



ST. LUKE'S UNITED METHODIST CHURCH

Advent/Winter

DECEMBER 2024-FEBRUARY 2025



ADVENT & CHRISTMAS 2024

Now thru December 31:

GIVING TREE: Support our missions by gifting a donation online stlukeshr.com or taking a tag from our tree. (by Dec. 31)

December 9, 16 & 19:

CHRISTMAS LIGHTS BUSTOUR.....6:00pm

Hop on the St. Luke's bus to go tour Christmas lights in our community. RSVP with Cassy at office@stlukeshr.com

Tuesday December 10:

CSE PEACEFUL & BRIGHT.....5:30pm

Join us in the Chapel and be uplifted by reflections, prayers and beautiful cello music by Rob Datsko.

Wednesday December 11: **SILENT AUCTION ENDS**

A JAZZY CHRISTMAS with the Annie Booth Trio.....6:00pm

Fun holiday music for the whole family!

Saturday December 14:

CHILDREN'S HOLIDAY SHOP.....9:00am-12:00pm

Children can shop independently Gifts are \$3-\$10.

Sunday December 15: **ADVENT 3: LOVE**

CANDY CANE SUNDAY/WORSHIP.....9:30 & 11:00am

(Rev. Liza Stoltz Hanson)

Sunday December 22: **ADVENT 4: PEACE**

WORSHIP.....9:30 & 11:00am

(Rev. Calob Rundell)

Tuesday December 24: **CHRISTMAS EVE**

(3:00, 5:00 & 9:00pm livestreamed stlukeshr.com)

CHILDREN'S.....1:00 & 3:00pm

(Rev. Liza Stoltz Hanson) A family worship experience

TRADITIONAL.....5:00 & 7:00pm

(Rev. Calob Rundell) Traditional carols and candles service

COMMUNION.....9:00pm

(Rev. Calob Rundell) Communion service

Wednesday December 25:

CHRISTMAS IN THE PARK.....10:30am-1:30pm

Donate new unisex sweats (pants & tops) by Dec. 24! Contact Sam Leahy or Rev. Liza to participate at Lincoln Park.

Sunday December 29: **NEW YEAR'S EVE SUNDAY**

WORSHIP.....9:30am ONLY

(Rev. Calob Rundell) (Family Worship - No Sunday School)

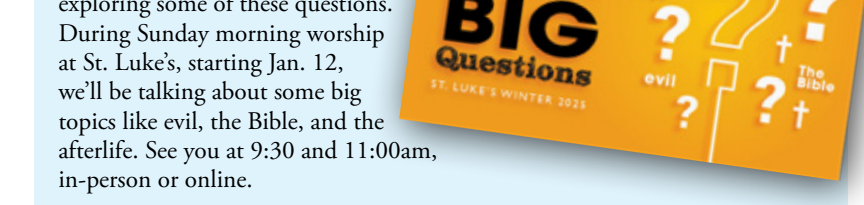
Sunday January 5, 2025: **EPIPHANY**

HOLY COMMUNION/KINGS SUNDAY....9:30 & 11:00am

(Rev. Liza Stoltz Hanson)

Fall Fellowship Leads to Advent Blessings at St. Luke's

From our Kick Off Ministry Fair in September to our Tree Lighting on Dec. 1 - it's been an amazing few months at St. Luke's as we celebrate the HOPE, JOY, PEACE & LOVE of being in community together.



Coming in 2025!

Life and faith are full of big questions about big things. You're invited to start 2025 with exploring some of these questions. During Sunday morning worship at St. Luke's, starting Jan. 12, we'll be talking about some big topics like evil, the Bible, and the afterlife. See you at 9:30 and 11:00am, in-person or online.



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

WORSHIP SERVICES:
9:30am large traditional worship
(live streamed and in person)
11:00am small gathering/large spirit,
with communion

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. Calob Rundell.....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 Youth Music Ministries

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

Samantha Leahy.....x140
Dir. of Community & Early Childhood Ministry

Sharon Oliver.....x127
Dir. of Children's Ministry & Comm. Creative Dir.

Josey Seevers.....x128
Director of Youth Ministry

Cassy Meier.....x110
Communications & Office Administrator

Melissa Graham.....x124
Director of Finance

Jessica Shelton.....x116
Financial Assistant

Barry Curtis.....x144
Facilities Manager

Our next issue of *The Chronicle* will be the Spring/Lent issue.
Content due February 20, 2025
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. Calob Rundell
Lead Minister
calob@stlukeshr.com

Advent: A Season of Preparation

Friends, the holiday season is here! This is a special time in our culture when so much takes place. We gather with family and friends. There are special meals and treats. Opportunities to serve and volunteer abound. Decorations are hung in our homes, our communities, and in the church. Traditions both new and old fill our schedules.

In the life of the church, we call this special season Advent. Beginning on December 1st, we are invited into a sacred time when we prepare our hearts, our souls, and our minds to encounter Christ Jesus in the Christmas story. Advent is a season when we sing special songs, engage in prayer, spend time in fellowship with each other, and engage with scripture. To help make this Advent season meaningful, I am inviting you to be a part of a special Bible study opportunity known as *The Advent Challenge*.

The Advent Challenge is simple: read one chapter of the Gospel of Luke each day in December. There are 24 chapters in Luke. By the time we arrive at December 25th, you will have read the story of Jesus and be better prepared to encounter Him on Christmas. You can use any version or style of the Bible that speaks to you. If you miss a day or a week, it is easy to get caught up.

To help in our reading of Luke together, there will be short study videos for each chapter. You can find these videos on the church's social media channels, Facebook and Instagram, starting with an introduction video on November 30th. These videos will each be approximately 10 minutes each, and will discuss things like background context, history, characters, and major themes from each chapter.

I want to personally invite everyone that is a part of St. Luke's to engage in *The Advent Challenge*. It is easy in the holiday season to get caught up in the busyness and the hustle. But in the midst of it all, Jesus still shows up in the manger of Bethlehem. This Advent, let's get to know Jesus better. Let's intentionally make time for the story of Jesus this December as we get ready for all that Christmas holds.

