



Center for  
**Spiritual  
Engagement**

inspiring connection & wellbeing

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

**WINTER 2025  
Opportunities**

Take a look and make plans to join us!

# CSE WINTER 2025 - UPCOMING OFFERINGS

Scholarships are available – For information on CSE simply contact [sallie@stlukeshr.com](mailto:sallie@stlukeshr.com)

*Kindness is like snow. It beautifies everything it covers.*  
–Kahlil Gibran

**Vision Boards** with Diane Lindsay  
Saturday, January 11, 10:00am-Noon

## Finding Wellbeing & Purpose in 2025

**Monday, Jan. 13, 5:00-6:15pm in the Chapel**

Together we'll raise thoughtful questions to enhance clarity and bring new possibilities, hope, and purposeful action to our lives.

Led by Sharon Oliver, Dr. Sallie Suby-Long and Brave Spaces Leaders.

## Brave Spaces: Racial Justice MLK Marade Monday, January 20

Join us to celebrate Dr. Martin Luther King and his legacy, as we walk with our brothers and sisters from City Park to Civic Center Park. For information, contact [audreyvoice@aol.com](mailto:audreyvoice@aol.com)

## Brave Spaces: “What Can I Do?” Series

Starting in February, we will host a series of discussions with guest speakers on the first Monday of each month to explore issues of social justice in our world. We will look at topics like immigration, sexual orientation, climate change, and church and government through a variety of lenses and find ideas for how you can participate locally to share God's abundant love with those who are impacted.

**First session:**

**Monday, Feb. 3, 6:00-7:30pm in the Chapel**  
**Immigration: Welcoming the Stranger**

Our February session will address these questions: Why are migrants leaving their homes to come to the US? What Happens when they get here? How can I/we help?

\$10/suggested donation. For more info contact [julie.polikoff@msn.com](mailto:julie.polikoff@msn.com)

## Brave Spaces: Legislative Action

**Monday, Feb. 10, 5:30-7:00pm in the Chapel**

We will resume our legislative activism in January with the opening of the 2025 Colorado General Assembly. We're hosting a Legislative Kickoff at St. Lukes on February 10 to share our personal stories of developing relationships with our legislators, advocating for our issues, and the impact we have had. For more information, contact [janestaller@gmail.com](mailto:janestaller@gmail.com)

## Cultural Adventures

**Friday, Feb. 7 - Edgewater Public Market**

We will have lunch at this food hall in the Sloan's Lake neighborhood. There are many food choices including Ramen, Venezuelan, Ethiopian, Empanadas, gyros, pizza, vegan and more.

Try something new and different!

Contact [renaeparra@aol.com](mailto:renaeparra@aol.com)

## Light & Love

**Sunday, February 9, 10:30am**

Families are invited to help put together light and love bags to deliver to our St. Luke's friends that need a little extra light this Valentine's Day.

## Outdoor Adventures

**Resumes in March 2025**

We're busy planning a schedule of new monthly hikes and some old favorites. If you want to hear about our hikes, please make sure you are on our Outdoor Adventures email list by contacting [julie.polikoff@msn.com](mailto:julie.polikoff@msn.com) or [janestaller@gmail.com](mailto:janestaller@gmail.com)

## Gentle Yoga

Watch for information coming soon on pop up yoga sessions with Sharon at St. Luke's in 2025.

## Brave Spaces: Environmental Stewardship

Watch for information coming soon on a 2-session conversation in April led by our Creation Care team based on Katharine Hayhoe's book *Saving Us: A Climate Scientist's Case for Hope and Healing in a Divided World*. For more information contact [sallie@stlukeshr.com](mailto:sallie@stlukeshr.com)

**Brave Spaces: Speaker Series**  
**Tuesday, April 1 - Rev. Dr. Amanda Henderson**

Save the date: Come hear from the former Director of the Interfaith Alliance and author of *Holy Chaos: Creating Connections in Divisive Times*

## Counseling, Coaching & Consultation

with Dr. Sallie

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

## Men in Community

with Bryan Hutchinson. Join in anytime!

**Meets the 1st & 3rd Mondays at 5:00pm.**

Contact [bryanrhutch@aol.com](mailto:bryanrhutch@aol.com)