

# NEWS & EVENTS



## First Time Guest?

We're glad you are here! As a token of our appreciation, we'd like to make a donation of \$5 in your honor to one of our community partners. Scan the QR code to the left to select the organization you would like to donate to. Thank you for joining us today.

## New Lenten Sunday School Class

Join us for a Sunday school class during Lent led by Alex Wells. This class will help us step off the spiritual roller coaster and find steady ground in Scripture. Using the book *The Fire of the Word* by Chris Webb, we'll explore the Bible as a source of inspiration and grounding, cultivating curiosity and discernment as we learn to step more deeply into God's unfolding story. This class will meet in Room 205 (formerly the Quadrilateral Class) at 10:00 on Sunday mornings starting February 22nd.

## Men of Faith and Action - Feb. 22nd at Noon

This Sunday, February 22, Men of Faith and Action (MOFA) will have its quarterly meeting and lunch in the Fellowship Hall at 12:30 pm. We will have a guest speaker, Kyle Leyenberger, Executive Director of the Little Rock Downtown Partnership, who will discuss efforts to address the lack of affordable housing in the city. You will also have an opportunity to sign up for some of MOFA's ongoing activities, discuss how MOFA can help at the Church Easter Egg Hunt on March 29, and plan other future activities. Please come join us, and invite a friend!  
-Shawn McMurray and Jim Shenep

## United Women in Faith will meet on Sunday, March 8

Everyone is invited to attend on Sunday, March 8, after the 11:00 am worship service, the UWF lunch and program in the Fellowship Hall. Our speaker will be Ben Goodwin, Executive Director of Our House. He will provide updates on Our House's continued growth and innovation and share stories of people who have transformed their lives with Our House's help. If you plan to attend, please fill out the Journey Card in the bulletin starting February 22 or call the church office at 501-372-2256 so enough food will be prepared. Donations for food will be accepted.

## 3 Pastors Walk Into A Bar Monday, February 23, Noon

### Christ Episcopal Church (509 Scott St.)

Topic: Praying While The World Burns--we'll discuss the role and duty to be praying people in times of turmoil and crisis. Is prayer action or inaction? How is prayer a form of resistance? Does offering "thoughts and prayers" do anything? How might prayer help us not just survive but bring about transformation?

## Need help with minor home repairs or yard work? FUMCLR's Handy Helpers may be able to help!

Do you need assistance to change light bulbs or unclog toilets or make other minor repairs in or around your home? FUMCLR's newly-formed Men of Faith and Action have organized a new group we call "Handy Helpers" which may be able to assist you. If you require assistance with minor repairs or projects, you can email Rev. Heather Rose at [hrose@fumclr.org](mailto:hrose@fumclr.org). She will then contact one of the cadre of men who have volunteered and see if one or more of them can come to your home and assist you.

## Feeding Our Neighbors 2026

We are searching for one more small group, Sunday School class, or friend group to help with the Canvas meal on April 1. Canvas serves 125 unhoused neighbors in downtown Little Rock. You can either cook and serve at Canvas or sponsor the meal for \$400. Contact Rev. Haley to help!

# 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



SCAN ME

## Try our Digital Connect Card!

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to scan QR Code!

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First Word, February 22, 2026- 9:00 am

## PRAYER REQUEST

YOUR 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 REQUESTS

### 2026 FUMCLR Goals

Please use the space below to list ALL your service hours (even those served outside FUMCLR). Together, our goal is to serve 10,000 hours total.

Name:

Service Project:

Time Served:

Guests Brought to FUMCLR:

### United Women of Faith Lunch & Meeting March 8 at Noon

Name:

### Wednesday Nights on Center Street

Name/s:

- February 25 - \$15 Box Dinner # \_\_\_\_  
 March 4 - \$15 Box Dinner # \_\_\_\_  
 March 11 - \$15 Box Dinner # \_\_\_\_  
 March 18 - \$15 Box Dinner # \_\_\_\_

Dietary Restrictions for Box Dinners:

## Wednesday Nights On Center Street

**Wednesday Nights** are a time for our church community to gather midweek for food, fellowship, and faith. Each Wednesday evening, we begin by sharing a meal together at **5:00 pm**, followed by a time of learning or connection at **6:00 pm**.

During the season of **Lent**, we'll be doing something a little different. Rather than offering multiple groups, we will come together as one community for a single, shared experience each week. While the format will vary from week to week, each gathering is designed to bring us together in meaningful and life-giving ways as we walk through the Lenten season. The exception to this is the Mourner's Path Group - see below for more information.

There will also be a change to our dinner plans this season. Dinner will be **catered boxed meals at \$15 per person**, with **reservations required by the Sunday prior** to each Wednesday evening. Those who prefer can also **bring their own dinner and still be part of the evening**. Menus for the first two weeks are listed below. We begin with a **Pancake Supper and Ash Wednesday Service on February 18**, then continue weekly gatherings starting **February 25**, meeting each Wednesday at **5:00 pm for dinner** and **6:00 pm for our Lenten program**, through **March 18**. Below is a listing of what's planned for each of the four Wednesday evenings.

#### February 18

Pancake Supper and Ash Wednesday Worship Service

#### February 25

**Box Dinner:** chicken spaghetti, green beans, Caesar salad, and bread  
*gluten-free and vegetarian options available upon request*  
(\$15 dollars per person)

**Program:** Get Loud Arkansas- The public advocacy team invites you to a night of faithful action with Get Loud Arkansas. We will hear about the UMC stance on voting rights, check voter registrations, send texts and postcards to Arkansans, and utilize 5 Calls as a form of public advocacy.

#### March 4

**Box Dinner:** marinated chicken\*, roasted vegetables, garden salad, and bread  
*\*gluten-free - vegetarian option available upon request*  
(\$15 dollars per person)

**Program:** Salty Prayers- spiritual practices to process stress. Stress lives in our bodies and doesn't always go away when whatever induced the stress is gone. Until we process that stress it can keep us feeling exhausted, edgy, and disregulated. This session will provide 12 different embodied spiritual practices that help process stress fully while seeking God's comfort and peace.

#### March 11

**Box Dinner:** TBA

**Program:** Trivia Night! Trivia Night brings together a variety of topics, including FUMCLR trivia, *Who Said It? The Bible or Star Wars*, and other fun and unexpected categories.

#### March 18

**Box Dinner:** TBA

**Program:** Bingo Night! Bingo Night is a chance to gather for a laid-back evening of fun, conversation, and a few rounds of bingo.

## Walking the Mourner's Path - Starting February 25th

Grief can feel isolating, but no one has to walk the path alone. **Walking the Mourner's Path** is a Christ-centered grief workshop for anyone in the community who has experienced a significant loss. Through Scripture, spiritual practices, and group support, participants are invited to honor their loved ones, seek spiritual direction, and discover God's comfort in a caring community.

Wednesday nights beginning February 25 from 6:00–8:00 pm for 6–8 weeks  
\$60 fee for materials

Please register by February 17 to ensure enough workbooks can be ordered. This group is open to all—church membership is not required. Please share with anyone who may be seeking hope, healing, and community. Email [hrose@fumclr.org](mailto:hrose@fumclr.org) to register, or visit our website: [fumclr.org/registrations](http://fumclr.org/registrations)