

All-Church Retreat 2025 at Buckhorn: Fun, Fellowship & Fog

St. Luke's 2nd Annual All-Church Mountain Retreat in May was an outstanding weekend of fun, fellowship, and fog! Our group of 59 folks ranged in age from three-years-old to 70+-years-young and the intergenerational connections were some of the highlights of the weekend. Buckhorn Camp and Retreat Center is owned by the Mountain Sky Conference and is a beautiful location just west of Fort Collins. This year we again rocked out to karaoke, utilized the amazing game room, spent time with crafts, explored outside, and got competitive during the Wacky Olympics! Thank you to those who offered meaningful devotions, guided us in the opportunity to reset during yoga, and led music in a variety of ways, including a drum circle experience. *We can't wait for*

next year! Save the date for May 22-24, 2026!





Mark Your Calendars:
Our Summer
Backyard Concerts
are Back!

July 20 - Cruisin' Cats (Great Oldies from the 50's -70's)

July 27 - Gabriel Mervine (*Jazz Ensemble*)

Concerts begin at 7:00pm.

Bring a blanket or lawn chair and enjoy a relaxing summer evening and amazing music.



Shine up the paint and polish the chrome!

August 2nd is the date for the St. Luke's Car and Motorcycle show. Music, food, fun and gorgeous examples of mechanical creativity and excellence. Who will win this year's Les Ludlam Best of Show awards? Tasty food and, of course, the Cruisin' Cats will insure a great time. Have an entry for the show? Scan the QR code to register. See you there!!

NEW Online Calendar

Did you know you can now keep up with all of our church's activities right from your phone or personal calendar? On our website, under **Calendars: Google Calendar,** you'll find an easy-to-view Google Calendar that highlights upcoming services, ministry gatherings, church-wide events, and more. *Please note*: This does not replace our official Room Reservation Calendar. **Stay informed and stay connected!**



SUMMER OFFICE HOURS: 9:00am-1:00pm M-TH

WORSHIP SERVICES:

9:30am large traditional worship (live streamed and in person) I I:00am small gathering/large spirit, with communion

SUNDAY SCHOOL:



Staff

Rev. Calob Rundellx105
Rev. Liza Stoltz Hansonx107 Associate Minister
Rev. Dr. Sallie Suby-Longx132 Minister of Healing & Wellbeing
Dr. James Ramseyx123 Director of Music & Arts Ministries
Kenrick Mervine
Kay Coryellx136 Director of Handbells & Children's Music Ministries
Chris Rigolinix146 Director of Instrumental Music Ministry
Angela Alderson
Kelly Amadeox115 Director of Little School
Samantha Leahy
Sharon Oliver
Josey Seevers
Cassy Meierx110 Director of Office Administration
Melissa Grahamx124 Director of Finance
Jessica Sheltonx116 Financial Assistant
Barry Curtisx144

Our next issue of *The Chronicle*will be the Kick Off/Fall issue.
Content due Aug. 20, 2025
Please send inquiries and submissions to:
chronicle@stlukeshr.com
Editor: Sharon Oliver

Facilities Manager

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.

Summer at St. Luke's: Faith & Fun!



Rev. Calob Rundell Lead Minister Memorial Day has been commemorated. Graduations have been celebrated. Last days of the school year have been welcomed. Trips have been planned.

In our context, that means it's officially summer time!

While for some, summer might mean a break from some things, it means a continued time of worship, community, growth, and fun at St. Luke's.

I want to encourage you, and all of us, to take a good look though this edition of *The Chronicle*. What do you want to be involved in? What do you want more info on? What looks fun? What questions do you have? What are you going to put on your calendar and make plans around?



We know that experiencing and sharing God's grace is needed in every season. This summer, our world needs us to be a people of courage as we continue to serve and build community. Now is a great time to wonder about ways to grow in faith and spirit. And, as always, let this be a time when we are open to how the life, death, resurrection, and teachings of Christ Jesus move us beyond what we know and where we are.

Peace, Rev. Calob



Holy Week at St. Luke's

In the middle of April, we marked the most important time in the annual life of the church: Holy Week. These are the 8 days that began on April 13th with Palm & Passion Sunday and culminated on April 20th with Easter. During those 8 days we gathered for worship, reflection, and celebration.

On Palm & Passion Sunday, we began Holy Week by leaning into the story of Jesus entering into Jerusalem and creating sacred space in The Temple by flipping tables. That day we made palm crosses and also celebrated Easter Fun Day with games, snacks, and the Easter bunny!

On Maundy Thursday, we held worship centered around the story and sacrament of communion. And before worship, we gathered for our own sacred meal: an old-fashioned potluck!

On Good Friday, there was something really special. The Chancel Choir, along with soloist Roberta Hamilton-Griggs, shared the moving piece *Stabat Mater* about the experience of Mary watching Jesus be crucified. This was accompanied by dramatic first-person narratives, written by Jenna Wilcox, that told the stories of several woman that knew Jesus. The service ended in a powerful way, as Dr. Jim sang "Were You There" and the women carried the cross out of the sanctuary. Outside on the front law, the cross was placed, shrouded in black, and all was silent as snow fell.

For Holy Saturday, we held the emptiness and tension of a day when it seems that the despair of Friday will last forever.

On Easter morning, we celebrated resurrection and the victory of life with four worship services. At 6:00am, we did something new! We worshiped at the Audubon amphitheater in Roxborough in partnership with Holy Companion Episcopal Church from Sterling Ranch. The sunrise was accompanied by the air moving through the trees and the birds singing to greet the day. Then at 8:00, 9:30, and 11:00 we worshipped at St. Luke's with baby bunnies, triumphant music, and the joy that Christ is risen! *Christ is risen indeed!*





Rev. Liza Stoltz Hanson Associate Minister

Summer Bucket List

What is on your summer bucket list? Are there activities and events that are "must-dos" in the warm summer months? For me this list includes s'mores in the backyard, camping at Turquoise Lake, at least one Rockies game, trips to the pool, family bike rides, neighborhood movie nights, an epic road trip to the Midwest, garden-grown tomatoes, and the savoring of a season that promises to bring a slower pace.

