



# The Chronicle

ST. LUKE'S UNITED METHODIST CHURCH

FEBRUARY/MARCH 2018

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 and much more!

## CSE SPEAKER SERIES:

### "BUILDING SPIRITUAL MUSCLE" with Chris Wilterdink

**Tuesday, Feb. 20, 6:30-8:00pm**

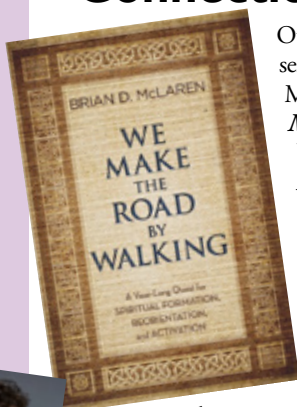
Many of you will remember Chris as a former Youth Director at St. Luke's. He is now Director of Young People's Ministries Program Development in the U.S. for Discipleship Ministries of the United Methodist Church. We are excited to welcome him back to St. Luke's as our guest speaker! Chris shares the following as a preview of the evening: "Physical growth and maturity is easy to see. Spiritual growth and maturity? Not so much. Let's explore stories of spiritual transformation and come away with tactics you can use to challenge yourself to grow. We'll look beneath the surface to reveal what is happening to our spiritual selves, even when we aren't paying attention. We'll celebrate all that we are and all that we can be by putting language to what we already do, so that we may start to recognize more of the divine in ourselves."



## TICKETS ON SALE NOW:

\$10 each plus \$1 processing fee through St. Luke's website or \$10 on Sunday mornings at church. FREE Admission for Youth. Childcare available with reservation. For more info contact [renae@stlukeshr.com](mailto:renae@stlukeshr.com).

## Join a Lent 2018 Connection Group



Our Lenten worship series is based on Brian McLaren's book, *We Make the Road by Walking: A Year-Long Quest for Spiritual Formation, Reorientation and Activation*. In the preface, Brian McLaren says, "...faith was never intended to be a

destination, a status, a holding tank, or a warehouse. Instead, it was to be a road, a path, a way out of old and destructive patterns into new and creative ones."

The season of Lent invites us into intentionality. Are we journeying on a road, a path, which leads us into deeper connection, or one that leads to disconnection? Does our path make space for the hard questions of faith and life? Does our path make space for grace, growth and forgiveness, of self and others? Does our path lead us into deeper relationship with God?

This Lent, you are invited to join one of our Connection Groups, as we delve deeper into McLaren's book with conversation and community.

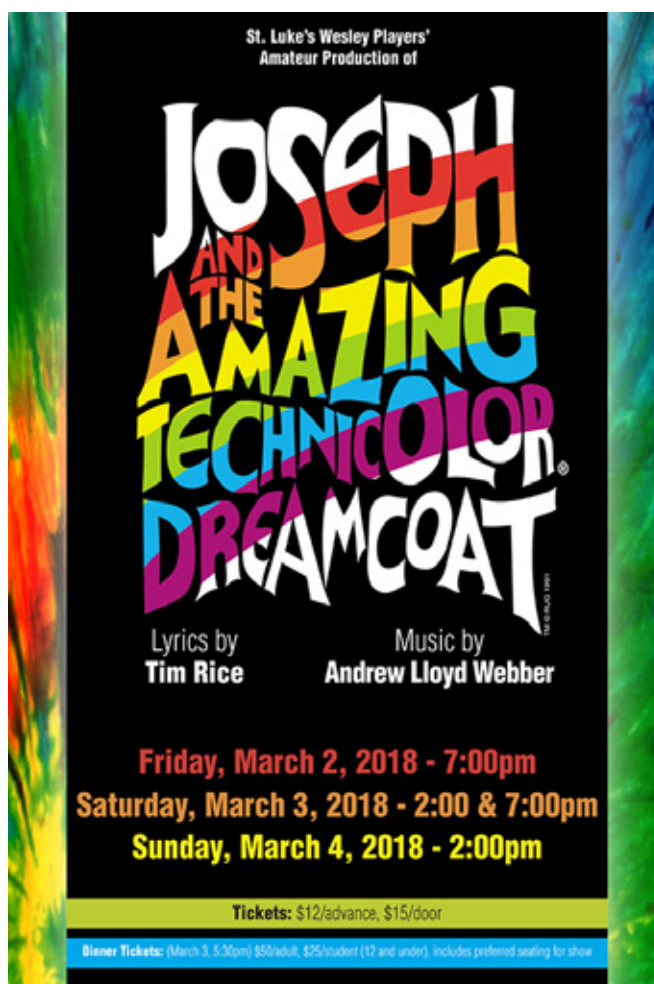
Connection Groups to choose from:

- **Sundays, 11:00am-12:00pm**  
led by Linda Osborn and Julie Polikoff  
February 18-March 25
- **Wednesdays, 4:30-5:45pm**  
led by Rev. Dr. Sallie Suby-Long and Bryan Hutchinson; February 28-March 28
- **Wednesdays, 6:30-8:30pm**  
led by Rev. Ryan Canaday and David Garrett; February 21-March 28
- **Wednesdays, 6:30-8:30pm**  
led by Sam Leahy February 21-March 28
- **Thursdays, 12:00-1:00pm**  
led by Rev. Jessica Rooks and Rev. Jim Ryan  
February 22-March 29
- **Thursdays, 6:00-8:00pm**  
led by Kristin Foster February 22-March 29 (March 29, 6:00-7:00pm)

Sign up in the Fellowship Hall or call the church office, 303-791-0659.



Join us for the turning of the seasons as we move from Epiphany to Lent and journey together to discover deeper connection with God. The season of Epiphany ends with our Fat Tuesday celebration on Tuesday February 13. Join us for pancakes, crafts and games at 5:00pm. Then Lent begins with our Ash Wednesday service on February 14 at 7:00pm.



## Sunday Worship Services

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

## Sunday School

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

## Nursery

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

## Mon.-Fri. Office Hours

9:00am-12:30pm & 1:00-3:30pm

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

Email.....office@stlukeshr.com

Website.....www.stlukeshr.com

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



## Staff

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Kim DeVries.....x110  
Office Administrator

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

Sheri Henry.....x124  
Director of Finance

Kristi Pawley.....x116  
Accounting Clerk/Music & Arts Admin. Assistant

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

All submissions for the next issue  
of *The Chronicle* are due

**March 25, 2018**

Editor: Sharon Oliver

chronicle@stlukeshr.com

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

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



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

# Lent as a Time of Practice

The season of Lent is that time between Ash Wednesday and Easter Sunday. Churches often talk about the forty days of Lent, but there are actually forty-six days, because the 'forty days of Lent' do not include Sundays. This season is designed to prepare Christians for Holy Week and Easter. It is traditionally a time of prayer, meditation, fasting and self-reflection.

The 'forty days of Lent' is reflective of Jesus' forty days in the wilderness after his baptism, and before beginning his ministry. The forty days are also reflective of the Hebrew people's forty year period after being freed from slavery in Egypt, before reaching the promised land. Biblically, the number forty symbolizes a journey – a personal and communal journey. The season of Lent is a journey to towards Easter.

In his book, *Finding Our Way Again: The Return of the Ancient Practices*,

Brian McLaren said, "Practices are not for know-it-all. Practices are for those who feel the need for change, growth, development learning. Practices are for disciples... Spiritual practices are ways of becoming awake and staying awake to God."

During Lent, it is customary to take on a new 'practice,' whether in the form of fasting, meditation and prayer, a spiritual discipline, exercising, or developing a new routine. This season invites us to be intentional in the ways we practice our faith. This season invites us into a journey meant to connect us more deeply with God and with each other.

As we begin this season of Lent, and begin a season of practice, I encourage you to reflect on where God might be nudging you, and how you might respond.

*"Spiritual practices are ways of becoming awake and staying awake to God."*

As we journey through the season of Lent together, I pray we take time to practice staying awake to God and one another.

