

Ministry Spotlight: Helping Hands

*Rise in the presence of the aged, show respect for the elderly, and revere your God. -
Leviticus 19:32*

Without a doubt, the comprehensive Caring Ministries at PHUMC change lives, both to the people being served and to the volunteers who serve them.

One of those ministries is the Helping Hands Respite Care Center. This program provides care for senior adults with disabilities every Tuesday from 9:30 a.m.-2:30 p.m. in Wesley Hall. Seniors who are receiving home care are eligible. The cost is \$20 a day.

Clients have constant supervision under trained, devoted volunteers and at least one registered nurse. A nutritious meal is served at lunch time. The day's activities include low-impact exercises, visits with therapy dogs, singing, a short devotional, old time TV shows and movies, musical entertainment, and Christian fellowship.



The program was started in August of 1996 by the late Cecil Malone to provide a safe place for seniors so their family caregivers could have a much needed break.

"If you have been a family caregiver, you know the importance of taking care of yourself, and the few hours offered on Tuesdays can make a huge difference in your week," said Bev Villines, Director of PHUMC Foundation and Senior Adults. "We are grateful for the privilege of spending the day with these loved ones – folks we might not have gotten to know otherwise."

Bev said there are currently 10-12 regular attendees and often that many volunteers. "We are always hoping to have more of our members and friends join us in service to our family caregivers," she said. "As a volunteer, all you need is a big heart, the gift of gab, and compassion for our many family caregivers who need a little time for themselves." To apply for the program or to inquire about volunteering, please call Bev at (501) 978-0510 or email bvillines@phumc.com.

SERMON SERIES - RAPIDS: MANEUVERING TOUGH SPOTS ON THE RIVER

"Joy" - Luke 19:1-10

Worship Services

Friday, July 13, 6 p.m. - Sanctuary · Rev. Jeff Hampton

Sunday, July 15, 9 & 11 a.m. - Sanctuary · Rev. Jeff Hampton

Sunday, July 15, 9 & 11 a.m. - New Heights · Rev. Betsy Singleton Snyder

Sunday, July 15, 9:30 a.m. - St. Luke Campus · Rev. Andrea Cummings



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. In addition to making a donation, volunteers are needed each summer to order, unload, and sort the supplies.

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.

Save the Date for the 2018 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, how to listen when you know the answer you want, etc.

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.

St. Luke Needs Food and Helpers

The St. Luke campus Food Pantry has rapidly grown! Servers and helpers are needed on Thursday evenings during the 5:30-6:30 p.m. community meal. Helpers are also needed to sack and sort the items for the pantry. The following items are needed in large quantities. Please drop off donations at PHUMC and specify that items are for St. Luke Food Pantry.

- Canned peaches, pears, mandarin oranges, and fruit cocktail
- Pasta and pasta sauce
- Cereal
- Saltine crackers
- Canned meat, such as tuna, chicken, vienna sausage, and ravioli
- Canned vegetables, such as carrots, corn, sweet peas, white potatoes, tomatoes, and green beans
- Peanut Butter
- Pancake mix and syrup
- Rice
- Dry beans
- Boxed macaroni and cheese
- Bread

CORRECTION

In last week’s Tower Newsletter, we mistakenly listed the wrong person to contact for information regarding tutoring at Wakefield Elementary.

If you are interested in being a reading tutor, please contact Fred Fowler at cffowler@sbcglobal.net or Annadell Fowler at annadellf@sbcglobal.net. You may also fill out the worship bulletin Connect Card. LRSD students begin school on August 13. Tutors will have an orientation session in early September.

Kanakuk Comes to Little Rock

Honor Your Loved Ones With Flowers



Kanakuk Kamp Out will bring its fun adventures to PHUMC July 30-August 3. The day camp is for elementary age boys and girls, and will include incredible activities, such as a climbing wall, zip line, and water slides. To learn more about the camp and to enroll, please visit www.ComeToKamp.com.

Also, we are in need of a nurse to volunteer his or her services from 9 a.m.-4 p.m. each day. Full days or half days are available. Please contact Cindy Burns at cburns@phumc.com or (501) 690-0435 if you are interested in volunteering.

Please consider placing flowers in honor or memory of a loved one in the Columbarium Garden.



The flower arrangement is \$35. Checks should be made payable to PHUMC Columbarium. Reservations may be made by calling Jennifer Shannon, Columbarium Director, at (501) 978-0533.

Dates remaining for 2018 are July 29, August 5, September 23, October 14, November 18, November 25, December 16, and December 30.

Primetimers & Friends Luncheon



Is basketball your thing? The PHUMC Men Over 40 Basketball Team meets every Monday from 6-7:30 p.m. in the Great Hall. For more information, contact Rod Lorenzen at (501) 663-3253.

All are welcome to attend the monthly luncheon hosted by the Primetimers and Friends.

The July 26 luncheon will be held at 11:30 a.m. in the Great Hall. The cost of the lunch is \$8, or you may bring your own lunch. Reservations are due by noon, Tuesday, July 24. Call (501) 664-3600 to sign up.

From left to right, volunteers Crata Castleberry and Judy Strohm help distribute food from the PHUMC Food Pantry.

The pantry is set up in the Gathering Hall the first Wednesday of every month from 8:30-9:30 a.m. For more information on donating and/or volunteering, call (501) 664-3600.



TUESDAYS AND THURSDAYS
2 - 2:45 PM • GREAT HALL
ALL ARE WELCOME!
Donations are encouraged

PRAYER REQUESTS

DEATHS: Our Christian sympathy is extended to Terri Rowlan and family in the death of her father, Rev. Calvin Mitchell; Alan Warrick and family in the death of his mother, Madelyn Warrick; and to Johnny Fogleman and family in the death of his stepfather, John Eberle.

WE REJOICE IN THE BIRTH OF of Grayson Paul Van Parys, child of Lindsay and Matt Van Parys; of Vivian Elizabeth White, child of Kara and Robbie White and great grandchild of Mary Lou Billingsley; and of Taylor Michelle Bartlett, child of Chip and Sarah Bartlett and grandchild of David and Nancy Bartlett.

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

NONPROFIT
ORGANIZATION
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LITTLE ROCK, AR

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+) "Why We Appreciate Our Country"

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+) "Short Stories by Jesus" by Amy Jill Levine

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+) "Life" by James Bryan Smith

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) "The Bible as History"

Roundtable, M312 (ages 50+) "Jesus Criticizes Unjust Leaders"

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

Faith and Film Class, Wesley Hall, "Dinner Story" with author Shauna Niequest

Moderated by Rev. 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

July Lessons: Jungle Animals

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