The other night at dinner, our family started thinking about the events that are on our calendar and the items that we need to get on our bucket list. One of my wise daughters thoughtfully commented, "I don't know if I need a bucket list; I just want to enjoy fun things as they happen."



There is a bit of a conflict that arises when we start to schedule all the events we "must-do" in a season that provides opportunities for renewal and recreation. My kiddos' comment inspired me to think a little differently about the bucket list. Rather than schedule activities and events, where can we schedule time for intentional rest? Can we structure our lives in such a way that when fun

things do happen, we can easily put away all the other to-dos and really enjoy the fun?

In the 6th chapter of Mark, we learn of an interaction between Jesus and the disciples where in the midst of a very busy season, Jesus encouraged his followers to "take a break, get a little rest" and find some time apart.

My prayer is that the coming season grants each of us the opportunity to pause, breathe, check-off out summer bucket list must-dos - but also be intentional about creating time for fun and restoration, recreation and also spiritual soul care.

With peace and blessings on a great summer season, Rev. Liza



Can you believe we are coming up on the one-year anniversary of Pub Theology? It has been an incredible way for our St. Luke's community to show-up outside the walls of the church, and to do church in a unique way. We have been blessed with amazing speakers and discussion leaders and we have exciting topics in the works for the summer.

Save these dates (Wednesdays at 6:00pm) and look for more information!

June 25 • July 23 • August 20



Cassy Meier
Director of Office
Administration
office©stlukeshr.com

Staff Transitions: Thank you, Cassy!

Dear St. Luke's, As I step down from my role as the Director of Office Administration this summer, I want to take a moment to share my deep gratitude with all of you. Serving in this position over the past two years has been an incredible blessing in my life not only professionally, but personally and spiritually, as well. It has been an honor to work alongside the staff, ministry leaders, volunteers, and so many of you here at St. Luke's. While I may be saying goodbye to this chapter, I am certainly not saying goodbye to the church. This place has been, and continues to be, home

for me and my family. You will still see us on Sunday mornings, at church events, and involved in various ministries. I look forward to continuing to walk alongside all of you as part of this beloved community.

As I prepare to transition out of this role, I encourage anyone who may feel called, or who knows someone who might be a great fit, to reach out to Rev. Calob for more information. This is a wonderful opportunity to serve and support the life of our church in a meaningful way.

Thank you all for your kindness, encouragement, and trust over these past two years. It has been a privilege to serve you.

With love and gratitude, Cassy Meier



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



Everyday Awe & Wonder

If we are being honest, we would probably agree that the past year has brought some heightened anxiety, uncertainty, and concern for most of us. The unrest in our country and around the globe has continued to escalate on multiple fronts and is not showing signs of subsiding anytime soon. Remaining centered can be quite a challenge. It's more important than ever to care well for each other, ourselves, our families, friends, neighbors, and community. Strengthening our connection and wellbeing in all the ways we can is

essential. Being part of a faith community or network of supportive people is an important source of hope and provides necessary connection, opportunities for action, and shared encouragement. Often, small things, too, can play a significant role in providing a meaningful foundation for our mental, emotional, spiritual and physical health and can keep us connected in life-affirming ways when we feel turmoil circulating.



The other day I was with a close friend and colleague. She showed me a book she has been reading by psychologist Dacher Keltner called *AWE – The New Science of Everyday Wonder and How it Can Transform Your Life.*You already know I was intrigued by the word WONDER, since it

is part of our St. Luke's core values! According to Dacher's research, the simple purpose of awe is to help us notice what gives us life and helps us see how we are connected. Keltner identified types of awe experiences that are likely to support our wellbeing. Here are a few of them. We all have our favorites so see if you might identify with some of these awe experiences.

- Moral Beauty Witnessing human potential, courage, kindness, and the ability to overcome obstacles
- Religion/Spirituality Experiencing divine energy, presence, or mystery
- Collective Effervescence Experiencing the exaltation of being in unison with others
- **Nature** Being in the miraculous beauty or extraordinary scale of creation
- **Visual Design –** Noticing symbols, art, and sculptures that stun us with their imaginative power
- **Music** Hearing rhythms, sounds, lyrical patterns, that are deeply moving

So friends, here's to strengthening our connections in creative ways during this unsettling time and encouraging others to do the same. Sharon Oliver and I are hosting a CSE summer wellbeing experience on awe and wonder on August 5 at 5:30pm.

We'd love to have you with us. Let me know if we can add you to our list! (sallie@stlukeshr.com).

Warmly, Dr. Sallie



Samantha Leahy Dir. of Community & Early Childhood

Summer Recharge

Summer isn't just a break it's a time to refresh and recharge. The summer months are the perfect time to take advantage of the longer days and warmer weather. St. Luke's invites you to take care of your wellbeing, connect with others and enjoy the outdoors. Go birding with Seniors at St. Luke's, enjoy a hike with CSE, attend a Potluck and Game Night with our Lay Leaders, or enjoy a backyard concert sponsored by our Music and Arts Ministry. There are so many ways to recharge this

summer at St. Luke's! For details look through this issue of *The Chronicle* or go to stlukeshr.com for additional information. Summer Blessings, Sam

Seniors at St. Luke's

St. Luke's Seniors at St. Luke's offer activities and events for active adults 55+ within our community.

Thank you to Vern & Eileen Coy for an afternoon of fun country line dancing in April. Boot scootin' fun was had by all.

On May I, Melinda Davidson graced us with her knowledge and expertise in the kitchen curating easy, nutritious foods that invigorated and inspired our palates.



