



Monthly Messenger

MAY 2025

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May Is Mental Health Awareness Month



Caring for the Mind and Spirit: The Importance of Mental Health

By Damon Cox

As we enter May—Mental Health Awareness Month—it's a timely reminder that taking care of our mental health is just as important as caring for our physical and spiritual well-being. Mental health affects how we think, feel, act, and relate to others. When we tend to our minds with the same compassion and care as we do our bodies and spirits, we create space for healing, connection, and peace.

Why Mental Health Matters

Mental health challenges—like anxiety, depression, loneliness, or grief—can affect anyone, regardless of age, background, or faith. According to the National Alliance on Mental Illness (NAMI), 1 in 5 adults in the U.S. experience mental illness each year, and nearly 50% of all Americans will meet the criteria for a mental health condition at some point in their lives. (NAMI.org)

Just like a broken bone needs attention and healing, so do feelings of emotional pain, sadness, or overwhelm. Prioritizing mental health doesn't mean something is "wrong with you"—it means you're human.

Faith and Mental Health

Scripture reminds us that we are wonderfully made (Psalm 139:14) and that God cares about every part of our being—including our emotional health. Seeking help is not a lack of faith—it's a courageous act of stewardship over the life God has given us.

Many people find strength and comfort through prayer, fellowship, and pastoral care, but it's also okay to seek professional help. Therapists, counselors, and support groups are great resources that provide tools and support during tough seasons.

How We Can Help One Another

Check In: A simple "How are you really doing?" can make a big difference.

Create a Safe Space: Encourage open, judgment-free conversations.

Share Resources: Let others know it's okay to seek help—and guide them to where they can find it.

Pray and Support: Offer prayer and practical help—like listening, providing meals, or connecting someone with support. **Continued on page 6.**

From Pastor Greg Pimlott

When we moved here last July, the house that we moved into was a little bit sparse on garden space. Since I love digging in the dirt, I decided to make some changes. This spring, I've been digging out the old beds and transforming them into larger beds for new plantings.



Julie and I were thankful for help from some church folks who came and yanked the shrubs out of the ground with digging equipment last fall. Even once the shrubs were out of the ground, though, getting the beds ready has been a lot of work! The first step was digging out a thick layer of rocks that surrounded the shrubs, and those rocks didn't come out easily.

Ditto the disintegrating plastic and landscaping fabric under the rocks. And because I want the new beds to be significantly larger than they were, I've been digging out the turf one shovel's-width at a time. As those beds have been there for decades, they've had plenty of time to get root-bound and hard-packed, and the turf has developed a thick, interwoven root system. Those beds have taken a long time to get the way they are, so it's no wonder transforming them into something healthier isn't easy.

The same is true for us. For many of us, we've spent years or decades developing unhealthy spiritual habits. Is our prayer unfocused and sporadic? Chances are, we didn't get there overnight. Do we have trouble getting up on Sunday morning to get to church? The longer we're out of that habit, the harder it is to change. And Bibles don't get dusty after just a couple of days of not being picked up and read.

The upshot of this is that when we decide to make a change, we shouldn't be surprised to find that it's a lot of work. The spiritual soil we've neglected in our lives has had plenty of time to get rocky, root-bound, and sterile.

The good news is that we're not making that change alone. God gives us the tools we need for positive spiritual change. Friends from church make wonderful accountability partners. Prayer accomplishes great things.

If you're working on making a change in your spiritual life, but it's harder work and slower going than you expected, don't give up! There's rich spiritual soil in you; it just might take some work to bring it back to health. As you do, you'll be amazed to see the fruit that God can bring from that newly turned-over soil in your heart.

Ladies' Tea



We will be celebrating the ways we love children and give them hope through Christian Ministry this year at the Tea. Our Speaker is Kathy Buck who will be sharing her ministry, *Book Pillows of Hope*. Kathy has a fascinating story of how this ministry started and has grown through God's help. The proceeds from the Tea will be given to our own Quilt Ministry at Christ church, which gives comfort to children through their quilts. We will have a light luncheon, a prize for the best table decor, and lovely background music for a fun afternoon.

CIUMC Hikers



Lace up your hiking boots, grab a water bottle, and join us! Thunderstorms and flooding kept us from our April outing, but we're ready to try again! The CIUMC Hikers is for anyone interested in the peace that comes from surrounding themselves with God's Creation. Our first hike of the year will be Saturday, May 24th at 10 am at Southwestway Park. We will meet at the trailhead inside the park at 8400 Mann Road to explore the 2.1-mile Southwestway Park Loop. Sign up using this [link](#) or the QR code and join us for great fellowship and a little exercise. If you have any questions, please call or text Amanda Schnepf at (317)201-6769.



