

March
2020



PASTOR'S POST

Several years ago Ann Landers or Abigail Van Buren (Dear Abby) got into trouble when they repeated columns that they had previously published and didn't explicitly indicate that's what they were doing. So, I am rerunning a portion of a newsletter article published last fall. It's about the sabbatical which is April 20 – July 19. I thought with the sabbatical getting close, it might be worth another look.

Sabbatical – Periods of time when one does not work at their regular employment and takes a break for rest, travel, or research (Merriam Webster).

Ever since I have served as an ordained minister, I have had the opportunity for a sabbatical (my call agreement at both churches I have served indicates eligibility for a sabbatical after five years of full time ministry). However, I just never felt the need or sensed the call to take a sabbatical. That all changed in the Fall of 2018.

I cannot put my finger on a particular reason why, but I began to feel the need for an extended period of time for rest and renewal. The feeling does not come from anything United Church has done. I love my work at United Church! And yet I sense the need for sabbatical does come from being on call as a parish pastor every day. Every time the phone vibrates, a text comes through, an email pops up in my mailbox or someone comes to the church building; I never know for sure what life experience might need my attention and my presence as pastor. It's a privilege to serve as pastor, but there are demands that go with that service.

In working with the church council and a sabbatical committee appointed by the church council late in 2018, plans have been made and approved for a sabbatical from April 20, 2020 – July 19, 2020. The sabbatical will include time to unwind, hike throughout this beautiful State of Arizona, several weeks with family and friends in the Midwest, and then more hiking in Alaska before getting geared up for my return as Senior Pastor of United Church.

We'll plan an ice cream and chocolate cake sabbatical kickoff for Sunday April 19 – Holy Humor Sunday! Before then . . . feel free to visit with Moderator Norm Still, Sabbatical Chairperson Pat Dilmore, or me anytime. For now, most of all, please know I am terrifically grateful for this sabbatical opportunity!

Peace,

Pastor Brady

P.S. Since the first time this article ran in the newsletter, the council has approved Rev. Jim Cunningham to be our Sabbatical Pastor. Thank you, Pastor Jim!



United Church News

United Church of Sun City
11250 N. 107th Ave., Ste. 105
Sun City, AZ 85351
Telephone: 623-933-0058
Fax: 623-974-3518
Email: uccsc@qwestoffice.net

Office Hours 8 a.m. to 1:00 p.m. - Monday through Thursday
The office is closed on Fridays
Sunday Worship Service—10 a.m. – Sanctuary
Coffee Fellowship —11:00 a.m.
Sanctuary Communion the 1st Sunday of each Month
Choir Rehearsal—Sundays at 8:30 a.m. (unless otherwise specified)



At the Royal Café, 8:00 a.m.

March 11th

March 25th

All men are invited!

Boards & Council Meet Thursday, March 12th.



Boards meet at 9:00 a.m.



**Council meets at
10:00 a.m. in the Beehive.**

Holy Week and Easter Schedule

April 9th Maundy Thursday 5 PM
Desert Garden UCC
Sun City West

April 10th Good Friday 12 Noon
United Church of Sun City

Easter Sunrise Service 7 AM
Choir—Cantata
Sun Bowl, 107th Ave.



Easter Worship 10 AM
United Church of Sun City

LADIES LUNCHEON



A little piece of the desert on Tuesday,
March 3, 2020 at 11:30 a.m. Irish Wolfhound
Restaurant & Pub, 16811 N. Litchfield Rd., Ste.
102, Surprise AZ (SE corner of Bell Rd. and Li-
tchfield Rd.)

A façade of an old Irish cottage and au-
thentic Irish fare (Gluten-free menu available.)

RSVP required.

**Sign-up sheet on event table in the Friendship
Center.**

❀ Irish Blessing ❀

May the road rise to meet you.
May the wind always be at your back.
May the sun shine warm upon your face,
And rains fall soft upon your fields.
And until we meet again,
May God hold you in the palm of His hand.





Greetings from your Parish Nurse. In March we are focusing on the brain.

