

# THE TOWER NEWSLETTER

Volume 163, Number 43

Love God, Love Neighbor, Change the World

February 25, 2018

## Lent: A Time to Intentionally Seek God

Lent is the 40 days, excluding Sundays, leading up to Easter. It begins on Ash Wednesday, so we are in the midst of it now. It is a time to prepare and seek God. We draw the model from the 40 days that Jesus spent in the wilderness fasting before beginning his public ministry. It is a time that early Christians would use to prepare for Easter, and new believers would spend preparing for baptism — it is a time we can pause and reflect on our relationship with God.

Are you tired of being busy all the time or running constantly, but not really living with direction, purpose or passion? It can be easy to get caught up in the drama of life — classes, relationships, family and work. Our lives are filled with so many things that can become distractions, taking us away from living a life with Christ. We run and run until we are so busy and far out that there is no space for God. Lent is a great time to “repent” — a special time we stop and think about the need to return to God and refocus our lives to be more in line with Jesus. Christians have traditionally done three things during Lent to help with this process: fasting, service, and prayer. I invite you to do any or all of them. And it is not too late to start. Begin where you are, and when you can.

**FASTING:** Some people have been known to go without food for days. The small group that the Wesley brothers were a part of in college fasted on Wednesdays and Fridays. They would take money they would have spent on food and give it to help feed the poor. They removed food and replaced it with an act of service to bring them closer to God. Replacing what you are giving up with something meant to move you closer to God is key. You can fast from candy, TV, soft drinks, cigarettes, meat or many other things. The key is to not only give up, but replace it with something that will bring you closer to God. You might skip one meal a day and use that time to pray instead. Or you can give up some activity like tv to spend time outside enjoying God’s creation. The possibilities are endless. Just take some time, form a plan and do not be discouraged if it does not go perfectly. The key is to stay with it.

**SERVICE:** Christians take something on for Christ during Lent. You can collect food for the needy, volunteer once a week to tutor children, or work for reform and justice in your community. You can commit to help a stranger, co-worker, or friend every day of Lent. Serving others is one way we serve God. Jesus said, “Whatever you have done for the least of these, you have done for me.” These acts of service and kindness help us to love our neighbor and God more fully and completely.

**PRAYER:** Christians also use Lent as a time of intentional prayer. You can pray while you walk, create music or art as a prayer to God, come up with a simple breath prayer that you can repeat throughout the day, or make some time for quiet listening. All can be ways of becoming more in tune with God. Prayer is a great habit to develop during Lent. You can say one-sentence prayers throughout the day, use written prayers, or just talk to God. God be with you, and draw yourself closer to Him, through Jesus with the aid of the Holy Spirit this Lent.

Peace be with you,

Rev. Jeremy Pressgrove  
St. Luke Campus Pastor

## Worship Services

**Sermon Series: The Call: Paul’s Journey From Darkness to Light**

*Called to Go • Acts 13:1-4a*

**Friday, February 23, 6 pm - Sanctuary • Rev. Britt Skarda**

**Sunday, February 25, 9 & 11 am - Sanctuary • Rev. Britt Skarda**

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

**Sunday, February 25, 9 & 11 am - New Heights • Rev. Betsy Singleton Snyder**

**Sunday, February 25, 9:30 am - St. Luke Campus • Rev. Jeremy Pressgrove**





# A Story of Faith Sunday, February 25

During the 9 & 11 am  
Sanctuary Services

Robyn and Tommy Van Zandt will share their story of how God helped Tommy survive after he fell from a ladder and sustained a severe spinal cord injury which paralyzed him from the neck down. Tommy's brother-in-law, Mark Saviers, has written a book *Flipped*, reflecting on Tommy's story.

Learn more about *Flipped* at [www.flippedstory.com](http://www.flippedstory.com)



## Parenting Classes

**MOMS DEMAND ACTION: BE SMART**  
Tuesday, February 27 • 5:30-6:30 pm

**PREVENTING POWER STRUGGLES**  
Wednesday, March 14 • 5-8 pm

**SETTING LIMITS WITHOUT GUILT**  
Wednesday, May 9 • 5-8 pm

**10 STEPS TO POSITIVE DISCIPLINE**  
Tuesdays • September 4, 11, 18, and 25  
5:30-7:30 pm

Classes are free, open to all parents and will be held in D371. Childcare available. Register at [phumc.com/parenting](http://phumc.com/parenting), by Connect Card, at the Welcome Center or Connect Point.