Courtyard Update



It's SPRING! As you may remember, the Trustees approved a plan to redesign the courtyard, replacing the invasive plants with plants native to Indiana that support the members of God's creation that live here. The invasive ivy and vinca were removed, and native shrubby St John's wort and a button bush were planted in the fall. The remaining wildflowers have been ordered and will be delivered soon.

We will meet on Saturday, May 10th at 10 am to plant these new native plants. See Amanda Schnepf (317)201-6769 for details and to sign up to help. See the design plan by [SCANNING THE QR CODE](#), [CLICKING THE LINK](#) or looking at the postings in the narthex and conference room.

Memorial Day Flags

As the flags come out for Memorial Day Weekend, you might ask why do we have so many flags on the property. In the early 2000's. the flags were purchased in memory of or in honor of a loved one who served in the US military. Located in the narthex, you will find a frame by the front entrance, with the names of those honored with a flag. For more information, please reach out to Jerry Bristow.



From Becky Morris, Music Director



Hello May
M- Make this month count!
A- Accomplish your goals!
Y- You can do this!

May Music Rehearsal Schedule:

Music with Becky: Sun. May 4, 11, 18 & 25 | 9:45 - 10:15 am

Resurrection Bells: Wed. May 7, 14, & 28 | 11:00 - 12:00 Noon

Chancel Choir: Thurs., May 1, 8, 15 & 22 | 6:00 - 7:30 pm

A closing thought: wear gratitude like a cloak, and it will feed every corner of your life.

In song,
Becky

United Women in Faith



United
Women
in Faith

United Women In Faith

Our first meeting brought together 29 ladies for a time of devotion, fellowship, and learning about our own Quilt ministry as shared by Donna Pfiester. It was a JOY to see so many of our ladies together.

Thanks to everyone who brought food to share. Our next meeting, on the first Sunday of every month, would be the same day as the Ladies' Tea. So, our gathering for UWIF for May will be at the Ladies Tea. We will have food, fellowship and a speaker. I hope to see you there.



From Jennifer Land, Preschool/Childcare Director

May. Some believe May comes from the Latin Maius, probably referring to the goddess Maia. She embodied the concept of growth. (Rehberger). At CUMC Preschool, May is represented by growth and transformation. In August, our teachers are charged with bringing children into their classrooms to teach them. Teach them socially. Teach them emotionally. Teach them physically. Teach them spiritually. Teach them academically. Our teachers work hard every day for nine months to make sure our students get the best education and care they could possibly receive. Then in the tenth month of school...MAY. They get to see all their hard work and dedication to their students pay off. These can be seen in so many ways; from the child who has learned to grip a pencil or who can now write his/her name, to the child that can now put on his/her own jacket, to the child that can now tie his/her shoes, and to even our smallest students who can now sit up or crawl for the first time. Growth is different for each child. Growth is personal. At CUMC Preschool, we celebrate each child at every stage of growth.

As educators and caregivers, our students become an extension of our family. For a lot of us, we spend more waking hours with these children than we do our own. To see them grow, change and move on can be emotional. There is a reason that Teacher Appreciation Month is saved for the last month of school. Teachers (all educators and caregivers) have worked hard for 9-10 months to get their students, your child, ready for the next stage of their education. Please remember them, thank them, and show appreciation somehow for the hard work they do every single day, investing in your children. Our future. A letter from Ms. Jenn to the preschool graduating families:

Dear CUMC Preschool Graduating Families,

It's so hard to believe we are in our final weeks of the 2024-2025 School Year. My heart is heavy with emotions as I prepare for the upcoming weeks. To me this means, saying a final goodbye to some of your children and sending them on to Kindergarten. Each and every one of your children hold such a special place in my heart! Your child is a gift from God. We are honored to be a part of his/her early childhood learning experience. I pray we've fostered a love for learning that will stay with them.

