

# LENT 2021: CENTERED IN CHRIST

*Center*  
**YOURSELF**

MON TUE WED THU FRI SAT SUN

		<b>FEB 17</b> <b>ASH WEDNESDAY</b>	<b>FEB 18</b> WHAT DO YOU CALL A PIG THAT DOES KARATE?? A PORK CHOP!	<b>FEB 19</b> WATCH ONE OF OUR MOVIES FROM THE MOVIE GUIDE!	<b>FEB 20</b> IF YOU FIND A BIRD ON YOUR NATURE WALK; SAY A PRAYER FOR SOMEONE	<b>FEB 21</b> CONTEMPORARY 9:00 AM TRADITIONAL 10:30 AM
<b>FEB 22</b> PRAYER TIME! CHOOSE ONE OF OUR PRAYER STYLES FROM THE PRAYER GUIDE!	<b>FEB 23</b> SHARE YOUR THINGS WITH OTHERS (MONEY, FOOD, CLOTHES, TOY DONATIONS, ETC)	<b>FEB 24</b> TAKE 4 DEEP BREATHS- BREATHING IN LOVE FOR SELF AND BREATHING OUT LOVE FOR OTHERS	<b>FEB 25</b> DON'T LET WORRY GET YOU DOWN. REMEMBER, MOSES STARTED OUT AS A BASKET CASE	<b>FEB 26</b> WATCH ONE OF OUR MOVIES FROM THE MOVIE GUIDE!	<b>FEB 27</b> IF YOU FIND A FLOWER ON YOUR NATURE WALK; PRAY FOR THOSE WHO CARE FOR OTHERS	<b>FEB 28</b> CONTEMPORARY 9:00 AM TRADITIONAL 10:30 AM
<b>MAR 1</b> PRAYER TIME! CHOOSE ONE OF OUR PRAYER STYLES FROM THE PRAYER GUIDE!	<b>MAR 2</b> THINK OF SOMEONE WHO HURT OR OFFENDED YOU AND FORGIVE THEM	<b>MAR 3</b> PUT SOME MUSIC ON AND DANCE FOR 3 MINUTES	<b>MAR 4</b> WHY DID THE BIKE FALL OVER?? IT WAS TOO TIRED	<b>MAR 5</b> WATCH ONE OF OUR MOVIES FROM THE MOVIE GUIDE!	<b>MAR 6</b> IF YOU FIND AN EVERGREEN TREE ON YOUR NATURE WALK; PRAY FOR OUR LEADERS	<b>MAR 7</b> CONTEMPORARY 9:00 AM TRADITIONAL 10:30 AM
<b>MAR 8</b> PRAYER TIME! CHOOSE ONE OF OUR PRAYER STYLES FROM THE PRAYER GUIDE!	<b>MAR 9</b> CALL, SEND A CARD, OR EMAIL SOMEONE YOU HAVE NOT TALKED TO IN A WHILE	<b>MAR 10</b> DRINK A GALLON OF WATER TO STAY HYDRATED	<b>MAR 11</b> HOW DOES MOSES MAKE COFFEE?? HEBREWS IT	<b>MAR 12</b> WATCH ONE OF OUR MOVIES FROM THE MOVIE GUIDE!	<b>MAR 13</b> IF YOU FIND GRASS OR SNOW ON YOUR NATURE WALK; PRAY FOR TEACHERS	<b>MAR 14</b> CONTEMPORARY 9:00 AM TRADITIONAL 10:30 AM
<b>MAR 15</b> PRAYER TIME! CHOOSE ONE OF OUR PRAYER STYLES FROM THE PRAYER GUIDE!	<b>MAR 16</b> DO A RANDOM ACT OF KINDNESS FOR SOMEONE	<b>MAR 17</b> MAKE A LIST OF TEN THINGS YOU ARE THANKFUL FOR	<b>MAR 18</b> WHY DID THE GOLFER BRING TWO PAIRS OF PANTS?? IN CASE HE GOT A HOLE IN ONE	<b>MAR 19</b> WATCH ONE OF OUR MOVIES FROM THE MOVIE PAHMPLET!	<b>MAR 20</b> IF YOU FIND LEAVES ON YOUR NATURE WALK; PRAY FOR YOUR FAMILY	<b>MAR 21</b> CONTEMPORARY 9:00 AM TRADITIONAL 10:30 AM
<b>MAR 22</b> PRAYER TIME! CHOOSE ONE OF OUR PRAYER STYLES FROM THE PRAYER GUIDE!	<b>MAR 23</b> PRAY FOR SOMEONE WHO IS SICK	<b>MAR 24</b> BUY YOURSELF A SPECIAL TREAT AT THE GROCERY STORE AND ENJOY	<b>MAR 25</b> WHAT DO THEY CALL PASTORS IN GERMANY?? GERMAN SHEPHERDS	<b>MAR 26</b> WATCH ONE OF OUR MOVIES FROM THE MOVIE GUIDE!	<b>MAR 27</b> IF YOU FIND A BUG ON YOUR NATURE WALK; PRAY WHATEVER YOU CHOOSE	<b>MAR 28</b> <b>PALM SUNDAY</b> CONTEMPORARY 9:00 AM TRADITIONAL 10:30 AM
<b>MAR 29</b> PRAYER TIME! CHOOSE ONE OF OUR PRAYER STYLES FROM THE PRAYER GUIDE!	<b>MAR 30</b> INVITE SOMEONE TO WATCH CHURCH OR JOIN IN EASTER WORSHIP	<b>MAR 31</b> LOOK IN THE MIRROR AND SAY... YOU ARE SPECIAL AND SO VERY LOVED BY GOD	<b>APR 1</b> <b>MAUNDY THURSDAY</b>	<b>APR 2</b> <b>GOOD FRIDAY</b>	<b>APR 3</b> <b>HOLY SATURDAY</b>	<b>APR 4</b> <b>EASTER SUNDAY</b>

