

THE JOURNEY INWARD

March 8, 2026
1:00 - 5:00pm



About Soul Collage

"The Journey Inward" Workshop will provide space for a spiritually reflective exercise of putting images into a collage and then allowing the Spirit to speak to you through them. This is a process to start (or continue!) the journey of knowing yourself. You will be guided to create cards using images that speak to you and then listen, discovering what lies within!

Want to know a little more?

Read "Soul Collage Evolving" by Seena B. Frost or visit <https://soulcollage.com/>

Need to Know

- Bring magazines to share with lots of pictures in them. The more variety of images that we have, the better!
- Co-Facilitated by Don and Janet Shepherd
- Got questions? Contact them at 316-258-3026 or belaat.song313@gmail.com

Scan the QR Code or visit our website to sign up for the class.



PERMANENT ENDOWMENT COMMITTEE

Applications are now open for the 2026 CHUM Permanent Endowment Fund! A total of \$64,020 is available this year to support CHUM ministries and students through grants and scholarships.

Grants are available to CHUM committees seeking funding for mission priorities, programs, or facility needs.

Scholarships are available for high school seniors and college students pursuing post-secondary education.

Requests for grants are due in the office by April 7, 2026. Apply using the QR Codes below or links on our website.

If you have questions or are considering applying, now is a great time to start. We encourage all eligible students, committees, and ministry groups to apply!

Caroline Harris - Chairperson

Grant Request



Scholarship Request



Sunday, March 1st

- No Children or Youth Sunday School
- 8:30 – 11:15 a.m. – CHUM Nursery in rooms #101-103
- 9:00 – 10:00 a.m. – Traditional service in the sanctuary
- 10:15 – 11:15 a.m. – Agape Sunday School Class in room #201
- 10:15 – 11:15 a.m. – Common Threads in room #B3
- 10:15 – 11:15 a.m. – Communicators Sunday School Class in room #B9
- 10:15 – 11:15 a.m. – Contemporary worship service in the Fellowship Hall
- 10:15 – 11:15 a.m. – Contemporary Studies on Zoom
- 10:15 – 11:15 a.m. – Seekers Sunday School class in room #B5
- 10:15 – 11:15 a.m. – Viceroy Sunday School class in room #B4
- 11:15 a.m. – 12:30 p.m. – Youth After Church in room #207
- 11:30 a.m. – 1:00 p.m. – Justice Together Network Meeting in the Fellowship Hall

Monday, March 2nd

- 6:00 – 7:00 p.m. – Meditation Group in the chapel

Tuesday, March 3rd

- 9:00 a.m. – noon – Food pantry open in the west sliding glass entryway
- 1:00 p.m. – 2:00 p.m. Staff meeting in the study

Wednesday, March 4th

- 1:30 – 3:00 p.m. – God of the Bible in the study
- 5:30 – 6:00 p.m. – Wednesday Night Dinner in the Fellowship Hall
- 6:00 – 7:00 p.m. – Wednesday Night Kids Connect in rooms #101-#103
- 6:00 – 7:00 p.m. – Wednesday Night Self-Care Adult Class in the Fellowship Hall
- 6:00 – 7:00 p.m. – Wednesday Night Youth Connect in rooms #207 and #210
- 6:15 – 7:10 p.m. – Handbell Choir Rehearsal in room #B14
- 7:15 – 8:15 p.m. – Chancel Choir Rehearsal in the sanctuary

Thursday, March 5th

- 7:00 – 8:30 a.m. – ROMEOs at Spear's
- 10:00 a.m. – 3:00 p.m. – Needle Arts Guild in room #105
- 6:00 – 9:00 p.m. – EmberHope YouthVille class for prospective foster parents in the Fellowship Hall
- 7:00 – 8:00 p.m. – Uptown Neighborhood Association in the parlor

Friday, March 6th

No Events Scheduled

Saturday, March 7th

No Events Scheduled



Prioritizing Soul Food:
Spiritual Rest

Sunday, March 1, 2026
9:00 a.m.

* - Please rise in body and/or spirit

Gathering Celebration

There in God's Garden – Arr. Robert Buckley Farlee
Kelsey Wise – Organ

Welcome and Greeting – Rev. Jill Sander-Chali

This Is The Day The Lord Has Made – Dale Grotenhuis
Chancel Choir

*A Call To Worship Dawna Weed – Liturgist

One: God hear our prayer, when the world feels like it is falling apart, when crisis looms around every corner and our bodies carry more tension than we can name.

