



Keeping in Touch

Indian Heights United Methodist Church
February 2025

Dear Siblings in Christ,

Here we are in the New Year. 2024 brought a lot of joy to the church - new members, new visitors, new staff, new obstacles to overcome. With each new year, we are encouraged to rest and reset while allowing God to guide us as we determine what's next. Our current sermon series on "Rest" reminds us that God wants us all to live a life of abundance while we rest in the knowledge of God's love and grace. Jesus calls us to rest in his presence, to bring all our burdens to him, and to remember that when we are weary, he is there.

How are you caring for yourself this winter? Are you resting? Are you taking a deep breath and we hit the reset button on another year?

Whatever it is, continue to practice rest. Continue to take care of yourselves and do what you need to do to be ready for spring and the new life and growth that comes with it.

I leave you this blessing from Jan Richardson:

Blessing of Rest

Curl this blessing
beneath your head
for a pillow.

Wrap it about yourself
for a blanket.

Lay it across your eyes
and for this moment
cease thinking about

what comes next,
what you will do
when you rise.
Let this blessing
gather itself to you
like the stillness
that descends
between your heartbeats,
the silence that comes
so briefly
but with a constancy
on which
your life depends.
Settle yourself
into the quiet
this blessing brings,
the hand it lays
upon your brow,
the whispered word
it breathes into
your ear
telling you
all shall be well
all shall be well
and you can rest
now.

May you rest in the name of the One who calls
you beloved

- **Pastor Ali**



Woven Women

**"Weaving together our stories,
our environments, and our families
to create transformative and
powerful places to encounter God."**

When: March 28 and 29

Location: Monticello UMC and LifeBridge KC

Led by: Pastors Bailey Amtower and Ali Haynes

Guest Speaker: Rev. Lori Patton Aguilar

Time: Friday from 6pm-9pm and Saturday from 9am-3pm. Come for as much of the workshop as you can!

Who Should Come: ALL WOMEN! For three years women of all ages and backgrounds from 8 different congregations have gathered to encounter God together. Join us!

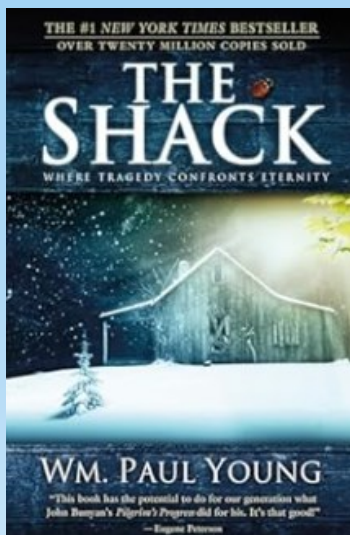
Cost: \$50/person. Once you register, you will receive a confirmation email from <mailto:revalihaynes@gmail.com> with instructions on how to submit payment. If you are in need of a scholarship please contact Bailey or Ali.

Food: Dinner Friday night, breakfast and lunch provided on Saturday. Snacks and refreshments will be available throughout the event. IF YOU HAVE A DIETARY RESTRICTION PLEASE INDICATE THAT IN THE COMMENTS OF THE SIGN UP.

Logistics: Wear comfy clothes. Bring anything you need to be comfortable. We will be collecting diapers, all sizes, for Baby Grace. Learn more about Baby Grace at www.babygrace.org

Link here to sign up:

<https://www.signupgenius.com/go/70A0D4DA4A623A0FC1-54458762-woven>



New Book Study

Join Pastor Ali for a six week study on "The Shack" by Wm. Paul Young. We'll meet Wednesdays through February 19 at 6pm. Mackenzie Allen Philips' youngest daughter, Missy, has been abducted during a family vacation and evidence that she may have been brutally murdered is found in an abandoned shack deep in the Oregon wilderness. Four years later in the midst of his "Great Sadness," Mack receives a suspicious note, apparently from God, inviting him back to that shack for a weekend. Against his better judgment he arrives at the shack on a wintry afternoon and walks back into his darkest nightmare. What he finds there will change Mack's world forever. In a world where religion seems to grow increasingly irrelevant "The Shack" wrestles with the timeless question, "Where is God in a world so filled with unspeakable pain?" The answers Mack gets will astound you and perhaps transform you as much as it did him. You'll want everyone you know to read this book! You can purchase the [study guide](#) and the [book](#) from Amazon.