Grace and Blessings, **Rev. Jessica**

## Questions to Ask Yourself:

(adapted from Rachel Held Evans)

- When I wake up on Resurrection Sunday morning, how will I be different?
- Is there a habit in my life that repeatedly gets in the way of loving God with my whole heart or loving my neighbor as myself? How do I address that habit over the next 40 days?
- Is there anyone in my life from whom I need to ask forgiveness or pursue reconciliation?
- What practical steps can I take to carve out time for daily contemplation?
- What spiritual discipline do I need to improve upon or want to try?
- What are some things in my life that I tell myself I need but I don't? Can I give one or two of them up for 40 days?
- Why am I giving this particular thing up? How does giving it up draw me closer to God and prepare me for Easter?
- What do the ashes from Ash Wednesday mean to me this year?
- How can I be intentional about my own journey through Lent this year? What is the wilderness in my life that I am moving through, and where might I meet God in the wilderness?



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

## Lent 2018: Journey Moments

I hope you plan on joining one of our Connection Groups during Lent. These groups will meet for the six weeks during Lent and will be made up of 8-12 people. Each week Jessica or I will preach on that particular chapter from Brian McLaren's book, *We Make the Road by Walking* then, each group throughout the week will discuss and journey through the content of that chapter. The chapters/topics are:

- A New Identity • A New Path to Aliveness
- Your Secret Life • Why We Worry, Why We Judge
- The Choice is Yours • Palm Sunday

Let's journey together. Let's experience connection together. Let's remind one another of who we are and who we are called to be in the world.

Grace & Peace, **Rev. Ryan**





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

## Connections for Health & Wellbeing

In our St. Luke's community, we enthusiastically encourage your commitment to caring for all aspects of your life and the lives of those you love. Periodically, I love to share information about things that are available to all of you, right here in our own community. Below, is a list of many options. I invite you to reach out to me and I will be happy

to connect you with an opportunities that align with what you might be looking for at this particular time 303-791-0659 [Sallie@stlukeshr.com](mailto:Sallie@stlukeshr.com). When we care for our health and wellbeing in proactive ways, we naturally increase our capacity to extend compassion and generosity of spirit to others. But we must begin with ourselves first.

- **Stephen Ministers** – provide confidential, one-to-one care to individuals in our congregation and community. Stephen Ministers are specially trained volunteers who offer confidential listening, emotional support and spiritual care. Contact Rev. Sallie or one of our Stephen Ministry Leaders if you or someone you love could benefit from connecting with a Stephen Minister who can offer support and kindness (Melinda Davidson, Bob West, Laura McCarthy, Nancy Abbott).
- **Mental Health First Aid Training** – on Saturday, April 14 from 8:30am-5:00pm, our Stephen Ministry Team will sponsor another mental health first aid training class in collaboration with Littleton Adventist Hospital and Centura Health. More information will be available soon. If you are interested in participating, please contact Rev. Dr. Sallie.
- **Counseling & Care** – Rev. Dr. Sallie, Rev. Ryan, Rev. Jessica, and Rev. Schawn offer short-term, solution-based counseling, care, and referrals for individuals, couples, and families seeking support. Confidentiality is always our top priority. 303-791-0659.
- **Support Groups and Classes** – St. Luke's offers support groups and classes focused on a variety of topics including 12-step programs, divorce recovery classes, parent support groups, and grief support groups. Information about current groups is available on St. Luke's website and in the Care Ministries brochure in the St. Luke's entry. Our next grief support group will be offered in April (you may contact Rev. Dr. Sallie for more information - 303-475-0141).
- **Center for Spiritual Engagement – Inspiring Connection and Wellbeing** Ongoing opportunities for proactive experiences promoting well-being, connection, healing and inspiration. Join us for workshops, retreats, seminars and classes featuring excellent, caring facilitators. We have classes and experiences we think you'll love including the ever-popular Outdoor Adventures, Yoga, Conscious Cooking, and Wellbeing Retreats. For more details about these opportunities, see the CSE page in this Chronicle, contact Sallie Suby-Long or Renae Parra or go to our CSE website at: [stlukescse.org](http://stlukescse.org).
- **Mentoring & Coaching** – Enhance your life practices of wellness and gain support for managing transitions, enhancing self-awareness, gaining new insights, making desired changes, and proactively addressing life challenges. Contact Rev. Dr. Sallie to set an appointment or to get more information.
- **Faithful Friends** – offer care and friendship to individuals in care centers, those who may be dealing with long term health challenges, and individuals who may have difficulty getting to St. Luke's on a regular basis.

I'm committed to connecting you with support and opportunities that will help you thrive. Holding you in the light of God's grace and wishing you well in every way.

Kindest regards, **Rev. Dr. Sallie**



## Connection: Journey Moments

by Rev. Jim Ryan



A clergy colleague and I always lived in different parts of the country. The only time we got to visit was at national denominational meetings. On those occasions, we always made sure to sit next to each other. As much as I liked him and enjoyed our opportunities to visit, he was the cause of my being guilty of violating the tenth commandment. He had this wristwatch! It was beautiful, stylish and classy. Each time I sat next to him, I would stare at it. I admired it. I wanted one just like it. I was guilty of envy. One day, we sat down next to each other and without even thinking, out of habit, I looked at his wrist. His watch was not there! Something had replaced it. I exclaimed to him, "Where is your watch and what is that on your wrist?" He calmly responded, "Oh, that is a compass." I asked, "A Compass? Why do you have a compass on your wrist instead of your watch?" He explained, "Some days when I wake up, I decide that for that day it is more important that I know what direction my life is going than what time it is."

Our 2018 Lenten theme here at St. Luke's is, "Connection: Journey Moments." As we examine our journey and the paths we are following, it seems to me that it is important that we have something like a compass to clarify the direction of our life. A compass works by always pointing North. Once we know where North is, we can tell where South, East and West are.

In our faith life, I believe that Jesus' statement about the greatest commandment serves as our guide point. He says, "Love God and love your neighbor as yourself." Others have said that this is the essence of Christianity and all else is commentary. I would say that if you want to know how you are doing on the first part, loving God, then check to see how you are doing on the second part, loving your neighbor. If we participate in conversations that disparage folks from other countries, we are not loving our neighbors and thus we are not loving our God. If we advocate for personal religious freedoms that cause discrimination against other human beings, we are not loving our neighbor. If we allow systems to go unchallenged that restrict opportunities for any of God's children to thrive in our society, we are not loving our neighbor. And, when we are not loving our neighbor, we are not loving our God.

These seven Lenten weeks of "Connection: Journey Moments" are a wonderful opportunity to check our faith compass to seriously examine the direction our life is headed. Are there some course adjustments that need to be made to bring us back in line with loving God and loving our neighbor as ourselves?

St. Luke's Faith and Justice Team seeks to assist us in this journey by providing moments of education and challenge of the Gospel's call to be active in justice issues within our society. If you would like to be kept informed, of these opportunities, please send your email address to our chairperson, Kristin Ryan at [kk4kids@gmail.com](mailto:kk4kids@gmail.com).

May God bless each of us in our journey of faithfulness in this season of Lent.

*Rev. Dr. Jim Ryan, A member of the Faith and Justice Team*



## More *with Les:* After Returning to ARCO (Part 3 of 3)

A few weeks after my return to ARCO Coal's offices following my very short time with Mobil, I was reading some business mail when my secretary, Rose, came into my office. "Les, Mr. Bond just called and asked that you come to his office as soon as possible; he didn't say what it was about."

by Rev. Les Ludlam  
(retired)

"Odd, I thought, if there's any problem with my reinstatement as an ARCO employee, our Human Resources group would be handling it," and any new project assignment would come from our Engineering Department V.P."

I put on my jacket and hurried to the executive offices on the 21st floor. Mr. Bond's secretary smiled as I walked up to his office. "Go right in, he's expecting you, Les."

I went in and found Mr. Bond on the phone; he signaled for me to sit down as he wrapped up his call. He hung up, sat back in his chair and took a sip from his coffee cup. Born in Texas and a graduate of Rice University, Hiram (Hi) Bond was a large, muscular man. He had excelled in football at his alma mater and had perfected the art of intimidation when playing ball. A devout Roman Catholic, he had raised a son (about my age) under a system of strict rules. I would eventually come to suspect that his gruff manor was a product of these experiences and a need to compensate for, what many who knew him believed, a tendency for soft-heartedness.