I believe that engaging with the birth, life, death, resurrection, and teachings of Jesus is especially important this Advent season. We live in a divisive and tumultuous time in our country and in our world. If we are going to be the St. Luke's that our community needs us to be, we need Jesus. If we are going to be a voice for justice and liberation, we need Jesus. If we are going to be a church that cares for everyone, especially those that our wider politics and culture dismiss, we need Jesus.

This Advent season, let's encounter Jesus together, Rev. Calob



Honoring Our Clergy and Staff



The St. Luke's community stepped up in grand fashion to celebrate our hard-working clergy and staff in October. We showered them with notes of gratitude and balloons, celebrated with festivities and provided a special lunch to thank them for all they do. Many thanks to Susan McIntosh and Audrey Elling with the Staff Parish Relations Team who coordinated the activities. Our clergy and staff don't work for the accolades. They love St. Luke's as much as we do. And now they know how much we love them, too!





Rev. Liza Stoltz Hanson

Associate Minister
liza@stlukeshr.com

Honest Advent

Have you watched the recent Netflix documentary “Martha”? It is an enlightening look at the life and influence of Martha Stewart, lifting the veil on her drive for success at the detriment of personal relationships. I was struck by the use of the word “perfect” in the first half of the documentary. I suppose it is no shock that Martha Stewart’s home and lifestyle empire was built around the perception that perfection is a) obtainable and b) what we are all striving for (at least as far as homes, gardens, wardrobes, and recipes are concerned).

I will confess I am guilty of longing for a Martha Stewart level of perfection in my home, especially at Christmas. I set impossible standards of what I hope to accomplish in these short days leading up to Christmas. The perfect gifts, the perfect decor, the perfect sermon, the perfect sugar cookie, the perfect pine tree lit in the corner of our living room.

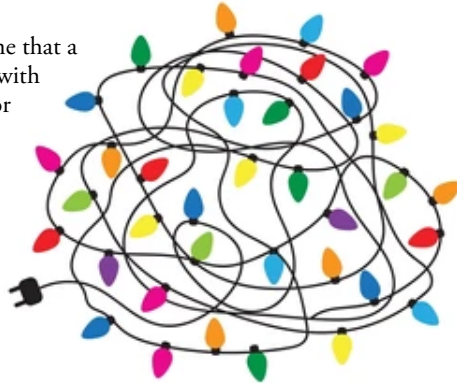
Every year the same guilt and stress meets me when I am unable to meet those goals. As we enter the season of Advent, a time of hope and waiting, it is important to re-center our ideals of why we are striving for perfection in an imperfect world.

As we contemplate on an Honest Advent this season, I hope we can all release our impossible standards for the errands and tasks in front of us and instead find assurance that in every aspect of the Christmas narrative in scripture, humility, mess, fear, struggle, love, hope, and peace win out over perfection every time.

In the beloved book, *The Best Christmas Pageant Ever* by Barbara Robinson, we find a reminder of the unexpected truth when “perfect” does not happen. The story follows the Herdman children, known as the town’s troublemakers, who end up taking over the church’s annual Christmas pageant. Despite their rough edges and unconventional ways, the Herdmans bring a raw honesty to the story of Jesus’ birth that touches the hearts of everyone involved. As one character reflects, “It’s the best Christmas pageant ever!” because it was real, messy, and filled with genuine feeling.

I am always reminded at this time that a God who came to earth, to live with us and love us, is never asking for perfection. So, I as relinquish my own standards of perfection for this holiday season, I pray that we all strive for moments of hope and peace in whatever forms they present themselves.

Peace be with you,
Rev. Liza



PUB THEOLOGY

Our fall sessions of Pub Theology continued to offer thought provoking conversation and fun fellowship. We welcomed Rev. Calob on September 12 who led us in a discussion of the power of humor in our lives. Some of our small groups chatted about Bible stories we find humorous (try reading up about Balaam and his talking donkey) and if we think God has a sense of humor (I have to believe yes!). In October we were joined by St. Luke’s Director of Community and Early Childhood Ministry, Sam Leahy and St. Luke’s Little School Director, Kelly Amadeo. They presented on the topic of resiliency and how important it is to model and teach to our children. We all found the topic to be relevant in our own lives whether or not we are currently parenting or working with young people. Rev. Jerry Butler, Associate Pastor at St. Andrew UMC was our speaker in November. He shared his perspective on how churches can better foster discipleship and teach the tenets of our beliefs to new members and young people. This topic inspired deep and profound discussion and ideas for further learning. Pub Theology will continue in 2025 with new speakers and topics. We will plan on continuing to meet monthly this winter at Landsdowne Arms, which has been an incredible host.



Rev. Dr. Sallie Suby-Long, LPC

Minister of
Healing & Wellbeing
Director – Center for
Spiritual Engagement
sallie@stlukeshr.com

Honor, Include, and Uplift All

In these past weeks I have been especially thankful for our community and the connection we share. As we navigate all that is and has been happening in our world and our country our commitment to uplift each other and to stay connected is extremely important.

I’ve followed the work of the Fetzer Institute over the past years because their purpose is so compelling to me: **“Helping build the spiritual foundation for a loving world”**. When I received their recent newsletter, I thought of St. Luke’s and all the ways you engage in ministry to create

a move loving world. I also thought about how important it is to care well for ourselves so we remain inspired to continue with this important work.

I have the privilege of providing counseling, spiritual direction, and consultation in our community. If a conversation would be helpful for your emotional, spiritual, or mental wellbeing, I would love to talk with you. This invitation is always open. You can easily reach me via email **Sallie@stlukeshr.com** and I will welcome time with you.

I’m also excited to tell you that in the coming months the Center for Spiritual Engagement is planning many opportunities for you to connect, deepen your emotional and spiritual wellbeing and to engage in continued action to benefit the common good. Our CSE team would love to have your presence with us.

I’d like to share a simple prayer with you that has been especially helpful to me in these recent weeks. I hope it may be helpful to you, too.

Dear God,
Grant me the strength to remain
open-hearted and compassionate,
to listen deeply and act with love,
as I work to create a world
that honors, includes, and uplifts all.
Amen.

