



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!

Our **7**

core values:

**CONNECTION  
AUTHENTICITY  
WHOLENESS  
TRANSFORMATION  
INSPIRATION  
ABUNDANCE  
HOSPITALITY**

We have a wonderful variety of

# **FALL 2022 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.**

- We offer **Wellbeing Experiences** like counseling, yoga, life coaching, conscious cooking, 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 indulge our senses, and inspire connection.
- If you are inspired by adventures farther from home, our **Mindful Travel & Retreat Experiences** invite deeper awareness of people and cultures.
- Our **Spirituality and Wellness Speaker Series** includes well known people who inspire living with compassion and courage.

We hope you'll join us and discover the Center for Spiritual Engagement!

**stlukesCSE.org**

Connect with CSE on FACEBOOK!

# CSE FALL 2022 - UPCOMING OFFERINGS

## CLASSES & EXPERIENCES:

### Outdoor Adventures Hikes:

**Golden Gate Canyon - Upper Mule Deer Trail to Frazer Meadows Friday, Sept. 16** – 8:00am meet at St. Luke's to carpool. Contact [renaeparra@aol.com](mailto:renaeparra@aol.com)

Upcoming Hikes:

- Oct. 20 (Thursday) - Green Mountain
- Nov. 15 (Tuesday) - Rawhide Trail, White Ranch Open Space

### Backyard Movie Night:

**St. Luke's CSE Community Raiser! *Hidden Figures* (rated PG) Friday, Sept. 16 at 7:00pm** – Enjoy a night outside under the stars watching the heartwarming story of a team of female African-American mathematicians who served a vital role in NASA during the early years of the U.S. space program. \$10 or \$25 per person packages. Register online. Contact [sharon@stlukeshr.com](mailto:sharon@stlukeshr.com)

### Brave Spaces:

**Follow-up Conversation about *Hidden Figures*. Monday, Sept. 19, 5:15-6:30pm** – Join us for a community conversation about the topics *Hidden Figures* presents: Racism in America during the intersection of Jim Crow segregation and the civil rights movement, the cold war with the USSR and the ensuing space race, and the fight for gender equality. To register contact [sallie@stlukeshr.com](mailto:sallie@stlukeshr.com)

**“The Color of Compromise: The Truth About the American Church’s Complicity in Racism”**  
**Sept. 26, Oct. 3, 10, 17, 24, and Nov. 7, 14 from 5:00-6:30pm.** A video study based on Jemar Tisby's book on the church and racism throughout American history. To register contact [julie.polikoff@msn.com](mailto:julie.polikoff@msn.com)

**Gentle Yoga** on **Thursday Mornings, 9:15-10:00am, Sept. 29-Nov. 10** – ***Gentle Yoga to Ease into the Holidays***. Enjoy a peaceful yoga experience with our very own Sharon Oliver, a certified yoga instructor. \$10 suggested donation per class. For more information contact [sharon@stlukeshr.com](mailto:sharon@stlukeshr.com)

**Cooking with Jen (and Jen) Sunday, Oct. 2 from 11:00am-1:00pm** – Professional cook and baker Jennifer Hiltz is sharing her passion for cooking with us in this new class leading us in the preparation of an authentic Thai meal. Jennifer Jensen is offering her beautiful kitchen for this fun and unique class. \$50. Space is limited! To register contact [renaeparra@aol.com](mailto:renaeparra@aol.com)

**Men in Community with Bryan Hutchinson (Fall Gatherings Begin on Monday, Sept. 12 at 6:00pm)** – 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)

### Cultural Adventures:

**Thursday, Sept. 29 join us for dinner at Cracovia Polish restaurant** – Our friend Suzanne Alexandria lived in Poland in her young adult years and would like to share the adventure of their food and culture with us. We will meet at St. Luke's around 5:00pm to carpool to the restaurant. RSVP to [renaeparra@aol.com](mailto:renaeparra@aol.com)

**Friday, Oct. 14, 10:00am we'll explore Chatfield Farms Corn Maze** – Tickets must be pre-purchased (no onsite ticket sales). RSVP to [renaeparra@aol.com](mailto:renaeparra@aol.com) or [janet.johnston@comcast.net](mailto:janet.johnston@comcast.net)

**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](mailto:sallie@stlukeshr.com)

**Hearts for Honduras Book Fair! Each Sunday in October** you may purchase books to be gifted to the children and teachers of Abundant Life Christian School.

**I've Been Thinking... Conversations on Strength, Resolve, Faith & Hope, Sundays 10:15-11:15am, Oct. 9, 16, & 23** – Join us for honest conversations intended to encourage practices that hold us steady. We'll use the book *I've Been Thinking... Reflections, Prayers, and Meditations for a Meaningful Life* by Maria Shriver. \$25, includes book. Contact [sallie@stlukeshr.com](mailto:sallie@stlukeshr.com)