

Pulaski Heights United Methodist Church

THE TOWER NEWSLETTER

Volume 161, Number 42

February 22, 2015

LENTEN SPECIAL EDITION

GIVE IT UP!

Pulaski Heights United Methodist Church
Lenten Sermon Series | February 22 - April 5

Let's give up more than chocolate this year.

Many of us give up certain things for the forty days of Lent, and doing so can be a very beneficial thing for us. This seven-week series takes that idea one step further talking each week about things that God wants us to give up, not just for forty days, but forever.

- Week 1 - Give Up Control**
Genesis 2:15-17; Matthew 4:1-11
- Week 2 - Give Up Assumptions**
Genesis 12:1-4a; John 3:1-17
- Week 3 - Give Up Superiority**
John 4:5-42
- Week 4 - Give Up Enemies**
Luke 19:37-44
- Week 5 - Give Up Our Lives**
Ezekiel 37:1-14; John 11:1-45
- Week 6 - Give Up Popularity**
Matthew 21:1-11
- Week 7 - Give Up Death**
John 20:1-18

Pulaski Heights
United Methodist Church

Worship Services Sermon Series

Give It Up!
"Give Up Control"

Genesis 2:15-17
Matthew 4:1-11

Friday, February 20, 6 pm
&
Sunday, February 22
9 am and 11 am - Sanctuary
Rev. Britt Skarda

(Broadcast Sunday on KATV Channel 7 at 10:30 am)

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Sunday, February 22  
9 am and 11 am  
New Heights  
**Rev. Jacob Lynn**

### PULASKI HEIGHTS UNITED METHODIST CHURCH LENTEN & EASTER EVENTS/SERVICES

**"SHAKE IT UP LENT" ADULT SUNDAY SCHOOL** FEBRUARY 22 - APRIL 5 | 10:10 - 10:50 am  
Classes will pair up to study "Give Up Something Bad for Lent," by Rev. James Moore.

**PALM/PASSION SUNDAY** MARCH 29 | 9:00 & 11:00 am | Sanctuary & New Heights  
Commemorates Jesus' triumphal entry into Jerusalem.

**PILGRIMAGE FOR PEACE** MARCH 29 | 2:00 pm | begins at Heifer International  
A reflective walk organized by local faith and activist communities in Pulaski County to "mourn the violence committed in our community and the world and to walk together as active peacemakers."

**MAUNDY THURSDAY** APRIL 2 | 6:00 pm | Sanctuary  
A special Communion service in memory of Jesus' Last Supper with His disciples. Childcare available.

**GOOD FRIDAY** APRIL 3 | 12 noon & 6:00 pm | Sanctuary  
"Stations of the Cross" - A service which depicts the final hours of Jesus' life. Childcare available.

**EASTER EGG HUNT** APRIL 4  
10:30 am, pre-hunt/11:00 am, hunt begins | Allsopp Park, 3700 Cedar Hill Rd., Little Rock  
Fun for children 2nd grade and under. In case of rain, location will be in the Great Hall.

**EASTER SUNDAY WORSHIP SERVICES** APRIL 5  
27th Annual Community Easter Sunrise Service | 7:00 am | First Security Amphitheatre  
8:30, 9:45, and 11:00 am | Sanctuary & New Heights  
9:45 am | Sunday School  
Services will be broadcast on KATV Channel 7 at 7:00 and 10:30 am  
Extended trolley hours on Easter Sunday! (7:00 am - 1:00 pm)

### BOARD OF STEWARDS MEETING

**MONDAY, FEBRUARY 23  
WESLEY HALL, 5:45 PM**

Our 2015 budget will be discussed during this meeting. Join us for fellowship and dinner (\$8.50).  
Please email [phumc@phumc.com](mailto:phumc@phumc.com) by  
Thurs., Feb. 19. Childcare is available.

## PRIMETIMERS LUNCHEON FEATURES "VALENTINES FROM VEENA"



Veena Akama-Makia, PHUMC member and outstanding vocalist, will present the program at the Primetimers Luncheon on Thursday, February 26, 11:30 am in the Parlor. Veena will sing songs about love since the luncheon will be held in the month about love. Veena is a junior voice major at UCA where her junior recital was held on January 29. She grew up in PHUMC and was confirmed in 2006. She was active in Children, Youth, and Music Ministries and has been a recipient of a Berry Music and Arts Scholarship for three years.

