



The Good News

Pulaski Heights Christian Church – web: phcc-lr.org | November 2018 – Volume 71 No. 11



Photo: Vali S from Pexels.com

The change in foliage and seasons that began a month ago has nearly completed. Soon the weather will become cold, and the Holiday Season will be underway with Thanksgiving, the Advent season, Christmas and New Year's Day. Just remember: Time may fly, but God is constant.

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.

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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Regional Assembly 2018

Rev. Carol Miles

Where do I begin? The first weekend of November, I attended Regional Assembly. We were hosted by Kings Highway Christian Church in Shreveport, LA. The pastor is Rev. David Brice. He is also the brother-in-law of Elder Miles Cook. We were treated to southern hospitality at its finest. The congregation made us welcome and fed us well.



This year's theme was "Message Bearers" with the focus on reconciliation as found in 2 Corinthians 5:17-21. I attended the Pre-Assembly event for clergy, elders and congregational lay leaders for a pro-reconciliation and anti-racism training led by Rev. Sandra Jha from the Oakland Peace Center and John Goebel, Vice President, Treasury Services. With warmth, humor, vulnerability and grace, they led us through challenging topics and difficult discussions that we, as church, tend to avoid. We have a story and in sharing our stories, we invite others into fellowship. There were a number of workshops. I attended "Experiencing the Gospel Through a

Global Lens (Africa),” led by Dr. Burton. She presented slides from her trip to Africa visiting: Ghana, Durban, Cape Town and other stops along the way to share, learn and fellowship with our global ministries partners.

Friday evening, we gathered for worship. It was a phenomenal and spirit filled night. As Great River Region, we came from all corners of Arkansas, Louisiana and Mississippi. There was great diversity in age, ethnicity and life experiences among us. Yet we were One.

The All Assembly Choir, under the direction of Dr. Jeffrey A. Murdock, set the tone through their ministry of song that opened hearts and cleared minds in preparation for the Word.

The first speaker was DeeOnn Hodges, who shared her faith story of living and dealing with a serious health issue.



Dr. Terri Hord Owens, DeeOnn Hodges, Dr. Nadine Burton, Rev. Joe Hodges

It was awe inspiring and thought provoking. She poised a very poignant question and one that we can all reflect on in our spiritual lives. “Do I trust the God I believe in?”

The sermon was delivered by our General Minister and President, Rev. Terri Hord Owens, who lifted the theme of “Message Bearers” reminding us that like Paul, we bear Christ in our bodies. We need to be bold in our proclamation. She challenged us with a quote from another Disciples minister, Rev. Otis Moss III. “We preach Jesus, but we need to preach what Jesus preached.” I had the privilege of serving as “armor bearer” to Rev. Hord Owens. She was warm, humorous and gracious. During her sermon, I learned something

about her that threatened to disrupt the peace and harmony between us. She attended *Harvard*. I’m a **Yalie!** In keeping with the spirit of the Assembly, we reconciled.

On Saturday, Dr. Burton delivered the State of the Region Report. We were presented with reports on ministries and work that is taking place throughout the Region. A number of resolutions were passed. A copy of the booklet containing the resolutions is available in Hunter Hall if you are interested in reading any of the reports. The outgoing Board members were honored for their service and the new Board members were installed. That evening, we were treated to a wonderful banquet.



Dr. Terri Hord Owens, Dr. Nadine Burton, Rev. Cody Robertson, Youth Pastor at First Christian Church Bentonville & Waterway

When a major event appears seamless, it’s because of the months of hard work that have gone into the preparation. We can be very proud of our Regional Staff, which consists of two people, Dr. Burton and Wendy Paquette. Imagine a two-person office serving three states and 106 congregations. How do they do it? Perhaps a better question to ask is, “How can we support their continued efforts?” By now, you know that each newsletter comes with a challenge. I invite us as PHCC to continue to

lift our Regional Staff in prayer and to explore ways in which we can offer tangible support for the important work that they do on our behalf and on behalf of the Great River Region.

As a reminder, next year is the year for General Assembly, “Abide in Me,” which will be held in Des Moines, IA July 20-24, 2019. Registration opened up on November 1st.



The next Regional Assembly for the Great River Region will be returning to Arkansas. First Christian Church in Fort Smith will host the event scheduled for November 6-8, 2020.

