

HOPE HEADLINES



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Supercalifragilisticexpialidocious!



It's only five months into 2026 and we are sending our worship banner back to Sharon Morford for more rows. New members, baptisms, graduations, awards, anniversaries, service trips, and so much more.

I joked recently that this is our brag banner, which probably made some (even me!) uncomfortable. Then again, that Sunday we heard Jesus talking about not hiding our light under a bushel basket (Matthew 5).

Many of us have been taught that to be braggadocious is a cardinal sin. And at the same time, we are called to let our lights shine. Repeatedly in Genesis, God created, looked around and called things

supercalifragilisticexpialidocious!

Walt Whitman once said, "If you done it, it ain't bragging."

At Rainbow Mennonite Church where I used to serve as pastor, the women of the church would often gather for lunch. They started their lunch with brags, but they had to pay a quarter for each brag. These quarters were gathered into Priscilla the Pig and when there was enough change, they would invite the pastor (me!) to lunch, paid for by the brags.

I gave them my full endorsement. They were to brag as often as possible.

And to us at Hope, let's keep making this a banner year

😊 It won't even cost us anything.



Summer Worship: Sacred Ground(s)

No, this isn't a plug for Cuppa Hope, although that would be a nice specialty coffee name someday.

● Sacred Ground (s) is the working title for our summer worship series at Hope.

When you think of the sacred ground(s) of your life/family, where does your heart and mind go? When you think of sacred ground(s) within the Biblical witness, where does that take you? And finally, when you think of what threatens sacred ground(s), what comes to mind? One of our adopted congregational priorities is creation care stewardship. We hope that our summer worship will bring this priority front and center, in ways that inspire, challenge, and move us closer to the heart of God.

CONGREGATION MEETING

Hope Vision Council is calling a special congregational meeting following worship on Sunday, **June 28**. Topics of discussion/vote will include our congregational response plan to Immigration and Customs Enforcement (ICE) on our church properties, as well as proposed changes to our Abuse Prevention and Response Policy, also known as our Child Protection Policy.

WORKDAY REPORT

Thank you to all who participated in the church workday on Saturday, May 23. A new toilet was installed in the women's restroom. The storeroom was cleared, cleaned and reorganized. The outdoor crew removed six wheelbarrows of seed heads from the ground under the gum tree in the southwest corner, pruned shrubs, weeded, mulched, and cleaned around air-conditioning units. Thank you to Scott and Connie Luty, Randy and Shirlyn Graber, Donovan Regehr, and Cynthia and Marcus Loganbill.



MCC Mini Blitz Friday, June 26 from 9am-5pm and Saturday, June 27 from 8am-2pm at MCC in North

Newton! You're invited to bring a friend, grandkids or come and meet new friends! If you can tie a knot, you can help complete comforters at MCC, no sewing required. Bring a snack to share and your own sack lunch for Friday. MCC 121 E. 30th Street, North Newton. Questions? Please contact brociamueller@mcc.org or find out more at mcc.org/mini-blitz.



Ministry Meals at Hope

Q: What is a Ministry Meal?

A: A meal prepared and delivered to someone in need at Hope

Since you asked, here's a bit more information:

We have a group of volunteer cooks at Hope who prepare and provide a total of 6 meals over a 2 to 3-week time period for an individual or family going through a rough time. If you have ever had a major surgery or illness, experienced the joy (and fatigue) after the birth of a child, received the news of a sudden death in the immediate family or other tragic event, meal preparation can feel like an overwhelming task. During these times, the Ministry Meal team is here to help our Hope family with meal preparation and delivery to help ease the load.

After a Deacon or possibly a fellow small group member becomes aware of the need for meals, the Ministry Meal Coordinator is contacted and at this point, the Ministry Meal team takes it from there.

We provide meals for our regular attenders in need, along with their spouse and children under 18, if applicable. The Ministry Meal Coordinator is in contact with the family and arranges the schedule for volunteers to sign up via a link to the "Take Them a Meal" website. The website allows us to streamline scheduling and allows for dietary restrictions, allergies, timing of meals and other details.

With a large group of volunteers, multiple needs can be met without having to volunteer each time. This is a tangible and much appreciated way that we can serve each other.

The Ministry Meal Team is always looking for volunteers (possibly you?) If you have questions or would like to volunteer to help with this ministry, contact Cindy Fast, Ministry Meal Coordinator.



