

THE TOWER NEWSLETTER

Volume 163, Number 36

Love God, Love Neighbor, Change the World

January 7, 2018



We at Pulaski Heights United Methodist are very blessed with a wonderful and faithful church family and beautiful and spacious facilities. Certainly at the top of our blessings – the precious babies born each year in our church family! In 2017, we welcomed 32 babies into our community of faith. What gifts for all of us! We are thankful!

We will celebrate these babies born in 2017 whom we love so very much in all church services Sunday, January 7! Please plan to be at worship as we pray for these babies, their families and their faith journeys. Please keep all of our children in your prayers so we as a church

family can do all that we can to encourage, love and support each child as they learn about God whose love knows no bounds!

If you know someone who had a baby in 2017 and does not have a church home, please invite them to come to worship this Sunday and be part of the service! We would love to have even more than 32 babies to love and celebrate!!

Thanks to each of you for being so faithful and generous in all ways, especially with your love for all of our precious children. So much to be thankful for!

Love and prayers,

Cindy Burns
Minister to Children and Families

P.S. Maybe after reading this article, you desire to be more involved in the Children's Ministries or learn more about programs and events. Each year, we have ONE big meeting to go over the plans for the year. This year's meeting is **Sunday, January 21, from noon - 1 pm, Rm. D277 in the Children's Building!** Lunch and childcare will be provided. Come join us!

Worship Services

Sermon Series: Gonna Lay My Burdens Down: Overcoming the Stigma of Mental Health

Anxiety: Fear Not for I Am with You • Matthew 3:13-17

Friday, January 5, 6 pm - Sanctuary • Rev. Britt Skarda

Sunday, January 7, 9 & 11 am - Sanctuary • Rev. Britt Skarda

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

Sunday, January 7, 9 & 11 am - New Heights • Rev. Betsy Singleton Snyder

Sunday, January 7, 9:30 am - St. Luke Campus • Rev. Jeremy Pressgrove

GONNA *Lay* MY BURDENS DOWN:

Overcoming the Stigma of Mental Health

SERMON SERIES: January 5 - February 11

Much of Jesus' ministry was spent healing people. Jesus healed not only bodies, but also cared for the whole person, the mind, grief, anxiety, the sense of self, even the burdens of social stigma that harms relationships.

Join us for a six-week sermon series as we explore problems that can affect our thinking, mood, and behavior, and thus how we live together and how we build community, or miss the mark. If you know someone struggling, please invite them to come to a safe place where all are welcome.

- January 5 & 7 — Anxiety: Fear Not for I Am with You — Matthew 3:13-17
- January 12 & 14 — Oppression: Release from the Powers — Mark 5:1-20, selected verses
- January 19 & 21 — Addiction: Falling and Flying — Genesis 9:18-29
- January 26 & 28 — Depression: From Darkness to Light — 1 Kings 19:1-9
- February 2 & 4 — Suicide: When Life Gives You More Than You Can Handle — Psalm 3
- February 9 & 11 — Grief: The Shadow of Loss

UPCOMING EVENTS

HOLY LAND PILGRIMAGE

Join Rev. Britt Skarda and Rev. Jay Clark on a pilgrimage to walk in the steps where Jesus walked, **April 16-25**. For more information, contact Rev. Jay Clark at jjclark@phumc.com. Brochures are available at the welcome center. **Deadline to register: Sunday, January 7.**

CARING

FOR THE LOVE OF A CHILD MINISTRY MEETING Tuesday, January 9, 12 pm, C239

The group will hear information regarding Lucie's Place, a 501(c)3 non-profit organization in Little Rock working with and assisting LGBT young adults experiencing homelessness in Central Arkansas, from the founder and director, Penelope Poppers. All are welcome to attend and encouraged to join the group!

MISSIONS

SAVE THE DATE! FAMILY PROMISE - PHUMC TO HOST HOMELESS FAMILIES

January 28 - February 4

Volunteers needed. See Connect Card to sign up.

