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The Arkansas United Methodist

LIVING OUR FAITH

March 18, 2021



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What to Read this Week

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Lent's Eat!

At Elm Springs United Methodist Church, the Rev. Jennie Williams and Brooke Hobbs have taken their cooking know-how and created a brand new internet cooking show that's fun, engaging, and tells a bigger story of the strong community connections found at the church.

By Caleb Hennington

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Hope First UMC Offers Mental Health Coaching Through Online Training Program

Mental health has become an important facet of a person's overall well-being, even more so as the world continues the slow recovery from the last year of pandemic isolation.

That is one of the reasons why Hope First United Methodist Church has made an effort this year to assist their church and community with its mental health needs by providing mental health counseling to anyone who needs it.

By Caleb Hennington

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The Living Stone and a Chosen People

Reflections on I'm Black. I'm Christian. I'm Methodist.

Recently, I was blessed to take part in an open panel webinar sponsored by the United Methodist Foundation in partnership with the Arkansas Conference's work on dismantling racism. The webinar centered on a recent book titled "[I'm Black. I'm Christian. I'm Methodist](#)," edited by the Rev. Dr. Rudy Rasmus. The panel consisted of a few of its contributors, Rev. Dr. F. Willis Johnson, Rev. Dr. Lillian Smith, Rev. Justin Coleman, Rev. Dr. Erin Beasley, Rev. Dr. Tori C. Butler, and Rev. Dr. Vance P. Ross.

By Rev. Rashim Merriwether

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Easter Conversations With Kids

Hopefully, you have had a thoughtful Lenten season with your family. As Holy Week and Easter quickly approach, adults who have children in their life may receive some questions from children that cause them to pause before answering. Jesus' death and resurrection can create some pretty big questions for anyone.

By Melinda Shunk

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Wesleyan Small Groups Serve as a Tool for Deeper Engagement

The Rev. Eva Englert-Jessen reflects on the role of social media in our world, and how there is still a strong need for small, in-person small groups. These are concepts that are not at odds with each other, but can work together to foster better connections.

By Rev. Eva Englert-Jessen

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Rev. Dr. Michelle Morris Recipient of 2021 Steel-Hendrix Award

Congratulations to the Rev. Dr. Michelle Morris for her selection as a 2021 recipient of the Steel-Hendrix Award! The awards banquet will take place in a small, private gathering this year and will be livestreamed for anyone who cannot attend.

By Hendrix College

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Paris UMC Turns 100 Years Old

Paris United Methodist Church in Paris, Arkansas turns 100 years old this year. The church is currently seeking donations to help renovate the historic church building and make improvements to its accessibility for visitors.

From Fort Smith Times Record

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The *Arkansas United Methodist: Living Our Faith* is now *The Arkansas United Methodist Newsletter*. If you're looking for older copies of the digital magazines, you can find them at www.issuu.com/arkansasumc/docs.

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Contact Caleb Hennington at caleb.hennington@arumc.org or call 501-324-8037.*



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