

# NEWS & EVENTS

## When You Meet Someone Deep in Grief

by Patricia McKernon Runkle

Slip off your needs  
and set them by the door.

Enter barefoot  
this darkened chapel

hollowed by loss  
hollowed by sorrow

its gray stone walls  
and floor.

You, congregation  
of one

are here to listen  
not to sing.

Kneel in the back pew  
make no sound

let the candles  
speak.

## Afghan Family Volunteers Needed

The Afghan sponsorship ministry team is looking for volunteers to assist with the Peashe Wal family's adjustment to life in the United States! If you are eager to learn about another culture and join a service-oriented ministry team, prepared to be charmed as you get to know the family!

Volunteers need not commit to a weekly time slot! We need volunteers for occasional needs, such as monthly pickups at the PHUMC diaper bank, transportation for Mom as she has opportunities to meet up with other Afghan women in central Arkansas, and babysitting the utterly precious three older children (10, 8, and 6).

We are also on the lookout for a used minivan or SUV that will transport a family of six. Their current vehicle is great for getting Dad to work but cannot accommodate the entire family at one time. If you know of anyone who is thinking of switching out their fleet, their vehicle donation could qualify for a tax deduction.

Thanks to everyone who has assisted in so many ways, especially in helping them set up their household when they arrived fourteen months ago. The family is adjusting remarkably well, and we are honored to be with them on their journey.

If you would like to volunteer or would like additional information about the ministry, contact Liz Russell (501-307-7833 or [lizrussell99@gmail.com](mailto:lizrussell99@gmail.com)) or Rev. Haley Jones Wells (501-372-2256 or [hjones@fumcl.org](mailto:hjones@fumcl.org)).



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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

## 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

### UWF Lunch & Meeting RSVP Sunday, February 12

United Women in Faith will have their lunch and meeting on Sunday, February 12, after the 11:00 am worship service. The speaker will be Elizabeth McCormick, Global Missionary with the General Board of Global Ministries of the United Methodist Church. She currently serves as a Mission Advocate for the South Central Jurisdiction and helps to connect congregations and conferences to God's work done through Global Ministries. She and her husband previously served as missionaries in Mozambique. She will share information about Global Ministries, what is being done in Arkansas and opportunities for connection. Please leave your name below to RSVP for lunch.

I will attend.

NAME

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

Sunday, February 12<sup>th</sup>.

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. If you have questions, see either Donna Hankins, [dhankins@fumclr.org](mailto:dhankins@fumclr.org) or Mary Jane Cole, [mcole@fumclr.org](mailto:mcole@fumclr.org). We look forward to this special space and time to acknowledge, create and honor together!

## Washington Elementary Volunteer Opportunities Playground Monitor (2 shifts/day)

10:15am-11:30am and 11:30am-1:00pm

The playground monitor is simply an extra presence on the playground when the children are outside. No physical activity required. The school needs help so the transition from lunch to outside is smooth.

### Wildcat Way Store

Volunteers are needed to run the behavior store on Fridays 12-2. The store is an exciting shopping experience for students that have had zero behavioral corrections during the week.

These are simple opportunities to get involved in life of our partner school Washington Elementary. Please contact Rev. Haley at [hjones@fumclr.org](mailto:hjones@fumclr.org) if you would like to volunteer.

## Youth Parent Meeting - January 29<sup>th</sup>

Please join Adam and David on January 29th at 5:00 in the youth area as we discuss the state of FUMC youth. As the calendar has turned over, we have some opportunities on the horizon that we'd love to share with parents. These opportunities would be great experiences for our youth but require parental involvement, and we'd like to share them with you all. Join us on the 29th to hear about these opportunities and to hear about the direction our church is headed as it pertains to youth and families.

