



Lent/Spring The Chronicle

Highlands Ranch, Colorado

ST. LUKE'S UNITED METHODIST CHURCH

MARCH/APRIL 2024

Above and Beyond: St. Luke's Day of Service and Outreach - April 20

People of St. Luke's: Are you ready to go above and beyond our church walls to do good in the community? Mark your calendar for April 20th for St. Luke's second annual Day of Service and Outreach. Signups for various sites are available on St. Luke's website. There will be several organizations for you to choose how you want to serve. Among these opportunities are sites where you can volunteer as a family so the children can be involved, too. We will meet at the church at 9:00am on the morning of the 20th for coffee and donuts. You will connect with your volunteer group and the clergy team will offer a prayer and blessing as you go beyond our church to serve. We look forward to making a difference in our corner of the world with all the generous people of St. Luke's. Here are some of the specific opportunities that we are working on:

- **We Don't Waste Mobile Market**
- **Meal Packing at FERN (Colorado Feeding Kids)**
- **Trail cleanup in the Back Country with HRCA**
- **Florence Crittenton**
- **St. Luke's Labyrinth Clean-up**
- **St. Luke's Garden Clean-up**
- **Blessing Bag packing at St. Luke's**



Looking for Jesus in All the Right Places

HOLY WEEK & EASTER WORSHIP

PALM SUNDAY

MARCH 24 -
9:30 & 11:00am

Easter FUN Day
12:30-2:30pm



MAUNDY THURSDAY & GOOD FRIDAY

MARCH 28 & 29 - 7:00pm

Featuring excerpts from
Jesus Christ Superstar
Childcare on Good Friday

EASTER

MARCH 31 -

6:30, 8:00, 9:30 & 11:00am

Childcare at
9:30 & 11:00am



See article on page 11



'Les'sons to Remember

Our dear Rev. Les Ludlam (retired clergy affiliated with St. Luke's) passed away the morning of St. Patrick's Day Sunday and left behind a legacy of wisdom. He contributed to *The Chronicle* with his "More from Les" column for years and I looked forward to reading his contribution each time his email hit my inbox. I knew it would be just what I needed to hear that day and it always brought a smile. I have compiled just a few of his wise lessons that he wrapped up his wonderful stories with (*there are so many more!*) to give us all a little comfort as we prepare to celebrate his life on **April 20 at 2:00pm** in the Sanctuary. Thank you and God bless, you, Rev. Les.

- It's amazing how powerful words can be! (June 2023)
- Change happens continuously, but memories are fixed. It's OK to recall experiences: they are important in how we learn and in shaping who we have become. But, we cannot spend our time and resources in the present without recognizing the changes that have come over time! Change is a fact of life. That's common sense! BUT recognizing how we have changed does not come automatically. It takes patience, introspection, and reflection (and sometimes courage) to affirm that we are not the same person as we have been in the past. Surprise! You have changed! Now, new person, go change the world around you and be changed even more! (Sep/Oct 2023)

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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
(in person)

SUNDAY SCHOOL:
9:30am PreK-12th grade
Nursery available with reservation
Church Office.....303-791-0659
Email.....office@stlukeshr.com
Website.....www.stlukeshr.com
Nursery.....sam@stlukeshr.com
Little School Office.....303-791-1982



Staff

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- Rev. Liza Stoltz Hanson.....x107
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Facilities Manager

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

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



Rev. Michele Kaminsky
Lead Minister

Seasons of Our Lives

Dear St. Luke's,

In our last worship series titled, *Change Agents: Embracing a World that Keeps on Changing*, I shared a sermon using Ecclesiastes 3:1-8 and some of the symbolism from Parker Palmer's

book *Let Your Life Speak*. In my message, we looked at the cycles of the seasons in nature and how they reflect the seasons of our lives. Many of you have requested a copy of this sermon, so I am sharing the portion on the seasons here. For as we journey through Lent and are cocooning with God, we know we are making personal changes along the way so we can emerge refreshed and transformed on Easter. May this reflection on the seasons bless the changes you are making on your Lenten journey.



Winter – Winter is a season where few creatures stir, where plants do not visibly grow and where nature feels a little more empty. Does the season of winter reflect where you are? Do you feel empty or listless? If you feel you are in a winter season right now, Parker Palmer says not to worry. Instead, be grateful, because winter has amazing gifts. Winter tells us of the beauty of dormancy and deep rest which are essential pieces of life. And despite all appearances, nature is not dead in winter. It has only gone underground to renew itself and to prepare for Spring. Do you need some deep rest? Do you need to renew yourself? If you are in a winter season, trust the seasons God has set in place, for they offer eternal return to life! Because then we have Spring.



Spring – Springtime makes it so much easier to see beauty and life, but it's also easy to forget the mud and muck that comes with it. Can you relate to this? Are you pushing through some mud and muck right

now? Are you mustering the strength to push through the messy parts so new can come? Then be grateful, Palmer says. Because the rain and mud are creating the perfect conditions for rebirth. For the smallest of shoots insist on coming up through the ground even though it looks as if nothing could possibly grow there. Life can come from the places and experiences we think will never produce anything, because that's how God works. And Spring teaches us that things can thaw, and that we are not frozen in a bad place where nothing will ever change. Because things do change and grow—they grow right into summer!



Summer – The season of Summer speaks of abundance. The forests are full with trees, leaves, fruit and undergrowth. Flowers are in bloom. Our gardens grow. Wheat and corn get tall and strong. Summer is a state of plenty, and it reminds us that we can't hoard our possessions. Because the beauty Summer possesses, eventually changes into Autumn. And instead of

holding onto our possessions with the fear we might lose them, Summer reminds us to trust that the "pool of possibility" is bottomless and will always return to us. Are you in the middle of a Summer season right now? Are things going well? Are you feeling full? Then be grateful and fill up your cup, because it's important to remember that you will be here again. That's how God is. God will always refill us.



Autumn – When the season of Autumn comes, we see the beauty of its color, but we also see how the days grow shorter and the life of summer prepares for winter's rest. Do you feel like you are in an Autumn season right now? Do you see beauty, but you know something is changing? Do you know something is transitioning for you, yet you can't quite see the new life that is to come? If you are here, don't worry. Instead, Palmer says be grateful, because look at what Autumn does. It scatters seeds that will bring new growth. The colorful falling leaves only means seeds are being planted for us. What transformation awaits you?

There really is a season for everything and a time for every matter under heaven. It's the holy rhythm of life, of change and of the seasons. So perhaps, it's not so bad to embrace change after all. Perhaps, we can walk into it. Perhaps, we can take a step into the unknown and experience the transformation that awaits us. May your Lenten journey be transformative!

Peace and Blessings, Rev. Michele



Rev. Liza Stoltz Hanson
Associate Minister

Lenten Check In

Friends, How is it with your soul this season of Lent?

Early in this season I came across this humorous, slightly tongue-in-cheek tale that has helped frame my own heart and mind in this season of self-reflection and spiritual growth:

A Catholic priest working in an inner city was walking down an alley one evening on his way home when a young man came down the alley behind him and poked a knife against his back. "Give me your money," the young man said.

