



Center for Spiritual Engagement

inspiring connection & wellbeing

The Center for Spiritual Engagement (CSE) has been an active ministry at St. Luke's for 14 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** like 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

**SPRING 2024
Opportunities**

Take a look and make plans to join us!!

CSE SPRING 2024 - UPCOMING OFFERINGS

Scholarships are available – simply contact sallie@stlukeshr.com

CLASSES & EXPERIENCES:

Spring Wellbeing Experience: Sanctuary – Creating Space for Centeredness, Gratitude and Delight

Monday, March 18 5:00–6:15pm in the Chapel. We'll share ideas to support discovery of our personal place of sanctuary and engage with a holistic lens honoring intellectual, emotional and spiritual wellbeing. The fee for the book, class, and materials is \$35. To register, email sallie@stlukeshr.com.

Outdoor Adventures: Mt. Falcon Park

Friday, March 22 Our first hike of 2024 will be the Castle Trail and Walker's Dream Trail in Mt. Falcon Park. Our planned route is approximately 3 miles out and back, and it's considered easy to moderate. Our Outdoor Adventures leadership team is planning some great hikes for our 12th year, and we hope you will join us. If you'd like to learn more or register for this hike, contact julie.polikoff@msn.com. Reminder: CSE requires a once-a-year release form to participate in our activities.

Save the Dates for Upcoming Hikes:

- April 24 - Spruce Mountain
- May 4 - Gateway Mesa

Brave Spaces: Environmental Stewardship

—The Book of HOPE: A Survival Guide for Trying Times Sundays, April 7, 14 & 21 11:15am–12:15pm in the Chapel Our CSE Brave Spaces Green Team is hosting environmental stewardship conversations inspired by *The Book of Hope*. 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. Join us for this 3-session experience! Registration fee of \$35 includes three classes, hard-cover book, and all class materials. To register, contact sharon@stlukeshr.com or sallie@stlukeshr.com

Cultural Adventures: History Colorado

Thursday, April 18 from 12:30-4:30pm We will start our visit with the John Fielder photography exhibit. We will then have another 60-90 minutes to explore other areas of the museum on your own or with our group. We will head back to St. Luke's at 3:30 and will return by 4:30. We will meet at St. Luke's at 12:30pm to carpool downtown. Admission \$15. Please RSVP to renaeparra@aol.com

Save the date: May Adventure: Friday, May 17 at 7:30pm - Baroque Chamber Orchestra at St. Luke's

Flowers! with gifted designer Lisa Weddel Saturday, April 13, 10:00-11:30am

Lisa is a long-time part of our St. Luke's community and has been in the floral industry just shy of 40 years. She 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. Class Fee: \$45 (includes class, materials and a spring arrangement of beautiful blooms). To register, sallie@stlukeshr.com.

Brave Spaces: Racial Justice

Legislative Advocacy invites you to join us to learn about how to influence laws and policies that create greater racial equity in Colorado. Contact 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. 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

COMING SOON:

World Labyrinth Day: Saturday, May 4 from 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. Join Jenita Rhodes for this celebration of the labyrinth experience. jenita@pcisys.net

Breathing into Your Brilliance: A Wellness Escape:

Friday, May 10 9:00am-1:30pm. Based on current wellbeing research and fresh approaches, this is an invitation to cultivate new insights, expand understanding of your intelligent emotions, and welcome your internal wisdom. NourishwithMelinda@gmail.com or sallie@stlukeshr.com