HOPE HEADLINES

PUBLICATION OF HOPE MENNONITE CHURCH

Volume 41 Number 11 November 2026



To hope-i-fy

At our last Justice Together team leader meeting, Wendy Wiens talked about the effort to "hope-if-y" Justice Together communications. We all smiled and nodded along as if we were all on the same page. It was only after the meeting that I paused and asked myself: *Wait a minute, did Wendy just make up a new and fantastic word? What does it mean, to hope-i-fy?*

So I turned to Claude (AI).

My inquiry:

"Is hope-i-fy a word?"

Apparently I'm lazier than Wendy; I decided just to copy and paste Claude's answer.

"Hope-i-fy" is a fun coinage because the ending turns a noun into an action, so it can mean a few things. 1) **To make something hopeful.** You take a gloomy budget meeting, a dreary announcement, or a Monday-morning staff email and Hope-i-fy it: same facts, but with a lantern held up; **2) To sprinkle hope on things like seasoning.** "This sermon is solid, but it needs a little more hope-i-fication." A pinch here, a dash there; 3) **To be a walking hope-ifier.** Some people enter a room and the temperature of expectation rises. They Hope-i-fy just by showing up; 4) **To reframe.** Take "We only have 150 members" and Hope-i-fy it into "We have 150 people who know each other's names"; and 5) **To hope on purpose.** Hope-i-fy as a verb of practice: "I'm going to Hope-i-fy this week by writing down three things that might go right."

Hopeful Claude didn't stop there.

A few playful uses:

- "Let's Hope-i-fy the newsletter."
- "She Hope-i-fied the whole committee."
- "Hope-i-fying station: please take one."
- "Warning: may cause spontaneous Hope-i-fication"

—

I love this (even though I don't love Claude): "same facts, but with a lantern held up."

How about we try on this "verb of practice" here in November and beyond? And if you can't muster the sprinkling of hope-i-fication "here and there," seek out those who can. We've all been there, in need of others to teach us again how to hope-i-fy.

One of my teachers has been Maggie Smith.
Here is an example of her hopeful reframing, without becoming naive.

Good bones

Life is short, though I keep this from my children.
Life is short, and I've shortened mine
in a thousand delicious, ill-advised ways,
a thousand deliciously ill-advised ways
I'll keep from my children. The world is at least
fifty percent terrible, and that's a conservative
estimate, though I keep this from my children.
For every bird there is a stone thrown at a bird.
For every loved child, a child broken, bagged,
sunk in a lake. Life is short and the world
is at least half terrible, and for every kind
stranger, there is one who would break you,
though I keep this from my children. I am trying
to sell them the world. Any decent realtor,
walking you through a real shithole, chirps on
about good bones: This place could be beautiful,
right? You could make this place beautiful.

~~Pastor Ruth Harder

Upcoming Worship Gatherings

November 1	Remembrance Sunday
November 29	First Sunday of Advent; Communion
December 20	Children's Christmas worship during Sunday School
December 21	6:30 pm Longest Night service
December 24	5:30 pm Christmas Eve service

Hope Mennonite Church has been a host congregation for Family Promise of Wichita for the past eight years. The mission of Family Promise is to empower families with children to overcome homelessness and housing insecurity through a holistic approach, community involvement, and sustainable solutions.

The next hosting week for Family Promise at Hope will be November 29 – December 6. Our VOMO sign-up will be available beginning Sunday, November 15.

During our hosting weeks, we need volunteers to: provide meals, set up for the evening meal, visit with families, spend the night, and transport families to and from the day house. A one-time training is required in order to volunteer for most of these positions. If you are new to Hope Mennonite Church and have questions about the Family Promise ministry and how to sign up for training, please see Vicki Howard, Elizabeth Anderson, or Marcus Loganbill.

There are many other rewarding volunteer opportunities at Family Promise which do not require training. You can drive individuals to appointments. Your family can take care of a family pet while they are in the program. You can assist in a variety of capacities at the day house. Helpers are needed for Thursday evening educational activities. Visit their website (familypromisewichita.org) to learn more and fill out a volunteer form.