The priest opened his jacket and reached into an inner pocket to remove his wallet, exposing his clerical collar. "Oh, I'm sorry, Father," said the young man, "I didn't see your collar. I don't want YOUR money." Recovering from the scare, the priest removed a cigar from his shirt pocket and offered it to the young man. "Here," he said. "Have a cigar." "Oh, no, I can't do that," the young man replied, "I gave them up for Lent."

Whether you groaned or giggled at the punch line, the meaning for our lives of faith is clear. Lent (and any season of growth and transformation) asks us to consider what really will cause a sincere change to our hearts and minds. In this allegory, giving up tobacco for Lent clearly did not have any impact on the ethical or moral behavior of this young man.

The beloved American poet Mary Oliver wrote a few poignant lines that I find give important instructions to the idea of living in such a way that we are open to important transformations of the heart.



Instructions for living a life:

Pay attention. Be astonished. Tell about it.

Excerpt from *Sometimes* by Mary Oliver

What are you paying attention to? What is the last thing that you let yourself be astonished by? With whom do you share these great revelations?

The answers to those questions give great insight into the state of our souls in this season of important introspection and growth.

Be well and know that I give thanks for our St. Luke's community and the great blessings we are able to share together. –Rev Liza

St. Luke's had an amazing delegation representing our congregation

at the recent Colorado Front Range Annual District Gathering in March. This was the first ever gathering for the newly formed CFR following redistricting at the June 2023 Mountain Sky Annual Conference. The day began with worship and church business including celebrating candidates for ministry as well as retiring clergy, including our own Rev. Michele! The morning session included a panel discussion featuring reflections from representatives who had attended recent conference-led spiritual pilgrimages. The pilgrims traveled to civil rights sites in Alabama, the WWII-era Internment/Incarceration Camp at Heart Mountain in Wyoming, or immigration facilities at the US-Mexico border in Tucson, AZ. Other Workshops ranged from hospitality to our unhoused neighbors, church communication, flipping the script on church mission work, an update on upcoming General Conference, and more! If you are interested in learning more please reach out to Rev. Liza, Amy Antinoro *Chair of Lay Leaders*, Gail Abernathy *Lay Leader*, Mina Hall *Lay Leader*, or Susan McIntosh *Staff Parish Relations*.



ADVENT AND CHRISTMAS RECAP: Advent and Christmas at St. Luke's was a time of Calm & Bright for us. We recognized that Heaven is peace, and we need this peace in us and on this earth. So we filled our sanctuary with paper stars, and each week during Advent we wrote different things on a star in the Fellowship Hall. On Advent 1, we celebrated the peace of Jesus in worship and listed on the stars the things that bring us peace and calm. On Advent 2, we shared the titles of our favorite Christmas songs on the stars



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

Be Well

Life often brings turns, changes, new opportunities, transitions and unexpected challenges. Our faith serves as a meaningful foundation in these times and most of us can benefit from some additional care and partnership, too. As a licensed professional counselor and Minister of Healing and Wellbeing I have the privilege of offering

counseling, consultation, coaching, and spiritual direction in our community. I'm honored to be present with you to identify creative strategies for your enriched emotional, psychological and spiritual health and wellbeing.

I practice with a strengths-based, integrated perspective and honor the innate capacity for each person's enhanced wellness and growth. I believe in care for the whole person,

promoting human dignity, and the healing power of listening. Being present with people as they navigate change and challenges, identify new possibilities, and learn healthy practices for greater fulfillment is a privilege I hold with deep respect.

I'm a long-time advocate for holistic wellbeing. The five dimensions of wellness include mind, body, spirit, emotion and connection (*Wellness Counseling: A Holistic Approach to Prevention and Intervention*, Ohrt, Clark, & Conley, 2019). The following quotes offer some insight into each dimension.

Mind: *Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom. –Viktor Frankl*

Body: *The best six doctors anywhere...are sunshine, water, rest, air, exercise and [nutrition]. –Wayne Fields*

Spirit: *When you discover something that nourishes your soul and brings joy, care enough to make room for it in your life. –Jean Shinoda Bolen*

Emotion: *Your intellect may be confused but your emotions will never lie to you. –Roger Ebert*

Connection: *Connection [is] the energy that exists between people when they feel seen, heard, and valued. –Brené Brown*

Our wellbeing ministry is available to all in our St. Luke's community. If you would benefit from enriching your wellness, I welcome a conversation with you. Rev. Liza, Rev. Michele and I are always happy to connect you with the many additional support resources available through St. Luke's, too, including Stephen Ministry, Caring Connection, Grief Support, Prayer Team and additional resources in our extended community.

Warmly, Sallie





Coffee Hours Lift Spirits

Samantha Leahy
Dir. of Community & Early Childhood Ministry

Coffee hours or tea time is a tradition that brings people together. When enjoyed at church, it fuels fellowship and underscores the importance of community, not to mention lifting the spirit. Coffee hours have been used by religious organizations for decades. Church is always the heart, but coffee is akin to the lifeblood of the community. Sure, members come to worship, but they stay afterward for something delicious to drink and be in community. The simple scent of fresh brew can entice people of all ages to stay, mingle with each other. It's good old-fashioned hospitality, welcoming long-term members and new visitors alike. With a new coffee brewer we have the opportunity to choose our own coffee and support other important non profits. We will be featuring Wagon Coffee, a sustainable & eco-friendly coffee roastery in Denver founded and owned by Tami Canaday. Wagon Coffee is women-owned & operated and employs & empowers Women In Recovery. Join us for coffee time between services in the fellowship hall where friendships are formed and stories are shared.

Coffee and Conversation will be offered the first Fridays of the month with the following topics:

April 5 - Colorado Summer Attractions for Kids 10 and Under.

May 3 - Special Guest Tami Canaday, Owner/Founder Wagon Coffee will talk about Green Flag Friendships & Coffee.

UWF Continuing Connections

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

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

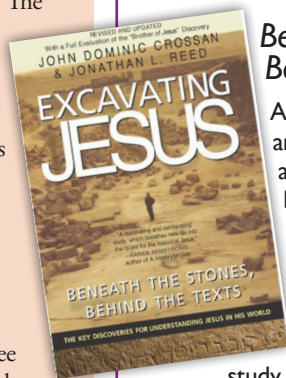
March 26 - *Miss Benson's Beetle* by Rachel Joyce,

April 22 - *Lessons in Chemistry* by Bonnie Garmus

May 20 (3rd) - *The Sweetness of Water* by Nathan Harris

ITCH TO STITCH: Gathers every 3rd Saturday at 10:30am in the youth room to work on various projects. In November we presented the Quilt of Valor and finalized the Christmas Stockings for kids at Warren Village. *More information about Itch to Stitch contact Victoria Mason or Fran West.*

Excavating Jesus –



Beneath the Stones, Behind the Texts

Archaeological materials and ancient texts provide the approach and the means by which we can critically examine the narratives in the New Testament and thereby better understand Jesus in his world. Dr. Gordon C.