DURING THIS TIME OF LENT WE CREATED A CALENDAR TO HELP US REMEMBER AND PARTICIPATE IN THE LENTEN SEASON AS A CHURCH. WE HAVE MANY ACTIVITIES THAT YOU CAN EXPERIENCE EACH DAY. SHARE YOUR EXPERIENCE ON SOCIAL MEDIA WITH #PHUMCENTERED

-  **WORSHIP**
-  **PRAYER TIME**
-  **DO SOMETHING NICE FOR SOMEONE ELSE**
-  **DO SOMETHING NICE FOR YOURSELF**
-  **HOLY HUMOR**
-  **MOVIE NIGHT**
-  **TAKE A NATURE WALK**

**LENT**  
*Worship*

ASH WEDNESDAY  
Prayer on Zoom | 7am  
Drive-Through Blessing | 12pm  
Online Worship | 6pm  
Prayer Time | 8am-6pm

HOLY THURSDAY  
Meal on Zoom | 6pm

GOOD FRIDAY  
Online Worship | 6pm

PHUMC.COM/LENT

**EASTER** with **PULASKI HEIGHTS**

CONTEMPORARY ONLINE  
9am | Facebook & YouTube

TRADITIONAL BROADCAST  
10:30am | Facebook, YouTube, KATV

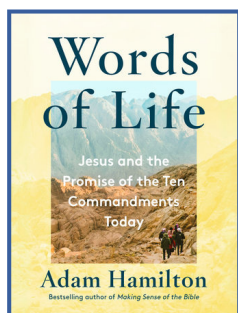
EASTER LIVE OUTSIDE  
10:30am | War Memorial

LEARN MORE  
phumc.com/easter2021

# Centering SMALL GROUPS

## LENT 2021

SIGN UP FOR ONE OF THESE STUDIES BY GOING TO [PHUMC.COM/LENT-STUDIES/](http://PHUMC.COM/LENT-STUDIES/) OR CALLING THE CHURCH OFFICE AT 501-664-3600. AND DON'T FORGET TO PICK UP YOUR LENT PACK AT DRIVE-THROUGH COMMUNION OR BY CALLING THE CHURCH OFFICE

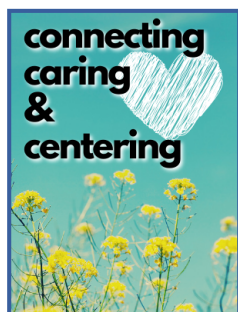


### WORDS OF LIFE

by Adam Hamilton, Led by Jay Clark

Thursdays 6:30-7:30pm Feb. 18 - Mar. 25 via Zoom

This study explores a fresh understanding of the ten commandments. "In a culture marked by workaholism, materialism, and social media-driven envy, God has given us a time-tested path that leads to gratitude, confidence, and peace."

