

# Monthly Messenger March 2024

8540 US 31 South Indianapolis | www.christindyumc.com 317-882-1549 | mail@christindyumc.com

The Outreach Committee's housewares drive to help furnish an apartment for Family Promise of Greater Indianapolis is ongoing through March 3. The items needed for donation are on a door of hearts in the church foyer, along with a registration sheet for the items you pick f donation. The drive may be extended until Mar 10 if all the items have not been yet signed for returned by March 3. These items will be used furnish an apartment for a homeless family in the Family Promise apartment shelter program.



Family Promise has approximately 20 apartments, which they lease to provide temporary housing to carefully vetted and supervised homeless families. Their social workers help the families get on their feet after life setbacks have forced them into homelessness. The case managers provide referrals and transportation to wraparound services like mental health evaluation/treatment, physicals/immunizations, childcare/school enrollment, employment search/prep/retention, and more. The average time families spend in the apartment shelters is 30-90 days. By then, the clients can lease apartments in their own name and either stay in the Family Promise apartment or move out and take the furnishings and housewares with them. Family Promise then either leases a new apartment or refurnishes their apartment with a new set of furniture and housewares. Families who have "graduated" from the apartment shelter program are in an after-care program for two years to help ensure their successful reentry to housing stability.

Thank you for your help with this big effort.

#### Welcoming the Lenten Season

What better song to reinforce our chapel theme of Jesus' love, on February 14th, than:

Jesus loves the little children
All the children of the world
Red, brown, yellow, black and white
They are precious in His sight
Jesus loves the little children of the world



I had such high hopes of teaching this as part of the

Valentine's Day/Ash Wednesday chapel. However, as I highlighted later in worship service reflections, the unexpected happened that morning and I had to forfeit the opportunity to share this sacred moment. Tough break. Serving our 3 and 4-year-old preschool learners, in weekly chapel, is a cherished gift to say nothing of the gift of experiencing it with the dedicated teachers on Jennifer Land's staff. It made my missing the mark quite hard, but as I welcomed the Lenten season, I appreciated the learning to say nothing of the oddity of simultaneously grappling with the solemnity of Ash Wednesday.

The disappointment with life's setbacks, no matter how seemingly small; and the bold note of judging my imperfections rarely fades without intention, which is why the synchronicity and strangeness of the coinciding observances ultimately worked for me; and why a misstep can never be the end of the story in Christ. Dr. Lisa Hancock writes, "on Ash Wednesday, especially, we gather to confess and repent to realign ourselves with the truth that God is God, and we are not..." And then, properly ordered in relationship to God, we can learn to love our neighbor as ourselves. If I had a do-over, I'd have given my "right arm" to be perfect, but what was properly ordered that day, instead, was a lenten invitation to confess being perfect.

Assorted blessings on your journey.

~ Pastor Sharon

#### **Prayer Shawls**



Since 2011, hundreds of people have been recipients of our prayer shawls. They have provided comfort after a loss, a surgery, or an illness and have helped celebrate many births. We are now in need of more prayer shawls for our closet. Size for prayer shawls should be around 30" wide to 60" in length.

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#### From the Board of Trustees

The Board of Trustees has overseen numerous projects in 2023, and more are planned to come in 2024. Many of the projects we do are noticeable to the congregation and community, like the new lighting along the back drive and the parking lot, moving furniture, and updating the parlor to the "Connection Room," a place where guests can come to learn more about the church and its impact in the community. With the transition of the parlor comes the new classroom that was renovated (thanks to David H.) for the parlor Sunday school class. Coming soon will be the renovation of the old wing restrooms and a complete renovation of landscaping, designed to be low maintenance while still enhancing our curb appeal!

Some other, larger scale projects taking place are:

**Solar Panels**: after months of research, deliberation, and negotiation, the Board signed an agreement to have numerous solar panels installed on the building. This has the potential to reduce our overall electric utility bill by nearly \$1,000 a month.