I pray you all have a healthy and happy summer and enjoy this time with your family. Please take time to read to your child. Reading with your child just 20 minutes a day will have a lasting impact on his/her education. Use the curriculum that will be sent home at the end of school to review concepts, letters and numbers with them. Whether your child is moving on to Kindergarten or returning to us, this will be a huge help to them, you, and his/her teacher in the fall. Make learning fun: play a rhyming game as you drive or as you take a bike ride, count the trees in the park, name the colors of the passing cars, point out letters on store fronts, explore science experiments together, have them practice writing their name, letters, and numbers using sidewalk chalk, using cooked spaghetti, in shaving cream use your imagination.

Learning is meant to be FUN!!

Blessings to you and your family,
Jennifer Land, CUMC Preschool and Childcare Director

cited source: Rehberger, Georg. May Is the Fifth Month of the Year.1995-2025.
Time and Date. <https://www.timeanddate.com/calendar/months/may.html>

May 5th-9th, 2025
**teacher
appreciation**
WEEK

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From the Board of Trustees

Sign of the Times: Now with 100% More LEDs!

By Damon Cox

By the time you're reading this, our shiny new sign should be up and dazzling the world—or at least the 35,000 cars that cruise by daily. If it's not up yet... well, pretend you never read this and check back tomorrow. We've been working on this for a while (think: slow-motion construction montage), and it's finally coming together!

Now, some folks have asked, "Why spend money on a sign?" And hey—that's a fair question. Here's the scoop:

Traffic, traffic everywhere – US 31 and Stop 12 sees nearly 35,000 vehicles a day. That's a lot of eyes. If even a fraction of them notice the sign, that's a huge boost in visibility (pun very much intended).

New entrance, who dis? – As part of the ongoing property development, the Indiana Department of Transportation is installing a traffic light at US 31 and Lilac Drive. That's also where our new parking lot entrance will be. So, multiple times a day, hundreds of cars will be parked at a red light, staring directly at our shiny new digital sign. It's like having a forced captive audience! More information to come regarding the parking lot entrance and what that will look like!

We're thrilled to see this addition finally becoming reality. It's going to be a bright (literally) new chapter for how we connect with the community.

And while we're talking about building things... ever thought about volunteering with the Facilities team? Whether you're a master of all trades or only know how to hold a broom heroically, we've got a spot for you. Whether you want to help regularly or just once, reach out to Damon Cox or David Hæhnle. We promise: no heavy lifting unless you want it, and yes, you can wear a toolbelt even if it's just for the look. Let's build something great—together.

Mental Health Continued from Cover

Words Matter Avoid using words like "crazy", "psycho", or "junkie". Instead, use person-first language such as "Person with a mental health condition," "person with substance use disorder" or "died by suicide or tried to end their life." This helps break the stigma and focuses on the person, not the disorder or the situation.

If you are uncomfortable asking questions regarding someone's mental health, find someone who will. You can do your part by working to create a connection between someone struggling and someone who can provide assistance.

Where to Find Help

If you, or someone you know, is struggling with managing mental health, including suicidal ideations, please connect them with any of the resources below.

NAMI Helpline: 1-800-950-NAMI (6264) or www.nami.org/help

988 Suicide & Crisis Lifeline: Dial or text 988 or visit www.988lifeline.org

MentalHealth.gov: www.mentalhealth.gov

This May let's remember it's okay not to be okay—and no one has to walk through it alone. As a church family, we can reflect God's love by offering compassion, understanding, and a listening ear to those around us.

Thank You!



- A big THANK YOU to Julie Pimlott and the YES Sunday School Class for providing Youth Group dinners during April. Your gifts of service were delicious and very much appreciated!
- From Marci Kibili, Marci returned to Florida to be with family after a couple of years of living in Indianapolis. While here she attended CIUMC and says she greatly enjoyed her time here at CIUMC and will truly miss our church. Thank you to everyone who made Marci feel welcome!
- A Huge THANK YOU to Ed Land for all of the hard work and support you have given to our facilities team, especially going above and beyond in the the back hallway bathroom projects.

In Sympathy

Please keep the family and friends of Luella Ballenger in your prayers, especially her daughter LaRena Brown. Luella passed away on March 18, 2025.



Please keep the family of Tyler Nelson in your prayers at the passing of his father, Mark in January. Tyler is the nephew of Dave and Susie Cala.

Please keep the friends and family of Joe Swegman, in your prayers, especially his grandson, Joe Moore and family. Joe passed away on March 24, 2025.

Please keep the friends and family of Jo Buckler, in your prayers, especially her granddaughter, Mya Taylor. Jo passed away on March 29, 2025.

