

OCTOBER

2019



UNITED CHURCH OF SUN CITY

United Church News

PASTOR'S POST

Sabbatical – A period 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 never felt the need or sensed the call to take a sabbatical. That all changed about this same time last year.

I cannot put my finger on a particular reason why, but in the fall of 2018 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, spend 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! But before then, in the weeks and months ahead, watch the newsletter and bulletin for additional information or 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



United Church of Sun City
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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)

Just for Fun.....



Autumn Word Search



See how many of these autumn related words you can find in the puzzle.
The words can be forward, backward or diagonal.

Created by Sue Lindlauf
Grand Forks Herald 2013

- | | | | |
|-----------|-------------|---------------|------------|
| 1. Autumn | 5. Raking | 9. Gourds | 13. Corn |
| 2. Fall | 6. Harvest | 10. Football | 14. Maize |
| 3. Leaves | 7. Pumpkins | 11. Season | 15. Yellow |
| 4. Colors | 8. Apples | 12. Scarecrow | 16. Orange |

Greetings from your Parish Nurse!



About six months ago my sister and I planned a “getaway” together in Williamsburg, VA for mid-September. We didn’t make any concrete plans other than our lodging and car rental. For the rest of the trip we decided to “wing it.” We ended up having a wonderful, relaxing time with no deadlines and no expectations. We walked, swam, shopped, and brushed up on a little history in the area. We also watched the DVDs for a 6-week Bible Study that a mutual friend had shared with us. I was amazed at how refreshing and revitalizing that time was! Being able to talk honestly, to have quiet time, physical exercise, and just “hanging out” with my sister whom I consider one of my best friends.

One of the reasons it was so meaningful was because I had recently returned from caring for my sister-in-law after surgery where she was diagnosed with breast cancer. Caring for her in this time of need was a bonding experience in our relationship. We were able to cry a bit and laugh a bit, as well as dealing with day to day chores and all the implications that this diagnosis brings. She was very brave and is doing well, though the difficult road ahead seems to be a fairly long one.

I was honored to be able to care for her, and to be a part of her support network, but at the same time, it depleted more energy, physical, spiritual and mental strength than I realized. It was only as I was refreshed in VA that I realized what a toll it had taken.

Many of us are in the role of caregiver, part or fulltime. It is a very important role, and one in which we “rise to the occasion” when needed. But, don’t forget that we also need to *nurture* ourselves to replenish our own resources.

Nurturing ourselves is our monthly goal in our work toward RESILIENCE. It can mean different things to different individuals. Nurturing ourselves may be going to a concert, or reading a good book with no interruptions. It may be a walk in the outdoors after the rain, or a hike in the mountains. It may be a quiet time at home, or a “getaway” alone or with a close companion. Whatever it is make sure you take time for it. If we ignore our need to refresh and refill our resources, it begins to take a mental, spiritual and physical toll on our bodies and our lives. Don’t feel guilty about taking a little time for yourself, but do something that refills you—spirit, mind and body. Enjoy.



From the Office.....

In preparation for the Fall Harvest Potluck and Presentation by Rev. Bill Lyons, here is a traditional Guatemalan Taco recipe for you to try! Corn tortillas are a staple of the Guatemalan diet.

- large potatoes, cubed
- 1 lb. lean ground beef
- 1/2 onion, chopped
- salt and pepper, to taste
- 4 tomatillos, husked and quartered
- 1 garlic clove, peeled
- 1 jalapeno pepper, diced
- 1/2 cup fresh cilantro, chopped
- 3 avocados, halved with pits removed
- 10 (6 inch) corn tortillas

**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

Office Hours: Monday through Thursday,

From 8:30 a.m.—1:30 p.m.

at

623-933-0058.



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.



Boards & Council

meet Thursday,
October 10th

Boards meet
at 9:00 a.m.

Council meets
at 10:00 a.m.



TRANSPORTATION FOR MEDICAL APPOINTMENTS AND MORE: NORTHWEST VALLEY CONNECT

Volunteers provide free rides for many types of appointments and services.

Services are free, however, donations based on ability to give are encouraged and welcomed.

Several days advanced notice is usually required.

For information and to set up a ride call 623/282-9300.



LADIES—LET'S DO LUNCH!

The first Wednesday of each month we will get together for our Ladies Luncheon. Bring a friend and this month, on October 2nd, we will meet at Paulie's Little Bite of Italy (99th Ave. & Greenway) at 11:30 a.m. for good company and good food.

Lunch menu prices run from \$6.00-12.00 and offer a variety of choices, or you can also order from the regular menu. Reservations are required.

Please RSVP with Caroline in the office (623-933-0058) or leave a voicemail message if after business hours.