Western
District
Conference

WDC Annual Assembly – Friday

supper, Saturday lunch and supper, and a wonderful Sunday lunch hosted by the congregation (and snacks!) are the meals included in your registration. Join us at Iglesia Luz del Evangelio in Dallas, TX on August 7-9, 2026! Details will soon be available at mennowdc.org/2026-annual-assembly/

Are you interested in being a delegate this year? Hope is entitled to 9 delegates, and the church covers a large portion of the cost.



What is Four-Seven-Eight Breathing?

Stressed at work? Road rage? Anxiety? Can't fall asleep?

The four-seven-eight breathing technique involves breathing in through your nose for four seconds, holding that breath for seven seconds, and exhaling slowly out the mouth for eight seconds. Evidence suggests that this deep, rhythmic breathing pattern activates the parasympathetic nervous system to help lower stress, promote relaxation, and encourage sleep.

Taking short breaks to stretch throughout the day may offer more than just relief from stiffness. Emerging research suggests stretching could lower blood sugar levels similar to aerobic or resistance exercise. Researchers believe this may happen because muscles use glucose for energy during movement, which can help improve insulin sensitivity over time. While much of the research has focused on people with diabetes, the findings point to potential broader benefits. Stretching also supports joint health by improving range of motion and reducing muscle stiffness. Experts recommend holding the stretching position for several seconds to get the most benefit. Even brief sessions can boost circulation and ease strain on the joints, helping with mobility and daily function. This is simple, requiring no equipment or formal program. Keep moving!



On Sunday, May 3, the Immigration Compassion Team (ICT) hosted a lunch and clinic at Hope. A video was shown from MCC Immigration Program Coordinator, Abraham Diaz Alonso, reviewing best practices for churches potentially engaging with Immigration and Customs Enforcement (ICE) activity on their property. Other objectives of our time together were to review a draft of Hope's Response Plan, critique the plan, discuss processes and procedures as we further develop our plan, answer questions, and pose new questions to investigate.

The group divided into eight break-out sessions. Teams had been previously assigned based upon individual choices and nominations by other members. Each team was assigned a specific role to play in the case of ICE making a visit to Hope.

The teams were: spokespersons; media representatives; hospitality; video recorders; callers; escorts; song leaders and accompanists; and

coordinators. Notes were taken at each session, and all comments, feedback and questions were compiled by ICT and shared with all who signed up for the meeting.

Next steps in our process of finalizing a response plan have included the creation of editable documents outlining specific tasks, duties, and responsibilities. We also have documents on which individuals can pose questions or begin dialogue and further research. Other shareable documents have been developed - including 1) resources on immigration and response to ICE, 2) events providing opportunities for education or for interacting with the local immigrant community, and 3) immigration news sources.

Of the 50 individuals who have committed to being involved with the response plan, 41 attended the clinic. In addition, we welcomed nine guests representing five other congregations – Bethel College Mennonite Church, Aposento Alto, Shalom Mennonite Church, Aldersgate United Methodist Church, and the 2819 church in Ark City.

The ICT committee wishes to make all information on the draft proposal and our May 3 clinic accessible to anyone in the congregation. The committee will be glad to share copies of the response plan draft, “job descriptions” of each of the eight teams within the plan, notes, comments and questions from the clinic break-out sessions and the documents addressing our continuing tasks and activities.

If you have an interest in or questions about the response plan draft, the clinic, or anything else related to their work, please don't hesitate to reach out to Cindy Fast, Brenda Henneberg, Ryan Henneberg or Marcus Loganbill.

poa The Kansas Immigration Coalition, Balderas Legal Group, Wichita Bar Association, and International Rescue Committee hosted a third Power of Attorney Clinic on Saturday, April 25 at the Wichita Public School Administration Center. Thirteen volunteers from Hope joined several other volunteers to assist with the clinic and provide lunch for attorneys, translators, and notaries. Thank you to Ryan Henneberg, Cindy Fast, Marcus and Cynthia Loganbill, Jim Voth, Andrea Guerra, Leah Shelly-Unruh, Margaret Wiebe, Magdalena Wenger, Pam and Charlie Carter, Mick Lehman, and Connie Luty for volunteering.

Attorneys worked pro-bono to help immigrant families with legal documents to protect their families and finances in the event that someone from the family might

be deported. Hope Mennonite Church provided families with an accordion folder with labels, to help them organize their legal documents. 45 families were served.