**This program will be of interest to people of all ages and all are welcome!** We hope many will be here to show Veena how proud her church is of her!

Please make lunch reservations by noon Tuesday, February 24...or bring your own lunch...or just come for the program.

## Guatemala Mission Team Information Session

Thurs., Feb. 19, 6:30 pm, Parlor

Trip dates: Medical Team, August 1-8  
Trip dates: Surgery Team, August 8-16

For more information contact Jon Allen,  
Team Leader, at [allenjonk@gmail.com](mailto:allenjonk@gmail.com).

## Recent Baptisms



Anna Rose Buzbee and her parents  
Margie & John Buzbee.



Ahna Jennings Lott and her parents  
Haylie & Harry Lott.

## President of Hendrix College to Visit Pulaski Heights UMC on March 8

President William M. Tsutsui is the president and professor of history at Hendrix College. He previously served as dean of Dedman College and Humanities and Sciences at Southern Methodist University from 2010 to 2014. He holds degrees from Harvard, Oxford, and Princeton universities.



An award-winning classroom teacher, Tsutsui is the author or editor of eight books. He has received Fulbright, ACLS, and Marshall fellowships, and was awarded the John Whitney Hall Prize of the Association for Asian Studies in 2000 and the William Rockhill Nelson Prize for Non-Fiction in 2005. His teaching and research focus on the business, environmental, and cultural history of twentieth-century Japan.

A meet-and-greet barbecue luncheon will be in the Great Hall at noon on March 8. All are invited including Hendrix College alumni, parents, and friends! If you would like to attend, please RSVP to 877-208-8777 or email [RSVP@hendrix.edu](mailto:RSVP@hendrix.edu).

## For the Love of a Child Ministry

**immerse**  
arkansas

Immerse Arkansas prepares older and former foster youth for adulthood by connecting them to existing resources and sustainable networks of support. We need your help to make this transition smooth for our foster youth.

Items needed: twin or queen bed linens, bedspreads, pillows, area rugs, and general cleaning supplies.

Anyone who wishes to donate can place items in the boxes marked "Immerse Arkansas" in the Welcome Center and Wesley Hall. Please call Janna Knight, 680-9089 for questions.

## YOUTH SABBATH Sunday, February 8





We need YOU to be a part of our new **CHURCH DIRECTORY!!**

**DATES: March 3-7  
March 17-21  
March 24-28**

Each family will receive a complimentary 8x10 portrait and directory for participating

**Schedule your appointment TODAY at phumc.com!**

A representative will also be in the Welcome Center on Sundays for scheduling.

**CONGREGATIONAL CARE MINISTRY TRAINING SESSION**  
**Sunday, March 1 | Rm. C236, 12 noon - 1:30pm**



If you are involved with the Caring Network or would like to be - this training is for you! A light lunch will be provided. For more information, contact Rev. Jeff Hampton at [jhampton@phumc.com](mailto:jhampton@phumc.com). Make your reservations by calling 664-3600 by Thursday, Feb. 26.

**NURSING HOME VISITATION**

PHUMC Nursing Home Visitation Ministry is seeking volunteers to visit with residents at nursing homes and assisted living centers at least once a month. For more information contact Donna Davis, 400-2233.

**OZARK MISSION PROJECT**

Come enjoy an afternoon milkshake or an early dinner at

**POTBELLY'S SANDWICH SHOP**  
 314 S. University, Ste. 160

**Tues., Feb. 24, 3 - 6 pm**  
 20% of proceeds go to OMP!

**OPPORTUNITIES**

**SUNDAY**  
**Fellowship Central (Welcome Center/NH Lobby)**  
 8:00 - 11:00 am  
**Wesley Kids Choir Rehearsal (M119)**  
 9:00 - 10:00 am  
**Baptism Orientation (Sanctuary)**  
 10:10 - 10:50 am (1st Sun.)  
**phuyouth Group (Youth Area/Wesley Hall)**  
 5:30 - 7:15 pm  
**Senior High Bible Study (D379)**  
 7:15 - 8:30 pm

**MONDAY**  
**PHkids Open Gym (Great Hall)**  
 11:00 am - 2:00 pm  
**Midday Prayer (Chapel)** 11:45 am  
**Youth Basketball League (Great Hall)**  
 5:30 - 10:00 pm  
**Pack 12 Cub Scouts (D366)**  
 6:00 - 7:00 pm