Weather Alert:

Our church follows the Shawnee Mission School District's weather closures...if their schools and after school activities are cancelled due to the weather, Indian Heights UMC is also closed. We'll do our best to send an email alert out for closures, but please use your best judgment.

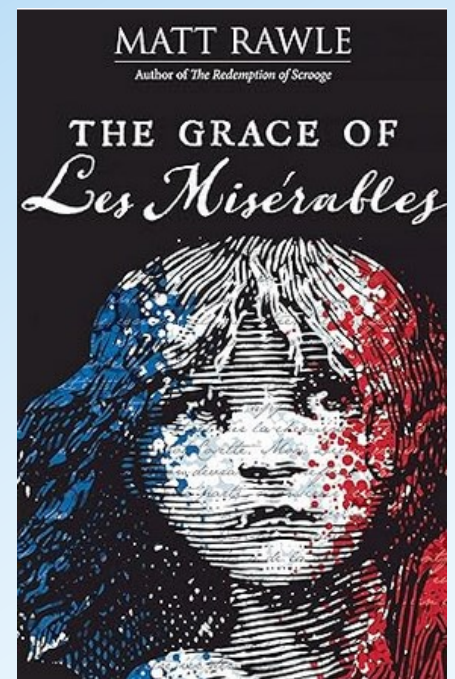


Lent Study

Join Pastor Ali February 26 - April 9 for a six week Lent study on "The Grace of Les Misérables" by Rev. Matt Rawle. In the six-week study *The Grace of Les Misérables*, author and pastor Matt Rawle dives into six ideals found in the story:

- * Grace
- * Poverty
- * Love
- * Justice
- * Revolution
- * Hope

Each of these are represented by a character in Hugo's story. As these imperfect and relatable characters interact, we can see how these ideals work together (perhaps even in spite of each other) out in the world. In keeping with his previous works, Matt Rawle brings us to the intersection of Church and Pop Culture by drawing parallels between the iconic story and musical and our Christian calling, inspiring us to both understand our faith and live it out in the world. Purchase the book on [Amazon](#) or [Cokesbury](#), and please read chapter one prior to the first class. Don't have time to read before class? Just show up!



NEW MOM'S NIGHT OUT GROUP

Are you a busy mom? Do you long to connect with other busy moms that you can talk about all the hard things with? Join Pastor Ali on the 2nd Wednesday of the month for "Mom's Night Out". Our first gathering (February 12) will be at The Lenexa Public Market at 6pm.

8750 Penrose Lane in Lenexa, KS 66219

RSVP to Pastor Ali at revalihaynes@gmail.com

Not sure if you can make it? Just show up!



Miscellaneous...

Are you new to IHUMC? We love to wear **nametags** on Sunday mornings. It helps us get to know each other and eases that awkward, "what is her name?" moment. If you need a nametag (new or replacement), email the Church Office: ihumc66207@gmail.com. It takes about two weeks to get them.

Don't forget to check your church **mailbox**. You never know when something will show up in it. Let the Church Office know if you need a mailbox (you don't have to be a member to have one).

When you move, get married, get a new email or phone number, etc. it is very helpful for the Church to have this information. Please email **updates** anytime to ihumc66207@gmail.com.

The office sends out emails at least once a week...news you won't want to miss out on. Watch your "Spam", "Promotions", or "Social" email folders if you aren't seeing this in your general email. Not on our list? Let the Church Office know.

Interested in exploring **membership** at IHUMC? Pastor Ali would love to chat with you! Just email her at revalihaynes@gmail.com

Thank You!

Thank you so much for having me as your Administrative Assistant for over ten years. The time went by both quickly and slowly (the Pandemic was like a time warp). I've seen a lot of changes in the ministries of IHUMC over the years, as well as adherence to meaningful traditions (and always the focus on being welcoming to ALL!). I know that God will continue to bless you as time continues to create opportunities for new adventures along the journey. Thank you for the very generous gift and the awesome card with so many special messages on it. My pups and I will miss you.