Tucker Jr. will lead a detailed study of "Excavating Jesus," by John Dominic Crossan & Jonathan Reed. A high level overview of the book will be offered on **Monday, April 15, 2024, 6:30-8:00pm** in the Chapel. Continuing for the next four weeks, on **Mondays, April 22-May 13, 7:00-8:00pm.** Dr. Tucker will guide participants on a virtual journey through the Holy Land in the 1st century BCE, looking "beneath the stones" and "behind the texts" to better understand Jesus's world. Dr. Tucker is a retired professional archaeologist who has worked on hundreds of projects across the United States for more than 45 years. For the last 12 years, he has excavated at two sites in Israel, Ashkelon and Tel Shimron. He is also the Faith Formation Minister at St. Luke's Episcopal Church in Denver.

St. Luke's 2024 Holy Land Pilgrimage Set to Travel

A few openings remain as St. Luke's prepares for a pilgrimage, "A Holy Land, A Holy People," this October with leaders, Rev. Janet Forbes and Bob Davis. The schedule is for travel in Israel and Palestine, Oct. 1-11, 2024 with the choice of an extension, The Wonders of Petra, in Jordan, Oct. 11-15, 2024.

In a conversation with Rev. Peter Miano, United Methodist minister and Executive Director of The Society for Biblical Studies (who will be the tour operator for St. Luke's), Rev. Janet learned that Rev. Peter just returned to the United States after a month in Israel-Palestine. After this fact-finding trip, Rev. Peter is confident that our October experience will happen. Israel-Palestine is again hosting visitors and pilgrims at the holy sites. His company has multiple groups scheduled through the summer and fall and looks forward to the program itinerary with our St. Luke's pilgrims.

There are several openings for additional travelers on this thirty-person pilgrimage to Israel, Palestine and Jordan. Information, itinerary, and registration forms are available online at www.stlukeshr.com

Please let Rev. Janet know if you are considering this travel opportunity. She would like to visit with you personally to review the registration process and answer your questions. janetforbes@gmail.com



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

Conversations with the Pastor: First Tuesday of the Month 2:00-3:00pm (April 2, May 7, June 5) This is your opportunity to meet with a Pastor for an open forum / discussion / ask questions / offer comments. No subject is off limits. Open to everyone.

Hudson Gardens Wednesday, May 8 at 10:00am

Meet Hudson Gardens Water Gardeners and learn firsthand how they create and care for the stunning water garden displays on view at Hudson Gardens. This outing will conclude with lunch TBD.

Also check out these additional opportunities on our

NEW webpage - stlukeshr.com click 'Seniors at St. Luke's' logo:

Seniors Dining Out Groups • Common Thread • Itch to Stitch •

Monthly Services at Windcrest • Sunday Morning Bus Pick up at Windcrest





Taletha Pogge
Previous
Director of Finance

Thanks for everything, Taletha!

Taletha has worked hard getting us organized and back on track, but has decided her tenure here with us must come to an end as she states: "It is with great sadness that I announce to you my resignation as Finance Director. Working full time at PAA and 25 hours at St Luke's, it has gotten too hard to give both jobs the attention they need. I also take care of aging parents and have some new personal things that have come up, so unfortunately something has to change. I have been working with SPRT to hire and train a new candidate to help with a smooth transition.

Thank you all for your support these last 2 1/2 years. I know good things are in the future for St. Luke's." Taletha's last day with us was Friday, March 15. Many thanks to Taletha for her outstanding skills and guidance. And here's a couple of reminders from Taletha as she leaves:

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



Melissa Graham
Director of Finance

Welcome, Melissa! We are delighted to announce to you that our Staff Parish Relations Team has unanimously approved the hire of Melissa Graham to replace Taletha Pogge as our Finance Director. Melissa comes to us with the unique combination of accounting, business operations, Human Resources responsibilities and supervisory experience. Melissa's accounting skills and organizational abilities are excellent, and she demonstrates superior communication skills, teamwork, and empathy.

Melissa has a Bachelor of Science degree in Elementary Education from Oral Roberts University in Tulsa, Oklahoma. She and her husband, Doug, have lived in Colorado for over 30 years, having run their own preschool/daycare business together for more than 23 years. They have two adult children, Lauren and Ryan. They gained another son, Ethan, in June of 2023 when Lauren was married. Melissa and Doug love to vacation together, especially in Mexico. She also enjoys spending time with her family, hiking, paddle boarding, cooking and helping their daughter with her horse boarding business in Wellington, CO. Melissa is excited to be a part of the St. Luke's team!

Get to know Melissa:

- What is your favorite movie? **3 Amigos**
- Where were you born? **South Dakota**
- Do you have any pets? **14yr old Shih Tzu named Teddy (Teddy Graham)**
- Favorite place to vacation? **Mexico**
- Which of our 4 St. Luke's core value words resonates with you most and why? (Grace, Courage, Wonder, Beyond) **Grace - For it is by grace we have been saved, though faith - and this is not from ourselves, it is the gift of God.**

Contact Melissa at financedirector@stlukeshr.com or 303-791-0659 x124 if you ever have questions regarding St Luke's finances.

"Les-sons" continued from page 1

- Our hiding places are not just for escaping but for dealing with living. It is not so much about where they are or what they look like, as it is about what happens to refresh and renew us when we go there. So, find your hiding place and use it. (Mar 2023)
- Sometimes, even our best efforts do not work out exactly as we had planned. What we think might be the best for someone else, something which we feel they would really enjoy, just turns out wrong! Something that we have most carefully and thoughtfully planned goes awry, usually at the worst possible time! But we don't stop then, we cannot! (Dec 2022)
- We grow as we face difficult new things with an eye on where we believe we should be. We learn more from our mistakes than our successes so it's important to recall and learn from them. Remember and learn from the past but don't live in it. Shape your future by positive moves today. (Fall 2022)
- What we do can change attitudes more than what we say. (Mar 2022)
- Forgiveness is not about forgetting an act but affirming that it happened and getting on with life while continuing to love the one who committed the act. (Apr/May 2021)
- We don't have to be perfect to be valuable, to help someone else! We may not match some arbitrary standard of perfection, or correctness, or stylishness, but we are worthwhile. We can be an important resource for another! (Mar 2021)
- If we are to keep our children close to our hearts, we must give them the freedom to grow. (Sep/Oct 2020)
- I learned a lesson about the pain of guilt, about the need for forgiveness. About the freedom that comes when we know we are forgiven. (Feb/Mar 2020)
- Our perceptions are driven by our expectations. There are some things we cannot see, no matter how obvious, if we are not expecting them. There are other things we "see" that are false, incomplete, or even imaginary. Both are outcomes of our expectations. (Oct/Nov 2019)
- So don't look back or think of what might have been..., look forward and what can be in our future. (Nov 2017)
- Thank God for the wisdom of elders! (May 2017)

How do you define success?

And what efforts have you made to be successful? Our new worship series starting in April is Redefining Success: Finding Inner Peace and Contentment, and is based on Dr. Wayne Dyer's book 10 Secrets for Success and Inner Peace.

Now, Dr. Dyer is very clear that you won't find hints on the importance of hard work, dedication, financial planning, relationship strategies, setting goals, living a healthy lifestyle or being grateful. While he believes all of these things are good advice, he finds it usually leads to one wondering, "Is that all there is?"

So prepare yourselves for a fresh perspective on what it means to be successful in life during this series, and see what is revealed for you each day as you expand your understanding of success!