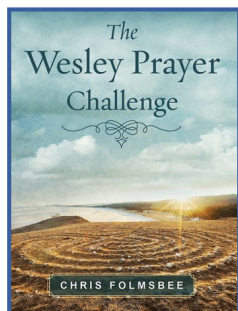


### CONNECTING, CARING, AND CENTERING

Led by Kathleen McMurray

Mondays 6:30-7:00pm Feb. 22-Mar. 29 via Zoom

Rev. McMurray will lead a short and simple small group focused around connection and spiritual prayer practices. No reading is required, simply a willingness to take 30 minutes to connect, care, and center ourselves in Christ with one another.

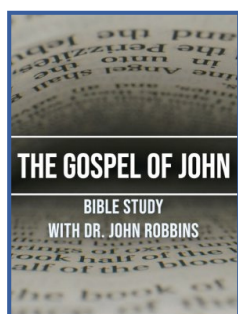


### THE WESLEY PRAYER CHALLENGE

by Chris Folmsbee, Led by Jeff Hampton

Tuesdays 11:00-11:45am Feb. 23-Mar. 30 via Zoom

Dr. Hampton will be leading a group through this prayer challenge that will extend throughout the Lenten Season as a means of drawing us back to God and deepening our relationship with Christ.



### THE GOSPEL OF JOHN

Led by John Robbins

Wednesdays 6:30 on FaceBook and YouTube

Dr. Robbins' Weekly Bible Study continues on the Gospel of John through the Lenten Season. Deepen your understanding of this important Gospel and what it has to say to our faith.



Pulaski Heights  
United Methodist Church

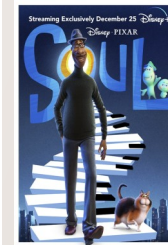
LENT 2021

**CENTERED**

IN  
*Christ*

**MOVIE  
GUIDE**

Special thanks to Michelle Wilkins, Children's Minister at First United Methodist Church Hot Springs for sharing this great idea!



## Soul (2020)

**Character Traits:** Joy, Contentment

**Summary:** Joe is a middle-school band teacher whose life hasn't quite gone the way he expected. His true passion is jazz... and he's good. But when he travels to another realm to help someone find their passion, he soon discovers what it means to have soul.

**Where to watch:** Disney+

**Scripture:** Psalm 118:24

**Lesson:** Joy can be found in enjoying the good things that God has given us.

**Prayer:** God we thank you that you have given us so much. Help us to be grateful and enjoy what we have, Amen .



## Inside Out (2015)

**Character Traits:** Overcoming sadness, anger, fear and disgust when led by JOY

**Summary:** Riley is a hockey-loving 11-year-old girl. Her world turns upside-down when she and her parents move to San Francisco. Riley's emotions – led by "Joy" try to guide her through this life-changing event. The stress of the move brings "Sadness" to the forefront. When Joy and Sadness are inadvertently swept into the far reaches of Riley's mind, the only emotions left in Headquarters are "Anger", "Fear" and "Disgust".

**Where to watch:** Amazon Prime Video, Disney+ subscription, Apple TV, VUDU, & Fandango NOW

**Scripture:** Philippians 4:4-9

**Lesson:** Even when we are experiencing hard times, we can find a way to be joyful.

**Prayer:** God when we feel bad, help us to see that there is a way to feel

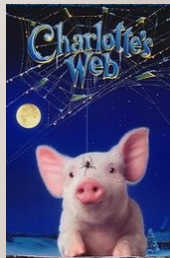


## Joy Story (2020)

**Character Traits:** Joy, Kindness  
**Summary:** the tale of the lovable dog (Joy) and a pesky Heron. Out on a fishing trip, Joy tries not to rock his master's boat while defending it from the worm-stealing bird. However, after spotting the heron trying to feed its hungry and fussy chicks, Joy comes around and gives away the whole pot of worms, then the heron reciprocates the gesture of kindness.