Hi had been named President of ARCO's newly formed Synthetic Crude and Minerals Division in 1969 when ARCO joined the Colony Oil Shale development joint venture as Operator. I had joined Colony as a Senior Retort Development Engineer in the Retort Development group that summer. At that time, my position in the company had been about five organizational grade levels below the president. To be in a meeting with him was rare and intimidating. Regardless, he kept track of his employees like a father.

That morning in his office, I leaned forward attentively as Mr. Bond began to speak. "Ludlam, (he always spoke to his employees by their last name) we had a nice going-away party for you a few weeks ago." "Yes sir, and I really appreciate the efforts put into setting it up," I replied, trying to fathom where he was going with this. "And we got you a pretty nice going-away present." I had been given a Cross Pen and Pencil set, mounted on a marble base, with a polished brass nameplate with my name engraved on it. "Yes, sir and I can give..." I stopped when he interrupted me suddenly; "No, it's not worth a damn to anyone else, we can't return it." I was at a total loss and I think my face showed it; "But what?..." I began so say, but he interrupted before I could finish.

"Ludlam, I want you to keep that pen and pencil set on your desk and stop to look at it each day you come into work and thank God you still have a job with this company!" I gulped and quietly said "Yes, sir."

"Now get to work and welcome back!"

I got up, said, "Thank you sir," and left.

When I got back to my office Rose was waiting with smile on her face, "How did it go?" she asked. "I think he was warning me to not do this ever again," I replied.

In retrospect, I'm fairly sure that Rose was in on this meeting with Mr. Bond, for every year afterward, on my June 10 employment anniversary, even after both she and I worked for difference company divisions, Rose would give me this message: "Congratulations for another year with ARCO."

I share this personal experience because of the things I learned from it are certainly worth sharing.

- Have tangible and achievable goals for your life; let them guide your decisions each day. But allow yourself the flexibility to change them if the world around you changes.
- Be transparent and honest in all your dealings with others. Do what you say you are going to do, and communicate clearly to those affected when something forces you to change.

And regardless of the situation, keep your sense of humor.

**God bless us all! Les**



**Renae Parra**  
Director of  
Servant Ministry

Get **CONNECTED**

**Get Connected at St. Luke's.**

To learn more about opportunities for you to get involved, contact Renae at [renae@stlukeshr.com](mailto:renae@stlukeshr.com) or 303-791-0659 x117

## Thank You to our Teams of Leaders

In January we recognized and thanked our outgoing leaders. Most of these leaders served 3 years on their team. Our teams have nine members: three members who roll off each year and three more who roll on and three more who stay on for consistency. Have you ever wondered what these teams do? Here is a brief run-down of their primary responsibilities. If participation on any of these teams interests you, please let me know.

**Staff Parish Relations** - Evaluates clergy and clergy candidates; liaisons with staff regarding workplace issues; participates in interview and hiring process, budget management for salary and benefits. Ensure that employment laws are followed.

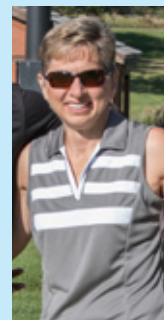
**Missions** - Provide support and advice to the various mission activities of St. Luke's.

**Equipping Ministry** - Identify potential members for teams at St. Luke's. Match spiritual gifts and passions, and skills to the needs of St. Luke's. Make individual contacts to invite people to be a part of a St. Luke's Ministry Teams. Support healthy transitions of leadership at St. Luke's.

**Finance** - Support St. Luke's Director of Finance in overseeing the church budget, general fund and expenses. Maintain "transparency" of SLUMC General Fund finances to congregation.

**Trustees** - Oversee maintenance, repair, or installation of church property: building, landscaping, bus, security and contents (such as audio/visual equipment).

**A BIG THANKYOU** to Sandi Miyaki who rolled off Trustees after serving for 18 years (15 years as a leader or co-leader of the team!) This is above and beyond what is expected of our volunteers. Sandi would see a need and immediately act on taking care of it for our church! She was a master mover of furniture at the church and helped decorate the offices to suit each personality. She managed painting projects, installation of new windows, interviews for new custodians, oversaw our Hanging of the Greens at Christmas time and much much more! She even took care of negotiating good prices for our repairs and maintenance. We are extremely grateful for her many years of dedication to St. Luke's. Next time you see Sandi, give her a big thank you!





## Houston, We Have a Mission!

The team of nine left bright and early on Sunday January 28 and flew to Houston and returned on Saturday February 3. We met with the Fair Haven UMC representative, our host church and got settled in. The other team at the church was from Pennsylvania and had 12 members. They were very friendly and a fun group to be with. We ate dinner with them every night. On Monday we were assigned our work site and job.

We hung drywall all week, hard work but fun to watch the change in the home over the week. Our home owners Victor and Mary were from Jordan and Israel respectively. They had amazing stories about the flood and their struggles after five months to get back into their home. Their house was under five feet of water for three weeks. It was stripped down to the studs and the mold mitigation was complete. We made sufficient progress that they should be able to move back in in a week or two. Their community is also suffering with most homes still unoccupied and many people just selling and leaving. Only about one in ten people in Houston had flood insurance. No one in their neighborhood had insurance because they were not in the flood plain.

Estimates are that 300,000 homes and 250,000 condos were damaged due to hurricane Harvey just in Houston. It will take years to recover. It is my hope that St. Luke's will send several teams down to Houston to help with the recovery. I will be glad to lead these teams.

*Thanks, Lee Seaman*



## Sedalia Elementary Holiday Fun!

What a blast! And I'm not just talking about the cold, snowy day we had!

On December 21, St. Luke's joined with Sedalia Elementary for an end-of-the year program in the school gym. It started with a student talent show, followed by none other than the St. Luke's puppets (along with Betsy Keyack performing their hilarious version of "Twas the Night Before Christmas" according to two sheep and a mouse. Thanks to puppeteers Steve Collins, Josh Burget and Devin Sharpe! In between acts, the Principal juggled a variety of items (such as baseball gloves), causing additional roars of laughter. Then there was a sing-a-long, concluded by an active rendition of "We Wish You a Merry Christmas" led by Sharon Oliver and Janet Johnston. Thanks to Trudy Turner for taking a group to Sedalia in the St. Luke's bus. It was a wonderful way to celebrate the holidays with our beloved school!



## Thanks for Support of HAAT Force!

It was a balmy January Saturday but a winter storm was in the forecast. HAAT Force went into action. HAAT Force (Homeless Awareness and Action Task Force South Metro) provides motel vouchers during severe weather for homeless people who have families with children and/or are disabled. This ministry, whose founders include people from St. Luke's, is in its 7th winter season. I volunteered on that Saturday afternoon. There was a Vietnam vet who had to use a wheelchair because of severe incurable pain and who in good weather lives "in the grasses"; people with children; a woman who is in a program to help her achieve self-sufficiency, but had all her meager belongings stolen (HAAT Force had some basic items to give her); and a couple dealing with cancer and severe arthritis. I reflected that when you get out of the house and go meet and look into the faces of struggling people in our community, you are blessed by their openness and get a heightened awareness about the needs of people not too far from here. Thank you to all the Seasoned Voyagers and individuals who have donated to HAAT Force in recent months. *—Betsy Keyack*



### The InBetweeners Group

The InBetweeners Group is for adults who fall between the Shine Group and the Seasoned Voyager's Group. It is for both men and women would like to get together for fun and fellowship. Join us once a month or twice a month. Mark your calendars:

**Tuesday, February 13 evening** – We will join the church for Fat Tuesday Dinner in the Fellowship Hall and then go downstairs to the Youth Room at 6:30pm for games.

**Sunday, March 4 – Top Golf** We will be making reservation for the afternoon (around 1:00). Cost will be around \$20 each (It depends on how many people sign up.) **MAKE RESERVATION BY February 15.**

**Tuesday, March 13 at 6:00pm** – Dinner out at the East Moon Asian Bistro on County Line Road and Holly.

**Sunday, April 8 afternoon** – We will be getting reservations for the Boulder-Dinner Theater to see *Patsy Cline*. Tickets will either be \$48 per person or \$56 per person (depending on availability). **MAKE RESERVATIONS BY February 15TH**

GET YOUR RESERVATIONS IN BY THURSDAY, February 15 for: TOP GOLF and the BOULDER DINNER-THEATER (*PATSY CLINE*) Send reservation request to Sandi at [silyp@comcast.net](mailto:silyp@comcast.net).