**TUESDAY**  
**Helping Hands (Wesley Hall)** 9:30 am - 2:30 pm  
**Zumba Gold (Great Hall)** 2:00 - 2:45 pm  
**Youth Basketball League (Great Hall)**  
 5:30 - 10:00 pm  
**Yoga (Rm. C236)** 5:30 - 7:00 pm  
**Memory Loss Caregivers (D366)**  
 5:30 - 6:30 pm (2nd Tues.)  
 1:00 - 2:00 pm (3rd Tues.)  
**Venture Crew 8 - Boy Scouts (D387)**  
 6:30 - 8:30 pm

**WEDNESDAY**  
**Cancer Friends Support Group (C236)**  
 5:00 pm (2nd Wed.)  
**Wesley Girls Handchimes Rehearsal (M119)**  
 5:15 - 6:00 pm  
**Youth Basketball League (Great Hall)**  
 5:30 - 10:00 pm  
**Chancel Choir Rehearsal (M110)**  
 6:00 pm  
**phuyouth Small Groups (Youth Area)**  
 6:30 - 7:30 pm

**THURSDAY**  
**Labyrinth (Wesley Hall)** 8:00 am - 8:00 pm  
**Zumba Gold (Great Hall)** 2:00 - 2:45 pm  
**Youth Basketball League (Great Hall)**  
 5:30 - 10:00 pm

**FRIDAY**  
**PHUMC Book Club (C235)**  
 7:00 - 8:00 am ("When Religion Becomes Lethal")  
**PHkids Open Gym (Great Hall)**  
 3:00 - 8:00 pm  
**Parents' Night Out (Children's Building)**  
 6:00 - 9:00 pm (4th Fri.)

**SATURDAY**  
**Youth Basketball League (Great Hall)**  
 8:00 am - 10:00 pm

**PHUMC ANNUAL EASTER EGG HUNT**  
**Saturday, April 4, Allsopp Park Pavillion**

Pre-Hunt Activities 10:30 am | Hunt begins at 11:00 am  
 For children 2nd grade and under  
 Mission: bring snack foods for PHUMC Food Pantry

**Optional Extra Activity** - Feel free to bring your own picnic and enjoy some fun family fellowship time together after the hunt. (Paper goods and water provided.)

**YOUR HELP IS NEEDED!**

- Pick up Easter egg & scripture kits or pick up scripture only kits and supply your own eggs. Fill eggs with wrapped candy and a Bible verse slip. **Return by Sun., March 29.**
- Or donate plastic eggs and/or bags of candy. **Please bring donations by Sun, Mar. 22.**

**Egg kit and return locations are as follows:**

- Church Welcome Center • Children's Welcome Center • Wesley Hall Welcome Center

We want to make sure we have plenty of eggs and your help is much appreciated! Thank you in advance for your willingness to help make the Children's Annual Easter Egg Hunt a success!

**Rain Plan: Check PHUMC's Facebook page if there is a question about the weather. Back-up location will be in the Great Hall.**

**First United Methodist Volunteers in Mission (UMVIM) Team to the "New" Cuba**



The first ever UMVIM trip by the AR Conference of the United Methodist Church returned January 12 after ten days of working and worshipping with Methodists or *metodistas* in Havana. Helping to build housing for seminary faculty and becoming friends with Cuban brothers and sisters in Christ was very rewarding. The donations that members of PHUMC made to purchase prescription medications, bedding, bath towels, etc. were greatly appreciated by the district superintendent and the physician on staff at the Methodist House. Thank you for the much needed items I was able to deliver on your behalf.

~ Mary Cantwell

# PRAYER REQUESTS

**DEATHS:** Our Christian sympathy is extended to George Campbell and family in the death of his wife, Bess Campbell.

**RECENT HOSPITALIZATIONS:** (Feb. 3 - 10) Arminta Betty, Tony Ellis, William Gillum, Eleanor Kilbourne, Vincent Leeder, Rebecca Rather, Angela Sanders, Mary Spaulding, L.J. Wolfe.

**WE REJOICE IN THE BIRTH OF** Lachian McLellan Wistrand, child of Whitney and Rob Wistrand.

**MARRIAGE:** Our congratulations to Lindsay Cookus and Matt Van Parys on their recent 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

Emergency Pager: 501.688.9533

## HIKING ADVENTURES

Sat., Feb. 21 - Our annual work day to keep this section of the Ozark Highlands Trail clear of brush and vines. This is beautiful country, with some nice views. We will leave at 6 a.m. and return after dark. Contact George Regan, 835-7806 or gregan45@gmail.com.