Warmest blessings to you and all those you love,
Dr. Sallie



St. Luke’s Director of Community

Thank You! Fresh, New Sanctuary Carpet!



Picking colors



Removing the old carpet



Installing the new carpet

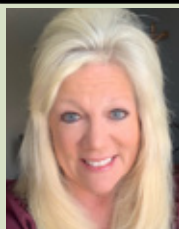
We are filled with gratitude for the installation of new sanctuary carpet, the many generous donations that contributed toward the project, the many hands that helped move and reset chairs, and the amazing installers that completed the work quickly, despite the snowy weather!

The new carpet was installed in the sanctuary, including the chancel area, the choir loft, and the platforms. The carpet extends through the hallway behind the sanctuary and the north stairs leading downstairs.

This carpet project came to fruition following the Future's Task Force report which identified care and visible improvements to our building as a priority. Thanks to gifts from anonymous donors, we were able to launch a Matching Challenge in September. The initial gifts of \$16,000 were quickly and generously matched by our congregation. Funds exceeding the cost of the carpet have been designated in the Building Improvement Fund and will be used for upcoming capital improvements.



New carpet in place!



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

Ordinary Days

Let's be honest, the nativity story is filled with ordinary moments. It's a story about ordinary people, doing ordinary things and then God moves.

Mary and Joseph were ordinary people, living ordinary lives, given a miraculous mission: to parent God's son. What's incredible is that the miraculous mission was executed in ordinary ways. The Savior of the world was born just like every other person. What is an ordinary day in your life? Work? Laundry? Cooking? Cleaning? Driving? Running errands? Shopping? Visiting friends? Serving the church? Watching Netflix? Don't be discouraged by ordinary days. God is moving, and while you may not know it, your entire life is being formed by a God who knows the miraculous power at work in just one ordinary day.

If you are looking for new ways to connect or serve at St. Luke's, reach out to me. I would love to connect with you in your ordinary days so together we can see new ways God is on the move in the new year!

Ordinary Blessings, Sam

UWF Connects

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 Teri0962@gmail.com*

ITCH TO STITCH: Gathers every 3rd Saturday at 10:30am in the youth room to work on various projects. *For more information contact Victoria Mason*

COMMON THREAD: Retired senior women gather the first Wednesdays of the month at 10:00am for fellowship, devotions and refreshments. *Contact Betty Ludlam*



United
Women
in Faith

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.

Seniors at St. Luke's



Seniors at St. Luke's are enjoying the rich tapestry of friendships in so many ways. The aspens were on brilliant display on our annual leaf peeping excursion. We enjoyed small gatherings and conversation with each of our Pastors every month on the first Tuesday in the Chapel at 2:00pm. Our



Friends-giving gathering provided delicious food and deep conversations about how important relationships are in this stage of our lives. We are excited to jump on the church bus Monday Dec 16 at 6:00pm for a local view of spectacular holiday lights. If you are interested in this fun holiday excursion please reserve your seat by contacting sam@stlukeshr.com. Our goal is to provide intentionally structured programs and activities to enhance the lifestyles and interconnectedness of our Seniors at St. Luke's.

Check out stlukeshr.com click 'Seniors at St. Luke's' logo to stay up to date on all activities and opportunities during Advent and coming in 2025!

Thank You for Giving

Thank you so much for your continued support of our ministries. Your recurring and consistent giving is greatly appreciated - especially as we kick off our new year together. Remember our fiscal year is changing from starting in January to July to coincide with the church cycle. Watch for our Stewardship campaign this spring. Any financial questions can be sent to Melissa Graham at financedirector@stlukeshr.com



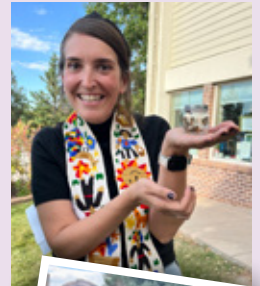
Melissa Graham
Director of Finance
financedirector@stlukeshr.com

- 1. Check out the new ways to give page on the website:** Click the DONATE button on the home page and find 4 options to explore - **now including Venmo** and a link to our latest financial information.
- 2. King Soopers gives to St. Luke's!**
St. Luke's receives a percentage of what you spend in groceries so it's just a matter of going to the link below and selecting St. Luke's as your choice for donations. That's it. Very simple. THANK YOU! Email me if you need help with how to sign up.
<https://www.kingsoopers.com/i/community/community-rewards>



Blessing of the Animals

St. Luke's, thank you for allowing us the honor of meeting and blessing your beloved animal friends! September 29th was a beautiful fall afternoon in the St. Luke's backyard. In the midst of falling leaves, Rev. Calob, Rev. Sallie and Rev. Liza blessed many dogs, a few cats, a guinea pig, a bearded dragon, and a small sample of honeybees! Our pets are a special blessing in our lives. They offer us unconditional love and grace, and remind us of the wonder of God's creation.



Fall Worship: Message Recap

During the Fall season, St. Luke's focused our Sunday morning worship on sacred themes that emerged from the work of The Futures Task Force. These are based on the experience we have together as a community of faith, and are what makes us St. Luke's.

We talked about how extending an invitation, feeling a sense of belonging, and experiencing welcome are all both characteristics of St. Luke's and a reflection of our relationship with God's grace. We talked about how



service, justice, and being inclusive are central values of St. Luke's and a part of our calling as disciples of Christ Jesus. Rev. Bich-Thy "Betty" Nguyen, Superintendent of Nurturing Leadership and Belonging for our Mountain Sky Conference, joined us as a special guest preacher for World Communion Sunday on October 3rd.

During November, our Sunday morning worship focused on Sacred & Holy Moments. The first Sunday was dedicated to commemorating All Saints Day, and naming those

saints who have passed on to the eternal church triumphant. On the



second Sunday, we marked Veterans Day and honored the veterans who are connected to St. Luke's. The Quilt of Honor made by our Itch to Stitch team, mostly Mary Peterson, was

presented to Vern Coy in honor of his service to our country. And on November 24th, we had a special Thanksgiving service with Josey Seevers, our Director of Youth Ministry, bringing a powerful and inspired message.