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



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

## St. Luke's Kids Growing with God

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 be inspired by God's love.* Join us for Sunday School at 9:30 & 11:00am and register online any time throughout the year. All families must register new EACH school year beginning in August. AND please sign up to serve! We have a convenient online sign up for our wonderful servants. Pick a date and join us and be a blessing to our children! Thanks!

### Children's Ministry News

#### Praise, Play & Prayers

#### CHILDREN'S CALENDAR:

(check our website for full calendar)

#### SUMMER VBS is June 25-29 "Rolling River Rampage"

- Jan. 28 (SUN) - **PEAK 9:30am SUNDAY SCHOOL** Begins 4-week lesson: "Calling the Disciples".
- Feb. 4 (SUN) - **JOY TREK 9:30am SUNDAY SCHOOL** Begins 3-week lesson: "The Disciples".
- Feb. 9 (FRI) - **Parent's Night Out 6:00pm.** Contact Sam for more info and to RSVP.
- Feb. 9 (FRI) - **FAMILY MOVIE NIGHT 6:45pm** - "The Incredibles" Wear your pjs and we'll provide the popcorn. \*\*Bring a pair of adult socks to donate for those in need.
- Feb. 11 (SUN) - 5:30-8:00pm: **SLY, Jr. Movie** "Wonder" & Service (buddy blankets)
- Feb. 14 (WED) - **LENT BEGINS**
- Feb. 18 (SUN) - **FAMILY WORSHIP SUNDAY** - No Sunday School
- Mar. 3 (SAT) - **Parent's Time Away 9:00am.** Contact Sam for more info and to RSVP.
- Mar. 4 (SUN) - **JOY TREK 9:30am SUNDAY SCHOOL** Begins 4-week lesson: "Holy Week & Easter".
- Mar. 4 (SUN) - **PEAK 9:30am SUNDAY SCHOOL** Begins 4-week lesson: "Triumphal Entry".
- Mar. 4 (SUN) - **Children's Dinner Theater** "Giants in the Sky" AUDITIONS (1st-6th grade) 10:45am in Goliath
- Mar. 7 (WED) - **Children's Dinner Theater** "Giants in the Sky" AUDITIONS (1st-6th grade) 6:30pm in Goliath
- Mar. 9 (FRI) - **Parent's Night Out 6:00pm.** Contact Sam for more info and to RSVP.
- Mar. 11 (SUN) - **ACOLYTE Training 11:45pm** - For children 2nd-6th grade. Bring a parent and meet in Goliath.
- Mar. 11 (SUN) - 5:30-8:00pm: **SLY, Jr. IKEA** Scavenger Hunt RSVP to Sharon
- Mar. 13 (TUE) - **Children's Ministry Team Meeting 6:30pm**
- Mar. 14, 21 & 28 (WEDs) - **Children's Dinner Theater** Rehearsal "Giants in the Sky" 6:00-7:30pm
- Mar. 25 (SUN) - **EASTER FUN DAY 12:30-2:30pm** - Sign up online to help!



### Attention 1st-6th graders: It's time for our Annual Children's Dinner Theater! Be part of this fun musical!

*Giants in the Sky* is a magical story that explores the world of Giants who live above the clouds to keep the sky beautiful. But there is one curious Giant who wonders what life is like on Earth, so she steals a key to the locked up "beanstalk" and embarks on an adventure down below! The show focuses on friendship and is a wonderful reminder for all of us to show appreciation and connect to the special people in our lives.

**Open to all children in 1st-6th grade.** Rehearsals will mostly be **Wednesdays 6:00-7:30pm beginning March 14 (combined with Kidz Prayz!)**

The dinner & performance will be **May 4 at 6:00pm**

**AUDITIONS:** **Sunday, Mar. 4 at 10:45am OR Wednesday, Mar. 7 at 6:30pm** meet in the Goliath area (downstairs) We'll fill out paperwork, sing a few songs and read a few lines. All will get a part. If you'd like to participate in the show but cannot make it to the audition please contact Sharon by March 7. Cost to participate is \$30. Contact Sharon Oliver with any questions: sharon@stlukeshr.com or 303-791-0659 x127



## Easter FUN Day

Sunday March 25  
12:30-2:30pm

Grab your family and come join us for games, Easter egg hunts, balloon animals, photos with the Easter bunny, cotton candy, bouncy castle, crafts, cookie walk, live bunnies and MORE! If you can help, we need you. Drop off cookies and candy or sign up online on our website (sign up coming soon.) This is a great and FUN way to serve our church and our kids! Thanks so much!

## ST. LUKE'S FAMILY CAMP

tie-dying, homemade ice cream, kickbal.... there's too much to list here. Go to [www.stlukeshr.com/familycamp](http://www.stlukeshr.com/familycamp) to check out all the fun we had last year!

Sign up for your campsites NOW! They're going fast. The dates are Sunday, July 22, 2018 through Sunday, July 29, 2018. Come for one day or all eight! If a day trip is all you can manage, join us at Winter Park on Friday, July 27th (alpine slide, mini-golf, Leaps and Bounds bungee, ski lift access).

#### Ready to join the fun? Here's what to do:

1. Contact Snow Mountain Ranch to reserve your campsite, yurt, or cabin. The website is: <https://snowmountainranch.org>. The phone number is 888-613-9622.
2. Email Amy Antinoro (rkymtnrph@hotmail.com) with your reservation number, ages and number of participants, and any food allergies.
3. From May 10 to June 1, register on the St. Luke's Family camp page ([www.stlukeshr.com/familycamp](http://www.stlukeshr.com/familycamp)). This is where you'll sign up for activities. If you're only signing up for Winter Park Day, you'll sign up here.

Our campers range from age zero to seventy-five. Dogs are welcome, too! Come join the fun!





**Kelly Amadeo**  
Director of  
Little School



## Little School News: Welcome Winter!

We had the most excited preschoolers last month with the first major snowfall this year. Many of the classes made snow inside the classrooms to celebrate the occasion. Our hallways have been full of miniature cowboys and cowgirls!

With the Western Stock Show in town, we turn Little School into our own mini stock show. We had rodeos, hot dog lunches, and campfire sing-alongs with our parents. One of the cutest things on Earth is tiny children dressed in cowboy and cowgirl clothing. What a great month.

In addition, January brought one of our favorite events of the year, our Family Fun Night. We had a bouncy house, photo booth with "Frozen's" Anna and Elsa, face-painting, winter-themed Disney movie showings, popcorn, and crafts. The proceeds are all going toward replacing the biggest play structure on the playground.

February is bringing some fun "loving" events as well. We have a Dads' (other special adult) Saturday at Little School. Dads or other special adults come into their child's classroom with their child and create a craft for Valentine's Day. Dads sit in mini chairs, mingle with other Dads or special adults, enjoy donuts and coffee, and shop our Book Fair. Of course, we celebrate this month of love with Valentine's parties as well.

March will bring us Career Day! We have parents lined up to teach our children about anything from being a dentist, to a pilot, and even a news anchor! We love this tradition at Little School.

We are in full swing with registration for next year. Registration has opened up fully to the public, and we are excited to see new faces. If you or anyone else that you know is interested in attending our award winning program, please have them email or call us.

Wishing you and your family a season of love and happiness.

**Kelly Amadeo,**  
Director-St. Luke's Little school

*"Play is often talked about as if it were a relief from serious learning. But for children, play is serious learning." -Mr. Rogers*



## Seasoned Voyagers

We are a ministry for ages 55 and up; most Sundays we have a card table set up in the Fellowship Hall area where you can get information on our upcoming activities and tours. Stop by to say hello, pick up a flyer or to sign up for something fun.

### Seasoned Voyagers Caps Off a Spectacular 2017!

Seasoned Voyagers held a pot-luck lunch in December to end the year on a very energizing and entertaining note! Before we ate, we recapped our 2017 activities, which included trips to Coors Field, the Denver Museum of Nature and Science, the state Capitol, a concert at Chautauqua Park in Boulder and leaf peeping in the mountains and our Cinco de Mayo lunch in May. Seasoned Voyagers is very mission-oriented and at the lunch we reviewed the many ministries we supported in 2017. We are strong supporters of Sedalia Elementary School. We made donations to HAAT Force, Clinton Indian Church and Community Center in Oklahoma, UMCOR, Denver Inner City Parish Seniors Program, Lunches in the Park and Colorado Coalition for the Homeless.

