

Cover Photos: Bobby Dartt, Mitch Nicklas



ONEMENESS

FALL
2024

Faith is not a certainty. Faith is the
courage to live with uncertainty.
-Jonathan Sacks



Mile Hi Church

It's different here.



SEEING THE BEAUTY AND BOUNTY OF OUR COMMUNITY

The variety of fall is about to express itself in nature.

We love the trees that stand to greet us as we come into the main road of the parking lot at Mile Hi Church. It is a welcoming of beauty and diversity in full bloom. I love when those trees turn into their vibrant fall colors.

It is an opportunity for us to see those trees on the path, similar to the people here at Mile Hi. We are all beautiful, alive, and spirited beings from many walks of life.

Feel that same sense of beauty and majesty while walking through the lobby, down an aisle in the sanctuary, or across the plaza to your car. It is there. Yet, like anything that is beautiful and touches our soul, we must see it and choose to look at it.

Look closely—we are a beautiful, bountiful, lovely community!

Happy fall!



Michelle Medrano
Lead Minister

Dr. Patty's Nippy Sour Cream Dip

Ingredients

- 1 cup sour cream
- 1/3 cup horseradish
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon celery seed
- 1/2 teaspoon salt
- 1/4 teaspoon paprika

Directions

1. Mix all the ingredients together until it's all well-blended. Enjoy with pieces of raw vegetables or your favorite chips.

Photos: Mitch Nicklas, Bobby Darrt



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

Sun., Oct. 13 & Nov. 10
(No service in December.)

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

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



Five-Week Sunday Series

Adventure in Faith 2024

Relevant Faith

Finding Oneness in an Ocean of Uncertainty

Relevant faith is a commitment to knowing the truth, not only to belief, even if it means not being right.

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

Last chance to sign up for a small group today, October 6.



SAVE THE DATE

Thanksgiving Service

On Wednesday Evening
Nov. 27

Thanksgiving Pies: 5:30 p.m.,
Community Center,

Service: 6:30 p.m.,
Teel Sanctuary



SAVE THE DATE

Christmas Candlelight Services 2024

Follow the Light

Mon., Dec. 23, 1, 4, & 7 p.m. Tues., Dec. 24, 1, 4, & 7 p.m.

Teel Sanctuary



Wednesday Night Insight

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

7 p.m., Online @ YouTube



Habitat for Humanity Pumpkin Patch

Fri., Oct. 4 – Thurs., Oct. 31,
10 a.m. – Dusk, Mile Hi Church Parking Lot,
Corner of Alameda and Garrison



Family Fall Fest featuring Trunk or Treat

Sat., Oct. 19, 10 a.m. – 12 p.m.,
Mile Hi Church Parking Lot,
Free Admission!



Healing Intention Circles

Sat., Oct. 26,
10 a.m. – 12 p.m.,
Community Center, Love Offering



Harvest of Love Food Drive

Sun., Oct. 27, Nov. 3, & 10,
7:30 – 11:30 a.m.,
Community Center Patio



New Member Class

In-Person	Online
Sun., Nov. 10, 11:30 a.m. – 1 p.m., Vogt Chapel	Mon., Nov. 11, 6:30 – 8 p.m., on Zoom

Photos: Lindsey Portincaso, Launa Fujimoto, Eva Thoemke, Bobby Darrt, Mitch Nicklas

