



Mountain Retreat Blessings



What is better than mountains, games, karaoke, and church camp? Nothing! Especially if you are experiencing it all with your church community. It was a blessing to spend May 24-26 at Buckhorn Camp with 62 folks from St. Luke's. For our inaugural All-Church Mountain Retreat, we found time for rest and renewal, even some yoga, but also time for fun, connection, and great conversation. It was a special and meaningful weekend with our multi-generational church family. Thank you to all who participated and save the date for 2025! **We are booked for the same location May 23-25, 2025!**

Welcome Rev. Calob Rundell!



Rev. Calob Rundell
Lead Minister
calob@stlukeshr.com

Our Lead Minister beginning July 1, 2024

To the community of St. Luke's United Methodist Church,

Grace and peace to all in the name of Jesus The Christ who brings us together as the church. Starting on July 1st, I will be serving alongside you as the new Lead Minister. I am so excited and so pumped to be joining you as we experience, proclaim, and live out God's good news for all people.

I want to take this opportunity to introduce myself and share a little bit about my background.

As an ordained Elder in our Mountain Sky Conference, I've served churches in the Colorado communities of McClave, Wiley, Salida, Breckenridge, Olathe, and most recently Fruita. I've also served the Utah/Western Colorado District as the Congregational Resource Minister. I'm a graduate of the Iliff School of Theology here in Denver. I've also studied at Wesley Seminary in D.C., Andover Newton Seminary outside of Boston, and also did a year of doctoral work at the University of Dubuque Seminary in Iowa.

I'm originally from the agricultural community of Lamar in Southeastern Colorado, growing up on my family's farm/ranch. As a young person I played football, acted in plays, and learned to play drums and guitar. I attended the University of Colorado at Boulder where I spent most of my time at the Wesley Chapel.

The grace-filled way that our Wesleyan movement proclaims and lives out good news for all people has always resonated with me.

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Godspeed, Rev. Michele Kaminsky



Friends, family, colleagues and the St. Luke's community came together on June 9 to wish Rev. Michele a happy retirement after 25 years in ministry.

Rev. Michele gave the final sermon of her career during the service which included specially selected music, a retirement sending forth ritual and a video tribute to her years in ministry that had folks reaching for tissues. Afterwards, we all gathered in the Fellowship Hall for food, music from the Worship Band and gift presentations. There were messages and stories shared by Rev. Michele's friends and colleagues, and we enjoyed a video produced by her daughter Ashley of family and friends wishing her well. Rev. Michele has said it's important to not only retire FROM something, but retire TO something. As she leaves ministry, she will follow a calling to write Bible commentary on spiritual application.

We wish Rev. Michele all the best!

Trophies FOR MULTIPLE CAR CATEGORIES

Entertainment CRUISIN' CATS ROCK BAND

FREE ADMISSION FOR PUBLIC

CAR AND motorcycle Show AT ST. LUKE'S UMC

SATURDAY AUGUST 10, 2024 9:00AM-12:30PM

INFO AND TO REGISTER: STLUKESH.R.COM/CARSHOW

ST. LUKE'S UMC
8817 S. BROADWAY
HIGHLANDS RANCH

PROCEEDS BENEFIT LOCAL CHARITIES

OFFICE HOURS:
9:00am-1:00pm M-F

SUMMER WORSHIP SERVICES:
9:30am large traditional worship
(live streamed and in person)
11:00am small gathering/large spirit
(Communion Sundays only -
1st Sundays of the month)

SUNDAY SCHOOL:
9:30am PreK-12th grade

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



- Rev. Calob Rundell.....x105
Lead Minister
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Associate Minister
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Minister of Healing & Wellbeing
- Dr. James Ramsey.....x123
Director of Music & Arts Ministries
- Kenrick Mervine.....x133
Associate Director of Music Ministry & Organist
- Kay Coryell.....x136
Director of Handbells & Children's Music Ministries
- Chris Rigolini.....x146
Director of Instrumental Music Ministry
- Angela Alderson.....x136
Director of Children's & Youth Music Ministries
- Kelly Amadeo.....x115
Director of Little School
- Samantha Leahy.....x140
Dir. of Community & Early Childhood Ministry
- Sharon Oliver.....x127
Dir. of Children's Ministry & Comm. Creative Dir.
- Josey SeEVERS.....x128
Director of Youth Ministry
- Anna Fisher.....x129
Associate Director of Youth Ministry
- Cassy Meier.....x110
Communications & Office Administrator
- Melissa Graham.....x124
Director of Finance
- Jessica Shelton.....x116
Financial Assistant
- Barry Curtis.....x144
Facilities Manager

Our next issue of **The Chronicle** will be the Fall Kick Off issue.
Content due August 20, 2024
Please send inquiries and submissions to:
chronicle@stlukeshr.com
Editor: Sharon Oliver

The Chronicle is published quarterly and is emailed to those on our email general information list, and it can be found on the church website. Printed copies are available at church entrances. To receive a printed copy of *The Chronicle* via US mail, please call or email the Church Office.



Rev. Michele Kaminsky
Lead Minister

My Parting Challenge & Blessing

Dear St. Luke's, You are a mission-in-action, music and arts-loving, spirit-led community of faith that goes through the world with *grace, courage* and *wonder*, so you can go *beyond* human understandings to bring us closer to having heaven on earth! This is impressive, and it has been an honor to help change the world with you these last four years. Thank you. Thank you for what you do individually, and for what you do collectively. It does make a difference!

My parting challenge and blessing for you begins with where we started, and the reality is, St. Luke's was in decline prior to the pandemic. Then the pandemic hit. Then two new clergy came on board. It was such an uncertain and anxious time, and we definitely had some digging out to do. But guess what? We dug out! We're back! And you're ready! Ready to go into the future, and ready to trust God with your future.

You have the years-long work of the Futures Task Force that tells you *what* you want to be and become, as reported to you on April 28. This summer you will have gatherings to figure out the *how*, so you can begin prioritizing and implementing some of these things. Some of these things have already started. Some you will be able to make happen pretty quickly. Some may take a few years to implement and will require patience and a non-anxious presence. And some, you may decide you don't wish to implement after all. But no matter how long some of these things take, you are ready!

So inspire them into being! Create with our Creator!

For you have the *what*, soon you will have the *how*, and we've always known the *why*. *The why* — is our mission statement: **We exist to reflect God's love, deepen people's connection to Christ and show compassion to all in a way that changes lives.** With the what, the how and the why, you are ready!

Therefore, my parting challenge to you is to be the non-anxious presence the world so needs to see. It's time to model this for the world! Are you ready? Are you ready to be a non-anxious presence in your individual lives and collectively as a community? For it takes grace, courage and wonder to live beyond the energy of anxiety. But if we, as a people of faith, are to be and bring the divine energy of peace, hope, love and joy to all of life, we have to avoid the anxious thoughts that weaken us. **One way to be a non-anxious presence is to abandon perfection.** Perfection is a trap. It traps us in an endless cycle of "what if's," sets us up to always remain critical instead of joyful, almost always leads to burn out, and causes us to lose sight of what success really is. Don't fall into this trap. Instead, practice a mindset that strives for excellence, not perfection. Give yourself permission to do this because humanity in community is clumsy and messy at times, but that's okay because there are learning opportunities from the clumsy, messy parts.

So I challenge you, as you become all you are to become with God, to be willing to go forth knowing things will not perfect, but that insights and learnings will come along the way as you live into your imperfect plans with our perfect God. Listen for those insights. Listen for God, and learn. Then listen some more. For God is actively working in this place, and I have no doubt St. Luke's will be standing strong forever because you are willing to listen and learn, and because you truly want to stay relevant in our ever-changing world.

So here is my parting blessing for you: *St. Luke's, may God bless you with even more courage so you can be and model a non-anxious presence for our world. May God bless you with even more grace to deal with the messes that come with changing the world. May God bless you with even more wonder so you can stay relevant in our world and so you can experiment with new ways to change the world. And may God bless you with the means to go beyond where you ever thought you could go! For you are a positive presence in the Highlands Ranch community, and your peace, hope, love and joy has a ripple effect that expands throughout this whole earth! Keep on expanding God's peace. Keep on expanding a much-needed sense of hope. Keep on expanding the love that is within you. And joy will expand to all of life!*

Accept this challenge, receive this blessing and go change the world!