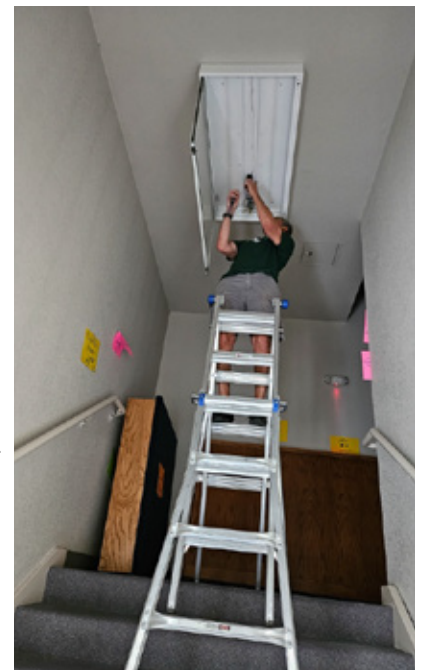
Trustees Corner

The Trustees completed a two year project to replace the fluorescent bulbs in all the ceiling fixtures in our building. We conducted an energy audit in 2022; it pointed out that one of the biggest energy savings we could implement would be replacing all our fluorescent bulbs with LED bulbs.

Since then, we have replaced about 900 bulbs, thanks to the ongoing efforts of John Church, Randy Larson, Sam Burget, and Ken Fong. We estimate this saves us about 10% of our electrical energy usage.

Randy Larson replacing the last 2 ceiling fixture bulbs with LEDs

The next phase of this project is replacing the fluorescent bulbs in the Sanctuary, Narthex and Fellowship Hall. Some initial progress has been made, thanks to Tim Boles, but this project will take a while, since a lift or scaffolding is required.



Thank You to Common Thread!

Common Thread is a wonderful fellowship group for women that meets on the first Wednesday of the Month at 10:00am at St. Luke's. Common Thread is one of three United Women of Faith Groups at St. Luke's (the others are Itch to Stitch and the Book Group.) No, Common Thread doesn't sew - that's Itch to Stitch! Members of Common Thread have been generously donating items needed by Giving Heart and HAAT Force to help people experiencing homelessness. In addition, they will be providing items for the March 2025 Guatemala Team to host a fun visit to a local school in the Western Highlands of Guatemala. Thank you, Common Thread members, for your caring and compassion! You are welcome to join us for good conversation and of course, food! Our leader is Betty Ludlam, betty.ludlam1718@gmail.com.

St. Luke's Feeding of the 5000 Community Food Drive was in full swing

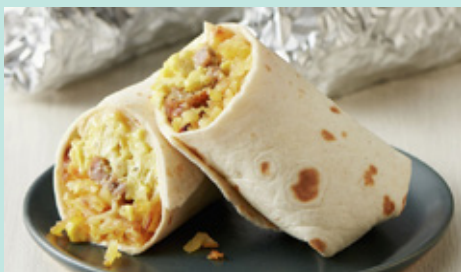
again this year from October 4-6. With 10 King Soopers stores participating on Friday, Saturday, and Sunday; our community far exceeded last year's mark, donating 28,183 pounds of food valued at over \$54,675.02 as well as cash donations! The Feeding of the 5K race raised an additional \$1,234.75 totaling an incredible \$55,909.77 for the Food Exchange Resource Network (FERN). 84 volunteers did all this work across 142 volunteer spots.



FERN is a food resource collaborative that serves an estimated 1000 families each week. Feeding of the 5000 has a long history at St. Luke's, and is a premier food drive in the South Metro area. Each year this food drive sees dozens of committed volunteers work hard all weekend to alleviate food insecurity. We are grateful to everyone from St. Luke's who donated their time to volunteer at store fronts, drive the pick-up vehicles, sort, pack the donations at St. Luke's, and deliver them to FERN. And of course, we're grateful to everyone who contributed food and cash! See you again next year.

Burritos Are Back!

The March 2025 Mission Team through Pura Vida will again be selling homemade burritos to help fund construction of homes for people in great need in the Western Highlands of Guatemala. We will take orders after worship services on December 15. In addition, you can order online at stlukeshr.com. Burritos are \$6 for pre-orders. You will be able to pick up your burritos on Three Kings Sunday on January 5. We invite you to be part of this project to provide safe and healthy places for Guatemalan families to live! Contact: Betsy Keyack, bkeyack@att.net



Missions Ministry Happenings!

Giving Tree: It's that time of year again when members of St. Luke's descend upon a Christmas tree full of tags! The Giving Tree went up in the Fellowship Hall on November 10th. For the first phase of the Giving Tree, St. Luke's once again partnered with Florence Crittenton Services. Serving Denver since 1893, Florence



Crittenton is a Denver non-profit that educates, prepares, and empowers teen moms and their children through education, health and wellness, post-secondary preparedness, and basic/emergency needs support. Due to the overwhelming generosity of the congregation last year, we increased the ornaments from fifty to sixty-five to hang on the tree and once again

and snatched up all 65 ornaments were snatched up. One could choose to purchase gifts for a teen mom or a child, whose ages ranged from newborn through 6 years. The ask for a mom was a gift card to a store of their choice. There were three items to buy for each child, a requested toy, an item of clothing, and underwear or diapers. Gifts will be delivered to Florence Crittenton on December 6th and distributed to families at the start of their winter break.

After the tree was picked bare during phase one of the Giving Tree, it was replenished with tags for various mission projects to support. In lieu of a gift for a loved one, church members can select one of the tags from the tree to donate to one of these worthy projects. Supported missions include Giving Heart, Pura Vida Construction Projects, Guatemala Milk Program, Christmas in the Park, HAAT Force, Honduras Abundant Life Christian School, Warren Village, and Field Elementary. Come stop by the Giving Tree to pick up your tag to provide assistance for your favorite project. You can also donate to the projects on-line.

We Don't Waste: We Don't Waste was our mission of the month in October. One Saturday in the month, nine St. Luke's members

volunteered at the We Don't Waste Mobile Food Market held at North Middle School in Aurora.

These markets provide fresh produce, dairy, canned and packaged goods, and proteins to neighborhoods that don't have convenient access to affordable, fresh and nutritious food. Despite a questionable forecast, the day was sunny and warm, as were the smiles on the faces of more than 400 families that visited the market!