Please keep the friends and family of Erin Cook in your prayers, especially CIUMC Preschool Staff. Erin is a former teacher of our CIUMC Preschool. She passed away on March 31, 2025.

Congratulations, Graduates!

CONGRATULATION TO OUR UPCOMING GRADUATES, both high school and college! This year we will be celebrating our graduates on May 25 during both services. During the Sunday School hour we will be serving graduates and parents breakfast in the annex. For us to properly prepare for this event and honor our graduates, please complete the form below and turn in to the office by May 18.

GRADUATE NAME: _____

PARENTS: _____

GRADUATING FROM: _____

PLANS AFTER GRADUATION: _____



_____ # ATTENDING BREAKFAST = _____ 7

Outreach Team News

The Outreach Team had a meeting on April 7, 2025, to hear two excellent presentations by Matt Fultz, the Executive Director of Family Promise of Greater Indianapolis, and Kris George, the Community Support Team Coordinator of **Exodus Refugee Immigration, Inc.**

Unfortunately, the news from Exodus was very disheartening. All refugee resettlement to the United States was halted by the US government, effective January 20, 2025. Under US law, a refugee is someone who: (1) is located outside of the United States; (2) is of special humanitarian concern to the United States; (3) demonstrates that they were persecuted or fear persecution due to race, religion, nationality, political opinion, or membership in a particular social group; is not firmly resettled in another country; and is admissible to the United States. The UNHCR (UN Refugee Agency) is the primary body responsible for coordinating resettlement efforts around the world. UNHCR identifies refugees who are particularly in need of resettlement, such as those with legal or physical protection needs, survivors of violence or torture, those with medical needs, or women at risk. Family reunification is also a factor in determining eligibility. The refugees referred to host countries by UNHCR are very carefully vetted. Most have been in refugee camps for several years, awaiting resettlement.

Governments of host countries play a crucial role in deciding how many refugees to admit and providing support for integration. In FY2024, the US resettled a total of 100,034 refugees, the highest number in three decades. Exodus has a long history of welcoming refugees and asylees from many countries, cultures, languages, faiths, and political opinions. They began in 1981 with the mission to serve the legal needs of immigrants and Cuban refugees, who had arrived as part of the Mariel boatlift in 1980. Since that time, Exodus has helped thousands of refugees establish their lives in Indiana. In FY2024, Exodus welcomed 884 new refugees representing 18 different countries, while providing ongoing services to refugees who already call Indiana home. Since the discontinuation of refugee resettlement in Indiana and around the country, the government has stopped payment for all previously provided services provided by refugee resettlement agencies such as Exodus. Exodus' share of that debt owed by the federal government is \$1.6 million. This has forced Exodus to lay off 1/3 of their staff.

In addition to discontinuing refugee resettlement in the US, the government announced they will cancel the humanitarian parole for more than 532,000 Cubans, Haitians, Nicaraguans, and Venezuelans who came here legally through this program. The government has also announced they will not renew the Temporary Protected Status (TPS) of approximately 330,000 people in the US from 16 countries, including Afghanistan, Haiti, Somalia, Sudan, Syria, Ukraine and Venezuela. TPS is a status that allows nationals of certain countries to live and work in the United States without threat of deportation for a limited time, with the possibility of being extended and redesignated. These immigrants in the US are now facing deportation, including 9,000 Afghans who were protected by our government because they worked with the US military in the war against the Taliban. The administration has also announced they will not process green card applications submitted by refugees and asylees. Refugees are supposed to submit green card applications within one year of arriving in the United States. Having a green card gives refugees a path to citizenship. Green cards are a promise the US makes to refugees. They were invited here and promised a pathway to citizenship. Now, they are being stripped of that protection.

Family Promise

The news from Family Promise of Greater Indianapolis was much more optimistic. Family Promise is currently conducting a fundraising campaign, Night Without a Bed, which continues through May 3, to raise funds to lease 20-25 apartments to provide temporary shelters for homeless, alcohol, and drug-free families while Family Promise case workers help them attain housing stability. The average stay of the families in the apartment shelters is 90 days, after which most families in the program can lease an apartment on their own. Our church also supports Family Promise by collecting housewares and furnishings to help set up the apartments for the families who occupy them. They are a great organization helping homeless families in Indianapolis. Our Outreach Team voted to grant \$2,000.00 to Family Promise for the campaign. These funds come from proceeds of our annual Fall Fish Fry. Thank you, CIUMC!

