

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

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*Website: [uccsc.com](http://uccsc.com)*

*Facebook: United Church of Sun City*

**Non-Profit Org.**

**U.S. Postage Youngtown, AZ**

**Permit No. 14**

MAY

MAY   
*Happy Mother's Day*

MEMORIAL   
*Day*   
*Cinco de Mayo*

**STAFF:**

**Rev. Brady Abel, Senior Pastor**

**Norm Still, Moderator**

**Susan Aurich, Assistant Pastor**

**Ginni Summers, Minister of Music**

**Ron Cammel, Kira Kadel—Soloists**

**Beverly Fletcher, Organist**

**Caroline Bittman, Church Secretary**

**Kelly Landis, Social Director**

**Luanne Hanks, Financial Secretary**

**Sara Shryock, Financial Administrator**

**Bill Lemkuil, Assistant Custodian**

**Rodney Aurich, Media**

**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**

May  
2018

# PASTOR'S POST



## UNITED CHURCH OF SUN CITY United Church News

Greetings,

I recently discovered Pho. Many of you probably know but for those that don't, Pho is a Vietnamese soup consisting of broth, rice noodles, herbs, vegetables, and meat, primarily made with beef, chicken, or seafood. I like my Pho with shrimp. I discovered it because a Pho restaurant, Pho For Days, opened across the street from where I live. So, this spring guests and I ventured over there.

Pho (pronounced a number of ways but most accurately as fa) originated in the early 20th century in northern Vietnam and was popularized throughout the rest of the world by refugees after the Vietnam War. It is a specialty for thousands of restaurants. Styles of Pho differ by noodle width, sweetness of broth, and choice of herbs.

I mention all this because over the last several months I have made an intentional effort to do new things. New workout routines, hiring a personal trainer, hiking new trails, and trying new restaurants/foods are a few of my new ventures. I find that these new endeavors add an adventurous element to life.

What new undertakings have you experienced? The Easter Season (50 days from Easter Sunday to Pentecost) is a particularly good time to see and experience life in a new way. Jesus had something to say about new life. How about you?

United Church embraces new activity. Our new sign which enhances our identity has been operational for six months. We have new leaders in office installed at the annual congregational meeting. And we just became an Open and Affirming Congregation (ONA) following a congregational vote on April 8. There are other examples. I'm thrilled to pastor a church willing to be so new and bold. In fact, I am all "Pho" new things (I couldn't resist).

I encourage you to continue to find new ways to look at life today. You won't be disappointed.

Blessings for this Easter Season,

*Pastor Brady*

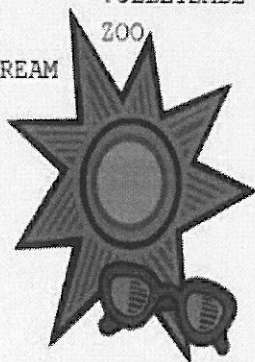
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Coffee Fellowship —11:00 a.m.  
Sanctuary Communion the 1st Sunday of each Month  
Choir Rehearsal—Sundays at 8:30 a.m. (unless otherwise specified)  
Jubilee Bell Rehearsal—Tuesdays at 11:30 a.m.-1:00 p.m.  
Bible Study—Thursdays at 11:00 a.m. in Grace Chapel  
Healing Service: 3rd Sunday of each month at 11:15 a.m. in Grace Chapel

Just for Fun.....

# Summer Fun Word Search

BARBECUE LEMONADE  
BATHINGSUIT PARTY  
BEACH BOAT PICNIC  
CAR TRIP POOL  
CHALK SUNGLASSES  
FAMILY SUNSHINE  
FIREFLIES SWIM  
FIREWORKS TOWEL  
FRIENDS VACATION  
FUN VOLLEYBALL  
GAMES ZOO  
ICE CREAM



L	F	I	R	E	F	L	I	E	S	S	D	M	V	E
L	E	S	O	O	Z	I	S	A	E	U	A	Y	A	N
A	Q	W	H	K	K	N	R	S	Y	E	X	T	C	I
B	D	I	O	L	B	M	S	E	R	F	P	R	A	H
Y	R	M	A	T	I	A	B	C	W	I	J	A	T	S
E	Q	H	I	Q	L	A	E	V	C	O	I	P	I	N
L	C	I	S	G	R	C	T	N	K	F	R	X	O	U
L	C	O	N	B	I	K	I	F	V	A	U	K	N	S
O	G	U	E	F	B	C	F	R	R	M	Z	U	S	H
V	S	C	G	T	I	U	S	G	N	I	H	T	A	B
K	U	C	A	R	T	R	I	P	L	L	E	N	S	Q
E	G	A	M	E	S	E	L	B	O	Y	Y	N	U	X
H	C	A	E	B	Y	O	O	P	X	O	B	E	D	F
D	S	B	G	E	D	A	N	O	M	E	L	S	N	S
C	Z	H	U	R	T	J	E	M	T	C	K	Q	X	Z

Provided By Chicken Scratch NY



## Boards & Council

meet Thursday, May 10th

Boards meet

at 9:00 a.m.

