

Pulaski Heights United Methodist Church

Growing in Faith

**ADULT SPIRITUAL FORMATION
OPPORTUNITIES**

*Thy word is a lamp unto my feet,
and a light unto my path*

Fall 2016 through Spring 2017

– Psalm 119:105

Welcome to

PULASKI HEIGHTS UNITED METHODIST CHURCH

"Come journey with us as we search for God's Path for our lives through Bible Study, Spiritual Formation Classes, and other opportunities for discipleship, fellowship, and growth."

How do I register?



Visit our website at www.phumc.com/spiritualformation
Call any of the contacts or sign up at the Welcome Center.

All courses, retreats, and events at PHUMC are open to the community.
Invite your friends!

*Cost listed are for materials. Please pay at first session. Scholarships are available and confidential. Call Rev. Belinda Price for more information.

Childcare is available for all evening classes with a reservation.
Please contact Rev. Belinda Price for more information.

Mission Statement

Love God, Love Neighbor, Change the World by transforming lives while remaining steadfast to the stability of God's Word. Changing/enhancing lives through spiritual development in Sunday School, Small Group, and Bible Study.

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2016-2017 CHURCH CALENDAR

2016

August 15: Public School begins, Adventure in the Arts begins

August 21: Confirmation Begins, Back-to-School Bash, 3rd Grade Bible Sunday

September 11: Fall Kick-Off, Sunday Night Live Fall Term

October 1: Hog Parking

October 2: Children's Sabbath

October 14-16: Women's Retreat

October 28-30: Shane Claibourn

October 30: Halloween Carnival

November 27: First Sunday of Advent

December 11: Winter Peace, Wakefield Gift Drop

December 23: Christmas Eve Eve in Wesley Hall

December 24: *Christmas Eve Services:* 12, 2, and 4 pm *Family Service,* 6, 8, and 11 pm

December 25: No Sunday School, 9 am - Devotional in the Sanctuary

2017

March 1: Ash Wednesday

March 5: First Sunday in Lent

April 16: Easter

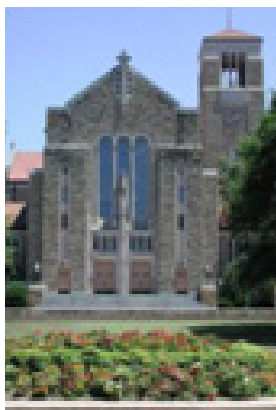
May 7: Senior Sunday

May 14: Mother's Day

May 21: Confirmation Sunday

SPIRITUAL RETREAT AND SPEAKERS

Women's Fall Retreat



Join us for a weekend of peaceful restoration as we learn, worship, and fellowship together. Led by Rev. Helen Stegall, this year's theme is "Finding the Sacred in the Ordinary". We will once again be at Subiaco Abbey, a beautiful setting for our time together. Cost of the retreat is \$185. Registration Fee is \$75, due by August 21. The remainder is due by October 2.

Subiaco Abbey October 14-16, 2016

Led by Rev. Helen Stegall

Cost: \$185



Speaker – Rev. Shane Claiborne

Rev. Shane Claiborne, 41, is an activist and author who is a leading figure in the New Monasticism movement and one of the founding members of The Simple Way in Philadelphia, Pennsylvania. Author of a dozen books, in his book, *Jesus for President*, Shane says, "Enough with the donkeys and elephants, it's time for the Lamb." This provocative book looks beyond Wall Street, beyond drones and smart bombs to God's Way and God's Dream.

Sanctuary - Sunday, October 30

Time: 9 & 11 am

SUNDAY SCHOOL CLASSES

All Things Considered

Discussion-centered class with a focus on community mission. Singles and couples of all ages are welcome.

Room M314



Argue

Argue Class, named in honor of beloved pastor Dr. James B. Argue, is a reconciling class welcoming to all. Members are generally 60+ but we have younger members, too. Our varied programs range from Bible study to social issues utilizing speakers and DVD/discussion formats. We have a strong interest in missions of the church and in the community while seeking to support and encourage each other in the Christian faith journey.

Room M318



Beatitudes

The Beatitudes Class is made up of couples ages 30-45+. The class studies a variety of topics and enjoys having guest teachers teach Bible studies.

Room M316



SUNDAY SCHOOL CLASSES

Christian Fellowship

The Christian Fellowship Class is a long-standing, dedicated group of students. With only one or two exceptions, it is made of couples and singles in the 70s through 90s age range.



Lesson sources are varied but usually based on Study Guides and presented by 5 capable teachers, with each teaching one Sunday per month. Discussion is desired and often quite lively. Church sponsored activities are supported as well as special causes, by regular Sunday morning donations. Prospective members are warmly invited to visit with us and sample our Christian fellowship!

Contact: Jerry Bowie, 753-7540

Room M304

Coffee Talk

This class is for women of all age groups that focuses on discussions involving our role as Christians in current events, guest speakers and outreach missions that support women and children in our community.