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



St. Luke's Staff hosted a Goodbye Brunch for Rev. Michele

SUMMER

Sundays at 11:00am

PROGRAMS

July

- 14 - CSE: Healthspan: Food, the Planet & YOU pt. 1 led by Bob Oliver
Parenting Practices for Faithful Families led by Rev. Liza
- 21 - CSE: Healthspan: Food, the Planet & YOU pt. 2 led by Bob Oliver
Futures Task Force Vision in Action led by Chris Sheridan
- 28 - Spiritual Gifts Assessment led by Sam Leahy

August

- 11 - Planning for Your Future with Peace of Mind led by Rev. Sallie, Rev. Liza & Sam Leahy
- 18 - Futures Task Force Vision in Action led by Chris Sheridan
Parenting Practices for Faithful Families of Tweens led by Rev. Liza & Sharon
- 25 - Backpack Sunday Family Backyard Festival led by Family Ministry Team



Rev. Liza Stoltz Hanson
Associate Minister

Collective Effervescence

This late spring-early summer season has been full of many new, unique, and inspiring opportunities that have been great blessings for me as a pastor and as a person.

In May, I found myself on the Nevada side of Lake Tahoe. I was astonished by how instantly captivated I was by the peace, beauty, and sacred nature of that place. There was something about the ratio of water to sky to mountain to pine forest that hit just right.

I was in Tahoe to attend a Worship Design retreat led by Dr. Marcia McFee, a well-respected worship leader especially in UMC circles. Marcia focuses on “sensory-rich” worship and one of my most profound take-aways from the retreat was her challenge to us as pastors and worship leaders (and also humans in this world) to intentionally create opportunities for “collective effervescence.”

As I have contemplated that phrase in the last weeks, I have expanded my own definition of what I think “collective effervescence” is and what it offers us. Which is: willfully experiencing the emotion of others, sharing joy, receiving goodness, holding space, being willing to journey into deeper connections, and being transformed by the collective experience.

The retreat allowed me to realize how expansive the experience of worship truly is, how transformative it can be, and how pivotal it is to experience worship in community.

We do collective effervescence at St. Luke’s, and we do it well!!

This has been a season of great experiences and it has also been a season of change and transition, specifically for us at St. Luke’s. Yet, when we experience these seasons together, as a community of faith, we share in them collectively and that is a powerful gift we give to one another. It is a form of collective transformation, as we move from one chapter to the next and we journey there together.

It is so helpful to remember that God is active and present in the transitions, as God is truly in the business of transformation. And when I need another reminder, I often return to this prayer:

***We can't change the world.
But we can come near to you, O God,
and become those who are willing to receive,
and be changed.
Amen.***

With you in the transformation, Rev Liza



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

Enhancing Wellbeing

This summer marks the 14th year since St. Luke’s Center for Spiritual Engagement began! I’m grateful for our dedicated leadership team and the purpose that continues to guide us.

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

These words are always central as we create fresh, relevant experiences. Many of you have resonated with this purpose and have stepped forward to offer your talents and your enthusiastic participation. Thank you!

We offer Wellbeing Experiences including yoga, counseling, wellness classes, spiritual direction, and coaching to inspire the best in you.

For all who love nature and art and who love Colorado, join us for Outdoor and Cultural Adventures where we explore beautiful landscapes and multicultural destinations with the intention of enhancing awareness, inspiring connection and savoring beauty.

If you appreciate meaningful, in-depth experiences, join us for Service Projects and Wellbeing Retreats that invite generosity of spirit and holistic growth.

Our Brave Spaces opportunities engage our community in learning and actions of racial and environmental justice to inspire courage, compassion, and partnerships for change.

Upcoming CSE opportunities are in this issue of the Chronicle and on our website stlukesce.org. We would love to have you join us this summer!

Be Well, Dr. Sallie



CSE Core Leadership Team: Jennifer Smith, Sharon Oliver, Melinda Davidson, Bob Oliver, Suanne Ediger, Rev. Sallie Suby-Long, Tom Suby-Long, Michelle Lamoreaux, Renae Parra (Team Lead), Jane Staller, Julie Polikoff, Janet Johnston

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While working my way through college and the first half of seminary, I was a military police soldier in the Army National Guard and was deployed to Baghdad, Iraq in 2007-2008. Before becoming a pastor, I had a variety of jobs: night security guard at a biomedical research facility in an old candy factory, primary care administrator at the Veterans hospital in Denver, call-center representative for the IRS, and I owned my own tax practice.

I have been United Methodist my entire life, and have also spent time worshipping with the Pentecostal and Evangelical flavors of the church. The grace-filled way that our Wesleyan movement proclaims and lives out good news for all people has always resonated with me. As I’m on my faith journey, I’ve found our Arminian theology, and its emphasis on our human free will and agency as a gift of God’s grace, to be a comfort and a challenge. (*Haven’t heard of Arminian theology before? Don’t worry, we’ll be learning more about it together.*)

God has something special going on at St. Luke’s, and I am honored and humbled that I get to be a part of it with you. I am excited to be working with your experienced, passionate, and gifted staff team. I am looking forward to experiencing the powerful ministry of music and the arts at St. Luke’s. I am thankful for the work of the Futures Task Force and am expecting that work to guide us in the months and years ahead. With the presence of The Holy Spirit, we have a fruitful future to look forward to as the church.

During the Summer and Fall seasons, I’ll be seeing you at church and out in the community. My dog and I are living in the Westridge part of Highlands Ranch right by Redstone Park. If you’d like to meet or have conversation, you can contact me via email or by calling the church office.

On the journey with you, Rev. Calob

Meet our new pastor!

Join us for a meet-n-greet with Rev. Calob on July 7 after services (10:30-11:00am and after the 11:00am service.) Grab a couple of cookies, some coffee and give a warm welcome to Rev. Calob. Bring a plate of cookies and wear your nametag!



Gifts to Share

The Bible teaches that God has given each one of us gifts or abilities or talents, and we are to use them to serve God and others. So here is my question: Is Christ-like service using

your gifts to make your best contribution, or is it doing whatever needs to be done, even when it's a lowly task no one wants to do? I think it can be both. If one of the purposes of life is to discover your gifts, then part of the meaning of life is to give those gifts away. So the better bet is to focus on doing what you do well, and aligning your abilities, skills and strengths with your interest and passions to the greatest extent possible. **Join me on July 28 at 11:00am for a discussion on exploring our spiritual gifts**, how to use them to the best of our abilities and bless the world we live in.

"You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make." –Jane Goodall

Tree of Life

The tree is a special symbol in the Bible from beginning to end - The Tree of Life in Genesis, all the way to the Tree of Life in the book of Revelation. Both of these, and each tree in between, bring their own special blessing. The Tree of Life at St. Luke's Church is a wonderful way for our community to celebrate life cycle events. Births, confirmations, birthdays, weddings, anniversaries and memorials may all be marked by donating engraved leaves on the church donor tree just outside the Chapel. Just recently Dave Cupp, Jack Goodman and Rev. Les Ludlam have been honored with memorial gifts on our Tree of Life. For more information please contact sam@stlukeshr.com.



Trustees Corner: Safety & Security

The Trustees and Ushers met recently to conduct their annual Safety and Security training. Topics included dealing with fire emergencies, building evacuations, using our panic fobs, and medical emergencies. In addition to reviewing current procedures, they also debriefed recent events and came up with improvements for the future.

