

Here's a little secret:
 Every breath you take
 is a prayer.
 22,000 times a day
 it rises, unannounced,
 then returns
 to who knows where.
 You do not need to kneel,
 you do not need to speak,
 and the only pilgrimage required,
 is the one from head to heart –
 the one all people seek.

– Mitch Ditkoff



“Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words.” - Romans 8:26 (NRSV)

I know that I am always breathing; breathing is essential for life. But, when I begin to think about breath as a prayer, I become aware of it in a whole new way.

When I am frustrated and growl at myself or others, that growl becomes a cry for help and reminds me to pause and take the deep slow breath that will calm me down.

When I am exercising and my heart beats faster and my breath gets short, I pray gratitude without even saying the words—gratitude for being alive, gratitude for this body that takes me through my days, even with all of its strengths and weaknesses.

When I am seeking direction, the words from 1 Samuel 3, come to my heart, “Speak Lord, for your servant is listening...” Sometimes this becomes a mantra in my mind, rising and falling with each breath.

And when I wonder how much one life can hold, my breath prayer becomes, “God, help me to know what to hold onto and what to let go of.” The words accompany me through my day, coming to mind in the moments when I pause to become aware of my breath.

This week, just breathe. And as you breathe...pray.
 Peace,
 Pastor Jill

Last Call for Christmas in July

If you have not yet purchased items for Cookson Hills Christmas in July, it's not too late. Cookson Hills is a United Methodist mission in Cookson, OK. Many in this area are low income families. The missions sets up a Christmas store where brand new items are purchased for a lower price, and given to family members for Christmas. For a list of suggested items, contact the church office. Please have all donations to the church not later than Sunday, August 26th. Our Mission Committee will pack the items for transport at their August 28th meeting.



Phone # - (316) 683-4643

Webpage - www.collegehillumc.org

**College Hill
 United Methodist Church**
 A Reconciling Congregation
 Wise in the Ways of the Spirit,
 Bold in the Ways of Justice,
 and Graceful in relationships
 with all Creation.

Church Services

9:00 am - Sanctuary
 Traditional Service

10:15 am - Fellowship Hall
 Contemporary Service

Sunday - August 26, 2018
 Fourteenth Sunday After Pentecost
Sermon - Beads & Knots
Is This Really Prayer? series
 Rev. Jill Sander-Chali

August 19, 2018

Attendance 262

Giving \$19,186.⁹⁵

With Sympathy **Our Sympathy to ...**
The family of Bob McDowell, in his death. The memorial service will be held at College Hill UMC. Our sympathy also to **Alana Pharis**, in the death of her brother, Mike Pharis. Also our sympathy to the family of **Ann M. Reynolds**, in her death.

Third Thursday Crawls

On **Thursday, September 20**, we will be crawling to Bite Me BBQ located near Douglas & St. Francis St. in Old Town. Mark your calendar for **Thursday, October 18**, when we will be crawling to Merle's Place across the river from the Indian Center. Crawls always begin at 6:30pm but as always folks come a little earlier to get seated, order a drink and visit with those around them. Sign up sheets are in the office for both crawls.



CHUM Runners and Walkers

David Pendergraft is excited to see if any of you runners and walkers from CHUM would be interested in signing up with him for monthly runs. He thought it would be fun to have a group that always gathered, possible creating a team shirt, and met before the start of each run. Not a runner? Come and join the group to be a "cheerleader". Contact the church office if you are interested!



CHUM Christmas House Tour

We are looking at the possibility of having another CHUM Christmas House tour in December. First, we have to determine if we have enough people willing to open their homes for a few hours on a Sunday afternoon. The exact date has not yet been determined. Historically, this event served as a social activity as well as a fundraiser for CHUM. If you love to decorate for Christmas and are willing to open your home to members of CHUM, please call Pat Rogers at (316) 267-7033 or email her at: randyrog@sbcglobal.net. For those who have never attended one of these tours, tickets are sold so that you can tour 4 - 5 homes and enjoy their Christmas decorations inside and/or outside. Folks usually carpool to travel together from house to house. It is a fun few hours and a great way to meet people.



