



## Center for Spiritual Engagement

inspiring connection & wellbeing

The Center for Spiritual Engagement (CSE) has been an active ministry at St. Luke's for over 13 years!

**The purpose of CSE is:**

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

- We offer **Wellbeing Experiences** including yoga, counseling, wellness classes, spiritual direction, coaching and more, that will inspire the best in you.
- If you appreciate nature and art, and love Colorado, join us for **Outdoor & Cultural Adventures** where we explore amazing landscapes and experience multicultural destinations to enhance awareness, inspire connection and savor beauty.
- If you are inspired by adventures that are more in depth, our **Service Projects & Retreat Experiences** invite connection with others, generosity of spirit, and enhanced wholistic growth.
- Our **Brave Spaces** opportunities engage our community in learning and actions of racial and environmental justice to inspire courage, compassion, and meaningful partnerships.

Join us and discover the Center for  
Spiritual Engagement!

**stlukesCSE.org**

Connect with CSE on FACEBOOK

our 7 core values:  
CONNECTION  
AUTHENTICITY  
WHOLENESS  
TRANSFORMATION  
INSPIRATION  
ABUNDANCE  
HOSPITALITY

We have a wonderful variety of

**WINTER 2023/24**  
**Opportunities**

Take a look and make plans to join us!!

## CLASSES & EXPERIENCES:

### Vision Boards with Diane

**Lindsay Saturday, January 20 (10:00am-noon)** Using a fun and artsy process, you can create a visual tool to help you reach goals, manifest dreams or increase clarity of what you want from life. Diane Lindsay has experience leading participants in creating personalized vision boards to inspire or motivate YOU. The beginning of the year is a great time to go through this process to see what you discover about yourself. \$20 fee. Contact [renaeparra@aol.com](mailto:renaeparra@aol.com) to register or for info.

### 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 [bryanhutch@aol.com](mailto:bryanhutch@aol.com)

**Reiki & Yoga Thursday, January 18 from 5:15-6:30pm** Join us in the Chapel to enjoy a reiki and yoga session presented by Melinda Davidson and Sharon Oliver. Bring your yoga mat for an evening of healing with meditation, reiki, and gentle yoga. Email [sharon@stlukeshr.com](mailto:sharon@stlukeshr.com) for more information or to reserve your spot. \$20/per person suggested donation.

### BELIEVE: Reflections, Music, and Prayers Tuesday, December 12 5:30–6:00pm in the Chapel

CSE hosted an evening of reflections, music, and prayers illuminating the hope for this season. **If you would like the inspirational readings from the evening** contact [renaeparra@aol.com](mailto:renaeparra@aol.com)

**Giving Tree: Honduras** Are you looking for an alternative holiday gift? Look for tags on the St. Luke's Giving Tree supporting the Abundant Life Christian School in Yamaranguila, Honduras. This year donations will support their music program. Go to: [stlukeshr.com](http://stlukeshr.com)

### Winter Wellbeing Series with Dr. Sallie Suby-Long begins in late January 2024

Would you love to connect with a small group of people and add some new wellbeing practices to your life? We'll explore topics with a wholistic lens honoring intellectual, emotional and spiritual wellbeing. To register, contact me via email [sallie@stlukeshr.com](mailto:sallie@stlukeshr.com) and I will add you to our Winter Wellbeing list. **Topics, Dates and Details available early in 2024!**

### Brave Spaces: Racial Justice

**MLK Parade Monday, January 15** Join us to celebrate Dr. Martin Luther King and his legacy, as we walk from City Park to Civic Center Park, a distance of approximately 2.5 miles. We'll meet at St. Luke's to carpool around 9:30am, and travel together to City Park. We'll provide more details soon. We hope you'll join us for this uniquely Denver celebration. For more information, contact [julie.polikoff@msn.com](mailto:julie.polikoff@msn.com)

**Christian Response to Gun Violence class on 3 Sundays in the Chapel (10:45am-noon) January 21, 28 & February 4** Gun Violence is a complex issue, especially here in Colorado. Where do we find hope? As people of faith, how do we respond? Join us for a three-part discussion to look at/examine the data and the issues and to explore potential paths forward to mitigate this kind of violence, while respecting our rights under the 2nd Amendment. As a community of faith, we can have a positive impact on the world our children and grandchildren will inherit. Contact [julie.polikoff@msn.com](mailto:julie.polikoff@msn.com) for info.

**Legislative Advocacy** invites you to join us Jan. 8 at 6:00-7:00pm via ZOOM to learn about how to influence laws and policies that create greater racial equity in Colorado. Contact [janestaller@gmail.com](mailto:janestaller@gmail.com) for more info.

### Denver Art Museum, Wednesday Dec. 6 at 10:00am

We attended a wonderful docent-led Special Exhibits tour of Soul of Black Folks, a solo exhibition of the work of Amoako Bofofo. **Go see this amazing exhibit through January!** Contact [janestaller@gmail.com](mailto:janestaller@gmail.com)

### 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. Contact [sallie@stlukeshr.com](mailto:sallie@stlukeshr.com)

## COMING SOON:

### Brave Spaces: Environmental Stewardship

CSE is creating a GREEN TEAM at St. Luke's. Contact [sharon@stlukeshr.com](mailto:sharon@stlukeshr.com). Watch for upcoming opportunities in 2024!