The following safety/security information is also useful for members of the church who use the building outside of Sunday mornings:

- If there is an emergency requiring fire, medical, or police assistance, call 911. There is an Emergency Response Guidelines sign in every room with the Church location and Room number, recommendations for dealing with various emergencies, and contact information.
- We have two AEDs: one just outside of the Sanctuary, and one at the bottom of the main (East) stairway. These AEDs provide voice instructions for their use.
- We have First Aid kits in several locations; a large one is just outside of the Sanctuary, and smaller ones are located in the kitchen and just inside the Sanctuary sound booth.
- There is a wheelchair just outside the Sanctuary.
- The building is locked after normal business hours. Please do not let strangers into the building after hours unless they are attending an event (use your judgment).
- Be observant for strange or unusual behaviors (eg, people who look out of place, appear to need help, unaccompanied children)
- If you are leaving and the last person in the building, make sure the doors are locked.
- Contact a member of staff if you need assistance, or to file a report after an incident.



Consumer fraud and identity theft are putting communities at risk. To raise awareness and to promote privacy protection St. Luke's is hosting a Community Shred Event on Saturday, July 27 9:00am-12noon. Cost \$7 a banker box or bag or 3 for \$20. All proceeds benefit St. Luke's UMC ministries.



Seniors at St. Luke's

Conversations with the Pastor: First Tuesday of the Month 2:00-3:00pm (July 2, August 6, September 3) This is your opportunity to meet with a Pastor for an open forum / discussion / ask questions / offer comments. No subject is off limits. Open to everyone.



Lavender Festival

Saturday, July 20 8:30am-Noon

Meet at St. Luke's at 8:30am to ride the bus to experience more than 2,000 lavender plants for this family-friendly celebration at Chatfield Farms' Lavender Garden. Cost is \$15 per person. Contact sam@stlukeshr.com to reserve space.

Planning for the Future with Peace of Mind Workshop

Sunday, August 11 at 11:00am Planning for the future, whether it's through a will, trust, or healthcare directive, provides a sense of control and peace of mind. Join Rev. Sallie, Rev. Liza and Sam in Fellowship Hall.

Also check out these additional opportunities on our NEW webpage - stlukeshr.com click 'Seniors at St. Luke's' logo:

Seniors Dining Out Groups • Common Thread • Itch to Stitch • Monthly Services at Windcrest • Sunday Morning Bus Pick up at Windcrest

Thank You for Giving

Thank you so much for your continued support of our ministries. Your recurring and consistent giving is greatly appreciated - especially during our slower summer months when our attendance is lower. Any financial questions can be sent to Melissa Graham at financedirector@stlukeshr.com



Melissa Graham
Director of Finance

- 1. Check out the new ways to give page on the website:** Click the DONATE button on the home page and find 4 options to explore - *now including Venmo* and a link to our latest financial information.
- 2. We are still taking in pledge cards for 2024** and it's easy online at stlukeshr.com It is appreciated!

Futures Update

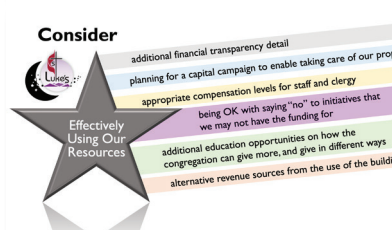
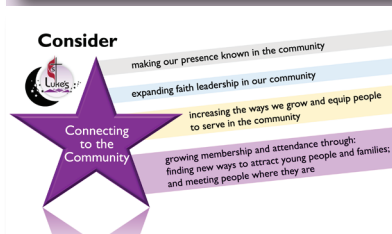
We've all come to the end of the exciting visioning process for what we value here at St. Luke's! As a reminder, the Futures Task Force was established to hear the voice of the congregation regarding what is valued in our current environment: where we are, who we are, and how God is present within our community. Then, to look into the future by describing a vision of how we can bridge the best of what "is", with the best of what "can be". The full report can be found through the link on the church's website.

Over the course of five months, 171 people joined one of 22 listening sessions and shared more than 800 hopes and dreams regarding what they value here at St. Luke's and what is envisioned for St. Luke's. The people who attended these sessions were both new members as well as long-time members, and they spanned all age-groups.

Based on the questions asked in each listening session, the values and visions of the congregation centered on the following three themes:

- **Our welcoming and engaging environment, along with programs and practices that are exciting, impactful, and strongly resonate**
- **Our connection with our greater community**
- **Our best use of financial and non-financial resources**

The graphics below detail some of the visions heard from the congregation:



What's next?

St. Luke's team leaders, staff, clergy, and Executive Team are currently digesting the contents of the report and beginning to take action on the congregation's values and visions presented.

The report provides the congregation at-large with information to consider regarding what values and visions most strongly resonate with them, and where they can

direct their time, talents, and resources. Also, there will be a few brainstorming sessions held this summer to share ideas on how some of the items that are envisioned for our future can be executed. Stay tuned for dates & times!

I am so very grateful for the willingness and honesty with which the congregation shared their hopes and dreams; and the passion, effort, and camaraderie of the Futures Task Force team. This report is a gift to the future of St. Luke's.

With much gratitude, Chris Sheridan

Lent, Holy Week & Easter Recap



This Lent, we opened ourselves to fresh inspiration from the scriptures in our Emerge worship series, so something new and wonderful could emerge within us. Our six week journey encouraged us to create a new normal for our lives.



This year St. Luke's presented songs from the 1970 rock musical Jesus Christ Superstar on Maundy Thursday and Good Friday. The music and reenactments took

us through Andrew Lloyd Webber and Tim Rice's interpretation of Jesus' relationships with his disciples, his last supper, his arrest and his crucifixion on the cross. It was a powerful production that brought to life the passion of Christ. Thank you to Dr. Jim Ramsey, Kenrick Mervine, all the musicians, the choir, the actors and the clergy who made this Holy Week so special.



Whatever new thing was forming for you, we hope it emerged in you on Easter morning!

Spring Worship: Redefining Success



This spring we've spent time Redefining Success so we could find deeper peace and contentment in our lives. To help us do this, we used Dr. Wayne Dyer's book, *10 Secrets to Success and Inner Peace*. It was enlightening to understand success as an internal state

of calm and contentment, rather than the traditional money, power and prestige. Here the ten secrets you can use to redefine success in your life:

1. Have A Mind That Is Open To Everything And Attached To Nothing.
2. Don't Die With Your Music Still In You
3. You Can't Give Away What You Don't Have
4. Embrace Silence
5. Give Up Your Personal History
6. You Can't Solve A Problem With The Same Mind That Created It
7. There Are No Justified Resentments
8. Treat Yourself As If You Already Are What You'd Like To Be
9. Treasure Your Divinity
10. Wisdom Is Avoiding All Thoughts That Weaken You

Above and Beyond: St. Luke's Day of Service and Outreach

People of St. Luke's showed up and showed out for our second annual Day of Service and Outreach. More than 70 volunteers gathered at the church on the morning of April 20th for coffee, donuts and a blessing from the clergy prior to going out and doing good in our community. Organizations that benefited from our outreach included Florence Crittenton Services, an organization that educates, prepares, and empowers teen moms and their children through education, health & wellness; Colorado Feeding Kids, a non-profit that delivers food and other critical resources to children and families; We Don't Waste, a food recovery organization that rescues unused food from the food industry and delivers to those in need; and Safe Outdoor Spaces, which connect individuals experiencing homelessness who might otherwise fall through the cracks between traditional shelter and housing.

Volunteers at **Florence Crittenton** spent their time helping organize the Baby Bucks Store. At the store teen moms can stock up on essential supplies such as diapers, wipes, clothes, and toiletries every week. This helps relieve the financial strain of purchasing basic items in stores, allowing them to concentrate on their education and strive to be the best parents they can be. We helped organize the teen mom clothes, shoes, kid clothes and toys!



The group that headed out to **Colorado Feeding Kids** consisted of Families with children to help pack meals for the kids. This year our team helped pack tomato Florentine pasta soup meal kits. These kits will be given away free of charge. Meals are given to Colorado Food Banks, churches, and School Back Pack Programs here in Colorado. Meals have also been given for disaster relief to first responders and affected by the disaster. The service project was a wonderful way for families to

spend time together.