Council meets

at 10:00 a.m.

These are the last meetings  
until September.

## Vegetable Cheese Chowder

### Ingredients



3 slices bacon  
1 medium onion  
3 cups diced potatoes  
2 stalks celery  
10 oz. peas & carrots  
1 cup water  
2 1/2 t salt  
1/4 t pepper  
2 t dry or prepared mustard  
1 qt. milk  
1/2 lb. processed cheese

Sauté bacon, onion and celery in pot until tender. Add potatoes, peas & carrots, water, salt & pepper. Simmer until all is tender. Finally add mustard, milk & cheese. When milk is warm and cheese is melted grab a spoon and enjoy. Make sure **not to boil once milk is added** as milk will curdle.

Jackie Middendorp

Ponder this.....



When you carry the Bible, Satan gets a headache; when you open it, he collapses.

When he sees you reading it, he loses his strength, and when you stand on the Word of God, Satan can't hurt you!

And did you also know.....

When you give this to others to read, the devil will probably try to discourage you—but do it anyway!

## Sun Valley Lodge Senior Center

Want to make new friends (distribute mail), share stories, play games (call bingo), smile and laugh? It's all free.....just volunteer your time at Sun Valley Lodge Senior Center. SVL was the creation of Sun City Community Church ("SCCC") now United Church of Sun City. SCCC formed a corporation in 1962 to build the first retirement center (Sun Valley Lodge) in Sun City. Call Kathy Thornton, Director of Activities, 623-933-0137 ext. 120 for volunteer information.

**Pastor Brady and Beverly Fletcher continue to lead worship at Sun Valley Lodge each Sunday at 1:00 p.m. All are welcome to attend.**



## *Crusin' with Kelly,*

Merry May to All!

"Outside the Lines" coloring group meets every Monday from 10:00 a.m. to Noon, except Monday, May 28<sup>th</sup>, as the church is closed for Memorial Day. In celebration of Cinco de Mayo, we'll have "Taco Tuesday and Mariachi music" on May 8<sup>th</sup>, at 5:00 p.m. As we head into the hot months, I am trying something different with the movies. I'll be showing two movies this month, starting at 11:00 a.m. instead of 1:00 p.m. As the movies will run over the lunch hour, please feel free to bring a sack lunch to enjoy while watching the movie. As always, I will have popcorn and soft drinks available. Movie descriptions can be found at [uccsc.com](http://uccsc.com). Finally, mark your calendar for our Folk music concert and ice cream social on the 24<sup>th</sup>, at 6:00 p.m.

- May 8<sup>th</sup> 5:00 p.m. - Taco Tuesday and Mariachi music
- May 16<sup>th</sup> 11:00 a.m. – Sack lunch movie "The Shack".
- May 24<sup>th</sup> 6:00 p.m. – "Old Folke", Folk music concert and ice cream social
- May 30<sup>th</sup> 11:00 a.m. – Sack lunch movie "The Greatest Showman".

Kelly

## **The Custodian's Corner**

by Jozalyn Hamilton



Friday April 12<sup>th</sup> marked the end of my tenure as Sexton for the United Church of Sun City. I am returning to my home state of Washington to be closer to family and will miss those who befriended me while living here. You folks are so special and saying goodbye is not easy. Thank you very much for the opportunities for personal and professional development the United Church of Sun City has afforded me. I have enjoyed working for the Church and have appreciated the loving support provided me during these last 15 months. I learned a lot about rose gardening, too, while working at the Church and wanted to share with you that your garden's first rose bloom of Spring was on the new "Peace" rosebush. That tiny little plant put out the largest, whitest, most fragrant rose imaginable! May the Lord's blessing of peace that passeth understanding be upon you all and your new Custodian you open your hearts and arms to.

