

## Mission Spotlight: Ozark Mission Project

Another Ozark Mission Project is in the books! This year, we sent the largest group from PHUMC — 85 youth and adults. Many people don't realize that each youth pays \$200 to participate, and your contribution to the youth mission budget pays another \$75 per student to spend a week doing yard work, building wheelchair ramps, and doing odd jobs.

This year, our 6th-7th grade students went to Jonesboro and our 8th-12th grade students went to Rogers. I want to thank our 18 adults who attended this year! We all had a great time, but don't just take my word for it. Read these wonderful testimonies shared by participants. - **Rev. Jay Clark, Pastor to Youth & Their Families**

*"My family group built a wheelchair ramp for Mr. and Mrs. Spears and did yard work for Ms. Hernandez and her daughter. And after this week I can safely say that the five of us will never be the same. The Spears family has been hit by a multitude of misfortunes over the past six months.*

*After the death of their only son, Mrs. Spears had to get her leg amputated and her husband John was recently diagnosed with cancer. But in spite of the terrible events that have taken place over the past six months, I have never come across people with a stronger faith. They have this infectious ability to take a bad situation and turn it into something positive. They look to God for help through every hardship that they face.*

*After spending four days with them, my family group and I can all agree that they did more for us than we could ever do for them. In addition to the amazing experience I had with my wonderful neighbors, I also benefited from spending time with my family group. I especially enjoyed the fact that the camp was made up entirely of PHUMC youth and adults.*

*The all PH camp allowed me to get to know other youth I didn't know very well. By the end of the week I can safely say that my family group (which included Rev. Skarda) and I had become a family. At OMP I met new people, built relationships, and God changed the lives of my neighbors using us. In doing that, I was changed and will never be the same. Ozark Mission Project is a wonderful experience that has strengthened and developed my faith in ways that I cannot describe." - **Anne Marie De Luca***



(Story continued on next page)

### SERMON SERIES - RAPIDS: MANEUVERING TOUGH SPOTS ON THE RIVER

"Rest" - Luke 22:14-20

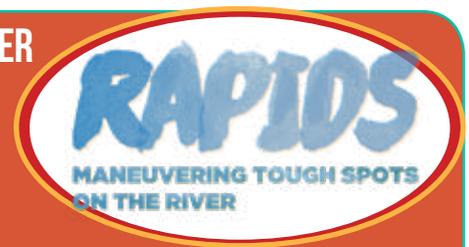
#### Worship Services

Friday, July 20, 6 p.m. - Sanctuary · **Rev. Andreá Cummings**

Sunday, July 22, 9 & 11 a.m. - Sanctuary · **Rev. Britt Skarda**

Sunday, July 22, 9 & 11 a.m. - New Heights · **Rev. Jay Clark**

Sunday, July 22, 9:30 a.m. - St. Luke Campus · **Rev. Andreá Cummings**



(Story continued from front page)

“OMP has been a huge part of my life since the sixth grade, and I have met people and made memories that will stay with me forever. I still think about and keep in touch with kids who were in my first family group. The past two years, we have had family groups within our own phyouth group. This has greatly strengthened our bond as a group and has resulted in some people that I barely new becoming my best friends. Through worship and building porches and wheelchair ramps along with relationships with our neighbors that we work for, I have grown closer to God.”

– Phoebe Sanders

“This year was my third and best Ozark Mission Project. My family group’s first project was to build a wheelchair ramp. After a few minor setbacks and a lot of laughs, we completed our ramp. Watching our neighbor go down her ramp made all of our hard work worthwhile. Next, we scraped and painted a fence for a nonprofit called Horses for Healing. Their mission is empowering children with disabilities through horse riding therapy. We were able to see many adorable animals during this project and painting the fence with my family group was so much fun! However, OMP wasn’t just about the projects we did, but also the relationships we made. The bonds that were made with my family group are unforgettable. Our family group truly became a family.”

– Jessalyn Hoskyn

“Ozark Mission Project is one of the best experiences I have had with the church. We had the opportunity to help out people in Northwest Arkansas in many different ways. We would wake up early every morning and go out to the job sites to paint, build porches and wheelchair ramps, or just do jobs around the house. Even though what we do for our neighbors is important, making relationships is an even bigger part of OMP. We worked together with a group of youth called our family groups. Throughout the week we grew closer through eating together, worshipping together, and singing along to the radio on our way to the job sites. When we ate lunch at our job sites, we invited our neighbors to do a devotional with us. The devotionals helped us get to know our neighbors and what struggles they might be going through. At night, we would do sharing, which helped us learn about what other people did during the day and how Christ worked through them. We would worship together in the chapel of the church. Even though we had some struggles, I wouldn’t have traded the OMP experience for anything else.”