ENIOS

Senior Dining Group is

looking for participants to join groups. For more information or to join a dining group contact Phoebe Mitchell pajrmitch I @gmail.com

Men's Social Breakfast Club: This men's group meets on the last Monday of each month at 7:30am at the local Village Inn. Contact Steve Stine at sstine©zivaro.com.

COMING UP:

JULY 9: Bird Walk Adventure

Wednesday July 9 (8:00am) Highlands Ranch Backcountry Bird Walk with Betsy Keyack and Janet Johnston. Join us as we leisurely stroll through backcountry trails to see the mountain bluebirds, tree swallows and other species. This event is free and open to all ages.

JULY 19: Lavender Festival at Chatfield

Saturday, July 19 (9:00am) More than 2,000 lavender plants set the scene for this family-friendly celebration at Chatfield Farms' Lavender Garden. Bring the whole family to enjoy vendors, food trucks and live music. RSVP to Sam to get your tickets.

AUGUST 3: Rockies Game Faith Day

Sunday, August 3 (1:00pm) Our hometown Colorado Rockies play the Pittsburgh Pirates with a concert by Jeremy Camp following the game. Contact office@stlukeshr.com for ticket information. Open to all ages.

We look forward to so many fun summer activities and invite all to attend any one of our events click our link at the bottom of the St. Luke's website or contact sam@stlukeshr.com.

Is there something you want to learn more about on Sunday nights?

Sunday nights from 5:30-7:00pm is our new time for short-term studies at St. Luke's. We started in March with youth confirmation classes and an adult class on the Methodist church. We're now in the middle of a Bible study on the Minor Prophets. What should come next? Any ideas, thoughts, or suggestions? What is something you've always wanted to learn about at church? The next short-term study is slated to start August 10th. Send your ideas for this study directly to Rev. Calob at calob@stlukeshr.com

Women in Faith!

Celebrating All Women was the theme for our Potluck Breakfast gathering. Good food, fellowship and a generous offering for missions from 35 women. Rev. Liza was our guest speaker. She left us with this uplifting message: Jesus protected women. Empowered women. Honored women publicly. Released the voice of women. Confided in women. Was funded by women. Celebrated women by name. Learned from women. Respected women. And spoke of women as examples to follow. OUR TURN! We will continue to speak our voice for the good of women, children and youth.

Looking forward: Serving breakfast to the Annual Conference UWFAITH participants on June 14 at 7:00am. Another Celebration of Women gathering in September. Date TBD

Common Thread:

- July 2, 10:00am Travel program from Ken Fong and Betsy Keyack
- August 6 and September 3 TBD Contact Betty Ludlam, betty.ludlam1718@gmail

Itch to Stitch is on hold until August 16, so stay tuned. Contact Victoria Mason, vlm23@q.com

Book Group:

- June 23, A Pair of Wings by Carol Hopson
- July 28, Come Fly the World, Women of Pan Am by Julia Cooke
- August 25, The Women by Kristin Hannah
- November 25 compiling the reading list for 2026, so keep reading. Contact Teri Burget, Teri0962@gmail.com

We are always open to your ideas for new interest groups, missions and gathering topics. ALL WOMEN AND TEENS WELCOME



Melissa Graham Director of Finance

financedirector© stlukeshr.com

NEW! Track your Giving

The church has a new online giving platform called Servant Keeper that everyone is invited to use! Servant Keeper is an online portal where you can donate to St. Luke's, set up recurring giving, and also view a record of your financial giving. Please visit https://giving. servantkeeper.com/stlukeshr to set up your account. If you have questions or need any help, our Finance Director Melissa Graham

is here to be of assistance. financedirector@stlukeshr.com

If you're currently using another platform for your giving to St. Luke's, such as Vanco, you're invited to transition your giving to Servant Keeper.

Stewardship Update: Our new fiscal year begins July 1. As of early June, 143 pledge cards representing \$725,000 have been returned! This represent 67% of our giving needs. Non-pledged income covers some of that gap but we encourage you to make your pledge if you haven't already as that helps us to determine our budget for the year. You can still access the online pledge card at stlukeshr.com. Thank you for your continued support.





We are:

A community of women whose purpose is to know God and experience freedom as whole persons through lesus Christ; to develop a creative, supportive fellowship; and to expand concepts of mission through participation in the global ministries of the church.

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

St Luke's celebrated its 3rd annual Day of Service and Outreach on May 3rd. A number of volunteers gathered at the church for coffee, donuts and a blessing from the clergy prior to going beyond our church walls to do good in our community. Organizations that benefited from our outreach included Colorado Feeding Kids, a non-profit that delivers food and other critical resources to children and families; Highlands Ranch Backcountry Wilderness area which offers a variety of outdoor activities and serves as a sanctuary for local Wildlife; Network Coffee House which is a hospitality house supporting the unhoused where the dignity of all people is clearly affirmed; the Douglas County Heart Team that provides support and resources to the unhoused; and St. Luke's own Garden Ministry that provides fresh food to the integrated Family Services food bank.

Several volunteers drove to Colorado Feeding Kids' beautiful new location in Aurora to participate in a bimonthly Packing Event. Approximately 9000 servings of Spanish Rice were packed that will be disturbed to feed families in the Denver area via local food banks, churches and a school back pack program. The entire packing process is incredibly organized and efficient. It was a fun and fulfilling 2-hour shift and those that volunteered are excited to return for another Saturday Packing Event!

More volunteers headed out to the Backcountry Base Camp. Half the group kept busy by spreading mulch, painting a donkey barn, repainting faded tires and logs (including Sasquatch), filling tires in with dirt to make them safe to play on, AND clearing camp spaces of underbrush. The other set to work clearing an overgrown hiking path to top of a hill and the mini amphitheater space. All enjoyed the work and were exhausted by the end of their shift. The Backcountry area looked ready for campers by time all was done!

