

PASTOR'S POST

2020



United Church News

I have come to realize that I don't know much with certainty. If Covid-19 has taught me anything (besides good handwashing) it is that I do not know what the future holds. I used to think that thought and make the comment as in "Nobody knows what the future holds" but after experiencing this pronounced routine altering contagion impacting life all around the world, I declare I do not know what tomorrow will bring.

I was cavalier earlier this year telling people that United Church of Sun City would never cancel worship services. But when I heard on March 16 that the CDC and the president were limiting gatherings to 10 people or less, I knew that I had to change my mind and that we would have to cancel worship. That is one of the most difficult decisions I have ever had a part in making. And not knowing what the future holds and when and how we can resume worship is terrifically unsettling. Still, when I look ahead with faith as my guide, I do start to regain some sense of certainty that "this too shall pass" and someday we will be together, in the sanctuary, worshipping God.

And as I regain some sense of certainty, I also realize there is something else I know that brings me great happiness. As of November 4, 2020, the political campaigns are over. There might be election fallout to deal with but at least the ads will stop. For that I am profoundly grateful.

And while I am greatly disappointed in all the unnecessary noise of this political campaign, I would remind us to pray for all who serve in office and all seeking to serve. And as always, keep praying for United Church and faith communities everywhere along with our nation and the world. God hears our prayers and about that I am absolutely certain.

God Bless, Pastor Brady



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

Greetings from your Parish Nurse!

Greetings!. It's nice to get back to some of our regular routines – like this newsletter. I hope you have enjoyed the weekly videos on the website – talking about our physical, emotional, mental and spiritual health. I would love to have your feedback about what topics you would like addressed.

Each month, National Health Awareness focus topics are identified. In November, there are several of these that are related. They are Chronic Obstructive Pulmonary Disease (COPD) Awareness Month, Lung Cancer Awareness Month, and the Great American Smoke out on November 19. All of these are related to our Lung Health.

I will focus on these concerns – disease processes, symptoms and treatments – in the next videos. But before talking about the things that can go wrong, I want to share some information about our healthy lungs, and how they function.

The pulmonary systems main function is to help oxygen from the air we breathe enter our lungs and to transfer to the red cells in the blood. Red blood cells then carry oxygen around the body in the blood to be used in every cell found in our body. The lungs also help the body to get rid of carbon dioxide- a waste product of our cells - when we breathe out.

Our pulmonary system consists of our airway and our lungs. Our airway includes our mouth and nose, the throat (pharynx) and the voice box (larynx). Our throat then connects with the trachea (windpipe) which divides into two hollow tubes called bronchi. One bronchus goes to the right lung and the other to the left. The bronchi divide into smaller and smaller hollow tubes called bronchioles. This is similar to the way a tree trunk has main branches that divide into smaller and smaller branches. At the end of the smallest bronchioles are tiny air sacs called alveoli.

The alveoli are the smallest unit of the lungs and each one is lined by a thin layer of cells with a tiny blood vessel (a capillary) that surrounds it. The alveoli are the place where inhaled oxygen crosses this thin layer of cells and hooks on to the red blood cells which carry it throughout our body. This is also where carbon dioxide leaves the blood, crosses this thin layer, and exits the body through our airway.

Breathing in is called inhalation and happens when the diaphragm, a dome-shaped muscle found beneath the lungs tightens. This tightening causes the diaphragm to lower and flatten, which expands the cavity of our chest. When the chest cavity is enlarged, our lungs expand along with the chest wall, and air is sucked down the airway into your lungs. After the oxygen has been absorbed through the alveoli , the diaphragm relaxes, the chest cavity decreases in size which pushes the carbon dioxide back out of your lungs and out through your mouth and nose.

Our breathing is controlled by our brain, which reacts to the level of carbon dioxide, oxygen, and pH in our body to stimulate the lungs to breathe faster or slower depending on the needs of our body. We have all experienced an increase in our breathing when we exercise or go up a flight of stairs.

It is an amazing system, carefully balanced and regulated to provide our body with all the oxygen it needs to keep each cell alive. The more I learn, the more I am amazed by how wonderfully we are made. I find myself echoing the words of the Psalmist in Psalm 139:13-14 who said, “ You made all the delicate, inner parts of my body and knit me together in my mother’s womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous – how well I know it.”

Remember to Praise God today for the wonderful creation He made when He created you!

Lisa Dunbar



MUSIC NOTES



8 Sept 20

Fellow Parishioners,

United Church of Sun City is pleased to announce that Alan Paulson has accepted our offer to become our Minister of Music!

Most of you know Alan as one of our talented Music Soloists during Sunday Worship Services. You may not know that Alan brings over 40 years of successful music director experience in Christian Churches, public schools, performance choirs and community colleges to our Church. At ASU, Alan earned his Masters in Choral Music Conducting and continues expanding his “trade” by taking courses to maintain his certifications.

Alan has expressed his excitement to begin sharing his talents with us as our Minister of Music on Sept 8th, 2020.

Please join us in welcoming Alan Paulson and wishing him all the “best” in his upcoming endeavors at UCSC.

Sincerely,

Bill Zimmer – Personnel Committee – UCSC

“Make a joyful noise!” ...even in 2020?

To my dear United Church of Sun City Family: Thank You so much for welcoming me as your new Minister of Music! Fortunately, I’ve been singing in your wonderful choir for almost 2 years, under the AMAZING leadership of the talented Ginni Summers! I value her friendship and will be asking her lots of questions in the coming weeks and months.