**Pylon Sign**: Along US 31, we are seeking a zoning variance to add an electronic messaging display to our current sign structure and replace the top panels with the church name. After receiving data from the Indiana Department of Transportation noting that nearly 34,000 vehicles pass by the church each day – we thought this would be an incredible method to get notice out to the community of events, service times, and other general information.

**Spring Work Day**: As we meet in March, we will be discussing the spring church work day, an opportunity for all people to give back, as well as any other potential projects that need to be identified.

#### Music News

"The first day of Spring is one thing, and the first Spring day is another. The difference between them is sometimes as great as a month." -Henry VanDyke

Music Rehearsal schedule

Music with Becky | Sundays 3, 10, 17 (24, 31st No rehearsal) | 9:45-10:15 Resurrection Bells | Wednesdays 6, 13, 20, 27 | 11:00-12:00

Chancel Choir | Thursdays 7, 14, 21, 28

On Easter Brass will be playing and accompanying the Chancel Choir. We're welcoming anyone who loves to sing, please join us on our one-night rehearsal with the Brass on March 21. On March 3rd Children will accompany the Chancel Choir.

"Springtime is the land awakening. The March winds are the morning yawn." -Lewis Grizzard In Song, Becky

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#### The Vision Behind Your Mission

By: Damon Cox

Most corporations establish mission and vision statements. Coca-Cola, for example, which is positioned at number 59 on the Fortune 500 list, has a mission statement, which is, "Refresh the world. Make a difference." It's simple, straightforward, and memorable. Their vision statement dives deeper and provides more context, reading, "Our vision is to cultivate beloved beverage brands, refreshing both body and spirit, while fostering sustainability and positively impacting lives, communities, and the planet." It is a robust vision statement for a company dedicated to making soda, however, it does offer profound insight into Coca-Cola's aspiration.

Christ Indy UMC, like all United Methodist Churches, upholds a mission centered on "making disciples for Christ for the transformation of the world". From my perspective, we excel in fulfilling this mission. Whether it is through the vibrant presence of over 120 children attending Vacation Bible School each night, the gathering of over 1,000 people during Trunk or Treat, or the constant influx of students and teachers in our preschool and childcare each day, we witness the embodiment of our mission daily. With every event, every day, every week, we seize the opportunity to nurture disciples of Christ, contributing to the ongoing transformation of the world.

Businesses frequently undergo rebranding, an endeavor requiring significant resources and effort, yet it offers the public fresh perspectives and experiences. It might entice them to reconsider their products or services. It changes their public image, and perhaps the direction of their business in hopes of generating more revenue, to be stronger, more powerful, and a better leader within their respective markets. At times, when this rebranding takes place, there may be a change in their mission or vision statement, or even just so they can become more aligned with their original mission and vision. With all that in mind, what defines your mission and vision? If your mission statement is "why you exist", or "your purpose", what drives you? What keeps you moving forward? On the other hand, your vision statement portrays how you live out your mission. How do you strive to fulfill your purpose?

If you find yourself uncertain about your mission and vision, perhaps it is time for a rebranding. While it may not yield the same results as a large corporation or give you financial gain, the rewards of such can be invaluable. In our faith, Christ offers us this transformative opportunity, the ability to rebrand. Through forgiveness, repentance, and the change to realign our course, we have the capability to redefine ourselves as Christians, as believers, as followers of Christ. We can become beacons of light in a world plagued by darkness, dedicated to making disciples for Christ, for the transformation of the world.

#### From Our Preschool



CUMC Preschool is now enrolling students for the fall of 2024. Below is important information about fees and schedules for the 2024-2025 school year.

