

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.



Mandalas

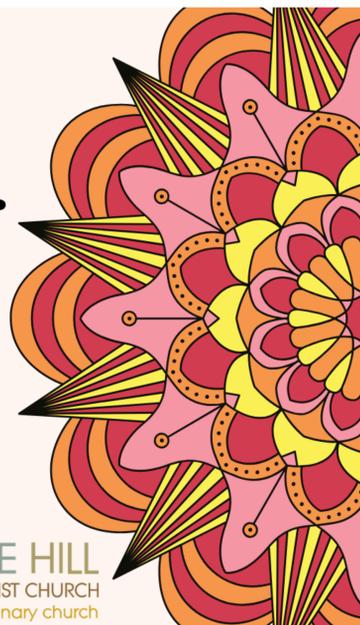
5:30-Dinner

6:00-Create your Mandala

March 11, 2026

Led by Beth Larsen, Leslie Perez and Melissa Ross

- Mandalas, Sanskrit for "circle," are sacred geometric patterns representing the universe, wholeness, and unity in Hinduism and Buddhism. Used for meditation, healing, and artistic self-expression, they function as maps for spiritual transformation or tools for focusing attention, often created with radial symmetry to aid in relaxation and inner-world connection.



Sunday, March 8th

- 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. - Children's Sunday School in room #B13
- 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. - Seekers Sunday School class in room #B5
- 10:15 - 11:15 a.m. - Viceroy Sunday School class in room #B4
- 10:15 - 11:15 a.m. - Youth Sunday School in room #210
- 11:30 a.m. - 1:00 p.m. - Faith Sisters Book Club in the parlor
- 1:00 - 5:00 p.m. - The Journey Inward Workshop in the study

Monday, March 9th

- 9:00 a.m. - noon - EmberHope Reintegration Meeting in the Fellowship Hall
- 5:30 - 6:30 p.m. - Trustees Meeting in room #105
- 6:00 - 7:00 p.m. - Meditation group in the chapel
- 6:15 - 7:00 p.m. - Finance Meeting in the study
- 7:00 - 8:00 p.m. - Church Council meeting in the study

Tuesday, March 10th

- 9:00 - 11:00 a.m. - EmberHope supervised visit in rooms #101, #103
- 1:00 - 2:00 p.m. - Staff meeting in the study
- 6:30 - 7:30 p.m. - Marketing meeting in the study
- 7:00 - 9:00 p.m. - One Board Transition Team meeting on Zoom

Wednesday, March 11th

- 9:00 a.m. - 3:00 p.m. - EmberHope Meeting in the Fellowship Hall
- 9:00 a.m. - 4:00 p.m. - EmberHope Youthville TBRI Training in the parlor
- 1:30 - 3:00 p.m. - God of the Bible in the study
- 4:00 - 5:30 p.m. - Rick and Ian's kitchen reservation Fellowship Hall
- 5:30 - 6:00 p.m. - Wednesday Night Dinner in the Fellowship Hall (spaghetti)
- 6:00 - 7:00 p.m. - Wednesday Night Kids Connect in rooms #101-#103
- 6:00 - 7:00 p.m. - Wednesday Night Mandalas 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 12th

- 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 FH
- 6:30 - 8:00 p.m. - Women's Group meeting in the parlor

Friday, March 13th

Church Offices Closed

Saturday, March 14th

- 11:00 a.m. - noon - Gary Poss' Visitation in the parlor
- Noon - 1:00 p.m. - Gary Poss' Celebration of Life in the sanctuary
- 1:00 - 3:00 p.m. - Gary Poss' Bereavement Meal in the Fellowship Hall



COLLEGE HILL
UNITED METHODIST CHURCH
not your ordinary church



Noticing Energy: Social and Emotional Rest

Sunday, March 8, 2026
9:00 a.m.

CHUM KIDS' SPRING BREAK Camp

No Cost

Join Us for some Fun and Adventures!

A SAFE PLACE TO SPEND SPRING BREAK. PLEASE BRING A SACK LUNCH.

CRAFTS, GAMES, MISSION ACTIVITIES...

8:00AM-5:00PM
K-5TH GRADE
MARCH 16-20, 2026

Email Jodi Rice to Sign Up.
jodi.rice@collegehillumc.org

* - Please rise in body and/or spirit

Gathering Celebration

Come, Ye Disconsolate - Arr. J. Bert Carlson

Kelsey Wise — Organ

Welcome and Greeting — Rev. Bev Baumgartner

O Praise The Lord, Be Joyful - Handel, Arr. Hopson

Chancel Choir

***A Call To Worship** Jen Kroeker — 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**

What a Friend We Have In Jesus - UMH #526

Welcoming New Members

Tyler and Kelsey Genschorck

Investing in Our Community

Rev. Jill Sander-Chali

Offertory

Nearer My God to Thee - Arr. Richard Kingsmore

Kelsey Wise - Piano

***Doxology** — Sung to the tune of UMH #95

Invitation into Prayer and Reflection

Rev. Jill Sander-Chali

Time for Silent Prayer and Reflection

Song of Meditation

Let Thy Holy Presence - Tschesnokoff, Arr. Hopson

Pastoral Prayer

Rev. Bev Baumgartner

Lord’s Prayer (Spoken)

Children’s Storytime

Gina Gouchenour

Wisdom Readings

Luke 9:28 (CEB)

Luke 4:28-30 (CEB)

Jen Kroeker — Liturgist

The Word in Song

Alone Yet Not Alone - Arr. Stan Pethel

Chancel Choir

Sermon

“Noticing Energy: Social and Emotional Rest”

Rev. Jill Sander-Chali

***Closing Hymn**

Leave It There - UMH #522

***A Blessing for the Journey**

Rev. Jill Sander-Chali

Postlude

Take My Life and Let It Be - Arr. Brent Edstrom

Kelsey Wise — Piano

REMEMBER IN YOUR PRAYERS

CJ Whitlow

TimothyJay William

Deb Jones

Connie Gaston

Cal Wiebe

Dana Brown

Brent Sprunger

Judy Kempker

Linda Weir

Alan Lindal

Ashley Abedini

Rebecca Shepherd

Bob Christensen

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

Carla, friend of Karen Mettling and Kathryn Minick

Sandy Gouchenour, mother of Gina Gouchenour

Prayers of sympathy to Brent Sprunger and his family upon the death of his sister Suanne.

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@collegeillumc.org or by calling the church. 316.683.4643

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. Visit our website (<https://collegeillumc.org/>) and click on the front page link.

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.collegeillumc.org

View our website for more information and upcoming events.