BLANKET DRIVE

Please bring your new or "gently used" blankets to the Worship Service on Sunday, October 20th, for blessing. All blankets will be delivered to the Salvation Army for distribution to disadvantaged families in the Sun Cities area.

Thank you for helping make a difference in the lives of so many individuals!

The Mission Board Committee,
Hedy Hall, Donna Walter, Karen Fortner,
Mary Ann Fairbanks, Diane Gahm



BUZZ FROM THE BEEHIVE

LOOKING FOR SOMETHING TO DO?

The monthly newsletter will have a NEW calendar of events (it's a keeper) with many fun, educational, and spiritual program choices. Bring a friend!

P.S. Weekly postings are printed in the Sunday Bulletin Calendar.

Be sure to check out our Face Book Page and Website!



FALL HARVEST POTLUCK October 10th—5:00 p.m.

Conference Minister Rev. Bill Lyons will share his reflections and photos on his Spanish immersion experience in Guatemala at United Church's Fall Harvest Potluck. As a special treat, a couple of Guatemalan dishes will be served!

There will be a sign-up sheet at the rear of the church on Sunday after worship service; non-members may call or email the church to reserve a place. All are welcome!



FRIENDLY SERVICE

The group will resume their work on October 1st, completing and organizing complete baby layettes for the Salvation Army.

We meet every Tuesday, 9 –11:30 a.m. in the Beehive.

The completed layettes contain quilts, afghans, receiving blankets, crib sheets, bibs, sacques, sweater sets and a baby cap. We are a donation only group and can use fabric, yarn, slightly used sheets and monetary contributions.

If you sew, knit or crochet you would be very welcome to our friendly group. Any questions? Call Pat Graham at 623-875-6135.

PRAYER SHAWL MINISTRY

Making a prayer shawl is part of the Friendly Service group.

They meet the first and third Tuesdays.

If you knit or crochet, you are welcome to join!

Any questions? Call Sue Stryker at 480-321-5592.





October Birthdays

Evelyn Havlik	10/01
Byron Gettle	10/05
Ruth Troyer	10/05
Bea Parisi	10/06
Nancy Jolly	10/09
Lavetras Edwards	10/13
Monie Bloom	10/14
Pat Dilmore	10/14
Ruby Brown	10/18
Randy Skanes	10/21
Mary Sue Andreason	10/22
Bud Haynes	10/23
William Miles	10/23
Don Stampfl	10/23
Jonathan Foote	10/25
Don Stark	10/25
Phyllis Eldridge	10/26
Caroline Bittman	10/27
Nancy Wescott	10/27
Nora Cline	10/28



October Anniversaries

Bud & Mary Sue Andreason	10/26
Jerry & Donna Walter	10/28

Have you updated your contact information with your Church Office?



If you have a new phone number or address, please email or call Caroline in the office, Monday-Thursday between 8:30 a.m. and 1:30 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

Valley View Food Bank

Valley View Food Bank is so appreciative of all donations from United Church throughout 2019. The food bank is currently in need of all non-expired, non-perishable foods, and especially rice, peanut butter and mac & cheese. Please leave your donations of food on the table next to the double entry doors at the back of the church.

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

THANK YOU!



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.

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>.





October Music Notes.....

The choir will sing “Psalm 45” by Heather Sorenson as the first anthem of the fall season. It is a poignant, moving anthem. The choir has been rehearsing since the Sunday after Labor Day. We have also started rehearsing the cantata which is called “The Mystery and the Majesty” by Joseph M. Martin, which will be on December 8.

Anyone with a joy for singing is welcome to join us in the music room at 8:30am to prepare our anthems and cantata. Please consider.

Our Jubilee Bells will resume practices at a later date. Watch the bulletin for the start date.

On Wednesday, Oct. 2 at 9:30 a.m. Mill Ave Chamber Players will perform “Love & Longing” with coffee and pastries!

Our next ice cream concert will be Thursday, Oct. 24 at 7pm. The West Valley Jazztet will be performing for us. They are best described as “an acoustic concert jazz experience” that presents an eclectic mix of standard, not so standard and in some cases obscure examples from jazz repertoire.

The quintet, co-led by drummer Ed Zacko, along with his wife, jazz violinist, Ellen, features outstanding musicianship by each member of the group. Every summer Ed and Ellen tour Europe playing jazz clubs in Paris, Spain and Morocco where they always return with new and exotic ideas to include in the Jazztet’s performances. The group celebrates the genius of Duke Ellington and Billy Strayhorn, the haunting smoothness of Miles Davis and Brazilian melodies.

On Sunday, October 27, Lan Qiu and Fred Chao from the Phoenix Symphony will be here to play their violin and cello with our choir anthem, “Shepherd Me, O God”. Don’t miss this wonderful pair of talented musicians. They will also play a trio with Beverly.

