



Summer

# The Chronicle

Highlands Ranch, Colorado

ST. LUKE'S UNITED METHODIST CHURCH

JUNE-AUGUST 2023

**2023 ST. LUKE'S SUMMER Backyard CONCERT SERIES**

**FREE** (donations accepted)  
Bring a picnic, a blanket & lawn chairs!  
In case of inclement weather, the concert will move inside

**BONUS SUMMER CHOIR**  
JULY 23 & AUG. 6  
at 9:30am worship

**SUNDAYS at 6:30 pm**

- AUGUST 13**  
Cruisin' Cats  
Cruisin' Cats
- AUGUST 20**  
Broadway Under the Stars  
wesley players theatre company
- AUGUST 27**  
Gabriel Mervine & friends

**Trophies**  
MULTIPLE CAR CATEGORIES

**FREE ADMISSION**

**Entertainment**  
CRUISIN' CATS  
ROCK BAND

**CAR AND motorcycle Show**  
AT ST. LUKE'S UMC

**SATURDAY AUGUST 19, 2023**  
9:00AM-12:30PM • [STLUKESHR.COM/CARSHOW](http://STLUKESHR.COM/CARSHOW)  
ST. LUKE'S UMC • 8817 S. BROADWAY • HIGHLANDS RANCH

UNITED METHODIST CHURCH  
HIGHLANDS RANCH 80129  
com

St. Luke's

QR code

## Guatemala Trip 2023

What a blessing to be able to resume our in-person mission trips to Guatemala this year! After three long years of waiting due to COVID, St. Luke's was able to join Pura Vida in building a home onsite once again. Our virtual trips have been very successful, but what an experience to be able to go there and meet the family in person. This year we helped build a home for Juana, Isaias and their eight children.

What a joy to land in Guatemala City with a beautiful sunset greeting us. God was graciously welcoming us back! After a night in Antigua, we drove to ChiChi and began our work in the small town of Lemoa. Everyone pitched in as we began to raise the walls of this home, one cinder block at a time.

But it wasn't just a home we were building. It was also a relationship. We played with the kids, we worked alongside Isaias, we laughed with each other and we got to know the Pura Vida team as well.

We also gained great knowledge of the need for school children to have sponsors. Most children in this area quit going to school at about 12 years of age, as their parents have to pay for them to go to school after the 6th grade. With sponsors, these children can continue going to school. *continued on page 6*



## Sign up for the Golf Event!

The St. Luke's annual golf event is approaching fast and I need folks to play golf with! If we do not have 40 players by the end of July, we may need to cancel the golf event. But we can do it! Sign up now!

This year's golf event will be held at **Heritage Eagle Bend in Aurora, Saturday, August, 26**. Last year we had 68 players! If you are interested in playing and raising lots of money for St. Luke's, please go to our website [stlukeshr.com](http://stlukeshr.com), click on the golf event link and sign up today! If you know any friends, neighbors, or younger people that like to play golf, please refer them to our website. We need more volunteers and sponsors. If you are interested in helping please contact me, Brian Owens, at 720-635-7222 or [Brian.owens@comcast.net](mailto:Brian.owens@comcast.net)



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

WORSHIP SERVICES:  
9:30am live streamed and in person  
11:00am in person

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

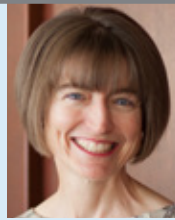


Staff

- Rev. Michele Kaminsky.....x105  
Lead Minister
- Rev. Liza Stoltz Hanson.....x107  
Associate Minister
- Rev. Dr. Sallie Suby-Long.....x132  
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.
- Maya Opati.....x145  
Director of Youth Ministry
- OPEN.....x110  
Office Administration
- Taletha Pogge.....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, 2023**  
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

# Wisdom from the Sea

Dear St. Luke's Family and Friends,

Growing up in Binghamton, NY, I was blessed to be able to spend my summers with my mother and my sister

at a campground in Wildwood, New Jersey. Wildwood is a more restful town, about 45 miles South of the hustle and bustle of Atlantic City, and the three of us would spend each day in the sand by the sea. Sometimes we took the quick drive to the shoreline of the Atlantic Ocean, but most days we played in the sand by the campground lake. There's nothing like rubbing your feet deep into sand where it is cooler, then closing your eyes and drifting off. Those summer days by the water were so soothing for me, and I never tired of it.

**This summer, we will be "seaside" as well!**

June 4-August 6 we will hold our *Summer By the Sea* worship series where we will explore different ways to stay grounded in the rough waters of life so we can revive our sense of peace and restore our exhausted souls. Doesn't that sound nice? And we won't even have to leave our beloved land-locked Colorado! For we will come alongside Jesus who did a lot of his ministry by the Sea of Galilee, and we'll walk with others in the bible who had life-changing moments near the water as well.

As we take a closer look at these seaside stories this summer, we will lift up their deeper meanings, and will apply them to our lives, for these ancient texts have timeless wisdom that can soothe our souls, even today.

And while I can't exchange the cushioned chairs in the sanctuary for chaise lounges or lawn chairs, I can begin to set the mood for us by offering this poem by PrttyBird titled *Seaside*.

I WATCH AS THE SUN DANCES ON THE WATER, UNDER THE BLUEST SKY. NO TWIRLING CLOUDS IN THE BREEZE ABOVE. NO SHADOWS BLOCK THE SUN. TWINKLING STARS IN THE AFTERNOON HANG AROUND TO DANCE ALL NIGHT. THE SPARKLING ONYX WATER TAKES THE HAND OF THE MOON AND IS SERENADED BY THE NIGHT SKY IN ALL ITS ILLUSTRIOUS SPLENDOR.

I'm looking forward to spending the summer by the sea with each of you!

**Summer Blessings, Rev. Michele**



## 40th ANNIVERSARY CELEBRATION!

For 40 years St. Luke's has changed lives through all of the ways we have reflected God's love, deepened people's connection to Christ and shown compassion to all. **And the week of March 13, we celebrated big!**

On Monday, March 13th, we gathered in the sanctuary for a special evening of looking back at our St. Luke's history through storytelling, music and humor. We heard about our beginnings and how St. Luke's has always been mission focused, community oriented and loving to all. We also heard from one of our newest members and how he was drawn to St. Luke's because it was real. We watched a video of our children telling us what they love about St. Luke's, reminding us that in 40 years, they will be celebrating our 80th anniversary. Then we spilled out into the Fellowship Hall for some fancy desserts, reminiscing and looking at memorabilia.

On Saturday, March 18th, we gathered for a day of service, fully embracing our desire to be in mission, as we went into the world to support (see article on page 6.)

Then on Sunday, March 19th, we celebrated 40 years of grace, courage, wonder and beyond with a special worship service at 9:30 that featured the music of Mark Miller and the blessing of Bishop Karen Oliveto whose words launched us into the next 40 years. We were blessed to come back that afternoon for a special concert with Mark Miller whose music inspired us to keep drawing the circles of love and understanding wide in our world. And we continue to keep the celebration going with our list of 40 for 40 ideas of inspiration and connection! (See page 5.) **Thank you St. Luke's for 40 years of making the world a better place!**





**Rev. Liza Stoltz Hanson**  
Associate Minister

## Ordination Reflections

### *Ordination as an Elder in Full Connection in the Mountain Sky Conference of the United Methodist Church*

I am so grateful for the celebratory focus that St. Luke's has shared with me regarding my ordination. I thought I would take this opportunity to share a few reflections on this process of ordination in the United Methodist Church.



A Lutheran clergy colleague in Minneapolis wrote a blessing called "For Pastors," including this excerpt:

*There is a holy tension in this call to be set apart but not above, [standing shoulder-to-shoulder with the] fullness of people you are ordained to love uniquely.*

*They are looking for Jesus, and instead they get you, an ordinary person with sacred, restless nerve that manifests a thousand ways over time.*

#### What does 'Ordination' mean?

Ordination is a sacred rite and moment of consecrating my work as a minister of word and sacrament in the life of the church. Bishop Karen Oliveto will place her hands on my head and offer a prayer inviting the presence of the Holy Spirit to be ever-present in my ministry. During the act of ordination, I accept my authority to "preach the Word of God, to administer the Holy Sacraments, and to order the life of the Church" which are the unique vows of an Elder in the UMC.