Futures Task Force Update

Over the winter months we've conducted 22 listening sessions in which 170 people attended and shared what they value here and what their vision is for St. Luke's. We're now finished with the listening-session phase of this work and we're moving on to take the more-than-800 hopes-and-dreams that were shared, and identify the common themes. We are using the coming weeks to summarize and write-up the final report. In May, we'll share both a final summary and the final full report with everyone. We'll also share how we're working with staff, clergy, Exec Team, team leaders, and the whole congregation to make sure this information is informing and influencing St Luke's evolution over the years to come.

With much gratitude, Chris Sheridan



**BE THE CHURCH
BE ST. LUKE'S**

★ Help Shape Our Future ★

*Shoot for the moon,
land among the stars!*

Lenten Mission

Our Lenten Mission this year benefits newly arrived migrants and Florence Crittenton Services. We have been busy collecting travel-size toiletries and diapers for these programs. Travel-size toiletries for the migrants will be delivered to Parch Church Closet on 37th Avenue in Denver. They are open for migrants to get needed items Tuesdays and Thursdays 10:00am-2:00pm. Items can include toothpaste, soap, shampoo and other small items good for packing in suitcases or backpacks. Florence Crittenton Services works to educate, prepare and empower teen mothers and their children. They are especially in need of diapers sized newborn, 5, 6 and toddler pull-ups in 2/3. Bring your items to the church at any time and drop them off in the Narthex. We will accept items up to a week after Easter. Thank YOU, St. Luke's!



Guatemala Trip was a Great Blessing - Thank You St. Luke's!

Our Guatemala team of 21 members returned on February 9 with feelings of gratitude and excitement about our week-long experience. On behalf of St. Luke's, we helped build the walls for new cinderblock homes for the Tulujan and Lopez families in Lemoa. The house for the Tulujan family will be completed by the end of March. The Lopez's house will be completed this summer. After building completion, new healthy stoves, donated by St. Luke's, will be installed at the homes.

During our trip, we got to be with old friends and make new ones. We had fun playing with the children in the two families. In addition, we had individual visits with 24 Pura Vida scholarship students. Some team members were so inspired by our experience that they sponsored 5 new students that week and were able to meet with them on our trip! In addition, the team learned much from participating in the annual Guatemala Milk distribution and a visit to the Lemoa Nutrition Center, both sponsored by Pura Vida. We got a rousing welcome at our visit to the John Wesley School, with which St. Luke's has a long history of support. We also participated in a blessing of a home previously built by Pura Vida - what a moving experience. Finally, we were excited to go to the home and weaving studio of Juana and Isaias, for whom St. Luke's helped build a home in March 2023!

Thank you again, St. Luke's, for your support of our partnership with Pura Vida and the people in the Western Highlands of Guatemala! If you would like to learn more, you can go to www.puravida.org or contact Laura Richards, laura@puravida.org or Betsy Keyack, bkeyack@att.net.



Volunteers Provide Meal at Giving Heart



On January 18, a group from St. Luke's provided a hot lunch for guests at Giving Heart, a drop-in center for people experiencing homelessness at 4358 S. Broadway in Englewood. Our group members were Judy Weiler, Gail Abernathy, Alan Daley, Mary Wilterdink, Pam Wiethoff, Mina Hall, Suzanne Humphreys, Dianna Starnes, Pat Shaffer, Marlene McKenzie, Anne Packer and Betsy Keyack. Together we provided breakfast burritos, fruit salad, chips and salsa and a variety of desserts. Judy, Gail and Alan were able to stay to serve the lunch and get a tour. The guests at Giving Heart were very appreciative. One guest said she appreciated the fruit salad because she is diabetic. If you would like to get a group together to do a Thursday lunch meal at Giving Heart, you can go to their website, <https://givingheartenglewood.com/volunteer>. You will be able to experience the great services and family atmosphere that Giving Heart provides!

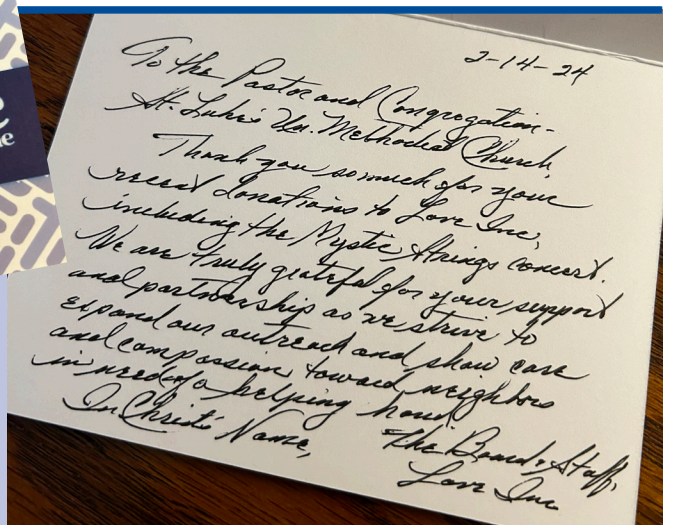
Christmas in the Park 2023 served more than 600 individuals

and had more than 300 volunteers to distribute hygiene kits, shoes, hats, gloves, sleeping bags, coats, hand warmers, socks and warm clothing.

While many of us view the holidays with festive joy, the cold climate and societal traditions make this time of year especially challenging for those experiencing homelessness. Your generous donations of IKEA shopping bags to every individual in line and warm sweat pants and tops warmed the hearts of many! Thank you to our partnership with AFTERHOURS Denver and the many volunteers from St. Luke's who volunteered on Christmas day to provide God's love, light & hope to those less fortunate.



A note of Appreciation from Love INC for donations from St. Luke's including the Mystic Strings concert.



Beauty & the Beast!!

Wesley Players Theatre Company is honored to be in residence at St. Luke's and was blown away at the success of *Beauty and the Beast!* It was the first time we opened with 5 shows (Feb. 29-March 3) and we sold out 4 of them, welcoming more than 1600 people into our audience!

This show welcomed many new members into our family while welcoming back many who haven't been with us for several years. It is always spectacular when the cast holds hands and prays before our shows, seeing the culmination of all of our love and hard work coming together to create something beautiful.

In addition, between the tech, actors and additional volunteers, our community volunteered more than 8,700 hours for our non-profit!

In the Christian church, we are in the midst of Lent. Awaiting the death and resurrection of Jesus. The theme of growth and change and transformation are evident in *Beauty and the Beast*.

On final show day, director Roberta Hamilton Griggs, said this to the cast and crew, "I feel so much pride and gratitude, but also sorrow. I will miss you all, and even though I hope we will all be together again soon, it will not be THIS show—THIS experience. Heading into the grief of Good Friday and the resurrection of Easter, we can all recognize that we have ALL grown and changed through this amazing process. Thank you for letting WPTC be a part of your journey."



UPCOMING SHOWS:

Fall 2024: To be revealed in June!

Winter 2024: Reader's Theater

Spring 2025: Mary Poppins

2025 is WPTC's 25th Anniversary year - come celebrate with us!

Visit wesleyplayers.org for info & to sign up!