There was a group of volunteers that stayed at St. Luke's and assembled 100 blessing bags. Inside the bags were toiletry items, a snack or two, along with other goodies. Half of the bags were delivered to the Network Coffee House in Denver which is where St. Luke's provides lunches to on a weekly basis. The other half was then presented to the Douglas County Heart Team to include with the resources they provide to those experiencing housing insecurity. This was a great event that provided an opportunity for the younger and the older generation to get involved together in service.

A hand full of volunteers helped the Community Garden by doing gardening work all around the church. As it is with our own gardens at home, the garden spaces around the church were in need of some major weeding and clean-up. The helpers got a lot accomplished and have been willing to come back to help with further clean-up.

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. The Missions team is planning on offering more service opportunities throughout the year. So keep your eyes open for the next time you can join us to go above and beyond to help those in our community. -Carolyn Maddox



badly damaged.)

The delay was due to the time required to determine whether we could switch to an LED sign (it was finally determined that LED signs are not allowed in Highlands Ranch), to decide on the design of the new sign, to pick a vendor for the new sign, to the time required to manufacture the sign, to a delay in getting the right color bricks, and delays in permits.

But we were finally able to have the sign installed just in time to advertise Holy Week and Easter worship services.

The new sign has a more

modern design and has room for slightly longer messages.

Thanks go to the trustees and staff for their help in designing the new sign, and especially to Andrew Campbell, who led the project.











Logan **Amick** Rock Canyon High School Colorado State



Ary Oklahoma State University Doctor of Veterinary Medicine

Olivia



Brian **Bacon** University of Colorado, Denver BA, Psychology



Zoë **Brandt** Mountain Vista High School Coastal Carolina University



Ary

BS,

Raylynne Cerny ThunderRidge High School Colorado State University



Taylor Curry ThunderRidge High School Florida Atlantic University



Eloise Emig Heritage High School New York University

Zoe Kaminsky

University of Wisconsin, Stevens Point MS, Natural Resources



Lauer University of Missouri BS, Special Education

Hailey



Lucero Ames Community College Fire Academy

Boston



Lucero Mountain Vista High School Community College of Aurora

Brooks



Kate Jonnard Arapahoe High School Coastal Carolina University



Bailey Koenig ThunderRidge High School Colorado School of Mines







Lee ThunderRidge High School University of Colorado, Boulder

Skyler

Anders McCarthy

Colorado State University BA, Supply Chain Mgmt. & International Business



Midori **McCarthy** San José MA, Human Factors / **Ergonomics**



Sharon Oliver Benedictine University MS. Nutrition & Wellness



Pogge Rock Canyon High School Colorado State University

Brock

Annajulia Preble

Regis University

Applied Psychology



Victoria Rodgriguez

University of Northern Colorado BA, Criminology / Criminal Justice



Thomson Rose

University of Southern New Hampshire BS.

Geology



Liam Roth Colorado State University BS, Accounting & Marketing



Lauren **Sharpe**

Iowa State University BS, Pre-Athletic Training MS, Athletic Training



Riley Slade

Colorado State University BA, Sociology



Juliana **Speedy**

Arizona State University BA, Business (Law)



Stanfill Littleton High School Colorado Mesa University

Laura



The Evergreen State College

BA, Biology



Ethan **Thevarajah**

Colorado State University BS, Biology (Minor in Chemistry)



Brooklyn Wallace Columbine

High School University of Kansas



Portland State University BS, Psychology



WPTC 25th Season wesley Full of Variety!

players

Wesley Players is finishing their 25th Anniversary Season off with so much fun and talent!

Mary Poppins was fully sold out and such a great visual and aural sensation! Thanks to the amazing orchestra and all the audience members who continue to make our shows amazing community events.

Each of the 11 actors portraying over 60 characters in The Dining Room recall memories for us of our own dining room experiences... and the performances at The Performing Arts Academy at the end of April were amazing. Great audiences inspired the performers to up their game during each show. So, we are thrilled to be invited to The Historic Elitch Theatre on July 19 and 20 for their Elitch Encore series so we can do it again! historicelitchtheatre.org



and 21 at 7:00pm

Great for

ALL ages!

Dear Edwina is a

fun and heartfelt

musical following

advice-giver

extraordinaire, Edwina

Spoonapple, and

Friday

June 20

7:00pm

her friends as

they share

life lessons

+hrough

song and

dance.

251

Wesley

will be presented in the

Fellowship Hall on June 20 and then again on Sunday June 22 at 2:00pm. Children and adults alike will enjoy this fast paced, lively show where you get to watch the WP Adults act like silly, yet heartfelt tweenagers!

We sure hope you'll

join us! Finally, while we might not be able to tell you everything you need to know about our 26th Season TOMORROW, we do know that we don't NEED **ANYONE BUT** YOU to keep supporting us! And, WE KNOW YOU'RE GONNA

Come volunteer or audition with us! And thanks always for your support.

us! Hint, hint....

LIKE IT HERE with

Visit wesleyplayers.org for info on our upcoming shows!



James Ramsey Director of Music & Arts Ministries

Chancel Choir, Worship Band, Soul Purpose Youth Choir, Wesley Players, **Puppets**



Kenrick Mervine Associate Dir. of Music Ministry/ Organist

Grace Notes, Men's Chorus, Sisters of Soul



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

Tintinnabulators, Joyful Noise, Tone Chimes, Kidz Pravz. Cherubs.