– Allison Gadberry



Dear Members and Friends,

Dr. Sergei Nikolaev, President of Moscow Theological Seminary of the United Methodist Church and a graduate of the seminary, will be here to speak briefly at each of our Sunday morning worship services on August 5.

Dr. Nikolaev will share about the seminary and the importance of our scholarship support throughout the years. Individuals wishing to learn more can register to have lunch with him following morning worship.

Pulaski Heights United Methodist Church has been committed to supporting the growing UMC in Russia since 1995. Our church initially provided volunteers and money to build a church in Ekaterinberg. Many mission trips to Russia were organized by the late Wes Smelley. Church members who participated in these mission trips will tell you how meaningful the experience was.

In 2012, our church began designating one of our monthly mission offerings for the Moscow Theological Seminary of the UMC. I had the joy of serving on the Seminary Board for six years, and I continue to be involved with the Seminary by serving on the President's Advisory Board. The Moscow Seminary is the primary resource for UMC education in Russia, Ukraine, Moldova, Belarus, and Central Asia. More than 100 United Methodist pastors and lay preachers have been trained at the seminary. Our offering each year has helped provide a one year scholarship for a seminary student.

With tension continuing to increase between our countries, I believe the United Methodist Church is needed in Russia and Eurasia. We must have committed pastors to serve and grow our churches there. Each person in our church has the opportunity to be a part of this important work through our special mission offering on August 5. Our goal for the offering is \$5,000.

Sincerely,  
Freddie Nixon, PHUMC Member



Pictured are the 2018 Summer Course students of the Moscow Theological Seminary.

## Donate Altar Flowers to Honor Loved Ones

Donating altar flowers is an easy way to honor a loved one, glorify God, and beautify the altar.

If you would like to donate flowers, please contact Mary Smith at (501) 978-0522 or [msmith@phumc.com](mailto:msmith@phumc.com). The donation is \$150 per Sunday. Names of loved ones will be printed in the Sunday bulletin. The dates that are available are July 29, August 12, September 2, 9, 16, October 7, 14, 21, 28, November 11, 18, 25 and December 2, 16, 23, 30.

## Primetimers & Friends Luncheon

All are invited to the monthly luncheon and program on Thursday, July 26, at 11:30 a.m. in the Great Hall.

The program will spotlight the North Little Rock nonprofit organization, Recycle Bikes for Kids. Cost is \$8 for a buffet lunch, or you may bring your own lunch. The deadline to register is noon, Tuesday, July 24. To reserve a spot, call the church office at (501) 664-3600, or sign up via Connect Card.

## Welcome to the Howard Family



Congrats to Brad and Suzanne Howard, who joined the church and also baptised their baby, Wright.

# PRAYER REQUESTS

**DEATHS:** Our Christian sympathy is extended to Linda Hart Cheyne and family in the death of her father-in-law, Rev. Bill Cheyne; Michelle Ettehad and family in the death of her grandmother, Anita Jones; Tom Carpenter and family in the death of his mother, Elaine Carpenter; and Ann Butts and family in the death of her father, Kurt Bender.

**WE REJOICE IN THE BIRTH OF:** Carsyn Grace Sealy, child of Kyle and Andrea Sealy.

**CONGRATULATIONS:** Our congratulations to Laura Elizabeth Burkett and Richard Harrod Blank III on their marriage.

## Who Cares? We Do!

*In-Touch Ministry*

**Report Joys/Concerns  
Hospitalizations, Surgeries, Deaths,  
Births, Prayer Requests, Etc.**

**Call church office:** (501) 664-3600

**Text:** (501) 529-0323

**Email:** phumc@phumc.com

**Connect Card:** Complete in worship

**Pulaski Heights United Methodist Church**  
4823 Woodlawn  
Little Rock, Arkansas 72205

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@stlukecampus

## Contact Information

Website: [www.phumc.com](http://www.phumc.com) • (501) 664-3600  
Fax: 664-4835 • Email: [phumc@phumc.com](mailto:phumc@phumc.com)

### Church Office Hours:

Monday - Friday, 8:30 a.m. - 4:30 p.m.