CARE BAGS have been packed with love by phuyouth to provide food and a list of resources for the less fortunate. Please keep these bags, located in the Gathering Hall or outside of Wesley Hall, in your car for passing along to someone in need.

PRIMETIMERS

PRIMETIMERS LUNCHEON

Thursday, January 25, 11:30 am, Great Hall

The Sally Naill Dancers will perform. Cost: \$8. Make reservations at phumc.com/primetimers or call 664-3600 by Tuesday, January 23.

SPIRITUAL FORMATION

POP-UP SUNDAY SCHOOL

January 7 in M304, 10:10 am

The class will discuss comparing and contrasting the accounts of Christ's birth found in the books of Matthew and Luke. Drop-ins welcome! Contact Rod Lorenzen at rlorenzen@yahoo.com for questions.

Save the date

Ways to grow in the New Year! Invite your friends and neighbors to join us in these growing adventures. Contact Rev. Belinda Price at bprice@phumc.com or sign up by Connect Card.



Sundays • Jan. 14 - Mar. 11 • C237 • 4 - 5:30 pm, Facilitator: Charlie Case
Tuesdays • Jan. 16 - Mar. 13 • C135 • 6 - 7:30 pm, Facilitator: Aaron Wenger



Sundays • Jan. 21 - Feb. 25 • Parlor
4 - 5:30 pm, Facilitators: Carol Isom & Stacey Hightower

Your Retirement Quest

Creating and Living a Fulfilling Retirement

Sat., Mar. 10 • 8:30 - 12 pm • Wesley Hall

Sisters: Finding Balance

Sundays, Mar. 4 - Apr. 15 • 4 - 5:30 pm • C237
Facilitator: Bev Villines

A Note from Dr. Sergei Nikolaev, President of Moscow Theological Seminary of the United Methodist Church

Dear Britt, Freddie, and Vic,

I greatly appreciate your generous support that your church continues to send to the Moscow Theological Seminary of the United Methodist Church in support of student scholarship. I thank God for your partnership. I pray that in the coming year we will continue together to look at Jesus, learn from Him, and help others to live lives in the fullness that He brought to earth.

MARTIN LUTHER KING JR. DAY OF SERVICE

"Living the Dream... Serving By Choice!"

January 15, 2018

10 am - 2 pm • Great Hall (Gym)

- ↪ Lunch provided
- ↪ Trolley service from War Memorial Stadium beginning at 9 am
- ↪ Free activities to include: Kid's Zone, Zumba, health fair, bully prevention and more!

Special guest: Broadway actor and author Charles Holt, founder/director of The Open Frames Project: Expanding the Lens of Emotional Literacy



MLK Parade Monday, January 15

The MLK Parade, a combination march and parade, begins at Interstate Park and ends at the Arkansas State Capitol. Be a presence for reconciliation and justice. We will meet at the church (lower parking deck on Lee Avenue) at 7:45 am to travel by van. Contact Rev. Betsy Singleton Snyder at bssnyder@phumc.com or 978-0530 for more information.

VOLUNTEERS NEEDED. Sign up at phumc.com/mlk, Welcome Center, Connect Point, or by Connect Card.



St. Luke Learning Center Grand Opening and Baby Shower Sunday, January 21, 3 pm at the St. Luke Campus

Join us for a blessing from Rev. Britt Skarda, a tour, refreshments, and an opportunity to sign up to donate time and much-needed items.

PHUMC Member Spotlight

Colin Hall's Letter to the Editor was featured in the Arkansas Democrat-Gazette newspaper as tribute to his therapy dog, Chloe.

"As you watch the news and see the horrible shootings, political infighting, and overall depressing coverage, I wanted to share with you something that

changed my life.