We are kicking the month off with a 5 week class called "Keep Your Smarts!" Keli Price from the Amen Clinic will be here on Wednesdays beginning March 4 to April 1, 2:00-3:30 p.m. to instruct and assist us in practicing exercises that will help to activate our brain in order to maintain or improve the brain's function. Some of you were here when she spoke and demonstrated in the Speaker Series last fall. We had an awesome time in trying some new ways to stimulate our brain! Come back for the Series and bring your friends! Cost will be \$50 and class size is limited to 20. Please sign up at the back of the Sanctuary or talk with me.

Our Speaker Series this Month will be Tuesday, March 31st, from 2:30 to 4:00 with the Dementia Care Education Group. They always have a powerful message. This month the Subject will be "After the Dementia Diagnosis: Exploring Caregiving Strategies". This will focus on the Caregiver, and what we can do to support those we love and friends in the church with some level of dementia. It will explore how common symptoms can be managed as well as coping techniques and other caregiver strategies to help us along the way.

Also, watch for information on the back table of the sanctuary. There will be information about Cerebral Vascular Accidents (CVA) more commonly known as Strokes. We will have information about what it is, how the brain is affected, and information about prevention and treatment. Happy Healthy Brain Month!

Lisa Dunbar

THE RESULTS ARE IN.....

! UNITED CHURCH KEEPS THE SILVER LADLE IN 2020 !

**Thank you to everyone who contributed to the
Souper Bowl of Caring**

**Your generous donations touch the lives
of so many in our community!**

Mission Board Committee



**COMMUNION at
United Church
is the 1st Sunday
of each month.**



Healing Service

On the third Sunday of each month after the worship service, you are invited to gather for a brief (15-minute) healing service in Grace Chapel. You may offer prayers of healing for yourself or others. We will offer anointing with oil and the laying on of hands.

Are you in need pastoral care?

If so, please contact the church office

**at
623-933-0058.**



**Office Hours: Monday
through Thursday,
8:30 a.m.—1:30 p.m.**

The National Friendship Line 1-800-971-0016

The Friendship Line is a phone number for seniors (60 years of age and older) who can call once a day, every day, if they would like social interaction or ask health questions. They can even request a volunteer to make an outgoing call directly to a loved one who might be in need but is reluctant to reach out. Trained volunteers are available to take the calls and each year they make and/or receive 100,000 phone calls with seniors. Founded in 1985, The Friendship Line is sponsored by the Institute of Aging (IOA). This service is FREE.

National Suicide Prevention Hotline 1-800-273-8255

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.



New Song Center for Grieving Children

At the New Song Center for Grieving Children, a program of Hospice of the Valley, children find a way to heal from the loss of a loved one. Open to any child, teen and young adult who are grieving the death of someone they love, these no-cost support groups are offered at six locations Valley-wide, including one for Spanish speakers. To learn more or become a volunteer, call 480-951-8985 or visit www.newsongcenter.org.

*Match the Irish English words to
the American English words.*

Irish English

American English

Chips	Tell off
Crisps	The restroom
Footpath	Sneakers
Car park	Naughty
Give out to	Side walk
Acting the maggot	Gas
Bold	Fanny pack
Press	Jelly
Runners	Acting the fool
Banjaxed	Parking lot
The loo	Thing-a-ma-jig
Craic	Broken
Bum bag	French fries
Jam	Cupboards
Yoke	Fun
Petrol	Chips





March Birthdays

Wes Krahn	03/02
April Christensen	03/05
Carol Archer	03/06
Sandy Gettle	03/06
Robert Gilbert	03/08
Sharon Young	03/10
Sharon DoByne	03/11
Sue Johnson	03/12
Donna Snoke	03/12
Jerry Walter	03/13
Loretta Chapman	03/18
Pat Koopmans	03/21
Sharon Wachs	03/21
Marian Gilbert	03/23
Marilyn Bardwell	03/25
Jasmine Warren	03/27
Bonnie Houston	03/28
Bill Lyons	03/31



March Anniversaries

Gerald & Marilyn (Martin) Houser	03/04
Everett & Nancy Jolly	03/22
John & Margie Burton	03/26
David & Line Wirth	03/28

Valley View Food Bank

Jesse Ramirez, Valley View Director, is so appreciative of all donations from United Church throughout the years. Your generosity helps so many families in need in our community. If you would like to make a monetary donation, you can mail it to:

Jesse Ramirez
Director, Valley View Food Bank
12321 NW El Mirage Ave.
El Mirage, AZ 85335

You may also place a donation in the offering plate at church on Sunday and the church will mail the checks to Jesse. Thanks again for your continued support.



