

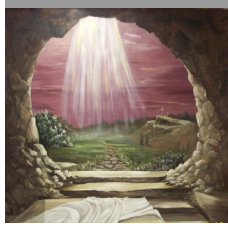
MAY
2019



UNITED CHURCH OF SUN CITY

United Church News

PASTOR'S POST



Greetings,

In early April I was looking for something to use on the back of the bulletin for the Easter Sunrise Service at Sun Bowl. I ran across the following prayer, got permission to use it, and we put it on the back of the bulletin.

Now we are in the Easter Season - the fifty days from Easter to Pentecost – and I thought it worth repeating the prayer. Perhaps there will be an occasion, or more than one, to pray these beautiful words:

“An Easter Prayer”

O Lord,
How amazing is your love,
A love that overcomes, endures and redeems.
How astounding is your life,
A life that sustains, heals and creates.
How awesome is your hope,
A hope that promises, restores and inspires.
How absorbing is your truth,
A truth that releases, changes and rebuilds.
How we worship you, as we remember the moment
when your love conquered.
When out of the cave of sorrow Jesus arose
to release forgiveness to the world.
And each time we encounter this resurrection day
we are again lifted to an eternal place.
Our sin, brokenness and darkness fall away
and your light and peace flood our lives.
How we thank you for this incredible celebration we call Easter.
Amen .

(Prayer by Julie Palmer C. 2019; www.living-prayers.com).

Blessings for this Season of Easter Good News,

Pastor Brady

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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)
Jubilee Bell Rehearsal—Tuesdays at 12:30 a.m.-2:00 p.m.
Bible Study—Thursdays at 11:00 a.m. in Grace Chapel
Healing Service: 3rd Sunday of each month at 11:15 a.m. in Grace Chapel



Boards & Council
meet Thursday,
May 9th
Boards meet
at 9:00 a.m.
Council meets
at 10:00 a.m.

These are the last meetings
until September.

“Tales from Africa”

Speaker, Rev. Susan Valiquette
Former UCC Global Ministries
Member Who Served in Africa

For 18 Years

May 8th—4:30 p.m.

Potluck Dinner—Ham Provided
Bring Your Favorite Side Dish or
Dessert

See Nancy Westcott or Pat Graham
to RSVP if you haven’t signed up
already.

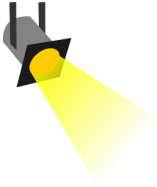


Here’s a little easy to make gift for a Mom on her special day. Remember May 12th is Mother’s Day!

HOMEMADE SUGAR SCRUB—LEMON AND LAVENDER SUGAR SCRUB

- 1 cup granulated sugar
- 4 TBSP organic coconut oil
- 10 to 15 drops essential oils (lemon and/or lavender)
- 5 drops liquid food coloring (purple and/or yellow)

Scoop 4 TBSP of coconut oil into a microwave safe bowl and microwave it on high until it’s completely melted (about 25 seconds.) Pour the melted coconut oil into the sugar and mix well to combine. If it’s too wet, add a small amount of sugar and mix until you get a consistency you like. Add the food coloring and mix well until the color is consistent. Add the drops of essential oils and mix until well combined. (For lavender lemon, use 10 drops lemon and 10 drops lavender.) Scoop it into a small glass mason jar and cover with a tight fitting lid.



Meet Doris Canavan.....

I was born in a rural area of Iowa called Puckerbrush. My family consisted of my dad, Everett, my mom, Thelma, sisters Donna, Dorothy (twin) and brother, Rusty. I attended school at Pleasant Hill – a one-room schoolhouse. I also attended Norwood School and Chariton High School in Chariton, Iowa.

John Albert (Bert) Canavan and I were married in Osceola, Iowa on March 15, 1969. Bert passed away on July 26, 2015. We were married 46 years. Bert worked for Rural Electric Co-ops until his retirement. He was a wonderful and talented man who created beautiful stained glass.

Here's how we came to Arizona: My sister-in-law and her husband and family lived in Glendale, Arizona so, I said to my husband, "We have lived by my family for several years so it's time we lived by your family."