Eleven St. Luke's volunteers ventured to North Middle School in Aurora to volunteer at a **We Don't Waste** walk-through Mobile Food Market. In Metro Denver, there are approximately 50 neighborhoods that lack access to affordable, fresh and nutritious foods. We Don't Waste's Mobile Food Markets serve some of these neighborhoods with

fresh produce, dairy, proteins, baked goods and shelf-stable products. Our volunteers worked with We Don't Waste staff to set up the market, keep tables stocked with all these foods, assist neighborhood shoppers, and take down the market at the end. In all, about 420 families were served. All the volunteers were touched by the smiles and gratitude on full display during the market.

St. Luke's delivers lunches to the **Safe Outdoor Spaces** located in Denver on Thursdays. As part of the Day of Service, children and their parents assembled **Blessing Bags** at the church to be handed out to the people receiving these lunches. This was a great event that provided an opportunity for the little ones to get involved in service. Included in the bags were toiletry items, a snack or two, along with other goodies. A note of blessing accompanied each bag. The blessings bags are also available to our congregation to keep in the cars with a freewill donation. These bags are a simple way of being prepared to bless someone less fortunate.

All in all it was an amazing day of service. Thank you to each and every person who gave of their time to make the day a success. Hope to see more of you next year! *—Carolyn Maddox*

Guatemala March 2025 Trip!



We are planning a March 2025 trip to Guatemala through Pura Vida! We will be fostering relationships, helping to build one or two homes for people in great need, visiting sponsored scholarship students, and having educational and cultural experiences! If you might be interested in this life-changing experience, you are invited to attend an information meeting on **Sunday, July 14 from 11:00am to noon in Room 210** (next to the chapel.) The St. Luke's contact/team leader will be Betsy Keyack, bkeyack@att.net. The Pura Vida Trip Leader will be Laura Richards, laura@puravida.org. Feel free to contact either of us, especially if you may be interested and can't attend the meeting.

HAAT Force 2023-2024 Season Recap



Thank you, St. Luke's for your continued support of HAAT Force, Homelessness Awareness and Action Task Force.

HAAT Force provides severe weather motel vouchers to people experiencing homelessness in our South Metro area - families, people with disabilities, people with animals, pregnant women, older adults, and people who are LGBTQ, all who would not fit into or feel safe in a congregate setting. HAAT Force was co-founded in 2010 by a member of St. Luke's and our congregation has generously supported its mission since then!

During the most recent season (October 2023 through April 2024), HAAT Force issued 335 motel vouchers, serving 167 unique individuals - a 20% increase in vouchers over the previous season. You helped to make a difference to each one of these people! In addition, motel guests were offered food, clothing and referrals to resources to help them move forward. We are working on a video for the congregation that highlights some of the 2023-2024 guests' stories. HAAT Force is in need of more volunteers! You can find out more by contacting info@haatforce.org.

Giving Heart Update


I volunteer at Giving Heart, a drop-in center for people experiencing homelessness. It is located at 4358 S. Broadway, Englewood, open on Tuesdays and Thursdays from 10:00am to 3:00pm. I help with the guest laundry and showers, breakfast and lunch service, clothing bank, and front desk. I partner with the Giving Heart guests on housekeeping. I also assist guests on the computers with applying for affordable or subsidized housing waiting lists and lotteries. In addition, I connect our guests with experts who can help them with other specific needs. The Giving Heart guests really appreciate our friendly atmosphere, a place to rest and all that we have to offer. **I am very blessed by this opportunity to be helpful, to learn, and for the relationships that feed my spirit!**



Here are three ways you can help Giving Heart:

1. **Sign up to provide a lunch meal** - go to www.givingheartenglewood.com/volunteer
2. **Become an on-call volunteer** to help when needed - contact Donna Zimmerman, Executive Director, givingheartenglewood@gmail.com
3. **Donate items** - right now we are in need of men's boxer-style underwear, sizes M, L, XL; you can drop these off in the Missions closet, labeled "Giving Heart."

Thank you! *—Betsy Keyack*



PUB THEOLOGY

WEDNESDAY, JULY 10
 6:00pm at Breckenridge Brewery
 (2920 Brewery Ln in Littleton)
 Jared Ediger, RN, BSN, MS and Jay Lee, MD
 "Reflections on Practicing Medicine and Practicing our Faith"

MONDAY, JULY 22
 6:00pm at Lansdowne Arms
 (9352 Dorchester St in Highlands Ranch)
 Rev. Jerry Herships,
 Lead Pastor Applewood Valley UMC
 "Is There a Need for Public Theology?"

CONTACT REV. LIZA
 liza@stlukeshr.com



James Ramsey
 Director of Music & Arts Ministries
 jim@stlukeshr.com

Chancel Choir,
 Worship Band,
 Soul Purpose
 Youth Choir,
 Wesley Players
 Theatre Company,
 Puppets



Kenrick Mervine
 Associate Dir. of Music Ministry/
 Organist
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Grace Notes,
 Men's Chorus,
 Sisters of Soul



Kay Coryell
 Dir. of Handbells & Children's Music Ministries
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Tintinnabulators,
 Joyful Noise,
 Tone Chimes,
 Kidz Prayz,
 Flute Ensemble



Chris Rigolini
 Director of Instrumental Music Ministry
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Brass Ensemble,
 Wind Ensemble,
 Ministers of Swing,
 Orchestra




Angela Alderson
 Dir. of Children's & Youth Music Ministries
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Kidz Prayz,
 Tone Chimes,
 Soul Purpose
 Youth Choir



Holy Week: Jesus Christ, Superstar is Risen Today

Our wonderful Clergy in conjunction with Music and Arts Ministers presented a powerful rendition of excerpts from the Broadway Musical, *Jesus Christ, Superstar*. Interspersed with scripture and message, the three services (Maundy Thursday, Good Friday, and Easter Sunday) became a "Triduum" journey of the Passion story through the glory of the Resurrection. Many thanks to all participants, singers, instrumentalists, narrators, and our amazing tech crew! —Kenrick Mervine

CRUISIN' CATS
 July 21

Join us for **Broadway on Broadway 2024**
 August 3 & 4 at 2:00pm



Bring your own picnic at 1:00pm on August 4th for all St. Luke's Community members and friends and then attend the show!

wesley players
 theatre company

AND, if you are interested in participating with the Wesley Players, we are always looking for volunteers! Contact roberta@wesleyplayers.org. Putting on shows requires a lot of helpers: front of house, costumes, makeup and hair, set building, etc. We'd love to welcome you to WPTC!

Visit wesleyplayers.org for info on our 25th anniversary season!



Prism Concert

Showcasing the extraordinary musical gifts of St Luke's members was on full display the afternoon of May 5th. Our Tintinnabulators, Brass Ensemble, Wind Ensemble, Ministers of Swing, Worship Band, Joyful Noise, and Chancel Choir joined forces in Thanksgiving and Praise. A heartfelt thank you to all participants, as well as our tech crew and supportive clergy team! And in case you missed it: we didn't anticipate the event to be recorded or streamed, our tech team surprised us all with a tremendous video of the concert. You can watch and share with family and friends. As the program was a fundraiser, opportunities to donate are in the video as well. —Kenrick Mervine



Spring Bells Festival

April 20 was an especially exciting and rewarding day for our adult handbell ensemble, the Tintinnabulators. We traveled to Littleton UMC, along with six area handbell choirs. Dr. David Kates, Director of Music and Fine Arts at Littleton began preparations for this bell festival in August 2023. With his leadership, the Littleton festival was a day of fellowship, learning and lots of joyful ringing! Luke Nabeta directed the massed ensemble. He is the Artistic Director of the famed quartet ensemble, Forté, based in Colorado Springs. The afternoon concert featured four massed songs as well as individual choir performances. As an added bonus, Forte wowed the audience with two of their own songs. The entire experience...struck just the right note! Thank you St. Luke's Tintinnabulators for sharing your musical gifts. —Kay Coryell





Center for Spiritual Engagement

inspiring connection & wellbeing

CSE Purpose:

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

stlukesCSE.org

Cultural ADVENTURES

CULTURAL ADVENTURES

Denver Art
Museum special
exhibit
**Biophilia: Nature
Reimagined**

Tuesday, July 23

This is an exciting,



temporary collection of 80 works of art highlighting the transformative power of nature! We will have time to explore some other areas of the Art Museum too, but this is not a full day at the Museum.