AmazonSmile Program

Do you shop Amazon?

If so, your eligible shopping on Amazon can benefit United Church of Sun City. For more information and to sign up use <http://smile.amazon.com/ch/86-0181903>.



Fry's Rewards Program: If you have an email address, you can sign up so the church can receive donations from Fry's from your purchases. **Call the church office, and we will email you the directions to sign up.** You will need your email address, Fry's V.I.P. shopper's card number, plus the church's organization code: **62679**.

If you have difficulty registering, Fry's will walk you through the process (1-866-221-4141).

We currently have 22 households who shop at Fry's.



Music Notes.....

We were pleased to host the All Star Gospel Band on February 9th. What a fun service! Our ice cream concert for February was the West Valley Wind Ensemble, a 60 piece orchestra! It was a wonderful evening for all who attended.

Our Symphony Sunday presented Emery Harvison, the assistant principal trumpet player for the Phoenix Symphony. What a remarkable performance! You may recognize him as the trumpet player for the past several years for our cantatas.

Speaking of cantatas: Mark your calendar for our Palm Sunday Cantata “A Journey of Hope” by Joseph M. Martin on April 5th. It is a stunning cantata inspired by spirituals. We will have a 40 member choir with Phoenix Symphony members accompanying. Our narrator this year will be Barrett Rainey.

Our March Symphony Sunday will be on March 29th. Hopefully Steve Hanusofski, clarinetist will be playing.

The ice cream concert March 26th at 7:00 p.m. will feature “Olde Folk”. The Chaffees (Clark & Ellie), Tony Miller, and Jody Yoemans will treat you to an hour of beautiful harmonies from and inspired by the 60s folk explosion, supported by live acoustic instruments—no tracks. Olde Folk has performed locally in the west valley and at folk festivals around Arizona since 2015. This is a return gig for them.

Blessings,

Ginni Summers, Minister of Music



*****IT'S BACK*****

**SUN VALLEY LODGE GARDEN APARTMENT
GUEST APARTMENT RENTAL—FOR FAMILY AND FRIENDS
OF OUR RESIDENTS**



HAPPY PEANUT MONTH

Who knew!!! I found this on a calendar and decided to give you some facts about peanuts

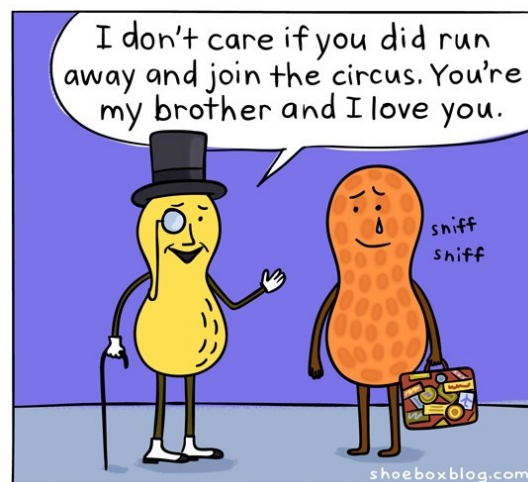
- Despite their name, peanuts are not nuts. They belong to the legume family like beans, peas and lentils and grow underground.
- Africans introduced the Americas to peanut in the early 1700s.
- It takes about 540 peanuts to make a 12-ounce jar of peanut butter.
- By law, any product labeled “peanut butter” in the United States must be at least 90 percent peanuts.
- The average peanut farm is 200 acres.
- One acre of peanuts will make 30,000 peanut butter sandwiches.
- Americans eat 3 pounds of peanut butter per person each year (700 million pounds). That's enough to coat the floor of the Grand Canyon!
- Two peanut farmers have been elected president of the USA – Virginia's Thomas Jefferson and Georgia's Jimmy Carter.
- Astronaut Alan Shepard brought peanuts with him to the moon.
- George Washington Carver came up with 300 uses for peanuts.
- And finally, there are many uses for peanut shells as well. They are found in kitty litter, wallboard, fireplace logs, paper and animal feed.

