



Center for Spiritual Engagement

inspiring connection & wellbeing

The Center for Spiritual Engagement (CSE) has been an active ministry at St. Luke's for over 11 years!

**We have many wonderful SPRING opportunities just for you.
Take a look and make plans to join us!!**

The purpose of the Center for Spiritual Engagement is:

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

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

- Our **Spirituality and Wellness Speaker Series** includes well known 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.

Everything we do is based on our 7 core values:

CONNECTION
AUTHENTICITY
WHOLENESS
INSPIRATION
ABUNDANCE
HOSPITALITY
TRANSFORMATION

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

stlukesCSE.org

Connect with CSE on FACEBOOK!

CLASSES & EXPERIENCES:

The Joy of Spring! Container Gardening Class, Saturday, April 30, 10:00-11:00am, St. Luke's Backyard. This beginner/refresher class covers what you need to know when choosing your container, preparing your soil, selecting plants and how to care for your flower pots in the most earth-friendly way. Taught by Jennifer Smith, a long time plant enthusiast with several years of professional nursery work experience. Fee: \$15. Please RSVP to 303jennifersmith@gmail.com

Practices of Wellbeing with Sallie Suby-Long - Engage at your own pace with weekly community check-ins. **Mondays, May 2, 9, & 16, 4:30-5:30pm, and Tuesday, May 24, 4:30-6:30pm** in the Chapel. These practices can help us renew, flourish, and remain centered even in the midst of challenging circumstances, life changes, or times that are especially full. Registration fee is \$35. Scholarships are available. For more information or to register contact sallie@stlukeshr.com

Thursday Morning Yoga with Sharon Oliver **Thursday Mornings, 9:00-9:45am, May 5, May 19, June 9** *Gentle Yoga to Ease into Summer*. For a gentle, centering practice, and peaceful yoga experience, join Sharon, a certified yoga instructor, in the chapel. For information, sharon@stlukeshr.com \$10 suggested donation per class.

Cultural Adventures Friday, May 6, 9:00am - Littleton Museum special art exhibit. Come see a special exhibit "Patterns of Consumption" where the artist has created artwork using upcycled single use plastics. Afterwards we will drive to the nearby FREE Cafe coffee shop for a beverage. Please rsvp to renaeparra@aol.com or janet.johnston@comcast.net; we will meet at St. Luke's at 9:00am to carpool. **Next Cultural Adventure:** Thursday, June 9 - lunch at La Chiva Columbian food restaurant.

Outdoor Adventures Hike: Red Rock Canyon Open Space in Colorado Springs **Wednesday, May 4, 8:00am-2:30pm**. Led by Steve and Renae Parra. We will have views of nearby Garden of the Gods as well as red rocks, evergreens and scrub oak. The 4.5-mile loop is moderately strenuous. After the hike we will lunch at Rudy's BBQ. **Next Outdoor Adventures:** Thursday, June 2 - Staunton State Park, Mason Creek Trail and Saturday, July 16 - Three Mile Creek. Contact janestaller@gmail.com

Men In Community with Bryan Hutchinson – **Mondays at 6:00pm**. Join in any time to connect with other men in our community with informal conversations about relevant topics regarding everyday aspects of life... family, work, faith, challenges, transitions, goals and hopes. Currently the group is reading *The Deeper Journey* by Thomas Mulholland. Contact Bryan for more information bryanrhutch@aol.com

Brave Spaces:

- **Legislative Action:** Our **May 2 at 6:30pm** Zoom meeting will feature a Q&A session with St. Luke's own Sam Maddux, intern for Representative Tom Sullivan and Austin Fearn, aide to Representative David Ortiz. We'll be getting their perspectives on how to increase the impact of our social justice legislation advocacy efforts. For more information, contact janestaller@gmail.com
- **St. Luke's Music Ministry Partnership:** **May 15** - Soul singer, Dzirae Gold, will be singing at St. Luke's Sunday worship services and **June 12** - Gabe Mervine and Dzirae Gold are teaming up for a concert as part of our St. Luke's community raisers.

Gracious Space with Jenita Rhodes – **2nd Friday of each month 10:00-11:30am**. This drop-in forum meets once each month to renew, refresh and regenerate. Each session includes a reflection/lesson and time to explore through various arts. Join in when you can and see what exciting, creative things Jenita will bring to your day! For information, contact jenita@pcisys.net

BE WELL Counseling & Consultation with Dr. Sallie Suby-Long – Sallie welcomes you to care for your health, healing and wellness. Trained as a counselor and therapist, Sallie 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

SAVE THE DATE: FALL OUTDOOR MOVIE NIGHT - Friday, September 16