We will meet at St. Luke's at 9:00am to carpool returning about 1:00pm.

This exhibit is included with General Admission. Tickets will be purchased individually at the museum.

For questions or to RSVP, please contact Renae at renaeparra@aol.com

Get **CENTERED** at St. Luke's this Summer!

CLASSES & EXPERIENCES:



BRAVE SPACES Stories That Change Us

The CSE Brave Spaces team invites you to join us for a refreshing sip of spirituality this summer. We will host three stand-alone experiences with compelling stories that reflect important topics of our time. Each gathering will include a compelling story, time for personal reflection, and group sharing in a safe space.

Upcoming dates:

Monday, July 1, 5:30-7:00pm: Step into stories about nature and caring for the earth: This session features the award-winning director, producer and cinematographer, Louie Schwartzberg. Come listen to a TED talk and watch breathtaking film clips of his work. Louie invites us into his story of how nature has been his greatest teacher and ways our story and nature's story are deeply connected.

Monday, August 5, 5:30-7:00pm: Step into stories about courage, hope and goodwill.

To register, please contact janestaller@gmail.com. Suggested Donation \$10/class.

BRAVE SPACES: ENVIRONMENTAL STEWARDSHIP Healthspan: Food, the Planet & You



July 14 (part 1 -
impact on the planet)
& **July 21** (part 2
- impact on people)
10:45am-12:15pm
in the Chapel
Healthspan is

defined as not only adding years to your life but adding life to those years. Our choices greatly impact whether our later years will be productive and healthy or, for most, will decline into poor health. Join Bob Oliver for 2 sessions to explore the impacts of food choices on the health of the planet and on ourselves. Get inspired to make healthy choices

that promote sustainability and wellness. Come to one or both sessions. \$10/per session. To register, contact sallie@stlukeshr.com



OUTDOOR ADVENTURES

Bicycles, Blessings, and Brunch!

Join Melinda Davidson on Friday, July 19 from 9:30-11:30am (rain date Sat., July 20th) for a low-intensity, high-smiles flat bike ride. We will gather upon our bike seats, helmets



on, as we pedal through our hearts sharing intentional pause points for readings/reflections with deeper connections with self, with others, and in full companionship to nature. We will culminate our outing with a "Nourish"-ing brunch prepared with love by Melinda. Our bike ride will journey along the Cherry Creek Regional Trail at the Parker Jordan Centennial Open Space adjacent to Tagawa Gardens. This trail has flat and wide paths, is easy to navigate for the anticipated 7 mile ride, has shady picnic areas and a clean restroom. **Please call or text Melinda (303-324-5965) to register.** Also, please share any food allergies or aversions. Registration fee - \$10. Please bring: water, sunscreen and layers of clothing and...A relaxed sense of adventure and laughter!

OUTDOOR ADVENTURES Caribou Ranch Hike

Wednesday, July 10 - Caribou Ranch near Nederland Caribou Ranch is a gem of open space near Nederland, Colorado. The trail through this space is a 4.8 mile loop that goes through forest, wetlands, meadows and a historical mining complex. The elevation gain for the hike is less than 500 feet. Nederland is quite a bit farther than we typically drive for hiking, so this will be a longer day than usual. We will leave St. Luke's by 7:45am and return around 3:00pm. Please contact julie.polikoff@msn.com to RSVP for this hike. RSVP required to attend. This hike is limited to 12 participants.



Upcoming Outdoor Adventures:

Thursday, August 15 - Three Mile Creek at Guanella Pass (see our full list on www.stlukescse.org)

To be added to our email list, email janestaller@gmail.com

Counseling, Coaching & Consultation with Dr. Sallie Suby-Long – For more information contact sallie@stlukeshr.com

Men in Community with Bryan Hutchinson (1st Monday of the month at 5:00pm at the church and occasional 3rd Monday dinner out) Contact bryanrhutch@aol.com

Scholarships are available for our classes and experiences – simply contact Sallie@stlukeshr.com

CSE's Spring Adventures

BRAVE SPACES

Stories that Change Us: In June we offered Step into stories about injustice with Bryan Stevenson, founder of the Equal Justice Initiative and author of *Just Mercy*. We viewed his TED Talk which invites us into his story of working for justice, hard truths about America's justice system, and what keeps him going on his journey and engaged in a thoughtful discussion.

Legislative Activism: The 2024 Colorado General Assembly concluded its work on May 8 after 120 days in which they considered 703 bills. Our Brave Spaces Legislative Advocacy team was active in helping to pass four important racial justice bills. We also advocated successfully for the passage of six new gun safety bills.

Juneteenth Parade:

We joined our friends from Montview Presbyterian Church and Shorter AME Church to enjoy the Juneteenth Parade in Five Points on Saturday, June 15. We greeted friends and elected officials marching in the parade, and we mingled with a wonderfully diverse crowd celebrating Juneteenth.



Book of Hope: This three week class was led by our recently formed Brave Spaces Creation Care Team. The class was inspired by *The Book of Hope: A Survival Guide for Trying Times*. This uplifting book



addresses environmental challenges as seen through the eyes of Dr. Jane Goodall, the world's most famous living naturalist. This conversation was brave and hope-filled. Each class shared simple tips we could consider for improving our impact on the environment. We learned about composting, the EPA, gardening, recycling, UMC initiatives on climate justice and so much more!

The CSE website now includes a page on Creation Care and a link to a resource page which is full of tips and links to articles, videos and other resources. Check it out!

Flowers! On a Saturday morning in April, multi-talented designer, Lisa Weddel, rooted her almost 40 years of specialty in the floral industry to a room bursting with newly budded, flower-empowered learners to

cultivate their own blooming bouquet. Lisa facilitated, with an air of ease for creativity and inspiration, sharing her background as a floral aficionado in curating arrangements for client weddings, celebrations, and events and insider tips/tricks on how best promote and prolong the vibrancy of cut flowers and everyone left with a beautiful unique bouquet.



OUTDOOR ADVENTURES

March Hike - Waterton Canyon: We kicked off our 2024 Outdoor Adventures with a change in plans! Due to heavy snow the week before our first planned hike, we changed our March location to Waterton Canyon where the snow and mud were gone. The weather and conditions were perfect! Our hike was about a week before Easter and our devotion was a fun surprise: a plastic easter egg with a reading about Spring in each one, as well as a chocolate egg!

April Hike - Spruce Mountain: In April the CSE Outdoor Adventures team led a hike up Spruce Mountain south of Larkspur. It was a lovely spring day, and we enjoyed beautiful views of our Colorado mountains from Long's Peak to Pike's Peak. Hoodoos are a special feature of this hike, and we were delighted by these beautiful rock formations with their humanistic, artistic shapes that are sculpted by wind and water. Early blooming pasque flowers were a special treat to discover.



The name pasqueflower comes from the very old French word for Easter, "Pasque;" these lovely flowers typically first bloom around Easter. At the end of our hike, we enjoyed a bountiful potluck tailgate.

May Hike -Gateway Mesa: Legacy Trail was simply enchanting. An unusual abundance of Oregon grapeholly made a lovely ground cover among the Ponderosa Pines and Douglas Firs. Multiple water drainages create small, softly dripping waterfalls that feed the many-shades-of-green mosses. We spotted an owl flying through the dense forest, and we enjoyed the antics of a prairie dog colony as we walked along Chuck's Trail on top of the mesa. Our trip leader Janet Johnston shared her birthday with us, and we celebrated with her.

June Hike - Mason Creek in Staunton State Park: Fifteen eager hikers headed to Staunton State Park, one of Colorado's newest state parks to hike the Mason Creek Trail on June 19. The cool, overcast day was perfect for our steady climb along the banks of Mason Creek. An abundance of Spring wildflowers made the hike even more special.

