



THE TOWER NEWSLETTER

VOLUME 164, NUMBER 14

LOVE GOD, LOVE NEIGHBOR, CHANGE THE WORLD

AUGUST 5, 2018

THE ESSENTIAL PRAYERS

Like any communication, prayer can become stale, shallow, and forced. For some, prayer may seem too mysterious, or something only the professionals do. So what if we understand prayer as fitting several basic patterns that any of us can use? For instance, we can follow the Psalms: a cry for help, a thank you, an awe-inspired wow, and the amen of agreement. Join us in the "The Essential Prayers" sermon series as we explore ordinary and extraordinary conversations with God.

AUGUST 3 & 5 PSALM 130 "HELP ME!"

Life can be overwhelming in small and large ways. Sometimes, we are in pain; sometimes we need forgiveness. In these times, what we most want is some kind of help, some kind of solution to our weakness. In such times, prayer is a cry for help.

AUGUST 17 & 19 PSALM 93 "WOW!"

What kind of prayer do we offer when we are blown away, when we have no words to express the smallest gifts, like sliding between clean sheets or enjoying the purr of the kitty on our lap? And what do we do when facing the grandness of the Universe? What is our prayer?

AUGUST 10 & 12 1 THESSALONIANS 5:16-18 "THANK YOU!"

Gratitude can be built into our lives, including our prayer life and the way we view events in the world, both difficult events and joyous ones. What does it mean to give thanks in all circumstances?

AUGUST 24 & 26 1 CORINTHIANS 14:13-17 "AMEN!"

We say "Amen" as a response to the prayers we speak, and many of us believe the word "amen" is the period, the ending to our prayer. Instead, what if we interpret the word as agreement? Are there prayers that should not be prayed? Prayers that are unworthy of an "amen"? Prayer is also about using our minds to honor God in what we say.

SERMON SERIES - THE ESSENTIAL PRAYERS

"Help Me!" - Psalm 130

Worship Services

Friday, August 3, 6 p.m. - Sanctuary · Rev. Belinda Price

Sunday, August 5, 9 & 11 a.m. - Sanctuary · Rev. Britt Skarda

Sunday, August 5, 9 & 11 a.m. - New Heights · Rev. Belinda Price

Sunday, August 5, 9:30 a.m. - St. Luke Campus · Rev. Andrea Cummings



“For The Love Of A Child” Program Needs Donations

One of the many missions at PHUMC is a program called “For the Love of a Child.” This program was formed to serve the needs of children in the foster care system and lower-income children in our community.

We currently have a family that specifically needs items such as a pack and play, a high chair, boy’s clothes in size 6-12 months, a stroller, baby blankets, a car seat, diapers, and baby food. Please bring your donations to the Children’s Learning Center at PHUMC and place them in the collection bins. For more information, contact Kim McDonough at (501) 831-4820 or Dale Fiske at (501) 837-5306.

Will You “Give a Kid a Chance”?



School will be back in session before we know it! This year, while you are doing your back-to-school shopping, please think of those in need at our partner school, Wakefield Elementary, in southwest Little Rock.

The “Give a Kid a Chance” program provides backpacks, school supplies, and uniforms for nearly 400 children who would not otherwise receive these essential items.

Wakefield Elementary has the highest number of free and reduced lunch qualifying students in the Little Rock School District and ranks in the top one percent in the state for the percentage of low income students.

With a donation of \$35, PHUMC provides a backpack, school supplies, and a uniform for a student. If you are interested in helping with our mission, please make your check payable to PHUMC with “GAKAC” on the memo line. You may drop it off at PHUMC, or mail it to 4823 Woodlawn Drive, Little Rock, AR 72205. For more information, contact Betsy Singleton Snyder at (501) 978-0530 or bssnyder@phumc.com.

AUGUST EVENTS

ADVENTURES IN THE ARTS

SUMMER MUSIC & ARTS CAMP

Aug. 6-10, Registration cost: \$190.
For more info, contact Mary Smith at (501) 978-0522 or msmith@phumc.com.

CANCER FRIENDS DINNER MEETING

Wednesday, Aug. 8, 5-6 p.m., C236

Sign up via Connect Card or by calling (501) 664-3600 by Monday, August 6.