HAAT Force Needs Volunteers!

HAAT Force provides severe weather shelter to people in the South Metro area to people experiencing homelessness. HAAT Force GREATLY needs volunteers! There are a variety of

roles, including one that can be done from home. Help HAAT continue our 14-year history of commitment to our neighbors in need! To get connected contact Betsy Keyack, bkeyack@att.net

WPTC 25th Year Celebration Continues!

Mary Poppins is Coming!!

The Wesley Players Theatre Company (WPTC) is celebrating 25 years of shows and creating community!!



WPTC enjoyed beautiful success with the musical *The Secret Garden*, in October. This stunning performance at St. Luke's was a reminder of the quality of the productions put on by WPTC and the amazing community that it builds. Thanks to director, Roberta Hamilton-Griggs and all who worked to make this remarkable show happen.

This past November we laughed hysterically at the antics of the Mountainville Underground Theater Troupe as they presented skits and encountered ghosts in *A Mountainville Christmas Carol* to help us all remember the true spirit of Christmas. Thank you to show writer and director, Jack Kennedy, and everyone involved in the production, for bringing this delightful readers theater performance to life to kick off the holidays!



Our next production is the amazing Broadway musical *Mary Poppins*. This is going to be a highlight in our 25th anniversary season. Mark your calendars now. Shows are Feb. 27 & 28, and March 1 & 2, 2025 at St. Luke's! Not to miss!

And coming soon after is *The Dining Room*, and *Dear Edwina* (a musical play for children). Come volunteer or audition with us! And thanks always for your support.



And coming soon after is *The Dining Room*, and *Dear Edwina* (a musical play for children). Come volunteer or audition with us! And thanks always for your support.

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



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

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

Tintinnabulators, 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
allegroa@hotmail.com

Kidz Prayz, Tone Chimes, Soul Purpose Youth Choir



Good Tidings of Great Music!

As we continue to read through the Gospel of St. Luke and gather to worship this Advent, our music reflects "The World in Waiting" and "The Wondrous Nativity."

Good Tidings of Great Joy to all!

One of the many blessings of St. Luke's is the wide variety of worship experiences: From the delightful "chaos" of annual Tree Lighting/Children's Pageant, the meditative and prayerful Blue Christmas and Peaceful & Bright services, the glorious Christmas Cantata Sunday, the Jazzy Christmas Trio, and Christmas Eve Services (Children/Family, Traditional, and Communion) to cite just a few events. We hope you will look over the Advent/Christmas/Epiphany Calendar Schedule and come to what speaks to you. We look forward to seeing you!

As our Advent Candle lighting Blessing lyrics implore: O come, O come Emmanuel, and end this dark of night. Bring hope to the world, bring peace to the earth, and fill us with love's pure light!

From all of us at Music & Arts: Wishing you and your loved ones a Holy-Day Season filled with Health, Harmony, and Happiness! —Kenrick Mervine

Join Us! Come One, Come All!

As we move into the new year, make a resolution to join or rejoin the Music and Arts Ministry at St. Luke's! With over 15 singing and instrument ensembles, there are many options and opportunities for ages 3 to 90! :-)) If you have any questions or want to learn more about any of the ensembles, please give Dr. Jim a shout at the church or by email at jim@stlukeshr.com.

Epiphany Sunday, Jan. 5

Come see the 15' Magi help celebrate the birth of the Christ child. Epiphany Sunday is a great time for kids to see another side of St. Luke's Puppet Ministry and witness the amazing entourage of the Kings presenting their gifts to the baby Jesus. All kids will get a front row seat during this special presentation during the 9:30 and 11:00am services.

A Jazzy Christmas

WITH THE
ANNIE BOOTH TRIO
Wednesday, Dec. 11
6:00pm

AT ST. LUKE'S UMC
SPONSORED BY MUSIC AND ARTS MINISTRIES
ADMISSION IS FREE * DONATIONS WELCOME





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

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

CLASSES & EXPERIENCES:



Peaceful & Bright

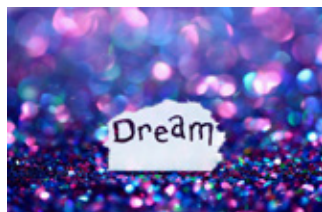
Tuesday,
Dec. 10 at
5:30pm
St. Luke's
Chapel

The CSE Leadership Team would love to have your presence with us for a special advent evening in the Chapel. Illuminated by the warm lights of December, come and be uplifted by reflections, prayers and beautiful cello music by Rob Datsko. We welcome you to embrace moments of peace and to celebrate this sacred season of light. The evening is a gift of gratitude to our community from CSE. RSVP to RenaParra@aol.com or Sallie@stlukeshr.com

Vision Boards

Saturday, Jan. 11 from 10:00am-Noon

Using a fun and creative process, you can create a visual tool to help you reach goals, manifest dreams or increase clarity of what



you want from life. Diane Lindsay will lead participants in creating a personalized vision board

to inspire or motivate YOU. The beginning of the year is a great time to go through this process to see what you discover about yourself. Contact RenaParra@aol.com to register or for more info.

Finding Wellness & Purpose in 2025

Monday, January 13 - 5:00pm
St. Luke's Chapel

We would love to have you join us for this wellbeing conversation as we begin the new year! Together we'll raise thoughtful questions to enhance clarity and bring new possibilities, hope, and purposeful action to our lives. Supported by the foundational values of the Center for Spiritual Engagement (connection, wholeness, authenticity, inspiration, transformation, hospitality, and abundance) we'll explore what may be sparking your interest in the new year and share with you some of the things CSE is planning. We'll also offer an introduction to our Brave Spaces Series *What Can I Do?* that begins in February. Together, we can make a difference! Our conversation will be facilitated by our Brave Spaces Leaders. For more information, contact Sallie@stlukeshr.com.