National Labyrinth Day:

Every year on the first Saturday in May thousands of people around the globe participate in World Labyrinth Day as a Moving Meditation for World Peace & celebration of the labyrinth experience. Jenita Rhodes coordinated the St. Luke's experience in our backyard labyrinth once again this year. She had a heart for each of us to take on our journey and a small journaling packet we could reflect upon after our walk.



CULTURAL ADVENTURES

In April we visited the **History Colorado Museum** downtown. Our focus was on the John Fielder photographs on display, but everyone had plenty of time to visit other exhibits of interest. I think everyone found time to visit the Winter Warriors: 10th Mountain Division in WWII exhibit the explored the incredible story of this group deployed to the mountains of Italy to help end WWII. Highly recommended!

We enjoyed the **Baroque Chamber Orchestra** so much last fall that when they returned to St. Luke's in May, we knew that would be our Cultural Adventure for the month. This concert "With Strings Attached: Bach's Goldberg Variations" delighted us again.

In June, Janet Johnston arranged a fabulous dining experience at **Café Paprika** in Aurora. This Moroccan and Mediterranean restaurant has been in business over 30 years. We were served an amazing tasting menu with bastillas, several appetizers, lamb, chicken and vegetarian main dishes and a special chocolate baklava dessert.

Breathing into your Brilliance Wellness

Escape Day: Melinda Davidson and Dr. Sallie Suby-Long led this beautiful offsite event in early May. With 26 women spanning seven decades it was a true multi-generational experience. Each woman was invited to bring a photo of her younger self that reflected her brilliance and to share a story about herself. This was the launching pad for our dive into new research-



based wellness information and practices. The day also included healthy food choices, a guided meditation, and time to meet new friends.

"Ease Into Summer" Yoga: Sharon Oliver offered 4 sessions in May & June to explore one of the foundational concepts of Yoga, Ahimsa - which means kindness and non-violence to oneself, to the planet, to animals and to each other. We had a wonderful group that gathered each Thursday morning to foster renewed bodies and spirits and left ready to practice ahimsa in our everyday lives.



Josey SeEVERS
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Anna Fisher
Associate Director of Youth Ministry
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ON THE SLY: 7th-12th grade Service & Fun!



Spring has been a wonderful season of conversations, board games, service projects, and graduations! This spring we celebrated the graduations of Landen Humphreys, Eva Weddel, Lidiya Brown, Thomas VanHoosen, Brooks Lucero, Jonah Metz, Clara Shanor, Reid Simmons, Tessa Smith and Ashley

Cameron. Congratulations you guys! St. Luke's is always here for you.

Earlier this spring our youth helped with the Annual Day of Service by putting together PB&J sack lunches for the houseless folks downtown. They enjoyed putting their brains to work in an escape room, and welcoming our incoming 7th graders to SLY! Several of our youth also attended the All Church Mountain Retreat and had an incredible time. We're excited to join in again next year!

Looking ahead, this summer will be filled with fun outings and meaningful service opportunities. We already have our Pumpkin Day for fall! Save the date for September 28 at 9am! All hands on deck! We hope to offer Confirmation in the fall as well. Lastly, we're trying a couple of new things! SLYoung Adults is starting this summer, and we are feeling out interest in an LGBTQ+ small group for our youth.

Upcoming Events:

- **Middle School Mission Trip**
(incoming 7th and 8th graders) - **July 28-31**
- **Pumpkin Unloading Day - September 28**

You can join our mailing list on the church website, and join us in the Band app (see QR code at right).

Here for you, Josey & Anna



Stepping Stones

Have you noticed something new in the front gardens? The stepping stones we collectively created during our Stewardship Campaign last fall have been placed in the front of our building as a reminder that we are on a journey toward an exciting future at St. Luke's and we are building it together.



AUG. 17

Heritage
EAGLE BEND GOLF CLUB

ST. LUKE'S UMC 20TH ANNUAL
Golf Event

Contact Brian Owens
brian.owens@comcast.net

St. Luke's United Methodist Church 20th annual golf tournament is set for Saturday, August 17 at Heritage Eagle Bend Golf Club in Aurora, CO.

We need your help!

If you are planning to play this year, please sign up and register today on the church website. You only need to sign up

and register. You can wait and pay closer to the tournament date. This will help the golf committee generate an accurate number of players, sponsors and requirements well before the tournament. Also, it will help if you can reply and let me know if you are playing or not playing. We also need lots of volunteers - please contact Brian Owens if you are available to help that day for this fun event! Thank you so very much for your help and time.



Kelly Amadeo
Director of Little School



ST. LUKE'S LITTLE SCHOOL Happy Summer to our St. Luke's community!

We sure had a busy spring! We started out with our annual amazing Art Show on April 11 - this year with the theme "Occupations." Our annual Spring Sing celebrated the parents of our children and the start of a new season. Our wonderful music teachers worked with our students for several months learning new songs. We invited the parents of our 2.5 year-olds and three-year-olds into the sanctuary to hear their wonderful music. We never get bored of hearing our beautiful children sing.



We hosted a parenting class in April called, "Keeping Your Cool in the Hot Days of Summer!" This class offered parents tips and advice for how to entertain their children without screens. It also focused



on the fact that being bored is actually a good thing, and a lot of developmental growth can happen in the periods of boredom. This was a phenomenal class, and we plan to offer another parenting class in the fall. All of you are welcome to attend. More information coming about that later.

Lastly, we had a bitter sweet good-bye with many of our students. Some of our sweet four-year-olds, and all of our wonderful five-year-olds graduated at the end of May. During my speech with the parents, I asked parents to stand up for how many years they have been with Little School. We had families who had been with us for nine years, twelve years, and the most.. one family had been with us for twenty-five years off and on. Dad attended Little School and now his child was at Little School! What a fun surprise that was, and what a gift it has been that Little School has been serving this community for almost 29 years!

On May 24th, Ms. Sam and some of her helpers put on a wonderful end of year breakfast for us. We said goodbye to two teachers who retired and have been with Little School for a very long time. Maria Fox and Shelley Ritchie both retired this year. I was able to convince them both to come be substitute teachers for us, and we are so glad they agreed.

Life is all about change. Change comes whether we like it or not. Some change is welcomed with open arms, like the new children coming to Little School in the fall. Some change is harder, like when we have to say goodbye to our students who are moving to kindergarten and our teachers who are retiring. Regardless, life is an adventure, and we are humbled to be part of this life and community.

See you all in the fall!

Grace and Love, Kelly Amadeo

Director and Principal St. Luke's Little School

Craft Fair Success!

Our first Annual Spring Craft Fair at St. Luke's exceeded all expectations, turning out to be a remarkable community gathering and fundraiser. With over 40 vendors showcasing their talents, the event drew in a lively crowd of community



members eager to support local artisans and the church's initiatives.

Held on April 6, the fair transformed St. Luke's grounds into a bustling marketplace of creativity and community spirit. From handmade crafts to delectable treats, there was something to delight every visitor. The array of vendors ensured a diverse selection, featuring everything from handcrafted jewelry and artworks to homemade preserves and unique home decor items.

The atmosphere was electric, filled with laughter, chatter, and the joy of discovering new treasures. Families and friends strolled through the rows of booths, enjoying the spring sunshine and the opportunity to connect with neighbors and friends

One of the most heartening aspects of the fair was its role as a fundraiser for St. Luke's. The proceeds from vendor fees and donations will support the church's ongoing community programs and outreach efforts, reinforcing the fair's impact beyond just a single day's event.

In conclusion, the Spring Craft Fair at St. Luke's was not just a marketplace; it was a celebration of community, creativity, and generosity. With its diverse array of vendors, vibrant atmosphere, and significant fundraising impact, the fair exemplified the best of community spirit. Here's to many more successful fairs in the future, each one strengthening the bonds that make St. Luke's a cornerstone of our community.
-Cassy Meier

St. Luke's Kids
grace courage wonder beyond

Welcome to St. Luke's Kids – our ministry

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



Sharon Oliver
Dir. of Children's Ministry & Comm. Creative Director
sharon@stlukeshr.com



Samantha Leahy
Dir. of Community & Early Childhood Ministry
sam@stlukeshr.com

Children's Ministry: Springing into Summer!

