



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

FALL 2024
Opportunities

Take a look and make plans to join us!

CSE FALL 2024 - UPCOMING OFFERINGS

Scholarships are available – For information on CSE simply contact sallie@stlukeshr.com

*Almost everything will work again
if you unplug it for a few minutes...
INCLUDING YOU. –Anne Lamott*

CSE - Connect and Celebrate (a Potluck event)

September 17, 5:30pm – St. Luke's Fellowship Hall

We're celebrating our CSE community with a light-hearted evening of good food, connection with friends, and sharing our plans for Fall CSE opportunities!

Outdoor Adventures: Hikes!

Monday, September 23 – Pine Valley Ranch Park, Pine CO

Please RSVP to renaeparra@aol.com or julie.polikoff@msn.com

Save the dates for our last two hikes of 2024:

October 4 - Golden Gate Canyon

November 2 - Palmer Reservoir

Fall Wellbeing Classes with Rev. Sallie

The Art and Science of Joyful Wellbeing

Tuesdays from 5:15-6:30pm on Sept. 24, Oct. 1 & 22

Registration: \$50 (Includes 3 sessions, hard-cover book, materials, and light refreshments.)

Cultural Adventures

Asian Food Experience: Friday, Sept. 20 11:00am-1:30pm

We seek multicultural destinations offering to indulge your senses, inspire connection, education and together co-create authentic experiences.

We are in the process of planning events for the Fall. Contact renaeparra@aol.com

CSE Brave Spaces: Be Here. Be You. Belong! Exploring our UMC Social Principles

Together we will create conversation around the mission and ministry of the UMC Social Principles. Access the latest version of our UMC Social Principles with this QR code.

Sunday, October 6 – Introduction to UMC Social Principles
10:45am-noon



Fall Flowers with Lisa Weddel

Sunday, November 3 (2:00-4:00pm)

For more information contact sallie@stlukeshr.com

Brave Spaces: Environmental Stewardship

For more information contact sallie@stlukeshr.com

Counseling, Coaching & Consultation with Dr. Sallie Suby-Long

For more information contact sallie@stlukeshr.com

Men in Community with Bryan Hutchinson

Join in anytime! Contact bryanrhutch@aol.com