

THE TOWER NEWSLETTER

Volume 163, Number 40

Love God, Love Neighbor, Change the World

February 4, 2018

phyouth Sabbath - Sunday, February 11

I have a confession—I was once a teenager. It's true...and I know some of you were, too. For some of us, it was the church we were raised in, its youth ministry, pastors, and people that shaped us into who we are today. Take a moment to think about those people and then fast-forward to where you are today at PHUMC.

Next Sunday, February 11, is phyouth Sabbath. To me, it is not a day to parade some of our youth in front of the congregation, but a specific Sunday to celebrate the positive impact Pulaski Heights UMC has made on so many young people. Years ago, Youth Ministry in any given church was almost a babysitting service—a night of pizza and games. Our Youth Ministry tries to have a place where everyone can find a place to plug in, fit in, and be accepted for who they are. More importantly, I believe we offer places to experience Christ. Fellowship is a big part of this, but if we are not challenging our young people to be the hands and feet of Christ in the world and to love our neighbor—then we should just shut it down. Our young people do a phenomenal job of trying to live out who God is calling them to be in this world.



We have youth that have been leading in all areas of the church—not just serving on our local Youth Leadership Team or Board of Stewards, but also serving on city, district, conference, national, and international bodies to help bring the message of Christ to other young people.

Sunday, February 11, is also the Sunday we collect a “second mile” offering that goes to Youth Missions. These funds help us keep the cost of our mission experiences down and also helps provide scholarships for people to attend. This is more than a fundraiser that keeps us from doing bake sales every week—it is a way to buy in and show your support to a ministry that waters the seed of discipleship.



I thank God each day for this important ministry of our church we call Youth Ministry—and for members like you who continually show your support. Not only will we celebrate our young people, but again, collectively recommit ourselves to be part of their journey and them a part of ours.

Peace,

Rev. Jay Clark
Pastor with Youth and Families

Worship Services

**Sermon Series: Gonna Lay My Burdens Down: Overcoming the Stigma of Mental Health
Suicide: When Life Gives You More Than You Can Handle • Psalm 3**

Friday, February 2, 6 pm - Sanctuary • Rev. Britt Skarda

Sunday, February 4, 9 & 11 am - Sanctuary • Rev. Britt Skarda

(9 am service is broadcast Sunday on KATV, Channel 7 at 10:30 am)

Sunday, February 4, 9 & 11 am - New Heights • Rev. Betsy Singleton Snyder

Sunday, February 4, 9:30 am - St. Luke Campus • Rev. Jeremy Pressgrove

The Arkansas Chapter of the American Foundation for Suicide Prevention will be in the Gathering Hall and Wesley Hall following services on Sunday, February 4, to answer questions and provide information regarding suicide.

CRITICAL MASS!

A Lenten Invitation from Your Senior Pastor

With the launch of our new St. Luke Children's Learning Center, we're off to a grand start at our second campus located in Broadmoor. Now is the time to move to the next phase—offering vital worship. Yes, while Jesus said, "Where two or three gather in my name, there am I also," there is something powerful about coming together en masse to worship the living God. As your senior pastor, I invite you to do more than simply give up something for Lent. I invite you to prayerfully consider spending the entire Lenten season worshipping at St. Luke. Your presence will make a strong statement to the community that we are there to make a difference. Worship services in St. Luke's beautiful midcentury modern sanctuary begin every Sunday at 9:30 am with childcare provided.

Do something positive this Lenten season by contacting Rev. Jeremy Pressgrove 733-3981 or Jeremy.pressgrove@arumc.org and letting him know you plan to join our St. Luke community in prayer and praise beginning Sunday, February 18.

God's peace,

Britt Skarda
Senior Pastor

Let's "CAN" it for Souper Bowl Sunday!

Bring a can of soup to church Sunday, February 4,
to support the PHUMC Food Pantry!

Monetary donations are also welcome! (Homemade soup will not be sold.)



UPCOMING EVENTS

PHUMC HIKING ADVENTURES

Feb. 10 | 6 miles | Rating: moderate

Maintenance Hike — Our annual outing to keep this section of the Ozark Highlands Trail in the Richland Creek area in good shape. The work is easy and tools are provided. We will depart at 6 am and return after dark. For more information, contact George Regan at 835-7806 or gregan45@gmail.com.

MISSIONS

GUATEMALA MEDICAL MISSION OUTREACH 2018 INFORMATION SESSIONS

Sunday, February 11, noon and Monday,
February 12, 6:30 pm, C237

Learn about this mission outreach and volunteer opportunities. Trip dates: Medical, Dental, and Youth Teams, July 28 – August 5; Surgery Team; July 12 – 22.

SPIRITUAL FORMATION

SISTERS: FINDING BALANCE BOOK STUDY Sundays, March 4 - April 15, 4 - 5:30 pm, C237

The group will be facilitated by Bev Villines. Sign up by Connect Card or at the Welcome Center.