FAMILY CAREGIVER WORKSHOP FOR DEMENTIA/ALZHEIMER’S

Thursday, Aug. 16, 10 a.m.- 2 p.m., room C236

Register by Monday, Aug. 13, by contacting Bev Villines at (501) 978-0510 or bvillines@phumc.com.

CONFIRMATION

Sunday, Aug. 19, 9 a.m. service in the Sanctuary

DINNER WITH FRIENDS

Monday, Aug. 20, 5:30 p.m., Izzy’s in Little Rock

For more information, call Becky Fitzgugh at (501) 416-3730.

DIABETES EMPOWERMENT EDUCATION PROGRAM (DEEP)

Aug. 22-Sept. 26

Classes meet every Wednesday from 9:30-11 a.m. in room C236. For more info, contact Bev Villines at (501) 978-0510 or bvillines@phumc.com

BACK TO SCHOOL BASH - phyouth

Sunday, August 26, 5-7:30 p.m., Big Rock Fun Park, Little Rock

For grades 6-12. Cost is \$10. For more info, call Cathy Engle at (501) 978-0540.

Reading Tutors Needed at Wakefield Elementary

Tutors are still needed to work one to two hours a week at Wakefield Elementary in southwest Little Rock.

Tutors will work with two to three students individually. They will tutor the same students throughout their years at Wakefield.

Recruitment of volunteers will continue through the end of August. An orientation session will be held in early September.

For more information, fill out the Connect Card in the bulletin or email Fred Fowler at cffowler@sbcglobal.net or Annadell Fowler at annadellf@sbcglobal.net.

Learn How to Control Diabetes

Adults and seniors with diabetes are invited to attend a free six-week class that will offer information on how to control diabetes and live better. Diabetes Empowerment Education Program (DEEP) was developed to provide individuals with tools to better manage their diabetes in order to reduce complications and lead healthier, longer lives based on principals of empowerment and adult education.

The main goals of the class are to improve and maintain the quality of life for people with diabetes or those who have diabetes risk factors, prevent complications, improve eating habits and maintain adequate nutrition, increase physical activity, develop self-care skills, improve the relationship between patients and health care providers, and to utilize available resources.

Classes are every Wednesday from 9:30-11 a.m. beginning August 22 and ending September 26. The class will meet in room C236 at PHUMC. Reservations may be made by calling (501) 978-0510 or by emailing bvillines@phumc.com by August 20. The class is hosted by PHUMC Caring and Senior Adult Ministries.

VOLUNTEERS NEEDED FOR LABRYNTH

The Labrynth at PHUMC is open every Wednesday from 8 a.m.-8 p.m. Volunteers are needed for the month of August every Wednesday at 7:30 a.m. to help with the setup and lighting of candles. If you can help, please call Nedra Rouse at (501) 663-9635.

Free Caregiver Workshop Set for August 16

A free workshop for caregivers of individuals with dementia and/or Alzheimer's disease will be held from 10 a.m.-2 p.m., August 16, in room C236 at PHUMC.

The workshop will provide an overview of dementia and Alzheimer's disease and provide caregiving tips that maintain respect, dignity, and quality of life for the persons living with the diseases. Information will also be presented on nutrition, behavior, communication techniques, and activities. To reserve a spot, please call (501) 978-0510 or email bvillines@phumc.com by August 13. A light lunch will be provided.

Register for Women's Retreat

"We Need to Talk: Talking to Each Other and God" is the title of the Women's Retreat scheduled for October 26-28 at the Subiaco Abbey. The focus will be on learning how to talk to each other and to God, knowing how to listen to others, and how to listen when you know the answer you want.

The retreat leader is Martha Sharp, who is certified in Spiritual Formation and Spiritual Direction. The cost of the two-night event, which includes five meals, is \$200 per person. A deposit of \$75 is due August 26 and the balance is due September 30. Please reserve your spot by calling the church office at (501) 664-3600. For more information, contact Belinda Price at bprice@phumc.com or (501) 978-0531.

