



# BELONGING

SUMMER  
2024

Belonging is the innate human desire to be part of something larger than us.  
- Brené Brown



Mile Hi Church  
*It's different here.*



## THERE IS A PRESENCE WITHIN YOU

One went to the door of the Beloved and knocked. A voice asked, “Who is there?” He answered, “It is I.” The voice said, “There is no room here for me and thee.” The door was shut.

After a year of solitude and deprivation, this man returned to the door of the Beloved.

He knocked.  
A voice from within asked, “Who is there?”  
The man said, “It is Thou.”  
The door was opened for him.

—Rumi

As much as I hope you feel “welcomed in” here at Mile Hi Church, what I hope for more than anything is that there is a Presence within you that has guided you here, that knows who you really are, knows why you are really “here,” and seeks to nurture your becoming.

This Presence, which you will often hear us call it God, Spirit, or the Universe, is always welcoming us into a deeper awareness of not only what It is but of who you really are. I believe Mile Hi Church is a place to explore that. It’s a place to connect, heal, forgive, and find a perspective for your life that honors your wholeness and holds yourself to living a life of love and wonder.



Josh Reeves  
*Lead Minister*

## Dr. Michelle’s Chef’s Kiss Summer Pasta

### Ingredients

- 1 (16 oz) package linguini pasta
- 6 roma (plum) tomatoes, chopped
- 1 lb shredded mozzarella cheese
- 1/3 cup chopped fresh basil
- 6 cloves garlic, minced
- 1/2 cup olive oil
- 1/2 teaspoon garlic salt
- Ground black pepper to taste

### Directions

1. Combine tomatoes, cheese, basil, garlic, olive oil, garlic salt, and black pepper in medium bowl. Set aside.
2. Meanwhile, cook pasta according to package directions.
3. Drain pasta, and transfer to a serving bowl. Toss with tomato mixture. Serve. Buon appetito!



## Sunday Services

8 & 10 a.m. In-Person,  
Teel Sanctuary,  
10 a.m. Livestream

American Sign Language  
Interpretation is available in  
person at the 10 a.m. service.

Watch on our Watch Page,  
YouTube, and Facebook.

## Healing Light Service

Second Sunday Evening  
of Every Month

In-Person Only, 5 p.m.,  
Vogt Auditorium

Indoor labyrinth is available  
from 4 – 7 p.m. in the  
Community Center.

## SAVE THE DATE

### Adventures in Faith 2024

Sun., Oct. 6, 13, 20, & 27  
8 & 10 a.m. In-Person,  
Teel Sanctuary,  
10 a.m. Livestream

Join a small group during  
the series.

Visit the services page at [milehichurch.org](https://milehichurch.org)



## Spiritual Living Classes

### Spiritual Enrichment & Deepening

#### Upcoming Classes and Workshops

Awaken Your Inner Healer  
In-Person, Thurs., July 11 – Aug. 1

An Altar in the World  
In-Person, Thurs., July 11 – Aug. 1

Parenting Tweens & Teens  
with Love & Logic®  
In-Person, Thurs., Sept. 19 – Oct. 10

Advanced Consciousness Studies  
In-Person, Mon., Sept. 9 – April 21

The Mourning After  
Online, Thurs., Oct. 3 – Nov. 21

Beyond Divorce  
In-Person, Mon., Oct. 7 – Nov. 25

Visit the classes page at [milehichurch.org](https://milehichurch.org)

# SPIRITUAL LIVING CLASSES & WORKSHOPS

## AUGUST

### **Inner Child Journey**

Michelle Medrano & Ras Smith | 2 days, In-Person | Fri., Aug. 23 & Sat., Aug. 24 | \$100

## SEPTEMBER

### **#301 Self-Mastery**

Carol Wilke | 8 weeks, Online | Mon., Sept. 9 – Nov. 4 | 5 – 7:30 p.m. | \$250

### **#101 Beyond Limits**

Josh Reeves | 8 weeks, In-person | Tues., Sept. 10 – Oct. 29 | 6:30 – 9 p.m. | \$145

### **#709 Visioning: A Way of Life**

Jackie Harris | 6 weeks, In-person | Tues., Sept. 10 – Oct. 15 | 6:30 – 9 p.m. | \$190

### **#202 Spiritual Practices**

Zemirah Jazwierska | 8 weeks, In-person | Tues., Sept. 10 – Oct. 29 | 9 a.m. – 11:30 a.m. | \$250

### **#702 Existential Metapsychiatry**

Patty Luckenbach | 10 weeks, In-person | Fri., Sept. 13 – Nov. 15 | 9 – 11:30 a.m. | \$250



### **Inner Child Journey** with Michelle Medrano & Ras Smith

Experience a weekend of discovery—a discovery of you and the child within.

