

# THE TOWER NEWSLETTER

Volume 163, Number 39

Love God, Love Neighbor, Change the World

January 28, 2018

## New Creations

Almost 2,000 years ago, a man named Paul wrote a letter to a house church he started a few years earlier in Corinth. He urged them to let the old self fall away and become a new creation in Christ. (2 Corinthians 5:17) I wonder what this means for us, individually and collectively, as a church today. We are called to let go of some of our past, our personality, our bad habits, and become a new creation by embracing the love of Christ and living in that love. The love of God should fill us and overflow so that others can see it. None of us are always successful at this, but we have our moments. I had the pleasure of seeing one of those moments this last week: seeing kids come to the St. Luke Learning Center and being a part of the celebration to open the learning center. It is a wonderful testament to what the love of God can call us to do and the ways we can collectively impact our neighborhood.

The Learning Center also shows a significant step forward in the transformation of the church. I am well aware that the church, collectively, is going to look dramatically different at the end of my life than it did at the beginning. A lot of people have written about the transformations and how fewer people are interested in Church and faith. The church is shifting and struggling with how to respond. I believe the response is to embrace the call from Paul, individually and collectively, to become a new creation in Christ. The call to let go of some of our old problems and habits, and become a new creation collectively as the body of Christ.

The transformation will not be easy. It requires all of us to let go of things and to continue to embrace a love of God that calls us to think more about our neighbor. It challenges us to look into the community and see how we can make the world a better place. I know that the St. Luke Learning Center is one of those transformational acts. It is the love of God being shown to neighbors and kids in the community. I want to thank everyone who has been a part of it, and I want to encourage you to continue to let the love of God transform you, to continue to become a new creation and help the church embrace its identity and become a new creation as well.

Jeremy Pressgrove  
St. Luke Campus Pastor



## Worship Services

**Sermon Series: Gonna Lay My Burdens Down: Overcoming the Stigma of Mental Health**  
*Depression: From Darkness to Light* • 1 Kings 19:1-9

**Friday, January 26, 6 pm - Sanctuary • Rev. Jeremy Pressgrove**

**Sunday, January 28, 9 & 11 am - Sanctuary • Rev. Britt Skarda**

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

**Sunday, January 28, 9 & 11 am - New Heights • Rev. Betsy Singleton Snyder**

**Sunday, January 28, 9:30 am - St. Luke Campus • Rev. Jeremy Pressgrove**



**PHUMC Library Used Book Sale**  
 Friday, January 26, 7 pm  
 &  
 Sunday, January 28  
 8:30 am - 1 pm  
 Gathering Hall  
 The library has great bargains on easy read, juvenile, and young adult books!

**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.)

**SOUPER BOWL OF CARING**  
 Help us TACKLE hunger

**Martin Luther King Jr. Day of Service at PHUMC - January 15**



**HELLO, RETIRED BABY BOOMERS**

Please check your busy calendars to see if you can spare a few hours on Tuesdays between 9:30 am and 2:30 pm to volunteer with our Helping Hands Adult Respite Care Program. All you need is a BIG heart, the GIFT OF GAB and compassion for our many family caregivers who need a little time for themselves. We currently have ten to twelve clients at Helping Hands each Tuesday in Wesley Hall. We have a short devotional, musical entertainment by our music staff and community folks, old-time TV shows and movies, a great lunch from Catering to You, therapy dogs and good, old-fashioned visiting!!

You are welcome (and needed) for as many or as few hours as you have available. It doesn't have to be on a regular schedule though that would certainly be ideal; you can choose your "Tuesday of the Month." The pleasure of the company of Helping Hands clients will be ALL YOURS. And the thanks will come from our families and other regular volunteers.

Call Bev Villines at 978-0510 or 664-3600 to discuss this wonderful opportunity and to sign up. Thank you!!

**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.

**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.

**COMMUNITY NEWS**

**AUXILIARY TO THE ARKANSAS STATE HOSPITAL INC. FIREWOOD FUNDRAISER**  
**Saturday, January 27, 10 am - 1 pm**  
**305 S. Palm St. (Arkansas State Hospital Parking Lot)**  
 Cost: \$5 per bundle — Proceeds to benefit patients activity fund.

**Altar Flowers**

Donating altar flowers is a way to honor a loved one, glorify God, and beautify the altar. If you would like to donate flowers, please contact Mary Smith at 978-0522 or msmith@phumc.com. The donation is \$150 per Sunday. Names of loved ones will be printed in the Sunday bulletin.