Now, on to lunch (a peanut butter & jelly sandwich of course)!

Blessings, Susan



“Impaired vision, bloated abdomen, cold hands...they could be symptoms of a severe peanut allergy.”



March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30 Choir 10:00 Worship-Communion 11:00 Coffee New Members Received	2 7:30 Tai Chi 10:00 Coloring 1:00 Walking 4:00 All Star Band Practice	3 9:00 Friendly Service 12:00 Jubilee Bells Practice	4 10:00 Small Group Beehive 1:00 Walking Group 2:00 Keeping Your Smarts	5 11:00 Bible Study	6 OFFICE CLOSED	7 OFFICE CLOSED
8 8:30 Choir 10:00 Worship-B'days & Anniv. 11:00 Coffee Volunteer Appreciation Sunday	9 7:30 Tai Chi 10:00 Coloring 1:00 Walking 4:00 All Star Band Practice	10 9:00 Friendly Service 12:00 Jubilee Bells Practice	11 8:00 Men's & Breakfast 10:00 Small Group Beehive 1:00 Walking Group 2:00 Keeping Your Smarts	12 9:00 Boards 10:00 Council 11:00 Bible Study	13 OFFICE CLOSED	14 OFFICE CLOSED
15 8:30 Choir 10:00 Worship- 11:00 Coffee 11:15 Healing Service	16 7:30 Tai Chi 10:00 Coloring 1:00 Walking 4:00 All Star Band Practice	17 9:00 Friendly Service 12:00 Jubilee Bells Practice	18 10:00 Small Group Beehive 11:00 Movie 1:00 Walking Group 2:00 Keeping Your Smarts	19 11:00 Bible Study	20 OFFICE CLOSED	21 OFFICE CLOSED
22 <i>Symphony Sunday</i> 8:30 Choir 10:00 Worship 11:00 Coffee	23 7:30 Tai Chi 10:00 Coloring 1:00 Walking 4:00 All Star Band Practice	24 9:00 Friendly Service 12:00 Jubilee Bells Practice 1:00 T4T Journal Making	25 8:00 Men's Breakfast 10:00 Small Group Beehive 1:00 Walking Group 2:00 Keeping Your Smarts	26 11:00 Bible Study 7:00 Olde Folk Ice Cream Concert	27 OFFICE CLOSED	28 OFFICE CLOSED
29 8:30 Choir 10:00 Worship-Rev. Dr. Bill Lyons Preaching -Love Offering 11:00 Coffee	30 7:30 Tai Chi 10:00 Coloring 1:00 Walking 4:00 All Star Band Practice	31 9:00 Friendly Service 12:00 Jubilee Bells Practice	Note: Keeping Your Smarts—Last Session is on April 1st at 2:00 p.m.			

United Church of Sun City
11250 N. 107th Ave., Ste. 105
Sun City, AZ 85351

Phone: 623-933-0058

Fax: 623-974-3518

Email: uccsc@qwestoffice.net

Website: uccsc.com

Facebook: United Church of Sun City

Non-Profit Org.

U.S. Postage Sun City, AZ

Permit No. 262

Or Current Resident



MARCH 2020

STAFF:

Rev. Brady Abel, Senior Pastor

Norm Still, Moderator

Susan Aurich, Assistant Pastor

Ginni Summers, Minister of Music

Ron Cammel, Kira Kadel, Alan Paulson—Soloists

Beverly Fletcher, Organist

Caroline Bittman, Administrative Assistant

Lisa Dunbar, Parish Nurse

Luanne Hanks, Financial Secretary

Sara Shryock, Financial Administrator

Dennis Roling, Sexton

Steve Halasz, Sunday Custodian

Robin Lemkuil, Media

All Members & Friends of United Church, Ministers of the Good News

* * * * *

Office Hours 8 :30 a.m. to 1:30 p.m.. - Monday through Thursday

The office is closed on Fridays and Major Holidays

Sunday Worship Service—10:00 a.m. – Sanctuary

Coffee Fellowship —11:00 a.m.

Sanctuary Communion the 1st Sunday of each Month

Choir Rehearsal—8:30 a.m. Sunday

Bible Study—Thursdays at 11:00 a.m.

Healing Service: 3rd Sunday of each month at 11:15 a.m. in Grace Chapel