



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

WINTER 2023 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.

Join us and discover the Center for Spiritual Engagement!

stlukesCSE.org

Connect with CSE on **FACEBOOK!**

CLASSES & EXPERIENCES:

Nourish & Be Well Experience:

Encircling one's beauty to revitalize and shine in 2023! **Saturday, January 28 from 9:00am-4:00pm** – Connecting within nourishes our soul and sets our emotional, spiritual, and mental well-being. Launching a new calendar year can be challenging and uncertain... discover what you personally need to create the rhythms and practices that yield understanding and repose to the enhancement of YOU. Join Melinda Davidson and Dr. Sallie Suby-Long for a day of deepening and heart centered listening. Contact sallie@stlukeshr.com to register. Scholarships available. Registration fee including lunch, refreshments, facilitation, and all materials is \$115.

Brave Spaces Martin Luther King, Jr. Marade (march/parade):

On **Monday, Jan. 16** join us to celebrate Dr. Martin Luther King as we walk 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 hope you'll join us for this uniquely Denver celebration. For more information, contact julie.polikoff@msn.com

Brave Spaces Racial Justice Legislative Advocacy:

Join us to influence racial justice legislation in our 2023 Colorado legislature. Begins in February. We'll advocate for bills that address disparities in policing, climate justice, housing, healthcare, and education. No experience is necessary. Contact janestaller@gmail.com

Brave Spaces "The Color of Compromise: The Truth About the American Church's Complicity in Racism" -

6 Sunday mornings 10:45am-12:15pm, Jan. 22, 29, Feb. 5, 12, 26, & Mar. 5 – Our course last fall was so popular we are offering it again! This is an in-person class with a video study based on Jemar Tisby's book that speaks to the connection between the church and racism throughout American history as well as the author's thoughts about how Christians can pursue racial justice. Registration for class and materials \$30. For information and registration, contact julie.polikoff@msn.com

The Light We Carry... *conversations on overcoming in times of uncertainty:*

Three Tuesday Sessions 5:00-6:00pm, Feb. 21, 28, & Mar. 7 – As we grow in our abilities to stay centered and keep perspective in the midst of challenges and an ever-changing world, we connect more meaningfully with others, too. These connections ignite enhanced energy, restored wonder and deliberate actions for the good of all. Join us for conversations on practices to extend the power of the light we carry. As our guide, we'll use the book *The Light We Carry* by Michelle Obama. We would love to have you join us! For more info or to register, Contact sallie@stlukeshr.com Fee: \$35 (includes book, materials and contribution to CSE ministry).

Cultural Adventures:

Wednesday afternoon, Jan. 25 – **The Dirty South** special exhibit at the Museum of Contemporary Art in downtown Denver that explores the traditions and legacies of the Black South and how these traditions have shaped visual art and music in America. Admission is \$10 (\$7 for Seniors). Please RSVP. We plan to visit the exhibit at 1:00pm. Contact renaeparra@aol.com or janet.johnston@comcast.net for more info or to RSVP

Upcoming: **Wednesday morning, Feb. 15** - **Denver Botanic Garden** indoor experience (tropical conservatory and visual art displays)

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

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

OUTDOOR ADVENTURES: We do not schedule hikes in January or February. Watch the Sunday bulletin this Spring for new hiking opportunities with us. If you would like to be added to the CSE Outdoor Adventure email list, contact janestaller@gmail.com