#### NOW ENROLLING FOR FALL

#### **Registration Fees**

6 wks. —12 mos.	12-24mos.	2's	3's and 4's	Pre-K	Extended Care
\$250	\$250	\$180	\$190	\$200	\$50

#### **Classes & Tuition**

Class Option	Monthly	Class Days	Class Hours	Extended Care Available
Full Time Infant	\$1,250	> 25 hrs. a week	7:00am-5:30pm	
Part Time Infant	\$900	< 25 hrs. a week	7:00am-5:30pm	
Full Time Toddler	\$1050	> 25 hrs. a week	7:00am-5:30pm	
Part Time Toddler	\$800	> 25 hrs. a week	7:00am-5:30pm	
3 Days	\$350	T/W/Th	10:00am-2:00pm	Yes
4 Days	\$450	M/T/W/Th	10:00am-2:00pm	Yes
5 Days	\$500	M /T/W /Th /F	10:00am-2:00pm	Yes
Extended Care	\$275	M/T/W/Th/F	7:00am-10:00am & 2:00- 5:30pm	

#### MARCH BIRTHDAYS!

- 3.1 Emily Matthews
- 3.2 Tyler Scott
- 3.2 Sharon Williams
- 3.3 Jeff Bullock
- 3.3 Kelsey Mayse
- 3.4 Rozlee Russell
- 3.5 Myelin Lewis
- 3.5 Jen Messersmith
- 3.6 Abby Messersmith
- 3.6 Carey Moore
- 3.8 David Charnstrom
- 3.8 Tim Clark
- 3.9 Linda Banta

- 3.9 Teen Crist
- 3.9 Janet Nowlin
- 3.10 Liz Cala
- 3.10 Harry Cartwright
- 3.10 Jeanine King
- 3.10 Bob Sabo
  - 3.11 Jennifer Garner
- 3.11 Marilyn Thale
- 3.12 Mia Embrey
- 3.12 Jim Pitman
- 3.12 Oumpounini Lompo
- 3.14 Andrea Brown
- 3.14 Grant Embrey



#### MARCH ANNIVERSARIES



- 3.2 Sam & Robbie Radicella
- 3.11 Jason & Amy Kallio
- 3.12 Mike & Patt Quattrocchi
- 3.16 Denny & Kathy Lawrence
- 3.18 Brian & Whitney Hall
- 3.26 Bill & Jane Smith
- 3.28 Mike & Janis Dutton
- 3.31 Shawn & Erin Craig

- 3 14 Rich Kakoczki
- 3.14 Keith Spenny
- 3.14 Ruby Thompson
- 3.15 Angie Stephenson
- 3.16 Hazel Carnagua
- 3.16 Elaina Carr
- 3.17 Kaileb Luyk
- 3.18 Jerry Bristow
- 3.18 Jennifer Walls
- 3.20 Arvinder Rao
- 3.20 Adam Walls
- 3.21 Luke Burgess
- 3.21 Lindsay Alexander
- 3.21 Christian Flynn
- 3.22 Bill Banker
- 3.23 Kaitlyn Eilerman
- 3.23 Grace Poe
- 3.23 Mya Taylor
- 3.24 Stan Collins
- 3.24 Patricia Hasecuster
- 3.24 Mike Morris
- 3.24 Frin Valant
- 3.24 Rita Woodruff
- 3.25 Alyssa Bingham
- 3.27 Carol Morris
- 3.27 Angie Stephenson
- 3.28 Charles Paget II
- 3.29 Sherry Rose

#### Thank You from Mission Guatemala

Dear Friends at Christ UMC-

On behalf of Mission Guatemala, I want to thank you for your recent donation of \$750! Because of you, quality medical care, life-saving nutritional programs, access to education past elementary school and so much more is available for our neighbors in Guatemala. We are so grateful for you! Doing all the good we can together

- Leigh Randall, Dir. of Development

### From the Parish Nurse Just Breathe

#### Conscious breathing is the best antidote to stress, anxiety and depression

Recently our family lost my brother John. There will always be times of grief when breathing is difficult as memories flow. That was one of those times. At his funeral, his daughter gave a tribute to her dad. She would be speaking and just stop for a few seconds to regain her composure. In those brief moments of quiet, she would close her eyes and take slow deep breaths. She would then regain a sense of calmness and continue to express her thoughts of life with her dad and family. When the service was over, I hugged her, praised her and thanked her for sharing memories. She handed me the paper containing her notes. Alongside every few sentences she had handwritten the word "breathe", a reminder to do just that.