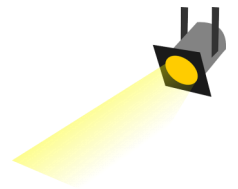
I have taught oil painting for over 40 years and, at this time, I'm teaching art at the Arizona Art Store on 7th and Grand. I am with the Foster Grandparent Program and volunteer at the Surprise School helping students with reading, math, etc. I love the interaction with the 3rd graders.

A little more about Doris.....

My favorite hymns are "Jesus Wept," "Morning Has Broken" and "He Led Me All the Way."

My talents and hobbies are art and, if I describe myself in 20 words or less, I would say I am active, outgoing, neat, like to laugh, shop and eat!

I like to travel and I was crowned Ms. Senior Colorado 2003. It was a great experience!



Meet Judy Palmer.....

I was born in Westmont, IL. I am divorced and have a daughter, Sharon and am grandmother to her 5 children. I am also grandmother to 4 children from my daughter, Angela, who passed away in 2017.

I am a year round resident of Sun City.

If I had to describe myself in 20 words or less, I would say I am a quiet person who loves animals.

COLORING GROUP ANNOUNCEMENT

Due to vacations over the summer, the coloring group will not meet during the months of June, July and August. The group will resume meeting on Mondays at 10:00 a.m. in the Beehive beginning in September. Thank you and have a wonderful summer!

Mary Sue Andreason

From the Office



Wishing you the
very best this
Mother's Day!

**Blessings on your
special day,
Caroline**



COMMUNION

1st Sunday of each month.

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.



Sun Valley Lodge Resident Dessie Ernspeker was called home to the Lord on April 12, 2019.

Bob Gilbert was called home to the Lord on April 16, 2019.

Please keep Dessie's family and Marian Gilbert and family in your prayers.

Healing Service



On Sunday, May 26th, 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 or someone you care for in need pastoral care?

If so, please contact Caroline in the church office

623-933-0058



I want to thank Pastor Brady for his visits to the hospital to see me, and all his prayers.

Thanks to Pastor Susan for her prayers and all her cards.

Thanks to Lisa Dunbar for coming to see me, and all her prayers.

Thanks to all my Church Friends for all their prayers.

Carol Archer



The Nurse's Corner.....

Greetings from your Parish Nurse!

I hope this newsletter finds you all doing well and developing your RESILIENCE. We have talked about resting and exercise. Have you been getting adequate rest? Both physical and Sabbath rest? How about your exercise? Are you more active now than you were 2 months ago? Are you finding ways to increase your exercise and activity? The walking group is meeting every Monday and Wednesday at 1 p.m. so I know that some have increased their activity! Way to go ladies!

This month, I want to share with you about Spiritual Growth. Researchers have found that Spiritual Health is a vital part of our being and has a positive effect on our health. Participating in Spiritual Practices on a regular basis, such as attending church, reading the Bible, Meditation, and Prayer, help us to live longer, and to be better able to enjoy life despite health issues like chronic pain. Participating in regular Spiritual practices helps develop our values. It also reduces depression and decreases some self-destructive behaviors.

Spirituality is a very personal subject. All of us feel and express our spirituality in very individual ways. We meet on Sundays as a body to express our worship and praise together, but that alone does not always meet our need for a Spiritual connection.

I have often said that every 3-6 months, we need to have a time to sort out our lives – where am I spending my time? What is important to me? Where am I in my relationship to God and to others? Who would I like to become? This sorting out often happens when we face a crisis – sitting in a hospital bed gives us time to ask these questions. But I certainly hope that we can take time to evaluate and make changes without a crisis every few months!

Take a few minutes now or take the whole month, to evaluate your Spirituality. What Spiritual Practices do you take part in? What Spiritual Practices interest you? Where could you set aside a few minutes by turning off the TV or radio to focus on your relationship with God and with others? All of us have the time, we just often allow our Spiritual Practices to get pushed aside by our other activities.

