



## 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  
**WINTER 2023/24**  
**Opportunities**  
Take a look and make plans to join us!!

# CSE WINTER 2023/24 - UPCOMING OFFERINGS

## EVENTS:

**BELIEVE: *Reflections, Music, and Prayers*** Tuesday, December 12 5:30–6:00pm in the Chapel CSE is hosting an evening of reflections, music, and prayers to illuminate what you believe, cherish, and hope for in the December season. You're invited to center yourself in the candlelight and simple beauty of the Chapel. Come breathe in the sacredness of advent and be uplifted by readings, prayers, and the lovely music of Sandy Larson on piano. We warmly welcome you to some moments of peacefulness to honor what you believe and to embrace this holy season of light. Please rsvp to [renaeparra@aol.com](mailto:renaeparra@aol.com)

**Brave Spaces: *Racial Justice*** MLK Marade Monday, January 15 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, a distance of approximately 2.5 miles. We'll meet at St. Luke's to carpool around 9:30am, and travel together to City Park. We'll provide more details soon. We hope you'll join us for this uniquely Denver celebration. For more information, contact [julie.polikoff@msn.com](mailto:julie.polikoff@msn.com)

## CLASSES & EXPERIENCES:

**Reiki & Yoga** Thursday, January 4 from 5:15-6:30pm Join us in the Chapel to enjoy a combined reiki and yoga session presented by Melinda Davidson and Sharon Oliver. Bring your yoga mat and some water for an evening of healing with meditation, reiki, and gentle yoga. Email [sharon@stlukeshr.com](mailto:sharon@stlukeshr.com) for more information or to reserve your spot. \$20/per person suggested donation.

**Giving Tree: *Honduras*** Are you looking for an alternative holiday gift? Look for tags on the St. Luke's Giving Tree supporting the Abundant Life Christian School in Yamaranguila, Honduras. The CSE team has helped start and support both a library and a music program for the school. This year donations will support their music program. Go to: [stlukeshr.com](http://stlukeshr.com)

## Brave Spaces: *Racial Justice*

**Visit to the Denver Art Museum, Wednesday Dec. 6 at 10:00am** Join us for a docent-led Special Exhibits tour of Soul of Black Folks, a solo exhibition of the work of Amoako Boafo. Mr. Boafo is from Ghana and draws the title of his exhibition from the work of civil rights activist W. E. B. Du Bois, who wrote the groundbreaking book on race in the United States, *The Souls of Black Folk* (1903). Mr. Boafo's paintings focus the viewers' gaze on his subjects' presence through his portraits representing Black life. Tickets for this tour are \$25 per person. Spots are limited. We'll carpool from St. Luke's. Contact [janestaller@gmail.com](mailto:janestaller@gmail.com) to register.

**Christian Response to Gun Violence class on 3 Sundays in the Chapel (10:45am-noon) January 21, 28 & February 4** Gun Violence is a complex issue, especially here in Colorado. Where do we find hope? As a people of faith, how do we respond? Join us for a three-part discussion to look at/examine the data and the issues and to explore potential paths forward to mitigate this kind of violence, while respecting our rights under the 2nd Amendment. As a community of faith, we can have a positive impact on the world our children and grandchildren will inherit. Contact [julie.polikoff@msn.com](mailto:julie.polikoff@msn.com) for info.

**Legislative Advocacy** invites you to join us in January 2024 to learn about how to influence laws and policies that create greater racial equity in Colorado. Contact [janestaller@gmail.com](mailto:janestaller@gmail.com) for more info.

**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)

## COMING SOON:

**Winter Wellbeing Series with Dr. Sallie Suby-Long** Watch for upcoming sessions in 2024!

**Brave Spaces: *Environmental Stewardship*** CSE is creating a GREEN TEAM at St. Luke's. Watch for upcoming opportunities in 2024!

**Vision Boards with Diane Lindsay** Saturday, January 20 (10:00am-noon) [renaeparra@aol.com](mailto:renaeparra@aol.com)