

SPIRITUAL PRACTICE

**WINTER
2 0 2 3**

Knowing that the Spirit within me is free, I am
no longer bound by the patterns of yesterday.
-Ernest Holmes



Mile Hi Church

It's different here.



LET YOUR HAIR DOWN!

Our Mile Hi Church slogan is, *It's Different Here*. What does that mean?

It means we value and explore the common teachings in not just one but multiple faiths. It means we wholeheartedly support our LGBTQ+ community and celebrate their sexuality and relationship expression.

It means we are not a church that teaches what to think but explores how to think about life's big questions so that you get to make up your own mind.

We are all different here. You'll find left, right, and center in terms of political opinions, optimists and skeptics, introverts and extroverts, and in my experience, always people of genuine heart and good will. It means we seek to be a pragmatic, relevant, and inspirational teaching that can help you in your work, relationships, and in your self-awareness so that you can live a great life.

One of the great church cliché's is, *All Are Welcome*. It is a good sentiment, and I think it's mostly true about us here at Mile Hi.

However, what I think is most important is that you welcome yourself in. I hope you feel welcome here, and please know that you are! To be yourself here, to let your hair down so to speak, to know this is a safe place to worship the God of your own understanding—you will have to welcome yourself in as well.

I hope you find Mile Hi Church to be a Sacred space to be who you are and leave here feeling a little more like yourself for coming.

Josh Reeves,
Lead Minister



Rev. Carol's Sourdough Bread

Ingredients

- 1,000 grams flour
- 750 grams water plus 50 grams
- 200 grams sourdough starter
- 20 grams salt

Directions

1. Combine 750 grams of water and sourdough starter. Add flour and mix. Let it sit covered for 30 min.
2. Add salt and 50 grams of water.
3. Do one set of folds—pull up dough and fold over top; turn 90° and repeat, turn 90° and repeat, turn 90° and repeat.
4. Place into bread bucket or clear container and let rest for 30 min. Do 4 sets of folds with 30 min. in between.
5. Let rise until double (about 3 to 4 hours).
6. Pour onto counter; divide into half. Fold and roll into tight ball.
7. Bench rest—cover with towel and let rest for 20 to 30 min.
8. Fold and roll into tight ball. Place into floured bread banneton proofing basket, bottom side up.
9. Slow rise in fridge for 15 to 20 hours.
10. Preheat oven to 500.
11. Turn oven down to 450 and bake covered (pop 3 ice cubes in pan before closing lid) for 30 min.
12. Turn oven down to 400 and bake uncovered for 10 min. Cool on wire racks. 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

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

SAVE THE DATE Easter Service 2023

Sun., April 9,
8 & 10 a.m. In-Person,
Teel Sanctuary,
10 a.m. Livestream

Visit the services page at milehichurch.org



Spiritual Living Classes

Spiritual Enrichment & Deepening

Upcoming Classes and Workshops

The Discipline of Spiritual Practice
with Michelle Medrano, Sun., Feb. 19

Socrates and the Meaning of Life
with Josh Reeves, Thurs., March 9

Spring Term Starts Monday, May 8

- Prayer as a Spiritual Practice, Online
- Beyond Limits, In-Person
- Financial Freedom, In-Person
- Journey of the Soul, Online

Visit the classes page at milehichurch.org

EVENTS

Visit the calendar at mleehichurch.org



Wednesday Night Insight

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

7 p.m., Online @ YouTube and Facebook



Super Bowl Sunday Toilet Paper & Sock Drive

Sun., Feb. 12,
8 – 11:30 a.m.,
Teel Sanctuary Lobby



New Member Class

In-Person
Sun., March 5,
11:30 a.m. – 1 p.m.,
Community Center

Online
Mon., March 6,
6:30 – 8 p.m.,
on Zoom



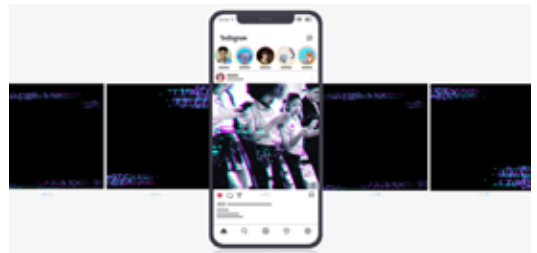
Sacred Saturday Seeing With New Eyes

Sat., March 25,
9:30 a.m. – 12:30 p.m.,
Community Center, Love Offering



Spring Flowers for Summer Lunches

Sun., March 26 & April 2,
7:30 – 11:30 a.m.,
Events Center, \$20 per plant



What I Wish My Parents Knew Four-Part Event Series

Sun., April 30,
11:45 a.m. – 12:30 p.m.,
Community Center, Love Offering



Registration opens
Wednesday, March 1.

Youth & Family Summer Camps

June & July

Sprout Camp, ages 2 – 5

Rainbow Day Camp,
ages 5 – 10

Adventure Camp,
ages 11 – 14

Teen Camp, ages 14 – 18



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



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.

2024 – 2025 School Year: Aug. 2024 – May 2025

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

Visit 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

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

SPIRITUAL PRACTICE

The Maui Habit

In his book, *Tiny Habits*, BJ Fogg recommends a practice he began while visiting Maui. When you wake up in the morning, as soon as your feet hit the floor, say, “Today is going to be a great day.” Will it ensure you have a great day? Probably not every day, but it will ensure your intention to have a great day and make you an active, conscious cocreator of your life. Doesn’t that sound nice? Remembering this tiny habit might inspire even more positive habits as well.



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.

6 Key Spiritual Practices for Self- Healing With the Power of Sound

Thurs., April 13, 20, & 27,
6 – 8 p.m., Vogt Auditorium, \$100



Baptisms & Weddings

Rev. Michelle Scavetta
*Assistant Minister Ceremonies,
Rituals, & Rites of Passage*
mscavetta@milehichurch.org

Memorials

Sandy Troyano
Care Ministry Coordinator
stroyano@milehichurch.org



2023 Mile Hi Church Initiative Spiritual Practice

Our 2023 initiative theme is spiritual connection through spiritual practice. Throughout the year, we will provide unique classes and workshops, Sunday series, and events that focus on improving, expanding, and deepening your spiritual practice.



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.



Interfaith

We envision a world where the Sacred rites, traditions, and wisdom of all sincere faiths are celebrated. We believe in a golden thread of truth as a throughline within all religions.



Diversity and Inclusion

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.



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.



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