The Family Promise coordinators invite you to look at the bulletin board in the fellowship hall and grab a "wish list" sticky note. Keeping up with families and their needs is ongoing, and we can help by donating items at any time. Monetary donations are also always welcome. Thank you for your continued support of Family Promise!.

CARE & NURTURE NEWS

We would love to have you come join us on Wednesday, **November 11**, at 6:00 pm when we will serve a fun pizza dinner followed by peppernut baking. Many hands are needed to also prep the fellowship hall, sanctuary, and other food prep in anticipation of the Craft Bazaar on Saturday, **November 14.**

Are you interested in a 2027 God's Creation wall calendar for $15? Place your order(s) to the church office by **November 18.**



Predictive and Preventive Health Care

Predictive and Preventive care shifts the focus from treating disease after diagnosis to identifying risk early and correcting it before damage accumulates. Instead of waiting for diabetes, heart disease, or cognitive decline, start tracking early signals like sleep quality, exercise tolerance, gut health, and be knowledgeable and interactive with your health care provider concerning monitoring markers like fasting insulin, triglycerides, and inflammatory markers. The goal is to extend your health span, the years you are strong and independent, not just your lifespan.

Detox! Part 1

Given what we are now exposed to through our food, air, and water, detoxification has become a modern-day necessity to remove toxins. So, what are some simple, effective ways to lower our daily toxic burden?

1) Eat fermented foods like kombucha, kimchi, sauerkraut, and other cultured veggies, quality yogurt, and kefir. New research indicates probiotics or "good bacteria" actually help our body's breakdown and detox chemicals.

2) Break a sweat. Exertion with sweating activates the lymphatic system to eliminate heavy metals and chemicals.

3) Consider intermittent fasting, eating only when you are truly hungry. This jump starts the internal "house cleaning," boosting metabolism.

4) Spice up your life. Many spices like garlic stimulate body detox.

5) Eat an apple a day (preferably organic!) Apple pectin absorbs toxins.

Stay tuned next month to learn how to avoid toxins.

~~Annette Chlumsky

Starting this Sunday, you will start seeing these shapes around the church, with the hopes that they will eventually be hung under our church "Front porch," similar to the pieces of fabric that were hung at this time last year.



We have Joanna Pinkerton to thank for this design. She drew this for Western District Conference's annual assembly, "Becoming God's Community."

What do you see when you look at these shapes? What do you see when you imagine God's Community always becoming, never fully realized, but still becoming?

On Sunday, or if you are here throughout the week, please feel free to color one or two or three, with the paint markers provided. We hope they will look like butterflies greeting us as we move in and outside our church building.

The Women's Coffee Group is planning to meet at La Galette French Bakery this Thursday, **November 5**. In light of the ICE detention of the owner, Rob Attar, the business is experiencing significant challenges and is needing to adjust employee schedules. Instead of meeting at 8:30 am, we will meet at 9 am when they open.





FIRST JUSTICE TOGETHER EVENT SAVE THE DATE! MONDAY, **NOVEMBER 9TH** 6:00 – 8:00 PM AT FIRST UNITED METHODIST CHURCH AT 330 N. BROADWAY!!

The first major assembly of the 2026-2027 justice ministry cycle is almost here! For those of you who attended our Listening Session during the 2nd hour on September 20th and committed to becoming a network member, this is the first event to attend so you can see exactly what Justice Together is about and get a sense of how they work.

This event, which is called The Community Problems Assembly, will feature updates on recent victories for affordable housing, real breakthroughs in our work to advance gun violence prevention, and the launch of our proposal for a historic community-wide investment in the affordable housing fund. Local officials have confirmed their presence and as of now, three city Council members will attend this event.

Hear what over 130 justice ministry team leaders from more than 40 congregations learned in our listening sessions process and be with more than 400 people from throughout Sedgwick County as we kick off this new justice ministry cycle.

Justice Together exists to come together as a single voice and make sure everyone has a fair shot at life. Come and see how amazing it is to work with others from so many different denominations as we try to help our neighbors.

