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*The Music Ministry of First United Methodist Church
presents*

**Sunday, July 31st
3:00PM, Sanctuary**

Chamber **ITAL**

Featuring Kelley Ponder, Tim Bartlett, Clint Kesterson, Jaimee Jensen, and Ron Jensen

In the **FIRST PLACE**

2 Retreat Opportunities for Spiritual Renewal

R3 Retreat: Rest, Rejuvenation, and Resilience Autumn in the Ozark Mountains

R3 is a retreat to experience rest and rejuvenation while building skills for resilience. While there are several opportunities in life for the first two R's, rest and rejuvenation, building the third R, resilience, helps people avoid spiritual burnout and emotional exhaustion. This retreat led by David Freeman and Mary Jane Cole will provide an opportunity to experience all three R's. There will be time each day for light hiking or walking in some of the most beautiful spots in the Ozark Mountains (White Rock Recreational Area and Devil's Den State Park). The combination of rest, meaningful conversations, and exploring God's creation will increase capacity for resilient and wholehearted living.

To sign up or get more information, contact David Freeman
(dfreeman@fumclr.org, 501-372-2256 ext. 204)

Dates: September 19-21

Location: Mount Sequoyah Retreat Center in Fayetteville, Arkansas

Cost: Single occupancy room=\$375 per person, Double occupancy room=\$275 per person (Includes lodging, transportation, and most meals.)

Registration Deadline: July 24



Spiritual Renewal and Hiking Retreat in Sedona, AZ

We are pulling together a group for a week-long retreat in Sedona, Arizona in February 2023. The retreat will feature daily hikes among the beautiful red rocks and vistas of Sedona along with sessions of educational insights and meaningful conversations. The whole experience will inspire joy and meaning and lead you toward more authentic and wholehearted living. All hiking abilities and experiences are welcome. For more information, contact David Freeman (dfreeman@fumclr.org, 501-372-2256 ext 204).

Praying for YOU!
Months of separation and isolation have left us all feeling disconnected. To overcome that, we're searching for all kinds of ways to enhance people's sense of connection to one another and the church as a whole. That process begins with prayer. Each week, we'll be listing about 20 names in the newsletter for you to pray for during the week. Over the next several months, we'll be working our way through the church roll (backward alphabetically) so that everyone is lifted in prayer. You may not know these people personally, but that doesn't matter. Praying for someone by name is a powerful way to experience a connection beyond physical distance. We'll be connected by the Spirit and the power of praying for one another.

July 11-17: Judith, Kristin, Linda, Bob, Lesley, Justin, Beau & Tag, Yvonne, Greg, Susan, Kyla, Luke, Keron, Lori, Lucy, Harper, Reese, Donna, Linda.

July 18-24: Lindsey, Rosina, Marilynn, Gene, Katharine, Kate, Olivia, Marcia, Karen, Joyce, Estella

Lunch and Learn
Wed. at noon in First Cup, July 20 & 27
Bring your lunch, curiosity, and questions to a gathering in First Cup. Our time together is an opportunity to spend time with friends and expand our understanding of a topic relevant to our faith community.

On July 20th Helping Our Homeless Neighbors, myth vs reality and how covid has impacted this ministry. Rev. Paul Atkins from Canvas Community will be here to lead our conversation.

On July 27th In Pursuit of Spiritual Health, Rev Mary Jane Cole will share a bit about the art of listening and why paying attention to your spiritual health matters.

Brandon Bates moving to Fort Smith
Brandon Bates, our Director of Ministries to Youth and Families, has accepted a new youth ministry position at First UMC, Fort Smith. He has served our church since 2017, and we pray that this next chapter will be good for Brandon and God will bear fruit from his ministry. We know he will bring his wisdom, humor, and deep faithfulness to the people Fort Smith. They will be blessed.

With joy and gratitude, we announce that Adam Kirby will be serving as our Interim Director of Youth Ministries. As an ordained Deacon and long time teacher at Little Rock Central High, Adam is uniquely qualified for this role. As someone who was nurtured by our church's youth group himself, and a parent of a youth, he has a strong desire to see FUMCLR continue to nurture and develop the young people of our church and beyond.

Adam has committed to this interim position for 1 year while the Staff Parish Relations Committee searches for the the next great and long term leader of our youth ministry.This Sunday, all youth are invited to meet at the Church at 5:00 pm before we leave for Big Rock Fun Park. Parents may pick up at the church at 8:00 pm.