That's what life is like, living each day and often needing to take a deep breath to cope with the stress and situations of life. Adding God to those moments of breathing, thinking and regrouping is priceless. Asking him to sustain us and guide us is the best of the best.

The following is the lyrics to "Breathe" a Christian song by Johnny Diaz This is the first of 3 stanzas.

"Alarm clock screaming. Bare feet hit the floor
It's off to the races, everybody out the door
I'm feeling like I'm falling behind, it's a crazy life
Ninety miles an hour going fast as I can
Trying to push a little harder trying to get the upper hand
So much to do in so little time, it's a crazy life
It's ready, set, go. it's another wild day
When the stress is on the rise in my heart I feel You say just...
Chorus

Chorus
Breathe, just breathe
Come and rest at My feet
And be, just be
Chaos calls but all you really need is
To just breathe"

Artist: Johnny Diaz, 2018 from the album "Sweetness and Sorrow"

Patt Quattrocchi RN, Parish Nurse CIUMC

#### **Retreat Opportunities**





## SAVE THE DATE 2024 EMMAUS WALKS

Indiana Conference and Training Center, Fortville, IN

Women's Walk 197 October 3<sup>th</sup> – 6<sup>th</sup>

Lay Director: Susie Cala @ calacrew4@hotmaill.com

Men's Walk 198 October 10<sup>Th</sup> – 13<sup>th</sup>

Please contact Susie or John with any questions regarding

Lay Director: John Magnabosco @john.magnabosco@live.com

these upcoming walks or go to www.indyemmaus.org.

#### Chili Cookoff & Bakeoff

Chili-Cookoff Bakeoff is coming March 10th. This is our largest fundraiser for Vacation Bible School

When: Sunday, March 10 at 5:00 pm How: Arrive at 4:30pm if competing.

- 1) Bring a pot of chili—regular, poultry, extreme heat, or exotic
- 2) Bring a dessert-dessert bars, cookies, cheesecakes, or cakes AND/OR
- 3) Be a judge! Bring plenty of dollar bills-\$1 to purchase a spoon AND plenty of dollars to "vote" for your favorite chilis and desserts.



The pots of chili and dessert with the most money will win a prize! All money collected from goes toward Vacation Bible School.

#### With Sympathy

Wayne Fisher-February 6th

Please keep the family and friends of following on their passing-John Stack- January 8th
Sue Eubanks(Damon Cox's grandmother)- January 16th
Richard Patterson(Shirley Branham's brother)- January 22nd
Linda Renfrew(Diane Knight's cousin- January 23rd
John Ellington(Patt Quattrocchi's brother- January 27th
Diana Bullock- February 4th

#### Save the Date



The Ladies' Tea will be May 5 at 2:00 PM.

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#### **YOUTH NEWS**



#### March Youth Schedule

March 3: 5:30 pm Youth Group March 10: 5:30 pm Youth Group

March 17: No Youth Group

March 24: Youth Group Event TBD



Camp is right around the corner! Middle School

Camp will be held **June 9-14** and High School Camp will be held **June 30-July 5**. Scholarship codes will be available soon from either Damon or Terri.

# Easter Eggstravaganza! March 30 | Starting at 9:00 AM



FREE Pancake Breakfast from 9-10am Egg hunt will follow at 10:30am. Come and join us for a hopping good time! Egg hunt will be outside. If weather is inclement the event will be cancelled.

Candy Donations are needed for our Easter Egg Hunt! Please place donations in the basket by the bunny in the narthex. The candy must be small enough to fit in a small Easter Egg

#### **Vacation Bible School**

**EXCITING NEWS!** We have selected our VBS theme for next year! Camp Firelight. Mark your calendars!!! Vacation Bible School will be held June 23-27 from 6:00-8:30 PM.