Room D277

SUNDAY SCHOOL CLASSES

Deeper Connections

Deeper Connections is made up of couples ages 20's - 30s with young children. A variety of Christian topics are studied.

Room D371



Dietz Dialogue

The Dietz Dialogue Class is a discussion class for men and women now in their 70's and 80's. It has been meeting since 1969 discussing a large variety of books by Christian authors and theologians. Discussion leader is Kearney Dietz.

Room C135



Fathomers

A multi-faceted group of 60+ married and single people enjoying learning and growing together spiritually and having a lot of fun in the process.

Room C235



SUNDAY SCHOOL CLASSES

Foundations

Foundations Class is made up of couples ages 20's - 40's. With a focus on marriage, this group has a marriage retreat every year. They study a variety of topics and participate in missions.

Room C236



Journey

Singles and couple ages 30's to 50's. Bible studies, group discussion and fellowship as well as missions and service projects.

Room D366



Koinonia

Affectionately know as The KoneHeads ("cause Koinonia is hard for us to say!) our class is all about fellowship and caring for one another. Another former "Young Couples Class grown old" we are mostly in our 60s, but still think of ourselves as younger than that. We have active mission and social programs and we usually read and discuss books by contemporary Christian authors like Hamilton and Yancey.

Room M307



SUNDAY SCHOOL CLASSES

Newton Good News

Study, teach, and help others. Come to the happy class!

Room M101



Pairs and Spares

Pairs and Spares, named after a class from many years ago, this class is made up of married and singles, ages 20's - 30's and taught by Jimmy Faulkner and Skip Rutherford.



Room D277

Roundtable

The Roundtable Sunday Class is a fun loving group - many are retired, however, younger people often attend with between 20 and 30 in attendance every week. We use the Adult Bible Studies



that relate scripture to everyday living. Class discussion is a major part of our lessons. There are five excellent teachers who rotate.

Each month we have "Birthday Supper" at a nice restaurant with a private room. Those whose birthday we celebrate, select the restaurant. We enjoy a wonderful meal and visiting.

Room M312

SUNDAY SCHOOL CLASSES

Tower

The Tower Sunday School Class enjoys weekly lessons, taught by different members of the class, along with the occasional guest lecturer. We are Democrats and Republicans, Liberals and Conservatives, Extroverts and Introverts, Single and Married, Carpoolers and Empty Nesters, Baby boomers from 40-ish to 60-ish. We enjoy in depth conversations, interesting discussions, lively debates, probing questions, and entertaining anecdotes. We have several social events each year, including an annual Christmas party and a Cinco de Mayo get-together. We support Family Promise and are the sponsors of the annual luncheon for graduating seniors.



Room C237

Wesley

The Wesley Class is a group of couples and singles 50 years and up who gather together to enhance the spiritual growth of one another. We are a Reconciling class and welcome all to join us in discussing, examining and sharing our relationship with God.



Room M320

Young Adults

Young Adults Class is made up of married and singles, ages 20's - 30's. Led by Joe & Louise Fox and Phil Price, this class studies a variety of topics and participates in Family Promise, a homeless mission of PHUMC.



Room M311



A growing experience for Adults,
Youth and Children for six weeks

FALL TERM

September 11 - October 16, 2016

(some classes are longer, check dates)

Schedule

5:30 pm - Adult and Children Classes, Youth Begins

6:45 pm – Adult and Children Classes End

7:15 pm – Youth Ends

Classes Offered

Christian Muslim Dialogue

Conscious Parenting

Financial Peace University

Jesus for President

SUNDAY NIGHT LIVE OPPORTUNITIES: FALL

Christian Muslim Dialogue

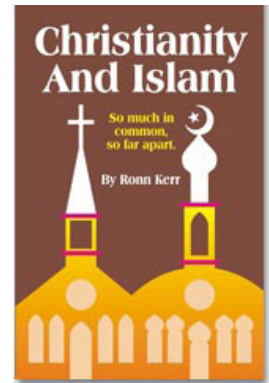
Rev. Susan Sims Smith and Sophia Said will lead us in a unique opportunity of interfaith dialogue. Participants will be able to connect with places of similarities in our faith, reduce fear and misunderstandings, and find acceptance for others despite religious differences. The class will accomplish these objectives while teaching on the topics of Jesus Christ, Women, Violence and Extremism, Prayer, Silence and Interfaith Cooperation.

Meets in Room C236

Time: 5:30 - 6:45 pm, September 11 - October 16

Facilitated by Rev. Susan Sims Smith and Sophia Said

Cost: \$5



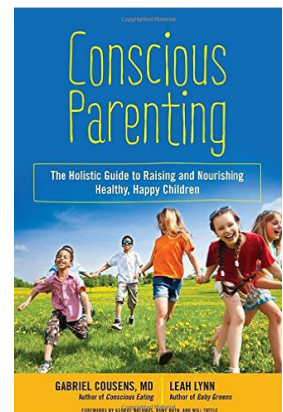
Conscious Parenting

Strategies, rituals and tips for managing difficult or undesirable behaviors in young children in a positive way. Class will assist parents in consciously influencing positive social emotional skills in young children using research-based methods. Especially helpful for ages toddler through eight.