BRAVE SPACES - Social Justice



First Mondays Series: *What Can I Do?*

Beginning Feb. 3 at
5:30pm, St. Luke's Chapel

Starting in February, Brave

Spaces will host a series of monthly discussions to dig more deeply into crucial issues of social justice in our world. We will look at issues like immigration, sexual orientation, climate change, food justice, and church and government through a variety of lenses. We will engage in learning, self-reflection and opportunities for action, including highlighting St. Luke's activism in relevant areas. We hope you will join us for one or more of these deeply thoughtful community discussions. **We will meet the first Monday evening of the month, starting in February, in the St. Luke's Chapel.** For more information, contact Janestaller@gmail.com.

Legislative Activism: We will resume our legislative activism in January with the opening of the 2025 Colorado General Assembly. We anticipate that new legislative bills will be introduced to continue to safeguard our environment and the rights of immigrants and other marginalized people. Healthcare, gun safety, housing justice, and criminal justice reform are also likely subjects for our activism. We welcome newcomers to this work; no experience is necessary. We provide training and mentoring. For information, contact Janestaller@gmail.com.

Creation Care: Environmental Justice: Watch for information coming soon on a 2-session conversation based on Katharine Hayhoe's book *Saving Us: A Climate Scientist's Case for Hope and Healing in a Divided World*.

Yoga: Watch for dates on pop up yoga sessions with Sharon at St. Luke's in 2025. Enjoy a peaceful, centering, and gentle yoga experience with our very own Sharon Oliver, certified yoga instructor. The sessions are welcoming and engaging for people of all ages and experience levels. Sharon brings her love for nature, calm approach, and beautiful creativity to every session. \$15 suggested donation per 45-minute class. For more information, contact Sharon@stlukeshr.com.

Men in Community with Bryan Hutchinson Join this opportunity to connect with other men in our community. We meet the 1st & 3rd Mondays of the month at 5:00pm. Bryan, who holds a Master of Science in Psychology, is a skilled and engaging facilitator. Contact bryanrhutch@aol.com for more information about the next meeting.

OUTDOOR ADVENTURES

Thank You to the 140 participants in our 2024 Outdoor Adventures! This year we hiked at Waterton Canyon, Spruce Mountain, Gateway Mesa, Staunton SP, Caribou Ranch, Three Mile Creek, Pine Valley Ranch, Golden Gate Canyon SP, and Palmer Lake Reservoir. In addition we had a Bicycling event along the Cherry Creek Trail. We will be back in the Spring of 2025! To be added to our Outdoor Adventures email list contact to janestaller@gmail.com



CSE's Fall Connections

CLASSES & EXPERIENCES

CSE Connect and Celebrate: Our fall potluck event was a smashing success; thanks to so many who participated. It was an evening of connecting and reconnecting with friends we have met on hikes, in classes, at retreats and many other events. We watched a fabulous video of recent CSE events and our team shared some upcoming fall events. The food was plentiful and delicious. Our participants ranged in age from almost one year old to 90 years old. What a ministry of connection!



Fall Wellbeing: The Art and Science of Joyful Wellbeing with Dr. Sallie Suby-Long For 3 sessions in October, 20 of us gathered in the chapel for conversations on the Art and Science of Joyful Wellbeing. In the midst of uncertainties and changes that are often present in life, we were affirmed by the research that shows connecting to centering spiritual practices, deepening relationships, and engaging in fulfilling work or service are especially important for meaning and joy. Our time together included readings, videos, and sharing our personal experiences and wisdom! As a guide, we used an insightful book by Arthur Brooks & Oprah Winfrey entitled, "Build the Life You Want".

Fall Flowers Class: On Sunday, November 3, 14 of us visited Lisa Wedell's new flower shop, Designs Inspired by You, to create beautiful fall bouquets! With Lisa's guidance as a floral designer with 40 years of experience, we had a colorful and creative afternoon together. Lisa has a gift and passion for flowers and we're grateful for all the ways she shares this with our community!



OUTDOOR ADVENTURES

Pine Valley Ranch, September: We discovered a gem in Jefferson County Parks with a small lake, the roaring South Platte River, groves of pine trees and amazing rocks and views. Kristin Foster led our devotion highlighting the falling leaves of autumn and letting of that which no longer serves us or we no longer need. Let the gentle breeze help you discover which leaves are ready to fall. Let them go, lovingly, and with gratitude, knowing summer will come again. Smile inside your heart, and feel the earth beneath your feet, safe in the knowledge that change can be beautiful.

Golden Gate State Park, October: This hike took us to for a beautiful peak-of-Fall-colors hike along the Raccoon loop trail. We started from Panorama Point, which offered spectacular views of the towering granite cliffs that surround the canyon and the Front Range peaks beyond. We could not have asked for a more beautiful day in Colorado's wild places. It was great to welcome hikers that we have not seen for a while.

Palmer Lake Reservoir, November: Blue skies, towering pines and sun sparkled water greeted us for our last hike of 2024. We hiked to Palmer Lake Reservoir via La Deux Reservoir trail as we shared the day with 15 fellow adventurers, both old and new. Our day was perfectly expressed by one of our younger hikers, Corbin Connolly, "I really enjoyed all the people and the big rocks. The water and pine trees were very calming." Thanks to all who joined us this past year! We'll begin another year of Outdoor Adventures in March 2025.



CULTURAL ADVENTURES: What a foodie adventure for our September adventure. **We visited HMart Korean market in Aurora.** It is a superstore of Asian foods with an unbelievable produce section. We tried a variety of foods in their food court area including Miso Soup, Korean Cold Noodle Bowl, Sushi, Unagi Donburi and a variety of dumplings-yum! Afterwards we browsed the store aisles and the vast meat and produce areas and everyone found some new groceries to take home. Then, we ventured across the street to Arash International Market. This small, vibrant store sold many types of breads and lavash, some still warm! They also have a produce area and international spices. We encountered so many people from such a vast array of cultures in less than two hours and felt invigorated from the International vibe that is not that far from where we all live.

Our November Cultural Adventure was a visit to the **Denver Museum of Nature and Science**, specifically the new Rainforest Animals exhibit. This featured live animals on display such as snakes, iguanas, geckos, toads, and even a sloth. We also ventured into the exhibit on Poisons and were fascinated by the importance of plants (many from the Rainforest!) that are used both in medicines and for more nefarious purposes, especially in novels and movies.



