



The Good News

Pulaski Heights Christian Church – web: phcc-lr.org | February 2019 – Volume 72 No. 2



PHCC is a Hillcrest community church affiliated with the Christian Church (Disciples of Christ). It has been at the corner of Spruce and Hillcrest since 1927. Our email is lrphcc@gmail.com.

Directions: Traveling west on Markham, turn right on Beechwood Street. Continue north on Beechwood to a four-way intersection with traffic lights. This is Kavanaugh and Beechwood. Continue north on Beechwood to the first stop sign. This is Hillcrest. Turn left. The church is two blocks down on Hillcrest and on the right side of the street.

2018-2019 Board:

Moderator, Chet Chaney (chetchaney@yahoo.com)

Treasurer, Angela Frazier (afraz17@yahoo.com)

At-large: Evelyn Behrle (eabehrle@yahoo.com)

At-large: Rebecca Frazier (rfrazier@tomycpa.com)

At-large: Dr. John W. Graves (johnwgrav@aol.com)

2018-2019 Elder: Rebecca Frazier (rfrazier@tomycpa.com)

Minister: Rev. Carol Miles (carolmilesphcc18@outlook.com)

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February (So Much) To Do List

Rev. Carol Miles

It's February and the high today is 78 degrees. I'm not complaining. I would love to skip over the bitter cold and move right into Spring. But there are a lot of things to celebrate in February. I don't want to miss out.

Next Sunday, February 10, is our quarterly potluck. This is always a wonderful time of fellowship.

Thursday, February 14 is Valentine's Day. I hope that you will take the opportunity to show and tell at least one special person in your life how much you love and appreciate them. The more the better. Treat yourself to a piece of chocolate. As February is National Heart Awareness Month, better make it a piece of dark chocolate.

On Friday, February 15, Sondra Strong will host a "Lunch and Learn" at noon at the Mosaic Templars Cultural Center.

Did you know that February is National Canned Goods Month? Time to check the pantry and the cabinets for items you can spare.

February is also Black History Month.

Monday, February 18 is Presidents' Day.

You may have other special days listed on your calendar.

Regardless of what the weather brings, each day is a blessing. I look forward to sharing many more with you in the future.

This month, I challenge you to show love to someone you do not know. Give of your time or talent in your own special way. Even a small gesture can have a tremendous impact. This is your opportunity to be a Secret Valentine.

Blessings as always,

Carol

Cheesy Spinach-Artichoke Spaghetti Squash



By Carolyn Malcoun at www.eatingwell.com

Ingredients

1 (2½ to 3 pound) spaghetti squash, cut in half lengthwise and seeds removed
3 tablespoons water, divided
1 (5 ounce) package baby spinach
1 (10 ounce) package frozen artichoke hearts, thawed and chopped
4 ounces reduced-fat cream cheese, cubed and softened

½ cup grated Parmesan cheese, divided
¼ teaspoon salt
¼ teaspoon ground pepper
Crushed red pepper & chopped fresh basil for garnish
Directions

1 Place squash cut-side down in a microwave-safe dish; add 2 tablespoons water. Microwave, uncovered, on High until tender, 10 to 15 minutes. (Alternatively, place squash halves cut-side down on a rimmed baking sheet. Bake at 400°F until tender, 40 to 50 minutes.)

2 Meanwhile, combine spinach and the remaining 1 tablespoon water in a large skillet over medium heat. Cook, stirring occasionally, until wilted, 3 to 5 minutes. Drain and transfer to a large bowl.

3 Position rack in upper third of oven; preheat broiler.

4 Use a fork to scrape the squash from the shells into the bowl. Place the shells on a baking sheet. Stir artichoke hearts, cream cheese, ¼ cup Parmesan, salt and pepper into the squash mixture. Divide it between the squash shells and top with the remaining ¼ cup Parmesan. Broil until the cheese is golden brown, about 3 minutes. Sprinkle with crushed red pepper and basil, if desired.

In Honor of Black History Month

Bayard Rustin



“We need in every community, a group of angelic troublemakers.”

Bayard Rustin was a civil rights activist and gay rights activist. He is often referred to as the “architect” of the March on Washington. He was posthumously awarded the Presidential Medal of Freedom.

