

Pulaski Heights United Methodist Church

# THE TOWER NEWSLETTER

Volume 161, Number 43

March 1, 2015

## 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



Anyone who spends any time with children (especially little girls), knows the mesmerizing quality of Walt Disney's Academy Award winning animated film *Frozen*. *Frozen* is the story of Queen Elsa who has the magical ability to create and control ice and snow. Ostracized by 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


**Pulaski Heights**  
 United Methodist Church

### Worship Services Sermon Series

#### Give It Up!

*"Give Up Assumptions"*

*John 3:1-17*

Friday, February 27, 6 pm

&

Sunday, March 1

9 am and 11 am - Sanctuary

**Rev. Britt Skarda**

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

Sunday, March 1

9 am and 11 am

New Heights

**Rev. Jacob Lynn**

### 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!



Schedule your appointment today at [phumc.com](http://phumc.com)  
 See Page 3 for details.

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

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](mailto:RSVP@hendrix.edu).



## WELCOME 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](mailto: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**

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

### 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, 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.**

## 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.



## 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.

## 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.)

**phyouth 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

**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.



**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.



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.*



**OZARK MISSION PROJECT**

**SPRING FAMILY CAMP AT BEAR CREEK**  
MARIANNA, AR

**APRIL 10-12, 2015**

- **Cost:** \$40 per person; \$150 max per family (2 years and under - free)
- **Mission Opportunities:** Painting, yard work, light construction, food preparation, children's activities and care.

**Registration Deadline: March 1**

Go to [phumc.com/omp-spring-family-camp](http://phumc.com/omp-spring-family-camp) for registration forms or email Rev. Jacob Lynn, [jlynn@phumc.com](mailto:jlynn@phumc.com).

**SAVE THE DATE!!!**

**Confirmation Day with the Bishop at PHUMC**

**Saturday, March 14**  
8 am - 3 pm



**Inurned in Columbarium Garden**  
Bess Hester Campbell  
February 15, 2015

**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**  
February 13



**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 FOOTSTEPS OF JESUS

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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LITTLE ROCK, AR

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](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 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 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

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 Lobby Coffee, Refreshments, Wi-Fi and more!!