During Vacation Bible School, join first-time camp
Counselor Sam and Lumen, "Lu," the lightning
bug puppet, for a summer adventure at Camp
Firelight. Campers accompany Counselor Sam
and Lu during each assembly session and learn to
face their fears while trusting in God. Each day,
Campers see Counselor Sam face new challenges,
from as simple as leading Campers on a hike to as
intimidating as meeting a new and wise nature expert. With



the help of Lu, the Lightning Bug, and the Camp Counselor Guidebook, Counselor Sam and the Campers explore timeless Bible stories showing how Old and New Testament Campers trusted God, faced their fears, and went on to do great things in God's name.

Please pray about being a part of our largest outreach to the children of our community. If you are interested in serving in a leadership role, please contact Beth Hutson or Terri Haehnle.

#### **CIUMC Hikers**

Lace up your hiking boots, grab a water bottle, and join us! After a hiatus during the cold winter months, it's time to hit the trails again!



The CIUMC Hikers is for anyone interested in the peace that comes from surrounding themselves with God's Creation. Our next hike will be **Saturday, March 16th at 10am at Ft. Harrison State Park**. We will meet at the Delaware Shelter on Clark Road in the park to explore the 2.5-mile Camp Creek

and Fall Creek Trails Loop. Sign up using the QR code and join us for great fellowship and a little exercise. If you have any questions, please call or text Amanda Schnepp at (317)201-6769.

#### **Basket Auction**

The Youth Camp Scholarship Silent Basket Auction is coming this month. All auction baskets need to be turned in by **Sunday, March 17**. They will be set up that morning for bidding to begin. Bids will run through Easter morning. We hope to raise enough funds for two scholarships!



#### **Building Internal Motivation**

From Scott Turansky's Biblical Parenting News You Can Use article from February 14, 2024.

Parents often tire of prodding kids to start moving. They ask the question, "How can I get my child to do things on his own without me having to push him along?" The answer is to build internal motivation, but that can be complicated, especially when a child is weak in this area. Some parents just try to get through the day, hoping that their child will grow up someday.

Adulthood, in part, is about being responsible enough to clean up messes, get work done, and be where you need to be on time. Unfortunately, we all know adults who are irresponsible and who lack internal motivation. The work we do in the elementary years can strengthen the heart and prepare children with the tools they need to be responsible, internally-motivated adults someday. It starts with the way we work with children on a daily basis.

#### How You Talk is Important

Much of the building of internal motivation starts with the words of the parent. In many ways, the words of parents form the scripts that children say to themselves. As you consider why a task should be done, think about the internal rewards. You might say, "Finish your homework. You can then feel good about being responsible." Or, "Cleaning up your mess helps build the quality of neatness in your life."

"That's not going to work on my son," said one mom. "He's still not going to do what I asked him to do. I need some kind of motivation to get him to complete the task." And that's true for most children. But if your goal is to help kids do the right thing because it's the right thing to do, then you'll want to be careful about an "external motivation" approach. You still might offer a privilege when a child is responsible, privilege and responsibility go together, but be sure to talk about internal motivation in the process. "You finished cleaning your room. Great. Yes, you can go out and play. Doesn't it feel good to have a clean room? Look how nice it looks. You're growing up."

It's not necessary to avoid all external motivation, but use it to build internal motivation in your child. Internal motivation makes a child feel uncomfortable on the inside when a task isn't finished or a job needs to be done. It helps children take initiative by seeing what needs to be done and doing it. Most children don't naturally develop internal motivation. It comes through training.

#### **Transfer Responsibility**

Another way to build internal motivation is to transfer responsibility to the child. Many parents continue their prompting far beyond what is developmentally appropriate. If your child is struggling in this area of internal motivation, you might want to try a different approach by asking the child to develop the plan for remembering to put his homework in his backpack or clean his room a little at a time.

#### **Building Internal Motivation Article Continued**

You might say, "Putting your homework in your backpack is the last step of completing the task. What's your plan to remember to do that?" You can then evaluate the child's plan. He might decide to put his backpack by the door as a demonstration that all is complete. Allowing him to develop the plan gives your son ownership of the plan and allows you to hold him accountable to that plan. Instead of saying, "Did you put your homework in your backpack?" you may move a step toward internal motivation by saying, "Did you work your plan?"

