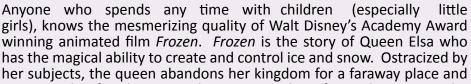


GIVE IT UP

Let it go, let it go
Can't hold it back anymore
Let it go, let it go
Turn away and slam the door
I don't care what they're going to say
Let the storm rage on
The cold never bothered me anyway
- Kristen Anderson-Lopez & Robert Lopez



her subjects, the queen abandons her kingdom for a faraway place and rejoices in her freedom to use her power without fear or limit. From the marketing explosion prompted by the release of *Frozen* to the explosion this past year of new babies named "Elsa", this film has taken the world by (ice) storm. When Karen and I recently presented our 23 month old granddaughter Vivian with a battery operated microphone that plays the *Frozen* theme song "Let It Go", she became almost giddy.

Our 2015 Lenten sermon series at Pulaski Heights United Methodist Church "Give It Up!" has a similar ring to the song "Let It Go", doesn't it? Both focus on freedom and the importance of release in our lives. However, there is a vast difference between the two. While the film Frozen is focused on self-actualization or self-fulfillment, the season of Lent (aka Give It Up!) is focused on finding our true selves through the One who loved us so much he gave his life for us. "For freedom Christ has set us free..." (Galatians 5:1). Jesus reminds us that we find our lives by losing our lives—by loving and serving God and neighbor.

In this holy season of Lent, I invite you to "let it go" by praying more, serving more, giving more and loving others more than yourself in the name of Jesus Christ. Amen.

Britt Skarda Senior Pastor





Schedule your appointment today at phumc.com See Page 3 for details.



PRIMETIMERS LUNCHEON FEATURES "VALENTINES FROM VEENA"

Thursday, February 26 11:30 am, Parlor



Please call 664-3600 to make lunch reservations by noon Tuesday, February 24...or bring your own lunch...or just come for the program. All are welcome!

A meet-and-greet barbecue luncheon will be in the Great Hall at noon on March 8, following the 11 a.m. worship services. 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.



NEW MEMBERS



Natalie & Kyle Graumann

You are Needed!!! Handy-Man & Handy-Woman Ministry

"Doing small odd jobs for PHUMC Seniors"



- · Change light bulbs
- Repair leaking sinks
- Other home repairs
- Be present at consultations when a senior is getting estimates for repairs or hiring
- Build steps/handrails, ramps

Please email phumc@phumc.com if you are available to serve in this ministry or if you need assistance.

PHUMC ANNUAL EASTER EGG HUNT

Saturday, April 4

Hunt begins at 11:00 am For children 2nd grade and under Mission: bring snack foods for PHUMC Food Pantry

YOUR HELP IS NEEDED!

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

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.

MONDAY PHkids Open Gym (Great Hall) 11:00 am - 2:00 pm

Allsopp Park Pavillion

Pre-Hunt Activities 10:30 am

5:30 - 10:00 pm Pack 12 Cub Scouts (D366) 6:00 - 7:00 pm

8:00 - 11:00 am

9:00 - 10:00 am

5:30 - 7:15 pm

Helping Hands (Wesley Hall) 9:30 am - 2:30 pm Zumba Gold (Great Hall) 2:00 - 2:45 pm Youth Basketball League (Great Hall)

OPPORTUNITIES

Fellowship Central (Welcome Center/NH Lobby)

phyouth Group (Youth Area/Wesley Hall)

Wesley Kids Choir Rehearsal (M119)

Baptism Orientation (Sanctuary)

Senior High Bible Study (D379) 7:15 - 8:30 pm

Midday Prayer (Chapel) 11:45 am Youth Basketball League (Great Hall)

10:10 - 10:50 am (1st Sun.)

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)

phyouth 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

The Chapel is available Mon. - Fri., 8:30 am -4:30 pm for personal prayer time.

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. Make your reservations by calling 664-3600 by Thursday, Feb. 26.



First Friday Sabbath Supper

March 6, following Friday night worship. We will be celebrating St. Patrick's Day and the menu includes: soup, a sandwich, veggie tray, and dessert. For an accurate head count, please sign up by Connect Card in worship or call 664-3600. All are welcome! For more information call Cris Slikker, 626-1783.



Food Pantry Item of the Month: Soup. Bring donations to church to help our neighbors in need. Place items in the Food Pantry collection boxes outside Wesley Hall and the Parlor.









Go to phumc.com/omp-spring-family-camp for registration forms or email Rev. Jacob Lynn, jlynn@phumc.com.

PHUMC MEMORIALS & HONORARIUMS

Gifts have been received for the Children's Ministry, the Good Sam Fund, UMCOR, and the glory of God.