Suzette



Our Little Food Pantry

Hours:

**1st Saturdays (monthly)
9-11am (during Baby Grace)**

**Mondays - Wednesdays
10am-2pm**

Saturday's food pantry hours overlap with Baby Grace, making it the perfect time to open our food pantry. **Note that the pantry has been moved into our Library.** Donations are always appreciated (cash or non-perishable items). Thank you to all who have made donations to this ministry!!

Young(ish) Adults

Hello! Our next outing is Tuesday, January 28. We are going to do a breakout room and Breakout KC, the one in the Park Place area of Leawood. It's right next to Town Center. I picked the Operation Santa's List because it's a seasonal/temporary room so I'm thinking most people have not done it. It starts at 6:45pm. Here's the link so you can check it out:

<https://breakoutkc.com/book-park-place/#book>

I will need RSVPs to this one so I can get us booked, and probably the sooner the better to be sure we get spots for everyone. The cost is \$36 per person and I'm happy to book us all at one time. Just send me a Venmo or a message and we can figure it out! Hope to see you all there! We've been having a lot of fun doing these monthly events!

Emily Wagner

KINGDOM KIDS

Indian Heights United Methodist Church



Kingdom Kids
Sundays at 10:30am



Kingdom Kids (infants through 3rd grade) offers a nurturing and safe environment where children can experience God's love as they participate in active learning. We weave Bible stories, activities, crafts and games into a full faith experience for our children. Come check us out!!

Questions? Contact: Haley Broockerd and Aby Peoples,
Children and Family Ministry Coordinators

umcihkids@gmail.com

Follow us on Facebook:

www.facebook.com/indianheightsumc.org





Breakfast with Santa was a blast!! We had a great turnout and many memories were made. Thank you to all who helped make this possible.

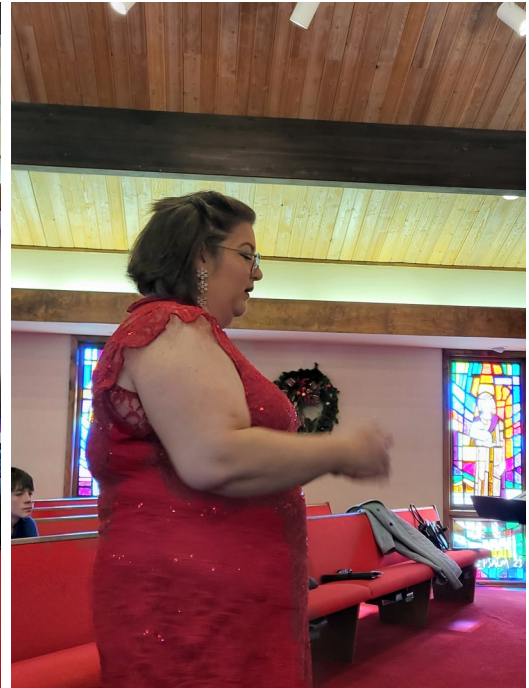
Parkwood Heights Orchard

Indian Heights UMC, Asbury UMC and Parkwood Heights Day School came together on December 7 to plant an orchard with Kansas City Community Gardens. The United Methodist Church is connectional, and when we lean into this connection, we can serve more of God's people in our community. The trees planted will help to feed those in our community along side the garden that will be planted this spring. Have any questions? Want to be involved in the garden? Contact Pastor Ali for more information. Note that the orchard is near where our old community garden was (where the new play area is Parkwood has constructed).





Parkwood Heights Orchard



The Christmas Season at Indian Heights UMC



**110 Maryland Avenue NE, Suite 301
Washington, DC 20002**

**Pastoral Letter Addressing
the Plight of Migrants,
Immigrants and
Refugees in the USA**

Epiphany 2025

Jesus said, "When you welcome the stranger, you welcome me...." Matthew 25:35 At no time has the church in the US had a greater opportunity to welcome Jesus among us as he journeys with migrants, immigrants, and refugees than today. We your bishops are clear that the situation these beloved of God face as the Trump Administration comes to power threatens their humanity, livelihood, and basic human rights.