**PHUMC ANNUAL EASTER EGG HUNT**  
Saturday, March 31  
Allsopp Park Pavilion  
Kinders Concert @ 10:30 am  
Hunt begins @ 11 am  
For children 5th Grade & under  
Bring a snack item for Food Pantry Mission

*A Concert with The Kinders will be at the Pavilion at 10:30 am!*

**Optional Extra Activity!**  
Bring a picnic and enjoy some fun family fellowship time after the hunt.  
In case of rain hunt will be in Great Hall (Gym) @ PHUMC!

**YOUR HELP IS NEEDED!**

- Pick up Easter egg kits to take home and fill with wrapped candy and provide Bible scriptures.
- Or donate plastic eggs and/or bags of candy.

**Please bring donations by Sunday, March 25.**

**Egg kits and return locations are:**  
Church Welcome Center  
Children's Welcome Center  
Connect Point in Wesley Hall

## PULASKI HEIGHTS UNITED METHODIST CHURCH LENTEN AND EASTER EVENTS AND SERVICES

**"MASS IN G" by Franz Schubert • SUNDAY, MARCH 4**  
9 & 11 AM • Chancel Choir, Soloists, Strings and Organ - Sanctuary

**PALM/PASSION WEEKEND • MARCH 23-25 • RANEY LECTURES**  
(See Page 3)

**MAUNDY THURSDAY • MARCH 29**  
**NOON** — Sanctuary (30-minute worship service followed by a light lunch - childcare available)  
**5:30 - 6:30 PM** — St. Luke Campus Fellowship Hall (community meal and Communion service)  
Special Communion services in memory of Jesus' Last Supper with His disciples

**GOOD FRIDAY • MARCH 30 • NOON & 6 PM • SANCTUARY**  
"Stations of the Cross" - A service which depicts the final hours of Jesus' life (childcare available)

**EASTER EGG HUNT • SATURDAY, MARCH 31 • ALLSOPP PARK, 3700 CEDAR HILL RD**  
10:30 AM, Kinders Concert • 11 AM, Hunt begins

**EASTER SUNDAY WORSHIP • APRIL 1** (Services will be broadcast on KATV Channel 7 at 7 & 10:30 am)  
**7 AM • EASTER SUNRISE SERVICE • FIRST SECURITY AMPHITHEATRE**  
**8:30, 9:45 & 11 AM • SANCTUARY & NEW HEIGHTS WORSHIP**  
**9:30 AM • ST. LUKE CAMPUS WORSHIP**  
**9:45 AM • SUNDAY SCHOOL**

**PULASKI HEIGHTS United Methodist Church**  
is excited to present  
**Keith Lawrence**

**Your Retirement Quest Workshop**  
May be perfect for you! Ages 40 & over

**Saturday, March 10**  
**8:30 am - Noon**

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

- 1 Learn from successful retirees about what is crucial to having a rich, full life in retirement
- 2 Break away from five myths that get in the way of living the life of your dreams
- 3 Assess your current state of preparedness for a fulfilling retirement

Ready to prepare for your future? Then Sign up NOW! Attendance is limited.

Registration Fee: \$25 single or \$40 couple (breakfast and materials included)

Register at [phumc.com/yrq](http://phumc.com/yrq) or at the PHUMC Welcome Center.  
For more information, call 664-3600. Childcare available by reservation.

Registration and payment deadline is Monday, March 5.

# PEEPS Program

Saturday, March 3 • 5-8 pm • Children's Building

PEEPS, Pulaski Heights UMC Evening Excursion for Parents of children with Special Needs, is a respite program for parents of children with special needs and their siblings.

Parents of children with special needs, this is your night! Children will be accepted on a first-come, first-served basis. **Get signed up today by contacting Lindsay Van Parys at [izzydiane@gmail.com](mailto:izzydiane@gmail.com) or 515-8877 by Sunday, February 25.**



**VOLUNTEERS NEEDED...sign up by Connect Card or contact Lindsay Van Parys.**

# LOVE HEALS

**Becca Stevens**

Episcopal Priest,  
Author, & Founder  
of Thistle Farms



Thistle Farms is a community of women who have survived trafficking, prostitution & addiction. Becca has been featured in the NY Times, ABC World News, NPR & PBS. She was a 2016 CNN Hero, a White House "Champion of Change" and the 2017 U of A Commencement Speaker.

