



Sign up for important updates from BUMC.

Get information for **The Body of Christ** right on your phone—not on handouts.

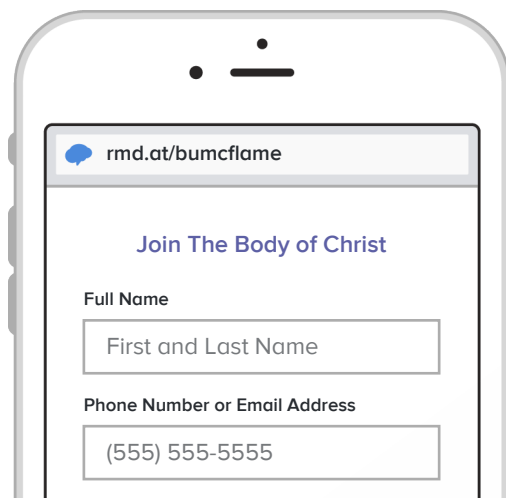
Pick a way to receive messages for **The Body of Christ**:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/bumcflame

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B If you don't have a smartphone, get text notifications.

Text the message [@bumcflame](https://www.instagram.com/bumcflame) to the number **81010**.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/bumcflame on a desktop computer to sign up for email notifications.