I love the phrase in the blessing (at left) that refers to the ordained as "set apart, but not above" which speaks to the gift of being called into this holy work and the reality that being ordained does not make me holier than anyone else, no less flawed or less prone to sin. I am still the same ordinary person, doing my best to direct all of us to the love of Jesus and the grace of faith.

Ordination is holy and momentous. It is not a graduation or a final achievement. Rather it is an initiation into the fullness of following God's call and a life-long vow to the ministry of the church.

#### A Long Process

I began the ordination process when I began my M.Div at the Iliff School of Theology in the fall of 2017. Concurrently, I formally began the process by receiving affirmation of my gifts and graces by University Park UMC where I was a member. I was in process with the DCOM (District Committee on Ministry) for two years, became a Certified Candidate for ministry in 2018, passed psychological evaluations, and began working with the Board of Ordained Ministry in 2020. I was commissioned as a provisional elder (online and then in-person in 2021). During my two years as a provisional elder, I reflected deeply on ministry, showed my effectiveness and fruitfulness as a pastor, and have been beyond grateful to be at St. Luke's during that time of growth.

#### What's with the Red Stole and Red Shoes?

The liturgical color of ordination is red. Just like at Pentecost, the Holy Spirit is ever-present in the moments of ordination. A red stole will be placed on my shoulders at ordination by Rev. Dr. Valerie Jackson, senior pastor at Park Hill UMC. Pastor Jackson was the pastor who baptized Ruby, she was my supervising pastor at UPark, one of my Iliff instructors, my mentor, a prophetic preacher, and a dear colleague. The stole has been beautifully crafted by St. Luke's own Jenita Rhodes who followed my every specific request. It is predominantly red but includes rainbow-colors, a sign of inclusion and the work of the Spirit.

Women ordinands traditionally wear red shoes during the service to pay homage to the theologian and scholar Georgia Harkness, who played a pivotal role in the movement that granted ordination rights to women in the UMC in 1956.

*The 2023 Mountain Sky Ordination service was on Sunday, June 25 at 9:30am at First UMC Colorado Springs. St. Luke's is graciously hosting an additional ordination party on Sunday, July 9th at 10:45am.*

*Peace be with you, Rev. Liza*



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

## Spiritual Renewal

I love the way author, teacher, and community activist Wayne Muller describes the value of intentional spiritual renewal; "*It's the presence of something that arises when we consecrate a period of time to listen to what is most deeply beautiful, nourishing, or true. It is time consecrated with our attention, our mindfulness, honoring those quiet forces of grace and spirit that sustain and heal us.*"

Do you ever wish for a little quiet time to pause, reflect and release the perceived expectations of "doing"? Even though I believe deeply in the importance of these sacred pauses, sometimes it can be challenging to weave them into my days. Does this sound familiar to you? In the midst of our achievement-oriented culture and the full pace of life, it is not uncommon for good, compassionate people to sometimes feel as though we're being pulled in multiple directions. Our days are filled to the brim and our minds remain on fast forward.



Setting time for refreshing practices in the rhythm of our days might seem like a luxury, yet, it truly is necessary for our emotional and spiritual health.

Pausing and reflecting on the quiet voice within us is an essential pathway to wellbeing. Intentional time for listening and being can offer a greater sense of meaning and connection and open up new options with heart and hope. Simple practices can shore us up for living in a more purposeful way, centering us and strengthening us for whatever each day brings.

Here are a few things that help me feel centered and peaceful...

- WATCHING THE STARS ON A SUMMER EVENING
- BEING IN A GARDEN
- WALKING ALONG A CREEK
- LISTENING TO BEAUTIFUL MUSIC
- WRITING IN MY JOURNAL
- LIGHTING A CANDLE AND SAYING A PRAYER
- WALKING AMONG WISE OLD TREES

What are some things that help you feel centered and peaceful?

Wishing us all spiritual renewal time "consecrated with our attention, our mindfulness, honoring those quiet forces of grace and spirit that sustain and heal us."

*Warmly, Sallie*



**Samantha Leahy**  
Dir. of Community & Early Childhood Ministry

## Connections

My daughter Ryann recently attended a friend's wedding. At the reception she introduced Ryann to her grandparents. Ryann thought they look familiar and asked if they had met. They weren't sure of the connection but Vern and Eileen Coy shared they were members of St. Luke's! If you think about the

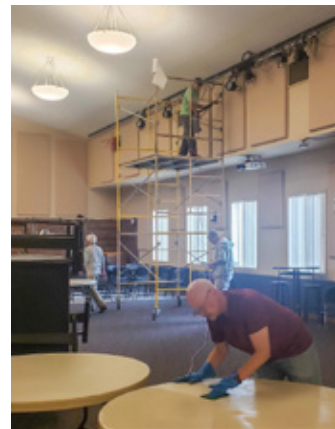
50 or so people that could be in a single grocery store at one time, how many of those people are one, two, or three social connections away from you? Maybe they live in the same neighborhood and you both know the same neighbor, but have never met one another. Or maybe their children go to the same school as your children. This summer as you attend church services or social events at St. Luke's don't be afraid to reach out and introduce yourself. Each of us is connected in some way or another, whether it be a friend of a cousin, a friend's spouse's sibling, or the grandparents of one of your child's friends. We're all connected. Isn't that crazy and spiritually comforting at the same time! **For information on ways to connect at St. Luke's contact Sam@stlukesbr.com.**

## Trustees Corner

The trustees have taken care of the two outside stages built during the height of the COVID-19 pandemic.

**The south stage**, used for conducting parking lot services in 2020 through 2022, was no longer needed. Consequently, it has been dismantled; the effort was led by Lee Seaman. Barry Curtis has re-seeded the area, and soon there will be no sign that it was ever there.

**The backyard stage**, used by Children's Ministry, the Performing Arts Academy, backyard worship services, and concerts since 2020, still has use for multiple groups. But the surface of the stage was made of Oriented Strand Board (since it was intended to last only a few months), and consequently has deteriorated badly. The trustees have removed the old stage surface boards and replaced them with TREX® decking, which is designed for outdoor use. So, this stage is now ready for use this summer for concerts, children's groups, and any other backyard events.



**The trustees also hosted a very successful Service Saturday on May 20.** The ceiling light fixtures in the Fellowship Hall, Narthex, Chapel and back hallway got their annual cleaning. Many of our chairs and tables got a good scrubbing and the kitchen and Conference Room were thoroughly cleaned. One bay of the garage was straightened up and many fluorescent bulbs in the office were replaced by more energy efficient LED bulbs. Thank you for all the volunteers who helped!

## Summer & Fall News



United Women in Faith

### ITCH TO STITCH

Gathers every 3rd Saturday at 10:30am in the youth room to work on projects.

**July 15** – Mary Peterson will lead the group in piecing squares for the Quilt of Valor and Warren Village Christmas stockings.

**August 19** – work on the Christmas stockings

*More information about Itch to Stitch contact Victoria Mason or Fran West.*

### 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 24**..... *America's First Daughter* by Stephanie Dray

**August 21**..... *Golden Girl* by Elin Hilderbrand

**Sept. 25**..... *The Doctors Blackwell* by Janice P. Nimura

**October 23**..... *The Girl in His Shadow* by Audrey Blake

**November 27**.... *The Surgeon's Daughter* by Audrey Blake

### WORLD THANK OFFERING

Save your loose change in a container and turn in to Betty Ludlam or Ann Newton in October. Funds are used to help women, children and youth around the world with childcare, food insecurity, housing and other issues. If you want a label for your container, ask Betty. This is a good project for children.

### COMMON THREAD *Coming in the Fall!*

Our beloved Caroline Butler started the Common Thread Group (not a sewing group). This gathering is for retired, senior women who want fellowship with others for conversation, devotions and yummy refreshments. We take turns with devotions and refreshments. Meeting once a month usually at 10:00am at the church. If you are interested in learning more or being a part of Common Thread *please contact Betty Ludlam.*

**We're a sisterhood acting in faith to tackle the hard work of the world without hesitation.**

*Driven by God's love and united in sisterhood, we work to improve the lives of women, children and youth. Every day, we show up. We take action. We get it done. And we invite you to join us.*



**REMINDER!** Please do not leave valuables in your unoccupied car. In late May, three vehicles were broken into during worship services at a nearby church, and purses were stolen. Similar incidents have occurred at other local establishments. Please take precautions so that this doesn't happen at St. Luke's.

## Seasoned Voyagers 2023 Summer and Fall Activities

• **July 9 at Noon:** Meeting will be at St. Luke's Scam Awareness education session "Douglas County Scam Awareness Forum".