Lemonade Stand

CHUM Kids will be running a Lemonade Stand this Sunday to support their chosen mission project, the Kansas Humane Society. The kids will be operating 2 stands between services and again after second service. One Lemonade stand will be on the lawn just outside the west door, and the other one will be located on the sidewalk between the sliders next to the parking lot. Be sure to stop by and grab a glass of lemonade or a sweet treat and support our CHUM Kids as they support their mission.

***Special note to parents** you will pick up and drop off at the stands on your way into and out of church, feel free to come early and help get set up.



CHURCH DIRECTORIES AND PORTRAITS

A year ago, Lifetouch came to College Hill to take our photos and provide us with a wonderful pictorial directory. Lifetouch will be back at CHUM on Wednesday, September 19, from 2:00 - 8:00pm. These photo sessions are open to those who are new to College Hill and those who were unable to schedule an appointment last time. If your picture is in our current directory, you DO NOT need to schedule an appointment this time around. New directories will then be disbursed to those in our last directory and those who are now getting their photo taken. If your contact information has changed since the last directory was published, or if it is incorrect, please contact the church with your new information. We would like the information to be as current as possible. If you have questions, contact Debbie Snell in the church office at (316) 683-4643.

Faith Sisters' Book Club

The next gathering will be on Sunday, September 9, at 11:30am in the CHUM Parlor. Be ready to discuss the book Less by Andrew Sean Greer.

CHUM's Women

The CHUM Women's group will resume meetings on Wednesday, September 26 at 6:30 pm.

Wednesday Evening Activities will begin on September 12th

To kick off the Fall Season, we will be having **Hot-2-Trot Gourmet Hot Dogs** serving food and drink from 5:45 - 6:15pm. A pamphlet will soon be out sharing all of the classes and activities that will be held on Wednesday evenings. We would love everyone to plan to come and join us for a meal before attending your gathering.



TGIF
August 24th @ 6:30pm
Geno's Barbecue
140 S. Oliver in Kechi
Everyone is welcome to join us for dinner and conversation!
For more information contact **Janice Rich, 265-4879**
Also contact Janice for carpooling.

SUNDAY SCHOOL CLASS NOTES

AGAPE, Rm. 201 - Today we mourned the loss of our sweet friend, Bob McDowell. The class will be helping with a lunch to be served after his memorial service in the near future. In class we watched the video about "Being a Roman Woman". Welcome to visitors Dan and Heather. Don't forget to join Team Agape for Trivia night on Saturday-\$15 includes a meal and tickets available at the door. Happy birthday to Bill Papineau! Wiebe's treat next.

BUILDERS, Rm. 305 - Among the leaders lesson 2 of our new series the "Story of the Jews" is our lesson Sunday. Darlene has treats. Keep Charlie M., Nori, Mark McKee, Chico and Dawn Rich in your prayers.

CHILDREN, Children's Center - We continue our study of Jesus' Four Friends with emphasis on Missions this Sunday. Our mission project is for the Humane Society. Don't forget we will be running the lemonade stand this coming Sunday with the proceeds to go to the Humane Society.

COMMUNICATORS, Rm. 301 - We continue our study on the Miracles of the Bible. Mark your calendars for our next two socials: Saturday, September 8, at 6:00pm we will have Game Night at the church and it will be hosted by the Brewers; and on Tuesday October 9, pumpkin carving for Botanica will also be at the church. Prayers for Bob McDowell's family, Katie Zeh's back pain and for all teachers & students as the new school year starts.