Wow, all this wonderful music and the best news of all is cooler temperatures!!!!

Ginni Summers
Minister of Music



Questions to Ponder

Have you ever noticed that there is no egg in the eggplant, no ham in the hamburger and neither pine nor apple in the pineapple.

How about this: English muffins were not invented in England, fries were not invented in France a boxing ring is square and a guinea pig is neither from Guinea nor is it a pig.

- If writers write, how come fingers don't fing?
- If the plural of tooth is teeth, shouldn't the plural of phone booth be phone beeth?
- If the teacher taught, why didn't the preacher praught?
- If a vegetarian eats vegetables, what the heck does a humanitarian eat!?

Go figure this one:

Why do people recite at a play, yet play at a recital?

Park on driveways and drive on parkways

When a house burns up we say it burned down

When you fill in a form we say you filled it out.

I simply do not know!

Blessings, Susan

Meet Robin Lemkuil.....



I was born in Sheboygan, WI to Wesley and Sandra Krahn. I attended Kenaskum School District and Lakeshore Technical College for Accounting. My siblings and their spouses are Terry and Jennifer Krahn, Tim and Sandy Krahn, Todd and Nicole Krahn, and I have three nephews – Mitchell, Devin and Samuel.

I married Bill Lemkuil on September 16, 1989 and I have a dog, Roxy.

My parents are Snowbirds and we love Arizona. We live here year round.

My favorite hymns are Amazing Grace and Lord of the Dance, and my favorite Scripture is whatever gets me through my trials and tribulations each day.

More about Robin.....

I have worked in church office work for almost 20 years and I love spending time with friends and family. I also love to read.

If I had to describe myself in 20 words or less, I would say I am task oriented, love walks, and I am direct and analytical.

I went sky diving – twice! I love cruises and going on vacation.

OCTOBER 2019

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1
9:00 Friendly Service
10:30 Small Group
12:30 Jubilee Bells Cleaning

2
9:30 Mill Ave Chamber Players
11:30 Women's Luncheon—Little Bite of Italy
1:00 Walking

3
11:00 Bible Study

4
Office Closed

5
Office Closed
10:00 Blessing of the Pets in Garden at Gazebo

6
8:30 Choir Rehearsal
10:00 Worship—Comm
11:00 Coffee Fellowship
World Communion Sunday

7
7:30 Tai Chi
9:00 VIP
10:00 Coloring
1:00 Walking
4:00 All Star Band Practice

8
9:00 Friendly Service
10:30 Small Group

9
8:00 Men's Breakfast
1:00 Walking

10
9:00 Boards
10:00 Council
11:00 Bible Study
5:00 Fall Harvest Potluck & Presentation



11
Office Closed

12
Office Closed

13
8:30 Choir Rehearsal
10:00 Worship B-day & Anniv
11:00 Coffee Fellowship

14
7:30 Tai Chi
9:00 VIP
10:00 Coloring
1:00 Walking
4:00 All Star Band Practice

15
9:00 Friendly Service
10:30 Small Group
1:00 Journal Making
Treasures 4 Teachers

16
11:00 Movie - *"Pay It Forward"*
1:00 Walking

17
11:00 Bible Study

18
Office Closed

19
Office Closed

20
8:30 Choir Rehearsal
10:00 Worship
11:00 Coffee Fellowship
11:15 Healing Service
BLANKET DRIVE SUNDAY

21
7:30 Tai Chi
9:00 VIP
10:00 Coloring
1:00 Walking
4:00 All Star Band Practice

22
9:00 Friendly Service
10:30 Small Group
2:30 Speaker Series-Keeping Your Smarts Pt 1
Treasures 4 Teachers Pick Up

23
8:00 Men's Breakfast
1:00 Walking

24
11:00 Bible Study
7:00 West Valley Jazz & Ice Cream Concert

25
Office Closed

26
Office Closed

27
8:30 Choir Rehearsal
10:00 Worship with Phoenix Symphony Members
11:00 Coffee Fellowship

28
7:30 Tai Chi
9:00 VIP
10:00 Coloring
1:00 Walking
4:00 All Star Band Practice

29
9:00 Friendly Service
10:30 Small Group

30
1:00 Walking

31
No Bible Study

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Non-Profit Org.

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Permit No. 14



October 2019

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

Luanne Hanks, Financial Secretary

Sara Shryock, Financial Administrator

Robin Lemkuil, Audio Visual Tech

Douglas Gourley, Custodian

Steve Halasz, Sunday Custodian

Lisa Dunbar, Parish Nurse

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

* * * * *

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

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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
in Grace Chapel**