• **August 17 (Thursday):** Guided Tour of the Denver Firefighters Museum. Meet at St Luke's at 9:00am \$16 per person includes the bus and museum admission.

• **September:** Stay tuned for another exciting adventure!  
• **October 3 (Tuesday):** Meet at St Luke's at 9:30am for departure on the bus for Leaf Peeping! Cost \$10 per person.

• **November 9:** Hammonds Candies tour. Meet at St. Luke's at 9:15am. \$10 per person bus fare. The tour is free.

• **December 7 (Thursday):** Cookie exchange and Mingo at St. Luke's.

**For information contact Pam Burke burkefami@aol.com**



**In June we had a wonderful tour at the Highlands Ranch Mansion, given by our own Teri Burget.**



## Thank You for your Support in 2023

### Just 2 quick reminders:

- 1. We are still doing our 40 for 40** throughout the summer and if you could contribute \$40 towards one of the financial options it would be greatly appreciated.
- 2. Keep turning in** your pledges and donations and finding ways to support St. Luke's. It is appreciated!

Visit our new pages on the website to see our most current financials. We are committed to keeping you informed. "June 2023 Financials" link is under Quick Links on the home page.

Contact Taletha Pogge at [financedirector@stlukeshr.com](mailto:financedirector@stlukeshr.com) or 303-791-0659 x124 if you ever have questions regarding St Luke's finances.



**Taletha Pogge**  
Director of Finance

## Get to Know Your Lay Leaders!

Your St. Luke's Lay Leadership team is responsible for various aspects of the church's life and ministry. Our primary role is to discern and implement the vision and mission of the church. We work closely with our clergy team, staff, and other church leadership teams like the Executive Team, Staff, Parish Relations Team, and Finance among others to provide guidance, support, and accountability while representing our laity.

This summer, we are working on planning the **Kick-Off picnic on Sept. 10**, aligning with the Futures Task Force team to implement radical hospitality on Sunday mornings, and brainstorming ways to strengthen our outreach to ensure we're available to help anyone at St. Luke's get connected, receive their feedback, or have their questions answered.

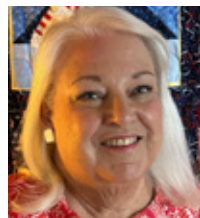
There are twelve members of the Lay Leadership team and we are excited to share a little about ourselves. Please feel free to reach out to us or say hello when you see us around church.

**Paul Kirk** is the chair of the Lay Leadership team, and has served on the team for three years. Paul has been a member of St. Luke's since 2011 and has served on a number of committees, and previously as a Stephen Minister and Leader.

Paul is married to Stephanie Kirk, who have two kids, Isaiah, and Naomi. Paul loves to get outside and hike, camp, backpack, and run.



**Pam Burke** has been a member of St. Luke's for eight years. She loves the community feeling of our church and enjoys helping people and solving puzzles. Pam is a 'Catholic refugee' and is so happy to have found a home at St. Luke's. Pam is married to Jim and has two children, one two-year-old grandchild, and a six-year-old Bichon named Itsy Bitsy Mitsy. Pam is also a veteran, a meteorologist, and the current Director of Seasoned Voyagers.



- Spend 40 days praying** for the community and staff of St. Luke's.
- Walk 40 miles** in four months or 40 days for health and wellbeing.
- Donate \$40** in the donut jar for 40 donuts to be shared on Sunday mornings.
- Find 40 different wildflowers** in God's creation this summer. Check out the Center for Spiritual Engagement [stlukescs.org](http://stlukescs.org) for hikes that might help make this possible!
- Pull 40 weeds** out of the landscaping of St. Luke's!
- Connect with 40 new people** at St. Luke's and try to remember their names.
- Purchase or help install 40 LED light bulbs** for the church. Please contact Trustees Chair, Ken Fong at [ken@stlukeshr.com](mailto:ken@stlukeshr.com) for details.
- Read 40 Bible verses** and reflect on them.
- Drop off 40 bags of chips** in the front office or missions closet for the Monday Lunches for the underserved. Contact [sam@stlukeshr.com](mailto:sam@stlukeshr.com)
- 40 cans of food** for the Blue Bir.
- Spend 40 minutes calling** on friends at St. Luke's.
- Donate an extra \$40** for four months to St. Luke's. Please visit [stlukeshr.com/40](http://stlukeshr.com/40) to make your donation and note '40 for 40' with your contribution.
- Read 40 affirmations** [sarahanddesign.co/affirmations](http://sarahanddesign.co/affirmations)
- Sign up for a walk/run** and for each event contribute \$40 for adults or 40¢ for kids to St. Luke's. Please visit [stlukeshr.com/40](http://stlukeshr.com/40) to make your donation and note '40 for 40' with your contribution.
- Donate \$40** or 40 minutes (or more) of your time to help with **Vacation Bible School**. Contact [sharon@stlukeshr.com](mailto:sharon@stlukeshr.com) or go to [stlukeshr.com/children](http://stlukeshr.com/children)
- Kids donate 40¢ at Sunday School**
- Count 40 blessings** in your life.
- Donate 40 items of clothing** to Renewed Treasures.
- Find 40 ways** that you see God.
- Other** \_\_\_\_\_

### Part 1 - Stayin' Alive

*Psalm 16: 5-11 & 1 Peter 1:3-9*

**Ponder This:** There are five basic elements that make up who we are: Simply, we all have our social selves, our physical selves, our intellect, our emotions, and our spirituality.

We have to pay attention to and nurture all of these five parts of ourselves. They all require care and attention and upkeep. What would it look like to respond to our spiritual health with the same deliberate care

and consideration that we give our physical health?

#### Resources or References:

- **Emotionally Healthy Spirituality** - book by Peter Scazzero
- **Keep the Beat** - A Spotify playlist to do CPR to (*all 100 beats per minute*)

### Part 2 - I Will Survive

*Psalm 23 & Luke 14:1-6*

**Ponder This:** Our faith response is a response supported not by a reaction of fear or a snappy retort to get the final word. Instead, our faith response is supported by a rational, prayerful, mature spiritual faith. Our faith response is a response grounded in lives that are molded and shaped by the redeeming love of Jesus. Our faith response is based on God's response to us. The confidence of our faith response is based in the confidence we have in God's love and grace given to each of us.

All 150 Psalms generally fall into one of six categories. There are psalms that are Hymns, Songs of Lament, Royal Psalms, Thanksgiving Psalms, Wisdom Psalms, and then epic psalms of pilgrimages and legends. The 23rd Psalm is the one outlier that does not fall into one of these six. Instead, the 23rd Psalm is a "Psalm of Confidence" with an overarching motif of trust.

#### Wellness Check - A Poem by Andrea Gibson

IN ANY MOMENT  
ON ANY GIVEN DAY  
I CAN MEASURE MY WELLNESS  
BY THIS QUESTION: IS MY ATTENTION ON LOVING?  
OR IS MY ATTENTION ON WHO IS NOT LOVING ME?

#### Resources or References:

- **Terrible, Thanks for Asking!** Podcast by Nora McInerney



## Sermon Recap

# Faith Response

## Dispatching God

### When Life Feels Hard

#### April 16-23, 2023

# Missions Month & More!

Mission Sunday on May 7th kicked off Missions Month for St. Luke's. Representatives from several of our mission partners took part in the annual Missions Fair. Blue Bin, Caring Connections, Feeding of the 5000, the Garden Ministry, HAAT Force, Honduras Abundant Life Christian School, Love Inc, Monday Lunches, Pura Vida, Warren Village, We Don't Waste, and Youth Ministry were all present to educate church members regarding the valuable services these organizations provide and the different opportunities to serve. Where are you called to go beyond?

As part of Mission Sunday, in a touching moment, the Blue Bin was dedicated to Walt Weiler. His family along with other devoted volunteers were on hand for the dedication. Walt was key to the creation of the Blue Bin ministry that helps supports veterans who are in transition housing at the Colorado Coalition for the Homeless. The project was launched as a weekly food drive to help keep a small pantry stocked for the veterans. Walt helped deliver the food weekly. The dedication served as a thank you to Walt for his loyal work for this cause.



Each Sunday during Missions Month, Rev. Liza presented to the congregation a Mentimeter question to poll the members on where and how they serve. The questions asked where people volunteer, how many hours a month they spend volunteering, and what it is that calls them to volunteer. These questions will guide the Missions Team on where St. Luke's can serve the community in the future. If you are passionate about an organization that could use a helping hand from St. Luke's contact Carolyn Maddox (cj.maddox@central.com).

