



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!

**We have many wonderful SUMMER 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:

High Line Walks with Renae Parra - This summer, we will meet in community to explore some of the Best of the High Line Canal Trail. This 71-mile trail weaves throughout the Denver area starting at Waterton Canyon and ending out in Green Valley Ranch. Each walk will be about 3.5-5 miles in length. This trail is known for being flat and easy to walk. Along the way, we will learn a little about the section we are walking and enjoy the natural beauty of the trail. All walks will be scheduled on selected Monday mornings this summer and our meeting time will be 7:30am. Scheduled dates are: **June 20, July 11 and 25**. Please rsvp to renaeparra@aol.com for each week you want to join the walk.

Enneagram Workshop Take Care of Your Type! Sunday, June 26, 10:00am-12 Noon, Chapel - The Enneagram, a sacred, centuries-old psychological and communications resource, is excellent for enhancing self-awareness and understanding others. Join us for this refresher workshop to explore self-care approaches that honor the core hopes and motivations of each type. This experience is hosted by Schawn Kellogg and Sallie Suby-Long who are Enneagram Facilitators and Spiritual Directors. Registration Fee is \$40/person and includes the book, *Take Care of Your Type* by Christina S. Wilcox. For more information contact sallie@stlukeshr.com. Space is limited so we encourage you to register soon!

Cultural Adventures Tuesday, July 26 - Betty Ford Alpine Gardens in Vail, Colorado
This highly acclaimed botanical garden sits at over 8200 feet of elevation, making it the highest Alpine Garden in North America. It displays a unique collection of alpine and mountain plants which should be in peak bloom at the end of July. We will explore the gardens on foot and enjoy a sack lunch. An optional walk into Vail Village is on tap for those who would like to walk (approximately one mile each way.) Spaces for this event are limited in our transporting cars. Please bring \$15 to contribute to gas expenses. Please rsvp to renaeparra@aol.com or janet.johnston@comcast.net; we will meet at St. Luke's at 8:00am to carpool.

Outdoor Adventures Hikes:

- **Saturday, July 9 - Elk Falls in Staunton State Park** - Meet at St. Luke's at 6:30am to carpool (this is a longer, more challenging hike - 9 miles) There's something very engaging about waterfalls! They are both refreshing and majestic. The trail leads to the base of the 75-foot falls. If you are an experienced hiker and love stunning waterfalls, this hike is for you! PLEASE NOTE: Elevation gain is roughly 1500 feet and the highest point of elevation is 8,950 feet. Contact Tom & Sallie Suby-Long sallie@stlukeshr.com
- **Saturday, July 16 - Three Mile Creek** - This hike will follow the beautiful Three Mile Creek just off Guanella Pass Road. The trail crosses numerous primitive bridges, traverses beautiful summer wildflower meadows, and includes an impressive beaver dam. Contact janestaller@gmail.com
- **Friday, August 5 - Roxborough State Park** We'll Celebrate the 10-Year Anniversary of CSE's Outdoor Adventures at Roxborough State Park! There will be three hikes offered at three different levels of difficulty. Contact janestaller@gmail.com

Brave Spaces:

- **Legislative Action:** For more information, contact janestaller@gmail.com
- **St. Luke's Music Ministry Partnership: June 12** - Gabe Mervine and Dzirae Gold are teaming up for a concert as part of our St. Luke's community raisers.

BE WELL Counseling & 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

Gentle Yoga with Sharon Oliver - Watch for summer dates on our website. For information, sharon@stlukeshr.com \$10 suggested donation per class.

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