From the Youth Department



JAM? WE R 1? WAREHOUSE 242? Who are we? We are a group of youth from all different walks of life that love Jesus! Each week we meet at 5:30 pm on Sunday for a meal, games, and lessons. Do all of the youth have families that attend our church? No, actually we have several youth that do not attend our church. Invite a friend or two!

Youth Upcoming Dates

- May 4- 5:30-7:30
- May 11- No Youth Group, Mother's Day
- May 18- Youth serving Communion at 9 and 11:15 services
- May 18- CONFIRMATION BREAKFAST 10AM
- May 18 - 5:30-7:30
- MAY 25- GRADUATION BREAKFAST 10AM
- May 25 - No Youth Group, Memorial Day Weekend



IMPACT 2818: Outdoor Ministries
of the United Methodist Churches of Indiana



Camp is right around the corner! Middle School Camp and High School Camp will be held **June 29-July 4**. Scholarship codes are available from either Amanda or Terri. Camps are open to ages Kindergarten thru graduation year. Check them all out at [IMPACT 2818.org](http://IMPACT2818.org).

Provide a Meal for the Youth Groups



Since 2002, youth group dinners have been a tradition here at CIUMC. Warehouse 242 comes from Acts 2:42- "They devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers." This time has allowed the youth and their leaders to bond and strengthen their relationships not only together but with God as well. If you are willing to help provide a meal to the youth please prayerfully consider signing up through the sign-up genius [link](#) or scan QR code.



VBS | July 6-10



This year's Vacation Bible School will be July 6-10 from 6-8:30 pm

Join us as we go on an adventure to the True North

We will learn how to find our way in a world gone wild- by trusting JESUS! Thru out the week we will be hearing many of the stories of Jesus, such as His baptism, His teachings, His death and resurrection, and what are we supposed to do with it all! We are needing servants in all areas. Only available for one evening- that's perfectly fine. Reach out to Beth Hutson for more information on serving.

Senior Spotlight



Baylee Dominy is the daughter of Brian and Rene Dominy. She will graduate in June from Center Grove High School. Baylee will be graduating with an associate's degree from Vincennes University. She has been involved in track, specifically shot put and discus for three years. Baylee has also been involved in club volleyball for six years. This past year she was graced with the opportunity to be a part of youth council. She has truly enjoyed being a part of these teams and group because they have helped her grow as a person. As she continues to grow, Baylee will be attending Indiana University Indianapolis this fall to study forensic and investigative sciences.



Peyton Land is the son of Ed and Jennifer Land and brother of Logan Land. He will graduate from Whiteland Community High School in May 2025. During his high school career, Peyton ran Track (4yrs), Cross Country (2 yrs), and was a member of the E-Sports Team (1yr). He received the award for Best Team Runner for his 2024-2025 Cross Country season. Peyton has been accepted to Indiana State University and Vincennes University. He has chosen Vincennes University. This fall he will begin his journey to becoming a pilot. Peyton will be in the VU Flight Program at Indianapolis Aviation Technology Center. Peyton has dreamed of flying since he was young boy.



Jackson Bingham is the son of Julie Bingham and Tim (Denise) Bingham and the brother of Alyssa Bingham and the grandson of Steve Schulz and the late Joy Schulz. He will be graduating from Franklin Central High School on June 3rd. Jackson will be attending Ball State University where he will major in media/communications with an emphasis in sports broadcasting. Jackson was on the golf team all 4 years of high school, served on the sports media team, FCTV and the radio station, WRFT where he covered many sporting and school events. He also played unified football and participated in Airmail (corn hole club). He was confirmed at CIUMC and has participated in youth group, youth leadership, Camp Indicoso, and helping at many other events over the years.

Birthdays & Anniversaries



05.01 Janet Brenton
05.03 Ryan Gaines
05.03 Steve Keers
05.03 Tim Messersmith II
05.03 Ashley Moore
05.05 Tina Burch
05.05 John Burgess, Jr.
05.05 Melanie Wilson
05.06 Gavin Matthews
05.07 Sabrina Pfeiffer
05.08 Vicki Chinn
05.08 Allen Moore
05.09 Daniel Anderson
05.09 Kelley Carnagua
05.09 Jay Smale
05.10 Luke Cox
05.10 Steve Osborn
05.11 Jane Givens
05.11 Reggie Isaac
05.11 Amy McClain
05.12 Judy Robertson
05.13 Andy Cala
05.13 Amanda Ifeachor