The church is also available seven days a week, beyond regular office hours, for special events or meetings.

## WEEKLY OPPORTUNITIES

### SUNDAY

**Baptism Orientation (Sanctuary)** 10:10 - 10:50 a.m.  
(1st Sunday of the month)

### MONDAY

**Midday Prayer (Chapel)** 11 a.m. - noon  
**phkids Open Gym \* (Great Hall)** 11 a.m. - 2 p.m.  
**Fit4Mom Fitness (C236)** 5:45 p.m.

### TUESDAY

**Helping Hands (Wesley Hall)** 9:30 a.m. - 2:30 p.m.  
**Memory Loss Caregivers (C135)** 1-2 p.m. (3rd Tues.)  
**Zumba Gold (Great Hall)** 2 - 2:45 p.m.  
**Memory Loss Caregivers (C135)** 5:30 - 6:30 p.m. (2nd Tues.)  
**Yoga (C236)** 5:30 - 7 p.m.

### WEDNESDAY

**Labyrinth (Wesley Hall)** 8 a.m. - 8 p.m.  
**AI Anon (C237)** 5:30 - 6:30 p.m.  
**Chancel Choir Rehearsal (M110)** 6:30 - 7:30 p.m.  
**AA (C237)** 7-8 p.m.

### THURSDAY

**Primetimers Luncheon** 11:30 a.m. - 1 p.m. (4th Thurs.)  
**Zumba Gold (Great Hall)** 2 - 2:45 p.m.  
**Food Pantry & Community Meal (St. Luke Campus)** 5 - 7 p.m.  
**Men's AI Anon (C237)** 7:30 - 8:30 p.m.

### FRIDAY

**PHUMC Book Club (C239)** 7 - 8 a.m.  
**phkids Open Gym \* (Great Hall)** 3 - 6 p.m.  
**Parents' Night Out (Children's Building)** 6 - 9 p.m. (4th Fri.)

The Chapel is available Mon. - Fri., 8 a.m. - 6 p.m. for personal prayer time.

\*phkids Open Gym is subject to change if other activities are scheduled.

## Sunday School - 10:10-10:50 am

**All Things Considered, M314** (all ages)

**Argue** Named for Dr. James Argue M318 (ages 45+) "Fear of the Other"

**Beatitudes, M316** (ages 30-45+)

**Bible Study, C239** (all ages) "Romans," Tim Fox

**Coffee Talk, M313** (women all ages)

**Deeper Connections, D371** (ages 20s-30s) "Anything Can Happen"

**Fathomers, C235** (ages 55+) "The Widow and the Judge"

**Foundations, C236** (couples ages 20s-40s)

**Journey, D366** (ages 20s-40s) "A Life Well Lived"

**Koinonia Dialogue, C135** (ages 50+) "Short Stories by Jesus" by Amy Jill Levine

**Newton Good News, M101** (ages 50+) "Life" by James Bryan Smith

**G.I.F.T. Class, M308** (all ages)

**Pairs and Spares, D277** East (young couples/singles) "Book of John"

**Pop-Up Class, M304** (all ages) "A Lesson on Corporate Atonement"

**Roundtable, M312** (ages 50+) "Parable of the Great Dinner"

**Tower, C237** (ages 40+) "The Book of Virtues - Work"

**Faith and Film Class, No class this week.**

**Wesley M320** All are welcome. Please come share your views.

**(All youth meet at 10 a.m. in the phyouth Assembly Area.)**

**Early Christian Awareness (ECA)** Infants/Toddlers, Norma Story Children's Building

**July Lessons:** Jungle Animals

**Preschool Lions** (ages 2-3), **Tigers** (ages 3-4), **Bears** (ages 4-5)

**Grades K-5, Rotation Sunday School**

**Grades 6-12, phyouth Sunday School**

**Malone Phone Class:** Sundays at 3 p.m. by phone at home

**Shepherd's Cove:** Betty Gene Mann

M=Main Building

C=Christian Life Center (Great Hall)

D=Disciple Center (Wesley Hall, Youth)

S=Norma Story Children's Building

**FELLOWSHIP STATIONS FOR COFFEE & REFRESHMENTS**  
SUNDAYS FROM 8 - 11 A.M. | GATHERING HALL & WESLEY HALL LOBBY