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

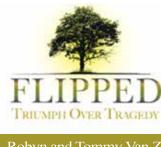
Friday, February 23, 6 pm - Sanctuary • Rev. Britt Skarda

**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



#### PULASKI HEIGHTS Ustad Markedian Charact

## **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

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, by Connect Card, at the Welcome Center or Connect Point.



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

#### **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



# **PEEPS Program**

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

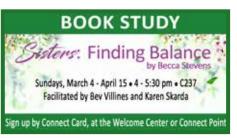
PEEPS, Pulaski Heights UMC Evening Excursion for Parents of children with Special Needs, is a respite program for parents of children with special needs and their siblings.

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 or 515-8877 by Sunday, February 25.

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







#### **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. The donation is \$150 per Sunday. Names of loved ones will be printed in the Sunday bulletin.

Dates available: March 4, 11, 18

### **HILLCREST LENTEN SERVICES 2018**

www.phumc.com • 501-664-3600

DATE March 2 March 9 March 16 March 23 LOCATION
PHUMC
PH Baptist
Holy Souls
PH Baptist

9 AM • "WHICH PARADE?" 11 AM • "GETTING READY FOR JESUS" 10:10 - 10:50 AM • BOOK SIGNING IN THE WELCOME CENTER

> SPEAKER Fr. John Marconi Rev. Britt Skarda Rev. Lynn Worthen 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!

#### **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 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.

### 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 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.,  $8\,\mathrm{am}$  -  $6\,\mathrm{pm}$  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
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Watch us on YouTube!! youtube.com/pulaskiheightsumc



@pulaskiheightsunitedmethodistchurch



Twitter: @pulaskiheights

Instagram: @phumchillcrest

#### **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

### 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 Čenter (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 The Tower Newsletter - February 25, 2018 Page 4