Dates available through December: February 4; March 4, 11, 18, 25; May 6, 27; June 3, 10; July 1, 8, 22, 29; August 12; September 2, 9, 16; October 7, 21, 28; November 4, 11, 18, 25; December 2, 9, 16, 23, 30



## Cancer Friends Christmas Contributions 2017

Cancer Friends Group thanks the following who made donations in memory or honor of loved ones:

### IN MEMORY OF

**Lorna Bailey** Amber & Ismael Zamilpa  
**Nell Barnwell** Karen Barnwell  
**Alice & Hal Beard** Mary Ruth Price Brown  
**Alice Beard** Shirley Reid  
**Allen Berry** Joann B. Martin  
**Chase Stanley Berry** Arminta Berry  
**Stanley Berry** Arminta Berry  
**Bill Blasingame** Steve, Angie, Sam & Addie Spencer  
**Jacque Briley** Nancy & Lee Archer  
**Dotty Brown** Sue Ellen Rail-Wilkerson  
**Myrtle Brown** John & Christi Oliver  
**Mildred Brunek** Mac Core  
**Debara Brunson** Karen Barnwell  
**Bess Hester Campbell** George Campbell  
**Bess Hester Campbell** Wayne & Rev. Lynn Lindsey  
**Judy Emmet Campbell** George Campbell  
**Frances Chastain** Carole Ann Provin  
**Frances Chastain** Judy See  
**Frances Chastain** Don & Shannon Walker  
**Frances Chastain** Diane Lawrence  
**Frances Chastain** Diane Carpenter  
**Frances Chastain** Lea & Amanda Paige  
**Frances Chastain** Mary & Martha UMW  
**The Crabtree Family** Bud & Joy Dillahunty  
**Justin Craver** Luna Craver  
**Frances Guice Darr** Mary Lee McHenry  
**E. Gardner Dietz** Kearney Dietz  
**Floy Jean Dietz** Kearney Dietz  
**Floy Jean Dietz** Joann B. Martin  
**Floy Jean Dietz** Wayne & Rev. Lynn Lindsey  
**The Dillahunty Family** Bud & Joy Dillahunty  
**Lewis Dillahunty** Carolyn F. Davis  
**Dr. Melissa Dockery** Mary Ruth Price Brown  
**Dr. Melissa Dockery** Shirley Reid  
**Leonard Dunn** Mary Ruth Price Brown  
**Arnold Edwards** Mac Core  
**Imogene Ellison** Carole Ann Provin  
**James V. Elvey** Carol Keyes  
**James V. Elvey** Maxine K. Elvey  
**The Fulton Family** Bud & Joy Dillahunty  
**Ray Gage** Sherry Little  
**Wayne Gottschalk** Ken & Elaine Hicks  
**Ron Hall** Cathy Couch  
**Dr. Anne Hansen** Mary Ruth Price Brown  
**Dr. Anne Hansen** Wayne & Rev. Lynn Lindsey  
**Marguerite Henley** Vic & Freddie Nixon  
**Johnnie Holcomb** Kathryn Lawson Griffin  
**Pat Holloway** Vicki Holloway  
**Chris Hunter** Pam Hunter  
**Mary Helen Ivey** Bobbie Wright  
**Martha Sue Jefferies** Jo Knight  
**Nancy Jordan** Karen Barnwell  
**George Kell Jr.** Sally Davis  
**Marian Lacey** André & Louise Rollefson  
**Patti Ledbetter** Mary Kay East  
**Rose Lindsey** Wayne & Rev. Lynn Lindsey  
**Vadena Lunsford** Nancy McCulley  
**Vadena Lunsford** Buddy & Bev Villines  
**Elli McKellips** Jo Knight  
**Lawrence McKellips** Jo Knight  
**Bill McNeill** Erma McNeill  
**Betty Meyer** Mary Ruth Price Brown  
**Betty Meyer** Shirley Reid  
**Blue Mhoon** Branden & Melissa Bradley  
**JeJo Mobley** Buddy & Bev Villines  
**Dot Moore** Mary Ruth Price Brown

**Rebecca Morriss** Jordan Broyles, Josh Hallenbeck, & Cynthia Broyles  
**Louise Nixon** Vic & Freddie Nixon  
**Curt Rahilly** John & Christi Oliver  
**Michael Rail** Sue Ellen Rail-Wilkerson  
**Rev. Charles E. Read** Amber & Ismael Zamilpa  
**Marian Reed** André & Louise Rollefson  
**Thelma Richardson** Vicki Holloway  
**Richard Rothrock** R.T. & Leslie Fendley  
**Cathy Sanders** Shari Sanders  
**Cathy Sanders** Lou Sanders  
**Lucile Sanders** Shari Sanders  
**Lucile Sanders** Lou Sanders  
**Bob & Georgia Sells** Mary Ruth Price Brown  
**Alice Smith** Buddy & Bev Villines  
**Dr. Tom Smith** Mary Ruth Price Brown  
**Dr. Tom Smith** Wayne & Rev. Lynn Lindsey  
**Donna Rae Swick** Pam Cyphers  
**Sandy Turner** John & Christi Oliver  
**Mary Williamson** Joe & Cathryn R. Woods  
**Joan Wilson** Larry Wilson  
**Ed Wimberly** Wayne & Rev. Lynn Lindsey  
**Tommye Wright Sr.** Bobbie Wright

