



THE TOWER NEWSLETTER

Volume 163, Number 49

Love God, Love Neighbor, Change the World

April 8, 2018

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*

Simulcast in New Heights at 9 and 11 am

Sponsored by the PHUMC Foundation

Pulaski Heights United Methodist Church · 4823 Woodlawn



Two-Week Sermon Series Begins Next Weekend!

Most of us have jobs and heavy commitments. We get tired, frustrated and worn out with our work at the office, at home and for others. How do we cultivate the Gospel in our work, and how can our faith impact how we work in the world? This series is an opportunity to reflect on how work is broken for many of us and how it can become a reflection of each Christian's calling.

April 13 & 15

Work Matters: Is Work a Four-Letter Word?

Genesis 1:26-28

Work can feel unfulfilling, insignificant or dissatisfying, but we are made to work and called to work. How can we regain our joy and enthusiasm for work?

April 20 & 22

Work Matters: Tough Jobs

Exodus 3:7-11

Everyone who works faces times of great challenge: integrity, compromise, burnout, temptation, or walking away. Even Moses struggled with accepting his job, and then fell into unhealthy patterns. Do we fit our work? Can we grow into it? Do we believe it is spirit-filled?

United Methodist Women Weekend

Worship Services

Friday, April 6, 6 pm - Sanctuary • Emily Autry • "Easter People"

Sunday, April 8, 9 & 11 am - Sanctuary • Rev. Becca Stevens • "Peace That Passes Understanding"

Sunday, April 8, 9 & 11 am - New Heights (simulcast from the Sanctuary) • Rev. Becca Stevens

Sunday, April 8, 9:30 am - St. Luke Campus • Rev. Jeremy Pressgrove

(Services will be broadcast Sunday on KATV Channel 7 at 10:30 am)

UPCOMING EVENTS

PHUMC HIKING ADVENTURES

April 7 | 5.3 miles | Rating: moderate
South Maumee Rd. to Spring Creek Rd. The group 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

The team is in need of doctors, nurse practitioners, and nurses. Contact Holly Ross (hollyross1961@gmail.com) or Denise Johnson (pgirlsmom@sbcglobal.net) for more information. Trip dates: July 28 - August 5.

PHKIDS



VBS REGISTRATION IS NOW OPEN!

phumc.com/vbs2018

Now with TWO dates and locations! July 15 - 19 at PHUMC or July 20 - 21 at the St. Luke Campus. Free at both locations!

PRIMETIMERS

FAMILY CAREGIVER TRAINING WORKSHOP Tuesday, April 17, 11 am - 2 pm, PHUMC

The workshop is free and is sponsored by the Geriatric Education Collaborative and AARP in conjunction with PHUMC Helping Hands Respite Care Program. Register at the PHUMC Welcome Center or contact Bev Villines at bvillines@phumc.com or 978-0510.

AARP SMART DRIVER COURSE

Monday, April 23, 9 am - 1 pm, C236

Attendees will learn defensive driving techniques, proven safety strategies, new traffic laws and rules of the road. Upon completion, you could receive a multi-year discount on your car insurance. Cost: \$15 for AARP members or \$20 for non-members. To register, call 664-3600, visit aarp.org/drive or email bvillines@phumc.com.

UNITED METHODIST WOMEN

CIRCLE OF HOPE CIRCLE

Monday, April 9, 11:45 am, Parlor

Program by Caroline Spencer Robbins, Development Director for Our House. Bring your own sandwich, and hostesses for the day will provide chips, dessert and drinks.

ERNESTINE MCKINNEY CIRCLE

Monday, April 9, 7 pm, at the home of Elaine McNeice, 14 Cove Creek Pt., Little Rock

Program by Kathy Roberts on the "Fruits of Practice." Co-hostess: Carolyn McCone. Devotional by Nancy McCulley.



BECOMING JOHN MARIN: MODERNIST AT WORK

Primetimers and Friends

Friday, April 13, 10:30 am

Tour led by Paul Bash,

PHUMC member and Arts Center Docent

Becoming John Marin: Modernist at Work introduces the AAC's important new collection of works by John Marin (1870-1953), given by the artist's daughter-in-law, Norma Marin. Modernist at Work will bring the viewer inside the artistic process of one of America's outstanding modern artists. Marin is best known for his luminous watercolors of rural Maine and urban New York. This exhibition invites viewers to look over the artist's shoulder as he created and honed the private sketches he would interpret into completed watercolors and etchings. The show follows the evolution of Marin's style and methods as he transformed from intuitive draftsman to innovative modernist watercolorist and etcher.

Please join Primetimers and Friends for a fun day at the Arkansas Arts Center to tour the John Marin Exhibit and have lunch together at the Canvas Restaurant at the Arts Center. Travel by van from the Wesley Hall area (leave at 10 am) or meet the group at the Arts Center at 10:20 am for check-in. Lunch cost is estimated at \$12 - \$15, depending on entrée and drink selection. Register at the Welcome Center, email bvillines@phumc.com or call 664-3600.

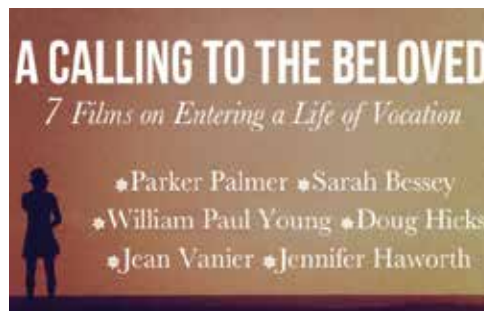
Membership Matters

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, April 15, 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.

