

## UNAFRAID IN UNCERTAIN TIMES

It's fitting that our October sermon series has to do with fear as Halloween is right around the corner. Join us for "Unafraid in Uncertain Times," based on the series and book, "Unafraid," by Adam Hamilton.

SEPT. 28 & 30

**A TIME OF HIGH ANXIETY**

NUMBERS 13:17-20, 25-28,  
30-33

We live in a time where anxieties are high, and fear seems to saturate daily life. What is fear? Why does it paralyze us? How do we overcome, rather than succumb?



OCT. 5 & 7

**THE FEAR OF MISSING OUT**

PSALM 139:1-12

Sociologists tell us that there is a new phobia: the fear of missing out (FOMO). Most of us think about whether our life counts for something. In the big scheme of things, do we matter? The idea of failure, insignificance, and loneliness scares us. How might we be freed to love and find greater meaning

OCT. 12 & 14

**WHO ARE YOU AFRAID OF?**

GENESIS 4:8-9

Who frightens you? Are you fearful of the undocumented, terrorists, the left, gun owners, homophobes, atheists, blacks or Hispanics? Our fears are often tangled up in ideas about crime, race, terrorism, and politics. We live in a world in which we are afraid of people who may seem very different from us, out to get us, and ready to argue with us. What is the Christian response to fear of the other?

OCT. 19 & 21

**APOCALYPSE, DYSTOPIAS, &  
CHANGING TIMES**

REVELATIONS 21:1-4

Do you worry about cyberattacks, bank failures, environmental disruption, loss of freedoms, and technological changes? Does it seem that the world you once knew is dramatically moving into a "brave new world," a place we've never been before? How do we face our fears with faith and hope?

OCT. 26 & 28

**GROWING OLD AND DEATH**

PSALM 23

Everyone experiences sickness, aging, and death. Most of us have times when we worry about health issues, how our bodies are wearing, and what comes next. We can see the downside of fears about these experiences, or learn from them. What is a Christian approach to aging and death? Knowing we can't eliminate death, how do we think about it and prepare for it?

### SERMON SERIES - HAPPY? WHAT IT IS AND HOW TO FIND IT

"Something Greater" - Luke 9:1-6

Worship Services

Friday, September 21, 6 p.m. - Sanctuary · Rev. Jay Clark

Sunday, September 23, 9 & 11 a.m. - Sanctuary · Rev. Jay Clark

Sunday, September 23, 9 & 11 a.m. - New Heights · Rev. Betsy Singleton Snyder

Sunday, September 23, 9:30 a.m. - St. Luke Campus · Rev. Andrea Cummings



## Spiritual Formation Classes Continue Through November



Classes in our fall "Grow Your Faith" spiritual transformation series have started, but there are still a few left for you to attend. The classes in this series are designed to transform your lives, strenghten your spirituality, and offer hope.

The following is a list of upcoming classes and dates. All of the classes will be held at PHUMC. The cost covers class materials.

### **Divorce Recovery: Rebuilding When Your Relationship Ends** **Led by Katherine Jefferson**

Oct. 7-Nov. 11, Sundays, 4:30-5:30 p.m., Room D371, Cost: \$15.

### **Faith and Race: Covenantal Restoration** **Led by PHUMC laity and clergy**

Oct. 7-Nov. 11, Sundays, 5:30-7 p.m., Room C236, No cost.

### **Drop-In Class with Rev. Betsy Singleton Snyder**

Every Sunday, 10:10 a.m.

The discussion will be based on video clips and interesting faith topics. No need to register. Just drop in.

Register by calling (501) 664-3600. For more information, contact Rev. Belinda Price at (501) 978-0531 or [bprice@phumc.com](mailto:bprice@phumc.com).

## Save the Date!



Book lovers: Mark your calendar for the annual PHUMC Library Book Sale! The sale will be held

on Friday, Oct. 5, after the 6 o'clock church service, and on Sunday, Oct. 7, from 8:30 a.m.-12:30 p.m. Hardbacks are \$1 and paperbacks are 50 cents. For more information, call (501) 310-8105.

## FOOD OF THE MONTH: SPAGHETTIOS



Our PHUMC pantry ministry appreciates your support! Please bring your donations to the church and place them inside the collection boxes outside Wesley Hall and the Parlor.

## Upcoming Events

### **PHUMC LIBRARY BOOK SALE**

Friday, Oct. 5, after the 6 o'clock service, and Sunday, Oct. 7, from 8:30 a.m.-12:30 p.m., PHUMC library.

### **CAMP TANAKO FAMILY FALL CAMP**

Oct. 5-6, Hot Springs.

Email [tanako@tanako.org](mailto:tanako@tanako.org) to register or call 501-262-2600.

### **CHILDREN'S SABBATH**

Sunday, Oct. 7. All four services.

### **DIVORCE RECOVERY: REBUILDING WHEN YOUR RELATIONSHIP ENDS**

Oct. 7-Nov. 11, Sundays, 4:30-5:30 p.m., Room D371, Cost: \$15.

### **FAITH AND RACE: COVENANTAL RESTORATION**

Oct. 7-Nov. 11, Sundays, 5:30-7 p.m., Room C236, No cost.

### **DINNER WITH FRIENDS**

Monday, Oct. 8, 5:30 p.m. The Butcher Shop, Little Rock. For more info: (501) 416-3730.

### **HOG PARKING**

Saturday, Oct. 13. \$20 to park your car at the church. Funds benefit the phyouth mission work.

### **THERAPY DOG RECOGNITION**

Sunday, Oct. 14, 11 a.m. worship services.