Flute Ensemble



Chris Rigolini Director of Instrumental Music Ministry

Brass Ensemble, Wind Ensemble. Ministers of Swing, Orchestra



Angela Alderson Dir. of Children's & Youth Music Ministries allegroaa©hotmail.com

Kidz Prayz, Tone Chimes, **Soul Purpose** Youth Choir

Our Lenten Journey at St Luke's culminated in a profoundly moving Good Friday presentation of Karl Jenkin's extraordinary masterwork: Stabat Mater (The Sorrowful Mother). The 13th Century text expressing Mary's grief and anguish at the crucifixion of her son. Jenna Wilcox wrote and directed the Biblical women character monologues (interspersed between movements) reflecting the sorrows of Biblical and Contemporary narrative. The Glory of the Resurrection Easter Sunday Services featured Chancel Choir, Brass, Worship Band. (See recap on page 2.) We are grateful for the dedication of so many Music Ministers and Music Ensembles, who serve to elevate our worship regularly from September through May.

Our Spring Fling Dance,

featuring the Ministers of Swing, was a great success! Many folks danced and some just listened and enjoyed the company and fellowship with friends. Thank you to all those who purchased tickets and came out to support the Music and Arts program! Blessings and

looking forward to the next Spring Fling Dance in April of 2026!

And speaking of our Music Ensembles, as they take a well earned respite over the summer months, our Sunday Services are blessed to feature the talents of individual musicians: both instrumentalists and vocalists. During our summer series of Prophets Call to the People we keep in mind that Moses, Miriam, Deborah, Elisha, Samuel expressed their Faith, Thanksgiving, and Praise of God through Music. Shalom!

Don't forget our Summer Backyard Concerts on July 20 & 27. (see page 1 for details.)

play rs ZINA GOLDRICH Book and Lytics by MARCY HEISLER Saturday Sunday June 21 June 22 7:00pm 2:00pm Tickets: \$20 adults, \$15 seniors/students vesleyplayers.org

Greetings from your Staff/ Parish Relations Team!

If you're not familiar with SPRT, we're the "Human Resources department" for St. Luke's, working with clergy, staff, congregation, district and conference to keep things running smoothly from a personnel standpoint. May has been busy with annual reviews for our clergy members; the process is very thorough in that we use guidelines provided by the Mountain Sky Conference, which include gathering input, prayerful consideration, lots of feedback, small group meetings, discussions, and submission of all paperwork to the conference. We also look at job descriptions and pay scales for everyone employed by St. Luke's. The SPRT is made up of volunteers from the congregation: Mike Hollyman, Sandy Larson, Carl Cleveland, Jenita Rhodes, Steve Ashby, Ann Metz, Susan McIntosh, Audrey Elling, and with Betty Ludlam as the Lay Leader rep. We serve 3-year terms which can be renewed, and our work is challenging, important, and rewarding in so many ways. If you'd like to find out more

about what we do, or how you might participate, talk to any one of us when you see us around, or to become a team member contact sam@stlukeshr.com.





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



Counseling & Consultation with Dr. Sallie Suby-Long – Licensed Professional Counselor

Sallie welcomes you to care for your health and wellbeing and is honored to be present with you as together you identify creative strategies for enhanced emotional, mental and spiritual wellness. Her approach is individualized, respectful and compassionate as she supports you to navigate change and challenges, identify new possibilities, and develop approaches for greater fulfillment. Sallie is a Licensed Professional Counselor and holds a PhD in education with an emphasis in psychology, a Master of Arts in spiritual care, and a Master of Science in human development. For a conversation to explore your hopes and goals, contact Sallie.

Scholarships are available for all of our classes and experiences – simply contact sallie@stlukeshr.com

CSE Opportunities this Summer!

OUTDOOR ADVENTURES:

Wed., June 25, 7:45am meet time Reynolds

Park (Conifer) is a relatively uncrowded park offering meadows, forests and great views. We will hike the Eagle's View loop which offers spectacular views of Pikes



Peak on a clear day. This hike starts with a steady, steep incline that is not for the first time hiker. We will hike 4.5 miles with about 1000 feet of elevation gain in the first half of the hike. After our tailgate, we expect to be back to St. Luke's about 1:30. To rsvp for this hike please contact renaeparra©aol.com

If you have a hike you love and would like to lead it with our group, please let us know! Contact Jane or Julie julie.polikoff©msn.com

Our emails contain all the details you need to participate in these adventures (carpooling, meet times, elevation gain, length of the hike and more!) If you want to hear about all our hikes, please make sure you are on our Outdoor Adventures email list by contacting janestaller@gmail.com..

Save the dates for upcoming hikes:

- Wednesday, July 16 Betasso Preserve (Boulder)
- Thursday, August 14 Chief Mountain (Evergreen)

CULTURAL ADVENTURES:

Sat., June 21, 11:30am CoArk Korean Food Hall in Centennial

Join us to try this unique Korean food hall with ten different



food, drink and dessert vendors. We will meet at the restaurant at 11:30am and sit at the long dining tables. It will be fun to see what everyone chooses! Address: 15775 E. Arapahoe Rd., Centennial, CO 80016. Please rsvp to Renae Parra renaeparra@aol.com so we know to look for you.

SUMMER WELLBEING SESSION:

Tuesday, August 5, 5:30-7:00pm



The Hope of AWE & WONDER

(See details on page 3.) To register, contact Sallie©stlukeshr.com.
Suggested donation: \$20.

Men in Community with Bryan

Hutchinson Join this opportunity to connect with other men in our community. The experience engages participants in informal conversations about relevant topics and offers a chance to connect with other men regarding everyday aspects of life... family, work, faith, challenges, transitions, goals and hopes. You are welcome to join in anytime! We meet the 1st & 3rd Mondays of the month at 5:00pm.

CREATION CARE:

CSE Produce Stand! Our Creation Care team has a produce stand at the church on Sundays for folks to share the abundance of their gardens with each other. Produce that is left over will be donated to Integrated Family Community Services. Contact



Sharon or Sallie for more information.

Gardening Help: Come help tend our St. Luke's garden for the growing season. Contact Nichole Rairigh for more information.