Memorials

Louise Baber by Drs. Robin & James Glass J.C. Brooks by Billie & Tom Hatcher, Drs. Judith & Robert Short

Margaret Cowan by Sara Harrison Jack Hamilton by Donna & Mack McLarty Kathlyn LaNell Haney by Donna & Mack McLarty

Pete Hoover by Ann Lewis Lynne Matthews by Nena Valentine B. A. McIntosh by his family Catherine Todd by Patti & Charlie Coleman & family

Honoraria

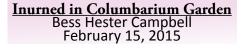
Cindy Burns' birthday by Martha & Ron Clark Emma & Earl Carter by Barbara & Louis Mulkey

Coach Charlie Coleman by Jamison Reeves Coach Jimmy Faulkner by Jamison Reeves Davis Foltz by Rosemary Davis; Stephanie & Ford Overton; Molly, Meredith, Susan, Sophie, Olivia & Will Overton; Buddy & Susan Overton Smith

Friends' birthdays by Rhys Shipley
Nancy & John Longstreth by Barbara & Louis
Mulkey

Jim Maase by Crata Castleberry
Carol Ann & Don Nolley by Barbara & Louis
Mulkey

Belinda Price by Crata Castleberry **RIABS** by Shirley Brown



"The Tale of Three Trees" Musical



PHUMC FOUNDATION

The following gifts were received for the glory of God and the *George & Bess Campbell Food Pantry Endowment*.

Birthday Club

Sherry Bird
George Knox
Mary Margaret Knox
Sloane LaFrance
Dickie Lunsford
Lawrence McKellips
Peggy Perkins
Maddie Polk
Sarah Reddick
Skip Rutherford
Heidi Sanders

Memorials

Bess Campbell by Paul Bash, Donna Bragg, Daryl Coker, Dr. Gladwin Connell, Luna Craver, Kearney Dietz, Janice Egelston, Jerry Floyd, Sara Harrison, Gary Hutchins, Steve Hutchins, Jerry Keyes, Ruth Kost, Little Rock Rockettes, Joann & Garth Martin, Dot Morey, Tony Owens, Beth & Roger Page, Sharon & Billy Priest, Pam & Terry Reynolds, Billie & Skip Rutherford, Emily & Aaron Schmid, Pat & Barry Solomon, Connie & Gerald Vaden, Evelyn Wells

Jerry Delchamps by Penny & Gordon Wilbourn Charles Maase by Carol Smelley Cal McCastlain by Janie & Andy Barham Clay Wimberly by Jean Mayes Robinson

Honoraria

Dr. Jeff Hampton by Stephen ministers **Lynn Lindsey** by RIABS **Freddie & Vic Nixon** by Barbara & Chuck Bryden

Anne Winthrop Hargrove Rockefeller by the Robert Dunn family

PRAYER REQUESTS

DEATHS: Our Christian sympathy is extended to Beth Baine and family in the death of her mother. Caralyn Verble.

RECENT HOSPITALIZATIONS: (Feb. 11 - 18) Genty Agar, Suzanne Clark, Don Dugan, William Gillum, Eleanor Kilbourne, Nancy McCulley, Barrett Norton.

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**

Cancer Friends Support Group

Wed., Mar. 11 pm, Rm. C236

Meet for a complimentary supper, fellowship, and signing cards of encouragement. Please email knutsond@comcast.net if you plan to attend

WALKING IN THE

Join Rev. Britt Skarda and Rev. Jay Clark as they journey to the Holy Land, October 6-15, 2015, with an optional extension of Cairo, Egypt. Email Rev. Jay Clark at jclark@phumc.com for more information.

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 (501) 664-3600 Fax: (501) 664-4835 After Hours Emergency: (501) 688-9533 Email: phumc@phumc.com

Church Office Hours: Monday - Friday, 8:30 am - 4:30 pm **Pulaski Heights United Methodist Church** 4823 Woodlawn Little Rock, Arkansas 72205

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Please email Tower announcements 4 weeks prior to an event: pr@phumc.com or submit Communications Request Form to: http://phumc.com/prrequest.

facebook.com/pulaskiheightsmethodist



twitter.com/pulaskiheights



Watch us on YouTube!! youtube.com/pulaskiheightsumc

HILLCREST LENTEN SERVICES 2015

Theme: "The Pilgrim Road"

Location

February 27 Pulaski Heights Presbyterian March 6 Pulaski Heights United Methodist Our Lady of the Holy Souls March 13 March 20 Pulaski Heights Presbyterian March 27 Pulaski Heights Christian

Speaker

Randy Hyde Tom Marks **Ruskin Falls Britt Skarda** 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 Lenten 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. March Lessons: Insects - Lady Bug, Butterfly, Honey Bee

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

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

Shepherd's Cove: Betty Gene Mann

M=Main Building

Date

C=Christian Life Center (Argue Great Hall/gym/Fellowship Central) D=Disciple Center (Wesley Hall, Youth)



Fellowship Central

Sundays from 8 - 11 am Welcome Center & New Heights LobbyCoffee, Refreshments, Wi-Fi and more!!

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