This POA clinic was extra special, because it included a resource fair and celebration of Dia de Los Ninos or Day of the Children. Over 45 agencies and organizations set up tables to display information and visit with individuals about their services to the community. Children enjoyed various activities – face painting, a photo booth, and a pinata. A health clinic and food trucks were set up outside as well.

Ryan reflected on the experience - “I had the opportunity to spend time with the children of people who had come to meet with the attorneys. During that time, I played Uno, made silly creations with Play-Doh and laughed a lot. It also gave me a chance to get to know other volunteers from Hope who were at the clinic. I would not normally volunteer for this role at the clinic, but I am glad I did. Having had three busy children of my own, I was happy to provide a brief time of peace for the parents of these children as they took care of a task that is very important in the face of an uncertain future for the immigrants in our community. I encourage anyone to volunteer the next time we have clinic!”

It was a great day of service. New friendships were created with fellow volunteers from the Marines, Ark City, and the IRC. Families were very appreciative of the POA clinic and for the added security it ensures them.



KANSAS REPARATIONS COALITION (KRC)

The May 11 meeting included sharing various events of the past month. Highlights were shared regarding the workshop, *“Moving Toward Right Relations”* promoted by KRC, Mennonite Central Committee, and the Western District Conference and held at Bethel College Mennonite Church on April 24/25. Several KRC members reflected on the MMIP remembrance walk and ceremony at the Wichita Mid-America All Indian Museum on Saturday, May 9. Some were able to also attend a zoom meeting of the Missing and Murdered Indigenous Women (MMIP) National Day of Remembrance sponsored by the National Coalition.

KRC continues to promote events which help in building relationships with tribal members and joining forces to dismantle racism and injustice. The group will not have a meeting in June but instead will be attending the annual powwow of the Prairie Band Potawatomi Nation (PBPAN) June 12-14 in Mayetta, Kansas. They will

learn about the culture and customs of the Potawatomi and meet with staff from Tribal Victim Services of the PBPN who work closely with issues of Missing and Murdered Indigenous People/Women, particularly in areas of prevention and awareness. Plans are being made to carpool to this event for Saturday, the 13th. See Marcus Loganbill if you are interested in joining.

Hope Home Update!

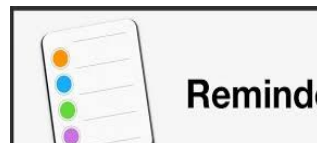
We are excited to share an important improvement at the Hope Home! An egress window has recently been installed, making a meaningful difference in how the space can be used. This upgrade not only enhances safety but also expands the livable area of the home.

With this addition, we are now able to make better use of the lower level, providing more comfortable and flexible space for our Family Promise guests. This improvement will help us continue offering a warm, welcoming environment to families as they work toward stability and independence.

We are especially grateful to the Alden Warkentin's Memorial for generously funding this effort. Thank you also to everyone who supports the Hope Home ministry—your generosity and care make updates like this possible and directly impact the lives of the families we serve.



June



Worship Participants for June

June 7

Worship-Lori M.
Scripture-Donna H
Pianist-Ruthie
Song L-Galen
Prep-Joanna
Tech-Scott L.
Sound tech-Jesse
Host-Brenda

June 14

Worship-Lori M.
Scripture-Leslie
Pianist-Laurie
Song L.-Steve P.
Prep-Connie
Tech-Mike V.
Sound tech-Rod
Host-Lee

June 21

Worship-Kendal
Scripture-Leah
Pianist-Vicki
Song L.-Lowell
Prep-Russ
Tech-Grant
Sound tech-Leon
Host-Kendal/Marjie

June 28

Worship-Kendal
Scripture-Vicki
Pianist-Amy
Song L-Adam
Prep-Ruthie
Tech-Michelle
Sound tech-Galen
Host-Barb V.

Front door greeters

June 7-Chris & Amy
June 14-Greg & Dawn
June 21-Mike & Val
June 28-Myron & Lori

Sanctuary greeters

Greg & Dawn
Chris T; Natalie H.
Brenda & Cecil
Eldon & Annette

Nursery

June 7-Clinton & Katie
June 14-Jared & Natalie
June 21-TBD
June 28-TBD

Coffee

Scott & Connie
Joanna
Chris B.
Travis & Charity

Mowers

June 7-Grant
June 14-Travis
June 21-Grant
June 28-Eldon & Clinton

Memorial Garden weekly

Week of June 7-Carol P.
Week of June 14-Carol P.
Week of June 21-Heidi J.
Week of June 28-Heidi J.