S
P
E
A
K
E
R

AWE

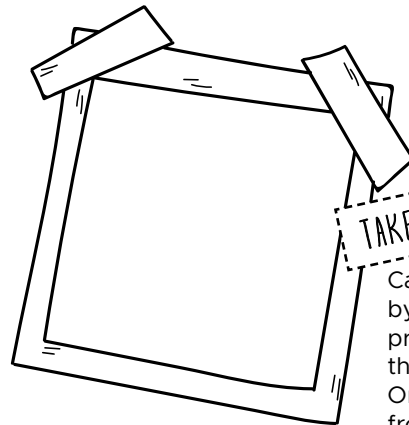
WITH DACHER
KELTNER

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

EVERYDAY WONDER AND HOW
IT CAN TRANSFORM YOUR LIFE

MAKE AN AWE JOURNAL

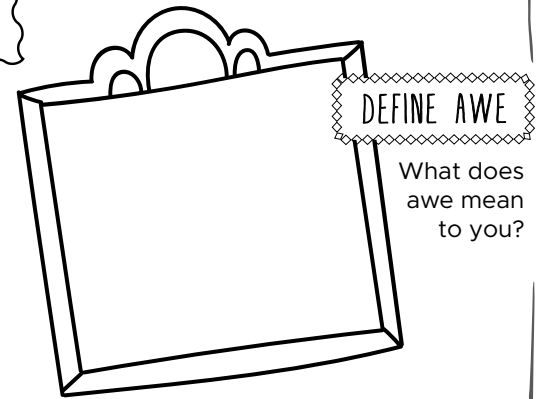
It can be a place to record those things in your daily life that you find beautiful. Use this page to get you started!



TAKE A PICTURE

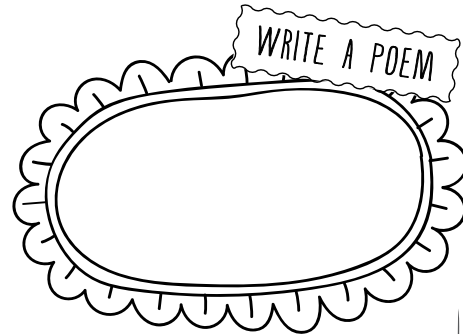
Capture the moment by taking a picture and printing it out. Tape the photograph here. Or draw the picture from memory.

As you go about your day, notice the things you find extraordinary like a pink sunset, the intricacy of a spider web, a double rainbow, the kindness of a stranger.



DEFINE AWE

What does awe mean to you?

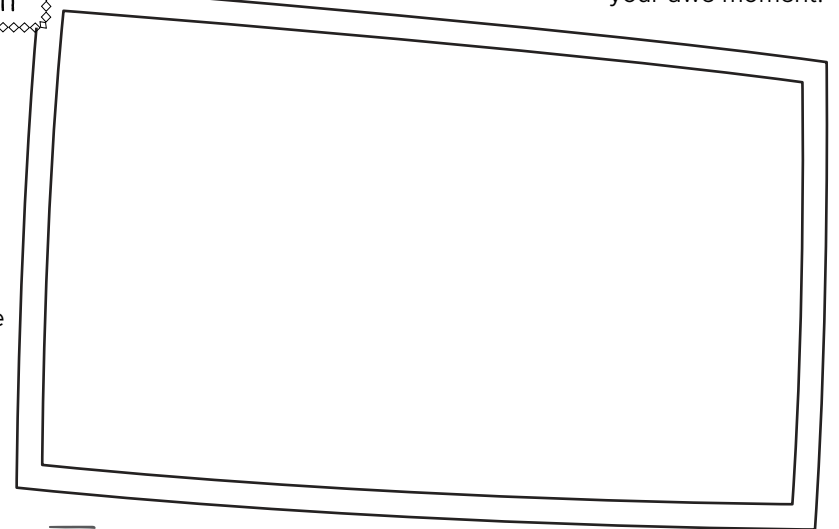


WRITE A POEM

Write a poem about your awe moment.

JOURNAL ABOUT IT

Think back to your most awe-inspiring vacations, events, and moments, and take the time to document them. Where were you? Who was there? How did you feel? This simple practice may decrease your sense of time pressure and make you feel more generous.



Visit the events page at milehichurch.org



SPIRITUAL LIVING CLASSES & WORKSHOPS

OCTOBER

Love Is Forever: Pet Loss Workshop

Pet Loss Bereavement Team | 1 day, In-person | Sat., Oct. 12 | 10 a.m. – 2 p.m. | \$35

The Spiritual Journey of Dementia

Kay Adams | 1 day, In-person | Sun., Oct. 20 | 11:30 a.m. – 1 p.m. | Love Offering

NOVEMBER

Tibetan Buddhism

Zemirah Jazwierska | 4 weeks, In-person | Tues., Nov. 5 – 26 | 6:30 – 9 p.m. | \$185