Saturday, April 7th

A "You Go, Girl" Lunch & Lecture for Women  
Great Hall @ Noon

Sunday, April 8th

Guest Preacher  
PHUMC Sanctuary @ 9 and 11 am

Purchase Tickets Online @ [phumc.com/becca](http://phumc.com/becca)

*Sponsored by the PHUMC Foundation*

Pulaski Heights United Methodist Church • 4823 Woodlawn



**T.J. AND INEZ RANEY LECTURES**

featuring

**Bishop William Willimon**

AT PULASKI HEIGHTS UNITED METHODIST CHURCH  
4823 WOODLAWN, LITTLE ROCK, ARKANSAS 72205



## PALM & PASSION WEEKEND • MARCH 23-25

"THE CRUCIFIED GOD: WEIRD, WONDERFUL GOOD NEWS"

FRIDAY, MARCH 23, 6:00 PM • SANCTUARY

"THANK GOD IT'S FRIDAY"

PREACHING FOLLOWED BY A RECEPTION AND BOOK SIGNING IN THE GATHERING HALL

SATURDAY, MARCH 24, NOON • GREAT HALL

"CHALLENGES OF PREACHING THE CROSS IN A WORLD THAT WANTS TO MAKE GOD GREAT AGAIN"

WORKSHOP & LUNCHEON FOLLOWED BY BOOK SIGNING (RESERVATIONS REQUIRED)

PLEASE MAKE RESERVATIONS BY MARCH 19 TO [PHUMC.COM/RANEY](http://PHUMC.COM/RANEY) OR CALL 664-3600

SUNDAY, MARCH 25, 9:00 & 11:00 AM • SANCTUARY & SIMULCAST IN NEW HEIGHTS

9 AM • "WHICH PARADE?" 11 AM • "GETTING READY FOR JESUS"

10:10 - 10:50 AM • BOOK SIGNING IN THE WELCOME CENTER

[www.phumc.com](http://www.phumc.com) • 501-664-3600

## BOOK STUDY

*Sisters: Finding Balance*  
by Becca Stevens

Sundays, March 4 - April 15 • 4 - 5:30 pm • C237

Facilitated by Bev Villines and Karen Skarda

Sign up by Connect Card, at the Welcome Center or Connect Point

## 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 978-0521 or [msmith@phumc.com](mailto:msmith@phumc.com). The donation is \$150 per Sunday. Names of loved ones will be printed in the Sunday bulletin.

Dates available: March 4, 11, 18

## EASTER FLOWERS

Colorful flowers will be purchased for Sanctuary and New Heights Worship services to celebrate the resurrection of Christ. To honor or memorialize a loved one (\$15), go to [phumc.com/easterflowers](http://phumc.com/easterflowers) or sign up by Connect Card. Names received by Friday, March 16, will be listed in the Easter bulletin. Make your check payable to PHUMC-Easter Flowers.

## HILLCREST LENTEN SERVICES 2018

DATE	LOCATION	SPEAKER
March 2	PHUMC	Fr. John Marconi
March 9	PH Baptist	Rev. Britt Skarda
March 16	Holy Souls	Rev. Lynn Worthen
March 23	PH Baptist	Rev. Ruskin Falls

All services are 30 minutes at participating churches on Fridays at noon, followed by a light lunch. Make plans to join us as we unite during the Lenten season!

# PRAYER REQUESTS

**DEATHS:** Our Christian sympathy is extended to Bill Lyford and family in the death of his mother, Miloise Lyford; to Karon Mann and family in the death of her mother, Inez Stuckey; to Mel Davis and family in the death of his mother, Josephine Davis; and to Sally Davis and family in the death of her mother, Carolyn Wright.

**WE REJOICE IN THE BIRTH OF** Mary Robin Keizer, child of Piper and Jonny Keizer and grandchild of Robin Smith.

**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



**Membership Matters**  
**This Sunday!**  
**12 - 2 pm**  
**Parlor**

## 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

NONPROFIT  
ORGANIZATION  
U.S. POSTAGE  
PAID  
PERMIT #738  
LITTLE ROCK, AR

### Contact Information

Website: www.phumc.com  
(501) 664-3600 Fax: (501) 664-4835  
Email: phumc@phumc.com  
Church Office Hours:  
Monday - Friday, 8:30 am - 4:30 pm



Watch us on YouTube!!  
youtube.com/pulaskiheightsumc



@pulaskiheightsunitedmethodistchurch



Twitter: @pulaskiheights  
Instagram: @phumchillcrest



## 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) "Genesis," Tim Fox  
**Coffee Talk**, M313 (women all ages)  
**Deeper Connections**, D371 (ages 20s-30s)  
**Fathomers**, C235 (ages 55+) Not Meeting - Attending worship at the St. Luke Campus  
**Foundations**, C236 (couples ages 20s-40s)  
**Journey**, D366 (ages 20s-40s)  
**Koinonia Dialogue**, C135 (ages 50+) "Final Words from the Cross," Betty Gene Mann  
**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+) "The Good Fight of Faith," Christian Harris  
**Tower**, C237 (ages 40+)  
**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  
**February Lessons:** Family - Fisher-Price Little People, Snowflakes, Motions  
**Preschool Lions** (ages 2-3), **Tigers** (ages 3-4), **Bears** (ages 4-5) "Jesus Calms the Storm"  
**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