With warmest regards,  
Jozalyn Hamilton

Flowers Leave Their Fragrance  
on the Hand of the Giver  
by Helen Steiner Rice

There's an old Chinese proverb  
that if practiced each day,  
Would change the whole world  
in a wonderful way -  
It's truth is so simple,  
it's so easy to do,  
And it works every time  
and successfully, too.  
For you can't do a kindness  
without a reward,  
Not in silver or gold  
but joy from the Lord -  
You can't light a candle  
to show others the way  
Without feeling the warmth  
of that bright little ray.  
And you can't pluck a rose,  
all fragrant with dew,  
Without part of its fragrance  
remaining with you.





All that I am or hope to be,  
I owe to my Mother.  
-Abraham Lincoln

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

**Healing Service—May 20<sup>th</sup>:**

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.

**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.

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**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.



**Are you in need pastoral care?**  
If so, please contact the church office at  
**623-933-0058.**



***Do You Have a Favorite Poem , Story or a Blessing you'd like to share?***

*We would like to hear from you in the Sharing Faith section in the United Church News monthly newsletter and invite you to submit something each month. Any submissions should be emailed to Caroline by the 15th.*



## FRIENDLY SERVICE MYSTERY

We received a large amount of beautiful 8" pieced squares . We have used them in our baby quilts We do not know where they came from, but we are surely grateful.

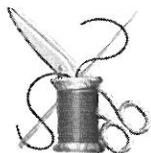
If anyone knows about this mystery, please let us know.

## MORE FRIENDLY SERVICE NEWS

Our last meeting of this season is May 15th. We return in October to continue the vital work of making layettes and prayer shawls.

We have completed 48 layettes for the Salvation Army. Our layettes contain quilts, Afghans, receiving blankets, crib sheets, bibs, sacques and sweater sets.

The prayer shawls continue to give people comfort, love and blessings.



Have a blessed summer,  
Pat Graham



**Sun Valley Lodge Resident**

**Shirley Meek**

**05/25/35 - 04/02/18**

**Doris Flessner**

**04/18/18**



Please keep the following people in your prayers: **Shirley Geissler, Joan Herzog, Max McVicker, Clarice Buchholz, Anna Kruke, Edith Brozka, Byron Gettle, Rick & Bonnie Houston, Herman Krehbiel, Bob Engelman, Shirley Lindquist, Grey Pohl, Elden Flessner & family following the death of Doris, Irene Lincoln, Ellyn Mae Ullman, Margie Burton Jim Karstens., and the family of Shirley Meek.**



### May Birthdays

Don Berg	May 3
Irene Lincoln	May 4
J. David Nelson	May 5
Doreen Oberstadt	May 7
Ed White	May 7
Ruth Little	May 9
Ellyn Mai Ullman	May 9
Sue Stryker	May 10
Clarice Buchholz	May 12
Steve Halasz	May 12
Verna McDonald	May 14
Peter Scriven	May 14
Marj Karstens	May 15
Sharon McKinney	May 19
Debbie Still	May 19
Brenda Gunther	May 20
Bill Hopper	May 21
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

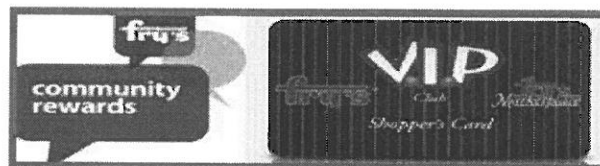
Clayton & Moni Bloom	May 3	49 yrs.
Stephen & Barbara-Ann Cox	May 4	3 yrs.
Bob & Elsie Keep	May 14	63 yrs.
Rodney & Susan Aurich	May 27	39 yrs.

### **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.



**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.....*

What a wonderful musical season with the choir and Jubilee Bells! I would like to thank the members of both groups for their dedication to our music ministry at United Church. I have heard such great comments from members complimenting the presentations. The male quartet on 4/15 was spectacular. I heard it was just as good as the Gaithers!

Ron Cammel and Kira Kadel will continue providing special music this summer as well as Beverly and I. We will look ahead to the fall to have a new tenor soloist in place. Choir practice will resume on September 9th.

Have a Blessed summer!  
Ginni Summers  
Minister of Music



Dear Congregation,

The Open and Affirming Committee would like to thank you for your vote of support.

You have boldly and bravely taken the necessary steps to affirm that we as a congregation embrace all members, regardless of their race, religion, national origin or sexual orientation, because that is the Christian thing to do.

It also is important to acknowledge Pastor Brady Abel and Assistant Pastor Susan Aurich; they are the moral and principled compass that allowed us to be where we are today.

The small steps we take today become the principled paths of tomorrow.

It is easy to allow emotions to dictate our feelings, but it is the pragmatic thinking of a collective voice to establish the guidelines for saying "all are welcome at the United Church of Sun City."