The Art of Living: The Wisdom of Joseph Campbell

Josh Reeves | 4 weeks, Online | Thurs., Nov. 7 – Dec. 5 | 6:30 – 8 p.m. | \$125

Navigating the Holidays After Loss

Patty Luckenbach | 1 day, In-person | Sat., Nov. 9 | 9 a.m. – 12:30 p.m. | Love Offering

JANUARY

SAVE THE DATE

2025 Intention Setting Workshop

Josh Reeves | 1 day, In-person & Livestream | Wed., Jan. 1 | 10 – 11:30 a.m. | Love Offering



Tibetan Buddhism with Zemirah Jazwierska

Experience the ancient Buddhist spiritual practices of mantra, ritual, and visualizations.

Four-Week In-Person Class
Tues., Nov. 5 – 26,
6:30 – 9 p.m., \$185

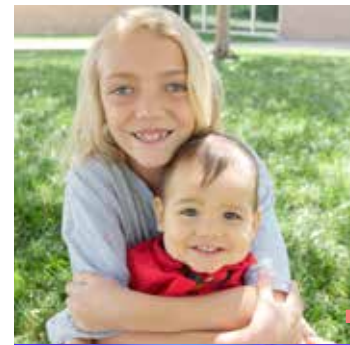


The Art of Living with Josh Reeves

Find universal themes in your life and set a focus on the art of living through exploration of creativity and meaning.

Four-Week Online Class
Thurs., Nov. 7 – Dec. 5,
6:30 – 8 p.m., \$125

REGISTRAR: Questions about classes or practitioner studies:
Email Lisa Berquist at Iberquist@milehichurch.org or call 720-974-2246.



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.



Volunteer for Youth & Family Ministry on Sundays

Visit milehichurch.org/youth-family



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. 2025 – May 2026

To connect about enrollment or tours, email April Reeves, MHCEC Director, at areeves@milehichurch.org.

Visit milehicec.org



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

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



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.



Baptisms & Weddings

Rev. Josh Reeves
Lead Minister,
Ceremonies, Rituals, & Rites of Passage
jreeves@milehichurch.org



Memorials

Sandy Troyano
Care Ministry Coordinator
stroyano@milehichurch.org

Photos: Lindsey Portincaso, Eva Thoemke, Launa Fujimoto, Mitch Nicklas, Unsplash.com, Shutterstock.com

SPIRITUAL PRACTICE

Go on an Awe Walk

Tap into your childlike sense of wonder. Young children are in an almost constant state of awe since everything is so new to them. During your walk, try to approach what you see with fresh eyes, imagining that you're seeing it for the first time. Take a moment in each walk to take in the vastness of things.

Credit: Dacher Keltner, "Awe" 2023, p. 105.



Spiritual Practices at Mile Hi

Sunday Chapel Meditation
 Every Sun., 7:30 a.m. – 12 p.m.
 Vogt Chapel

Weekly Chapel Meditation
 Every Mon. – Thurs., 9 a.m. – 12 p.m.
 Vogt Chapel

The Vogt Chapel is open for meditation Sunday through Thursday.

Mile Hi Labyrinth
 Walk the labyrinth located outside the main entrance of the Teel Sanctuary.
 Open anytime.

Yoga Mondays and Wednesdays
 Yoga for All Bodies
 Every Mon. & Wed., 10 – 11 a.m.
 Community Center, Love Offering

Yoga Tuesdays
 Stretch and Restore Yoga
 Every Tues., 10 – 11 a.m.
 Community Center, Love Offering

Tai Chi/Qigong Thursdays
 Moving Meditation
 Every Thurs., 10 – 11 a.m.
 Community Center, Love Offering

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

Día de los Muertos Service

with Zemirah Jazwierska and Rocio Self
 Wed., Oct. 30,
 7 – 8 p.m., Vogt Auditorium



Sacred Earth

We believe the Earth is Sacred and brought us forth to be good stewards of its care. We encourage all to make the highest decisions to demonstrate care for our beloved planet.



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.

Sign up for our weekly email to stay informed at milehichurch.org.



Learn about our pathways of giving at milehichurch.org/give.



9077 W. Alameda Avenue,
Lakewood, CO 80226
303-237-8851 | milehichurch.org