I will share just a few suggestions to consider:

1. Find a devotional book to read daily with a short Bible Reading. Our church has a couple of options in a rack by the door that could be used.
2. Commit to reading the Bible every day for a year. There is a One Year Bible that gives reading for every day so that you can read the entire Bible in a Year.
3. Take time for Prayer or Meditation. Make a list of those within your sphere of contacts that you will commit to pray for on a daily basis – your family, friends, your Pastors, others at church. They would all appreciate your prayers.
4. Take part in a small group focusing on Spiritual Practices. Join the Bible Study on Thursdays at the Church. “All are welcome”. In June, I will be starting a small group for a book study called “The 30 day Praise Challenge”. Join us! More details to follow!
5. Make a commitment to focusing on our Creator in viewing nature in your back yard, in the National Parks, or on the hiking trails. Spend time thanking God and making a connection with Him.

May Birthdays

J. David Nelson	May 7
Ruth Little	May 9
Sue Stryker	May 10
Steve Halasz	May 12
Verna McDonald	May 14
Peter Scriven	May 14
Marj Karstens	May 15
Debbie Still	May 19
Brenda Gunther	May 20
Martha McBroom	May 21
Gwen Crowe	May 24
Jean Conquest	May 27
Charlotte Niederhauser	May 28
Shirley Geissler	May 30
Tim Burke	May 31
Audrey Goudy	May 31

Carollee Hyde

May 31

May Anniversaries



Clayton & Moni Bloom	May
3 49 yrs.	
Stephen & Barbara-Ann Cox	May
4 3 yrs.	
Bob & Elsie Keep	May
14 63 yrs.	
Rodney & Susan Aurich	May
27 39 yrs.	

Valley View Food Bank

Jesse Ramirez, Valley View Director, is so appreciative of all donations from United Church throughout 2017 and many previous years. The food bank is currently in need of funds to buy macaroni and rice in bulk. 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.

For the months of June, July and August, the foods most needed are peanut butter; jelly; boxed cereals; and, nonrefrigerated juices and snacks.



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. Between September and November.

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>.



Music Notes.....

Our amazing cantata, "Hallelujah! What a Savior!" has come and gone. I am so proud of our choir for their hard work and dedication in preparing this beautiful piece of music. I thank Bellevue Heights Christian Church for allowing us to borrow the music saving the music board about \$325.00. The Phoenix Symphony musicians were fabulous and always add so much to the morning. (On that note: All donations to the Friends of Music fund are greatly appreciated. The money to pay the instrumentalists for the Palm Sunday cantata comes out of this fund every year. You may donate for a particular instrument chair in memory or honor of someone special if desired. Thank you in advance for your generosity.)

The Jubilee Bells were wonderful on Easter Sunday playing from the balcony. Their last performance was on Holy Humor Sunday. Rehearsals will resume in September. Watch for the date in the Word. Thank you to all our ringers!

Our chancel choir will sing their last anthem on Mother's Day, May 12th. Our Sunday morning music during the summer will be covered by our great soloists.

On a final note: Diana Graettinger, Beverly Fletcher and Ginni Summers' song "Thank You, Lord" is now officially copyrighted.

How exciting! I will share this beautiful song again through the year. (Thanks to Diana for her words to the Holy Humor introit performed on April 28.)

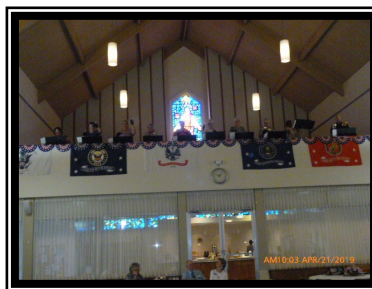
Have a safe and blessed summer.

Peace,

Ginni Summers, Minister of Music

United Church of Sun City celebrated the Resurrection of our Lord with a moving Sunrise Service at the Sun Bowl. (Photos upper and lower right.) Even though many Snow Birds had already left for home because of the late date for Easter this year, a record-breaking crowd of 803 people attended the service!

UCSC also offered area residents a worship service at 10 a.m. at the church. Pictured below center and left is the choir, lead by Ginni Summers, and in the balcony, the Jubilee Bells filled the Sanctuary with the beautiful sounds of the *Hallelujah Chorus*!