Meets in Room C237

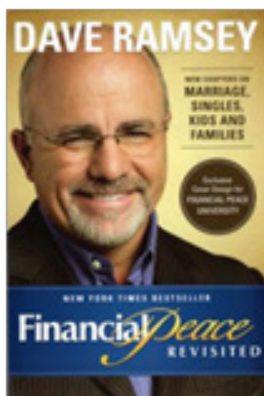
Time: 5:30 - 6:45 pm, September 11 - October 16

Facilitated by Kate Runder, Professional Development Trainer for LRSD and Ashley Bonner, Pre-K Teacher, Rockefeller School



SUNDAY NIGHT LIVE OPPORTUNITIES: FALL

9-week course



Dave Ramsey's Financial Peace University

If you are just starting out, either after college, in a new marriage, or in a new stage of life, then this class can help you begin on the right path before getting into financial trouble. It is important for both members of a couple to attend this class.

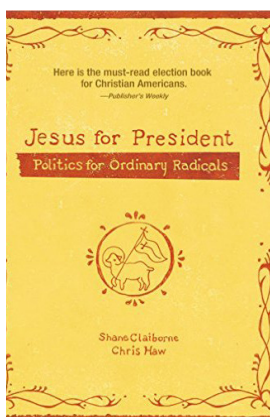
Meets in Room C135

Time: 5:30 - 7:00 pm September 11 - November 13

Facilitated by Charlie Case

*Cost: \$90 per person

Jesus for President



Jesus for President, by activist and author Shane Claiborne, is a radical manifesto to awaken the Christian political imagination, reminding us that our ultimate hope lies not in partisan political options but in Jesus and the incarnation of the peculiar politic of the church as a people 'set apart' from this world. Drawing upon the work of biblical theologians, the lessons of church history, and the examples of modern-day saints and ordinary radicals, *Jesus for President* transcends questions of "Should I vote?" and "Which candidate?" by thinking creatively about the fundamental issues of faith and allegiance.

Meets in the Parlor

Time: 5:30 - 6:45 pm, September 11 - October 16

Facilitated by Bryan Day and Buddy Villines

*Cost: Order books on Amazon.com



A growing experience for Adults,
Youth and Children for six weeks

WINTER TERM
January 15 - February 19, 2017

Schedule

5:30 pm - Adult and Children Classes, Youth Begins

6:45 pm – Adult and Children Classes End

7:15 pm – Youth Ends

Classes Offered

The Daniel Plan

Serving from the Heart

Finding Balance

A Disciple's Path

Get Real: A Spiritual Journey for Men

Provide and Protect

SUNDAY NIGHT LIVE OPPORTUNITIES: WINTER

The Daniel Plan

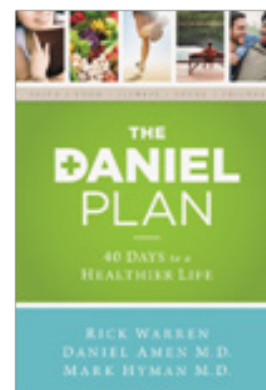
We all want to be healthy. We want our families to be healthy. This study uses faith, food, fitness, focus, and friends as the aspects of our lives that will lead us the health and wholeness we are seeking.

Meets in Room M308

Time: 5:30 - 6:45 pm, January 15 - February 19

Facilitated by TBA

*Cost: \$12



Serving From the Heart

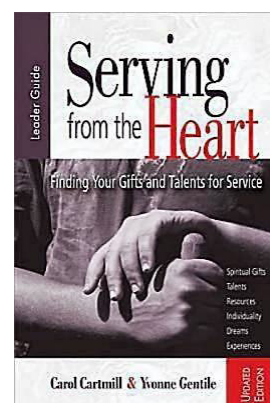
As church members we are all together the Body of Christ with many different gifts and talents. This class will help you explore your own spiritual gifts, talents and abilities, resources, individuality, dreams and experiences which will in turn enhance your ability to serve God and Neighbor.

Meets in Room C236

Time: 5:30 - 6:45 pm, January 15 - February 19

Facilitated by Andi Smith, Karen Skarda, and Phil Price

*Cost: \$15



Finding Balance

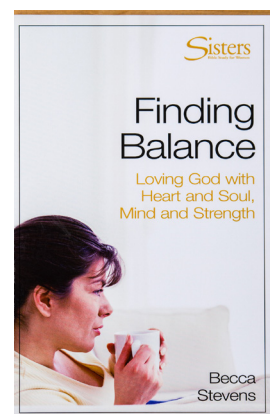
By examining the stories of the Women of the New Testament, Becca Stevens will help participants find a balance between service and worship, duty and devotion, doing and being.