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

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



Kenrick Mervine
Associate Dir. of Music Ministry/Organist
kenm@stlukeshr.com

Grace Notes, Men's Chorus, Sisters of Soul



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

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



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

Brass Ensemble, Wind Ensemble, Ministers of Swing, Orchestra



Angela Alderson
Dir. of Children's & Youth Music Ministries
allegroa@hotmail.com

Kidz Prayz, Tone Chimes, Soul Purpose Youth Choir



Our Extraordinary Organ!

One of the benefits of having an extraordinary Musical Instrument at one's disposal, is having the ability to present a colorful and inspiring presentation. Any respectable church organ should be able to effectively accompany a choir anthem or instrumentalist, lead congregational hymns, and play solo selections.

If you attended the wonderful February presentation of the Wesley Players production of *Beauty and the Beast*, you may have noticed our organ as part of the Pit Orchestra: effectively provided additional timbres of Doorbells, Music Box, Celeste, Bassoon, Harpsichord, Electric Piano, Harp, Accordion, Strings, Brass, and Cathedral Organ!

In January, we welcomed the marvelously talented Theater Organist, Jim Calm. He treated everyone to delightful accompaniments of the silent films *Lucky Dog* and *The Black Pirate*. Jim used many of the Theatre Organ sounds; digital "samplings" of world famous Wurlitzer and Barton pipe organs!

As we prepare for Holy Week and the musical demands of *Jesus Christ Superstar*, don't be surprised to hear the organ as part of the Rock Band accompaniment... to returning to its glorious liturgical role on Easter Morning!

May your Eastertide be blest with Health and Joy! -*Kenrick Mervine*



PRISM CONCERT

The Music and Arts Ministry presents: **Prism Concert** featuring many music ensembles at St Luke's. Sunday May 5 at 3:00pm. Free will offering benefits the music and arts ministries and St Luke's.

SUMMER MUSIC!

One of the most inspiring ministries at St Luke's is the tradition of members sharing their musical gifts with the congregation.

It's that time, when we need to schedule our Summer Music Ministries!

For all those interested in sharing their talents and gifts with the worshiping community: As in the past, this can be sacred vocal or instrumental, solo, duet or small ensemble selection(s). As always, St Luke's will continue to stream just the 9:30am service.

Available Sundays start June 2-Sept. 1, 2024.

Some have been taken already, so please let Ken know of your interest and a couple available dates as soon as possible... the calendar does fill up quickly.



Center for Spiritual Engagement

inspiring connection & wellbeing

CSE Purpose:

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

stlukesCSE.org

FLOWERS!

with Gifted Designer
Lisa Weddel

Saturday, April 13,
10:00-11:30am

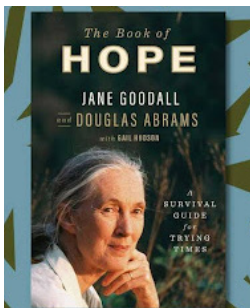
Lisa Weddel, a long-time part of our St. Luke's community, is teaching a flower arranging class on Saturday, April 13! Lisa has been in the floral



industry just shy of 40 years. She is passionate about flowers and will share her love of blooms with a flower party that's sure to inspire creativity. With Lisa's expert guidance, join us and design a spring arrangement of beautiful blooms to enjoy in your home. Think springtime flowers. Think connection with others. Think Tulips. Think bright and colorful! Class Fee: \$45 (includes class, materials and a spring arrangement of beautiful blooms). To register, email sallie@stlukeshr.com

Get CENTERED at St. Luke's this Spring!

CLASSES & EXPERIENCES:



"The Book of Hope" Environmental Stewardship Conversations

April 7, 14 & 21 -
11:15am-12:15pm

Our CSE Brave Spaces Team is hosting a conversation inspired by *The Book of Hope: A*

Survival Guide for Trying Times. This uplifting book addresses environmental challenges as seen through the eyes of Dr. Jane Goodall - world's most famous living naturalist - and Douglas Abrams. This conversation aims to be a hope-filled journey as we move toward Earth Day 2024. There is still hope and this book will help guide us to it! Facilitators are Sharon Oliver, Sallie Suby-Long & our St. Luke's Green Team. We are thrilled to have Cathy Collins, Nichole and Ryan Rairigh, Susan McIntosh, and Caroline Merchant bringing their expertise and deep passion for environmental stewardship to our conversations! We would love to have you join us for this 3-session experience! Registration fee of \$35 includes three classes and materials, and hard-cover book. To register, contact sharon@stlukeshr.com or sallie@stlukeshr.com



Cultural Adventures: History Colorado Thursday, April 18, 12:30-4:30pm

We will start our visit with the John Fielder photography exhibit. The museum owns a large number of his photos and they rotate on a regular basis, but whatever is on display is sure to be inspiring! We will then have another 60-90 minutes to explore other areas of the museum on your own or with our group. We will meet at St. Luke's at 12:30pm to carpool downtown. We will head back to St. Luke's at 3:30pm and will return by 4:30pm. Admission \$15. Please rsvp to renaeparra@aol.com

Save the date for our May adventure: Friday, May 17 (7:30pm) Baroque Chamber Orchestra at St. Luke's

Outdoor Adventures: CSE Hikes! Wed., April 24 - Spruce Mountain in Larkspur
Save the Dates: Saturday, May 4, Wednesday, June 19, Wednesday, July 10, Thursday, August 15. Contact julie.polikoff@msn.com to get on the outdoor adventures mailing list.

Brave Spaces Racial Justice Legislative Advocacy: Brave Spaces invites you to join our efforts to learn about how to influence laws and policies that create greater racial equity in Colorado. No experience is necessary. Contact janestaller@gmail.com to join the mailing list.

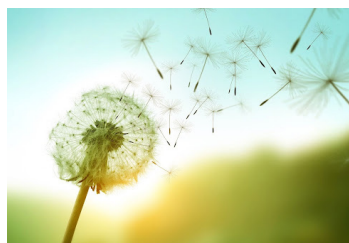


World Labyrinth Day Saturday, May 4, 2024 - 12:30-1:30pm

Every year on the first Saturday in May thousands of people around the globe participate in World Labyrinth Day as a Moving Meditation for World Peace & celebration of the labyrinth experience.

We will "Walk as One at 1" (1:00pm Local time) to create a rolling wave of peaceful energy passing from one time zone to the next. Please meet in the backyard of St. Luke's at 12:30pm. We will start by the gazebo which can be accessed from the north parking lot. This year we will have activities for children and history and information on Labyrinths. For more info please contact Jenita@pcisys.net

Breathing into Your Brilliance: A Wellness



Escape Friday, May 10 from 9:00am-1:30pm

Trust you are already BRILLIANT. This is an invitation to inspire and connect further with yourself as we cultivate new insights for curiosity - simplicity - clarity &

awe. With an intention of ease, we'll expand understanding of our intelligent emotions and mindfully renew appreciation for our dynamic selves. We'll welcome our internal wisdom through listening & voicing our insights...through reflecting, feeling & engaging with fresh approaches. Ideal companions for this experience of personal exploration & shared learning will be lightness of spirit, honesty, laughter & openness. We would love to have you with us on Friday, May 10 from 9:00am-1:30pm. For more information or to register, contact Melinda Davidson or Sallie Suby-Long. NourishwithMelinda@gmail.com, sallie@stlukeshr.com Registration fee of \$99, includes wellness experience, light morning refreshments, lunch and all materials.

