

HAPPY? WHAT IT IS AND HOW TO FIND IT

Where do we seek for and find lasting happiness? Is it found in possessions, adventure, or achievements? Is it found in legacies, looks, or pleasure? What if someone told you that lasting happiness is about much more than our own lives? Wouldn't you want to know more? Join us for our September sermon series as we look beyond ourselves to living a life that has true meaning.

AUG. 31 & SEPT. 2

ECCLESIASTES 1:10

NOTHING WILL MAKE YOU HAPPY

There's an entire culture of self-help and books about happiness. What makes you happy? Work, play, accumulation? Nothing lasts forever, so how do we live out our days as people of joy and service, people called to love and serve others?

SEPT. 14 & 16

PHILIPPIANS 4:4-7, 11-13

BEYOND CIRCUMSTANCES

When we're having a good day, happiness seems easy. However, an awful day, or a dark season in our lives may rob of us a deeper sense of peace, hope and joy. How do we move from circumstances that are difficult to cultivating contentment in the present, no matter the circumstances we face?



SEPT. 7 & 9

2 CORINTHIANS 5:17-19

FORGIVENESS 2.0

Loving one another is the Christian call, but that path is littered with broken relationships, anger, judgment and bitterness. What are the obstacles to forgiveness? How do we get past them and savor good relationships that bring happiness?

SEPT. 21 & 23

LUKE 9:1-6

SOMETHING GREATER

Our ideas about greatness are not Jesus's ideas about greatness. Instead of looking for more, better, and best, Jesus offers a way of life that invites us not to obsess about ourselves. We're more than what we believe will make us somebodies; we are children of God who've been given a mission. What is yours?

SERMON SERIES - HAPPY? WHAT IT IS AND HOW TO FIND IT

"Nothing Will Make You Happy - Ecclesiastes 1:10

Worship Services

Friday, August 31, 6 p.m. - Sanctuary · Rev. Jay Clark

Sunday, September 2, 9 & 11 a.m. - Sanctuary · Rev. Britt Skarda

Sunday, September 2, 9 & 11 a.m. - New Heights · Rev. Jay Clark

Sunday, September 2, 9:30 a.m. - St. Luke Campus · Rev. Andrea Cummings

Spiritual Formation Class Series Kicks Off September 4

Here at PHUMC, we offer a variety of programs to help you serve God and neighbor, learn about God's plan, become a better disciple of God, and so much more. This fall, our annual adult spiritual formation series titled "Grow Your Faith" offers six classes designed to transform your lives, strengthen your spirituality, and offer hope.

The following is a list of classes and dates. All of the classes will be held at PHUMC. The cost covers class materials.

The Enneagram Journey: Exploration, Growth, and Transformation
Sept. 4-November 13, Tuesdays, 6-8 p.m., Room C237, Cost: \$40.

A Deep Dive: "On the Ash Heap"
Sept. 17-Oct. 22, Mondays, 6-7 p.m., Room C239, Cost: \$15.

Enneagram Refresh
Sept. 24-Oct. 22, Mondays, 6-8 p.m., Room C235, No cost.

Divorce Recovery: Rebuilding When Your Relationship Ends
Oct. 7-Nov. 11, Sundays, 4:30-5:30 p.m., Room D371, Cost: \$15.

Faith and Race: Covenantal Restoration
Oct. 7-Nov. 11, Sundays, 5:30-7 p.m., Room C236, No cost.

Drop-In Class with Rev. Betsy Singleton-Snyder
Every Sunday, 10:10 a.m.
The discussion will be based on video clips and interesting faith topics.

Register by calling (501) 664-3600. For more information, contact Rev. Beverly Price at (501) 978-0531 or bprice@phumc.com.

90 Years Young - Let's Celebrate!



Join us to honor Dewey Glasscock on his 90th birthday at a celebration in the Parlor on Sunday, Sept. 9, immediately following the 11 o'clock service.

Dewey is an active volunteer in our Helping Hands Respite Care Program and he also serves on the Primetimers Council and Travel Committee. He's been a member of the church since December 1, 1959. He is also a counselor for youth.

Rev. Andrea Cummings to Speak at UMW Circle of Hope Meeting



Rev. Andrea Cummings, pastor of the St. Luke Campus, will be the speaker for the Monday, Sept 10, Circle of Hope meeting in the PHUMC parlor at 11:45 a.m.

She will speak about her life and ministry. Register at the reception desk at PHUMC. Bring your own lunch. Snacks, desserts, and drinks will be provided.

Upcoming Events

**THE ENNEAGRAM JOURNEY:
EXPLORATION, GROWTH, AND
TRANSFORMATION**
Sept. 4-Nov. 13, Tuesdays, 6-8 p.m.,
Room C237

**"LOVE THY NEIGHBOR" INTERFAITH
PRAYER SERVICE**
Thursday, Sept. 6, 6 p.m., St. Mark's
Episcopal Church

**HONDURAS MEDICAL MISSION
INFORMATION MEETING**
Thursday, Sept. 6, 6:30 p.m., Room
239

UMW CIRCLE OF HOPE MEETING
Monday, Sept. 10, 11:45 a.m.,
PHUMC Parlor

**THERAPY DOG TRAINING ORIENTATION
SESSION**
Tues., Sept. 11, 6 p.m., Room C239

THE DRONE QUILT PROJECT EXHIBIT
Sept. 16-23, Hours: 8 a.m.-8 p.m.,
closed on Saturday. Sunday hours: 8
a.m.-6 p.m., Gathering Hall