## Jeans for Kids

Heading back to school can be very expensive for families! St. Luke's is supporting the Renewed Treasures Back To School event for families who can use extra support with back to school expenses. St. Luke's mission team is encouraging our community to donate new or gently used jeans for boys and girls sizes 5 - 18. Please place your jeans donation in the mission closet by July 16 or reach out to sam@stlukeshr.com for any questions.



## Blood Drive Thank You

Thank you for supporting our blood drive on June 11. Vitalant's goal was to collect 15 units and they actually collected 16 which included three 1st time donors, which is awesome! The units collected have the potential to enhance and/or save the lives of 48 individuals. Everyone that participated should feel very proud of this accomplishment. *Thanks St. Luke's!*

*continued from page 1* We also learned that many family's diets consist of only corn tortillas, so we spent an afternoon at the Nutrition Center where children can come and have a nutritious midday meal, where mothers can learn about proper nutrition and the importance of brushing teeth, and where children even have the opportunity to learn how to use computers.



Pura Vida has a special relationship with the school in Lemoa that they helped build, and we got to visit the Rosario School for a special morning presentation with the children where we were all invited onto the stage for a song and dance! The energy and the love was great. We then broke up into groups, meeting with them in their classrooms and playing with them in the outdoor common area.

When we finally had to leave Lemoa to return home, we had Juana and Isaias' home about halfway built. It was a joy to bless their family and their new home, but it was hard to leave. Our friends in Guatemala will forever be in our hearts and prayers. It truly was a life-changing trip.

*If you are interested in participating in our 2024 Guatemala trip (Feb. 1-9), you can contact Betsy Keyack, bkeyack@att.net for more information. Trip deposits of \$250 are due by Aug. 5, first come first served.* If you are interested in sponsoring a child or purchasing milk for a family in Guatemala go to [puravida.org](http://puravida.org). With your donations to the Guatemala Milk Program, Pura Vida annually distributes cans of powdered milk to families, typically the only milk a family will have for an entire year.

Thank you St. Luke's for helping children and families in Guatemala. We are grateful for your generosity and mission hearts!

## Thank you for going "Above and Beyond" for our 40th Anniversary



Thank you to everyone who participated in our "Above and Beyond Day of Service" on March 18 in honor of our 40th Anniversary! Over 100 people gave their time and energy today in eight different outreach and mission events. We had groups serving a meal at the Denver Rescue Mission, volunteering at a We Don't Waste mobile market in Aurora, clearing

trails in the Highlands Ranch Backcountry, packing ingredients for meals with Colorado Feeding Kids, assembling care kits for our Monday Lunches, preparing supplies for the 2023 Guatemala trip with Pura Vida, working in the St. Luke's garden, and sewing Christmas Stockings for families at Warren Village.

We are so grateful for the connections we formed with our mission partners, the fun and fellowship we shared, and the St. Luke's love that radiated across the Denver metro area. *The idea to serve together and go Above and Beyond was a huge hit, so save the date for Saturday, April 27, 2024 as we make this an annual event!!!*



## Summer Worship Music & Save the Date

by Ken Mervine As our Summer Sermon Series reflects “Summer by the Sea,” so too, many of our musical offerings and hymns. The vast, imposing and life sustaining waters of the earth have long been a source of inspiration for poets, playwrights, screenwriters, authors, artists, and composers.

As JF Kennedy so eloquently stated: *“We have salt in our blood, in our sweat, in our tears. We are tied to the ocean.”*

And Arthur C. Clarke: *“How inappropriate to call this planet Earth when it is clearly Ocean.”*

May the fathomless depths of God’s glorious waters stir our spirits. We continue the Summer tradition of featuring the gifts and talents of many from the St Luke’s Community. Whether you worship in person or virtually, you are sure to find their musical contributions moving and uplifting! *And watch for a recap of our amazing choir trip to Europe in the next issue!*

**Save the date:  
September 10 at 3:00pm**

*Free concert presented  
by Rudy Lucente!*



He is an assistant organist at the Wanamaker (Macy’s) Grand Court Organ in Philadelphia, and appears regularly at Longwood Gardens in Kennett Square, PA, The Kimmel Center for the Performing Arts in Philadelphia, and Boardwalk Hall in Atlantic City, New Jersey. As a recitalist, Rudy is known for his “family friendly” presentations and dedication programs. His fifty-plus years as a church musician have enabled him to consult and design extraordinary instruments with the Allen Organ Company.....one of which is a magnificent part of St. Luke’s!



**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  
kenm@stlukeshr.com

Grace Notes,  
Men’s Chorus,  
Sisters of Soul



**Kay Coryell**  
Dir. of Handbells & Children’s Music Ministries  
kayc@stlukeshr.com

Tinnabulators,  
Joyful Noise,  
Tone Chimes,  
Kidz Prayz,  
Flute Ensemble



**Chris Rigolini**  
Director of Instrumental Music Ministry  
chris@stlukeshr.com

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



## Summer Choir, Concerts & More!

**SUMMER CHOIR** is a great opportunity for those who have been interested in joining Chancel Choir to give us a try with zero pressure and all fun! Please plan to join us on Saturday, July 22 from 8:30-10:30am for our Summer Choir practice where we’ll learn the songs for service singing on July 23 and August 6. For more information, please reach out to Ken Mervine. We look forward to singing with you this summer!!!

**SUMMER CONCERT SERIES:** Close out the summer with our 3rd Annual Summer Concert Series in August! Grab a lawn chair, pack a picnic, and meet us in the backyard to enjoy live music. All concerts will be at 6:30pm. Sunday, August 13 will feature the Cruisin’ Cats; August 20 will be Broadway Under the Stars with our Wesley Players, and August 27 will feature the music of Gabriel Mervine and friends! See you there!

**FALL MUSIC GROUPS:** Mark your calendars now to join one of the myriad music groups this fall! Tinnabulators begin their weekly practices on Tuesday, August 22 at 7:00pm and Chancel Choir begins weekly rehearsals on Thursday, September 7 at 7:00pm. Keep an eye out in August for additional start dates, information, and invitations to participate in any of the music groups.

## Readers Theater is Back!

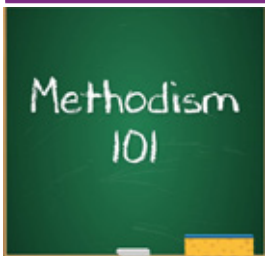
**Wesley Players Theater Company will present an original readers theater production on Sept. 29 & 30, with auditions on Sept. 22,** and rehearsals each evening Tuesday-Thursday of that final week of September. In other words, preparation time is brief but intense (and no memorization is required!). The script is undergoing some final revisions but requires about 18 players for a production called *“Much Ado: a high school readers theater experience,”* written and adapted by Jack Kennedy. All actors must be out of high school for this show. Depending on the number of people interested in performing, we may have two different casts (each performing once). The show is loosely based on the bickering Benedick and Beatrice from Shakespeare’s “Much Ado About Nothing,” and takes us into some classic high school experiences, from classrooms to faculty meetings, and our bickering couple are teachers, not students. We hope it will be funny and tap into some of the energy of a new school year. Please watch for more details, and don’t hesitate to check [wesleyplayers.org](http://wesleyplayers.org) for updates.



And a BIG hurrah for the cast and crew of *Little Women* in March - what an ASTONISHING show!

## Join Monty Hoffman in United Methodism 101 on July 16 & 23 at 11:00am

St Luke’s is a postmodern United Methodist congregation. It is also firmly rooted in the theology, organization, and teachings of the 300 years of Methodists and United Brethren who came before us. This class will look at the Wesleys and the start of the Methodist movement. We will look at the groups and people who were influenced by them, including the Moravians. We will look at Martin Boehm, who was a Pennsylvania Deutsch farmer. He was a Mennonite, United Brethren, and Methodist bishop who was instrumental in founding the United Brethren in Christ Church. We will try to understand how these many influences affect who St Luke’s is today and what it means to be a Postmodern United Methodist Community in the 21st century. Contact Sam@stlukeshr.com to reserve your spot.