Counseling, Coaching &

Consultation with Dr. Sallie Suby-Long -

Sallie welcomes you to care for your health, healing and wellness. Sallie, a Licensed Professional Counselor, is honored to be present with you as, together, you identify creative strategies for enhanced emotional, mental, physical and spiritual wellbeing. For more information contact sallie@stlukeshr.com

Men in Community with Bryan Hutchinson

(1st Monday of the month at 5:00pm at the church and occasional 3rd Monday dinner out) - Engage in informal conversations about relevant topics and connect with other men in our community regarding everyday aspects of life... family, work, faith, challenges, transitions, goals and hopes. Join in anytime! Contact bryanrhutch@aol.com

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

Did you know? You can see a list of all our previous Outdoor Adventures, Cultural Adventures, and Classes and Experiences on our CSE website!

CSE's Wonderful Winter

Winter Wellbeing: Journey to

Freeing Your Soul - The early part of the year has been a perfect time to honor winter's lessons. Winter is more than a time of coldness and snow. It's a time of going within. A time of important growth. A time to go deeper into meaningful conversations. A time to expand creativity, embrace competence, and open our hearts. This was the work of our group as we explored our spiritual/life journeys guided by the inspiration of best-selling author Melody Beattie in *Journey to the Heart*. As always, we learned from each other's transparent reflections and life stories with a holistic lens honoring intellectual, emotional and spiritual wellbeing.

Believe - The Center for Spiritual Engagement hosted a sacred evening in the Chapel with readings, music, and prayers to cherish what we believe and hope for in the December season. Candlelight, the simple beauty of the Chapel and the lovely music of Sandy Larson on piano illuminated the space.

Vision Boards - CSE Partnered with St. Luke's member Diane Lindsay to offer a fun and meaningful time to create vision boards. Each person created a personal collage of images and words to create a foundation for inspiration and motivation. Our group greatly enjoyed the process. Thanks Diane!

Yoga/Reiki - On Jan. 18 a group of 18 yoga and reiki enthusiasts gathered in the chapel for a combined meditation, reiki and yoga experience. We appreciated the opportunity led by Melinda Davidson and Sharon Oliver, to unwind from the busy holiday season and breathe into a time of peaceful contemplation, healing energy and gentle exercise. Thanks to Sharon and Melinda for creating this evening of renewal!



Brave Spaces Legislative Advocacy

- Our Brave Spaces Legislative Advocacy work kicked off on January 8 with a presentation about how bills become law in Colorado and how to advocate for laws and policies that create greater racial equity in our state. Our first legislative action was to write our respective Senators to ask them to vote for a bill to conduct a study, backed by data, of the ongoing impacts of racial discrimination among Black Coloradans (HB24-053). We have also advocated for a bill to protect vulnerable renters (HB241098). We're planning to participate in Lobby Days and additional advocacy through the end of the 2024 General Assembly in May.

Brave Spaces - A Christian Response

to Gun Violence - For three Sundays in Jan/Feb we met to learn about gun violence in Colorado and the US, and to have conversations about how we, as Christians and members of the St. Luke's community, can help to reduce the magnitude of this uniquely American tragedy. By our final class on Feb. 11, there had already been 42 mass shootings in 2024, including one in the Denver area. Our follow-up actions may include legislative advocacy around gun safety, a Lobby Day with Moms Demand Action, and additional teaching and learning sessions to engage others. For more info, contact janestaller@gmail.com.



Cultural Adventures - Renae Parra and Janet Johnston are planning another year of educational and fun adventures to explore arts, music, food and more! In February we visited the Denver Botanic Gardens. Yes, you can fill a morning at the Gardens in the winter. The Orchid Showcase was on display and the Tropical Conservatory was filled with budding fruits and flowers on the tropical foliage. The art exhibits that day included the art of Little Golden Books and an extraordinary photography exhibit of large scale nature photos by Tanya Marcuse. A surprise to all of us was the opening of a short film in Gardens Auditorium entitled "A Branch of Us" which follows the lives of four trees in America. We highly recommend you ask about show times the next time you visit. A large group of us met at Reggae Pot in early March to try their authentic Jamaican food. Yum! The warm atmosphere and reggae music make for a great experience.

Upcoming Cultural Adventures:

- **Thursday, April 18** - afternoon visit to History Colorado to enjoy the John Fielder photography exhibit and more
- **Friday, May 17** - Baroque Chamber Orchestra concert: Bach's Goldberg Variations (at St. Luke's)

Contact RenaeParra@aol.com or JanetJohnston@comcast.net to be added to our email list.

Spring Wellbeing: Sanctuary - In March, Renae Parra and Rev. Sallie led a discussion to describe the meaning of sanctuary, and how it is beneficial to our wellbeing, using the book, *Sanctuary* by Terry Hershey, and asked the group of 18 what sanctuary is to them. So many varied and inspirational responses – from Grandmother's cinnamon rolls to walking in nature to being with animals to playing with children. We can all find sanctuary to bring peace and calm and joy into our lives and enable us to renew and be refreshed.

Announcing the CSE Green Team!



by Susan McIntosh

Spring is in the air! Well, maybe not quite. But many gardeners know that now is the time to start ordering seeds and planning their plots. And with that same planning and preparation, there's a new group starting at St. Luke's UMC - the Green Team!

We've gathered a few times already to prepare the soil, if you will. We have spent some time dreaming and brainstorming, and are ready to ask others to help us plant and grow together.

The Green Team's desire is to help provide awareness and education on ways to take care of our beautiful planet Earth, and the abundant life within it. We have three main focus areas:

- Provide overall awareness and education to our community (starting with a three-part Sunday School class in April based on *The Book of Hope* by Jane Goodall)
- Help our church building reduce its carbon footprint (through big and small actions, from working with the Trustees to investigate solar panels, to encouraging composting)
- Provide resources and activities for use at home (along the lines of reduce - reuse - recycle)

In order to help us keep a good focus, we have developed a purpose statement, modeled after St. Luke's mission statement:

We honor the sacredness of God's creation. We are committed to environmental stewardship, engaging in activities that protect and conserve the natural world so that future generations may experience the wonder of God's creation. Our core values of Grace, Courage, Wonder, and Beyond guide us to live in harmony with the environment, and, following the teachings of Jesus, taking steps big and small to care for the planet and honor all creation within.

Grace – we are called to extend respect, compassion, acceptance and love to all of God's creation

Courage – we take risks by examining how our behaviors impact God's creation and future generations

Wonder – we stand in awe of the creation of God

Beyond – we desire to preserve the beauty of creation for future generations

Let's celebrate God's creation by being responsible stewards, so that following generations can also enjoy the sun, snow, rain and life! What green activity do you want to try as we celebrate Earth Day? If you have a passion for environmental stewardship, talk with one of the Green Team members, or join us for our next meeting! And stay tuned for more information!



Josey SeEVERS
Director of Youth Ministry
josey@stlukeshr.com



Anna Fisher
Associate Director of Youth Ministry
anna@stlukeshr.com

ON THE SLY: 7th-12th grade Winter & Beyond!