So again, we, the committee thank you for your support and your love.

Diana Graettinger

Member O&A Committee





## Everything I need to know about life, I learned from Noah's Ark

One: Don't miss the boat.

Two: Remember that we are all in the same boat.

Three: Plan ahead. It wasn't raining when Noah built the Ark.

Four: Stay fit. When you're 600 years old, someone may ask you to do something really big.

Five: Don't listen to critics; just get on with the job that needs to be done.

Six: Build your future on high ground.

Seven: For safety's sake, travel in pairs.

Eight: Speed isn't always an advantage. The snails were on board with the cheetahs.

Nine: When you're stressed, float a while.

Ten: Remember, the Ark was built by amateurs; the Titanic by professionals.

Eleven: No matter the storm, when you are with God, there's always a rainbow waiting.

From Pastor Susan

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## Arizona Living



### 5 Tips For Beating the Desert Heat.....

5. **Wear a hat.** A wide brimmed hat will keep the sun off your face, ears, scalp and neck and is the best choice for beating the heat. A lightweight baseball cap will at least protect your face and your scalp.

4. **Avoid strenuous activity during peak heat hours.** The peak heat hours are between 10 AM and 4 PM, so limiting your sun exposure and strenuous activities during these hours will help you stay significantly cooler. Early mornings and dusk will be your favorite hours of the day for activity. The sun is not beating down on you, temperatures are moderate and this is the best time for physical activity. If you are heading out on a desert hike, go early!

3. **Keep your neck cool.** Wet a bandana or a light weight neck gaiter and put it around your neck. Keeping your neck cool will help trick your body into thinking it is a cool. It feels fantastic and this will also keep the sun off your neck.

2. **Wear sunscreen.** There is absolutely nothing worse than being sunburnt and feeling hot. Do not take a chance. Always apply sunscreen early in the day, do not wait until you feel a little burnt. By the time you realize you might be getting toasted, you are probably toasted. Experts recommend an oil free sunscreen with a SPF of 30 or higher. You will need to reapply often especially if you are sweating or in the water, every two hours is a good rule to follow. Do not forget to apply the sunscreen to your face, ears and tops of your feet. Always use a SPF lip balm so your lips do not burn. It really is better to be safe than sorry, so slather it on!

1. **Hydrate, hydrate and then hydrate more!** The absolute best way to keep your body cool is to drink lots of water. Regardless of your activity level in extreme temperatures you will need to drink plenty of water, if you are active you will need to drink even more. Don't wait until you are thirsty to have a drink. Experts highly recommend a day backpack with a hydration system in it, that way your water stays cool and is always very accessible.

# MAY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> 9:00 Friendly Service 12:30 Jubilee Bells Practice	<b>2</b> Clergy Conf.	<b>3</b> 11:00 Bible Study	<b>4</b> Office closed	<b>5</b>
<b>6</b> 10:00 Worship 11:00 Coffee Hour Receive New Members	<b>7</b> 9:30 VIP 10:00 Coloring Group 3:30 Allstar Band Practice	<b>8</b> 9:00 Friendly Service 5:00 Taco Tues. & Mariachi Music	<b>9</b> 8:00 Men's Breakfast	<b>10</b> 9:00 Boards 10:00 Council 11:00 Bible Study	<b>11</b> Office closed	<b>12</b>
<b>13</b> 10:00 Worship 11:00 Coffee Hour	<b>14</b> 9:30 VIP 10:00 Coloring Group 3:30 Allstar Band Practice	<b>15</b> 9:00 Friendly Service	<b>16</b> 11:00 Sack Lunch Movie "The Shack"	<b>17</b> 11:00 Bible Study	<b>18</b> Office closed	<b>19</b>
<b>20</b> 10:00 Worship 11:00 Coffee Hour 11:15 Healing Service, Grace Chapel	<b>21</b> 9:30 VIP 10:00 Coloring Group 3:30 Allstar Band Practice	<b>22</b> 9:00 Friendly Service	<b>23</b> 8:00 Men's Breakfast	<b>24</b> 11:00 Bible Study 6:00 "Old Folke" Folk Music & Ice Cream Social	<b>25</b> Office closed	<b>26</b> 9:00 TJ Travel
<b>27</b> 10:00 Worship 11:00 Coffee Hour	<b>28</b> MEMORIAL DAY/OFFICE CLOSED	<b>29</b> 9:00 Friendly Service 3:30 Allstar Band Practice	<b>30</b> 11:00 Sack Lunch Movie "The Greatest Showman"	<b>31</b> 11:00 Bible Study		