

Cover Photos: Eva Thoemke, Bobby Darrt



**FALL  
2022**

There are only two ways of spreading light—to  
be the candle or the mirror that reflects it.  
—Edith Wharton



**MileHi Church**  
*It's different here.*



## HAPPY FALL! HAPPY EVERYTHING!

Fall is my most favorite time of the year.

The leaves on trees here in beautiful Colorado are amazing and diverse. The holidays awaken my inner child and children everywhere. We get to experience Adventure in Faith together again. It is a time of joining together to celebrate so much of the Good.

If you are receiving this bulletin, it means that you have chosen to be part of the Good. We know that every person makes a difference by their very presence. We also know whenever we come together, we contribute to the lives of one another in powerful and meaningful ways.

There have been times when I was in the midst of a big decision, painful conditions, getting ready to follow a dream, or take a risk and just being in the energy of Mile Hi Church, it was all that I needed to lift me up. That is what we can do for one another just by being here.

There is so much beauty to behold right now, right in this moment. You are an expression of that beauty.

Thank you. Happy fall! Happy everything!

Dr. Michelle Medrano,  
*Lead Minister*



## Dr. Michelle's Holiday Chili-out Recipe

### Ingredients

- 2 pounds ground beef or turkey
- 1 (16 ounces) can kidney beans, drained
- 1 (16 ounces) jar green chili sauce (I use 505 Southwestern)
- 3 medium russet potatoes
- Grated cheddar cheese (optional)
- Chopped onion (optional)
- Flour tortillas (optional)

### Directions

1. Cook the ground meat in a large pot. Season to taste.
2. Chop potatoes into small chunks.
3. Once the meat is cooked, add potatoes, beans, and green chili. Simmer on medium heat for an hour. If simmering for longer, add bit of water as needed.
4. Serve in chili bowls with optional sides of cheese, onion, and tortillas. Enjoy!



## 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



## SAVE THE DATE

### Christmas Candlelight 2022 A Christmas Journey

Fri., Dec. 23,  
1, 4, and 7 p.m.  
Sat., Dec. 24,  
1, 4, and 7 p.m.

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



## Spiritual Living Classes

Spiritual Enrichment & Deepening  
Upleveling Lives

Classes, Workshops, and Retreats



Winter Semester in January



Spring Semester in May



Fall Semester in September

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

# EVENTS

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



## Wednesday Night Insight

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

7 p.m., Online @ YouTube and Facebook



## Family Fall Fest featuring Trunk or Treat

Sat., Oct. 15, 10 a.m. – 12 p.m.  
Mile Hi Church Parking Lot,  
Free Admission



## Self-Acceptance Celebration with Rhonda Britten

In-Person & Livestream  
Fri., Nov. 4, 7 p.m.,  
Teel Sanctuary, \$34



## Navigating the Holidays After Loss

In-Person  
Saturday Workshop  
Sat. Nov. 5, 9 a.m. – 12 p.m.,  
Community Center, Love Offering



## Harvest of Love Food Drive

Sun., Nov. 6 & 13,  
7:30 – 11:30 a.m.,  
Mile Hi Church Parking Lot



## The Giving Tree

Sun., Nov. 27, Dec. 4, & 11,  
Teel Sanctuary Lobby



Stacy Butters,  
*Youth & Family Director*

## 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.



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



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

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

2023 – 2024 School Year: Aug. 2023 – May 2024

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

Visit [milehichurch.org/licensed-preschool](https://milehichurch.org/licensed-preschool)

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)

## SPIRITUAL PRACTICE

### Count Your Blessings



Credit: [goodnet.org](http://goodnet.org)

While a saying like “count your blessings” sounds cliché, it does send a powerful message. Many teachings prescribe gratitude as the antidote to negative emotions like greed, anger, and envy. Keeping a regular gratitude journal or simply reflecting on the good people or things going well in your life represents a simple daily spiritual practice that can help to harness the many benefits of gratitude.



## Healing

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

### Healing Connection Support Group

Meets every Wednesday night online.  
A weekly meeting offering practical tools and inspiration for anyone seeking healing support.

### Healing Intention Circles

Meets on the first Monday of the month online. A small group led by a trained facilitator offers the experience of sending and receiving healing energy.



## Baptisms & Weddings

Rev. Michelle Scavetta  
*Assistant Minister Ceremonies,  
Rituals, & Rites of Passage*  
[mscavetta@milehichurch.org](mailto:mscavetta@milehichurch.org)

## Memorials

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



## Spiritual Practices at Mile Hi

Chapel Meditation, Yoga, Tai Chi/Qigong, Labyrinth offered during the week.

Visit our calendar or [milehichurch.org/spiritual-practices-at-mile-hi](http://milehichurch.org/spiritual-practices-at-mile-hi) for the schedule.

## Volunteer

Volunteering is an easy pathway to serve while getting to know members of our congregation.

Jackie Harris  
*Assistant Minister*  
[jharris@milehichurch.org](mailto:jharris@milehichurch.org)

## Membership

Membership shows a commitment to making spiritual growth a priority and taking ownership of the Mile Hi community.

Zemirah Jazwierska  
*Assistant Minister*  
[zjazwierska@milehichurch.org](mailto:zjazwierska@milehichurch.org)

## Interfaith

We provide opportunities to break down barriers and form deep bonds among those of differing belief systems.

Zemirah Jazwierska  
*Assistant Minister*  
[zjazwierska@milehichurch.org](mailto:zjazwierska@milehichurch.org)

To learn about all of our groups, visit [milehichurch.org/community](http://milehichurch.org/community)

COMMUNITY



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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