

# NEWS & EVENTS

## A Story Worth Living Reflection Prompts

Write about ways you experience the presence of God in your everyday life.  
How do you know? What do you feel?

Think about an ordinary experience in your life and begin writing about it.  
Describe it in as much detail as possible. As you increase your awareness,  
search for the ways in which it was a sacred experience.



## Wednesday Night on Center St. Class Descriptions

**Writing Your Spiritual Memoir:** Every life tells a story, and your life tells the story of God's presence in the world. This class will lead us through fun exercises to reflect upon and record those sacred moments of our lives. This class will be great if you want to create treasured gifts to hand down to your family, or if you want to think deeper about your experiences, or if you just like to play with words and language. Led by Rev. David

**Rest is Resistance:** Our study "Rest is Resistance" by Tricia Hersey is an anecdote to the Grind Culture. Resist the urge to grind and take care of yourself by allowing yourself time to rest and refocus on what really matters in your life. Led by Rev. Natasha

**MARVELous Faith:** Come discover what we can learn about our own faith journeys from Marvel movies! Through Ironman, Guardians of the Galaxy, Spiderman, and The Avengers we will discover the SUPER ways that we are called to a HEROic faith. This class is for teens and adults! Led by Rev. Brittany

**Poverty, By America Book Study:** In his landmark book, Poverty, By America, acclaimed sociologist Matthew Desmond draws on history, research, and original reporting to show how affluent Americans knowingly and unknowingly keep poor people poor. Join us for an FUMCLR conversation each Wednesday, followed by a conversation with the author at UALR on October 10. Led by Rev. Haley

## 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



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## PRAYER REQUEST

YOUR NAME – Please Print

Person or situation for which you are requesting prayer.

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

## OTHER INVITATIONS

**Wednesday Night on Center Street – Sept. 18 – Oct. 9<sup>th</sup>**

Please write name of adult attendees:

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Children/ages:

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Adult Classes: Write number of people in blank before class.

- \_\_\_ Writing Your Spiritual Memoir
- \_\_\_ Rest is Resistance
- \_\_\_ MARVELous Faith
- \_\_\_ Poverty, By America Book Study

### Dinner Reservations Sept. 18th,

*Chicken Spaghetti, Mushroom Spaghetti (No Meat), Chicken Rice (Gluten Free), Salad, Garlic Bread, Assorted Pies*

Write number in blanks below:

\_\_\_ Kids \_\_\_ Adults

### Dinner Reservations Sept. 25th,

*Assorted Pizza, Gluten Free and Meatless Available, Salad, Cookies*

Write number in blanks below:

\_\_\_ Kids \_\_\_ Adults

***If you are interested or considering this retreat, come to an Information Meeting, Sunday, September 15th at 4:00 in First Cup. Attending this meeting does not obligate you for the retreat.***

## Spiritual Renewal in Ireland May 19-26, 2025

Fill your soul, feel the presence of God, and unite mind, body, and spirit as you walk the stunning vistas of “The Emerald Isle”. This retreat will include hiking through the Dingle Peninsula as well as sessions inspired by the Center for Courage & Renewal and Brené Brown’s, The Daring Way™ programs, as well as research from other thought leaders to discover practices that will move us toward more authentic and wholehearted living. The cost is \$3499. If you have questions or want to know more, contact, David Freeman ([dfreeman@fumclr.org](mailto:dfreeman@fumclr.org)).



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