luke, and welcome back Leon!



And, mark your calendars now! The annual Christmas Decorating event "**Hanging of the Greens**" is **Saturday morning, Nov. 24**. This is a family friendly event, and all are welcome to participate.

cont. from page 1 Feeding of the 5000 took place the weekend of Sept. 28-30. Not only did we complete the Feeding of the 5000 but also the Feeding of the 5K Run/Walk. Throughout the event this weekend we raised over \$17,000 and 25,000 pounds of food. Feeding of the 5000 supported The Food Exchange Resource Network (FERN) this year and we will continue to do so. We filled all of the shelves in the FERN warehouse with this event. With so many people involved we can change so many lives. Once again proving "there are some things that can only be accomplished when people come together". We thank all our volunteers and sponsors for such a truly successful event.

We needed countless people to help collect, sort and manage the food we collected. This is rewarding work for all people. We had lots of support from the Mormon Church as they are our partner throughout Feeding of the 5000. We also had support through the Highlands Ranch Interfaith Ministry. This year our food and monetary donations went to a food bank in the South Metro Denver area. They distribute food to 13 partner food pantries so we can make the largest effect in our community. We partnered with the Food Exchange Resource Network. They offered us volunteers to make this a successful event. Our community is very successful in changing so many lives. Working as a family or working with friends. Encouraging our work places to sponsor volunteer shifts and business sponsorships. We supported 13 grocery stores throughout the Highlands Ranch and South Denver Metro area. All our volunteers are essential to the success of The Feeding of the 5000.

We want to thank all our volunteers and The Food Exchange Resource Network. 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. Do it because it matters. To learn about more of our food and monetary donations please go to Feedingofthe5000.us If you have any questions about the Food Drive or proceeds, please contact AJ Preble (720) 401-7260 For questions on the 5K Run / Walk please contact Mike Preble (720) 244-2045.



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



Kristi Pawley
Temporary Office
Administrator

*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:

Mark Abbott	Mary Ellen Metcalfe	Sawyer Krening	Ann Wohlleber
Tate Allen	Roger Pederson	Jerry Lubben	Jill Wright
Sarah Cleary	Paul Peterman	Michael McCarthy	Tushka Breen
Carole Collier	Mark Piskadlo	Bob Mainger	Jennifer Jensen
Irv Durban	Nancy Rawls	Mark Piskadlo	Alice Knowles
Carrie Enloe	Vickie Barone	Nancy Rawls	Chloe Levine
Dick Frame	Kelsey Ediger	Kris Reif	Bruce Stahlman
Justine Langas	John Heaton	Paul Richards	Marilyn Ott
Marj Mack	Jerry Hoffmann	Sharon Smith	AJ Preble
Kay Mervine	Todd Hunter	Kimberlee Trembath	Jim & Barb Britt
			Carrie Mallery

CONGRATULATIONS TO: *Ethan and Teresa Kellogg, little sister Cona, and grandparents Schawn and Eric Kellogg on the birth of Quinn Charles, born August 15*
Tony and Jessica Boles on the birth of their daughter, Madelyn Jean. Congratulations also to grandparents, Tim and Kam Boles!
Stuart and Erin Wright on the birth of their first granddaughter, Lucy Elizabeth Frank.
Lindsay and Brian Appel, and big brother Chase, on the arrival of Cooper Kayson on Sept. 18

SYMPATHIES TO:

Betsy Keyack and Ken Fong on the passing of Betsy's uncle, Mike Voytek in August
Karen and Scott Meade on the passing of Karen's mother, Joan Louise George in August
John and Christy Wohlleber on the passing of John's mother, Ann Wohlleber in September
The family of Betsy Goodman - husband Jack Goodman, son John Goodman and daughter Betsy
Ann Scalia - who passed away September 15
Karl and Buffy Krantz on the unexpected passing of Karl's brother-in-law, Andy Kamlet.



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, on any or all of the following

Sundays
Nov. 4, 11, 18 & 25
12:15-1:45pm

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.