Pauli Murray



“In not a single one of these little campaigns was I victorious. In other words, in each case, I personally failed, but I have lived to see the thesis upon which I was operating vindicated. And what I very often say is that I’ve lived to see my lost causes found.”

Pauli Murray was an activist, attorney, educator, poet, and Episcopal priest. She was the first African-American to receive a Doctor of Juridical Science degree from Yale Law School and the first African-American woman ordained in the Episcopal Church, among her many accomplishments.

Fannie Lou Hamer



“I’m sick and tired of being sick and tired.”

Fannie Lou Hamer was born into poverty as the daughter of a Mississippi sharecropper. She left school at an early age and worked as a domestic. Hamer became involved in the civil rights movement and co-founded the Mississippi Democratic Freedom Party. She later expanded her activism from political to economic assistance through a grassroots co-op in helping other poor farmers to obtain land and housing.

MLK Day Observation



Rev. Dr. Anika Whitfield, Guest Minister



Carol Miles and artist, Sondra Strong



Sondra Strong and PHCC member, Rachel Smith

MLK Day Pictures continued



Linda Cowden, Rev. Whitfield, Maria Meneses and Marcia Sherrill



Romon Hart



Hunter Hall

Picture credits:
 Bayard Rustin
 (en.wikipedia.org)
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 Fannie Lou Hamer
 (en.wikipedia.org)
 Dr. Anika Whitfield
 (Sondra Strong)
 Carol Miles and Sondra Strong
 (Sondra Strong)
 Sondra Strong and Rachel Smith
 (Carol Miles)
 Linda Cowden and guests
 (Carol Miles)
 Romon Hart
 (Carol Miles)
 Hunter Hall
 (Sondra Strong)

Please Continue Prayers for:

Pray for those recently displaced by natural disasters as well as the people who are still recovering from tragedies no longer in the news. Pray for the grieving, that they may be reassured; pray for those disadvantaged by trade wars; those worldwide being maltreated for being 'different'; please pray for the wounded; the citizens and residents of the U.S.A. Pray for peace, and for refugees who are fleeing oppression. Please remember the family of Susan M.; Ron C.; Jean H., Kim P., Lyn C., Keith R., Glenna S., Julia C.; Pray for our Church; the homeless of Little Rock; the Great River Region of the DOC; those struggling to do God's will; and others God leads you to lift in prayer.

Dec. 2018 Stewardship Report

Dec. Budget Needs – \$8,125.00
 Dec. Offering – \$ 8,203.00
 Other Income – \$ -833.35*
 Total Dec. Actual Income – \$ 7,369.65

Dec. Budgeted Expenses – \$8,912.08
 Dec. Actual Expenses – \$ 18,781.60
 Net Loss for Dec. – \$ -11,411.95*

Fiscal-Year-to-date through 12/31/18
 Offering – \$ 40,093.24
 Other Income – \$ 16,937.26
 Total FYTD Income – \$ 57,030.50
 Expenses FYTD – \$ 54,666.08
 Net Result FYTD – \$ 2,364.42*

*Reflects 4th Q 2018 Brown Fund loss



Events in February 2019

- Birthdays in February 26 – Stephen Cross
- Events of note
- February is African American History Month
- 12 – 6:00 pm scheduled Board Meeting
- 14 – Valentine’s Day
- 18 – President’s Day
- 18 – Third Monday Meal is served; 2501 S. Arch St.
- 24 – Sign March birthday cards
- Sunday School 9:30 a.m. 3, 10, 17, 24



image: Pexels 207962



Events in March 2019

- Birthdays in March 23 – Rachel Smith; 24 – Carolyn Martin; 25 – Jean Hampton; 31 – Tom Ryan.
- Events of note

12 – TBA, 6:00 pm scheduled Board Meeting

- 18 – Third Monday Meal is served; 2501 S. Arch St.
- 24 – Sign April birthday cards
- Sunday School 9:30 a.m. 3, 10, 17, 24

Pulaski Heights Christian Church
 (501) 663-8149
 4724 Hillcrest Ave. Little Rock, AR 72205
lrphcc@gmail.com ~ www.phccl.org
 Sunday Worship ~ 10:30 a.m.
 Rev. Carol Miles, Minister
 Music Ministry ~ Stephen & Jeannie Cross
 Musician ~ Betty Jo Thibault
 Office Assistant ~ Tom Ryan