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](http://stlukesCSE.org)

## Outdoor Adventures:

### Wednesday, July 12 - Burning Bear Hike

The Center for Spiritual Engagement's Outdoor Adventures team invites you to join us for an alpine hike along the Burning Bear trail. We'll meet at St. Luke's at 7:00am to carpool. The Burning Bear trailhead is located off Guanella Pass Road (Park County Road #62). The trail is rated easy to moderate, depending on how far we go. This scenic trail begins with a gentle rise through the open meadows and wetlands of Geneva Park. We'll follow meandering Geneva Creek and enjoy the lovely sounds of the stream, as well as beautiful views of Geneva Peak and Square Top Mountain. From the meadow, we'll climb up through a forest of pines and aspens. Our total estimated out-and-back distance is approximately 3.5-4 miles. We hope to see many varieties of alpine wildflowers along the way. For more info and to register, contact [julie.polikoff@msn.com](mailto:julie.polikoff@msn.com)

### Save the Date for other Upcoming Adventures:

#### Tuesday, August 1 - Evening Hike at Roxborough State Park

The details for each hike are sent out to our email list approximately ten days prior and that is the best way to gauge if the upcoming hike is right for you. Contact [janestaller@gmail.com](mailto:janestaller@gmail.com) to be added to our email list.

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

## Summer Wellbeing Series

with Dr. Sallie Suby-Long



### July 18 - Discover Your Character

**Strengths** Bring Your Strengths to Life!

Resource: VIA Institute & Book of Character Strengths by June Rousso, PhD

### August 15 - Mindfulness & Self-

**Compassion** Honor Yourself, Claim Your Strengths and Thrive

Resource: Mindful Self-Compassion by Kristin Neff, PhD

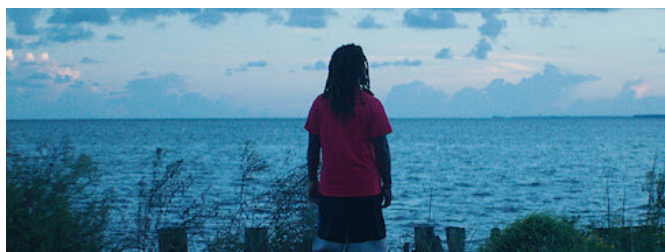
**Tuesdays, 5:00-6:15pm** (Sign up for one or both)

Would you love to connect with a small group of people this summer and add a new wellbeing practice or two to your life? Summer is a great time for learning and trying some new resources, ideas, and practices for your enhanced wellness. Join me this summer for one or two of the following wellbeing opportunities! I'm excited to share with you a few of my favorite "go to" resources/practices. Each session is designed to introduce you to a concept that you can try out to see if it may be of value at this time in your life. The sessions are research-based and focus on practices known to provide wellbeing benefits. Registration is on a first come basis to create smaller more intimate gatherings. If you are interested, please let me know as soon as possible. Registration is \$30 per class and includes resources/materials. [Sallie@stlukeshr.com](mailto:Sallie@stlukeshr.com)

## Brave Spaces:

**Descendant Documentary and Discussion:**

**Sundays August 13 & 20 at 10:45am. Register now.**



The CSE Brave Spaces team invites St. Luke's to join us on two consecutive Sunday mornings to view and discuss the documentary film *Descendant*. We'll watch Part 1 on Sunday, August 13, and Part 2 on Sunday August 20 from 10:45am-12:15pm. Following each film segment, we will have small group discussions of the film's content.

**Synopsis of *Descendant*, directed by Margaret Brown** - In 1860 an Alabama planter and slave holder, Timothy Meaher, made a bet that he could import enslaved Africans to Alabama, even though the international slave trade had been outlawed since 1801. He succeeded in transporting 110 enslaved Africans aboard the ship *Clotilda*, offloading them along the Mobile River and burning and sinking the ship. Today the descendants of those enslaved Africans continue to live in Africatown, a suburb of Mobile, sharing the story of the crime that was committed against them. The Meaher family also continue to live in Mobile, thriving on the generational wealth that slavery provided. Film director Margaret Brown has created a beautiful film, documenting the voices, the lives, and the stories of the *Clotilda* descendants. We hope you will join us!

No fee; donations accepted. To register please contact [janestaller@gmail.com](mailto:janestaller@gmail.com)

## Cultural Adventures:

**Saturday, July 15 - LUNCH** at Konjo Ethiopian in Edgewater Public Market. All



are welcome! Please rsvp to [renaeparra@aol.com](mailto:renaeparra@aol.com) and for carpool information

SAVE THE DATE...

## Family Paddling & Potluck



**Aug 6 - 4:00-7:00pm (Potluck at 5:30pm)** -

Bring your own paddleboard or

kayak. Bring the family and a dish to share. Enjoy community with other St. Luke's families.



## Container Gardening with Jennifer Smith

Thanks to Jennifer Smith for sharing her talent and passion for flowering gardening with us. Her class on Container Gardening inspired us to create and care for our flower pots this season. Jennifer brings not only knowledge to her class, but fun and laughter.

## Brave Spaces Legislative Advocacy - Lobby Day at the Capitol

Our Brave Spaces Legislative Advocacy team remained active through the end of the 2023 Colorado General Assembly on May 8. We prioritized 10 bills representing racial/social justice issues in Immigration, Affordable Housing, Climate, Criminal Justice, and Gun Violence Prevention. At the end of the session, eight of these bills have moved forward, although with some significant changes. We continue to learn about the legislative process and how to advocate effectively for racial justice in Colorado. We participated in Together Colorado's Faith and Justice Lobby Day at the Capitol, and we attended House and Senate Committee hearings to show our support. We also sent emails to our respective legislators and to Governor Polis to urge their support for our priority bills. We'll continue to look for opportunities to influence the passage of racial equity bills in 2024.



## Outdoor Adventures



**March** - Our St. Luke's hikers dusted off their boots and set out for a splendid day of early spring hiking at Dawson Butte in late March. It was a brisk, but sunny day and we had the trails almost to ourselves. Jane Staller shared the history of the 1965 flood in the Denver area that started at Dawson Butte when 14 inches of rain fell in less than four hours. We saw the rain run-off scars still visible on the butte today. In addition to the scenic butte, the vistas and open landscape in this area are stunningly beautiful.

**April** - For our April Earth Day hike, Mother Nature had the last laugh as she brought several inches of fresh, beautiful snow to our area on hike day. Our adventure to Lincoln Mountain Open Space was canceled, but we will keep it on our list for a future hike.

**May** - After two weather cancellations in 2022, we finally were able to hike the Peak to Plains Welch Ditch loop on May 16. Our group of 21 folks enjoyed a beautiful spring day as we walked beside the fast-running Clear Creek. Along the way we stopped to enjoy the wild flowers and learn about the extensive history of Welch Ditch. Our return walk was inside portions of the actual 1900's Welch Ditch flume, which delivered millions of gallons of water to Golden



and surrounding plains! What a wonderful and unique experience! Our first tailgate of the season provided a delicious opportunity for more fellowship.

## Cultural Adventures

**In April** we had a culturally rich excursion to Boulder. We started our visit on the CU campus and toured the University of Colorado Art Museum. We especially enjoyed seeing the ancient Chinese artifacts, the Shark's Ink exhibit (which did



not use actual shark ink) and the Greek and Roman coins, struck by hand, as long ago 300 BCE! It was a great time of year to visit as they had projects from students on display. After our visit to the art museum we went to Dushanbe Tea House for their afternoon traditional English Tea. To say it was delightful and delicious is

an understatement! With over 100 teas to choose from, we each had a hard time selecting our personal pot of tea. Highly recommended are the Boulder Tangerine and Colorado White Peach teas. The sandwiches, scones and desserts exceeded our expectations. The rich beauty of the Tea House, gifted to Boulder from Tajikistan added to the culturally rich day.

**In May** we met for lunch at Taste of Vietnam in Lone Tree. I think everyone is planning a return visit to this delicious restaurant! The food and atmosphere were perfect!

**In June** our Denver Street Art tour in the RiNo Arts district exceeded all expectations! The amount of art on the tour is overwhelming and our guide highlighted the cultural, historical and political meanings behind so many pieces. This tour can be found at [www.denvergraffititour.com](http://www.denvergraffititour.com) and we highly recommend this walking tour for all Denverites.

## World Labyrinth Day on May 6 Celebrated World Peace

Thanks to Jenita Rhodes for leading the World Labyrinth Day in St. Luke's backyard. The annual **Walk as One at I** event is celebrated around the globe as a moving meditation for world peace and a celebration of labyrinths. We met as a group to discuss the meaning of the day and took turns walking the labyrinth in silence. We are grateful for our beautiful labyrinth built many years ago as an Eagle Scout project and to those in our community who take the time to keep it looking good. You are welcome to walk the labyrinth any time.

