



In the FIRST PLACE

Spiritual Practices Classes - Starting October 2!

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 sessions as we remember this together. Please reach out for questions or more information at mcole@fumclr.org or 501-960-7731

Grace and Peace,
MJ
Rev. Mary Jane Cole
Spiritual Director in Residence

Getting Back to the Basics

September!

Follow us on Facebook for more!

facebook.com/fumclr



R3 Retreat



Quapaw Quarter Community Breakfast

Church Directory Time!

Pictures every Sunday into October!

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 Lesley will be in the courtyard taking directory photos from 9:15-11 am and 12-12:15 pm! You may also call Lesley 501-425-6883 to schedule a time during the week! Stay tuned for more details in the coming weeks.



Try Taiko Drumming!

Mondays, 6:30-8:30 pm

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.

Bishop Gary Mueller Announces Retirement

Bishop Mueller announced his retirement to take effect January 1, 2023 under ¶408.2.a of The 2016 Book of Discipline of The United Methodist Church. The Bishop has served in full-time ministry since 1979, and as our bishop since 2012. Prayers for Bishop Mueller and his family during this time of transition.



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 from 9am-12pm on Tuesdays. Lanie, our office manager, will show you everything you need to know to feel confident greeting our guests and callers. She would love for you to join a team of Office Angels to help with this task. Call the church office or send an email to officemanager@fumclr.org to volunteer.

COLLECTOBER

INGATHERING 2022

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)

Drop off donations at worship or in the front office.

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

Thank you to

Cherry Light and Nancy Wood

After over 20 years of service, Cherry Light and Nancy Wood are retiring from our Memorials and Honorariums Committee. Over these decades, they have led this committee by receiving memorial and honorarium gifts, ensuring they are properly distributed, and acknowledging all of the gifts. They have written and addressed thousands of cards on our church's behalf. They have gracefully worked with grieving families to choose meaningful ways to remember their loved ones. The Board of Trustees asks you to join them in thanking Cherry and Nancy for their faithful servanthood and generosity of time and work.



A Service for the Blessing of the Animals - Oct. 2nd

A Pet Blessing or Blessing of the Animals Service is a wonderful way to celebrate God's love, care and concern for creation. We experience God's love as we care for and receive care from animals. First Church is delighted to offer this service to honor the special pets in our lives. Please join us on October 2 at 3:00 p.m. at Pettaway Park. Bring your beloved pets for this service that's enjoyable for the whole family.

CENTRAL ARKANSAS PRIDE!

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).



Fall Worship Series

This fall at FUMCLR, we're going back to the basics. Each week in worship, we'll focus on the basics of our

Christian faith. These practices enrich our lives, draw us closer to Christ, and fuel our life's journey; worship, prayer, study, serving, community, and generosity. With Romans 12 as our scriptural guide, we will rediscover the purpose of these basics and maybe find new ways to practice them. When these practices are our normal, we have a stronger foundation to create all the other parts of our lives, no matter what life brings our way.



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.

First Family Halloween Concert October 23rd at 3:00 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

MUSIC MINISTRY OF FUMCLR PRESENTS THE KYLE LINSON CONCERT SERIES



First Family HALLOWEEN CONCERT OCTOBER 23 - 3PM

Grief Expressions- A Creative Way to Engage with Grief and Loss

**Sundays, November 6th and 13th,
Noon – 3 pm, Lunch provided**

Join us for a creative arts activity to honor whom or what you have lost. While the source of our loss varies, all can benefit from the opportunity to engage with our grief in a creative and transformative way. The afternoon will include lunch, prayer, experience based workshops in journaling and art therapy. Artistic experience or ability is not required to participate and enjoy the workshop, just the willingness to create. All are welcome. Please RSVP to the church office by Nov 3rd, 372-2256. If you have questions, see either Donna Hankins, dhankins@fumclr.org or Mary Jane Cole, mcole@fumclr.org. We look forward to this special space and time to acknowledge, create and honor together!



United Women of Faith to Resume!

The name may have changed, but United Women in Faith remains the official women's organization of the United Methodist Church. We remain the organization training women for leadership, growing spiritually, transforming through education, and providing opportunities for service and advocacy. Our commitment to women, children, and youth continues. It has been more than two years since our Faulkner Circle last came together. For years our circle met on the fourth Monday of each month from September through May. I invite you to come to Fellowship Hall of FUMC next Monday, September 26 at noon for our first meeting of 2022. Bring a sack lunch as we gather and discuss this latest name for our organization and what it could mean for us.

Shop for Good CHRISTMAS MARKET

**Sunday, November 6
Winston Faulkner Gymnasium
8:00am-1:00pm**

Get your Christmas shopping done early while supporting important causes! Support local nonprofits and mission ministries by giving in honor or memory of a loved one. Buy fair trade coffee and chocolate from Equal Exchange, beautiful jewelry supporting FLAME, or sewing crafts by Sew and Serve. You don't want to miss the goodies at our Shop for Good Christmas Market!

On the same day, join us in the Fellowship Hall for a pancake breakfast supporting The Pantry on Wildcat Way. This ministry of FUMCLR makes sure families at our partner school Booker T. Washington are food secure on the weekends. We will also be packing UMCOR school supplies in First Cup Café. It will be a wonderful day of yummy food, philanthropy, and service!

