



# Sign up for important updates from BUMC.

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

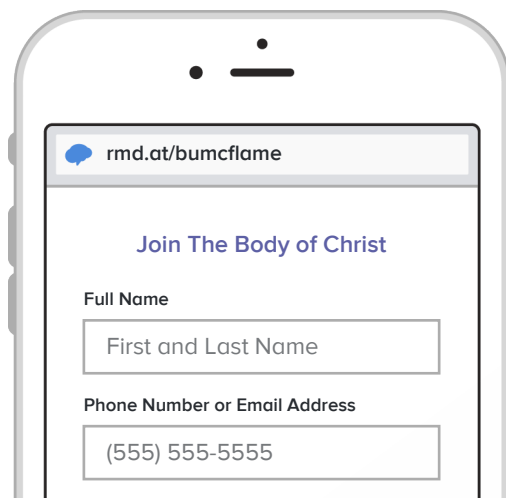
Pick a way to receive messages for **The Body of Christ**:

**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](http://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](http://rmd.at/bumcflame) on a desktop computer to sign up for email notifications.