Children's Church Helpers Needed
Each time we gather for Children's Church we need an extra volunteer to help our teachers. There is no prep needed, just come with a friendly smile and a little extra energy. If you are interested, this is a fun way to hang with our kids and help out our ministry.
NOTE: We also need nursery volunteers, so if babies are more your speed, email bwatson@fumclr.org.

Bring us your #5's, Caring for our community by recycling
During one of our June Lunch and Learns, we discovered that #5s can be recycled in Little Rock, but they just can't be included in our curbside carts. We can help with this! First Church will collect your clean #5 containers and bring them to Natural State Recycling. #5 are things like yogurt tubs, sauce/dip tubs, or to go containers where the opening at the top is larger than the base. Recycling is one of many ways we can be good neighbors.

Chamber Recital - July 31st
The music ministry of First United Methodist Church is proud to present our Chamber Recital Sunday, July 31st at 3:00 PM. Come see our fabulous singers doing what they do best. Selections will be performed by Kelley Ponder, Tim Bartlett, Clint Kesterson, Jaimee Jensen, and Ron Jensen. Help us celebrate the talent of First United Methodist Church with an afternoon of beautiful singing!

Our new Birthday Club is growing each month!
The Birthday Club is a way to celebrate your birthday, or the birthday of someone you love, by giving a dollar for every year of your age. All gifts go to our Perpetual Endowment Fund. This past month we've added two members with gifts totaling \$144. Every dollar given is important as it grows helping us reach our goals of The Next 200 campaign. You can become a Birthday Club member by placing your gift in the envelopes in the pew racks and chair pockets of our worship spaces.Happy Birthday to our newest (and first) Birthday Club members:
Ginny McMurray
Larry Woodard



Our Little Library outside the church needs books! Drop them off in the church office or email Donna (dhankins@!fumclr.org) for more information!



reading buddies needed!

READING WITH 1ST-7TH GRADERS

- Pine Bluff churches
- Background checks or teacher certification required
- Training provided
- July 11-14 from 10:15-12pm
- July 18-21 from 10:15-12 pm
- July 25-27 from 10:15-12pm

TEXT OR CALL REV. SAM MEADORS FOR DETAILS 501-650-0565

A photograph of two people, an adult and a child, sitting on a red carpeted floor and reading a book together. The adult is pointing at the text in the book.

The logo for Project Transformation Arkansas, featuring a green cross-like symbol and the text 'Project Transformation Arkansas'.

SAVE THE DATE

SUNDAY 9.25.22

CHURCH WIDE SERVICE PROJECT
ALL AGES, ALL ABILITIES

FEEDING CENTRAL ARKANSAS BY
PACKING 24,000 MEALS
MORE INFO TO COME



KIDS@FIRST Children's Church
During the 9 am and 11 am services kids, ages three through grade 5, will be invited to come to Children's Church. After the Children's Moment, kids will head to the children's area to continue worship and learn in ways that are more accessible to them. Children will head back to the worship space during the final song of the worship service.

First Family Sunday School
On the first Sunday of every month, the entire family is invited to this Sunday school hour as we celebrate what it is to be the church. The next date is August 7th.

Family Meal: Pettaway Edition Sun., July 24 at 5 pm at The Sanctuary
If you haven't had a chance to join Rev. Brittany for a family meal, this will be a fun one! Family meals invite the whole family to gather as we talk about what our hopes and needs are for the Children's Ministry. Email bwatson@fumclr.org for more information.

FAMILY & FRIENDS

A photograph of a family of four: a man, a woman, and two young children, all smiling and posing together indoors.

Congratulations on Baptism

Congratulation to Michael and Elizabeth Bynum on the baptism of their son Samuel on Sunday, July 10th during First Tradition. Also pictured is big brother James.

Congratulations
To Jennifer, Joey, & Nolan Fleming on the birth of Caroline Rose on July 8th.

Sympathy
To Dayle McCune following the death of her sister, Agnes Moss, on June 19th.

To Ruby and Harvey Wiley following the death of Ruby's sister, Laverne Price Abernathy, on June 23rd.

To Barbara Latta and family following the death of her uncle, Joe Wensler, on June 23rd.

To the friends and family of Amy Claxton who died on June 28th.

To the friends and family of Patsy Frost who died on July 3rd.

To Kathleen and Sam House, following the death of Kathleen's mother, Pam Foster, on July 12th.