For decades, a broken immigration system in the U.S. has kept migrants, immigrants and refugees in this country living in the shadows of society in a state of perpetual fear. They have come to the U.S. under forced circumstances fleeing extreme poverty, hunger, political and religious persecution, war, cartel and gang violence, and the severe impact of climate change. Some are actively recruited by large U.S. companies who need their labor. Yet migrants, immigrants and refugees help to sustain the U.S. economy, serve our families caring for our children and our elderly, cleaning our homes, landscaping our properties, building our roads and the houses we live in, and cultivating and picking the crops that feed our families. They are our neighbors, our friends, and members and pastors of our churches.

Deplorably, racist, xenophobic, nationalistic, and anti-migrant hate speech has become standard rhetoric for many US politicians, including President-elect Donald Trump. He has stated that under his administration he will order the mass deportation of the 11 million undocumented migrants who live and work in the U.S. He has threatened to use military and law

enforcement at all levels for this mass deportation. If allowed, this mass deportation of migrants will cause further racial profiling, the separation of families, the undermining of communities and congregations, the weakening of the economy of this country and its democratic systems of law and justice.

President-elect Trump has also threatened to end birth-right citizenship, dismantle Refugee resettlement in this country and further strip away the possibility of the U.S. welcoming Asylum Seekers onto this land. We are living in a dark time that more than ever calls us to be the light of Christ, people of faith who take our baptismal vow to "resist evil in all its forms," with utmost seriousness.

As United Methodists we have firmly declared through our Social Principles that we are called to actively welcome the migrant, immigrant, and refugee among us.

- Affirming the dignity, worth and rights of migrants, immigrants and refugees
- Recognizing that displaced people are particularly vulnerable as their in-between status often provides them with few protections and benefits, leaving them open to exploitation, violence and abuse.
- Urging one another to welcome migrants, refugees, and immigrants into our congregations, providing concrete support, to them including help with navigating Page 2 of 2 restrictive and often lengthy immigration policies, and assistance with securing food, housing, education, employment and other kinds of support.
- Opposing all laws and policies that attempt to criminalize, dehumanize or punish displaced individuals and families based on their status as migrants, immigrants or refugees.
- Decrying attempts to detain displaced people and hold them in inhumane and unsanitary conditions.
- Challenging policies that call for the separation of families, especially parents and minor children.