Meets in Room M316

Time: 5:30 - 6:45 pm, January 15 - February 19

Facilitated by TBA

*Cost: \$15



SUNDAY NIGHT LIVE OPPORTUNITIES: WINTER

A Disciple's Path

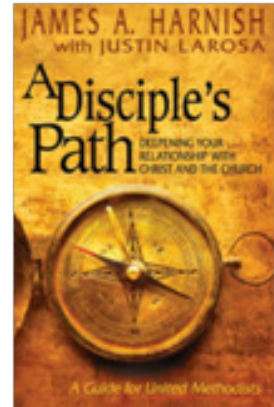
What exactly does it mean to be a United Methodist? This study combines our uniquely Wesleyan understanding of growth in God's grace with practical disciplines to help us love God and love neighbor and change the world. Participants will have daily readings.

Meets in Room C135

Time: 5:30 - 6:45 pm, January 15 - February 19

Facilitated by PHUMC Clergy

*Cost: \$15



Get Real: A Spiritual Journey for Men by Derek Maul

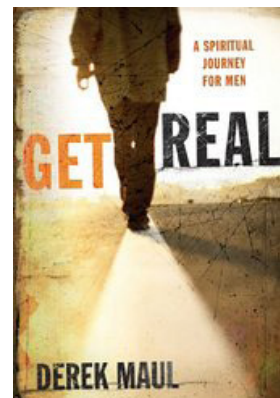
This study for men will explore the awesome reality God has in store for each individual and will help men discover authentic meaning and growth, will offer encouragement and will help strengthen families.

Meets in Room C239

Time: 5:30 - 6:45 pm, January 15 - February 19

Facilitated by Carey Smith

*Cost: \$10



Provide and Protect

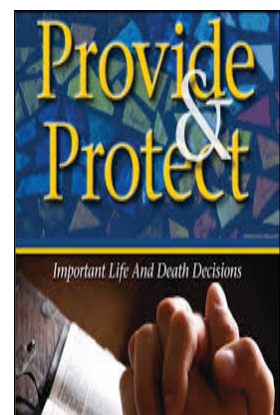
This seminar shows you how to make good decisions to help your family in the future. With a good plan you can avoid an accidental disinheritance and leave your family the gift of peace. Come hear about:

- Important Life and Death Decisions
- Helping Children Today and Tomorrow
- Planning for a Child with Special Needs
- Passing Integrity and Initiative

Meets in Room C237

Time: 5:30 - 6:45 pm , January 15 - February 19

Facilitated by and Sponsored by PHUMC Foundation



MONDAY OPPORTUNITIES

Intercessory Prayer Group

This group lifts up all the prayers of the church.

Meets in Room C237

Time: 11:00 am - 12:00 pm, ongoing

Contact: Susan Detrick at 661-0584

WEDNESDAY OPPORTUNITIES

Men Alive

Men of all ages meet for fellowship and study.

Meets in C135

Time: 6:30 - 7:30 am, ongoing

Contact: Kearney Dietz at 664-1069

Prayer Shawl Ministry



If you crochet or knit or if you would like to learn how, you are welcome to join this group that meets to pray together and make prayer shawls. The prayer shawls or blankets are taken to children and adults in the hospital or in other difficult situations by Caring Ministries.

Meets in C239

Time: 9:30 - 10:30 am, second Wednesday of the month

Contact: Linda Todd at 666-1249

The Enneagram Journey for Exploration, Growth, and Transformation



In this 12-week course you will explore the Enneagram, a powerful tool for learning more about your motivations, increasing awareness of the workings of your personality, and discovering ways to enhance balance and wholeness in life.

Meets in Parlor

Time: 10:00 am - 12:00 pm, September 14 - December 7

Facilitated by Martha Sharp

*Cost: \$40

WEDNESDAY OPPORTUNITIES

The Enneagram Journey for Exploration, Growth, and Transformation for Men

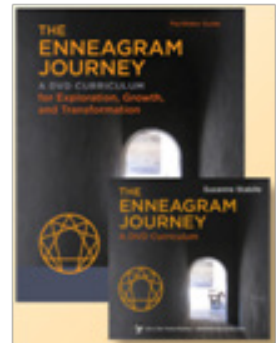
In this 12-week course you will explore the Enneagram, a powerful tool for learning more about your motivations, increasing awareness of the workings of your personality, and discovering ways to enhance balance and wholeness in life.

Meets in Parlor

Time: 6:00 - 8:00 pm, September 14 - December 7

Facilitated by Martha Sharp

*Cost \$40



Dave Ramsey's Financial Peace University

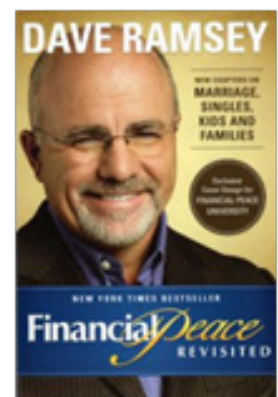
This class teaches the basics of managing your finances through all stages of life. It is one of our most popular classes and is for all ages.

Meets in Room C135

Time: 6:00 - 7:30 pm, September 14 - November 7

Facilitated by David Johnson

*Cost \$90 per family



THURSDAY OPPORTUNITIES

Read It Again Bible Study

This group of all ages meets to study together. They are taught by clergy and others throughout the year.