CSE Spring Recaps

Brave Spaces:

Legislative Advocacy with the 2025 Colorado General Assembly: As local news media emphasized, this was a difficult year for new legislation in Colorado, due to the significant budget shortfall. Nevertheless, our hardworking legislators managed to pass a number of bills that will improve the lives of Colorado citizens. Colorado now has the strictest requirements in the nation for purchasing semiautomatic weapons, including the pistol used by the King Soopers shooter in 2021. It also covers the weapons used in the 2021 Lakewood and Denver shooting spree, the 2012 Aurora movie theater shooting, and some used in the 1999 Columbine High School shooting. Family visitation for those who are incarcerated is now a "right" in Colorado, instead of a "privilege" that must be earned. Family visitation is an important aspect of rehabilitation. New bills create greater accountability for law enforcement who violate established standards of behavior. A new Immigrant Rights bill strengthens protections for Colorado's immigrants, and another important bill strengthens protections for Colorado's transgender community. There also were some disappointments: the right of churches and schools to build affordable homes on property they own failed by one vote on the final day of the session, and Governor Polis vetoed a bill to bring harsh municipal court sentencing into line with state court standards. We'll resume our legislative advocacy work in January 2026; we invite you to join us. (janestaller@gmail.com)

What Can I Do?: Church & Government: Living Out Our Faith: On April 7th we continued to deeply engage in conversation based on the "United Methodist Social Principles" as our team hosted the third in

the series. Over 35 people attended as we welcomed 3 speakers from our St. Luke's congregation, Susan McIntosh, Christina Manthey, and Jane Staller. They openly shared their faith experiences



within our current political environment, their relationship between religion and government, and how they reconcile these often-conflicting topics. We continued with a time of questions and discussion with our audience and concluded with providing additional resources to support further study into this important conversation.

Speaker Series with Guest Speaker Rev. Dr. Amanda Henderson:

After over five years, our in-person Speaker Series returned and we had over 100 people attend to hear Rev. Dr. Amanda Henderson, author of Holy Chaos, speak in our beautifully transformed Fellowship Hall. Her topic of communicating and living with others who have different political beliefs and backgrounds



especially resonated during this turbulent time in our country. She offered practices for remaining centered when feeling the challenge of unsettled times. Some of the practices included grounding ourselves in what brings us together, facing our fears and stretching ourselves to engage in conversations with new people in different places and to welcome openness and curiosity while holding confidence in who we are and what we each believe. She stated: "identity is more about seeing the unique person you are and the unique person in front of you." Dr. Henderson encouraged using imagination and trying new opportunities that stretch our minds and hearts and the importance of finding something meaningful to do daily, weekly and monthly as a remedy to getting weighed down in political strife. Our team provided incredibly beautiful and tasty personal charcuterie boxes for each guest as well as popcorn! It was a fun and engaging evening and we thank you for your interest and support in this ministry. If you missed this event and would like to watch the presentation on your device, see Rev. Sallie for a thumb drive recording you can borrow.



Saving Us Class and Creation Care: In late March/ CREATION early April, our CSE Brave Space Creation Care Team hosted an engaging conversation on the National Bestselling book, Saving Us: A Climate Scientist's Case for Hope and Healing in a Divided World.

We were fortunate to have the expertise of Cathy Collins who has invested her professional career as an environmental engineer and Nichole Rairigh, a long-time advocate for creation care, and members of our St. Luke's Creation Care Team, all of whom bring innovative, scientifically and spiritually-based expertise in caring well for our Earth. Together, we shared our experiences, questions, and sincere hopes to care well for each other and for the earth as it cares well for us.

Classes:

Healthy Relationships Class: Carl Cleveland guided participants in a 4-week course leveraging his 20 years of family and workplace systems expertise. Attendees explored how to create more purposeful relationships for family, friends and the workplace through a myriad of topics. The class covered the impact our family of origin, birth order, personality type can all have on how we relate to others. Additionally, it focused on how we can best avoid negative emotional triangles, burnout and instead work towards self-differentiation and maintaining healthy boundaries to continue to foster positive connection.



YOGA: The Chapel on a spring morning is a perfect place to do some centering yoga with Sharon. We met 3 Thursday mornings in April and 3 in May and had a great turnout. Yogis young and old gathered to create community, stretch and perfect our poses, as we focused on gratitude for the

present moment, ourselves, and our planet. Watch for more sessions to pop up and join us!

Outdoor Adventures:

Our April hike at Dawson Butte turned out to be a perfect Spring day. We heard birds chirping, identified a variety of wildflowers and enjoyed the sweeping views. We were so pleased to have several new people join us and they were impressed with our fabulous tailgate afterwards. Our reflection time this month focused on the thousands and thousands of prayers which



have filled the spaces in St. Luke's over the years and how we can feel the support of those prayers during our times of grief, brokenness, joy, love, hope and healing.

Cultural Adventures:

During Holy Week, we visited *The Jerusalem Restaurant* in Denver for a delicious lunch. Our group tried Schwarmas, Falafels, Samosas, and variety plates. It definitely felt like an authentic place for Middle Eastern food and we shared great conversation.

In May we attended the *Baroque Chamber Orchestra* concert at St. Luke's. This has become a perennial favorite for our group. This season they played a series of Bach's Brandenburg Concertos. Their level of talent always leaves us in awe.

Pop Culture & The Bible

Following Easter, Sunday worship messages at St. Luke's focused on different ways scripture has influenced our wider secular pop culture. We heard about how the structure of a week



with 7 days comes from the creation story, and how at least one of those days needs to be for rest and connection. We heard about how we long for kings and governments, instead of longing for the ways of God. We learned that division in our world, and within ourselves, weakens us. As we celebrated graduates, we learned that change is possible as we grow on our spiritual journey. And to end the series, we talked about how we think about heroes in our culture.