Two-Day In-Person Workshop  
Fri., Aug. 23, 7 – 10:30 p.m. and  
Sat., Aug. 24, 10 a.m. – 8:30 p.m., \$100



### **#101 Beyond Limits** with Josh Reeves

Examine old beliefs and gain the tools to let go of those beliefs which no longer serve you, and create new beliefs which boldly express the person you want to be.

Eight-Week In-Person Class  
Tues., Sept. 10 – Oct. 29, 6:30 – 9 p.m., \$145

FALL SEMESTER

Visit the classes page  
at [milehichurch.org](http://milehichurch.org)







# AWE

WITH DACHER  
KELTNER

THE NEW  
SCIENCE  
OF EVERYDAY  
WONDER  
AND HOW IT CAN  
TRANSFORM  
YOUR LIFE

TEEL SANCTUARY  
& LIVESTREAM

FRI.,  
NOV. 1,  
7 P.M.

EARLY BIRD \$36

EARLY BIRD DEADLINE  
IS MONDAY, JULY 8.

STANDARD \$45

LIVESTREAM \$25



VISIT THE EVENTS PAGE  
AT MILEHICHURCH.ORG

Visit the events page  
at milehichurch.org

Wed., July 24,  
7 – 9 p.m.,  
Vogt Auditorium,  
\$25

WITH  
ZEMIRAH  
JAZWIERSKA

Visit the events page  
at milehichurch.org

# DEVOTION OF THE MAGDALENE

SPEAKER & EVENTS



## Wednesday Night Insight

A minister meditation, a practitioner prayer, and time for meditation.

7 p.m., Online @ YouTube



## School Supply Drive

Sun., July 7, 14, & 21,  
8 – 11:30 a.m.,

Teel Sanctuary Lobby &  
Community Center Plaza



## Sacred Saturday

Peace in Ukraine, Now!

Sat., July 27, 9:30 – 11:30 a.m.

Semi-Silent Mini Retreat

Sat., Aug. 10, 9 a.m. – 12 p.m..



## Sacred Earth

with Lisa Cutter, *CO State Senator*

Sun., Aug. 4,  
11:30 a.m. – 1 p.m.,  
Vogt Auditorium



## Mile Hi Church Annual Meeting

Sun., Aug. 11, 11:30 a.m.,  
Vogt Auditorium and on Zoom



## Daniel Nahmod Concert

Mon., Sept. 22,  
5 – 6:15 p.m.,  
Community Center Plaza

Food Truck: Urban Hotdog Collective



## Birth - Fifth

Anchored in ritual, we offer age-appropriate teachings of key spiritual concepts.

### Youth Church

Sunday class at 8 & 10 a.m. in person.

## Middle & High School

We empower our maturing students to freely express themselves and embrace their inner truths.

### Sunday Lesson

Class at 10 a.m. in person.

## What I Wish My Parents Knew

Sun., July 21 &  
Sun., Sept. 29

11:30 a.m. – 12:30 p.m.,  
Vogt Auditorium,  
Love Offering



Visit [milehichurch.org/youth-family](http://milehichurch.org/youth-family)



## Pancake Breakfast

Sun., July 28 &  
Sun., Aug. 25

9 a.m. – 12 p.m.,  
Vogt Center Patio,  
Love Offering



## Mile Hi Children's Enrichment Center (MHCEC) Preschool

Enriching the early childhood journey with wonder, respect, support, and guidance. We look at the learning environment holistically and co-create curricula with our children and families that reflect their uniqueness.

Enroll for the upcoming school year:  
Aug. 2024 – May 2025

To connect about enrollment or tours, email April Reeves, MHCEC Director, at [areeves@milehichurch.org](mailto:areeves@milehichurch.org).