– Carol

(photos: Carol Miles; graphic: Disciples of Christ)



Slow Cooker Beef Pot Roast



Recipe by: Chef John

Ingredients

- 1 (5 pound) bone-in beef pot roast
- salt and pepper to taste
- 1 tablespoon all-purpose flour, or as needed
- 2 tablespoons vegetable oil

- 8 ounces sliced mushrooms
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon butter
- 1 1/2 tablespoons all-purpose flour
- 1 tablespoon tomato paste
- 2 1/2 cups chicken broth
- 3 medium carrots, cut into chunks
- 2 stalks celery, cut into chunks
- 1 sprig fresh rosemary
- 2 sprigs fresh thyme

Directions

Prep 20 m, Cook 6 h 30 m, Ready In 6 h 50 m

1. Generously season both sides of roast with salt and pepper. Sprinkle flour over the top until well coated, and pat it into the meat. Shake off any excess.
2. Heat vegetable oil in a large skillet over medium-high heat until hot. Sear the roast on both sides for 5-6 minutes each, until well browned. Remove from the skillet and set aside.
3. Reduce the heat to medium and stir in mushrooms and butter; cook for 3-4 minutes.
4. Stir in onion; cook for 5 minutes, until onions are translucent and begin to brown. Add garlic, stir for about a minute.
5. Stir in 1 1/2 tablespoons flour; cook and stir for about 1 minute. Add tomato paste and cook for another minute.
6. Slowly add chicken stock, stir to combine, and return to a simmer. Remove skillet from the heat.
7. Place carrots and celery in the slow cooker.
8. Pour onion and mushroom mixture over the top of the roast. Cover slow cooker, turn to high and cook the roast for 5-6 hours, until the meat is fork tender.
9. Skim off any fat from the surface and remove the bones. Season with salt and pepper to taste.

The recipe is at

<https://www.allrecipes.com/recipe/220125/slow-cooker-beef-pot-roast/>

The video is at

<https://www.allrecipes.com/video/460/slow-cooker-beef-pot-roast/>

Photo: allrecipes.com

Hangings of the Greens



As we have during Advent for the past two years, Pulaski Heights Christian will once again festoon our Sanctuary on the First Sunday of Advent, which is December 2d this year. Come celebrate with us as we get ready to welcome the Christ Child into our midst. We will have lessons and scriptures during this special service.

Please Continue Prayers for:

Pray for peace as global tensions rise, pray for the grieving, that they may be comforted; pray for those impacted by trade wars; those worldwide being persecuted for being 'different'; please pray for the wounded; the citizens and residents of the U.S.A., those recently displaced by natural disasters as well as the many who are *still* recovering from hurricanes. Please remember; Dylan R., Bruce R., Eric C's family; Ron C.; Jean H., Kim P., Lynda C., Keith R., Glenna S., Julia C.; Wissam A.; our Church; the homeless of Little Rock; the Great River Region of the DOC; those struggling to do God's will; refugees who are fleeing the violence of war, and others God leads you to lift in prayer.

Sept. 2018 Stewardship Report

Sept. Budget Needs – \$8,125.00
 Sept. Offering – \$4,825.00
 Other Income – \$6,070.61
 Total Sept. Actual Income – \$10,895.61

Sept. Budgeted Expenses – \$8,912.08
 Sept. Actual Expenses – \$4,905.63
 Net Result for Sept. – \$ 5,989.98

Fiscal-Year-to-date through 9/30/18
 Offering – \$15,619.25
 Other Income – \$15,561.61
 Total FYTD Income – \$31,180.86
 Expenses FYTD – \$19,172.82
 Net Result FYTD – \$12,008.04

November 2018 at PHCC

Events in November 2018

- Birthdays in November 3 – Jacob Runnels; 21 – Ryan Groover; 23 – Rev. Marilou Coins; 25 – Rex Easter; 30 – Lyn Copas.
- Events of note
- 11 – Veterans Day
- 11 – Quarterly Potluck Luncheon at noon, following Worship.
- 13 – Tuesday, 6:00 pm scheduled Board Meeting
- 15 – Hillcrest Churches Thanksgiving Service at Pulaski Heights Methodist Church, 1400 Woodlawn.
- 18 – Sign December birthday cards.
- 19 – Third Monday Meal is served; 2501 S. Arch St.
- 22 – Thanksgiving Day (Church office closed).
- Sunday School 9:30 a.m. 4, 11, 28, 25

December 2018 at PHCC

Events in December 2018

- Birthdays in December 3 – Joseph Ryan; 7 – Rev. Susan Miller; 8 – Julian Robbins; 15 – Rebecca Frazier; 19 – Kelly Chaney.
- Events of note
- 2 – 1st Sunday of Advent
- 9 – 2nd Sunday of Advent, Sign January birthday cards.
- 00 – DAY TBA, 6:00 pm scheduled Board Meeting
- 16 – Jazz Service! 10:30 a.m.
- 16 – 3rd Sunday of Advent.
- 17 – Third Monday Meal is served; 2501 S. Arch St.
- 23 – 4th Sunday of Advent
- 24 – Christmas Eve.
- 25 – Christmas Day.
- 30 – Community Breakfast; 7:30 a.m. Quapaw Quarter UMC, 1601 S. Louisiana St.
- Sunday School 9:30 a.m. 2, 9, 16, 23, 30

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