While we ate, we were entertained by our very own musicians and singers Ed Law and Roger Adcock. Then we rocked the Fellowship Hall with our laughter as we participated in an activity to solve the mystery of "Who Stole the Silver Bells?" Who knew we had such talented comedians and impromptu actors in Seasoned Voyagers?!

Our Seasoned Voyagers leader and shepherd is Rich Krening, rkrening@msn.com. Check out our table in the Fellowship Hall and see what exciting things we have planned for 2018!

**JANUARY:** Seasoned Voyagers Coldest Day of the Year! January 4, 2018, we went from the balmy bus into the National Ice Core Laboratory to learn from one of the newest sciences that measures what was in the air thousands, even tens of thousands of years ago. We had a quick tour of working conditions in the way below zero storage area and have new respect for scientists. A private lunch at the Homestead Country Club warmed us back up. Our charity toward HAAT Force, also benefited from us feeling the cold.

**FEBRUARY:** Who would you rather learn from to prevent a scam of your financial state? A banker, a policeman, an insurance agent or a person who actually made a great living for a few years by scamming? Our guest speaker is a now reformed scammer and he knows all the secrets and their cures. Come learn a thing or two and enjoy coffee and pastries with the Seasoned Voyagers in the Fellowship Hall on Thursday, February 15 at 10:00am at St Lukes. Prevent Fraud. It's free. Sign up on Sundays at the church or contact Rich Krening at rkrening@msn.com.

**MARCH:** March 11, a Sunday, we will attend a matinee performance at the Littleton Town Hall Arts Center of the entertaining and satirical take on Agatha Christie's mysteries "Something's Afoot" with musical style from the 1930's. Lunch at Merle's prior to the show. Must sign up in advance to reserve your ticket.

**APRIL:** April 19, a Thursday, we travel to the Museum of Nature and Science to see the actual Dead Sea Scrolls in person and up close. To get a head start on what you will be looking at, sign up to attend a class on Sunday, Feb. 18 or Mar. 4 at 11:00am to get an overview on how they were discovered and what they contain, led by Rev. Shawn Kellogg.

**CONVERSATIONS with the Pastors:** The first Tuesday of each month a 2:00pm we meet at the church and one of our pastors spends an hour or more with us discussing whatever we want to talk about. Bring your questions or curiosity. This is a great way to get to know more about our pastors, church and Methodism. We sponsor this event, but it is open to anyone in the church to attend.

**MISSIONS:** Did you know that each month the Seasoned Voyagers also has a Mission Focus? Upcoming Missions for 2018 will be HAAT Force, collecting Diapers for the Love INC Diaper Drive and supporting UMCOR during their once a year drive to support their administrative costs.

**If you have questions about Seasoned Voyagers or would like to join our planning team, contact Rich Krening (rkrening@msn.com) or stop by the Seasoned Voyagers table on Sundays.** To be added to the email list to receive updates on Seasoned Voyagers activities, send your email address to Renae Parra (renae@stlukeshr.com) and she will add you to the list.



## We are St. Luke's United Methodist Women and we invite you to join us and let us be a part of your Missional and Spiritual Journey

United Methodist Women *Supports* you through friendship and fellowship – *Keeps* you in Prayer – *Gives* you a new insight into books – *Enhances* your handiwork skills – *Satisfies* your mission needs – And supplies you with *Renewal*.

### For further UMW information:

Visit: [www.stlukeshr.com](http://www.stlukeshr.com)

Email: [umwinfo@stlukeshr.com](mailto:umwinfo@stlukeshr.com)

Facebook: <https://www.facebook.com/stlukeshrumw>

### Mile High/Pikes Peak District UMW 2018 Mission, Mentoring and Celebration Day

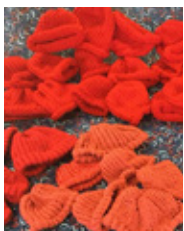
was held January 20. Fran West, Maggie Giardina and Brenda Hart represented St. Luke's. St. Luke was recognized as a Five Star Unit and for Participation in the 2017 Mission Today Report. The District UMW 2018 theme is "Sacred Spaces: Encounters with God and Neighbor"

### Warren Village Christmas Stockings Spread Joy

The inspiration and drive behind the Warren Village Christmas stockings project started with Victoria Mason. She recalls, "It all started last year when I needed something to keep me busy at home so I would not ruin my diet. The boys had lost their stockings that I made for them when they were very little. So I made new ones. Stockings mean a lot in my family and are the core of Christmas morning with small goodies (toothbrushes, fruit, nuts, candy, chapstick, and (from Dave's family) a favorite jam, and small toys which we all shared that morning as a family. In my family, a special Christmas gift is called "a baseball glove"; it doesn't mean much unless you share it. The Christmas Stocking is like a baseball glove; you are sharing the joy you find in it – every year. I still cherish the stocking my mom made for me and I still have it. I wanted children who are used to getting "gently used" all the time to experience having something that is special and unique to them, and made with care and joy. When the project got too big, my friends came to my rally and helped make this amazing experience of joy. I loved making the stockings; I believe my friends did also."

Victoria and her sewing friends made hundreds of stockings that were stuffed with donations of toys, socks, stuffed animals, books, beauty and hygiene items and more from our generous church family. Sharon Oliver and Laura Richards organized the project and delivered 280 stuffed stockings to Warren Village for their holiday shop - one stocking for every child under 18 currently living there. According to Warren Village Volunteer Services Coordinator, Liz Matthews, the parents were extremely grateful and LOVED them. The gentleman holding the single stocking couldn't believe there was one with Elsa from FROZEN on it. He said "I can't believe it I am so excited, she is going to love this!" Liz said, "It was a great day had by all the residents and thanks to all of the hard work of everyone St. Luke's, there were many happy families!"

**Thanks to our wonderful Itch to Stitch Angels, we sent more than 45 baby hats to the American Heart Association for the "Little Hats, Big Hearts" program to be distributed during the month of February to babies born in at Denver Area hospitals.**



### Candlelight Dinner Thanks

Thank you to all who attended our Annual Candlelight Dinner and your generous gifts to our Mission recipient, Prison Fellowship Ministries. Your gifts enabled over 100 families of those incarcerated to have a wonderful Christmas.

### Save the Dates:

**March 10** – Spiritual Day Together, First UMC Castle Rock

**April 27-29** – RMC UMW Spiritual Life Retreat, Estes Park, CO

**April 29** – Spring Tea Celebration



### Altar Team

**Easter Lily Sales** ~ Order your Easter Lily from the Altar Team on March 11, 18 & 25 in the Narthex. In Celebration Of... In Honor Of... In Memory Of... for \$20 each. Plants may be picked up after the 11:00am Easter Sunday Service.

**Flowers are Celebrations of Life** ~ The Altar Team invites you to help us decorate our Altar each Sunday

by Celebrating Your Life, Your Family and Your Friends. The two bouquets designed by our Floral Designers cost only \$35. You may take the Bouquets home after the 11:00am service. Vases may be returned the following week and placed at the sink area in the Narthex. Call the office to reserve your "Special Flower Sunday". Send your \$35 check payable to St. Luke's UMC with Sunday Flowers in the memo line.



*"The organized unit of United Methodist Women shall be a community of women whose purpose is to know God and to experience freedom as whole persons through Jesus Christ; to develop a creative supportive fellowship; and to expand concepts of mission through participation in the global ministries of the church."*

### Interest Groups of UMW

Join an Interest Group at any time. Want something different, let us help. Email us [umwinfo@stlukeshr.com](mailto:umwinfo@stlukeshr.com).