Winter was full of holiday celebrations and participating in the ways our church family observes Advent and Christmas. The youth have also enjoyed Urban Air and watching *Hidden Figures* for Black History Month over the last couple of months. We're

really looking forward to a busy spring full of celebrating our seniors, prepping for mission trips, and joining our church family for the craft fair and day of service.

There are still spots available on our mission trips! High school (current 8th-12th grade) is headed to Albuquerque NM with Be the Neighbor June 23-28. Middle school (current 6th and 7th grade) is headed to La Puente in Alamosa CO on July 28-31. We would love to have you!

We already have our Pumpkin Day for fall! Save the date for September 28 at 9:00am! All hands on deck!

I was so delighted to be able to share a message about transfiguration and growth in February. I introduced the theological term "theophany" - a physical manifestation of God's grace in the world. Often we feel like theophanies are lacking in our modern world. We don't tend to have burning bushes and pillars of fire. But I posited that they've simply changed mediums. Just as Jesus was transfigured on that mountain, God's glory shining from his face, we too are called to be transfigured. In salvation, our life-long process of learning to live more like Jesus, change and growth reveal God's glory in the world through one another - we see God's glory in each other's faces. Our youth are such an incredible example of this. They're in a developmental stage where each decision they make is painted by passion, compassion, joy, anger, frustration, emotion. This is not the negative thing we've made it out to be. Our youth run after change and transformation based on their hearts' callings instead of getting bogged down by logistics and realism and cynicism as we adults can often do. It is often youth and young adults that change our world with their passion-driven choices. I challenge you to watch the youth in your life and be inspired by the way their hearts lead them to grow and change, and find ways to embrace change yourself so God's glory has a face to shine from.

Upcoming Events:

- **Graduation Sunday - May 19**
- **High School Mission Trip (incoming 9th graders thru 12th graders) - June 23-28**
- **Middle School Mission Trip (incoming 7th and 8th graders) - July 28-31**
- **Pumpkin Unloading Day - September 28**

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

Here for you, Josey & Anna



Kelly Amadeo
Director of Little School



ST. LUKE'S LITTLE SCHOOL Happy New Year!

Greetings, to our wonderful community!

These first two months of 2024 have brought us closer to our community through a variety of fun events! We had three major events happen in January and February that kept us busy!

In late January, we participated in our very first Little School Sunday. Little School staff and teachers read scriptures, did Children's Time, passed the offertory plates, ushered, passed out donuts, made coffee, and helped run the service. Our students even sang two songs with our music teachers during the service. It was such a heartwarming experience to see our staff in their purple Little School t-shirts mingling and interacting with church staff and congregation members that morning. We feel very fortunate to be part of such a supportive church home, and we cherish the relationships that exist among St. Luke's United Methodist Church and St. Luke's Little School.



Mid-February brought our Scholastic Book Fair to town! In addition to having a traveling book fair where parents and students could purchase age-appropriate books, we also invited dads/grandpas/uncles/ and other special adults to have dessert with their Little Schoolers here at school. It was such a joy to see the important adults in our students' lives sitting in the classrooms and mingling with other adults. We sure feel fortunate to have such a wonderful Little School community.

In late February, we hosted our first Family Fun Night since Covid and illnesses caused us to cancel this event for several years. For many years prior, Little School staff put on a spaghetti dinner for Little School families. Over the years, it morphed into a Family Fun Night that included an indoor bounce house, face-painting, sing-alongs, a dance floor, hot dog dinner, crafts, photo booths, and more! We were so overjoyed to bring back this fun event in February this year, and it was bigger than ever before! We had such a fun time at our "Luau in February."



We want to thank all the volunteers and staff who helped make this event amazing! It was so great to spend an evening of fun with our 200+ families.

Watch for our Art Show - April 11!

Aloha! Grace and Love, Kelly

SLY
2024 High School
MISSION TRIP
with Be the Neighbor

June 23-29, 2024
Albuquerque NM
All current 8th-12th graders welcome.

Middle School Mission Trip!
When: July 28-31
Where: Alamosa CO
Who: La Puente
Cost: \$150
(financial help available)
Information Meeting: April 7, 10:30am in Youth Room

APRIL 2024 SCHEDULE

06 APR	CRAFT FAIR & SERVICE OPPORTUNITY St. Luke's is having a craft fair! They would like for youth to come help either set up or tear down, and serve concessions for lunch. These concession proceeds will go towards the mission trip!
07 APR	YOUTH GROUP: SARDINES Join us at 5:30 in the youth room for youth group and let's play Sardines!
14 APR	YOUTH GROUP: ART NIGHT Join us in the youth room at 5:30 and bring your artistic imagination!
20 APR	DAY OF SERVICE It's churchwide Day of Service!!! The youth will be tending the prayer labyrinth in the backyard and readying it for use as the weather warms up.
21 APR	YOUTH GROUP: FREDDY'S Join us in the lobby at 5:30 to head over to Freddy's. Bring some cash for ice cream.
28 APR	YOUTH & FAMILY NIGHT Parents and youth join us in the fellowship hall at 5:30 for dinner and youth vs. parent trivia!



St Luke's Craft Fair!



St. Luke's is proud to announce it's first-ever craft fair, a vibrant event set to showcase the creativity and talent of local artisans and members of our church community. Scheduled to take place April 6th from 9:00am to 3:00pm, this exciting event promises to bring our community together for a day of shopping, fun and fundraising.

The craft fair will feature a wide array of handcrafted goods, including jewelry, textiles, baked goods, woodworking, leather work and much more. Each item is lovingly made by local vendors and members of St. Luke's, ensuring a unique and diverse selection for attendees to explore. In addition to supporting local artists, the craft fair serves as a fundraiser for St. Luke's, helping support our mission and ministries. By attending the fair, visitors will not only have the opportunity to purchase beautiful, one-of-a-kind items but also to contribute to the growth and outreach of our church.

We invite everyone to join us for this special event and to spread the word to friends and family. I hope to make this a resounding success and a cherished tradition for years to come at St. Luke's. Mark your calendars and don't miss out on this exciting opportunity to support our church and connect with our community! —Cassy Meier

Have you ever noticed God intertwines our stories?

That sometimes His love shows up in ways we never anticipated? Raina and Toni know what this is like. Raina Powell (St. Luke's United Methodist) had been volunteering with Love INC Littleton for a while when she became a delivery driver. It wasn't long before she met Toni. The two struck up a friendship, visiting for a bit whenever Raina came with a weekly delivery. Until one particular morning... Raina arrived at Toni's home and knocked on the front door. When Toni answered, Raina noticed she didn't seem like her usual chipper self. Raina returned to her car, and when she returned a minute later, Toni had collapsed on the floor. Raina swiftly called 911 and stayed with her until an ambulance arrived. She stayed close by as Toni received care and surgery and waited for family to arrive. Thankfully, after several weeks of recovery, Toni finally returned home. Sitting in the living room together, she points to Raina with a smile and says, "That's my angel right there." Raina chuckles, "I'm just glad I was here that day. She's got a lotta life left in her!" The two of them visit and laugh, glad to be in each other's company. Stories still intertwined in a testament to God's provision, power, and love.



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
samm@stlukeshr.com

Children's Ministry: Shining in the New Year!