Children's Ministry has been very meaningful this Spring for our St. Luke's family. We started off with an amazing **Easter Fun Day** - complete with ferrets and the return of baby bunnies! What a wonderful event to bring our community together. **Sunday School** is just a joy every week. We have fun, we share our joys and concerns, we pray together and we learn all about the Bible. It continues to be the highlight of the week for so many of us. We also had several **SLY, Jr.** events this spring to celebrate the end of the year - our IKEA scavenger hunt, end-of-the year party and progressive dinner. What an amazing group of 5th & 6th graders. Our 6th graders graduated up to SLY at the beginning of June and the rest of the Pre-K and elementary kids will be promoted at **Backpack Blessing Sunday** on Aug. 25. We will also celebrate back to school with a family festival on that Sunday. There will also be a great "Adventure Camp" **Wacky Days** program opportunity in August. We had an awesome **Mother's Day Workout Dance** led by Kate and Cassandra and a cool **Father's Day Rhythm Circle** led by Dr. Jim.

And we had an outstanding time at "**Camp Firelight**" **Vacation Bible School** at St. Luke's this June with 182 kids and over 100 volunteers! We just cannot thank the St. Luke's community enough for stepping up and giving of their time and resources to make VBS such an awesome week. We also collected canned food that week for Warren Village and received this nice note after 400 cans of food were delivered. "I just wanted to reach out and send a BIG thank you for the generous food donation. I immediately delivered all of the food to our First Step location. Their food pantry was in sad shape, and they were so excited to see everything that you all collected!"

We look forward to an awesome rest-of-the-summer and a super start to the 2024-25 school year. **Please consider volunteering in Sunday School at 9:30am on Sunday mornings.** We especially need folks to support our Tweens Sunday School program. These 5th & 6th graders deserve their own class and you can help make that happen! Join us as we continue to create sacred opportunities for children to experience God's love.



Summer Wacky Days
August 7-9, 2024
(Wednesday-Friday)
9:00am-12:00noon

\$30/per day
Sign up for 1 or more days
children age 3-6 yrs.
Sign up online
stlukeshr.com
Contact: sam@stlukeshr.com



St. Luke's United Methodist Church
 8817 S. Broadway • Highlands Ranch, CO 80129
 303-791-0659 • www.stlukeshr.com

GRACE • COURAGE • WONDER • BEYOND

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



Thank you for your generous support of Stephen Ministry through our annual sale of Palisade Peaches

Purchase online or in-person NOW through July 29
Pick up August 10
If you have questions, please contact Rev. Liza.



Cassy Meier
 Communications and Office Administrator
office@stlukeshr.com

CONGREGATIONAL PRAYERS: Latest Entries

Contact Rev. Liza if you have any additions/removals 303-791-0659 x107, email Liza@stlukeshr.com, or leave a note at the front desk.

- | | | |
|-------------------------|---------------------------|------------------------------|
| <i>Becky Alderson,</i> | <i>Rev. Jim Harris,</i> | <i>Linda Osborn,</i> |
| <i>Gloria Bakerian,</i> | <i>Ann Kershner,</i> | <i>Linda Sears,</i> |
| <i>Jean Bennett,</i> | <i>Mary Keyack,</i> | <i>Bill Shaffer,</i> |
| <i>Dale Chavers,</i> | <i>Lennon Krantz,</i> | <i>Bodie Shoffeitt,</i> |
| <i>Sally Cleary,</i> | <i>Lt. Joshua Marvel,</i> | <i>Nancy Springman,</i> |
| <i>Dave Cook,</i> | <i>Chris McCarthy,</i> | <i>Amy Weiske,</i> |
| <i>Bev Furns,</i> | <i>Mike Middleton,</i> | <i>Nan Woods,</i> |
| <i>Bonnie Garrett,</i> | <i>Emily Olney,</i> | <i>Jim and Joanne Yeoman</i> |
| <i>Erica Giron,</i> | <i>Diane Orenstein,</i> | |



WE EXPRESS OUR DEEPEST SYMPATHIES AND CONDOLENCES TO:

- Nancy Copher on the passing of her brother, Steve Couch.*
- Jon Takayama on the passing of his father, Dr. Al Takayama.*
- Meryl Cupp and the family and friends of Dave Cupp on his recent passing.*
- Family and friends on the recent passing of Bob Ferguson.*
- Jayne Dunham and family on the passing of Dick Dunham.*
- Janice Ashby on the passing of her mother, Betty Stacy.*
- Friends and family on the passing of Henry Barlow.*
- Susan Kirkpatrick on the passing of her sister, Karen Tucker.*
- Sam Leahy and family on the passing of her mother, Fern Berends.*

WE CELEBRATE TOGETHER & OFFER CONGRATULATIONS TO:

- Jan and Craig Ballard on the birth of their new grandson, Atticus Dean!*
- Boston and Kyla Lucero on the birth of their child, Ezra Mitchell Lucero (and grandparents Kerry Kirkpatrick and Gov Lucero)*

CREATION CARE CORNER: Compost 101

Have you ever thrown away produce that was shoved to the back of the fridge? As Mr. Bob likes to say, "The best way to keep fruits and vegetables from going bad... eat them!" Make a plan to eat what you buy and stick to it. Compost can be an excellent alternative to use food scraps or food that has gone bad.

Most yard waste and produce can be composted and added right to the garden to feed future plants. Compost is decomposed organic material made from food, leaves and other items that is a living soil amendment. You can simply "chop and drop" spent disease-free plants to decompose as mulch or you can set up a dedicated compost solution. This solution could be a compost bin in your yard or using a service like Compost Colorado.

The Creation Care team has officially designated St. Luke's as a community drop off site. The bin is located in our south parking lot.



A treasure of divinity is to return what God provides back to the soil to help grow another day. More info on composting: <https://extension.colostate.edu/topics/areas/yard-garden/composting-yard-waste-7-212/>

**This is a seasonally specific column based on actions everyday people can take to care for God's creation.*
 –Nichole Rairigh

 <p>Quintin Alderson Arapahoe Community College Associates, Automotive Technology</p>	 <p>Jared Brendlinger University of Colorado BA, Journalism and Sports Media</p>	 <p>Lidiya Brown Rock Canyon High School LIU Global, Costa Rica</p>	 <p>Ashley Cameron Dakota Ridge High School University of Northern Colorado</p>
 <p>Charlotte Emig Heritage High School California Polytechnic State University</p>	 <p>Francesca Emig University of Hawaii, Hilo BS, Environmental Science</p>	 <p>Anna Fisher University of Phoenix MS, Criminal Justice</p>	 <p>Landen Humphreys Mountain Vista High School University of Nevada, Las Vegas</p>
 <p>Zoe Kaminsky University of Wisconsin, Stevens Point MS, Natural Resources</p>	 <p>Hailey Lauer University of Missouri BS, Special Education</p>	 <p>Boston Lucero Ames Community College Fire Academy</p>	 <p>Brooks Lucero Mountain Vista High School Community College of Aurora</p>
 <p>Emily Maddox University of Iowa BS, Nursing</p>	 <p>Samuel Maddux University of Colorado, Boulder BS, Political Science and Philosophy</p>	 <p>Rachel Meade Western Washington University BS, Marine and Coastal Science</p>	 <p>Austin Merchant University of Southern California MA, Architecture</p>
 <p>Jonah Metz Mountain Vista High School Montana State University</p>	 <p>Jack Ramsey University of Colorado, Boulder BA, Journalism</p>	 <p>Joaquin Rodriguez University of Northern Colorado BS, Psychology</p>	 <p>Josey Seevers Austin Presbyterian Theological Seminary MA, Youth Ministry</p>
 <p>Clara Shanor Arapahoe High School University of South Florida, Tampa</p>	 <p>Reid Simmons Heritage High School Griffith University, Gold Coast, Australia</p>	 <p>Tessa Smith Mountain Vista High School Kansas State University</p>	 <p>Thomas Van Hoosen Highlands Ranch High School San Diego State</p>
 <p>Eva Weddel Mountain Vista High School University of Missouri, Columbia</p>	 <p>Sydney Weithoff University of Colorado, Colorado Springs BS, International Business</p>	 <p>Jenna Wesson University of Colorado, Denver BS, Public Health</p>	 <p><i>Congratulations Graduates!</i> Your St. Luke's family is so proud of you</p>