The Book of the 12

To start the summer, we have a new message series focused on books of the Bible that are often overlooked: The Minor Prophets. These 12 books, starting with Hosea and



ending with Malachi in our Christian Bible, are collected as one book in the Hebrew scriptures known as simply 'the 12.' While called "minor" because each book is relatively short, what they have to say is of major importance. These prophets called out to people over 2,000 years ago, but what do their words have to teach us today? In what ways is our contemporary world similar, and different, than the Biblical communities so long ago? BONUS: A study video for each book will be posted to the church's social media, so anyone can follow along each week.

coming in july: The Means of Grace

As a United Methodist Church, we are a part of a wide movement that traces its story to John Wesley. Wesley was into a lot of things and had thoughts on almost everything, but the main thing that Wesley put as a foundation in the Methodist movement is grace. In our theology, grace is God's favorable disposition towards us, every person, and, indeed, all of creation. We have faith that grace is freely given by God, that we do not have to earn it, and therefore there is nothing we can do to lose it. Wesley was also big into how we do things (hence the "method" in Methodist). He taught that there are practices and disciplines we can have that help confirm our experience of God's grace in our lives. We call these the means of grace. Starting on July 13th, a new Sunday morning worship message series begins on The Means of Grace. What things can we do in our individual, day-to-day lives where we feel God's grace? What can we do as communities to share God's grace with the world around us? How do these things shape us as Methodists?

St. Luke's History Do you have any stories or photographs you would be willing to share about

your personal history with St. Luke's? Jack Kennedy is a year into researching the history of our unique church and its development. He is particularly interested in any photos and/or stories prior to the year 2000, but anything you consider significant, fun, unusual, or just plain uplifting is welcome. You can drop materials off in the St. Luke's office and photos will be returned after being scanned if you leave your contact information. Contact him at jpkjournalism@gmail.com or text him at 303-550-4755 with materials or questions. Thanks!



Josey Seevers
Director of
Youth Ministry
josey@stlukeshr.com

ON THE SLY: Summer Growth! 7th-12th grade

Spring has been such a season of celebration in our youth ministry - from silly celebrations like watching *Star Wars* to celebrate 'May the Fourth', to huge moments in the life of our congregation like Confirmation Sunday. As we wrap up this school year, we are looking forward to welcoming our new 7th graders, volunteering for VBS, and our summer mission trips! The middle schoolers are going to Rapid City, South Dakota on July 7-12. The high schoolers are headed to Billings, Montana July 27-August 2. We'd love to have a few more youth join us, so please reach out if you're interested! Every week we are growing and welcome you!

Confirmation was held over Lent, with a class for older teens and adults led by Rev. Calob, our confirmation class for 8th, 9th, and 10th graders led by Rev. Liza and Stephanie Kirk, and a class for 5th, 6th, and 7th graders led by Josey Seevers, Sharon Oliver, and Jenita Rhodes. All three classes were wonderful opportunities for discussion and exploration. Congratulations to our fourteen 2025 confirmands: Evie Amadeo, Jake Doernbrack, Kelsey Ediger, Jayden Garrett, Amelia Hendreschke, Austin Maher, Lain Mayka, Emma Oglevee, Nathan Overman, Elliot Price, Charlotte Rairigh, Coleman Weaver, Gregory Strickland, and Maddie Griffis. We are so grateful and blessed to have each of you as a member of our church community. Thank you for sharing your statements of faith with us. They are inspirational!





Sunday School: 9:30am

Middle School Mission Trip Prep Meeting: 4:45pm Youth Group: 5:30-7:pm (Social Justice Chat) High School Mission Trip Prep Meeting: 7pm

RIDAY JUNE 27

Theology in Media - The Hunger Games: 4:30-7:30pm in the Youth Room

SUNDAY JUNE 29

Sunday School: 9:30am Youth Group: 5:30-7pm (Panera Outing)



Additionally, we'd like to say another

graduates! You did it, and we are so

congratulations to our 2025





Kelly Amadeo Director & Principal of Little School kelly@stlukeshr.com

ST LUKE'S LITTLE SCHOOL Eventful End of

We sure had an eventful spring! We kicked things off with our annual Spring Sing, a special event that honors the parents of our children

the School Year!

and celebrates the arrival of a new season. Our amazing music teachers spent months preparing our students, teaching them new songs. We invited the parents of our

2.5-year-olds and three-year-olds to join us in the sanctuary, where we were treated to their beautiful performances. We never tire of hearing our talented children sing!

Our Annual Art Show exploring

"Art Mediums" in April was enjoyed by many. What talented kids and creative teachers we have!!

As the school year came to a close, like many of you,

many of you,
we experienced some bittersweet
goodbyes. We said farewell to many
of our sweet four-year-olds and
all of our wonderful five-year-olds,
who graduated at the end of May.
Watching their growth over the
years is the most rewarding part
of being educators. It's truly a joy
to see children who started their
journey with us transform into
big kids and, eventually, teens.
Even as they grow, we can still
spot traces of their preschool
selves in their smiles and
expressions. We wish all of our gradu

expressions. We wish all of our graduates a bright and happy future.

On May 24th, Ms. Sam organized a wonderful end-of-year breakfast for us. It was also a time to say goodbye to two long-time teachers who retired this year: Sandi Thompson and Missy Hart. Both have been with Little School for many years, and while we'll miss them, I was fortunate enough to convince them to stay on as substitute teachers, and we're so grateful they agreed.

Life is full of change, whether we're ready for it or not. Some changes are exciting, like welcoming new children to Little School this fall. Others are harder, like saying goodbye to students moving on to kindergarten or teachers retiring after years of service. Still, change is a part of life, and we are honored to be part of this journey and community.

Have a wonderful summer season! Kelly Amadeo

VACATION BIBLE SCHOOL is

one of the highlights of our year and we are looking forward to welcoming 160 kids to VBS "Road Trip: On the Go with God" led by 100 volunteers to make June 16-20 a magical week. Thanks for all of your support of Children's Ministry!