CONTEMPORARY STUDIES, Rm. B5/7 - 16 participated as Floyd Hansen led discussion on Liberation Theology and Gustavo Guitierrez. On Sunday, Carl Martin will lead class introducing his and Mary Lou's book on visual representation of arts and music as healing. Get well soon wishes to Ann Reed.

DOUBLE CIRCLE, Rm. B4 - Bob opened the class with Lilaha singing "Shall We Gather at the River." There were 13 present. Betty reported that Howard is improving but still in a lot of pain. Our thoughts and prayers are with Tom and Candy. Betty gave devotions from a prayer given to her by Joe Weigel along with some of his beautiful pictures of flowers. This week's daily bible readings accented honor (1Corinthians 12:23), blessing (1Peter 3:9), giving (Luke 6:27-26) and having a humble estimate of yourself (Romans 12: 1-8). Paul teaches about new life in Christ: Loving and Just behavior.

TRAVELING COMPANIONS, Bride's Room B14 @ 11:15 am - Join us for discussion on spiritual development and personal growth.

VICEROY, Rm. B3 - We began to look at the challenges of looking for the authentic message of Paul. - the challenges of authorship and context. We will continue Sunday with a closer look at Paul's "world transforming news to the nations." Also we are looking for class help with the Missions committee on 7:00 p.m. on Tuesday, August 28, at the church.



College Hill United Methodist
Youth Ministry

September 2
Lunch Bunch

11:30am

Chipotle @ 515 N. Hillside

UPCOMING CALENDAR

September 9
Parent Youth Meeting

11:30 am

Planning for Youth 2019 & fundraising

September 16
Movie & Popcorn

11:30am - 1:30pm

September 23
Open Streets ICT

11:00am

Details coming



CHUM Nursery

The CHUM Nursery is available for children 4 years and under each Sunday. It is located at the west end of building across from the elevator next to Fellowship Hall.

Children's Ministries
Welcomes All Children!

Children's Sunday School
for 2 year olds - 5th Graders

Sunday school will take place in the Children's Center during the Sunday school time from 10:15 - 11:30am. Take children directly to their classroom and pick them up at 11:30am from their classroom. **First Sunday of each month** is Family Worship so all children will worship with their family and there is no Sunday school.



Red Cross Blood Drive at CHUM

Once again we will be having a blood drive at CHUM for the Red Cross. They are desperately low and in much need of blood donations this summer season. The drive will be held in room #105 on Sunday, October 7th from 7:30am - 12:30pm.

You can call the church office to schedule your appointment or go to www.redcrossblood.org and put in CHUM for the Sponsor Code. Our thanks to **Debbie Deuser** for her help in organizing this event!

Open Streets ICT on September 23, 2018 from Noon-5:00 p.m.

Hey, we are going to have a space at Open Streets ICT again. We had a blast last year, and we will set up Giant Jenga, Giant Connect 4, Corn Hole and some other games again this year. Open Streets ICT brings Wichitans of all ages and fitness levels together for an active, fun, community building afternoon on Wichita's iconic Douglas Avenue. Open Streets closes four miles of Douglas to traffic, College Hill to the historic Delano, and opens the street for biking, walking, running, live music and dancing, entertainment, games, food, art, yoga, and more. We need your help. If you would be willing to help by volunteering an hour or two at our booth/space, please stop by the church office to let Brian know or email him: brian.sutton@collegehillumc.org

Pride Parade and Booth on September 30, 2018 from Noon-6:00 P.M.

Put on your walking shoes and come join CHUM as we walk and have a presence in the Pride Parade this year. The parade starts at Noon at the Old Sedgwick County Courthouse downtown and ends at the All-American Indian Center. It's a little over a mile walk, so not too bad. We would love to have a big group from the church join us as we walk. Then, whether you walk or not, we need people to help with our booth at the festival. The festival is open from Noon – 6:00 p.m. If you can volunteer an hour or two to help out, that would be great. Please let Brian Sutton know if you can help. brian.sutton@collegehillumc.org or contact him in the church office.