### IN HONOR OF

**Jo Adcock** Bud & Joy Dillahunty  
**Argue Class Survivors** Buddy & Bev Villines  
**Bill Arthurs** Jane Arthurs  
**Betty Berry** Mary Ruth Price Brown  
**Vicki Lynn Brians** Kathy & Randy Tankersley  
**Kaay Burriss** Ron Roberts  
**Kaay Burriss** Mary Ruth Price Brown  
**Gary Carley** Kimberly, Walker, Will, Sam & Whit Bowman  
**Bud Dillahunty** Joy Dillahunty  
**Mary Kay East** Mary Lou Billingsley  
**Mary Kay East** Suzanne McGee  
**Mary Kay East** Wayne & Rev. Lynn Lindsey  
**Katherine Leigh Edwards** Kathy & Randy Tankersley  
**Maxine K. Elvey** Carol Keyes  
**Mary Buthman Essert** Mary Lee McHenry  
**Louise Fox** Elaine McNiece  
**Debbie Gottschalk** Ken & Elaine Hicks  
**Kiley Gottschalk** Ken & Elaine Hicks  
**Spencer Gottschalk** Ken & Elaine Hicks  
**Dr. Jeffery Hampton** Karen Barnwell  
**Dr. Jeff Hampton** Mary Ruth Price Brown  
**Kelly Hearn** Bennie Hearn  
**Linda Hicks** Ken & Elaine Hicks  
**Reagan Hinsley** Mitch Durham  
**Patsy Hobgood** John & Christi Oliver  
**Braxton Hogland** Mitch Durham  
**Kewen Jauss** Karen Barnwell  
**Richard Johnson** Carolyn Johnson  
**Carolyn Wright Kell** Sally Davis  
**Jo Knight** Dorothy Morey  
**Norma & Don Knutson** Wayne & Rev. Lynn Lindsey  
**Belinda Price** Mary Ruth Price Brown  
**Mary Ruth Price Brown** Wayne & Rev. Lynn Lindsey  
**Greg Provin** Carole Ann Provin  
**Yifei Provin** Carole Ann Provin  
**Karen Redwine** Elaine McNiece  
**Dan R. Robinson II** Marylee Robinson  
**Elizabeth Sadler** Irene Regnier  
**Shirley Vanderslice** Mary Lou Billingsley  
**Shirley Vanderslice** Roger & Judy Zachritz  
**Shirley Vanderslice** Mary Ruth Price Brown  
**Shirley Vanderslice** Wayne & Rev. Lynn Lindsey  
**Beverly Villines** Mary Ruth Price Brown  
**Joe Woods** Cathryn R. Woods

## 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](mailto:jhampton@phumc.com) or speak with any pastor.

### Martin Luther King Jr. Parade January 15



## 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.



# PRAYER REQUESTS

**DEATHS:** Our Christian sympathy is extended to family and friends of W. Charles Marak Sr. in his recent death; and to Gary Bortz and family in the death of his mother, Betty Sue Bortz.

## 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



**FOLLOW  
US ON  
INSTAGRAM!**  
@phumchillcrest

We have launched our new Instagram account. Stay up-to-date with things happening at PHUMC!

## 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  
AI 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 AI 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.

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

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## 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

## 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+) "Toxic Charity," Fred Fowler  
**Foundations**, C236 (couples ages 20s-40s)  
**Journey**, D366 (ages 20s-40s)  
**Koinonia Dialogue**, C135 (ages 50+)  
**Newton Good News**, M101 (ages 50+) "The Parables of Paul"  
**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+) "A Strong Faith," Christian Harris  
**Tower**, C237 (ages 40+)  
**Wesley** reconciling, M320 All are welcome. Please come share your views. "Morgan Freeman"

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

**Age 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  
**January Lessons:** Animals - Horse, Cow, Doggie, Kitten  
**Preschool Lions** (ages 2-3), **Tigers** (ages 3-4), **Bears** (ages 4-5) "A Boy's Lunch"  
**Grades K-4th**, Rotation Sunday School  
**5th Grade**, Bible Study

**Malone Phone Class:** Sundays at 3 pm by phone at home  
**Shepherd's Cove:** Sylvia Borchert

**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