- Book Club** ~ Fiction/ Non-fiction/Informative/Fun. Fourth Monday, Room 206, 7:00pm (potluck 6:15pm) For more information about book club or to receive a list of the 2018 books, contact Cathy Collins at [scecollins@q.com](mailto:scecollins@q.com).
- February 26 – "Finding Gobi: A Little Dog with a Very Big Heart" by Dion Leonar
  - March 26 – "Lilac Girls" by Martha Hall Kelly

### Common Thread ~

Friendship/Fellowship/ Caring/ Sharing. First Thursday of each month, 10:00am. Meets at the church. Contact: Caroline Butler [carolinebutler@q.com](mailto:carolinebutler@q.com) or Betty Smith 303-797-3225

### Itch to Stitch ~

Projects of Crochet, Knitting, Sewing, Quilting donated to Charities. All skill levels welcome. Focusing on lap blankets for Veteran's Hospital and Nursing Homes. Meets 1st & 3rd Saturday, 10:00am in downstairs Youth Room. (No meetings in December, June or August) All skill levels welcome. Contact: Fran West - 303-797-7107. Check out Our Facebook page !!! - "St. Luke's UMC Itch to Stitch Guild"





The Center for Spiritual Engagement (CSE) has been active at St. Luke's for over 8 years and last year over 900 people took part in CSE activities! To celebrate our growth and what we have become, CSE is rolling out an updated mission statement, logo and website and a wonderful variety of upcoming opportunities just for you. Check us out!

### CSE Purpose:

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

Take a look at our new website:

**stlukesCSE.org**

CSE has expanded its variety of wellbeing offerings and you are invited to take part.

- Our **Spirituality and Wellness Speaker Series** includes well known writers, speakers and people who inspire living with compassion and courage.
- If you love nature and the beauty of Colorado, join us for **Outdoor Adventures** where we explore amazing landscapes through hiking, snowshoeing, kayaking and cross-country skiing.
- If you are inspired by adventures farther from home, our **Mindful Travel & Retreat experiences** invite deeper awareness of people and cultures.
- And we offer **Wellbeing Classes** like yoga, life coaching, conscious cooking, and more, that will inspire the best in you.

We hope you'll join us and discover the  
**Center for Spiritual Engagement!**

## CSE SPIRITUALITY & WELLNESS SPEAKER SERIES:

**Tuesday February 20 - "BUILDING SPIRITUAL MUSCLE" with Chris Wilterdink - 6:30-8:00pm** See details on the cover of this issue.

**Tuesday April 17 - "SPIRITUAL JOURNEYS in This Interfaith World" with Rabbi Brian Immerman (Temple Emanuel), Iman Jodeh (Meet the Middle East) and Rev. Jasper Peters (Belong Church).** Our multi-faith panel will share about their personal spiritual journeys within their own faith traditions. (julie.polikoff@msn.com)

## CSE OUTDOOR ADVENTURES:

The Center for Spiritual Engagement invites you to join us for another year of exploring and experiencing Colorado's beautiful wild places. Starting in March we will have monthly Outdoor Adventures that include snowshoeing, hiking, boating/paddle boarding, and opportunities to learn more about the flora, fauna, archaeology, and geology of our beautiful state. Join us for one adventure, or whenever your busy schedule allows. More information in the bulletin and website.

- **March 17** – Snowshoeing at Staunton State Park. Hopefully we'll have snow for this 3.5 mile snowshoeing adventure in Colorado's newest state park.
- **April 14** – Early spring hike in the Indian Creek Open Space (Douglas County)
- **May 5** – Hiking in Deer Creek Canyon
- **June 9** – Spring wildflower hike on South Mesa near Boulder

## CSE CLASSES & EXPERIENCES:

**Spirituality 101 facilitated by Bryan Hutchinson.** Engage in conversation about spirituality, what it means to you and how it adds depth and meaning to your life. Based on Mike Singer's book *The Untethered Soul: The Journey Beyond Yourself*, we'll discuss the experiences that have shaped and are shaping your beliefs and spirituality. This 6-week class meets on Wednesday evenings from 6:30-7:30pm beginning February 28. bryanrhutch@aol.com or renae@stlukeshr.com

**Reiki Level I & II taught by Suzanne Rainey, a member of St. Luke's and a Reiki Lev I, II & III Practitioner.** Learn the benefits and practical uses of Reiki ("ray-key") healing energy and how you can share this gift with friends and family. Reiki I Basic Fundamentals is Sunday, February 11 from 1:00 to 5:00pm. Cost is \$150 which includes a manual. Reiki II Healing Symbols is offered March 4 from 1:00 to 5:00pm. Cost is \$150 suzrainey@gmail.com or renae@stlukeshr.com

**The Wisdom of YOU – Thursdays, March 1-29 from 10:30-11:30am facilitated by Sallie Suby-Long and Renae Parra.** Using the power of story and reflections, we will listen and share – affirming who we are and celebrating the wisdom of our journey. This class is FULL. Please email sallie@stlukeshr.com to be added to wait list.

## Conscious Cooking with Melinda

**Davidson** Saturday, March 10 from 10:00am-1:00pm - Connect with others as we nourish our bodies with delicious food and express gratitude through hospitality and cooking. This class is FULL. Please email renaeparra@aol.com to be added to a wait list.

**Glow Women's Weekend** Friday, April 20 at 8:00am through Saturday, April 21 at 6:00pm. Facilitated by Sallie Suby-Long, Renae Parra, Melinda Davidson, and Michelle Lamoreaux. A repeat of our fall weekend at the Sonnenalp in Vail. Engage in enriching experiences to inspire health, wholeness and a glow from within. Limited to 12 participants. Cost is \$295.00. sallie@stlukeshr.com

**Morning Yoga with Gargi** Thursday Morning Yoga with Gargi - 9:00 – 10:15 am in the Chapel. Gargi invites us to turn off our mind chatter, and tune into our bodies. All abilities are welcome; drop in once, and you'll want to come as often as your busy schedule allows. Suggested donation \$12/class. (renae@stlukeshr.com).

## Multitasking & Wellbeing

I made a commitment several

months ago to learn more about wellbeing and what contributes to wholeness of mind, body, heart, and spirit. I've recently learned some interesting things about multitasking and wellbeing. Many people, including me, consider multitasking necessary and even something to which we aspire. Our society reveres multitasking! It helps us accomplish many responsibilities all at once as we juggle the day to day tasks of life. It seems like a good idea, but is it really? Does multitasking contribute to our lives or detract from the meaningful experiences we are really craving – like connection, peacefulness, and a sense of fulfillment? According to some recent research (reported in Newsweek, August 2017) those of us who thrive on multitasking may be unintentionally missing out by trying to pack too many things in.

As it turns out, single-tasking, rather than multitasking, is much better for focus, quality, fulfillment, and overall wellbeing. It is likely we would actually experience more meaning and accomplishment if we focused on one thing at a time, one moment at a time, one experience at a time. When we are with someone, really be with them. When we are working on a project – fully dive into that project. While we are at work, focus on giving our full attention to whatever is in front of us. When we are with our children, significant other, or friends, really focus on them. I'm going to experiment with single-tasking this month and see how it goes. Does anyone want to join me? Wishing you well! –Rev. Sallie

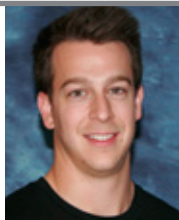




**Dave Laurvick**  
Director of  
Youth Ministry



**Amy McMullen**  
Assistant Dir. of  
Youth Ministry



**Jake Smith**  
Assistant Dir. of  
Youth Ministry

## ON THE SLY: Welcome 2018!

SLY has been running fast out of the blocks for the New Year!

Confirmation classes have started with some amazing discussions..... and a great retreat coming up the first weekend of March. We have 18 youth and 9 leaders really digging into our belief foundations and our faith journeys. It will all culminate the weekend of April 7 and 8 with the Confirmation Services. Please join us!

Youth Leadership Conference - Jan 26-28- had CCYM (Conference Council of Youth Ministry) on FIRE with the Holy Spirit..... and a malfunctioning fire alarm sensor that had us out in the cold Saturday night. We wish our Graduating Seniors on the CCYM Board Olivia Ary, Eryn Meyers, and Evan Meyers the best as they come off the Board and head to college. They have served for several years each and have been instrumental in planning many youth events and getting the voices of youth in front of the Annual Conference. We also celebrate the election of Cole Bauer, Jack Ary and Colton Koenig as board members, and Ethen Thevarajah and District Representative.