Keep in mind that internal motivation often takes place through accountability and new patterns. It also takes place through vision, kids with challenges need a vision. Children often change when they get a vision for living a new way or when they feel uncomfortable living the old way. For example, your daughter may choose to put her shoes at the foot of her bed each day because she has a vision for being more neat or she may choose to do the same thing because she gets tired of losing those shoes and having to hunt all over the house for them. Either way, your daughter has made an internal choice to live differently.

#### **Communicating Vision**

Parents can help by instilling vision and by making life uncomfortable sometimes. As you make those decisions, think strategically about building internal motivation. You might say something like, "One of the signs of maturity is that you do things right away instead of putting them off. When you put your shoes at the foot of your bed even though it's inconvenient, you're demonstrating self-discipline, one of the traits of growing up." Then, the next time your daughter takes off her shoes you might say, "Think about maturity," or "Time to practice self-discipline." The way you remind your child then focuses on internal motivation instead of teaching your child to always rely on you.

Kids who lack self-control often need more parental control, so don't fall into the trap of saying something like, "Fine, he can just live in a pig pen until he gets sick of it." Unmotivated kids often develop beliefs that they are just messy people, or failures at school, or don't have what it takes to be successful. Your efforts teach children that they do have what it takes but developing character requires work.

The book of Nehemiah is about a job that needs to get done, building the wall around Jerusalem. Chapter 4, verse 6 describes the internal motivation of the workers. It says, "So we rebuilt the wall till all of it reached half its height, for the people worked with all their heart." That's the same kind of internal motivation we want to develop in our kids. Telling them that Bible story may be a helpful illustration for their growing maturity.

People often ask, "What exactly is a Stephen Minister?" One way to put it is that they are the After People. Stephen Ministers are there: after the phone call you hoped you'd never get. After the divorce papers are served, and the bottom falls out of your life. After the funeral, when everyone has left, and the emotions you've held at bay come crashing in on you. After the doctor says, "I'm sorry, but there's nothing more we can do." After the nursing home director shakes your hand and says, "Welcome to your new home." After the last child honks the horn, waves, and drives away—and the house suddenly seems empty. After the gavel goes down, the handcuffs go on, and your loved one is led away. After the baby arrives, demanding more of you than you ever dreamed possible. After you find a pink slip with your final paycheck. After your family and friends have heard your story one too many times, but you still need to talk it out. Stephen Ministers are the "After People." They are ready to come alongside you—or your friends, neighbors, coworkers, or relatives—and provide comfort and support for as long after as needed.

#### **OUR STEPHEN MINISTERS ARE GOOD LISTENERS!**

Jim Pitman, Roseanna Brown, Elise Taylor, Joyce Grider, Teena Crist Please Call Jim at 317-363-0850 stephenministries.org



#### **Christ Indianapolis United Methodist Church**

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OFFICE HOURS: Monday-Thursday 9:00 am - 1:00 pm

Friday - Office Closed. Appointments for other times can be arranged.

#### **Church Staff**

Sharon Williams, Senior Pastor
Terri Haehnle, Business Administrator
Terri Haehnle, Youth Ministries Leader
Jennifer Land, Preschool Director
Damon Cox, Facilities Coordinator
Damon Cox, Youth Ministries Leader
David Haehnle, Facility Maintenance
Becky Morris, Music Director
Patt Quattrocchi, RN, Parish Nurse
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## What does it mean to be a United Methodist?

If you have ever asked that question or want more information on what it means to be a member of the United Methodist Church, you can visit our website and view "The Articles of Religion," "The Confession of Faith," and even the UMC Book of Discipline.

Find out more about why it is great to #BeUMC and all of the incredible things the UM church is doing around the globe.

christindyumc.com/our-beliefs

# The Five Pillars of Christ Indianapolis United Methodist Church

- 1. Fellowship
- 2. Service
- 3. Prayer
- 4. Community
- 5. Witness

#### Sundays

9:00 am: Sanctuary Worship

10:15 am: Sunday School (All Ages)

11:15am: THIRST Worship in Fellowship Hall