## Service Times

### Friday

Sanctuary Worship (*traditional, casual*)  
6:00 pm

### Sunday

Sanctuary Worship (*traditional*)

9:00 & 11:00 am

New Heights Worship (*contemporary*)

9:00 & 11:00 am

Sunday School

10:10 - 10:50 am

### Contact Information

Website: [www.phumc.com](http://www.phumc.com)

(501) 664-3600 Fax: (501) 664-4835

After Hours Emergency: (501) 688-9533

Email: [phumc@phumc.com](mailto:phumc@phumc.com)

### Church Office Hours:

Monday - Friday, 8:30 am - 4:30 pm

The church is also available seven days a week, beyond regular office hours, for special events or meetings. Call 664-3600 for more information.

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

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LITTLE ROCK, AR

Please email Tower announcements 4 weeks prior to an event: [pr@phumc.com](mailto:pr@phumc.com) or submit Communications Request Form to: <http://phumc.com/prrequest>.

[facebook.com/pulaskiheightsmethodist](https://facebook.com/pulaskiheightsmethodist)



[twitter.com/pulaskiheights](https://twitter.com/pulaskiheights)



Watch us on YouTube!!  
[youtube.com/pulaskiheightsumc](https://youtube.com/pulaskiheightsumc)



## HILLCREST LENTEN SERVICES 2015

Theme: "The Pilgrim Road"

| Date        | Location                         | Speaker       |
|-------------|----------------------------------|---------------|
| February 20 | Pulaski Heights Baptist          | Erik Polmeier |
| February 27 | Pulaski Heights Presbyterian     | Randy Hyde    |
| March 6     | Pulaski Heights United Methodist | Tom Marks     |
| March 13    | Our Lady of the Holy Souls       | Ruskin Falls  |
| March 20    | Pulaski Heights Presbyterian     | Britt Skarda  |
| March 27    | Pulaski Heights Christian        | Jay Clark     |

All services are 30 minutes at participating churches on Fridays at 12 noon, followed by a light lunch. Make plans to join us as we unite during the Lent season!

## Sunday School - Get Connected! 10:10 am

All Things Considered/Koinonia, M316 *Give Up Something Bad for Lent* by Rev. James Moore  
 Argue/Christian Fellowship/Dietz Dialogue, C135 *Give Up Something Bad for Lent* by Rev. James Moore  
 Beatitudes/Newton Good News, M101 *Give Up Something Bad for Lent* by Rev. James Moore  
 Bible Study, C239 (all ages) Tyler Thompson  
 Disciple Bible Study Class, D277 (all ages) "The Called People: Covenant," Mary Lewis Dassinger  
 Fathomers/Deeper Connections, C235 *Give Up Something Bad for Lent* by Rev. James Moore  
 Foundations/ Tower/Wesley, C236 *Give Up Something Bad for Lent* by Rev. James Moore  
 Journey/Young Adults, D366 *Give Up Something Bad for Lent* by Rev. James Moore  
 Receiving Grace/Roundtable, M312 *Give Up Something Bad for Lent* by Rev. James Moore

Agape Class, D385 Youth with Special Needs, Carol Blann

11-12 Grades, D379 Youth Bible Study, John Jones and Charlie Coleman

9-10 Grades, D375 Youth Bible Study, Jim Faulkner and Tim Taylor

7-8 Grades, D377 Youth Bible Study

Confirmation, 6th Grade, D368 Rev. Jay Clark

Early Christian Awareness (ECA) Infants/Toddlers, Norma Story Bldg.

January Lessons: Horse, Cow, Doggie, Kitten

Preschool Lions (age 2-3), Tigers (age 3-4), Bears (age 4-5) "The Man Beside the Pool"

K-5th Grade, Rotation Sunday School, Story Bldg. Meet in Rm. S350, then classes.

Malone Phone Class: Sundays at 3 pm by phone at home

M=Main Building

C=Christian Life Center (Argue Great Hall/gym/Fellowship Central)

D=Disciple Center (Wesley Hall, Youth)

S=Norma Story Children's Building



## Fellowship Central

Sundays from 8 - 11 am

Welcome Center & New Heights Lobby/Coffee, Refreshments, Wi-Fi and more!!