UWF Summer Connections

COMMON THREAD: We have started and are gathering on the first Wednesday of each month at 10:00am in the Conference Room! Our beloved Caroline Butler started the Common Thread Group years ago. It is not a sewing group but a gathering for retired, senior women who want fellowship with others for conversation, devotions and yummy refreshments. If you are interested in learning more *please contact Betty Ludlam.*

MONDAY EVENING BOOK CLUB Hybrid gathering (in person and Zoom) at 7:00pm on the 4th Monday. Join in the discussion of any or all the books planned. *More information contact Teri Burget.*

July 22 - *The Watchmaker's Daughter* by Larry Lofis

August 26 - *Finding Me* by Viola Davis

Sept. 23 - *Small Things Like These* by Claire Keegan



United Women in Faith

ITCH TO STITCH: Gathers every 3rd Saturday at 10:30am in the youth room to work on various projects. *More information about Itch to Stitch contact Victoria Mason or Fran West.*

Stewardship Report

Following the new clergy appointments to St. Luke's, our district superintendent determined that our salaries were not in line with the market and that we were underpaying our clergy. Because of this we are required to raise our clergy salary expense for a total additional annual cost of \$28,000.

Coming up with the resources we need to give our clergy what they deserve is a beautiful challenge, and it's one I'm lucky to share with you.... which is why I want to share an even greater challenge with you. If we can come up with an additional \$22,000 on top of that \$28,000 (that's \$50,000 total, for you math wizzes out there), then we can also give our staff the raise we failed to give them in 2023. Raises for Clergy AND Staff to get their pay market rate, and to pay them what they deserve for tirelessly building this community around us. \$50,000 is a lot of money, but there are a lot of us! To reach our goal, it's only an increased donation of 5% more per family for recurring donations.

And an easy way to find 3 of the 5% is to switch your donation method from credit card payment to ACH! If you're set up to donate via credit card, 3% of your donation goes towards processing fees. But you can switch to an ACH or check payment so that all of your donation gets its way to St. Luke's. 3% more to St. Luke's, for no cost to you. I'll be in the narthex after the service for anyone who would like help setting up their method of donation.

The futures task force heard you when you said that you want to invest in our people and in our church. Covering the additional expense is a challenge, but I know that here at St. Luke's we rise to the occasion, and we take care of our people.

Mark Johnson, our finance chair, also reminds us that we need to take care of our church home and we have 2 major projects to also plan for financially - upgrading our carpet and parking lot. We want to be good stewards of our property and community and we thank you all for your continued and dedicated support of S. Luke's.

—Jacob Wesson, Stewardship Chair

General Conference Update and Next Steps

by Susan McIntosh

General Conference 2020 (delayed to 2024) is in the books! It was an amazing experience to see how our church handles the business of church. I wanted to give you a quick summary, based on what happened at our local Annual Conference, and what's to come.

In one of John Wesley's sermons he notes that we don't have to be of the same mind to love each other as siblings in Christ. We simply love. General Conference 2020/2024 was filled with examples of this throughout the two weeks.

Regionalization: The General Conference approved several pieces of legislation that will move the church to a more regionalized system. Currently our structures are very US-centric, exemplified by the passage of the US only clergy retirement package that the entire conference had to vote on. Other parts of the church are set up in Central Conferences, and are able to manage some of the business and region-specific information on their own (like which colleges and schools are approved for providing education to clergy). This is a constitutional amendment, so we're not done yet! All the Annual Conferences across the globe will need to vote on this in the 2025 Annual Conferences.

Removal of Harmful Language: Since 1968, a variety of phrases and rules have entered the Book of Discipline which have been harming our LGBTQIA+ siblings. All of these phrases were removed. This means that LGBTQIA+ people can marry (in countries where that is legal) in UM churches, that they can be ordained, and that their lives are no longer deemed "incompatible" with the United Methodist way of life.

Folks, I still get teary talking about this. It grants the same rights to our LGBTQIA+ friends, which have been denied them for decades. Bishop Karen explained before these changes that she never knew if "today" would be the day that she'd be stripped of her clergy orders - of what she was called to do. There literally was dancing and cheering in the halls!

Revised Social Principles: Wesley brought his Christianity to the streets, through advocating for the hungry and poor, supporting right for those in prison. Our current Social Principles have been written (and rewritten) by committee for over 50 years. The General Board of Church and Society rewrote them in a global process, involving thousands of people across the globe, in order to ensure that these Principles were appropriate for everyone. They are concise, biblically grounded, and theologically linked to Wesley's teachings.

Deacons and the sacraments: Deacons have not been allowed to serve communion or provide baptism without special permission by their bishop. This restriction was removed. (In the Mountain Sky Conference, Bishop Karen Oliveto has granted this to all deacons, so it is making global the way we've functioned in our conference.)

Number of Bishops and budget: This stuff is a little convoluted, so bear with me. The General Conference pays for bishops, and their income is through contributions from the local churches. Because of diminishing attendance and membership (ever since the early 2000's - before disaffiliations and Covid), the amount that the General Conference has to work with is much smaller. AND in order to support local churches, the Conference is asking for a smaller percentage for the upcoming quadrennium. Bishops are paid through this apportionment, and while the churches in Africa are growing, the churches in the US are shrinking. So, it was approved that we'd reallocate bishops - reducing them by 4 (39 to 35) in the US and increasing by 2 (13 to 15) in Africa.

Of note for us in the Western Jurisdiction, where two bishops are retiring: we've been asked to accept bishops from another area of the US, rather than elect new bishops (Per the book of Discipline, every jurisdiction has a right to five bishops). There are still a lot of unknowns here, and it's still possible that we'll have an election. We should know more in the next few days, which is good, since Jurisdictional Conference (where bishops are elected and appointed) starts on July 10.

A few additional notes:

- Mountain Sky Conference is now recognized as one conference! This was going to happen at the end of the 2020 General Conference, no matter when it happened, but we've essentially been waiting since 2018.
- Ecumenical connection and reconnection - We reaffirmed our connections with a variety of denominations, including the Episcopal Church, which is on the verge of approving our full communion with them.
- Clergy retirement package - another financially driven change, adjusts the retirement packages for clergy to be more similar to a 401(k) in the private sector.
- Apologies - for sexual abuse and misconduct, for involvement in the overturning of the Hawaiian kingdom; condemnation of hate crimes against Asian Americans; acknowledgment of ableism, audism. We were quite aware of the diversity within our global church, and continue to find ways to relate to each other better, reducing colonialism, and other "isms"
- Green initiatives - There were several initiatives to support how we treat the land and resources, including the establishment of Green Teams in congregations, and at annual conferences.

All of these changes were passed with very wide margins. The church is healing from our season of division and disaffiliation. Many of the bishops noted that it's time for us to get on with the mission of the church - serving all the people of the world as a beacon of light and hope. I pray it will be so.

Up next



Stay tuned for updates from the Jurisdictional Conference in July. And we're fortunate enough to have Stephanie Kirk joining me

as a delegate! (We had to have some quick elections at Annual Conference to make that happen, but our delegation has shrunk dramatically since we were elected way back in 2019.)

Next year's Annual Conference will be hosted by St. Andrew UMC, so I anticipate you'll hear a lot about that and what we can do to help our sister church early June of 2025. This will be an important conference, as we'll be voting on the regionalization amendment.

Also of note at the Annual Conference - I'm pleased to inform you that I was elected a Conference Co-Lay Leader, to serve for four years. My goal is to help the laity of the church be more involved, and take more ownership in conference-level activities. Feel free to talk with me about this role!