Visit [milehicec.org](http://milehicec.org)



A world in which children freely express their inherent divinity and inner truth.

# YOUTH & FAMILY





## Prayer & Care Center

A Center of Love, Healing Prayer,  
and Compassionate Care

### Office Hours:

Mon. – Thurs., 10 a.m. – 2 p.m.  
303-232-8851  
[pcc@milehichurch.org](mailto:pcc@milehichurch.org)

### Prayer Support & Requests

720-974-2261

### One-On-One Support Sessions

303-232-8851

### Grief Support, Compassionate Care Team, Support Groups

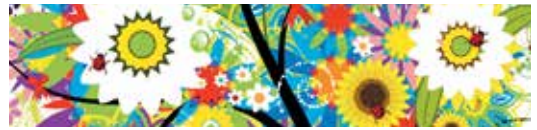
720-974-2234



## Spirituality in Recovery

Provides life-changing tools to create a new story for those struggling with dependency on alcohol, drugs, food, and more.

Rev. Carol Wilke  
*Recovery Minister*  
[cwilke@milehichurch.org](mailto:cwilke@milehichurch.org)



## Healing

Awaken your inner healer with the support of our ministers and healing community.

### Healing Connection Support Group

Meets every Wednesday night online and the second Sunday of the month in-person  
A weekly meeting offering practical tools and inspiration for anyone seeking healing support.

### Healing Intention Circles

(aka Power of 8)

Sat., Aug. 17, 10 a.m. – 12 p.m.,  
Community Center, Love Offering



## Baptisms & Weddings

Rev. Josh Reeves  
*Lead Minister,*  
*Ceremonies, Rituals, & Rites of Passage*  
[jreeves@milehichurch.org](mailto:jreeves@milehichurch.org)

## Memorials

Sandy Troyano  
*Care Ministry Coordinator*  
[troyano@milehichurch.org](mailto:troyano@milehichurch.org)

## SPIRITUAL PRACTICE

### Opening the Eyes of Your Heart Meditation Inspired by Mary Magdalene

1. Close your eyes, breathe in and out for several rounds while focusing on your heart.
2. Imagine a stream of loving, compassionate energy flowing in and out through your heart with each breath.
3. As you breathe out, imagine this stream flowing out with appreciation to those you love and to the world.
4. As you breathe in, imagine this flow of love and compassion coming back to circulate within you.
5. Close your meditation with thoughts and prayers of gratitude, connecting and embodying a sense of gratitude for your day and life.





## 2024 Mile Hi Church Initiative Rites of Passage

Our 2024 annual initiative is Rites of Passage. Throughout the year, we will be giving special attention to the rituals of our lives and our community. Rites of Thriving, rites of meaning, rites of release, rites of celebration—we invite you to engage with us this year in mindful recognition of the many passages of life knowing there is a greater Spirit available to guide us along the way.



### Spiritual Practices at Mile Hi

Chapel Meditation, Yoga, Tai Chi/Qigong, and the Mile Hi Labyrinth.

### Insight Timer

Follow us on Insight Timer, the #1 meditation app.

### Mile Hi Ongoing Initiatives

Our ongoing initiatives are precious to us and allows our community to experience traditions and cultures of different faith paths, learn unique perspectives of diverse groups, and implement productive ways of being positive stewards of our Earth.



### Diversity and Belonging

We envision a world where diversity is seen as a necessity for growth, and inclusion as an essential value and element of the creative process.

### Interfaith

Field Trip To Denver Sikh Gurudwara

Sun., Aug. 18,  
12 – 2:30 p.m.,  
Denver Sikh Gurudwara

### Sacred Earth

Movie Night

Common Ground  
Fri., Sept. 6, 7 – 8:30 p.m.,  
Community Center,  
Love Offering

Visit the initiative page at [milehichurch.org](http://milehichurch.org)

INITIATIVES



MileHi Church

*It's different here.*

# OUR VISION

Oneness revealed—a world of love, peace, and abundance for all.

# OUR MISSION

To serve as a spiritual beacon for personal empowerment and global enlightenment.



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Learn about our pathways of giving at [milehichurch.org/give](http://milehichurch.org/give).

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303-237-8851 | [milehichurch.org](http://milehichurch.org)