Speaking of District events- we have the district wide Youth Quest Retreat coming up April 27-29. This is a district wide gathering of current 7/8 grade youth. Let Dave know if you are interested in attending!

Blue Bench Returns! We will be running Jr. High and Sr. High programs concurrently on Sunday Feb. 25 and Sunday March 4. These programs heighten awareness of sexual violence and its prevention, as well as healthy relationships, boundaries and skill-building to become an active bystander – leading people to be part of the solutions.

We will also be hosting a Safety and Empowerment Skills class for females 13 and older April 6 and 7. Contact Dave for details.

*Yours in Christ, Dave, Amy & Jake*

## Upcoming Events!

### \* SUMMER ISSION TRIPS

*Jr High Mission Trip: July 8-15, 2018  
(current 6/7/8 grades)*

*MEETING: March 11 at 11:00am*

*Sr High Mission Trip: June 17-24, 2018  
(current 9/10/11/12 grades)*

*MEETING: February 11 at 11:00am*

### \* SUNDAYS

9:30-10:30am SLY AM in the youth room: Life Lessons from the New Testament

1:00-3:00pm CONFIRMATION Class

5:30pm SLY PM Dinner

6:00-7:30pm SLY PM

### \* WEDNESDAYS

5:30-6:30pm Homework Hour

6:30-8:00pm "Holy Grounds - Coffee/Cookies/Conversation" Your time - your topic - your discussions!!

### \* Tuesday February 13

5:00-7:00pm Fat Tuesday Pancake Dinner and Fun Time! We need folks from 4:00pm (or as soon as you can get there) until 8:00pm to help! We cannot do this without you. PLEASE email davel@stlukeshr.com

### \* Tuesday February 20

6:30-8:00pm BUILDING SPIRITUAL MUSCLE  
An Evening with Chris Wilterdink. Free for Youth.

### \* Friday & Saturday April 6 & 7

Parents: I am very excited to announce that the Blue Bench Safety and Empowerment class has been scheduled Friday evening April 6th (6:00-9:00pm) and Saturday April 7 (9:00am-noon) in the Youth Room. This curriculum offers a safe space for participants to learn and practice verbal and physical assertiveness and self-protection skills. The curriculum is based on a toolbox approach – adding tools to participant skills for dealing with situations ranging from sexual harassment to life-threatening situations. Open to female teens and adults 13 years and older - you MUST RSVP as class size is limited.

\* **Mission Opportunities:** See Dave if you are looking for community service hours !!

### \* Jeremy's Africa Blog:

coloradoboyinlesotho.wordpress.com

\* **Sign up to receive our emails and Check stlukeshr.com and click on "Youth" or "SLY"** for up-to-date info on programs, activities, opportunities and more!



## SLY, Jr. Lock IN!

Thirty five 5th & 6th graders gathered on Jan. 26 to take over the church overnight with food, games, scavenger hunts and learning about **"Sparkling Connections with yourself, with others, and with God"**. Big thanks to all who helped with this event - Revs. Ryan & Jessica, Jake (& Allison) from SLY, Ms. Angela, Mr. Bob, FET and ALL of the parent volunteers! We made and attached Valentines to cans of food for homeless veterans and according to Mr. Dave who delivered them, many of the vets were moved to tears. We also collected paper towels, toilet paper and kleenex for the Love INC Impact program.

Way to go SLY, Jr. families! It was a meaningful and FUN night. We sang campfire songs, made music videos, played crab soccer and bounced glow in the dark beach balls as high as we could in the Narthex with the lights out and even got a little sleep. Join us on Feb. 11 and Mar. 11 for our next SLY, Jr. gatherings! Visit our website or contact Ms. Sharon for more info.







**Rev. Schawn Kellogg**  
Care Pastor

## The Dead Sea Scrolls are Coming!

My favorite theologian, Marcus Borg, said, "The

Bible is true, and some of it really happened." That statement that has been curious and alluring to me. In some ways, it has given voice to my quest for the historical aspects of our faith tradition which so nicely meld with the non-literal truths of our faith.

I discovered Biblical archaeology over two decades ago, when my father bought me a study Bible for my birthday and I noticed there were little shovel-icons in the footnotes. The icons indicated where items such as Biblical era stone reliefs and early Biblical manuscripts were located and what they taught us. I was so intrigued that I began looking for where those items were located, and traveling to see some of them. Biblical manuscripts are of special interest to me. I've viewed the Dead Sea Scrolls twice over the years and taken a class from an archaeologist who has excavated the Qumran site where the Scrolls were thought to have been produced. I get to my heart through my head; and considering that there are actual artifacts, tangible-hold-in-my-hand papyrus and vellum Scripture and items with ties directly to the Bible continues to be hugely exciting for me! I fancy myself among a growing group of armchair-archaeologists, and I invite you to explore our faith roots through Biblical Archaeology as well.

We have an opportunity to see the Dead Sea scrolls this spring. These ancient scrolls were hidden in clay jars for over 2000 years before they were discovered in 1947 east of Jerusalem near the Dead Sea in Israel. They were found accidentally by a shepherd who tossed a rock into a cave and heard it strike pottery, so he investigated. They contain copies of each Old Testament book with the exception



of the book of Esther, and are about 1000 years older than what was previously known to scholars. Since their discovery, it has been possible to compare these ancient copies with more recent manuscripts. Scholars

have been overwhelmed at the consistency of these texts with the Bible we have today. In other words, it showed the text of our Bible has been largely unchanged, unaltered, for at least 2000 years. In addition to the Biblical texts, the Scrolls include non-Biblical community writings which give us a wealth of information about what we call the "intra-testamental" period between the completion of the Old Testament and the beginning of the New Testament.

The Scrolls and other artifacts date from the 3rd century BC to the 1st century AD will be on display in the Denver Museum of Nature and Science March 16 through September 3.

**I hope you will plan to join me at St. Luke's for a Dead Sea Scrolls overview class Sunday February 18 or Sunday March 4 from 11:00am to noon.** We will learn the history of the community which produced these writings, the reason they were hidden away, view some images of the site and the texts, and learn about the significant textual translations that have shed light on Biblical history.

The class is free, but please email me (Schawn@stlukeshr.com) to be added to the class roster for either day, so we have enough seating.

—Rev. Schawn



**James Ramsey**  
Director of Music & Arts Ministries



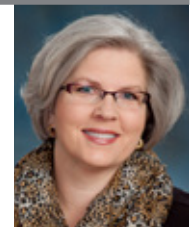
**Kenrick Mervine**  
Associate Dir. of Music Ministry/  
Organist



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



**Chris Rigolini**  
Director of Instrumental Music



**Kristi Pawley**  
Music & Arts Admin. Assistant/  
Accounting Clerk



## Upcoming Events:

**Chris Rigolini's Masters Recital © DU**  
— Tuesday, Feb. 13 © 7:30pm

**Ash Wednesday Service**  
— Wednesday, Feb. 14 © 7:00pm

**Joseph and the Amazing Technicolor Dreamcoat**  
— Friday, Mar. 2 © 7:00pm  
— Saturday, Mar. 3 © 2:00pm  
— Saturday, Mar. 3 © 7:00pm  
— Sunday, Mar. 4 © 2:00 pm

Visit the St. Luke's website for more information and to purchase tickets. Tickets are \$12 in advance or \$15 at the door; they can also be purchased on Sunday mornings beginning February 11.

The Saturday Benefit Dinner tickets are \$50 per adult (\$40 tax deductible) and \$25 per student/child (\$15 tax deductible). Tickets include a reserved seat in front and an amazing Italian meal prepared by the Fellowship Events Team.

Seating is limited, get your tickets early! If you have any questions, please contact Dr. James Ramsey at jim@stlukeshr.com.

