

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! Lesley will be in the courtyard taking directory photos from 9:15-11 am and 12-12:15 pm! Stay tuned for more details in the coming weeks.

Spiritual Practices Classes

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 or 501-960-7731



BLESSING OF THE ANIMALS

OCTOBER 2, 3PM
Pettaway Park
2101 Commerce
DOWNTOWN LITTLE ROCK

Bring your beloved pets and stuffed animals for this service that's enjoyable for the whole family!

The poster features images of a white cat, a black and tan dog, a tabby cat, a yellow chick, a black and white dog, and a brown teddy bear.

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 6th, at 6:00. Bring a friend or co-worker and make new holy connections.



Try our Digital Connect Card!

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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

CHILDREN & YOUTH PRESENT TODAY

Names & Ages

ADDRESS

CITY

STATE _____ ZIP _____

PHONE

EMAIL(s)

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, October 2, 2022- 9:00 am

PRAYER REQUEST

NAME – Please Print

Person or situation for which you are requesting prayer.

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

OTHER INVITATIONS:

JOIN US FOR PRIDE FEST!

FUMCLR is a gold sponsor for this year's Pride Fest on October 15th in Argenta! 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).

- Parade Participate
- Booth Worker

CONTACT

Ways to SERVE at FUMCLR – Check the opportunities of interest.

- FANN
- FANN for Children and Families
- Laundry service at Jericho Way
- Our House 5th Sunday Supper
- The Pantry on Wildcat Way at
- Washington Elementary (food bags)
AR Kids Read at Washington
- Elementary (tutoring)
- Kiva (donations)
- Church Wide (all ages) Quarterly Projects
- UMCOR School Kits Packing, November 6, First Cup Café, 8:30-10:30am

CONTACT

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).

FUMCLR and Jericho Way

Jericho Way reached out for a desperate need for volunteers to work in the laundry or shower room. Laundry is Monday, Wednesday, Friday from 7:00am until 25 loads completed. Shower duty is from 7:30am-12:30pm. You will be trained upon arrival and staff are always close by. Rev. Haley is going on Wednesday for laundry if you want to go with her for your first time. This is a fantastic way to serve our neighbors and help meet their immediate needs.

Try Taiko Drumming! Monday nights 6:30-8:30

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.

First Family Halloween Concert- October 23rd at 3 pm

Are you a Halloween person? Do you feel sweet relief when Target replaces their pool floaties and tank-tops with chunky sweaters and plastic skeletons? Do you look forward to that first cup of harvest cider in any given year? Do you treat the annual re-emergence of the pumpkin-spice latte as a high holy day?

Us too! ... and do we have a great opportunity for YOU!

The Music Ministry of First United Methodist Church in partnership with the Children's Ministry is proud to present the next event on the Kyle Linson Concert Series: our First Family Halloween Concert on Sunday, October 23rd at 3:00 PM in our sanctuary. It will be an afternoon of spooky, musical fun.


Will we perform The Monster Mash?? You bet!! What about Bach's Toccata and Fugue in D Minor?? Oh, for sure, you know that has to be on the program! Are you a fan of jazz? Come listen to our musicians play Autumn Leaves and 'Round Midnight.

It will be an eclectic blend of music to celebrate the Fall. The first half will be geared toward our kiddos (though grown-ups will certainly enjoy it, too) with songs from familiar movies and cartoons. During the second half, while the kids are taking a spooky flashlight-tour of the church (looking for candy, no doubt), the adults will hear more grown-up fare. I hope I see you there!! - James Stanley

Drop off in
worship or in
the front office.

COLLECTOBER

INGATHERING 2022



Kit Packing Day
Sun, November 6
9:30-11:00

UMCOR School Kit Donations

Round tip, blunt scissors 24 count (only) crayon boxes One subject spiral notebooks Loose-Leaf Paper Packs	Hand Held Pencil Sharpeners Rulers Unsharpened Pencils Erasers (two inches or larger)
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