FROM ADDICTION AND FEAR TO FREEDOM

by Rev. Ryan Canaday (Ryan and his wife, Tami, are the Founders of FREE, a spiritual community for addicts, loved ones of addicts, and spiritual refugees.)



"I'm Ryan. I'm an alcoholic." These were the scariest words I ever uttered. The first time I said these

words, I did so with fear and trembling. My voice was shaky. My hands were clammy. I didn't know if I would say it when it came around to me. My head was swirling. All I could think about was: "I'm a pastor. What will people think about me? I don't want to do this. I don't want to be here. How did I get here anyway... how'd it get this bad? It was never supposed to be like this." But I said the words. I admitted it. And I felt lighter... a burden had been lifted in a way I never could have imagined.

I felt like Jacob [from the Genesis story], on the run from God, his past, himself, everything. Jacob wasn't free. But as the story progressed, he found himself in a brutal wrestling match with God. There were wounds — flesh wounds and ego wounds. There at the banks of the Jabbok River, Jacob was asked, "Who are you?" For the first time he said his own name: "I am Jacob". And it's like God said: "Good. We've got some work to do and now we can move forward."

In that moment of admitting who I was for the first time — in all the fear and unknowing — I knew what it was like to finally say "no" to shame and "yes" to a path of being free. It was like saying my name again for the first time. Thanks be to God and some friends who showed me the way out of the chaos through the 12 steps, I have been sober for more than 5.5 years. God has removed from me the obsession of the drink and I now know a new way of life. My "why", my calling, the thing that gets me

out of bed, is as clear as ever: to help others find God and beauty in the midst of mess and brokenness.

About five months ago my wife, Tami, and I started asking the question:

What would it be like to start a faith community that centers on issues of addiction and recovery? Not to go to the inner city and start something, but to start it right here in our own

backyard [literally], in the heart of the suburbs. We put together a leadership team of 12 people to begin the conversation of starting something new.

Starting a new thing is scary. If you're passionate about it, it will always come with a bit of doubt and anxiety. It will always come with some twists and turns.

The week before our first leadership team meeting, we received dreadful news. Nick, one of the guys on our team, was 20 years old and found dead of a drug overdose early that morning. Out of the gates we had the poignant reminder that this disease is cunning, baffling, and powerful. It is relentless and always seeks to destroy life.

The need in our community is real. I was tired of seeing my friends die. The sub-story was growing old too: they didn't feel like they belonged with God or the Church.

We wanted to break the silence of addiction and create space for recovery, healing, and spiritual connection. So Tami and I started FREE and we began hosting gatherings on Saturday nights in our backyard. We didn't

know who would show up or if anyone would show up. We live with that question each week. That's the reality of starting the new thing to which God is calling you. But each week FREE [in our backyard] is filled with addicts, loved ones of addicts, and spiritual refugees. We want to remind them that God loves them, God is for them, and God has not forgotten about them. During our gatherings we celebrate milestones of recovery. I teach on the stories from Scripture about a God who is filled with

love, compassion and grace. We have storytellers that share their experiences with addiction and recovery. We have music [sometimes live, sometimes pre-recorded] — everything from Eminem to Hillsong. We pray together. And we always have coffee...lots and lots of coffee.

During these few short months of starting FREE, I have asked myself hundreds of times: Are we doing it right? Are we on the right path? Is this really making a difference?

Will we be able to fund this? Will we be able to afford the lease of that space? Every time I ask those "what if" and "are we doing it right" and "should we keep going" questions, I open up an email or a Facebook /Instagram message or a text of someone telling me they're battling addiction and barely hanging on. Or a message from someone saying: "I've been looking for a church since I got sober 18 months ago. I've tried so many churches...FREE is my church."

God keeps giving me a reason to keep saying "yes" to the path of being free, and to walk with others on this path. It's about learning to live one day at a time and trusting God in the next step, and living into the constant reminder: this journey is about progress not perfection.

FREE Re-Launch

- October 20 in our new space! 7939 E. Arapahoe Rd.
- 5pm-7pm - prepare 9,000 meals for Colorado children and families in need
- 7pm - Spiritual Community Gathering [every Saturday 7pm]