BRAVE SPACES: Be Here, Be You,

Belong! UMC Social Justice Principles Our CSE Brave Spaces Team joined with St. Luke's member Susan McIntosh, newly elected Lay Leader to the Mountain Sky Conference, in October to create conversation around the mission and ministry of these crucial principles that encourage us to fully live our Micah 6:8 commitment: *To act justly, to love kindness and to walk humbly with our God.* With 30 people present, our conversation was engaging as we shared questions and made commitments to further action toward justice, putting our beliefs into action and fully living our values. The UMC Social Principles have long been foundational to our church. They are truly in the DNA of St. Luke's!



St. Luke's Brave Spaces group joined our friends and partners at Montview Boulevard Presbyterian Church for their fall series on **White Christian Nationalism.**

In September we heard Rev. Amanda Henderson address the threat of White Christian Nationalism. Rev. Henderson, who is the Director of the Institute for Religion, Politics, and Culture at the Iliff School of Theology, discussed the long, evolutionary history of the fusion of Christianity with aggressive political movements in the United States and the resulting threat to American democracy. She encouraged churches to include conversations about the threat to Christianity posed by Christian Nationalism.

In October, we returned to Montview for a presentation by **Rev. Dr. Jemar Tisby**, author of *The Color of Compromise* and *How to Fight Racism*. Dr. Tisby expanded the discussion of Christian Nationalism, encouraging Christians to draw a clear distinction between the Gospel of Jesus Christ and the rhetoric of Christian Nationalism.



CREATION CARE: The Ministry of our CSE Creation Care Team is growing! Over the past



months we have invited our community to participate in on-site composting and all are welcome to sign up! Our St. Luke's garden has not only been a place to grow fresh produce but also to teach children as well as adults about gardening. Thanks to Nichole Rairigh, Master Gardener, for her expertise. Our Trustees are making significant progress toward equipping St. Luke's with solar panels and our team is planning conversations on an excellent book called ***Saving Us*** by Katherine Hayhoe. If you have not yet noticed, be sure to check out our CSE Produce Stand, thoughtfully crafted by Bob and Sharon Oliver! In the summer and fall it's a place to share produce and in the winter and spring you can find information about the Creation Care Team and CSE events and experiences.



Josey SeEVERS
Director of
Youth Ministry
josey@stlukeshr.com

ON THE SLY: Merry Youth! 7th-12th grade



Merry Christmas (and finals time). We had a busy fall in our youth ministry and a few changes. Anna Fisher our Assistant Youth Director has stepped off staff to focus on school (getting her doctorate) and her other job, BUT is still very much a part of our youth ministry and we hope to see her often as a volunteer! Our youth held their annual pumpkin patch fundraiser which was very successful. Thank you to everyone who came out and helped unload and to those who worked shifts. We couldn't do it without you! The youth also

partnered up with SLY Jr. for a trip to the corn maze, and to pack Thanksgiving boxes with other local youth groups at Highlands. They fed over 300 families! We spent Sunday School exploring the first half of Genesis, and are currently following the Sundays of Advent. As we continue through the holidays, we will have a Christmas party and our high school lock-in. Later in February we will have our middle school lock-in. We also look forward to holding a middle school girls' bible study and Confirmation classes in the new year. You can also be looking forward to the announcements of the summer mission trips for 2025! Please enjoy a couple pictures of our local animal friends feasting on pumpkin leftovers below. **You can join our mailing list on the church website, and sign up with Remind: <https://www.remind.com/join/slyhrco> And check out our new SLY webpage on the St. Luke's website! Here for you, Josey**



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

ST. LUKE'S LITTLE SCHOOL Happy Fall & Merry Christmas!

Little School is bustling with excitement as we embrace the harvest season and the season of lights! This year, we're highlighting the English

Settlers and Native Americans of the first Thanksgiving, aligning our lessons with Native American Heritage Month in November. We have some fantastic activities planned for our Little Schoolers. If you're looking for engaging resources for children in your lives, check out Project Archaeology, The Smithsonian, and PBS for fun activities centered around the first Thanksgiving.

One of our favorite annual events is the Little School Halloween parade. The children had a great time parading around the church and collecting Halloween treats from our church staff, followed by festive classroom parties.

At Little School, we're committed to supporting our students in various ways. This month, Suanne Ediger, our Speech Pathologist, provided speech and hearing screenings, and Lions Club Littleton conducted vision screenings. We also have dental screenings planned for later this school year. We believe in nurturing the whole child and fostering healthy development in all areas.

As we approach the Advent season, we're excited to prepare for the celebration of Christ's birth. During chapel time in November and December, the children will learn about St. Nicholas and the story of Jesus' birth. They'll enjoy pancake breakfasts made by Barry Curtis, our maintenance director, and have a special visit from Santa. The children will also place their shoes under the trees to see if St. Nicholas leaves them treats for St. Nicholas Day, shop for gifts at the annual holiday shop run by Ms. Sam, and practice for our beloved Christmas singing concert, which draws nearly 800 attendees! We can't wait for all these joyful events. The children bring us so much happiness during this holiday season. Regardless of which holidays you celebrate, we wish you a wonderful season of light!

If you know a child who is looking for preschool for the 2024-2025 school year, registration opens for current families on December 2nd and for new families on January 13th. Be sure to check our website in mid-November for more details.

**Grace and Love,
Kelly Amadeo**



SLY, Jr. Fellowship!

SLY, Jr.! Our 5th & 6th grade group has been busy! First we had a fun kick off event with parents in September and then took a big group to the **Chatfield Corn Maze**.



We helped with the **Feeding of the 5000** and spent an afternoon helping the **Pumpkin Patch**

and spent an evening learning about our **Puppet Ministry** and put on our own puppet show! Then in November we went to Highlands UMC and made **Thanksgiving Meal boxes** for Food For All with all the food we had collected from our amazing St. Luke's community. We collected over 800 cans of green beans, 400 bags/boxes of pasta and 50 grocery gift cards! It was a huge success and our efforts contributed to over 300 meals for those in need. **THANK YOU St. Luke's!** We had an awesome **Christmas Party** with special guest Rev. Calob who joined us for the fun! We look forward to creating meaningful opportunities to create community in 2025. January will feature **Crazy Science** with Mr. Bob and February 7 is our **LOCK IN!!** Our schedule is on the St. Luke's website. Contact Ms. Sharon with any questions.