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.

KIDS@FIRST

Sunday School is Back!

We are so excited to have Sunday School back this Sunday!

- Check in will start at 9:50. After check in, all kids will gather in the movie room before heading to their class.
- Kids will be divided into two classes: 1) Sparks (ages 2-4) will gather in the Play Room. Kids must be potty trained. This class will focus on play and Sacred Circle Time. 2) Flames (K-5th) will gather in different spaces throughout the Children's area. Each week they will learn through a different activity or experience.
- Parents are invited to gather in the First Cup Cafe for a pop-up Sunday school class. You will find a simple, easy to share lesson that will help inspire conversation and fun.
- Sunday school ends at 10:45 and kids can be checked out between 10:45 and 10:55.

This fall we will be learning about the Old Testament by studying some of the most important stories and people. Thanks to all of you who have volunteered to be a teacher! If I haven't contacted you yet, I will be chatting with you soon!

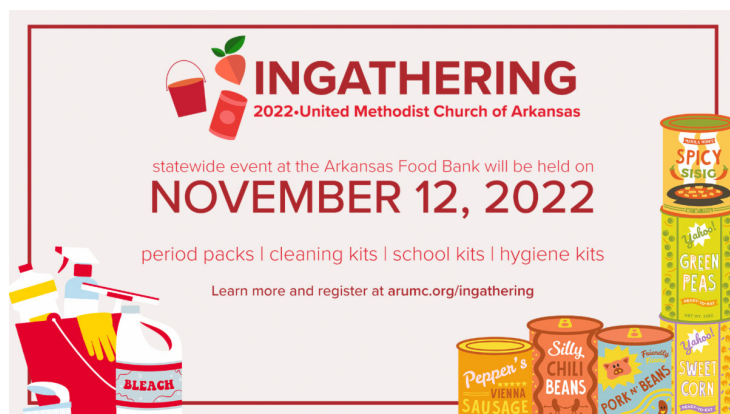
Dates to Remember- October:

Saturday, October 1 at 10 am: Pumpkin Patch Outing @BoBrook Farms, Join your church friends at the pumpkin patch as we welcome fall together!

Sunday, October 2 at 10 am: First Family Sunday School @First Cup Cafe Come meet Abraham and learn more about his story.

Sunday, October 23 at 3 pm: Family Halloween Concert @ FUMCLR Sanctuary, Our music ministry will be leading this fun and engaging Halloween concert.

Sunday, October 30 at 10 am: Sunday School Trick or Treating, Come to church dressed in your costume and get ready to trick or treat during Sunday School!



FRIENDS & FAMILY

Welcome New Members



We welcomed Eva and Chris Englert-Jessen to First Church on August 28th during First Tradition. Eva is a deacon in the United Methodist Church, so her membership will reside with the conference. Chris joins

by transfer from another United Methodist Church. We are so excited to have you!

We welcomed Elizabeth Watson to First Church on September 11th during First Tradition. Elizabeth is Rev. Brittany's sister-in-law (Clark's sister) - we are excited to welcome more of the Clark family to FUMCLR!



We also welcomed Kelly May to First Church on September 11th during First Tradition. Next time you see Kelly give her a warm First Church welcome!

Congratulations on Baptism

Congratulations to Kelli and Joe Denton on the baptism of their son Wesley Denton. Wesley is pictured with mom, dad and big brother Samuel.



Congratulations

Congratulations to Holly and Sean Foster following the birth of their son Liam Avery on September 15th.

Congratulations to Craig and Nancy Wood following the birth of their great-granddaughter, Dorothy Jo Anderson, on September 11th.

To Dylan and Amelia Botteicher on the birth of their son James Merrick on September 6th.

To parents Liz Oswald and José Azar and grandparents Sarah Spencer and Fred Oswald, following the birth of Carolina Vera Azar Oswald on September 6th.

Congratulations

To parents Mary Katherine and Heath Henderson and grandparents Donna and David Smith, following the birth of Heath Harley Henderson on August 30th. Garret and Piper Henderson are excited to finally meet their little brother!

To parents Justin and Cameryn Burch and grandparent Charles and Kelli Miller on the birth of Archer Henry Burch on August 17th.

Welcome Peashe Wal Baby!

Our adopted Afghan family welcomed their baby girl into the world on Wednesday, September 6. We rejoice with them in her safe arrival. Mom and baby are doing well. We tend to welcome babies with a meal train for the family. Due to dietary restrictions we decided to do a meal train fund. If you would like to participate in the meal train fund, simply mark your donation with "Afghan meal fund". We will get the money to the family, and they plan to shop at their favorite market, ZamZam. Reach out to Rev. Haley with any questions.

Sympathy

To Kae Kae Wilson and Kristin Yates following the death of Kae Kae's mom and Kristin's sister Teresa Yates on September 14th.

A Note of Thanks from the Peashe Wal Family

Father and Mother have expressed their deep gratitude for ALL the gifts they received at the Baby Shower held at First Cup Cafe in August. From blankets to onesies, to diapers and multiple gift cards to car seat, swing and and so much more... ALL items gratefully received. They say Thank you to the Church people !!! Baby girl arrived on September 7, and she is beautiful !



Big brother and the 2 sisters

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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!

