

Dinner - 5:30pm  
Provided by  
our Youth

**Wednesday**  
**February 25, 2026**

**YOGA 6:00-7:00pm**

No chanting. No pressure.  
No flexibility test at the door.  
Just a fun, relaxing, feel-good  
hour on the mat or in the chair.  
(Feel free to bring your mat  
if you have one.)  
Come as you are—no judgment,  
no pressure,  
no pretzel-shaped expectations.

**YOGA**  
Class  
**FOR ALL**

Join Us For Yoga Class. Finding Inner Peace and Balance

# 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.son313@gmail.com

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

We have a big, old, building that often needs some repairs. We will be working on light bulbs, tile, painting, general cleaning and more.

## CHUM ALL CHURCH WINTER WORK DAY

There will be tasks for all ages and skill levels, so bring your family and friends. Together, we can make our church a brighter, cleaner place for everyone!

**JOIN US!**

**JOBS FOR ALL SKILL LEVELS**

**02.28.26**  
**8:00AM - NOON**

**MANY HANDS MAKE LIGHT WORK**

**Sunday, February 22<sup>nd</sup>**  
Girl Scout Cookie Sales - parlor and at the table outside of the Fellowship Hall  
Reception for Carli Siebenmark in the parlor  
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

**Monday, February 23rd**  
Church office is open from 9:00 a.m. – 3:00 p.m. today  
1:30 – 2:30 p.m. – Reader's Theatre in room #105  
5:00 – 8:00 p.m. – Needle Arts Guild in room #105  
6:00 – 7:00 p.m. – Meditation Group in the chapel

**Tuesday, February 24<sup>th</sup>**  
Church office is open from 9:00 a.m. – 3:00 p.m. today  
6:30 – 8:30 p.m. – NAMI Share and Care Group in room #105

**Wednesday, February 25<sup>th</sup>**  
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. – NA Board in room #B4  
6:00 – 7:00 p.m. – Wednesday Night Kids Connect in rooms #101-#103  
6:00 – 7:00 p.m. – Wednesday Night YOGA 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, February 26<sup>th</sup>**  
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 class for prospective foster parents in the Fellowship Hall  
6:00 – 7:00 p.m. – Mission Committee in the study

**Friday, February 27<sup>th</sup>**  
Church Offices Closed  
6:00 – 7:00 p.m. – TGIF at Norton’s, 125 N St Francis

**Saturday, February 28<sup>th</sup>**  
8:00 a.m. – noon – All CHUM Work Day



Releasing Tension:  
Physical and Mental Rest

Sunday, February 22, 2026  
9:00 a.m.



\* - Please rise in body and/or spirit

Gathering Celebration

Amazing Grace — Arr. Jerry Ray  
Kelsey Wise — Piano

Welcome and Greeting — Rev. Bev Baumgartner

Praise The Lord — Arr. Hall Hopson  
Chancel Choir

- \*A Call To Worship Diana Nichols — 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  
Come and Find the Quiet Center — TFWS #2128

Investing in Our Community  
Rev. Jill Sander-Chali

Offertory  
O Rest in the Lord — Mendelsson from Elijah  
Gina Gouchenour — Soloist

\*Doxology — To the Tune of UMH #95

Invitation into Silent Prayer and Reflection  
Rev. Bev Baumgartner

Time for Silent Prayer and Reflection

Song of Meditation  
Here, O My Lord, I See Thee — UMH  
Chancel Choir

Pastoral Prayer  
Rev. Bev Baumgartner

Congregational Response  
Lord’s Prayer (spoken)

Children’s Storytime  
Rev. Bev Baumgartner

Wisdom Readings  
Exodus 20:8-11 (CEB); Luke 8:22-23a (CEB); Luke 16:13 (CEB)  
Diana Nichols — Liturgist

The Word in Song  
The New 23rd — Ralph Carmichael  
Chancel Choir

Sermon  
“Releasing Tension: Physical and Mental Rest”  
Rev. Jill Sander-Chali

\*Closing Hymn  
Precious Lord, Take My Hand -- UMH #474

\*A Blessing for the Journey  
Rev. Jill Sander-Chali

Postlude  
Love Divine, All Love's Excelling – Arr. Clarence Kohlmann  
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		
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



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.