

Guatemala Medical Missions Touch Many Lives

Each year, PHUMC sponsors two summer medical mission trips to Guatemala to help the natives who have very limited access to health care. This summer, the surgical team journeyed to the western highlands of Guatemala July 13-22. The team performed 58 general surgeries and 35 eye surgeries.

On the heels of the surgical team, the medical team arrived in Guatemala on July 28. This team consisted of doctors, dentists, nurses, pharmacists, willing helpers, and students from phyouth. The youth are usually seniors who have an interest in the medical field, foreign missions, or childhood education. In addition to shadowing and assisting the medical team, the youth brought donated shoes, socks, toys, and backpacks for the children. The team traveled to a new village each day and treated a total of 463 medical patients and 140 dental patients, extracting a total of 245 teeth!

The medical mission trips were started 15 years ago by church member Gwen Efird. Emily Autry, phyouth college associate, shares a few words on how the trip changed her life.



"My Guatemala experience was full of love, learning, and growth. I was pushed out of my comfort zone to discover the love that everyone on our team has for the beautiful people of Guatemala. I was especially touched by seeing our youth find a new love for dental work and playing with the kids.

The experience helped me learn about a new culture and what it means to serve others. This mission experience is a complete immersion into the lives of the people we help. I personally found myself reflecting on all that it means to live in a country with clean water and easy transportation. I realized just how truly blessed we are. The people of Guatemala are strong, dedicated, and loving. They helped me to see all of the many blessings that come from life when you have very little physical things. They make up for all of these things we think we need in love.

I can honestly say Guatemala was one of my all-time favorite experiences. It changed me. It opened my eyes. And it gave me a new perspective on life. I am so blessed to have spent the week with amazing people from Pulaski Heights."

SERMON SERIES - THE ESSENTIAL PRAYERS

"Wow!" - Psalm 93

Worship Services

Friday, August 17, 6 p.m. - Sanctuary · Rev. Britt Skarda

Sunday, August 19, 9 & 11 a.m. - Sanctuary · Rev. Britt Skarda

Sunday, August 19, 9 & 11 a.m. - New Heights · Rev. Betsy Singleton Snyder

Sunday, August 19, 9:30 a.m. - St. Luke Campus · Rev. Andrea Cummings





UPCOMING EVENTS

DIABETES EMPOWERMENT EDUCATION PROGRAM (DEEP)

Aug. 22-Sept. 26, 9:30-11 a.m.

Free classes for adults/seniors with diabetes. This class will meet every Wednesday in room C236. For more info, contact Bev Villines at (501) 978-0510 or bvillines@phumc.com.

UMW KICKOFF

Aug. 27, 7 p.m.

Are you new to PHUMC? Would you like to connect with a support group of Christian women? A new UMW (United Methodist Women) group is organizing. The meeting will be held at the home of Mary Steele on 28 Wingate Drive in Little Rock. Please RSVP to Mary Steele at (501) 680-5145.

PHUMC WOMEN'S RETREAT

Oct. 26-28

The deadline to make a \$75 deposit to secure a spot is Aug. 26. "We Need To Talk: Talking to Each Other and God" is the title for this year's event. The cost is \$200 per person, double occupancy. Martha Sharp will lead the retreat at Subiaco Abbey. For more info, contact Rev. Belinda Price at (501) 978-0531 or bprice@phumc.com.

BAPTISM



Henley Hollowell and family

Volunteers Needed for Family Promise Program

For more than a decade, PHUMC has helped support the mission of Family Promise of Pulaski County, an affiliate of the national Family Promise network. This ministry's mission is to help homeless and low-income families achieve sustainable independence through a community-based response.

PHUMC is a host church, which means that we open our doors and provide food and shelter for homeless families on a quarterly basis. While the families stay in our building for a week, Family Promise provides case management to help the families become self-sufficient.

We are in **critical need** of one or two volunteer coordinators. Coordinators provide direction and coordination prior to the week of hosting the families. This position will touch base as needed with volunteers who coordinate hostings, meals, overnights, and room setup.

If you are interested in serving, please contact Gwen Efird at gwenefird@att.net and Rev. Betsy Singleton Snyder at bssnyder@phumc.com.

New Date Scheduled for Board of Stewards Meeting/Charge Conference

Attention board members: The PHUMC Board of Stewards meeting that was previously scheduled for Monday, August 27, has now moved to **Monday, September 10**, to accommodate our new districtwide Charge Conference schedule. Dinner will be served in Wesley Hall at 5:45 p.m. followed by the meeting at 6. Please RSVP by Wednesday, September 5, by calling (501) 664-3600. Childcare is available.

This meeting is in lieu of our annual Charge Conference. Board members are asked to attend and approve 2018 conference reports as well as vote on 2019 nominations.

This year each district will hold a single districtwide Charge Conference so that along with the required reports and paperwork we can facilitate a delegate-led conversation concerning the upcoming 2019 General Conference.

Our districtwide Charge Conference is scheduled for Sunday, October 21, at 3 p.m. at St. James United Methodist Church. Bishop Gary Mueller will be the speaker.

All phyouth 6th-12th graders are invited to celebrate the new school year at the Back to School Bash at Big Rock Fun Park on August 26. For more information, call Cathy Engle at (501) 978-0540.

BACK to SCHOOL BASH

AUGUST 26
5:00-7:30PM
@ BIG ROCK FUN PARK
11411 Baseline Rd
Little Rock, AR 72209

COST: \$10 A PERSON

INVITE A FRIEND!

PRAYER REQUESTS

DEATHS: Our Christian sympathy is extended to Bobby Bonner, Jr., and family in the recent death of his father, Bobby Bonner, Sr.

WE REJOICE IN THE BAPTISM OF: Henley Elizabeth Hollowell, child of Alex and Ben Hollowell.

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

NONPROFIT
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LITTLE ROCK, AR

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



@pulaskiheightsunitedmethodistchurch



youtube.com/pulaskiheightsumc



Twitter: @pulaskiheights



Instagram: @phumchillcrest



@stlukecampus

Contact Information

Website: www.phumc.com • (501) 664-3600
Fax: 664-4835 • Email: 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

Primitimers 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+) "Being United Methodists" by Ellsworth Callas

Newton Good News, M101 (ages 50+) "Life"

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) "Avoiding Hypocrisy in Christianity," Rod Lorenzen

Roundtable, M312 (ages 50+) "Loving and Just Behavior"

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

Faith and Film Class, Moderated by Betsy Singleton Snyder.

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

August Lessons: Return to School

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