YOUR RETIREMENT QUEST WORKSHOP Saturday, March 10, 8:30 am - noon, PHUMC

Are you ready to prepare for your future? Sign up today! Space is limited. Pre-registration required. Deadline: Monday, March 5. To register, go to phumc.com/yrq, by Connect Card or call 664-3600.

WORSHIP & ARTS

Adventures in the Arts Registration is open.

Lessons are offered in piano, organ, voice, violin, guitar and much more at PHUMC. Contact Mary Smith, 978-0522 or aia@phumc.com for more information.

United Methodist Women

The Annual Call to Prayer and Self-Denial Service will be hosted by the Circle of Hope on Monday, February 12, at 11:45 am in the Parlor. The program topic is "Learning for a Lifetime: Developing Leaders." A light soup lunch will be provided and the program will be led by members of the Ernestine McKinney UMW Circle. A brief business meeting will follow the program. **ALL** women of the church are invited to attend and reservations are needed by Friday, February 9.



TALK BACK SAVES LIVES

Sunday, February 18
5:30 pm, Wesley Hall

Come and be a part of a community based presentation that covers the general scope of suicide, the research on prevention, and what people can do to fight suicide. Sign up by Connect Card, or contact Mary Meacham, Mary.afsp.ar@gmail.com for details.

PHUMC HONORARIA & MEMORIALS

The following gifts were received for *Missions, TV Ministry*, and the glory of God.

Honoraria

Jean McCollum by Holly & Mark Mathisen

Memorials

Mary Nell Armstrong by Carol & Gary Isom

Nancy Martin Campalans by Janet & Bud Jones

Louise Covington by Elise & Jim Argue, Genny & Wayne Beardsley, Martha & Ron Clark, Kearney Dietz, Sara Harrison, Roselyn & Jack Stanley

Charles Marak by Dorothy Ahring, Carolyn & Bill Downs, Virginia Farrar, Rose Hudgens, Sarah & Ken Orlicek, Ronald Roberts, Roselyn & Jack Stanley, Martha & Warren Stephenson, Sammie & Bob Suitt, Gerri Young

Melissa Griffith Stanley by Rosemary Griffith

Van Stakemiller by Carolyn & Craig McCone



Melanie Reynolds and Tonja Snow



Jazzmine and Lisa Broadway



Brian and Michelle Ettehad



Donna Johnston

Counselors and Caring Stephen Ministers Available

PHUMC Professional Counselors and Stephen Ministers are available for those interested in receiving spiritual and caring support. Please contact Rev. Jeff Hampton at jhampton@phumc.com or speak with any pastor.

PHUMC FOUNDATION

The following gifts were received for the glory of God and the *Faulkner Basketball Scholarship Endowment*.

Birthday Club

Rhonda Bolls

George Knox

Keatts McKinney

Abby Zamilpa

Davis Crow

Mary Margaret Knox

Abby Swindler

Aden Zamilpa

Honoraria

Jimmy Faulkner by Sue Gill

Memorials

Cathy Couch by Ronald Roberts, Bobbie Ruth Webb

Louise Covington by Dorothy Aldridge

Charles Marak by Joann & Garth Martin

LENT IS A SEASON of forty days, not counting Sundays, which begins on Ash Wednesday and ends on Holy Saturday. The forty days represents the time Jesus spent in the wilderness, enduring the temptation of Satan and preparing to begin his ministry. Lent is a time of repentance, and preparation for the coming of Easter.

ASH WEDNESDAY SERVICES
with the Imposition of Ashes

February 14
12 noon and 6 pm
in the Sanctuary
childcare available

The Imposition of Ashes will also be offered from 7 - 8 am in the Sanctuary.

Ash Wednesday emphasizes a dual encounter: we confront our own mortality and confess our sin before God within the community of faith.

The use of ashes as a sign of mortality and repentance has a long history in Jewish and Christian worship, and the Imposition of Ashes can be a powerful nonverbal and experiential way of participating in the call to repentance and reconciliation.

PHUMC FOOD PANTRY Item of the Month: Canned Chili

Bring donations to church to help our neighbors in need. Place items in the collection boxes outside Wesley Hall and the Parlor.

Membership Matters

Are you interested in knowing more about PHUMC or becoming a member? If your answer is yes, PHUMC Membership Matters Class is just for YOU!

Join us **Sunday, February 25**, from **noon to 2 pm** in the Parlor for lunch, fellowship and learning more about PHUMC! Sign up by emailing vlewis@phumc.com or by calling 664-3600. Childcare is available.