**Where to watch:** <https://www.youtube.com/watch?v=AVxIGKZjyZY>

**Scripture:** Hebrews 13:1-2  
**Lesson:** Being aware...brings joy to others and to you!  
**Prayer:** God we thank you that you love us. Help us show others that they are loved too. Amen



## Charlotte's Web (2006)

**Character Traits:** Overcoming Grief, Finding Joy  
**Summary:** Wilbur the pig is scared of the end of the season, because he knows that come that time, he will end up on the dinner table. He hatches a plan with Charlotte, a spider that lives in his pen, to ensure that this will never happen.

**Where to watch:** Netflix, Amazon Prime, Vudu, Apple TV, Fandango  
**Scripture:** 1 Samuel 18:1-3  
**Lesson:** Being a friend can bring us joy.

**Prayer:** God we thank you that you have given us friends. Show us someone who might need us to be a friend to them. Amen

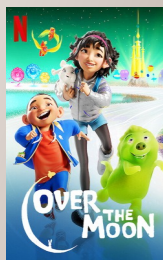


## Coco (2017)

**Character Traits:** Joy, Family, Discovering joy in our memories of family  
**Summary:** Despite his family's ban on music, young Miguel dreams of becoming an accomplished musician like his idol Ernesto de la Cruz. Desperate to prove his talent, Miguel finds himself in the stunning and colorful Land of the Dead. After meeting a charming trickster named Héctor, the two new friends embark on an extraordinary journey to unlock the real story behind Miguel's family history.

**Where to watch:** Amazon Prime Video, Disney+ subscription, Apple TV, VUDU, & Fandango NOW  
**Scripture:** Hebrews 12:1

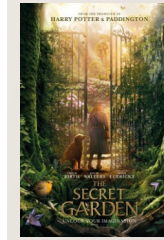
**Lesson:** Our family can help us as we struggle and they will always love us and that brings us joy..  
**Prayer:** God we thank you for family and friends who love us and protect us. Amen



## Over the Moon (2020)

**Character Traits:** Overcoming Grief, Finding Joy  
**Summary:** An adventurous girl builds a rocket ship to meet a mythical goddess on the moon.

**Where to watch:** Netflix  
**Scripture:** Romans 12:35-39  
**Lesson:** God is always with us and nothing will ever separate us from God's love and care for us.  
**Prayer:** God we thank you that you care so much for us and that you will never leave our side. Amen



## The Secret Garden (2020)

**Character Traits:** Finding Joy and Comfort, Overcoming Anger & Grief  
 An orphaned girl finds comfort and purpose in the great outdoors. This story shares themes about overcoming anger and grief, the resourcefulness of children and that parents can learn a lot from kids.

**Where to watch:** Amazon Prime Video, Hulu, Apple TV, VUDU, & Fandango NOW  
**Scripture:** Psalm 23rd  
**Lesson:** We don't have to feel alone, for God is always beside us & caring for us...that gives us joy.  
**Prayer:** God when we feel alone, help us to remember that you care and protect us. Amen



## Freaky Friday (2003)

**Character Traits:** Finding JOY and appreciation.  
**Summary:** An overworked mother and her daughter do not get along. When they switch bodies, each is forced to adapt to the other's life for one *freaky Friday*.

**Where to watch:** Amazon Prime Video, Disney+ subscription, Apple TV, VUDU, & Fandango NOW  
**Scripture:** James 1:19  
**Lesson:** Sometimes we are quick to not understand what others are going through until we walk in their shoes.  
**Prayer:** God, we are sorry, that we sometimes think we know more than our parents or friends. Help us to see them with Joy. Amen



You're invited!