**Children's Dinner Theater Auditions**  
— Sunday, Mar. 4 © 10:45am  
— Wednesday, Mar. 7 © 6:30pm

**Easter**  
— Sunday, Apr. 1

**PAA: Alice in Wonderland**  
— Friday, Apr. 13 © 6:30pm  
— Saturday, Apr. 14 © 6:30pm

**Arapahoe Philharmonic presents**  
*The Magic Flute*  
— Sunday, Apr. 22 © 3:00pm

**Concert at Windcrest (Wind Ensemble, MOS, & SLYJO)**  
— Saturday Apr. 28 © 3:00pm

**Children's Dinner Theater**  
— Friday, May 4 © 6:00pm

**Mother's Day Dinner Dance**  
— Saturday, May 12 © 6:00pm



**St. Luke's United Methodist Church**  
8817 S. Broadway • Highlands Ranch, CO 80129  
303-791-0659 • [www.stlukeshr.com](http://www.stlukeshr.com)

*St. Luke's United Methodist Church welcomes you to our Christian family,  
where we share life. Wherever you are in your faith journey,  
you are accepted and encouraged to grow spiritually.*

*Join us in growing together toward full humanity through living  
the teachings of Jesus: Love, Acceptance, Justice and Hope.*

## CONGREGATIONAL CARE



**Kim DeVries**  
Office Administrator

### PRAYER CONCERNS

Contact Rev. Sallie Suby-Long if you have any additions/removals 303-791-0659 x132, leave a note with Kim at the front desk, or email [sallie@stlukeshr.com](mailto:sallie@stlukeshr.com)

#### **LATEST ENTRIES TO PRAYER LIST:**

<i>Eugene Bacon</i>	<i>Karen Lindsay Skinner</i>	<i>Anthony Pepe</i>	<i>Glenn Turner</i>
<i>Hunter Bjorkquist</i>	<i>Pat Lozier</i>	<i>Violet Rairigh</i>	<i>Steve Hall</i>
<i>Carrie Enloe</i>	<i>Marilee Maya</i>	<i>Joseph Ranney</i>	<i>Dean Kittel</i>
<i>Dave Halley</i>	<i>Alec Murray</i>	<i>Agnes Simmons</i>	<i>Janet Sackett</i>
<i>Johnny Herzik</i>	<i>Chelsea Norman</i>	<i>Paula Smith</i>	<i>Caitlin Wheeler</i>
<i>Kristi Holder</i>	<i>David Parker</i>	<i>Keith Thomas</i>	

*Don't you be  
afraid, for I  
am with you.  
Don't be  
dismayed,  
for I am your  
God. I will  
strengthen  
you....* —Isaiah 41:10

#### **SYMPATHIES TO:**

*James Bacon on the December passing of his cousins, Tracia Tayon and Derek Christensen*  
*Val Clark on the December passing of her aunt, Val Kain.*  
*Bill Curnan on the January passing of his brother Robert Curnan.*  
*Lynda Fickling on the January 25 passing of her father, Ronald John Ursin.*  
*Seth Fischer on the December passing of his grandfather, John Saunders.*  
*Scott and Sue Jones on the December passing of Scott's mother, Mary Nell Jones.*  
*Greg and Nancy Plamp, Matt Plamp, and Christa Plamp on the January 17 passing of Greg's father and Matt and Christa's grandfather, Harold Plamp.*  
*Marilyn Bacon on the passing of her cousin, Kevin, and his 11-year-old daughter who were killed in a car accident.*  
*Pray for Kevin's wife and nine other children who remain hospitalized, some with critical injuries.*

#### **CONGRATULATIONS TO:**

*David and Jenita Rhodes on birth of grand baby Evelyn Leigh Ponce born January 4.*  
*Christine and Andrew Tilt on their third child, Davis Andrew, on January 19. Big brothers Cooper and Austin were elated to welcome him.*



## Meet the 2018 Missions Team

The Missions Team is here to help you, the congregation! Our focus is to EDUCATE you on the needs of the community and the world and to CONNECT you with opportunities to be in relationship in the community and the world.

**We see “mission” as “accompaniment” and mutuality, a relationship of equals. The word “accompaniment” contains “com” (“with”) and “pan” (“bread.”) In Mission we “break bread with” people in our community and around the world.**

The 2018 Missions Co-chairs are:

**Jensen Meier** (jensenkmeier@gmail.com), **Cassy Meier** (cassy.rankin@gmail.com) and **Betsy Keyack** (bkeyack@att.net).

Missions Core Team Members are:

Row Helman, Lisa Heaton, Cindy Moe, Steve Stine, Lance Willoughby, David and Diana Slade, Monty Hoffman, and Rev. Ryan Canaday. In addition, we have a group of 18 “specialists,” each of which focuses on a particular mission ministry. Feel free to contact us and let us know how we can help you be in mission!

## UMCOR Sunday: March 11, 2018



UMCOR Sunday (formerly called One

Great Hour of Sharing) is the annual Methodist-wide offering for the United Methodist Committee on Relief. UMCOR is the humanitarian relief agency of the United Methodist Church. St. Luke's members were very generous in donating to UMCOR's response to the severe hurricanes of 2017! The UMCOR Sunday offering goes to pay for UMCOR's administrative expenses, which are less than 10% of its total budget. Because of UMCOR Sunday, when you give to a disaster response project, 100% of your gift goes to that project! Nothing is skimmed off the top. Any UMCOR Sunday donations that are above what is needed for UMCOR's operating budget are used for underfunded projects that address poverty and to enable UMCOR to respond immediately to a disaster before other donations are raised. Look for the offering envelopes on March 11!

## Mission Focus for February: LoveINC IMPACT Program

St. Luke's is a strong partner with LoveINC of Littleton. They really appreciate the more than 4,300 volunteer hours our church members contributed in 2017! During February, we will have a focused effort to support LoveINC's IMPACT Program. This program encourages and empowers people in our local community to reach their God-given potential and transform their lives through mentoring and accompaniment, life skills classes and financial training.

**Our efforts in February will be two-fold:**

1. About 30 St. Luke's volunteers from across a wide range of small groups will be shopping for, preparing and participating in the **weekly Thursday dinner** with the IMPACT program clients. You are invited come and “break bread” with people in our community! Thanks to all the volunteers!
2. LoveINC has asked us to **collect items for IMPACT** program clients who are meeting their goals. Categories are personal care, pantry items and cleaning products. (This is in place of our annual diaper drive.) Look for the table in the Fellowship Hall with the specific list of requested items and a collection box. SLY, Jr. is taking the lead and started their own collection on January 26. Go SLY, Jr.!

LoveINC is really excited about our special efforts during the month of February. You are all invited to participate! For more information contact Suzanne Humphreys, rbhumphreys@comcast.net.

## Where Does the Food in the **Blue Bins** Go?

Last year, Denver Urban Matters (DenUM) closed and our ongoing collection of food for its pantry ended. But the blue collection bins are alive and well! We are now collecting food for veterans who are being helped by Colorado Coalition for the Homeless (CCH). CCH is currently working with over 1200 veterans to provide transitional housing and case management. Dave Laurvick delivers the food weekly and he said it gets used as fast as he can deliver it. Popular items are SPAM, canned vegetables and protein-packed items like Vienna sausage and canned stew. CCH Case Managers help the veterans with additional needs, including clothing, training, employment assistance, computer access, substance abuse treatment and tools for work. So let's keep filling our blue bins! The Missions Committee thinks it would be really cool if bringing a non-perishable item for the veterans every Sunday would become a habit for all of us!

## New Process for Urban Peak Meals

St. Luke's has a long-standing relationship with Urban Peak, a non-profit that helps homeless teenagers and young adults with shelter and resources for self-



sufficiency. Every month, for the past 20 years or so, groups at St. Luke's have sent food for breakfast and lunch or dinner to the Urban Peak shelter, for the average of 40 young people who take refuge there and use a variety of supportive services. Over the years, this food has been delivered by dedicated volunteers, including Betty Halderman, Patti Hildebrand, Kim Joseph, Jan Lindquist, Caroline Butler and Lee Seaman. Thanks to you all!

Starting in 2018, Urban Peak is changing how this program works. They are now asking church groups to accompany uncooked lunches (and breakfast items) to Urban Peak and prepare the lunches at the shelter. This is a great opportunity to mingle alongside the homeless youth and learn about the needs in our community. The Missions Committee is inviting small groups of volunteers to participate in this ministry. Are there workers out there whose businesses encourage them to take time off for community service? Are there families who would like to schedule doing a meal when their children have days off from school? If you would like to go to the Urban Peak shelter and prepare a meal, or want more details, please contact Lee Seaman, leemanseaman1492@gmail.com.