P.R.A.Y. Program is Back in Jan.!

This Scout badge program meets Sundays Jan. 5-Feb. 2 from 11:00am to 12:15pm, led by Sharon Oliver, Cathy Collins and Andrew Campbell. Open to all children in Grades 2-6 (\$30 fee.)



God and Me (Grades 2-3):

4 Sundays: Jan. 5-Feb. 2 (no class Jan. 12). God and Me curriculum is designed to help children tell their story of "God and Me" together. **God and Family**

(Grades 4-6): 5 Sundays beginning January 5, 2025. The God and Family curriculum is designed to help youth understand the importance of family and God's role in a healthy family.

Sign up online now - Contact sharon@stlukeshr.com. Pins will be presented on **SCOUT SUNDAY** February 16.

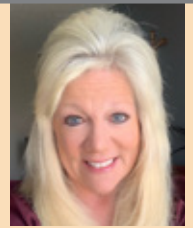


St. Luke's Kids
grace courage wonder beyond

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



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



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

Fall & Advent Activities Abound!!

Sunday School is going great on Sunday mornings as we continue to explore Bible stories, share our joys and concerns, pray together and discover God's love and presence in our own lives. We also incorporated **music** into our Sunday mornings and are loving having Ms. Kay and Ms. Angela there to lead the 1st-6th graders in song. And **Cherubs** PreK-K singers are meeting on Wednesday night and having an awesome time. We even sang in the Cantata! We are so happy to finally have our very own **Tweens Sunday School** class again thanks to Ms. Kerry & Ms. Jenita! This gives our 5th & 6th graders a special place to dive deeper into the Bible stories. Our volunteers are the best! Please consider joining us on a Sunday morning. It truly makes a difference! You can sign up on our stlukeshr.com website or contact Sharon or Sam.

In September we presented **Bibles** to 12 3rd graders. We followed that up with a 3-week **Bible Study** and had so much fun learning about this amazing book. We had an awesome outdoor family movie night and watched **Moana** in the backyard under a beautiful September moonlit sky.

October fall break discoveries are what **Wacky Fall Break Days** were all about! This program gives our preschool children special aha moments that prove the power of learning. Special thanks to Ms. Nancy for supporting this educational program to keep the children's skills sharp, friendships strong, and bodies moving. We look forward to seeing our Wacky friends over school spring break in 2025.



We had beautiful weather for our annual **Fall Festival** at the end of October! We had so much fun with our 'trunk or treat' and festival activities and over 300 people attended the festivities. Thanks to all who helped with crafts, games, balloon animals, food, animals (ferrets & lizards!) and more! And in November we welcomed 4 new **Acolytes!** Congrats to Isaiah, Naomi, Tanner and Ruby!



We moved into Advent with a joyful **Recital, Tree Lighting Service and Christmas Pageant** with our special shining wands. Watch for our **annual Holiday Shop Dec. 14 9:00am-Noon and Candy Cane Sunday on Dec. 15!**

Welcome Advent!

St. Luke's Holiday Shop has been a long standing tradition at St. Luke's. Three years ago during the pandemic we opened the shop to our Little School preschool families to shop while at school. Now more than 230 students shop over 3 days for their families. The experience helps them understand the concept of generosity and community spirit during the holiday season. Thank you to our community for your gift bags donation. Your support is greatly appreciated.





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

GRACE • COURAGE • WONDER • BEYOND

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



Cassy Meier
Communications and
Office Administrator
office@stlukeshr.com

*Gail Abernathy,
Jean Bennett,
Ron Burget,*

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.



*Sally Cleary,
Jan Cook,
Marlys and Richard
Dropik,
Bev Furns,
Bonnie Garrett,
Joan Goddard,*

*Lucy Gustafson,
Rev. Jim Harris,
Suzanne Humphreys,*

*Sharon Johnson,
Ann Kershner,
Mary Keyack,
Lennon Krantz,
Doug Lyons,
Lt. Joshua Marvel,
Chris McCarthy,
Carolyn McIntosh,
Mike Middleton,
Emily Olney,*

*Diane Orenstein,
Linda Sears,
Bill Shaffer,
Bodie Shoffeitt,
Nancy Springman,
Diana Stephens,
Terry Walters,
Amy Weiske,
Fran West,
Nan Woods*

WE EXPRESS OUR DEEPEST SYMPATHIES AND CONDOLENCES TO:

*Jay Van Hoosen and family on the loss of Jay's mother, Jan Van Hoosen,
Virginia Semrad on the loss of her husband, Mel Semrad
Mike Stevenson on the passing of his mother-in-law Alice Knowles.
Marilyn Bacon on the passing of her uncle, Wayne Gay
Greg Lucero on the passing of his cousin, Beatrice Lucero.
Amy Curtis on the passing of her dad, Dave Cook.
Penny Harris on the passing of her dad, Bill Harris.*

WE CELEBRATE TOGETHER & OFFER CONGRATULATIONS TO:

*New grandparents, Mark and Amy Johnson on the birth of twin granddaughters,
Charlotte Bethany and Isabella Sidney Forman*

Crafty Connections!

Wow, what a fantastic day at St. Luke's Fall Craft Fair!

We had 47 amazing vendors join us—17 more than our spring fair—and the extra space in the sanctuary made it feel even bigger and more lively.

It was so great to see so many familiar faces, with lots of our spring vendors returning and bringing their beautiful creations again. The energy was incredible, and the fair felt like a true community event, bringing people together to shop, chat, and just enjoy the day.

Some of our vendors have even reached out to ask how they can help support the community and give back, which is just so heartwarming. It's clear that this event isn't just about shopping—it's about building connections and strengthening our ties with one another.

The fair was also a wonderful way to get the word out about St. Luke's and spread the love. Thanks to everyone who came out, supported our vendors, and made this day such a success. Can't wait to do it again next year! —Cassy Meier