05.14 Lily Long
05.14 Shelbie Meyer
05.14 Bobbie Teepe
05.15 Kimberly Bortnem
05.15 Jennifer Sims
05.16 John Campbell
05.16 Amy Kallio
05.16 Chris Knight
05.17 Jackson Bingham
05.18 Ira Goul
05.19 Ed Land
05.20 Nola Frantz
05.20 Jacob Hinds
05.21 Ella Lawrence
05.21 Kate Risch
05.22 Susie Cala
05.22 Joel Chandler
05.22 Heather Inman
05.23 Nadia Craig
05.23 Olivia Craig
05.24 David Haehnle
05.24 Joe Moore
05.25 Michele Douglas
05.26 Joyce Lowary
05.27 Jeannine Bristow
05.27 Carter Holaday

05.28 Mark Walton
05.29 Les Branham
05.29 Ashley Embrey
05.30 Scott Hutson
05.31 Emery Nelson
05.31 Page Park
05.31 Tom Sims



05.01 Danny & Debra Hester
05.03 Bill & Brandi Thompson
05.07 Jeff Daniel & Donna White-Daniel
05.10 Rob Smith & Jan Lesniak
05.13 Art & Nancy Temple
05.14 Joe & Kathleen Lindsey
05.17 Adam & Jennifer Walls
05.19 Will & Amanda Ifeachor
05.20 Denny & Amy Gooding
05.21 Brent & Leta Gentry
05.22 John, Jr. & Brandi Burgess
05.23 Tommy & Cheryl Nicholson
05.26 Tom & DeDe Sims
05.27 Sean & Lori White
05.28 Joe & LaRena Brown
05.30 Mike & Ingrid Caldwell
05.31 Karl & Wanda Werner

Update from Mission Partner Moshe in Israel

Partnership in Good Time

This year we have the goal of 1000 food packages. Just before Passover I was approached by a friend that studied with me at ICB in Natanya asking if we have a need of some food packages for Passover. Never is too much, right? I said yes, and from an organization in US called "Bridges of Hope" we are serving more than 130 packages to our city from a contact given by our municipality. Another 50 went to Nazareth as outreach from Campus Crusade, another 20 we gave to Holocaust Survivors and people are calling us and asking for more packages. A friend that is from the Rotary Club in Carmiel came to take another 05 and ask if he can take more next week.

For us is clear that through humanitarian help we can prove that we they can believe in us as an organization and come to us at any time. As one lady saw one of our workers and said: "I heard about you and know that you help people, I discovered that I have breast cancer, can you help me?" How can we say no?

From Parish Nurse, Patt Quattrocchi

Regrets, we all have some

In a Biblical context, regret is defined as a sorrow or remorse over past actions, mistakes, or misfortunes. It can lead to either true repentance and forgiveness or destructive bitterness. While humans experience regret over mistakes, the Bible also portrays God experiencing a form of "regret" that doesn't imply a change of mind but rather sorrow or grief over the consequences of humanity's actions.

Got Questions.org [https://www. Gotquestions.org...Personal interaction](https://www.Gotquestions.org...Personal%20interaction)

It is normal to experience regret when you encounter disappointment, failure, or loss. Regret is a natural part of the grieving process. Excessive feelings of regret, however, are a symptom of depression. If you or someone you know is consumed with regret for past events, or if you begin to suffer intense regret over things that never bothered you before, talk to your physician.

<https://www.impwellnesscenter.com/post/regret-can-undermine-your-well-being>

We all experience regret, wishing we had acted differently and imagining how things could have been.

Regret plays a role in the learning process and often leads to positive action. For example, if you invite friends to your favorite restaurant to celebrate a birthday, and the service is bad, you make a mental note not to go there next time.

Regret motivates many people to enter rehab, seek professional guidance, or help others to avoid making the same mistakes.

Dwelling too much on what we could or should have done, however, takes a physical and emotional toll. Like other negative emotions, regret weakens our immune response and affects our blood pressure, hormones, energy level, and sleep patterns. Regret can block us from experiencing love, pleasure, and joy in the present. It also frustrates family and friends, who see the situation differently and want us to move past it. Repeatedly thinking about what we wish we had done leads to feelings of anxiety, shame, guilt, anger, and alienation. Regret clouds our judgment, causing us to make poor decisions when we try to compensate for the past.