I feel so humbled that God has blessed me with this new opportunity, not only with such a talented choir, but also with such a warm and welcoming congregation! Thank you, Lord 🙏

Of course we still don’t know exactly WHEN we will all come together to sing God’s praises again. I know God has it all under control, and has great worship experiences in store for us. He even knew that I would have a clumsy fall and break my ankle, so that extra SITTING would be needed for the next month or so! (Who knew that navigating with CRUTCHES for the first time would be so difficult?!) ...and who knew that scientists and doctors would publish articles stating that SINGING together is much more dangerous than just being together?!? I certainly don’t want to be responsible for any new Covid cases!

So we’ll leave it in God’s loving hands for now.

“THE LORD IS MY STRENGTH AND MY SONG.” Exodus 15:2

Alan Paulson

How to Observe Thanksgiving

Count your blessings instead of your crosses;

Count your gains instead of your losses;

Count your joys instead of your woes;

Count your friends instead of your foes;

Count your smiles instead of your tears;

Count your courage instead of your fears;

Count your full years instead of your lean;

Count your kind deeds instead of your mean;

Count your health instead of your wealth;

Count on God instead of yourself.

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



Healing Service

**SUSPENDED UNTIL FURTHER
NOTICE.**



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,
9:00 a.m.—12:00 p.m.**

BLANKET DRIVE

Monday November 2, 2020 there will be a blanket drive in the Beehive from 11AM to 1PM. New or gently used blankets will be greatly appreciated. Please contact Hedy Hall if you need additional information.

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.

Have you updated your contact information with your Church Office?

If you have a new phone number or address, please email or call Mindy or Donna in the office, Monday-Thursday between 9:00 a.m. and 12:00 p.m. with your new information. We want to be sure we have your correct information so that we keep you "current" on church doings!

Phone 623/933-0058

Email: uccsc@qwestoffice.net





November Birthdays

Max McVicker	11/01
Rusty Babbitt	11/03
Kay Kays	11/06
Linda Nelson	11/11
Mindy Ochoa	11/14
Vicky Greathouse	11/17
Dean Stryker	11/18
Margaret Schultz	11/20
Beverly Eaton	11/23
Thomas Bacon	11/25
Elsie Keep	11/29



November Anniversaries



Rupert & Margaret Schultz	11/04
Steve and Donna Halasz	11/18
Thomas and Margo Bacon	11/22
Richard and Janet Derr	11/22

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.

TREES

I grew up in the Black Hills of South Dakota and I love trees, especially pine and spruce trees. So I decided you needed some “TREE HUMOR”

What did the tree do when the bank closed? It started its own branch.

You want to hear a joke about trees? Nah, it’s too sappy.

What crime is punishable by death in the kingdom of trees? Treason

I have a pet tree. It’s a lot like having a pet dog, but the bark is quieter.

How do trees connect to the Internet? They log on.

In China, they don’t cut trees. They just chopsticks

How do you properly identify a dogwood tree? By the bark!

What did the single tree say to the tree who stood her up? You should have put a ring on it.

Why did the tree need to take a nap? For rest.

Make me a tree, Lord-sturdy, deep rooted and useful. Make me a support to those in need, Shelter to those who are weary, fruit for those who hunger.

Make me a tree, Lord-sturdy, deep rooted, useful. Amen

Blessings Pastor Susan



**Nancy Wohlhuter was selected as
the District Teacher of the month.
Way to go Nancy!**



VETERANS DAY

By Cheryl Dyson

On Veterans Day we honor all,
Who answered to a service call.
Soldiers young, and soldiers old,
Fought for freedom, brave and bold.
Some have lived, while others died,
And all of them deserve our pride.
We're proud of all the soldiers who,
Kept thinking of red, white and blue.
They fought for us and all our rights,
They fought through many days and nights.
And though we may not know each name,
We thank **ALL** veterans just the same.



November 2020

Sunday

Monday


Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Blanket Drive 11AM to 1 PM In the Beehive	3	4	5	6 OFFICE CLOSED	7 OFFICE CLOSED
8	9	10	11 OFFICE CLOSED 	12	13 OFFICE CLOSED	14 OFFICE CLOSED
15	16	17	18	19	20 OFFICE CLOSED	21 OFFICE CLOSED
22	23	24	25	26 OFFICE CLOSED Happy Thanks- giving 	27 OFFICE CLOSED	28 OFFICE CLOSED
29	30					

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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



Happy Thanksgiving

NOVEMBER 2020

STAFF:

Rev. Brady Abel, Senior Pastor

Norm Still, Moderator

Susan Aurich, Assistant Pastor

Alan Paulson, Minister of Music

Ron Cammel, Kira Kadel—Soloists

Beverly Fletcher, Organist

Mindy Ochoa, Administrative Assistant

Donna Halasz, Office Assistant

Lisa Dunbar, Parish Nurse

Steve Halasz, Custodian

Robin Lemkuil, Media

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

Office Hours 9:00a.m. to 12:00p.m.—Monday through Thursday

The office is closed on Friday and Major Holidays

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

Coffee Fellowship—Suspended until further notice

Sanctuary Communion the 1st Sunday of each Month

Choir rehearsal—8:30 a.m. Sunday

Bible Study—Suspended until further notice

Healing Service: Suspended until further notice.