I lucked into owning a 1 1/2-year-old golden retriever several years ago. She was suffering from bad skin, lack of energy, neglect. Years later, I trained Chloe Bear for pet therapy. Chloe was the sweetest creature you will ever meet. Accompanied by a beautiful laughing permanent grin, she was 80 pounds of cuddly teddy bear.



We visited UAMS' neurological ward and Arkansas Children's playroom. I can tell you the looks on patients' faces are the most rewarding feeling I have ever had. Chloe was sweet and gentle, even shaking hands with people. At first she was scared to get in patients' beds. After a few sessions she would jump right in without me asking. Chloe loved her job, and I did as well.

The mental aspects of pet therapy are obvious. Some benefits are reduced anxiety, increased mental stimulation, and promotion of serotonin, prolactin and oxytocin, which are all hormones that can play a part in elevating moods. Physically, pet therapy lowers blood pressure, can reduce the need for medication, diminish pain, and give a higher motivation to heal.

In July of 2017, a sudden brain tumor took my beloved best friend at just six years old. I miss her and pet therapy more than anything, but the work we did as a team changed and enriched my life forever.

If you feel you have a worthy therapy animal, please contact Able Paws in Little Rock. They are a wonderful organization, and they are doing amazing, life-changing things.

Turn the news off and go change some lives." – Colin Hall

PHUMC has Therapy Dog Training several times a year with Therapy Dogs International. For more information, contact Gayle Fiser at gaylefiser@att.net or 766-3810.

COMMUNITY NEWS

INTERFAITH ARKANSAS WEEK OF PRAYER FOR CHRISTIAN UNITY WORSHIP SERVICE

Sunday, January 14, 3 pm

Allison Memorial Presbyterian Church, 922
Wright Ave., Little Rock

Guest preacher: Rev. Dr. Preston Clegg, Second
Baptist Church, Little Rock.

PHUMC FOOD PANTRY Item of the Month: Canned Fruit

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, January 21**, 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.

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 and 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.

If you are interested in providing flowers for the Columbarium Garden in honor or memory of someone, please contact Jennifer Shannon at jshannon@phumc.com or 978-0533. You may reserve a Sunday for 2018! Flowers are \$35.

PRAYER REQUESTS

DEATHS: Our Christian sympathy is extended to Susan Muller and family in the death of her mother, Beverley Murphy; to Tomye Modlin, Beth and David Deere and families in the death of their brother-in-law, Michael Opauski; to Stan Cox and family in the death of his cousin, Fred Eugene Hudspeth; to the family and friends of Louise Covington in her recent death; and to Julia Crow and family in the death of her aunt, Madolyn Wiley.

OUR CONGRATULATIONS to Abbi Kymer-Davis and Ethan Tracy on their recent marriage.

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

Update Membership Information

Have you changed your phone number? Is your cell number now also your home number? Have you moved? Do you not want your record published? Email phumc@phumc.com with new information. Thank you for your help!

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.)
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.)
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.

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+)
Beatitudes, M316 (ages 30-45+)
Bible Study, C239 (all ages)
Coffee Talk, M313 (women all ages)
Deeper Connections, D371 (ages 20s-30s)
Fathomers, C235 (ages 55+)
Foundations, C236 (couples ages 20s-40s)
Journey, D366 (ages 20s-40s)
Koinonia Dialogue, C135 (ages 50+)
Newton Good News, M101 (ages 50+)
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+)
Tower, C237 (ages 40+) Not Meeting
Wesley reconciling, M320 All are welcome. Please come share your views.

(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

January Lessons: Animals - Horse, Cow, Doggie, Kitten

Preschool Lions (ages 2-3), Tigers (ages 3-4), Bears (ages 4-5) "The Visitors from the East"

Grades K-4th, Rotation Sunday School

5th Grade, Bible Study

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

Sheperd's Cove: Betty Gene Mann

M=Main Building

C=Christian Life Center (Great Hall)

D=Disciple Center (Wesley Hall, Youth)

Fellowship Stations for Coffee & Refreshments

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