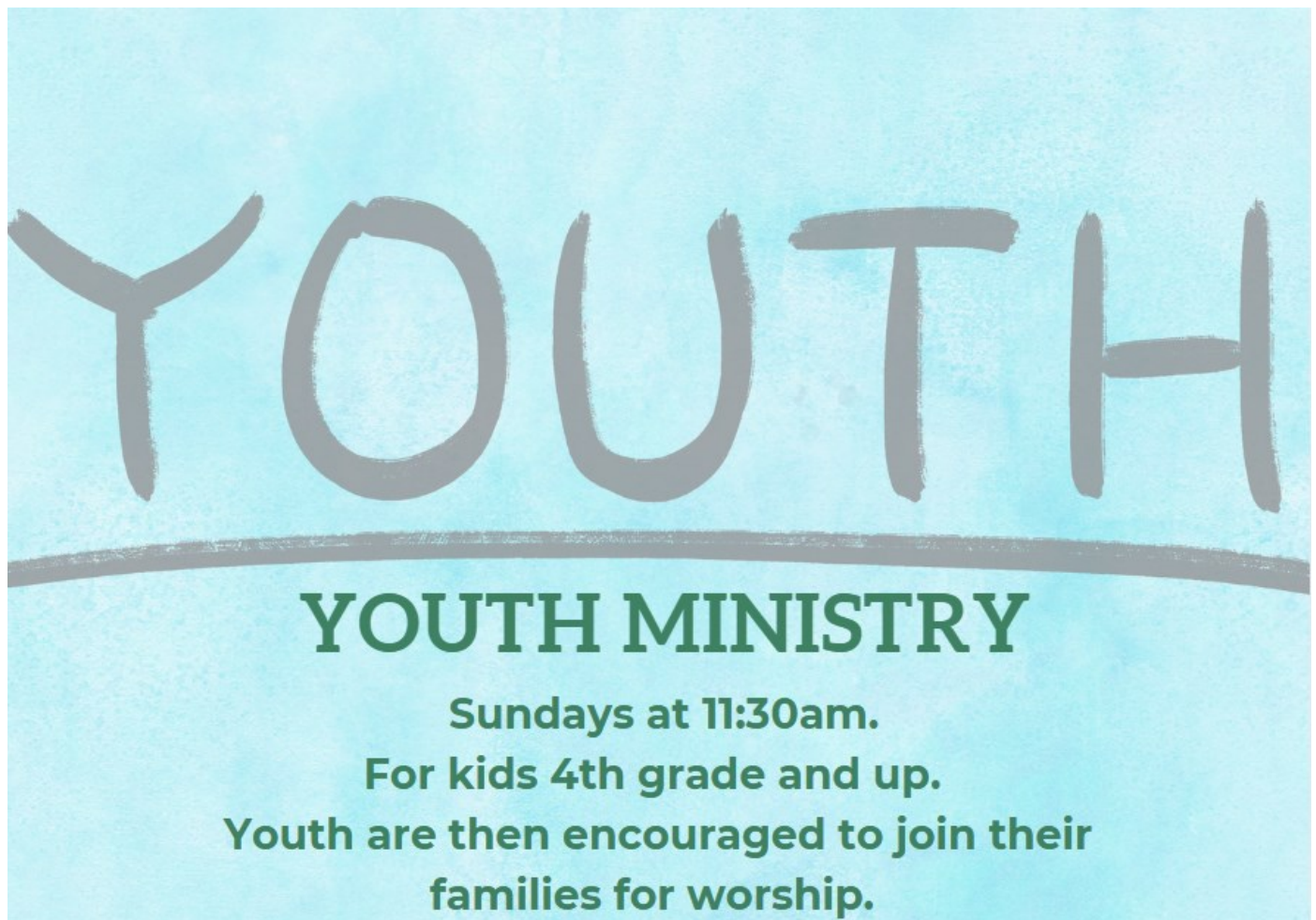
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- Opposing the existence of for-profit detention centers that are used for the purpose of detaining migrants, immigrants, and refugees including minor children. (Social Principles of The United Methodist Church, The Political Community Basic Rights and Freedoms, Section G. Migrants, Immigrants and Refugees).

We your bishops call upon the people of The United Methodist Church to pray for migrants, immigrants, and refugees among us and to welcome them with the fullness of Christian love, remembering that as we welcome these, our brothers, and sisters, we welcome Jesus our Lord.

**Bishop Tracy S. Malone President –
Council of Bishops,
The United Methodist Church**

**Our Good Shepherd
Fund helps buy items
for our food pantry.
Donations of non-perishable
items are always appreciated.**

A poster for Youth Ministry with a light blue background. The word "YOUTH" is written in large, grey, hand-drawn letters across the top. Below it is a thick, grey, curved line. Underneath the line, the words "YOUTH MINISTRY" are written in a bold, green, sans-serif font. Below that, in a smaller green font, it says "Sundays at 11:30am." followed by "For kids 4th grade and up." and "Youth are then encouraged to join their families for worship." in the same green font.

YOUTH

YOUTH MINISTRY

Sundays at 11:30am.
For kids 4th grade and up.
**Youth are then encouraged to join their
families for worship.**

Baby Grace

Diaper Distribution

1st Saturdays of the Month, from 9am-11am

Quarterly children's clothing distribution

(Aug/Nov/Feb/May)

More Information on our Facebook Page:

Indian Heights Baby Grace

Cash and Diaper Donations Always Welcome!