We ended the calendar year with an awesome **Christmas** that included our fantastic **Holiday Shop**, crazy **SLY, Jr. Party**, **Candy Cane Sunday** complete with Santa's elves and a beautiful **Christmas Eve service** with puppets. January included an amazing **SLY, Jr. Crazy Science** event with Mr. Bob and a super fun **SLY, Jr. Lock In** with over 30 people exploring the theme - Change Agents. **Sunday School** is going great on Sunday mornings as we continue to dive into Bible stories, sharing our joys and concerns, praying together and finding God's love in our own lives. We played with legos, made our own spa, and played sink or float to help us remember the stories of Jesus. In February we had a super **Mardis Gras** eating and flipping pancakes followed by a meaningful **Ash Wednesday** experience with

interactive stations in the Chapel. We entered **Lent** ready to journey through these 6 special weeks growing closer to God. We had a great **Beauty & the Beast Family Movie Night** and welcomed the characters from the show and the kids got to have tea with Belle and Gaston. We had a wacky Spring Break **Wacky Days** event in March and are looking forward to a special Holy Week kicked off with **Easter Fun Day** as we make our way to **Easter**. Upcoming events in April include SLY Jr. IKEA Scavenger Hunt, and all-church Service Day. Sign ups for **VBS "Camp Firelight"** kick off on April 15. And in May watch for a fun **Mom & Me Workout Dance Class!** Join us as we continue to create sacred spaces to experience God's love.



ST. LUKE'S FAMILY CAMP

Hello outdoor enthusiasts! Come be a part of this long standing St. Luke's tradition! Whether you're a seasoned camper or wanting to try it for the first time, we would love to see you! Family Camp 2024 will be held at Winding River Resort near Grand Lake CO from Thursday, July 18 until Thursday July 25. You can make reservations online at www.windingriverresort.com. The community site for group activities will be site #12, and the Merchant family will be in site #15.

Once you've reserved your site, let me know your dates, site, contact info, and the names and ages of the people in your party. Then, based on that information, we can plan some group activities, including potluck meals, crafts, hikes, etc. Also, if you have an activity idea for camp, I would love to hear about it!! There will be a registration fee, collected at the time of camp, to offset the cost of the community site and group activities (approximately \$50 per family). Please contact Caroline Merchant if you have any questions.
Caroline@merchant-us.net.

Advent continued from page 3
...and celebrated the joy of the season with our Christmas Cantata. On Advent 3, we recognized the hope Jesus' birth gifts us, and on the stars, we named one good thing that happened to us during the week. On Advent 4, we lifted up the love that came down on Christmas and wrote on the stars one thing we were thankful for this Christmas. Our season closed with five Christmas Eve services that inspired the Calm & Bright of heaven, and we were encouraged to go and become the shining stars God created us to be!



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.



CSE: CREATION CARE CORNER
Compost It! *Actions everyday people can take to care for God's creation*

by Nichole Rairigh We are creeping up on spring and now is the time people start thinking about their gardens. Do you need to buy mulch or compost? At roughly \$5 a bag, that is an expensive yearly investment. You can make your own mulch at home for free. Use those bagged leaves from last fall as mulch or start a compost bin. Compost can also be used as a dark colored mulch. There are many different types of compost for every living situation. According to the USDA, food is the single largest category of material sent to municipal solid waste landfills. This food in turn generates methane, a greenhouse gas. Go ahead and eat those leftovers or start composting. St. Luke's is discussing adding a compost drop off site at our church where people can bring their compostable products and leftover food scraps. Composting can be as easy as 'set it and forget it' or can take on a more managed approach depending on how fast you want the compost. Whatever you do, allowing foods to be recycled back to the garden is best for all. Visit EPA's composting webpage to learn more: www.epa.gov/sustainable-management-food



Cassy Meier
Communications and Office Administrator
office@stlukeshr.com

CONGREGATIONAL PRAYERS:
Latest Entries

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



- | | | | |
|------------------------------|-------------------------|-------------------------|-------------------------|
| <i>Linda Anderson,</i> | <i>Rev. Jim Harris,</i> | <i>Bob Miller,</i> | <i>George Ward Sr.,</i> |
| <i>Shyane Bell,</i> | <i>Barbara Hawley,</i> | <i>Kris Rogman,</i> | <i>Amy Weiske,</i> |
| <i>Jean Bennett,</i> | <i>Sophia Jimenez,</i> | <i>Roland Schirman,</i> | <i>Bob West,</i> |
| <i>Dale Chavers,</i> | <i>Ann Kershner,</i> | <i>Linda Sears,</i> | <i>Jim Yeoman,</i> |
| <i>Sally Cleary,</i> | <i>Mary Keyack,</i> | <i>Bodie Shoffeitt,</i> | <i>Joanne Yeoman</i> |
| <i>Ed & Kay Coryell,</i> | <i>Lennon Krantz,</i> | <i>Nancy Springman,</i> | |
| <i>Dave Cupp,</i> | <i>Pat Malone,</i> | <i>Jean Taylor,</i> | |
| <i>Bev Furns,</i> | <i>Mike Middleton,</i> | <i>Carol Ward,</i> | |

WE EXPRESS OUR DEEPEST SYMPATHIES AND CONDOLENCES TO:

- | | |
|---|---|
| <i>Julie Love-Ott and Sheri Larsen on the passing of their dear friend, Sharon Bakke.</i> | <i>Jan Munoz on the passing of her mother, Betty Lubben.</i> |
| <i>Marcia and Kate Sawyer on the passing of their mother and grandmother, Bette Dunbar.</i> | <i>The family of Cora Elizabeth Wilterdink, grandparents Duane and Mary Wilterdink and parents Jon and Beth Wilterdink.</i> |
| <i>Chris and Jared Brendlinger on the passing of their mother and grandmother, Sue Bottoms.</i> | <i>The family of Betty Snider on her recent passing.</i> |
| <i>Roger Adcock on the passing of his brother.</i> | <i>Lynda Fickling on the passing of her sister, Kathie Breneman.</i> |
| <i>Eileen Coy on the passing of her brother, Dick Yanase.</i> | <i>Sharon and Bob Oliver on the passing of friend Rick Spires.</i> |
| <i>Karin Wesson and family on the passing of her father, Ralph Johnson.</i> | <i>Betty Ludlam and family and the St. Luke's community on the passing of Rev. Les Ludlam.</i> |
| <i>Friends and family of Alex Mackiewicz.</i> | |



Flowers of Life!

The Altar Team invites you to help decorate our altar each Sunday by Celebrating Your Life, Your Family, and Your Friends. The two bouquets, \$40 for both, may be taken home after the last service. Vases may be returned later and placed at the sink area of the Narthex. Contact the office to place an order or answer any questions. There are open Sundays in the new year. The 2024 calendar is now available online!

Trustees Corner – New Handicapped Parking Spots

The Trustees have added 7 new handicapped parking spots on Sunday mornings. This is a response to needing more spots, since the existing handicapped spots are often completely used during Sunday worship. The spots are directly across from the front entrance.

The spots are marked by blue cones, which are only set up on Sunday mornings. The cones are put away during the rest of the week: the additional spots are not needed for handicapped parking then, and so these prime parking spots are still available for regular parking.