St. Luke's Kids - St. Luke's Kids -

Welcome to grace courage wonder beyond 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 & Dir. of Community & Comm. Creative Director



Samantha Leahy Early Childhood Ministry

Summer Family Blessings!!

Leading up to summer, we experienced a meaningful Holy Week & **Easter** and learned about this special time in our Sunday School lessons. We love incorporating music into our Sunday mornings with Ms. Kay and Ms. Angela there to lead the 1st-6th graders. They delivered a wonderful Palm Sunday song and adorable Mother's Day tribute along with our Cherubs choir.

Our volunteers are the best! We are so grateful for Ms. Jenita & Ms. Kerry, who are there consistently for the children in Sunday School and we would love to have you join them. It truly makes a difference! You can sign up on our stlukeshr.com website or contact Sharon or Sam.

Our annual Easter Fun Day was a big success and enjoyed by over 200 people. This event, held on Palm Sunday, helps us remember Jesus' triumphal entry into Jerusalem. We celebrate with games, yummy treats, balloon animals, bunnies, ferrets, Easter egg hunts, crafts, face painting, temporary tattoos, fingernail painting, bouncy castle, pictures with the Easter Bunny, cookie decorating and MORE! Our amazing volunteers make the afternoon so special.

We also had several **SLY, Jr.** events this spring to celebrate the end of the year - our IKEA scavenger hunt, graduation party (with a little silly string) and "Star Wars" progressive dinner on May 4. What a blessing to have shared the year with this amazing group of 5th & 6th graders! Our 6th graders graduated

up to SLY at the beginning of June - it was hard to say goodbye to these kids, but we are so excited for them to graduate up to SLY (St. Luke's YOUTH) - and I hope they know that they always have a home at St. Luke's Kids and people here who support them. The rest of the Pre-K and elementary kids will move up to their next grade on Aug. 3 Promotion Sunday!

And BIG congrats to Little School on another successful year and BIG thank yous to retiring teachers Sandi Thompson and Missy Hart for all of the years of teaching, service and care of our preschoolers! YOU are inspirations and blessings!!!

Join us for our fun summer events including **Family** Potluck & Movie Night on July 12 where we

will piggyback off our Progressive Dinner theme of "Star Wars" and watch Star Wars: A New Hope as a church community and eat a yummy potluck. Bring your best Star Wars-themed dish! Also, bring a

chair as we will watch the last half of the movie outside under the stars! Come be part of fun and friendship in the beautiful outdoors at Family Camp July 17-24 at Winding River Resort in Grand Lake, CO. Contact Caroline Merchant for more information: caroline@merchant-us.net or 303-596-

7026. So far we've got a great group of folks going. ALL ages of campers welcome! And watch for a great Wacky Days program August 13-15. Mark your calendar for **Backpack Blessing Sunday** on Aug. 25.We will celebrate back to school with a family festival on that Sunday! And don't forget, on the first Sunday of every month, parents can gather together in the Chapel for It Takes A Village to get to know one another and share parenting life together. Summer Blessings to All!









St. Luke's United Methodist Church

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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.



Have you ever wanted to walk beside someone through a difficult time showing that the love of Christ is poured out for them? Have you ever

wanted to spend time visiting with those who are confined and simply need your presence and listening ear? If you said yes to either of these questions, becoming a S.O.U.L Minister may be your calling. We have revamped the Stephen Ministry program to better fit the current needs of St. Luke's and its congregation. We will be offering a 4-week training program beginning each Tuesday evening in October. This will equip you with the skills you will need... to support, provide outreach, uplift and listen. To apply, go to our table in the Fellowship Hall. You may also go to the website to complete an application. Applications will be accepted until Sept. 7 and interviews will be conducted the week of Sept. 15. Classes are limited to 10 or 12 participants, so don't hesitate to sign up as quickly as possible. We'd love to have you join us on this very rewarding journey for you and our care receivers!



Cassy Meier
Director of Office
Administration
officeOstlukeshrcom

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.

Carole Bacon, Jean Bennett, Ira Benton, Carla Brown, Sally Cleary, Jan Cook, Bev Furns, Betty Halderman, Daisy, Alina Harper, Rev. Jim Harris, Walt Havens, Pat Helm, Lennon Krantz, Greg Lucero, Julie Lucero, Doug Lyons, Carolyn McIntosh, Fred Munoz, Ann Newton, Judy Preble, Jim and Jean Ransick, Dale Sevcik, Bodie Shoffeitt

WE CELEBRATE TOGETHER & OFFER CONGRATULATIONS & ALTAR FLOWERS TO:

Randy and Sandy Larson's 35th Wedding Anniversary!

The memory of Joan Goddard.

Betty Ludlam "in celebration of the love from my St. Luke's family".

The memory of Suzanne Humphreys.

From Stefanie Roth and Janet Fethke in recognition of Liam's college graduation and all 2025 grads. Jensen and Cassy Meier's 10th wedding anniversary!

Brian and Elizabeth Bauer's wedding anniversary.

Karl Krantz on the birth of two new grandkids, Harlowe Georgie Krantz (parents Ben and Katie Krantz) and Campbell Bennett Krantz (parents Tucker and MacKenzie Krantz).

Brenda and Dave Hart on the birth of her great granddaughter Lennon Phoebe Frink!

Mike and Laura Richard's 42nd Anniversary!

Carla and Roger Flaming's 30th Wedding Anniversary!

WE EXPRESS OUR DEEPEST SYMPATHIES AND CONDOLENCES TO:

Dean Luallen on the passing of his brother, Donald Charles Luallen.

Pat Shaffer on the passing of her brother, Robert Simmons.

Valerie Goodstein on the passing of her mother, Laurene Guest.

The family and to our friends at St. Luke's on the passing of Jimetta Pyles.

Jennifer Jensen on the passing of her father, David Jensen.

Michelle Mallory on the passing of her aunt, Marcelina Macias Anaya.

The family of Mark Bly on his recent passing.