### **CAMP ALDRSGATE FISH FRY**

Sunday, Oct. 14, 11:30 a.m.-3 p.m. Tickets are \$15 and can be purchased the day of the event. Children 6 and under eat for free.

### **PHUMC HALLOWEEN CARNIVAL**

Sunday, Oct. 28, 3-5 p.m. Great Hall and courtyard.

### **TRUNK OR TREAT**

Wednesday, Oct. 31, 5-7 p.m., St. Luke Campus, 6401 W. 32nd, Little Rock.

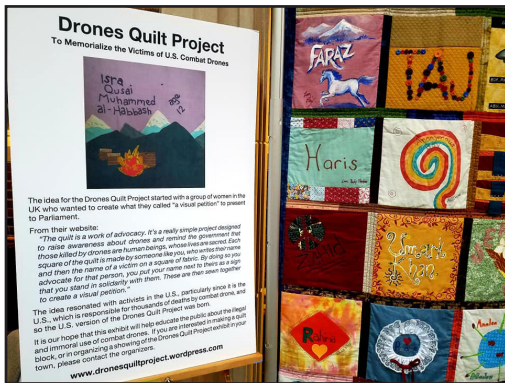
Do you have a story to share about how PHUMC has impacted your life? Perhaps you would like to share how being involved in our missions has changed your perspective on the world. If you would like to be spotlighted in our upcoming monthly newsletters, please email [sbrewer@phumc.com](mailto:sbrewer@phumc.com).

**NOTE: If you would like to receive The Tower via email instead of regular mail, please send your name and email address to [sbrewer@phumc.com](mailto:sbrewer@phumc.com).**

## Drones Quilt Project Leaves a Lasting Impact

Thanks to everyone who came out for our opening reception to kick off Arkansas Peace Week and celebrate the “Drones Quilt Project” exhibit, which was on display in our Gathering Hall during Arkansas Peace Week. Special thanks to Arkansas WAND, who hosted the exhibit, and our featured speaker, Michael Vaughn, an army veteran who worked with the drone program while in the military.

This exhibit travels the globe to create awareness of the fear and devastation U.S. drone attacks are causing to innocent civilians in the Middle East. One attendee said of the exhibit, “This makes it personal seeing each square on the quilts that represents a person who was killed because of drone warfare.” Several attendees shed a few tears. Learn more about the project at [www.dronesquiltproject.wordpress.com](http://www.dronesquiltproject.wordpress.com).



## Say “I Love You” By Donating Altar Flowers

Donating altar flowers is an easy and worthy way to honor a loved one, glorify God, and beautify the altar.

If you would like to donate flowers, please contact Mary Smith at (501) 978-0522 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. The dates that are available are October 14 and 28, November 11 and 25; and December 2 and 30.

## WANTED: Bell Ringers

It hard to think about Christmas when it's in the 90s outside. But the holidays will be here before we know it.

We invite you to participate in a favorite PHUMC tradition, “PHUMC Rings the Bell” on Saturday, Dec. 1. Volunteers will again have the opportunity to ring the bell throughout Little Rock to assist the Salvation Army in their Christmas collection.

Sign-up will begin on Sunday, Oct. 28, in the Gathering Hall. For more information, call Meredith Kemper at (501) 912-5148 or Paula Watson at (501) 225-7575.

## Reminder: We Are Here For You

Support Ministries are available for: Al-Anon, AA, Cancer, Divorce (adults & children), Grief (adults & children), Helping Hands, LGBTQ, and Memory Loss. For more information, contact Rev. Jeffery Hampton at (501) 529-0323 or visit [www.phumc.com/caringministries](http://www.phumc.com/caringministries).

## Children Needed to Lead Worship

Children's Sabbath is Sunday, Oct. 7, during all four of the Sunday worship services! Lots of children (K-5th grade) are needed to help lead worship. Please email Jill Penick at [jipenick@yahoo.com](mailto:jipenick@yahoo.com) if your child or children are interested in reading or ushering.

# PRAYER REQUESTS

**DEATHS:** Our Christian sympathy is extended to Joe Mowery and family in the death of his father, James Mowery; to Betty Mabry and family in the death of her husband, Jerry Mabry; to Paul Fiser and family in the death of his cousin, Kim Renner; to the family and friends of Tommy Braswell; and to the family and friends of Larry Pinion.

**WE REJOICE IN THE BIRTH OF** John Goss Buzbee, child of Margie and John Buzbee and grandchild of Judy and Pat Goss and Linda and Dick Buzbee; Gary Clark McBroom, child of Sarah and Mason McBroom and grandchild of Martha and Ron Clark; Lydia Heath Dimitrov, child of Katie and Stan Dimitrov and grandchild of Beth and Ted Rice; and Wesley Davis Clark, child of Elizabeth and Aaron Clark and grandchild of Martha and Ron Clark.

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

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Instagram: @phumchillcrest



@stlukecampus

## Contact Information

Website: [www.phumc.com](http://www.phumc.com) • (501) 664-3600  
Fax: 664-4835 • Email: [phumc@phumc.com](mailto: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+) "The Wesleyan Way"

**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+) "Generations"

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

**Journey, D366** (ages 20s-40s) "The Case for Christ"

**Koinonia Dialogue, C135** (ages 50+) "Being United Methodist"

**Newton Good News, M101** (ages 50+) "The Good and Beautiful Life"

**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) "Everything Happens for a Reason"

**Roundtable, M312** (ages 50+) "God Created Family"

**Tower, C237** (ages 40+) "A Crazy Holy Grace"

**Drop-In 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

**September Lessons: Fall**

**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:** Jim Morse

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