Meets in Room C236

Time: 9:00 -10:30 am, ongoing

Contact: Lynn Monk at 224-2124

Primetimers

This group meets for lunch, fellowship and various speakers, entertainment and trips.

Meets in Parlor

Time: 11:30 am, 4th Thursday of each month, except November

For more information see The Tower Newsletter.

Contact: Bev Villines at 978-0510 or bvillines@phumc.com

Labyrinth

Experience a prayer tradition that began in ancient times. Walk the labyrinth that is patterned after the one in Chartres Cathedral in France built in 1205. This winding path can provide a rich experience. You may think of it as a "walk with God". Additional information is provided at the site.

Meets in Wesley Hall

Time: 8:00 am - 8:00 pm, every Thursday

Contact: Tori Garrett at 539-2654

FRIDAY OPPORTUNITIES

PHUMC Book Club

This group of all ages meets to discuss interesting books on faith and theology. You are invited to join in for coffee and enlightening discussion.

Meets in Room C239

Time 7:00 - 8:00 am, ongoing

Contact: Vic Nixon at vnixon626@gmail.com

Prayer

The Chapel is open daily for personal prayer time Monday - Friday from 8:00 am - 6:00 pm.

MISSION OPPORTUNITIES

Family Promise

PHUMC participates along with several other faith communities to provide temporary housing, meals, and support for families with children who are seeking jobs and permanent housing. This week-long family-friendly mission is held at our church four times a year with the first hosting January 31 - February 7.

Contact: Gwen Efird, 666-8446 or gwenefird@att.net

Guatemala Medical Mission Trip

Doctors, nurses, pharmacists, clergy, and willing helpers travel to the highlands of Southwest Guatemala to provide medical care to patients that primarily are native Mayan people who have very limited access to health care.

Medical Mission: TBA 2017

Surgical Mission: TBA 2017

Contact: Denise Johnson, 912-9236 or pgirlsmom@sbcglobal.net

Contact: Emily Erkel, emily.erkel@yahoo.com

MIWATCH

This is a Ministry to Incarcerated Women And Their Children by driving the children on the third Saturday of the month to visit their mothers. Drivers who are members of the church and over 18 years of age are needed to drive the church vehicle.

Contact: Gwen Efird, 666-8446 or gwenefird@att.net

Feed the Funnel

This family-friendly mission is an active one to two hour experience requiring many volunteers to assemble food packages which will be distributed by food pantries in the state.

Food Pantry

PHUMC maintains a Food Pantry with non-perishable foods supplied by members of the church. You may donate food in one of the several bins throughout the church. Volunteers are needed to deliver the food to those in need as well as to assist with the organizing and packaging of the food.

Contact: Judy Strohm, 666-8878 or judy.strohm@icloud.com

MISSION OPPORTUNITIES

PHUMC Rings the Bell

Join the 2016 Red Kettle Campaign and volunteer to help The Salvation Army "Ring the Bell," Saturday, December 3.

Contact: Paula Watson, phumcringsthebell@gmail.com

Wakefield Elementary School

There are several ways to support our partner school:

- **Give a Kid a Chance.** We provide backpacks, school supplies, and uniforms for nearly 400 children at this school who would not otherwise receive these essential items. Volunteers are needed each summer to order, unload, and sort the supplies.

Contact:

- **Tutoring.** Volunteers are always needed to assist students with reading and tutoring.

Contact: Brenda Mize, 221-1613 or mizebk@gmail.com

- **Food Pantry.** Over 99% of the students are eligible for free or reduced lunches and hunger is a real problem. Volunteers are needed to bag the food and delivered to the school.

Contact: Juanita Patton, 661-0841 or juanitapatton@kw.com

- **Christmas.** Sponsor a child for Christmas from Wakefield Elementary who most likely will not receive many gifts on Christmas, otherwise.

Contact: Nancy Delacerda, ndelacerda@comcast.net

PHUMC Second Campus at St. Luke UMC

Join us in this exciting new ministry and mission center as we seek to transform lives in a nearby transitional area of Little Rock.

Contact: Rev. Betsy Singleton Snyder at 978-0530 or bssnyder@phumc.com

SUPPORT GROUPS

Al-Anon

PHUMC provides meeting space for this group which supports family members and friends of loved ones struggling with addiction.

Meets in Room C237

Time: Wednesdays, 5:30 - 6:30 pm

Cancer Friends Ministry Support Group

Cancer Friends encourage cancer survivors and their families through prayer, personal contacts, cards, notes, and more.

Meets in Room C236

Time: 5:00 pm, second Wednesday of each month

Contact: Don or Norma Knutson, knutsond@comcast.net

Grief Support – This group offers help and hope for individuals and families by allowing them to share their feelings in a small confidential setting.

Contact: Rev. Jeff Hampon, jhampton@phumc.com

Divorce Support – Using the book ***Rebuilding: When Your Relationship Ends***, this is a small, confidential group study with 10 sessions facilitated by an experienced group leader. The focus of the group is to provide support and to develop new coping skills to those who are dealing with the loss of a marriage or relationship. Dates are to be determined once there are registered participants. For further information, contact Rev. Belinda Price, bprice@phumc.com or 978-0531.