Regret includes a sense of sadness or loss, and an element of shame or guilt—the feeling that we are in some way personally responsible and could have prevented or changed the outcome by acting differently in the past. Imagination also plays a role when we picture what might have been if we had made a different choice.

As we go through life, we learn to process regret by letting go and moving on or taking positive action to change our circumstances. Every day, we pass over, distort, or suppress many minor regrets, without even realizing it. Deeper regrets arise when we are unhappy with our lives, mourning a loss, or comparing ourselves to someone we admire.

Learning to process regret in a productive way contributes to our health and well-being. Here are some tips for processing regret:

Accept that you cannot change the past.

Embrace your current situation. However unpleasant, restricted, disappointing, and even frightening your current circumstances are, this is where you are. Instead of anguishing over past events, devote your mental energies to improving the present.

Evaluate the circumstances around the actions you blame yourself for

Take positive steps to avoid making the same mistakes again.

Forgive yourself. Enjoy the good memories and come to terms with the bad ones.

View life as an educational process.

Take your own advice. Think of all the comforting things you would say to a friend experiencing this kind of regret and repeat them to yourself.

Do not be deceived by your imagination.

<https://www.impwellnesscenter.com/post/regret-can-undermine-your-well-being>

Staying Safe Online

How to Recognize and Avoid Internet Scams By: Damon Cox

As more of our daily lives move online—banking, shopping, communication—it's important to stay informed about how to protect yourself from internet scams. Scammers often target older adults, but today, it can be challenging for anyone to tell the difference between what is real and what is spam. Here are a few simple tips, you can stay safe and confident while using the internet.

Common Signs of a Scam

- **Unfamiliar Senders:** Be cautious of emails, texts, or calls from people you don't know—especially if they're asking for money or personal information.
- **Too Good to Be True Offers:** If someone promises big prizes, miracle cures, or investment opportunities out of the blue, it's likely a scam.
- **Urgent Messages:** Scammers try to create panic. If you're told your account will be closed or your loved one is in trouble unless you act immediately, take a moment to pause and verify, even call the family member.
- **Requests for Payment by Gift Card or Wire Transfer:** Legitimate businesses or government agencies will never ask for payment in gift cards or wire transfers.

Scammers often target churches by creating fake or spoof email addresses that look like it is coming from a pastor or church staff member. No one from the church will ever contact you by email asking you to update your tithing information OR request that you send them your information to access the church directory. Sometimes these emails may ask you to purchase gift cards and to send the payment information to them via email. If you ever receive this type of email – don't respond. Just delete.

How to Stay Protected

- **Don't Click Suspicious Links:** If you're unsure about an email or message, don't click any links or download attachments. If in doubt, delete it.
- **Verify Before You Share:** If someone claims to be from your bank, Medicare, or even a relative, hang up and call them back using a trusted phone number.
- **Use Strong Passwords:** Create passwords that are hard to guess and different for each account.
- **Keep Software Up to Date:** Make sure your devices are updated regularly to protect against new threats.

Helpful Resources

For more guidance on avoiding scams, visit:

- **Federal Trade Commission (FTC):** www.consumer.ftc.gov
- **AARP Fraud Watch Network:** www.aarp.org/fraudwatchnetwork
- **USA.gov Scams and Frauds:** www.usa.gov/scams-and-frauds

Remember, there's no shame in being cautious. Talk to a trusted friend, family member, or someone at church if something seems off. Together, we can stay safe and informed.



Christ Indianapolis United Methodist Church

8540 US 31 South, Indianapolis, IN 46227

Office: 317-882-1549 | **Fax:** 317-881-8409

Preschool: 317-881-4804

Website: christindyumc.com

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

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

Church Staff

Greg Pimlott, Senior Pastor
Terri Haehnle, Business Administrator
Terri Haehnle, Christian Education
Jennifer Land, Preschool Director
Damon Cox, Facilities Coordinator
David Haehnle, Facility Maintenance
Becky Morris, Music Director
Patt Quattrocchi, RN, Parish Nurse
Rob Pfiester, Organist
Midori Adams, Media Technician

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Midori.Adams@ChristIndyUMC.com

The Six Pillars of Christ Indianapolis United Methodist Church

1. Fellowship
2. Service
3. Prayer
4. Community Outreach
5. Witness
6. Worship

Sundays

9:00 am: Traditional Worship
Sanctuary

10:15 am: Sunday School
(All Ages)

11:15 am: THIRST Worship in
Fellowship Hall