



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
**SUMMER 2024
Opportunities**

Take a look and make plans to join us!

CSE SUMMER 2024 - UPCOMING OFFERINGS

Scholarships are available – simply contact sallie@stlukeshr.com

CLASSES & EXPERIENCES:

Outdoor Adventures:

Mason Creek Trail at Staunton State Park, Wednesday, June 19

We'll hike 4.6 miles out and back along the Mason Creek trail, a moderate trail on the eastern border of Staunton State Park. We'll begin hiking along the Dines Meadow Trail for .3 miles to its intersection with the Mason Creek Trail. The trail follows lovely Mason Creek for 2 miles, to its junction with the Bear Paw Trail, our turn-around point. We'll climb steadily along the banks of Mason Creek, stopping frequently to catch our breath, drink some water, and enjoy this lovely stream. We hope to see an abundance of spring wildflowers. Contact janestaller@gmail.com. Reminder: CSE requires a once-a-year release form to participate in our activities.

Save the Dates for Upcoming Hikes:

- **Wednesday, July 10** - Caribou Ranch, Nederland
- **Thursday, August 15** - Three Mile Creek at Guanella Pass

Cultural Adventures:

MAY Adventure: Baroque Chamber Orchestra at St. Luke's, Friday, May 17, 7:30pm

This performance *With Strings Attached: Bach's Goldberg Variations* is sure to delight! Tickets are \$40 per person and a community priced ticket of \$15 is extended to St. Luke's community. You may purchase either ticket; both are general admission seating. For instructions on purchasing tickets, please contact renaeparra@aol.com

JUNE Adventure: Evening Meal at Cafe Paprika in Aurora, Thursday, June 6

- This Moroccan and Mediterranean restaurant is known for their Bastilla - layers of crisp pastry with exotic fillings! Who is willing to try it with us? They also serve a variety of kebab and couscous entrees. Please contact janet.johnston@comcast.net to add your name to our list by May 30th.

Ease into Summer: Gentle Yoga with

Sharon Oliver, Thursdays, May 16-June 6, 9:00-9:45am
Join us for a gentle, centering practice, and enjoy a peaceful yoga experience with Sharon Oliver. Sharon is a certified yoga instructor and welcomes you to join her on Thursday mornings at 9:00am in the chapel. The sessions are welcoming and engaging for people of all ages and experience levels. Sharon brings her love for nature, her calm and centered approach, and her beautiful creativity to every session. Bring a mat and a water bottle. \$15/suggested donation per session. For information, sharon@stlukeshr.com.

Brave Spaces: *Stories that Change Us*

Join us in the St. Luke's chapel for three stand-alone experiences with compelling stories that reflect important topics of our time. Each gathering will include a compelling story, time for personal reflection, and group sharing in a safe space.

- **June 3 - 5:30-7:00pm: Step into stories about injustice:** Bryan Stevenson, founder of the Equal Justice Initiative and author of *Just Mercy* invites us into his story of working for justice, hard truths about America's justice system and what keeps him going on his journey.
- **July 1 - 5:30-7:00pm: Step into stories about nature and caring for the earth**
- **August 5 - 5:30-7:00pm: Step into stories about courage, hope and goodwill**

\$10/suggested donation for each session. To register for any of the sessions, please contact janestaller@gmail.com

Brave Spaces: *Environmental Stewardship*

Healthspan: Food, the Planet & You, July 14 & 21 10:45am-12:15pm in the Chapel Join Bob Oliver for 2 sessions to explore the impacts of food choices on the health of the planet and on ourselves. Get inspired to make healthy choices that promote sustainability and wellness. Come to one or both sessions. \$10/per session. To register, contact sharon@stlukeshr.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