New Video Class led by Rev. Betsy Singleton Snyder "A Calling to the Beloved: Entering a Life of Vocation"

Sundays beginning
April 15 - May 27
10:10 - 10:45 am



The initial interactive study includes thoughts and ideas about vocation by leading scholars and Christian thinkers. This class is for those who don't have a Spiritual Formation or Sunday school class and who may not have time to read a book. Sign up by Connect Card.

Synopsis - Perhaps the greatest question for many people, especially the young, is "what should I do with my life?" For many Christians, this question is often changed to "what is God calling me to do?" or "What is God's will for me?" However, is this the question that we really need to ask? Perhaps a better question is, "What is God calling us to be?"

Calling is often wrapped up in the word "vocation." This word has, at times, meant "Christian vocation" or "ministry," but the word itself, from the Latin vocare meaning "to call," simply means a calling to become what we are meant to become. When we become more of who we are, then our actions will be manifested from our transformation. In other words, doing will follow becoming.

St. Luke CLC Baby Food & Clothing Drive

Food items needed (all stages): baby cereal, jars of veggies, fruit, meat
Clothing items needed: boys and girls sizes 6 months to 5T
Donations can be dropped off at St. Luke CLC or at the Welcome Center.
Questions? Contact Courtney CarlLee at 978-0527.

SAVE THE DATE!

Primetimers and Friends Luncheon
Thursday, April 26, 11:30 am, Great Hall

The program will feature the Hall High School Choir, a group of 27 students under the direction of Mr. Jeff Parker. The choir will be accompanied by Jim Maase. Gather for fellowship at 11:30 am followed by a buffet luncheon. The cost of lunch is \$8 or you may bring your own. Please make reservations at phumc.com/primetimers, call 664-3600 or by Connect Card during worship. Deadline: noon, Tuesday, April 24.



Parenting Classes

BULLY PREVENTION
Wednesday, April 11 • 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, by Connect Card, at the Welcome Center or Connect Point.

FAMILY PROMISE

April 22 - 29

Family Promise is a program that provides housing, meals and transportation for one week at our church. Volunteers are needed to provide meals, day and overnight hosts, set up and take down. Sign up at the Welcome Center, Connect Point, or email gwenefird@att.net.

Leadership for Family Promise:

- Meals – Barbara Barnett, barnettbarb@comcast.net or 580-4281
- Hosts – Billie and Tom Hatcher, billruth411@gmail.com
- Overnights – Gwen Efird, gwenefird@att.net or 666-8446
- Set up and Take down – Leslie May, leslie.may@novartis.com or 747-2138

Pilgrimage for Peace

Sunday, April 8, 2 pm



Pilgrimage for Peace was organized by a coalition of ecumenical faith and community organizations. Walkers will gather in the circle outside Heifer International Village, (1 World Avenue, Little Rock) and walk to the Beacon of Peace and Hope at 120 Riverfront Drive in North Little Rock.

Walkers will gather at the Beacon of Peace and Hope for a **Remembrance Service at 3 pm**, to “mourn the violence committed in our community, nation and world, and to walk together as active peacemakers.” The ecumenical service will be led by young people offering prayers, reflections from literature and scriptures, songs and the reading of names of homicide victims in Pulaski County in the past year. All ages are welcome. For more information, go to pilgrimageforpeace.com or call 262-7283.

CLASS of 2018

Senior Sunday Lunch
May 6, 2018
12 noon - 1:30 pm
Great Hall

Graduating seniors and their families are invited to attend!
Cost: \$8 – adults; \$4 – children (10 & under); free for graduating seniors.
Please RSVP by Tuesday, May 1, at phumc.com/seniorsunday,
by Connect Card, or call 664-3600.
Contact: Rev. Jay Clark, jclark@phumc.com.

PRAYER REQUESTS

DEATHS: Our Christian sympathy is extended to Nancy Martinsen and family in the death of her uncle, Richard Lee Parker; to Rev. Jeremy Pressgrove and family in the death of his grandmother, Mildred Pressgrove; to Cecil Malone and family in the death of his wife, Betty Malone; and to Stewart Noland and family in the death of his brother, Steve Noland.

WE REJOICE IN THE BIRTH OF Blake Boaz Gaiser, child of Jordan and Michael Gaiser; of Lucy Elizabeth Stevens, child of Rachel and Christopher Stevens; and of Everly Ann Wynne, child of Jess and Chris Wynne and grandchild of Margo and Robin Wynne.

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

PHUMC FOOD PANTRY Item of the Month: Pasta

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

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



@pulaskiheightsunitedmethodistchurch



youtube.com/pulaskiheightsumc



Twitter: @pulaskiheights



Instagram: @phumchillcrest

Contact Information

Website: www.phumc.com • 664-3600
Fax: 664-4835 • Email: phumc@phumc.com

Church Office Hours:
Monday - Friday, 8:30 am - 4:30 pm

The church is also available seven days a week, beyond regular office hours, for special events or meetings. Call 664-3600 for more information.

Sunday School - 10:10-10:50 am

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) "Romans," Tim Fox

Coffee Talk, M313 (women all ages)

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

Fathomers, C235 (ages 55+) "Canvas Community Church," Rev. Carter Ferguson

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," Chapter 10

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 Risen Lord Appears," Joe Teeter

Tower, C237 (ages 40+) "John - The Gospel of Light & Life"

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

April Lessons: Insects - Lady Bug, Butterfly, Honey Bee

Preschool Lions (ages 2-3), **Tigers** (ages 3-4), **Bears** (ages 4-5) "Paul Changes"

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