PARTICIPATE IN A VIRTUAL PALM SUNDAY PARADE!

1. Color and/or cut out your palm branch. You can make a copies if you have multiple people in your household that wish to have their own.
2. Take a video or picture of you waving your palm branch.
3. Send it to Pastor Kathleen ([kmcmurray@phumc.com](mailto:kmcmurray@phumc.com)) by Mar. 15th.
4. Join in online or broadcast worship on Sunday, Mar. 28th, at 9 or 10:30am and see the virtual parade!



CENTERED

IN

Christ

LENT 2021  
PRAYER GUIDE

## *Lenten Prayer*

One way that we center ourselves during the season of Lent is through prayer. Enclosed in this booklet are six different kinds of prayer for you to share in throughout the Lenten season. Mondays are days you are encouraged to pray in one of these ways on our calendar. You can experience a different type of prayer each week or if there is one type of prayer that really speaks to you, utilize it more. We hope that these prayers can help center you during this lenten journey.





## Breath Prayer

Breath Prayers are wonderful as a calming, meditative practice. Take a few moments today to meditate on a scripture as a breath prayer. Read Psalm 46:10

*"Be still, and know that I am God!  
I am exalted among the nations,  
I am exalted in the earth."*

Now, breathe.

As you inhale, say "Be still"

As you exhale, say "And know that you are God"

Repeat this as you center yourself in God.

## Hand Prayer

Using your hand as a guide, pray for different groups of people as you touch each finger

- *Thumb*: pray for those closest to you, your family and friends
- *Index Finger*: pray for people who give direction like teachers, coaches, health care workers, therapists, first responders, etc.
- *Middle Finger*: Pray for leaders in governments, businesses, the church, etc.
- *Ring Finger*: Pray for those who are sick, vulnerable, and most in need
- *Pinky Finger*: Pray for yourself and your own needs

## Body Prayer

Take 3 deep breaths.

God you are above (*Reach towards the sky*)

Below (*touch your toes*)

Inside (*hands to heart*)

And all around (*big arm circles*)

I worship you (*reach toward the sky*)

And give my life to you (*touch your toes*)

And I love you (*hands to heart*)

With all that I am (*big arm circles*)

Take 3 deep breaths.

## Rock Prayer

Get a small rock from your garden, yard, or home.

Read 1 Samuel 2:2

*"There is no one holy like the Lord;  
there is no one besides you; there  
is no Rock like our God."*

Hold the rock in between your hands. Hold it tightly for a moment and pray for something you are struggling with. Release the rock and breathe out. Repeat this as you pray for struggles, remembering Hannah's words in 1 Samuel 2:2, that we give our burdens to God, our Rock.

# Prayer Labyrinth

Prayer Labyrinths are a way to center ourselves in God, as we grow closer to the center of the labyrinth and back out.

Use the printout below as a guide for a personal prayer labyrinth. If you'd like to make it more tactile, glue yarn or string, use puffy paint to outline it and allow it to dry, or color the labyrinth as a means of prayer. Use your finger to trace the path slowly and pray quietly or out loud as you go. You can pray with words or without words. May you be centered in God in this time of prayer.



# Pretzel Prayer

"A young monk baked the first pretzel - making a Lenten bread of water, flour and salt, forming the dough into the prayer position of the day and baking it as a soft bread."

*(bustedhalo.com/life-culture/pretzels-and-lent)*

## PRETZEL RECIPE

Mix 1 pkg of yeast, 1½ cups water, 1 TBS sugar, and 1 tsp Salt in a large bowl. Stir in the flour and knead the dough until it is smooth.

Shape into the form of arms crossed in prayer and place on a baking sheet.

Brush the dough with a beaten egg to give it a shiny finish (optional).

Sprinkle the top with salt and bake in a 425 degree preheated oven for 15 minutes.

*(recipe from catholicicing.com/pretzels-for-lent. Gluten free recipe at www.kingarthurbaking.com/recipes/gluten-free-soft-pretzels-recipe)*

As you enjoy your pretzels, fold your arms in the shape of a pretzel and say a prayer, thanking God for everyday things in our lives that remind us of God.





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