Hope Mennonite has the wonderful potential to do great work within our community. This church family has come together in their own ways, with their own gifts, to help each other and those we will never meet for many years. During a Justice Together training meeting recently, we were asked how many people in the room had been affected or knew someone close to them who had been affected by homelessness, affordable housing or gun violence, almost every hand in the room went up. That inspires us to have work to do. Hope to see you there!

Hope's team leaders will reach out to those of you who signed up to be network members, so if you have any questions, please don't hesitate to ask any of us! Hope's team leaders are Grace Parker Sutter, Doug Voran, Heather Voran, Pam Carter, Pastor Ruth Harder and Wendy Wiens serves as our church representative to the Justice Together Board.

Micah 6:8 "What does the Lord require of you but to Do Justice, to Love Mercy and to Walk Humbly With Your God."

Note: Rabbi Andrew Pepperstone of Ahavath Achim Congregation (Wichita) will bring the message at Hope on Sunday, Nov. 8, based on Micah 4:3-4. Rabbi Pepperstone is one of the founders of Justice Together (JT) and is the current co-president of the board. Plus, he has become a good friend of Pastor Ruth.

The arrival of Advent

Inspired by Mary's song of praise, known as the Magnificat, our Advent season (beginning Nov. 29) will rotate around the refrain: *God's mercy from generation to generation.* We will continue to reflect on trees, specifically tree rings, and the physical markings of time and seasons, from one generation to the next.

We will begin our Advent season by sharing in communion. We will also continue our tradition of gathering for a Longest Night service at 6:30 pm, Monday, Dec. 21.



New this year will be a Hope-created daily Advent guide. Thanks to the contributions of many here at Hope, we will provide a booklet with daily reflections, photos, and prayer prompts. This will be designed with all ages and generations in mind.

Advent literally means arrival. That is somewhat ironic since Advent is also a time in the church year of waiting, often impatiently waiting for the promised cheerier days of Christmas. May we look across the generations this Advent season, including the generations spoken about in the Bible, and ponder anew God's mercy.



November Schedule Reminders…

Worship Participants

Worship Leaders
Nov 1-Kendal
Nov 8-Kendal
Nov 15-Mike V.
Nov 22-Mike V.
Nov 29-Ryan

Scripture Readers
Nov 1-Jerold
Nov 8-Steve P.
Nov 15-Lee
Nov 22-Wendy
Nov 29-Delaine

Pianists
Nov 1-Ruthie
Nov 8-Amy
Nov 15-Cynthia
Nov 22-Laurie
Nov 29-Vicki

Song Leaders
Nov 1-Magdalena
Nov 8-Adam
Nov 15-Galen
Nov 22-Trae
Nov 29-Magdalena

Sound Techs
Nov 1-Jesse
Nov 8-Rod
Nov 15-Leon
Nov 22-Galen
Nov 29-Leon

Zoom Hosts
Nov 1-Brenda G.
Nov 8-Lee
Nov 15-Kendal/Marjie
Nov 22-Barb
Nov 29-Renetta

Nursery
Nov 1-Donovan & Laurie
Nov 8-Taylor & Kevin
Nov 15-Ben & Grace
Nov 22-Kaila & Alec
Nov 29-Jordon & Emily

Front Door Greeters
Nov 1-Greg & Dawn
Nov 8-Jan; Wendy
Nov 15-Jerold & Donna
Nov 22-Donovan & Laurie
Nov 29-Heidi J; Natalie H.

Sanctuary Greeters
Nov 1-Lowell & Dianne
Nov 8-Greg & Dawn
Nov 15-Chris T; Natalie H.
Nov 22-Brenda & Cecil
Nov 29-Connie & Scott

Coffee
Nov 1-Annette
Nov 8-Scott & Connie
Nov 15-Cuppa Hope
Nov 22-Dawn & Greg
Nov 29-Marcus & Cynthia

Mowers
Nov 8-Travis
Nov 15-Eldon & Clinton

Sunday school Superintendent
November-Delaine