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

Pulaski Heights United Methodist Church

4823 Woodlawn

Little Rock, Arkansas 72205

NONPROFIT
ORGANIZATION
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LITTLE ROCK, AR

Friday Sabbath Supper in the Gathering Hall Friday, February 9, 7 pm

Menu: Spaghetti, tossed salad, roll and
dessert. A donation of \$5 is suggested.
All are welcome!

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

Watch us on YouTube!!

youtube.com/pulaskiheightsumc



@pulaskiheightsunitedmethodistchurch



@pulaskiheights

VOLUNTEERS

PLEASE CONSIDER VOLUNTEERING to help with the Food Pantry and Community Meals at the St. Luke Campus. Volunteers are needed to help cook at PHUMC on Thursdays from 3-5 pm or to serve meals at St. Luke from 5-7 pm. Sign up at the Welcome Center, Connect Point in Wesley Hall or contact Rev. Jeremy Pressgrove at jeremy.pressgrove@arumc.org or 733-3981.

WEEKLY OPPORTUNITIES

SUNDAY

Baptism Orientation (Sanctuary) 10:10 - 10:50 am (1st Sun.)

MONDAY

Midday Prayer (Chapel) 11 am - noon

PHkids Open Gym * (Great Hall) 11 am - 2 pm

Fit4Mom Fitness (C236) 5:45 pm

TUESDAY

Helping Hands (Wesley Hall) 9:30 am - 2:30 pm

Memory Loss Caregivers (C135) 1-2 pm (3rd Tues.)

Zumba Gold (Great Hall) 2 - 2:45 pm

Memory Loss Caregivers (C135) 5:30 - 6:30 pm (2nd Tues.)

Yoga (C236) 5:30 - 7 pm

WEDNESDAY

Labyrinth (Wesley Hall) 8 am - 8 pm

Al Anon (C237) 5:30 - 6:30 pm

Chancel Choir Rehearsal (M110) 6:30 - 7:30 pm

THURSDAY

Primetimers Luncheon (Parlor) 11:30 am - 1 pm (4th Thurs.)

Zumba Gold (Great Hall) 2 - 2:45 pm

Food Pantry & Community Meals (St. Luke Campus) 5 - 7 pm

Men's Al Anon (C237) 7:30 - 8:30 pm

FRIDAY

PHUMC Book Club (C239) 7 - 8 am

PHkids Open Gym * (Great Hall) 3 - 6 pm

Parents' Night Out (Children's Building) 6 - 9 pm (4th Fri.)

SATURDAY

Youth Basketball League (Great Hall) 8 am - 10 pm

The Chapel is available Mon. - Fri., 8 am - 6 pm for personal prayer time.

*PHkids Open Gym is subject to change if other activities are scheduled.

Sunday School - 10:10 am, Get Connected!

All Things Considered, M314 (all ages)

Argue Named for Dr. James Argue reconciling, M318 (ages 45+) "The Faith of a Mockingbird"

Beatitudes, M316 (ages 30-45+)

Bible Study, C239 (all ages) "Genesis," Tim Fox

Coffee Talk, M313 (women all ages)

Deeper Connections, D371 (ages 20s-30s)

Fathomers, C235 (ages 55+) "The Samaritan Dilemma," Fred Fowler

Foundations, C236 (couples ages 20s-40s)

Journey, D366 (ages 20s-40s)

Koinonia Dialogue, C135 (ages 50+) "Love Heals" by Becca Stevens

Newton Good News, M101 (ages 50+) "The Parables of Paul - Vessels in the King's House," Ch. 4

G.I.F.T. Class, M308 (all ages)

Pairs and Spares, D277 East (young couples/singles)

Pop-Up Class, M304 (all ages)

Roundtable, M312 (ages 50+) Lyndal York

Tower, C237 (ages 40+) "Epic of Eden: Ruth," Virginia Porta

Wesley reconciling, M320 All are welcome. Please come share your views. "Morgan Freeman"

(All youth meet at 10 am in the phyouth Assembly Area)

Agape Class, D385 Youth with Special Needs, Carol Blann

12th Grade, D368 Youth Bible Study, Leslie & Tim Taylor

Grades 9th-11th, D379 Youth Bible Study

Grades 7th-8th, D377 Youth Bible Study

Confirmation, 6th Grade, phyouth Assembly Area, Rev. Jay Clark

Early Christian Awareness (ECA) Infants/Toddlers, Norma Story Children's Building

February Lessons: Family - Fisher Price Little People, Snowflakes, Motions

Preschool Lions (ages 2-3), **Tigers** (ages 3-4), **Bears** (ages 4-5) "Jesus Walks on Water"

Grades K-4th, Rotation Sunday School

5th Grade, Bible Study

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

M=Main Building

C=Christian Life Center (Great Hall)

D=Disciple Center (Wesley Hall, Youth)

S=Norma Story Children's Building

Fellowship Stations for Coffee & Refreshments

Sundays from 8 - 11 am | Gathering Hall & Wesley Hall Lobby