Men's Al-Anon

PHUMC provides meeting space for this group which supports family members and friends of loved ones struggling with addiction.

Meets in Room C237

Time: 7:30 - 8:30 pm, every Thursday

SUPPORT GROUPS

Memory Loss Caregivers Support Group

This group is for family and friends of those with any form of dementia.

Meets in Room D366

Time: 5:30 - 6:30 pm, second Tuesday and 1:00 - 2:00 pm third Tuesday of each month

Contact: Bev Villines at 350-5053

RECREATION MINISTRY

Yoga

Meets in Room C236

Time: 5:30 - 7:00 pm, second Tuesday

Zumba Gold

Meets in the Great Hall

Time: 2:00 - 2:45 pm, Thursdays

United Methodist Women – UMW groups meet together monthly to study, fellowship and do mission work. Their study and mission is focused on the particular needs of women and children across the globe.

- ***Circle of Hope*** – Second Monday, 11:45 am-1:00 pm in Parlor. Break for summer.
Contact Marylou Billingsley at 868-7135
- ***Mary and Martha Circle*** – Third Monday, 1:00-2:30 pm, Room C135
Contact Linda Todd at 666-1429
- ***Women of Faith Circle*** – Second Sunday, 4:30-6:00 pm, in homes.
Contact Jennifer Gadberry at 223-3932
- ***Ernestine McKinney Circle*** – Second Monday, 7:00-8:30 pm, in homes.
Contact Elise Argue at 224-8181

CHURCH INFORMATION

OUR VISION

Our vision is not just about growing a bigger church or adding more members. Our vision is to be a congregation where seeking people are accepted, loved, and nurtured into discipleship. We want the demographics of the congregation to reflect the rich diverse demographics of the community.

OUR MISSION

Love God, Love Neighbor, Change the World

WORSHIP SCHEDULE

Friday Sabbath Worship - 6 pm

Sunday Sanctuary Worship - 9 & 11 am

Sunday New Heights Worship - 9 & 11 am

Sunday School - 10:10-10:50 am

Sunday Trolley Shuttle from War Memorial Stadium - 8 am-1pm

OFFICE HOURS

8:30 am - 4:30 pm *Weekdays* | 8 am - 12 noon *Sundays*

(The church is also available seven days a week, beyond regular office hours, for special events or meetings.
Call the church for more information.)

Pulaski Heights United Methodist Church

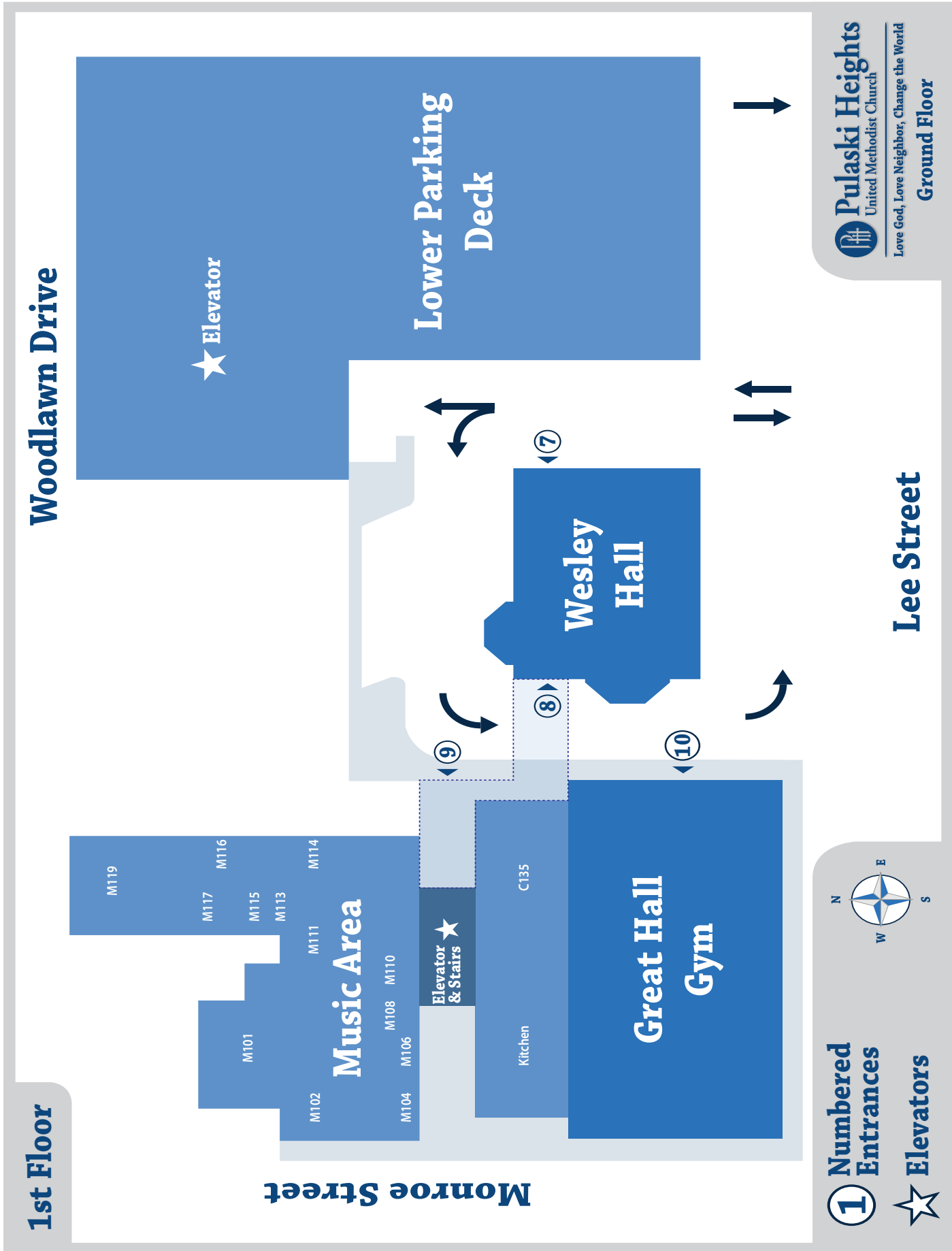
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www.phumc.com