## The Light We Carry

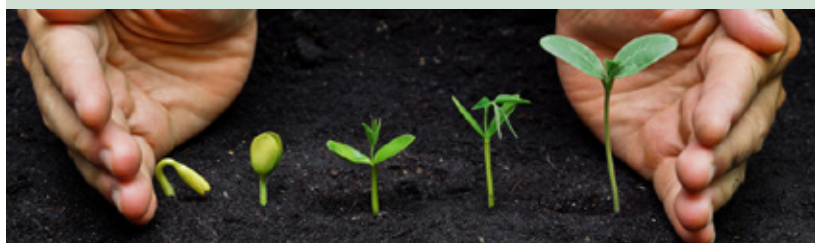
Dr. Sallie and Sharon Oliver recently hosted two 3-week sessions of conversations based on the



book *The Light We Carry* by Michelle Obama. Over 35 people enjoyed deep, meaningful time to share stories and connect in courageous community. Mrs. Obama is a gifted storyteller and she shares many practices and suggestions to extend the power of the light we all carry.

## The Color of Compromise

CSE completed their second offering of *The Color of Compromise* 6-week class. St. Luke's has now had 50 people take this class on anti-racism. It has been so popular we hope to offer it again within the next year. Following is some feedback from class participant Kathleen Hart upon finishing the class: *Most recently, I attended a study this past fall in a church community with other white folks based on Jemar Tisby's video series and study guide The Color of Compromise: The Truth About the American Church's Complicity in Racism. I would highly recommend this series. The study encompassed the connection between the American church and racism throughout our history up to the present time. In sharing our responses to his reflective questions each week, the facilitators provided a sacred space to listen to each other and keep it real. This study continues to affirm the importance of doing this work in community and supporting each other wherever we are on this journey. I am also learning to listen to my resistance and having my perspective of our history and connection to current events unraveled and expanded.*



## CREATION CARE CORNER: Start a Garden Today

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

*by Nichole Rairigh* It is not too late to start your own garden! Pop down to your local garden center, big box or grocery store where seed packets are on sale. Try

seeds of cucumber, squash, zinnias, cosmos, lettuce, beans, and sunflowers to start. Find a sunny bare patch either in ground, in a raised bed or simply in a container. Also, take a pass on any insecticide and watch what caterpillars, ladybugs and bees come to visit. Both you and the pollinators will thank you. There is something that boosts your mental health by watching something grow from essentially nothing. Take a daily coffee stroll through the garden to enjoy time with God.





**Maya Opati**  
Director of  
Youth Ministry  
maya@stlukeshr.com

## ON THE SLY: 7th-12th grade Confirmation & SLY Summer Changes



**Confirmation Recap:** We are thrilled to announce the successful completion of our recent Confirmation class at St. Luke's UMC Youth Group ( SLY). At the beginning of the year, our dedicated group of five young individuals embarked on a journey alongside Ex-CONs (former confirmands and Mentors of faith exploration and growth.) Through engaging discussions, thought-provoking lessons, different religion

exploration including trips and meaningful mentorship, our confirmands deepened their understanding of Christianity and affirmed their commitment to following Christ. It was a joyous celebration as they publicly professed their faith and became full members of our church community. We congratulate each confirmand on this significant milestone in their spiritual journey:

*Ty Brandt, Miles Ediger, Joel Hollyman, Cassie Alderson, and Tyler Overman*



**Many of our older youth are on an exciting mission trip** to serve a community in need in Kansas City, MO from June 25-July 1. The youth are engaging in meaningful service projects, (repairing homes damaged by storms and urban gardening) sharing God's love, and growing together as a team. This trip will offer a unique opportunity to experience a different culture, build lasting friendships, and make a tangible difference in the lives of those we serve. Watch for photos and a recap soon.

### Invitation to Upcoming Summer Activities:

Jacob Wesson has agreed to help coordinate SLY until we are able to fill the position (see Maya's resignation letter below.) Please reach out and give a big thank you to Jacob! This coordination will consist of gathering at least two adults to lead a Sunday evening program and a Wednesday evening program. On Sunday mornings through the summer, youth are invited to attend the worship service. If you can help out with dinners or as an adult leader, please reach out to Jacob at jacobwesson00@gmail.com ASAP.

**Sundays 5:30-7:00pm** for a fun activity or mission project (dinner included only if parents/members sign up)

**Wednesdays 5:30-7:00pm** for Ultimate Frisbee & fun

Dear St. Luke's,

*It is with mixed emotions that I write to let you know I have tendered my resignation from my position as Youth Director at St. Luke's UMC. After careful consideration and prayerful discernment, I have accepted a new job at a different church, where I will be serving as a Pastor as well. I am immensely grateful for the opportunities I have had to serve and be a part of the wonderful community at St Luke's UMC. The past year has been a period of personal and spiritual growth for me, and I am truly appreciative of the support, guidance, and trust extended to me by the church leadership, fellow staff members, and the congregation as a whole. The relationships I have formed here hold a special place in my heart, and I will cherish the memories and experiences shared with the youth and their families.*

*Please know that my decision to pursue this new opportunity was not made lightly, and it is not a reflection of any dissatisfaction or lack of appreciation for the work we have done together. I am simply following what I believe to be God's calling in my life at this time. I am grateful for the grace and understanding I have experienced during my tenure at St Luke's UMC, and I am confident that the church will continue to thrive and positively impact the lives of the youth and the broader community.*

*Thank you once again for the privilege of serving as the Youth Director at St Luke's UMC. May God bless you abundantly as you lead and guide the congregation in the future.*

**In Christ, Maya Opati**



**Kelly Amadeo**  
Director of  
Little School



The end of the school year arrived in May but not before we had some

awesome events. **Our annual art show was a hit!** I hope many of you were able to see all the hard work of our students! If you do not know about our art show, throughout the school year, children work on pieces of art that are kept to display in April at the art show. This year, the theme of our art show was our LetterLand curriculum. Each booth was two letters of the alphabet. We had 207 children each create 14 pieces of art work. That means we had 2,898 pieces of art on display at our art show!

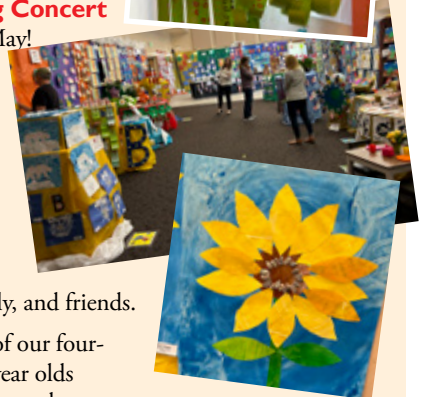
**Our Spring Sing Concert** was a hit in early May! Our two-and-a-half-year-olds and our three-year-olds sang songs about spring and love for a packed audience full of parents, siblings, grandparents, family, and friends.

We sent about 95 of our four-year olds and five-year olds to kindergartens across the metro area at the end of May. **Our graduation ceremonies** are incredibly touching. Barb Crabtree with Timeless Expressions photography, donated her time to help us with a special photo surprise for our families. We know what a big decision picking a preschool is for parents, and we are honored to be part of the lives of so many young children in our community.

As of right now, we are almost full for the next school year. We are participating in the Universal Preschool Program through the state which will give 86 four-year-olds at Little School up to 15 hours of free tuition. We are so thrilled that the state of Colorado is recognizing the importance of early childhood education, and we are grateful that they honor public and private preschools in their program.

I want to wish you all a wonderful summer. Take a child outside with you, and look for new life! Remember, happiness is most often found in the small moments of each day.

**Grace & Love, Kelly**



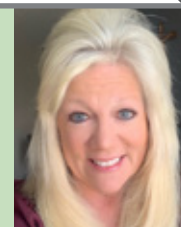


**St. Luke's Kids**  
 grace courage wonder beyond

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  
 sarm@stlukeshr.com

## DRAW THE CIRCLE WIDE Lenten Series Recap

In February, March and April we observed the forty days of Lent by broadening our circles of love and understanding with our *Draw the Circle Wide, Draw It Wider Still* worship series, and wow, was it life-giving.

We began our series on Ash Wednesday with fellowship around a reception of Mediterranean inspired food, then moved to the sanctuary to receive the ashes with the reminder that we are to step out of the circles of guilt and shame, so we can step into the bigger circles of love and understanding.