A DEEP DIVE: "ON THE ASH HEAP"
Sept. 17-Oct. 22, Mondays, 6-7 p.m.,
Room C239

THERAPY DOG TRAINING CLASSES
Sept. 18-Oct. 30, Tuesdays, 6-7 p.m.,
Great Hall

**LABRYNTH SPECIAL EVENT: "TALK
AND WALK"**
Wed., Sept. 19, Noon, Wesley Hall.
Featuring author Twylla Alexander.

JUSTICE TEAM INFORMATION MEETING
Wed., Sept. 19, 5:30-6:30 p.m., Room
C236

MISSION MIXER
Thurs., Sept. 20, 6-8 p.m., Lost Forty
Brewing, Little Rock

**FOOD PACKING MISSION w/FEED MY
STARVING CHILDREN & TACOS 4 LIFE**
Sat., Sept. 22, 9-11 a.m., Statehouse
Convention Center

MEMBERSHIP MATTERS
Sun., Sept. 23, 12-1 p.m., C236

PRIMETIMERS AND FRIENDS LUNCHEON
Thurs., Sept. 27, 11:30 a.m., Great
Hall. Featuring Rex Nelson.

Fight for Justice — Join our Justice Team!

The United Methodist Church has a long history of concern for social justice. Rev. John Wesley and the early Methodists expressed their opposition to societal ills such as slavery, smuggling, inhumane prison conditions, alcohol abuse, and child labor.

Just as our own discipleship occurs both at a personal and communal level, our work in the world extends beyond helping individuals to transforming the conditions that create injustice and inequality: “It is our conviction that the good news of the Kingdom must judge, redeem, and reform the sinful social structures of our time.” (Book of Discipline 2012, p. 53)

If you are interested in being a witness to justice, whether it is participating in the LR MLK Parade in January, supporting organizations trying to eradicate poverty and homelessness, advocating for children, or other efforts to assist the vulnerable and oppressed neighbors among us, please attend an informational meeting on Wednesday, Sept. 19, from 5:30-6:30 p.m. in room C236 at PHUMC. For more information, contact Rev. Betsy Singleton Snyder at bssnyder@phumc.com.

There will also be a sign-up sheet for interested persons at the Welcome Desk in Wesley Hall and near the Sanctuary. From the list of interested persons, we will develop a team. This team will share information and activities among one another and with our church members, so they can actively participate in promoting justice in our community.

To learn more about the United Methodist Church’s Social Principles, go to umc.org. These principles are the church’s prayerful and thoughtful attempt to speak to contemporary issues through a biblical and theological lens, seeking “to apply the Christian vision of righteousness to social, economic, and political issues.” (Book of Discipline 2012, p. 53)

Interfaith Prayer Service Set for Sept. 6

The Interfaith Center and the Arkansas House of Prayer are hosting the annual Interfaith Prayer Service on Thursday, Sept. 6, at 6 p.m. at St. Mark’s Episcopal Church in Little Rock.

“Love Thy Neighbor” will feature musical performances by local artists, speakers from various faiths, an interfaith children’s chorus, and a presentation by the Multifaith Youth Group.

The Interfaith Food Festival will follow the prayer service and will feature food from several faith communities. Although no childcare will be provided, children are welcome. For more information, visit lovethyneighbor2018.eventbrite.com.

Nominate Your Favorite Nonprofit

Each year, PHUMC selects a set number of special offerings, and you are invited to nominate a recipient. In addition, we offer mini-grants from the mission endowment. The Mission Board examines the applications for funds, and decides how they will be dispersed. Applying for both a special offering and an endowment mini-grant does not mean you will receive both. For more information, contact Rev. Betsy Singleton Snyder at bssnyder@phumc.com.

Volunteers Needed for Prison Ministry

MIWATCH, which stands for Ministry to Incarcerated Women And Their Children, is in need of volunteer drivers. On the third Saturday of every month, PHUMC provides transportation for children (and their family members) to visit family members who are incarcerated at the Women’s Unit in Newport. We need volunteers for Oct. 20, Nov. 17, and Dec. 15. If you are interested in volunteering, please contact Gwen Efird at gwenefird@att.net.

BAPTISM



Tucker Hollis Ross
and family

PRAYER REQUESTS

DEATHS: Our Christian sympathy is extended to Allen Finney and family in the death of his brother-in-law, Ernie Clark.

WE REJOICE IN THE BIRTH OF James Monroe Davenport, child of Laurel and Corey Davenport.

WE REJOICE IN THE BAPTISM OF Tucker Hollis Ross, child of Jenny Garman Ross and Brian Kirkwood Ross.

OUR CONGRATULATIONS to Arthur Paul Bowen and Melissa Ross Thomas on their marriage.

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

NONPROFIT
ORGANIZATION
U.S. POSTAGE
PAID
PERMIT #738
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

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+) "The Wesleyan Way"

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+)

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

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

Koinonia Dialogue, C135 (ages 50+) "Being United Methodist"

Newton Good News, M101 (ages 50+) "The Good and Beautiful 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) "Grace and the End of the Slave Trade"

Roundtable, M312 (ages 50+)

Tower, C237 (ages 40+)

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

September Lessons: Fall

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