email: phumc@phumc.com

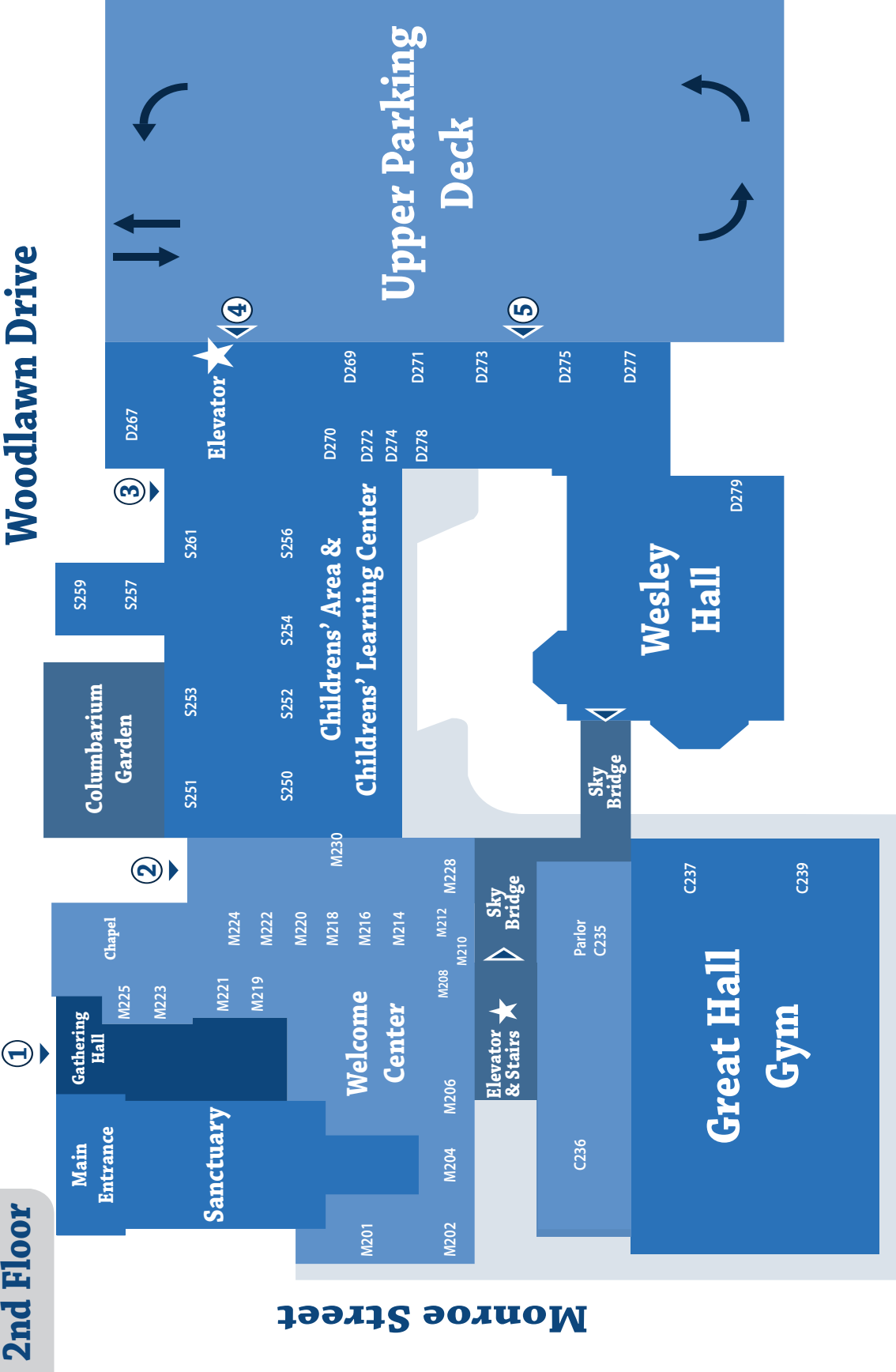
CAMPUS MAP - FIRST FLOOR



CAMPUS MAP - SECOND FLOOR

2nd Floor

Woodlawn Drive



Monroe Street

Lee Street

1 Numbered Entrances



★ Elevators



Love God, Love Neighbor, Change the World

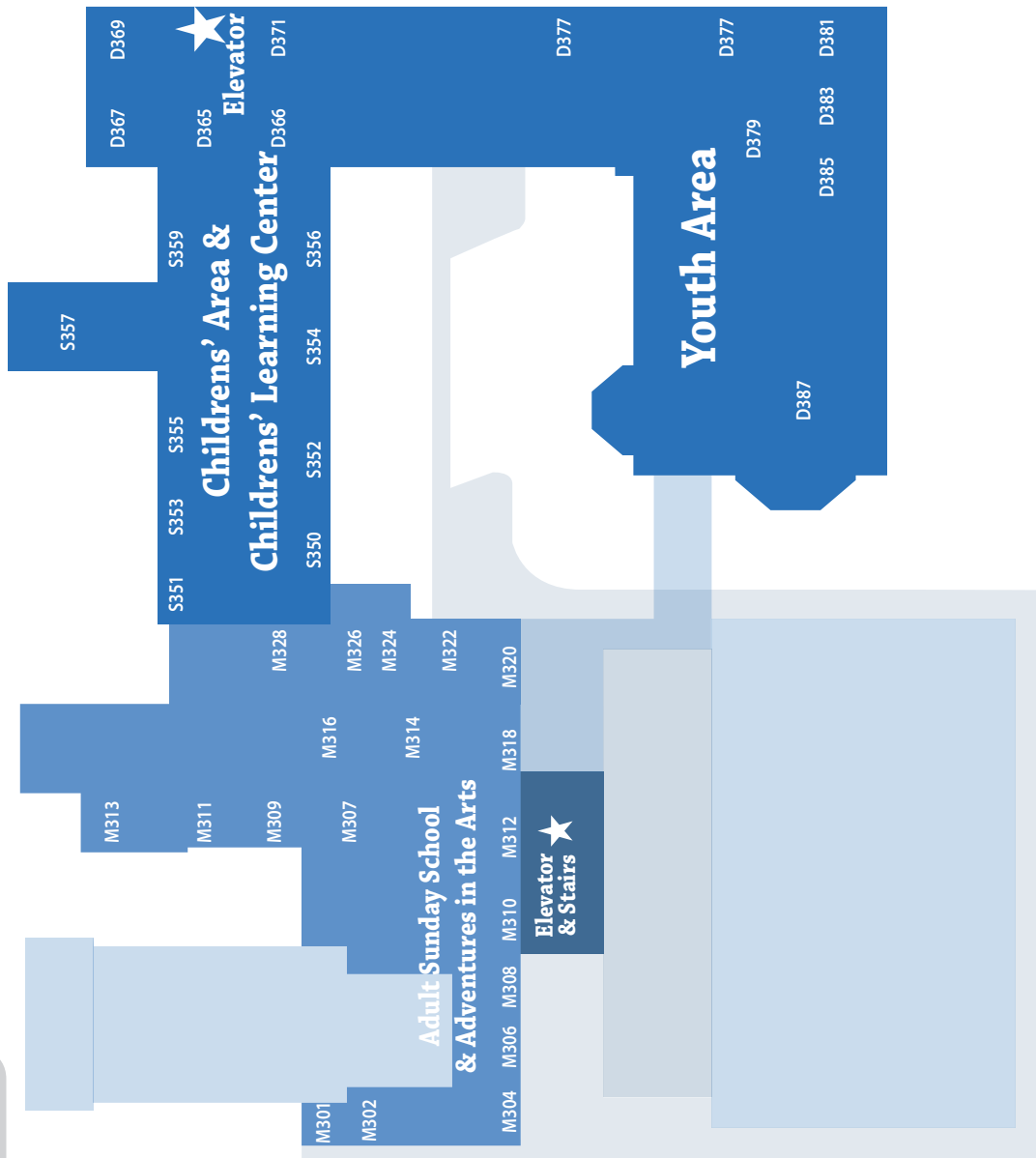
Second Floor

CAMPUS MAP - THIRD FLOOR

3rd Floor

Woodlawn Drive

Monroe Street



1 Numbered Entrances



Elevators



Lee Street



Pulaski Heights
United Methodist Church
Love God, Love Neighbor, Change the World
Third Floor



Love God, Love Neighbor, Change the World

“So I say to you, ask and it will be given to you; search and you will find; knock and the door will be opened for you. For everyone who asks receives; and everyone who searches finds, and for everyone who knocks, the door will be opened.”

- Luke 11:9-10