Throughout the six Sundays of Lent, we continued to draw our circles wider by recognizing where we can turn our desire for justice into action, noting that every little bit we do adds one more concentric circle to God's dream for our world.

We also gathered together in small groups to broaden the understandings of our faith, our connections with each other, our part in creating a more sustainable environment and how we can support our LGBTQI siblings.

We also had the joy of entering Holy Week with our Easter Fun Day celebration and our Palm Sunday worship service. We celebrated communion on Maundy Thursday and gathered in community around Mediterranean inspired food once again on Good Friday before entering the sanctuary to mark Jesus' crucifixion.

Then on Easter morning, we drew a wide circle of love and joy with our Easter services that celebrated the unending love of the Risen Christ.

As you reflect back on your Lenten experience this year, what circle was drawn wider for you? Is there another circle of love and understanding you wish to widen now? Our faith and our capacity to love never stops growing. It is always widening!

## Futures Task Force Update

On March 13, 2023, the day of our 40th anniversary, we debuted the Futures Task Force at our evening celebration. Since then, the task force has met multiple times taking a deep dive into looking at who our neighbors are, discussing the idea of church as a network that has both fluid and fixed communities, and coming up with some plans about what's next for St. Luke's. We are so excited to be able to dream with God and with you about our future, so be looking for more information soon about next steps and how you can get involved!

## Children Celebrate Easter, Dinner Theater & VBS!

**Sunday School** is going great and we are enjoying our extra time together as we now check out at 10:45am - this gives us more time to finish our Sunday School activities and it gives parents a chance to have some fellowship upstairs. In **PEAK Sunday School** we raised enough money to buy a stove for a family in Guatemala and the children were so excited to be part of that effort as we learned about the family and how the stove would help them. **Easter Fun Day**, although a bit breezy at times, was a fabulous experience and we enjoyed games, crafts, balloon animals, the bouncy castle and bunnies and chickens! **SLY, Jr.** had an amazing **IKEA Scavenger Hunt**, progressive dinner and graduation party! **Spring Wacky Days** was a huge success in March and our **Parent's Night Out** and our **Parent's Morning Out** programs are going strong. Contact Sam and Sharon for more information.



### The Children's Dinner Theater

on May 5 was spectacular as 20 kids brought our 40th anniversary to life with a super cute musical show written by our own Jana Wesson. "Come Alive" was a hit with mermaids, robots, and a super yummy dinner and we raised \$1000 for Warren Village's holiday shop!



### Vacation Bible School

In early June we had **Vacation Bible School** with 160 kids and over 80 volunteers and had a super fun week together at Hero Hotline! We cannot thank our volunteers and staff enough for making this week so special for the kids. All our workshops were amazing and we filled 2 carloads of food for veterans in need!



### Looking forward to "Harry Potter" family movie night on July 12.

We'll start inside and then take an intermission and do some fun potion making and then watch the rest of the movie outdoors! Bring a chair and drinks - we'll provide the popcorn! **Summer Wacky Days** is coming up August 15-17 and **Blessing of the Backpacks** on August 27. **A great summer at St. Luke's!**





**St. Luke's United Methodist Church**

8817 S. Broadway • Highlands Ranch, CO 80129

303-791-0659 • [www.stlukeshr.com](http://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.*

## Holy Land Pilgrimage 2024

**Travel to Israel and Palestine, Oct. 1-11, 2024** (With the choice of an extension, The Wonders of Petra, in Jordan, October 11-15, 2024)



**Pilgrimage Leaders:**

Rev. Janet Forbes and Bob Davis

**Information Meeting:**

Wednesday, August 9 at 6:30pm

This pilgrimage will acquaint travelers with the geographical, social, historical, archaeological and cultural settings of the Bible and relate the travel insights to contemporary dynamics in Israel, Palestine and Jordan. Send inquiries to Rev. Janet at [janetforbes@gmail.com](mailto:janetforbes@gmail.com)



**Palisade Peaches for Sale!** Purchase online through August 1 or on Sundays in person between services July 2-30. Plan to pick up on August 12. Benefits Stephen Ministry. Questions, contact [Liza@stlukeshr.com](mailto:Liza@stlukeshr.com)

### CONGREGATIONAL PRAYERS: Latest Entries

Contact Rev. Liza Stoltz Hanson if you have any additions/removals 303-791-0659 x107, email [Liza@stlukeshr.com](mailto:Liza@stlukeshr.com), or leave a note at the front desk.



Linda Anderson,  
Eugene Bacon,  
Bill Booth,  
Nancy Drege

Ted Dreyer,  
Tammy Dunlap,  
Steve Gray,

Gordon Heaton,  
Brian Heiar,  
Sophia Jimenez,

Ann Kershner,  
Lennon Krantz,  
Jan Lindquist,

Kelli Radle,  
Don Rose,  
Julie Ramsett,

Dan Speedy,  
Nancy Springman,  
Amy Weiske

## Flowers are Celebrations of Life!



Looking for another way to celebrate a special event or honor or remember a loved one? The Altar Team invites you to help decorate our altar each Sunday with flowers. The two bouquets cost only \$40 for both. You may take the bouquets home after the 11:00 service. Vases can be returned later. Order online at our website or contact the office for more information.

### WE CELEBRATE TOGETHER & OFFER CONGRATULATIONS TO:

*New grandparents, Janice and Steve Ashby and parents, David and Sarah, on the birth of Madeline McNaughton, The Krantz family on the birth of Lennon Elizabeth on April 20th. Lennon is the daughter of Ben and Katie Krantz and granddaughter of Karl Krantz.*

*Parents, Mackenzie and Garrett Mynatt and grandparent, Becky Hutchins on the birth of baby Arthur Garrett Mynatt on April 26.*

*Rachel and Jake Compaan, big sister Elizabeth and grandparents Sallie and Tom Suby-Long on the birth of Madelyn Joanna, born on June 28.*

*New grandparents Jane and Josh Staller and parents, Emma Staller and Michael Piel, on the birth of Eleanor Dorothy Staller Piel, born on June 24.*

**Welcome to new members:** *Laura Abbott, Dennis and Susan Kirkpatrick, Rob Datsko, Carol and Jeff Newman (sons James and Connor), and our Confirmands: Cassie Alderson, Ty Brandt, Miles Ediger, Joel Hollyman and Tyler Overman*

### WE EXPRESS OUR DEEPEST SYMPATHIES AND CONDOLENCES TO:

*Ted Dreyer and family on the passing of Kathy Dreyer,*

*Jean Bennett and the St. Luke's community on the passing of Fred Bennett,*

*The St. Luke's community and the family and friends of Jack Goodman on his passing,*

*Vern and Eileen Coy on the passing of Vern's brother, Melvin Lee Coy,*

*The St. Luke's community and the family of Mark Godsey on his recent passing,*

*Bob and Lynne Belleville on the passing of Bob's brother, Richard Belleville,*

*The Lucero family on the passing of Greg's aunt, Betty Cockrum,*

*Teri Burget and family on the passing of her mother, Judy Baird,*

*Stephen Collins and family on the passing of his uncle, Michael Lloyd Evans.*



**Les Ludlam**  
Retired Clergy

## More from Les: Courting in 1918

Gladys was well known in her small Kansas hometown. Daughter of Clement and Alberta Ireland, she was known for her cooking, for her good looks, and for her very strong will! Five foot-two inches tall, blue eyes, wavy red hair that over the years turned to auburn and then gray, Gladys was the “heartthrob” of many of the young men of this part of the county.

Gladys had a way with language; when she spoke, things would happen! She could move mountains, or at least get someone else to do it for her, with just her words.

The apple of her eye was James, son of neighbors, Jeremiah J. and Mollie Ludlam. Young James was a classmate of hers and he had also secretly fancied her for some time. He had not risked expressing these feelings to her, for he knew conversation with Gladys could be a little overwhelming! He was afraid of being rejected. But little did he know that Gladys liked him as well.

There was a dance coming up at the local grange hall and James decided to ask Gladys to the dance. He summoned his courage, put on some clean clothes, and saddled up the family Morgan mare. He rode the ten miles to the Ireland place.

Gladys’ father, Clement, was tall and quite handsome; he had a magnificent handlebar mustache and a great sense of humor. He knew this young man, James, and liked his manner.

As the young neighbor rode up, Clement walked out on to the front porch to greet him. Gladys had seen James coming and strategically stayed in the kitchen at the back of the house until she knew for certain just what James’ visit was about. “Hello, James,” said Clement, “what brings you over here today?”

