



## Center for Spiritual Engagement

inspiring connection & wellbeing

The Center for Spiritual Engagement (CSE) has been an active ministry at St. Luke's for over 12 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

# FALL 2023 Opportunities

Take a look and make plans to join us!!

## EVENTS:

### Backyard Movie Night Friday



**Sept. 15 at 6:30pm "A League of Their Own"!**

Bring a chair and join us for a cozy evening in the church backyard on Friday, Sept. 15 at 6:30pm (movie starts at 7:20pm) to raise money for St. Luke's. Enjoy

fun pre-movie activities including games, silent auction, a hot dog dinner and our own barbershop quartet. Baseball collectors are encouraged to bring memorabilia to show. \$10/per person event entrance fee only (walk ups welcome) or \$30/per person includes event entrance fee, cracker jacks, drink and theme surprises (limited supply.) [sharon@stlukeshr.com](mailto:sharon@stlukeshr.com)

## CLASSES & EXPERIENCES:

### Brave Spaces: *Environmental*



*Justice* Creation Care

**Circle: Sundays, September 17 and 24 (10:45am-**

**12:15pm)**As a new part of Brave Spaces with a focus on Environmental Justice, we are excited to offer a Creation Care Circle led by Ryan and Nicole Rairigh. Have you ever wondered if people of faith are called to care about the environment? Does the Bible say anything on this topic? If you have ever wondered about the what, why and how of creation care, we would love to have you join us. Please contact [sallie@stlukeshr.com](mailto:sallie@stlukeshr.com) to register for this class; no fee.

### Brave Spaces: *Racial Justice*

**"How to Fight Racism": Class meets 6**

**consecutive Mondays starting October 2 from 5:30-7:00pm.** We previously offered Dr. Tisby's acclaimed video study, *The Color of*

*Compromise: The Truth About the American Church's Complicity in Racism.* Dr. Tisby's newest book and video series *How to Fight Racism* is an action-oriented follow-up. The study's foundational concept is Dr. Tisby's model of the ARC of Racial Justice, which entails ongoing efforts to develop Awareness, Relationships, and Commitment. The class fee of \$30 covers materials and a donation to CSE. Contact [julie.polikoff@msn.com](mailto:julie.polikoff@msn.com) with any questions and to register.



## 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](mailto: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](mailto:bryanrhutch@aol.com)

**Fall Wellbeing Series with Dr. Sallie Suby-Long, Tuesday, October 17 and Monday, November 13 5:00-6:30pm:** (Specific Topics will be Announced Soon!) Would you love to connect with a small group of people and add a new wellbeing practice or two to your life? I'd love to offer some additional opportunities for you to integrate new resources, ideas, and practices for your enhanced wellness. Registration is \$30 per class and includes materials and resources. For more information or to register, contact [sallie@stlukeshr.com](mailto:sallie@stlukeshr.com), (LPC)

## CULTURAL ADVENTURES:

**Lunch at Mango House Thursday, September 28 - Lunch at Mango House in Aurora.** Mango House is a food hall staffed with immigrant chefs preparing their culinary traditions (such as Somali, Syrian, Swahili, Asian and Nepalese food.) Contact [renaeparra@aol.com](mailto:renaeparra@aol.com) or [janet.johnston@comcast.net](mailto:janet.johnston@comcast.net) for meet up details or to RSVP.

## OUTDOOR ADVENTURES:

**White Ranch Park Hike Friday, September 22** at we'll be hiking a variation of the Rawhide Trail, which is considered moderately challenging. We'll hike approximately five miles with an elevation gain of around 900 feet. The trail offers many lovely views of South Ralston Peak and a protected area in Coal Creek Canyon, as well as Denver and the eastern plains. We also hope to see early fall colors. We'll share our traditional potluck tailgate snack at the end of our hike. The trailhead is approximately 45 minutes from St. Luke's, and we'll meet at St. Luke's at 8:00am to carpool. For more information and to register, contact [janestaller@gmail.com](mailto:janestaller@gmail.com)

- Tues., Oct. 17 - Castlewood Canyon State Park
- Wed., Nov. 8 - Alderfer/Three Sisters