

# NEWS & EVENTS



## CHURCH DIRECTORY TIME! CONTINUING TODAY!

Friends - it's been too long since our last church directory! After so many requests, we are finally gearing up for a new one! Starting Sunday, September 11th, Lesley will be in the courtyard taking directory photos from 10-11 am and 12-12:15 pm! Stay tuned for more details in the coming weeks.

## Spiritual Practices Classes

As our faith community embarks upon a path toward spiritual recovery and healing, from surviving to thriving, we might find ourselves asking some questions, "What does that look like?" "What does it mean?" or "How?"

A favorite quote of mine is "We are not human beings having a spiritual experience. We are spiritual beings having a human experience." – *Pierre Teilhard de Chardin*. If this is true, then it seems that an initial response to those questions is an acknowledgment of the importance to care for our inner spiritual beings as well as we would care for our human bodies. These recent years have taken a toll on the spiritual part of us. The goal of spiritual recovery is transformation. This occurs when we let something fall away to allow for the ever-increasing capacity to live life from the heart. What does this look like, and how do we do it? Perhaps it is time to offer some spiritual care to ourselves by going **back to the basics**.

One of the ways we approach this is by engaging in Spiritual Practices. A spiritual practice is anything that asks us to slow down, order our time, desires, and thoughts in such a way that we open space to awaken, welcome, deepen and sustain an experience of the inherent holiness of the present moment. These practices are pathways to transformation, spiritual recovery and deeper connection and relationship with God.

We are offering a three-part series of classes on Spiritual Practices to reconnect and begin a journey toward healing. These classes will be offered on the first three Sundays in October during the Sunday School hour. The first two will be held in the Chapel and the third in the gym. They are as follows:

- October 2 – **The Practice of Centering Prayer**. A method of contemplative prayer in which we rest silently in the presence of God.
- October 9 – **The Practice of Lectio Divina**. A contemplative reading and listening of scripture to open ourselves to what God might be saying to us.
- October 16 – **The Practice of Walking a Labyrinth**. A practice of journeying to and returning from the center.

Each of these Spiritual Practices are exercises in mindfulness calling us to be present in the moment, present with God and living more open-heartedly. Writer and artist Julia Cameron said: "*You do not need to work to be spiritual. You are spiritual; you only need to remember that fact. Spirit is within you. God is within you.*" I hope you will join me for any or all these session as we remember this together. Please reach out for questions or more information at [mcole@fumclr.org](mailto:mcole@fumclr.org) or 501-960-7731

Grace and Peace, MJ, Rev. Mary Jane Cole



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# JOURNEY CARD

We're glad you're here!  
*Please complete the card  
and place in the offering plate.*

CHECK IF FIRST-TIME GUEST

FULL NAME – Please Print

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CHILDREN & YOUTH PRESENT TODAY

Names & Ages

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ADDRESS \_\_\_\_\_

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CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL(s) \_\_\_\_\_

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My info has changed.  
Please update my records.

- Repeat Guest
- Member
- Friend
- Subscribe to E-Newsletter
- I am interested in joining FUMC.
- I would like more information about FUMC.
- I would like a call from the pastor

First Word, Sept. 18, 2022- 9:00 am

## PRAYER REQUEST

NAME – Please Print

Person or situation for which you are requesting prayer.



### Try Taiko Drumming! Monday nights 6:30-8:30 starting September 19th!

Japanese drumming is an exciting and invigorating musical experience. Come see what it's about - no experience necessary! Try this fun and expressive group art form and get a good workout while you're at it! All are welcome, regardless of physical condition, age, or musical background. Taiko is more than

music, more than a workout; it's an open and welcoming community that would love to have you in it! We will be meeting on Monday nights from 6:30-8:30 at First United Methodist Church, 723 Center Street, downtown Little Rock. Wear comfortable, flexible clothing. Be prepared to work hard and have fun. Visit [www.taikoark.com](http://www.taikoark.com).



### Support Pride Fest 2022!

FUMCLR is a gold sponsor for this year's Pride Fest on October 15th in Argenta! Our community of faith will

have both a booth and parade entry this year. We are looking for a small group or individuals to help with the float and booth! Ideally a small group would volunteer to design and coordinate the float, while many First Church friends volunteer to represent in both the parade and the Pride Fest booth. Central Arkansas Pride is committed to uplifting our local LGBTQ+ organizations, and we are proud to be a community partner. If you would like to participate, please email Lesley ([landrews@fumclr.org](mailto:landrews@fumclr.org)).

- Share this information with the congregation.
- For Pastors Only
- For Pastors & Prayer Team Only



We are collecting donations for the 3rd Annual Spirit of Arkansas Diaper Drive.

Pick up diapers of any size on your next shopping trip. Drop them in the donation baskets at one of our worship services or bring them to the Church office.

We will deliver them to the Central Arkansas Diaper Bank at Pulaski Heights UMC. This free community resource helps families meet basic needs not covered by SNAP or WIC.

## RESERVATIONS

Do you have free time on Tuesday mornings? Our office staff meets together on Tuesday which leaves our door and phone unattended. Would you be willing to serve one Tuesday morning each month in our front office? The office needs a team of 4-6 volunteers on a rotating basis to greet visitors and answer phones Tuesday mornings from 9am-12pm. Lanie Konecny, our office manager, will show you everything you need to know to feel confident greeting our guests and callers on Tuesday mornings. She would love for you to join a team of Office Angels to help with this task. Call the church or email Lanie ([officemanager@fumclr.org](mailto:officemanager@fumclr.org)) to volunteer.

I will help!

NAME

## Youngish Happy Hour - October 6th at 6 pm

Gather with friends and meet new ones for a time of fellowship. We're getting together for happy hour at Stones Throw Brewing MacPark on Thursday, October 6<sup>th</sup> at 6:00. Bring a friend or co-worker and make new holy connections.