PRAYER REQUESTS

DEATHS: Our Christian sympathy is extended to the family and friends of Janna Laughlin in her recent death, and to Tyler Denton and family in the death of his mother, Maka Parnell.

WE REJOICE IN THE BIRTH OF Charles William Keating, child of Kristi and Ben Keating, and Louis Bullard East, child of Bright and Cash East and grandchild of Cynthia and Bobby East.

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

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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



@pulaskiheightsunitedmethodistchurch



youtube.com/pulaskiheightsumc



Twitter: @pulaskiheights



Instagram: @phumchillcrest



@stlukecampus

Contact Information

Website: www.phumc.com • (501) 664-3600
Fax: 664-4835 • Email: phumc@phumc.com

Church Office Hours:

Monday - Friday, 8:30 a.m. - 4:30 p.m.

The church is also available seven days a week, beyond regular office hours, for special events or meetings.

WEEKLY OPPORTUNITIES

SUNDAY

Baptism Orientation (Sanctuary) 10:10 - 10:50 a.m.
(1st Sunday of the month)

MONDAY

Midday Prayer (Chapel) 11 a.m. - noon
phkids Open Gym* (Great Hall) 11 a.m. - 2 p.m.
Fit4Mom Fitness (C236) 5:45 p.m.

TUESDAY

Helping Hands (Wesley Hall) 9:30 a.m. - 2:30 p.m.
Memory Loss Caregivers (C135) 1-2 p.m. (3rd Tues.)
Zumba Gold (Great Hall) 2 - 2:45 p.m.
Memory Loss Caregivers (C135) 5:30 - 6:30 p.m. (2nd Tues.)
Yoga (C236) 5:30 - 7 p.m.

WEDNESDAY

Labyrinth (Wesley Hall) 8 a.m. - 8 p.m.
AI Anon (C237) 5:30 - 6:30 p.m.
Chancel Choir Rehearsal (M110) 6:30 - 7:30 p.m.
AA (C237) 7-8 p.m.

THURSDAY

Primetimers Luncheon 11:30 a.m. - 1 p.m. (4th Thurs.)
Zumba Gold (Great Hall) 2 - 2:45 p.m.
Food Pantry & Community Meal (St. Luke Campus) 5 - 7 p.m.
Men's AI Anon (C237) 7:30 - 8:30 p.m.

FRIDAY

PHUMC Book Club (C239) 7 - 8 a.m.
phkids Open Gym* (Great Hall) 3 - 6 p.m.
Parents' Night Out (Children's Building) 6 - 9 p.m. (4th Fri.)

The Chapel is available Mon. - Fri., 8 a.m. - 6 p.m. for personal prayer time.

*phkids Open Gym is subject to change if other activities are scheduled.

Sunday School - 10:10-10:50 am

All Things Considered, M314 (all ages)

Argue Named for Dr. James Argue M318 (ages 45+) "Fear of the Other"

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) "Anything Can Happen"

Fathomers, C235 (ages 55+) "The Widow and the Judge"

Foundations, C236 (couples ages 20s-40s)

Journey, D366 (ages 20s-40s) "A Life Well Lived"

Koinonia Dialogue, C135 (ages 50+) "Short Stories by Jesus" by Amy Jill Levine

Newton Good News, M101 (ages 50+)

G.I.F.T. Class, M308 (all ages)

Pairs and Spares, D277 East (young couples/singles) "Book of John"

Pop-Up Class, M304 (all ages) "A Lesson on Corporate Atonement"

Roundtable, M312 (ages 50+) "Parable of the Great Dinner"

Tower, C237 (ages 40+) "The Book of Virtues - Work"

Faith and Film Class, Moderated by Betsy Singleton Snyder.

Wesley M320 All are welcome. Please come share your views.

(All youth meet at 10 a.m. in the phyouth Assembly Area.)

Early Christian Awareness (ECA) Infants/Toddlers, Norma Story Children's Building

August Lessons: Return to School

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

Grades K-5, Rotation Sunday School

Grades 6-12, phyouth Sunday School

Malone Phone Class: Sundays at 3 p.m. by phone at home

Shepherd's Cove: Betty Gene Mann

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 A.M. | GATHERING HALL & WESLEY HALL LOBBY