“Just came to visit,” replied James as he dismounted and tied up the horse, “I’m of a mind to ask your daughter, Gladys, to the dance at the Grange.”

“No sense in askin’ me!” snorted Clement, “You’d better be askin’ Gladys herself if you are serious about comin’ courting!” And at that moment, right on cue, as if she had been listening all the time, Gladys burst upon the porch. “Oh, hello James!

Nice to see you; what are you here for?”

James, flustered a bit at her sudden entrance, stammered, “I, I . . . would like to ask you . . . to . . . ah,” Gladys finished his sentence, “Oh, I would be delighted to go with you to the Grange dance!”

“Now, James, you will be driving your father’s new buggy, won’t you? And I could fix a small picnic basket we could have a nice snack down by the Fall River before we go the Grange.” James swallowed hard and nodded without really realizing how quickly things were happening.

It’s amazing how powerful words can be! Especially when used by Gladys!

The new buggy was taken to the grange, the picnic was delicious! The courtship blossomed and James and Gladys were married in 1919.

### God bless us all, Les

1919 Wedding picture of my grandparents, James J. Ludlam and Gladys Alberta Ireland Ludlam



## Annual Conference 2023 - A Lay perspective

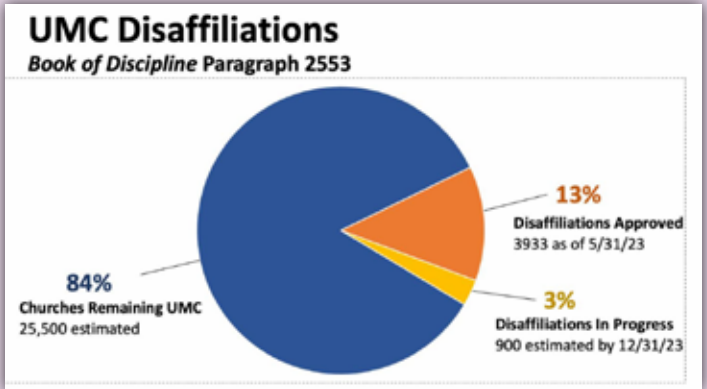
by Susan McIntosh Annual Conference in the United Methodist Church is like a giant family reunion. There are people that I only see at conference, and, after a three-year hiatus, this year was extra special. The Mountain Sky Annual Conference is the annual gathering for the pastors, ministers, and laity of the church in the states of Colorado, Utah, Wyoming, and Montana (and one church in Idaho, because it’s easier to get there from Montana than from the rest of Idaho). According to the conference web site “The conference is composed of 374 churches with nearly 70,000 members across 460,000 square miles.” All those pastors and ministers, and the staff of the Conference and the Districts that support the local churches, and an equal number of lay members, meet annually to do the business of the church. The theme this year was “Give Me Your Hand.” On the Annual Conference page, we are reminded that it is a time to “Gather, Acknowledge, Honor, Celebrate, and Unite.” And we did all that, through worship, business, and fun. We gather to reconnect, to re-energize, and to re-engage with each other.

This year, many attended the sessions virtually, and there were others who just weren’t available, so we had around 250 or so attending in person at First UMC in Colorado Springs. We set salaries and benefits, adjusted the internal organization of the conference, and recommended polity changes to the General Conference - the global gathering that generally happens every four years.

The Reverend Janet Wolf joined us as a guest preacher. She walked us through various scriptural passages, and talked about the radicality of the Bible, the presence of heaven here and now, and how change that is happening now shows us those small splatterings of heaven here among us. Like at a family reunion, where you tell stories or share hugs or remember those who aren’t with you, we commemorate endings. We held a memorial service, acknowledging the pastors and their spouses who passed away. We also recognized the pastors who are (or have) retired. We sang. And we prayed - for each other, for friends, for sanctuaries that had been vandalized, for friends who had committed suicide. We prayed as we lifted up each of the 40 churches that left the United Methodist Church through disaffiliation, and for the many churches that closed. As part of the General Conference delegation, I stood to be recognized for that, and the lead delegates reported on how General Conference 2020 will now be held in 2024 (but is still called “General Conference 2020”). There’s a lot of detail here. I’m happy to chat more about it if you’re interested.

That sounds like a lot for two and a half days! But there’s more! Throughout, we learned of various missions and programs that are part of the Annual Conference, and supported those with offerings, and we held our annual “Tug o Love” fundraiser - supporting Family Promise of Colorado Springs and East Angola Pastors.

And on Sunday we celebrated ordination! It was wonderful to be able to stand while Liza was blessed, and to celebrate with her when she received her stole.



WE ARE REMINDED THAT IT IS A TIME TO "GATHER, ACKNOWLEDGE, HONOR, CELEBRATE, AND UNITE."

 <p><b>Avery Acua</b> Arapahoe High School University of Wisconsin</p>	 <p><b>Madissen Allen</b> Colorado State University BS, Biochemistry</p>	 <p><b>Alyssa Bafford</b> Heritage High School Colorado State University</p>	 <p><b>Everett Brown</b> Rock Canyon High School Colorado State University</p>
 <p><b>Natalie Cameron</b> Dakota Ridge High School Colorado Mountain College</p>	 <p><b>Abby Couillard</b> Mountain Vista High School University of Colorado, Boulder</p>	 <p><b>Sadie Fletcher</b> University of Colorado, Boulder BS, Business Administration</p>	 <p><b>Caden Foster</b> Ranger School Fort Benning, GA</p>
 <p><b>Jackson Foster</b> Mountain Vista High School Colorado State University</p>	 <p><b>Saoirse Galligan</b> Heritage High School University of Northern Colorado</p>	 <p><b>Sophia Groustra</b> Seattle University BS, Biology</p>	 <p><b>Molly Howard</b> University of Montana MS, Speech-Language Pathology</p>
 <p><b>Jordan Lee</b> University of Colorado, Boulder BA, Geography &amp; Linguistics</p>	 <p><b>John Lewis</b> Mullen High School Clemson University, SC</p>	 <p><b>Rachel Lowrey</b> Mountain Vista High School University of Kansas</p>	 <p><b>Jackson Ludlam</b> ThunderRidge High School University of Wyoming</p>
 <p><b>Andrea Money</b> Regis University MA, Counseling</p>	 <p><b>Grace Olson</b> Arapahoe High School University of Iowa</p>	 <p><b>Logan Piskadlo</b> Valor Christian High School Belmont University, Nashville TN</p>	 <p><b>Lauren Price</b> Arizona State University BS, Mass Communications &amp; Media Studies</p>
 <p><b>Madeline Sharpe</b> Highlands Ranch High School Leeds School of Business, University of Colorado, Boulder</p>	 <p><b>Sophie Strickland</b> ThunderRidge High School University of Maine</p>	<p><i>Congratulations Graduates!</i> <b>Your St. Luke's family is so proud of you</b></p>	

**COMMUNITY SHRED EVENT**  
Saturday, July 29 9:00am-12:00pm



**Community Shred Event**  
Saturday, July 29 9:00am-Noon

Proshred of Denver will be on site with their mobile shredding truck to securely destroy your personal documents. Cost is \$7 a banker box or 3 boxes for \$20. All proceeds benefit St. Luke's ministries.

**FRONT OFFICE UPDATE:** Our new front office hire, Sandi Castro, had to resign from the position due to a head injury sustained from a car accident. Please keep Sandi in your prayers as she continues to heal, and please welcome Kim Joseph who is helping us out until we can find a replacement for Sandi. Our Staff Parish Relations Team is currently working on filling the position. Thank you to Kim for stepping in quickly to cover the front office, thank you to staff for helping out, and to SPRT for continuing with the hiring process, and thank you to everyone at St. Luke's for offering us your love and grace until this transition is complete.

**The Unfinished Tale of Two Republics class** presented by Bob Gaskill in May was a great way to understand the divisiveness we experience in the world today as it looks through the lens of the Roman Republic. The presentation and discussion took you back to the events that led up to 133BCE when the Fall of Rome began. Returning to the present, messages from three authors provided insight into the reasons America, like Rome, has become so divided. In closing the collective advice from the books of these authors was offered for those who wish to have discussions with others who have opposing views. One attendee commented *"Bob's presentation was excellent. His explanation of the rise and fall of the Roman Empire was spot on. He then covered the United States rise in government involvement in our lives. We should all listen to his presentation and form our own opinion as to the course the country should be taking."*