Upcoming Baby Grace Diaper Distributions:

**Saturdays, 9-11am
February 1
(includes clothing
distribution)**

**Our food pantry is also
open during this time.**

Thank you for all of your donations (time and diapers both!). And keep us in mind if you see a good sale! We are so excited to be able to continue providing this vital service to our community. Donations are always needed and appreciated. There are containers to collect diapers at the church, or you can give a donation online (mark the Baby Grace fund):

www.indianheightsumc.org/donate

Keep up with our latest news on our Facebook page (Indian Heights Baby Grace). Contact us at

babygraceihumc@gmail.com

February 1, 2025 5p.m. Mountain Time



A new non-profit organization, Legacy Labyrinth Projects, has invited our church to a free virtual labyrinth walk at 6pm Central Time on February 1. Many churches are focused on social justice issues, and the Legacy Labyrinth Project combines the concepts of social justice and prayer, with peaceful activism. During the virtual walk, participants will become familiar with some of the research-driven work this organization does on Labyrinth Activism.

The theme of the walk is joy, as it is a form of resistance to negativity in the world. When the news these days is wearing you out. When others are full of negativity and it brings you down. When you see injustice and feel powerless. When there is a war and you want it to stop. When, when, when...

When we walk with a collective intention like this, we can have a positive influence in the world. The event is an hour, and finger labyrinths can be used. No labyrinth experience is needed. There will be future ways to engage our labyrinth with this organization in the future.

Register: <https://www.legacylabyrinthproject.org/walk-with-us>

You will receive your Zoom invitation 2 hours prior to the start of the event.



LABYRINTH ACTIVIST NETWORK



Upcoming Events:

- January 8 - Mom's Night Out (6pm)
- January 15 - Book Group Begins, 6pm (reviewing "The Shack"); runs thru Feb. 19
- January 20 - Martin Luther King, Jr. Day - Church will be closed
- January 21 - One Board, 6:30pm
- February 18 - One Board, 6:30pm
- February 24 - March newsletter items due
- March 5 - Ash Wednesday (worship, 7pm)

Events & Room Use:

Please contact the Church Office to reserve rooms and with questions about building use:
ihumc66207@gmail.com.

Check our online calendar for all events.

Ongoing:

- * **Sunday Worship:** 10:30am (in person & live via Facebook). Videos of Worship are on our website the following Monday.
- **Adult Sunday School:** Sundays, 9:00am
- **Greater Heights Youth Group:** 11:30am (most Sundays)
- **Kingdom Kids:** Sundays, 10:30am
- **Women's Theology:** 2nd & 4th Wed. 9:30am
- **Men's Breakfast:** Thursdays, 7am @ Flapjacks
- **Adult Choir Rehearsals:** weekly at 7pm (Sept - May)
- **Young(ish) Adult Group** - various monthly venues; watch the calendar for updates
- **Baby Grace Distributions:** 1st Saturdays of the month, from 9-11am
- **Food Pantry:** Mon-Wed, 10am-2pm AND 1st Saturdays, 9-11am during Baby Grace
- **Parkwood Day School:** Monday-Friday, 7am-6pm (see their website for full calendar)

Support Groups:

- OA: Fridays, 6:30pm

Need to Reach Us?

Indian Heights United Methodist Church
10211 Nall Avenue,
Overland Park, KS, 66207
913-649-9040

Office Hours: Mon-Thurs, 9:30am-2:30pm
ihumc66207@gmail.com
www.indianheightsumc.org

Church Staff

Senior Pastor, Ali Haynes
revalihaynes@gmail.com
913-710-2661
(pastoral emergencies)

Music & Worship Coordinator
Suzanne Isbell
Suzanne.isbell75@gmail.com

Worship Leader
Alexis Merry
amerrysoprano@gmail.com

Haley Broockerd & Aby Peoples,
Children & Families Ministry
Coordinators
umclHkids@gmail.com

Position Open
Treasurer
financeihumc@gmail.com

Suzanne Isbell
Administrative Assistant
ihumc66207@gmail.com

Our mission is to worship God,
to follow Jesus joyfully, and to build
community and mend the world
through the power of the Holy Spirit.

As Christians, we are seeking,
sowing, loving and serving all people!