THINGS MOTHERS SAY








Mother's menu: Take it or leave it.

- ⇒ A good Mom lets you lick the beaters.
- ⇒ My mother taught me religion. She said “you’d better pray that comes out of the carpet!”
- ⇒ Don’t run with the scissors or you’ll poke your eye out.
- ⇒ Don’t go swimming for an hour after eating or you’ll get cramps.
- ⇒ Because I said so, that’s why.
- ⇒ Shut the door! Do you think you were born in a barn?
- ⇒ What part of NO didn’t you understand?
- ⇒ Always wear clean underwear in case you get in an accident.
- ⇒ Don't cross your eyes or they'll freeze that way.
- ⇒ How many times do I have to tell you?
- ⇒ If you don't stop crying, I am going to give you something to cry about!
- ⇒ Money does NOT grow on trees.
- ⇒ Pick that up before somebody trips on it and breaks their neck!
- ⇒ What if everyone jumped off a cliff? Would you do it, too?
- ⇒ When I was your age, I had to walk ten miles through the snow, uphill, by myself, to go to school.
- ⇒ Who died and left you in charge?
- ⇒ And always “I love you.”

Blessings,
Pastor Susan



MAY 2019

						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 1:00 Walking Grp	2 11:00 Bible Study in Grace Chapel	3	4
5 900 Choir Prac 10:00 Worship w/Communion 11:00 Coffee 11:15 New Member Class Cinco de Mayo	6 7:30 Tai Chi 10:00 Coloring 1:00 Walking Grp National Nurses Day	7 9:00 Friendly Svc 1:00 Dementia Workshop	8 8:30 Men's Breakfast 1:00 Walking Grp 4:30 Potluck & Speaker Susan Valliquette, <i>Tales fm Africa</i>	9 9:00 Boards 10:00 Council 11:00 Bible Study in Grace Chapel	10 Office closed	11 Office closed
12 9:00 Choir Prac 10:00 Worship B'days & Anniv Rec New Member 11:00 Coffee Happy Mother's	13 7:30 Tai Chi 10:00 Coloring 1:00 Walking Grp	14 9:00 Friendly Svc	15 1:00 Walking Grp	16 11:00 Bible Study in Grace Chapel 7:00 Concert—Sounds of SW Chorale	17 Office closed	18 Office closed
19 10:00 Worship 11:00 Coffee	20 7:30 Tai Chi 10:00 Coloring 1:00 Walking Grp	21 9:00 Friendly Svc-last mtg of season 1:00 T4T Journal Making	22 8:30 Men's Breakfast 1:00 Walking Grp	23 11:00 Bible Study in Grace Chapel	24 Office closed	25 Office closed
26 10:00 Worship 11:00 Coffee 11:15 Healing Svc	27 MEMORIAL DAY/OFFICE CLOSED	28	29 1:00 Walking Grp	30 11:00 Bible Study in Grace Chapel	31 Office closed	

This is the last full page edition of the newsletter for the summer.
An abbreviated version will be distributed in Jun, Jul & Aug.

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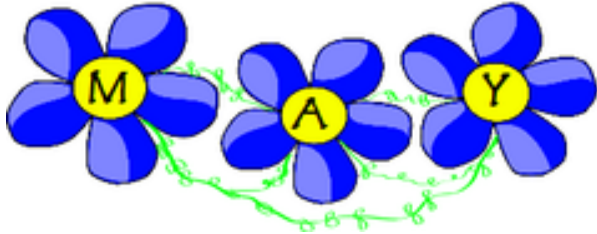
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2019

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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

Luanne Hanks, Financial Secretary

Sara Shryock, Financial Administrator

Robin Lemkuil, Audio Visual Tech

Douglas Gourley, Custodian

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

* * * * *

Office Hours 8 a.m. to 1:00 p.m. - Monday through Thursday

The office is closed on Fridays

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

Coffee Fellowship —11:00 a.m.

Sanctuary Communion the 1st Sunday of each Month

Bible Study—Thursdays at 11:00 a.m. in Grace Chapel

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