All: We come, not because we have it all together, but because we are weary. Not because we are certain, but because we are longing.

One: In the beginning, God rested, on the seventh day, God paused and called it holy. Jesus slept in the storm-tossed boat. Jesus slipped away from the crowds to pray.

All: So we come, releasing the clench in our jaw, the tightness in our shoulders, the swirl of thoughts that will not quiet. Let this be a Sabbath moment.

One: Here, we remember: We are body, mind, and spirit. Our bodies need rest. Our minds need stillness. Our souls need belonging and love. Our hearts need relationships that give life.

All: Here, we lay down other people's expectations. Here, we loosen the grip of productivity and perfection. Here, we choose soul food over soul fatigue. Here, we notice what drains us and what restores us.

One: For when we rest, we rise. We rise with hope that death will not have the final word. We rise trusting that God's mercies are new every morning. We rise ready to see Jesus—

All: So we come as we are. We come to rest. We come to be restored. We come to worship the God who calls us to holy rest and leads us into resurrection hope. Let us worship together.

*Opening Hymn

Softly and Tenderly Jesus is Calling – UMH #348

Investing in Our Community

Rev. Jill Sander-Chali

Offertory

Jesus, Lover of my Soul – Arr. Camille Allton
Arianne Suchy – Violin

*Doxology – To the Tune of UMH #95

Children's Storytime

Rev. Jill Sander-Chali

Wisdom Readings

Matthew 11:25-30 (CEB)
Dawna Weed – Liturgist

The Word in Song

Carry Me with I Need Thee Every Hour – Kyle Hill
Chancel Choir

Sermon

“Prioritizing Soul Food: Spiritual Rest”
Rev. Jill Sander-Chali

Communion

*Closing Hymn

You Satisfy the Hungry Heart – UMH #629

*A Blessing for the Journey

Rev. Jill Sander-Chali

Postlude

I Heard the Voice of Jesus Say – Arr. Mark Henry
Kelsey Wise – Piano

REMEMBER IN YOUR PRAYERS

CJ Whitlow	TimothyJay William	Darlene Scheffer
Connie Gaston	Cal Wiebe	Dana Brown
Brent Sprunger	Judy Kempker	Linda Weir
Anna	Rebecca Shepherd	Ashley Abedini
Bob Christensen	Alan Lindal	
Con Kranz, brother-in-law of Lloyd Hanna		
Robert Wright, relative of Jan Wright		
Sherry Wright, sister-in-law of Jan Wright		
Prayers for baby Ford and his family as he continues hospice care (friend of Anne Gibson)		
Carol Keller, friend of Judy Church		
Angela, cousin of Heather Manganiello		
Debbie McCurdy, friend of Rob Simon		
Ally, cousin of Jodi Rice		
Jack Foy, brother-in-law of Susan McCoy		
Jeannie, friend of Ellen Estes		

Please visit our prayer board outside Pastor Bev's office and keep in prayer our Homebound, Assisted Living church family and Military Personnel. Be sure to submit all prayer requests & updates to Haley.sewell@collegehillumc.org or by calling the church. 316.683.4643

Justice Together Network Meeting: Attention CHUM Justice Together Network Members! All are welcome! March 1, 2026 (today) 11:30 a.m. – 1:00 p.m. at College Hill United Methodist. Understand the important issues, like the latest update on advocating for funding for Second Light Multi Agency Center to provide resources for unhoused people and access to affordable housing in Wichita and updates about research and solutions related to gun violence. Lunch provided!

Your presence during this worship service constitutes your consent to be photographed, filmed and/or otherwise recorded. Thank you.

Music License:

CCLI #504270060 and PML & WCL #10865

Church Office: 316.683.4643

www.collegehillumc.org

View our website for more information and upcoming events.



SOUND JOURNEY BATH
Tune into Wellness. Vibrate with Harmony.

Immerse yourself in therapeutic sounds that calm the mind, heal the body, and uplift the spirit.
Guided by Brian Sutton

COLLEGE HILL UNITED METHODIST CHURCH

Wednesday, March 4, 2026 -6:00pm