

**FEBRUARY
2019**



PASTOR'S POST

This month a little about a lot of things:

Lent begins on Ash Wednesday, March 6. This year United Church will host a community Ash Wednesday service in conjunction with Church of the Palms. Then, Church of the Palms will host the Maundy Thursday Service. Our Ash Wednesday service will be in the sanctuary and will begin at 5:00 p.m.

The cantata will be April 14 during worship (10:00 a.m.) and will again feature musicians from the Phoenix Symphony and extra voices joining our United Church choir. Get here early!

On Easter Sunday we will once again lead the Sunrise Service at the Sun Bowl. Easter is April 21 and the service begins at 7:00 a.m. Our traditional Easter Worship will be at 10:00 a.m. in the sanctuary. Of course, all are welcome at all our worship services.

Thank you, United Church, for the generous contributions to our annual Souper Bowl of Caring Soup Drive! As you have probably heard by now over 6600 cans and packages of soup was raised by United Church and Church of the Palms. United Church raised 4036 cans and packages and so we get to keep the coveted Silver Ladle one more year. However, as fun as it is to chase the ladle, the real winner in this soup drive is West Valley Food Bank and their ongoing effort to feed people in the West Valley. This soup donation helps that effort. Thanks to all who contributed. Special thanks to Hedy Hall for coordinating the soup drive and Diane Gahm for helping.

On February 24, during worship, a new song debuted. The song is entitled "Thank You, Lord" and was written by United Church member Diana Graettinger. Our Minister of Music Ginni Summers wrote the melody and then our accompanist Beverly Fletcher put it all to music. Each Sunday morning we gather at United Church to worship and praise God; on February 24th we did so with an added emphasis on thanking the Lord. We have so much to be grateful for in our lives. So yes, "Thank You, Lord!"

On a personal note, I will be away from March 28-April 2 for my Dad's Memorial Service in Iowa. Thank you again, for your kind words, thoughts, prayers, and cards.

Have a blessed March and Lenten Season,
Peace,
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
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)

UNITED CHURCH OF SUN CITY

United Church News

Gospel of Matthew 4:1-11

T	S	E	N	O	T	S	E	S	E
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WILDERNESS
TEMPTED
DEVIL
FASTED
FORTY
HUNGRY
STONES
LOAVES
ANGELS
FOOT
SATAN
WORSHIP



IS CORNED BEEF REALLY AN IRISH DISH?

This question has been debated for years. Here's the answer according to Wikipedia -



In the United States, consumption of corned beef is often associated with Saint Patrick's Day. ... Corned beef was used as a substitute for bacon by Irish immigrants in the late 19th century. Corned beef and cabbage is the Irish-American variant of the Irish dish of bacon and cabbage.



Some March Happenings.....

- ⇒ Ash Wednesday falls on March 6th this year, and United Church will be hosting a worship service along with Church of the Palms at 5:00 p.m. All are welcome.
- ⇒ Tai Chi continues every Monday at 7:30 a.m. in the Beehive
- ⇒ Between the Lines Coloring Group meets at 10:00 a.m. in the Beehive on Mondays .
- ⇒ There will be a Faith & Memory Dementia Workshop from 1:00-2:30 p.m. on Tuesday, March 12th. For more information see Pastor Susan.
- ⇒ Boards and Council will meet on Thursday, March 14th. Boards meet at 9:00 a.m.; Council meets at 10:00 a.m.
- ⇒ Tuesday, March 19th, Treasures 4 Teachers will meet in the Beehive at 1:00 p.m. for journal making. All are welcome to join in!
- ⇒ Men's Breakfast dates for March are Wednesday, the 13th and 27th.
- ⇒ Thursday, March 21st, 6:00 p.m., Dave Clark Trio Ice Cream Concert.
- ⇒ Jubilee Bells resumes practice on Tuesday, March 26th at 12:30 p.m.



NEWS FROM YOUR NURSE.....

In my new role as a Parish Nurse, I've been thinking about what it means to be "healthy." When I was younger, I defined healthy as not having any illnesses. But now, I find at our age, most of us are dealing with chronic conditions which changes my idea of what "good health" means.

Not long ago, someone shared with me good counsel they had received about being resilient, being able to bounce back and recover from a "crisis" that occurred in their life. That struck home. Isn't that what life is about? Life is change and adjustment, illness and recovery, crisis and resolution. So often we don't choose these challenges—they just are! There is change in "the way things are done" that sometimes puts us off our game. We have an unexpected illness, even when we think we have been doing all the right things. There is a crisis in the lives of our family or friends that affects us even though we have no control over the circumstances.

Our hope in all of these situations is that we will be able to find the strength to persevere and reestablish a new normalcy. In other words, we would be resilient.

What makes us more resilient? What helps one person bounce back when another may be totally overwhelmed by a situation and unable to recover?

When I began to search for more information about resiliency, I found a wide assortment of lists promoting habits to support resiliency. They included things like having a sense of purpose, have a strong social network—friends and family you can rely on. They suggested cultivating optimism and taking action to solve problems rather than feeling stuck. They also stressed taking part in habits that improve our physical well being.

So, for the next year, I would like each of us to take a look at our own resiliency and how we can improve it. Each month I will focus on one principle that, if practiced, will help support our resiliency. I've done it with an anagram—one habit for each letter.

R—Resting well—Sleeping and Sabbath Rest

E—Exercise and Activity

S—Spiritual Vibrancy and a Sense of Purpose

I—Interacting with others—Relationships and Communication

L—Laughter and Joy—Improving Quality of Life

I—Intake of Fluids

E—Eating Well

N—Nurturing Ourselves—Self Care and Self Worth

C—Creativity and Problem Solving

E—Expressing Love, Gratitude and Appreciation

My hope is that some of these topics will resonate with you as we begin this year's journey. I also hope that you will share ideas and stories with me and with each other as I will with you.

Lisa Dunbar, Parish Nurse



Upcoming event:

Ladies mark your calendars for the upcoming "Ladies Black & White Afternoon Tea".

It will be held on Sunday, March 24, 2019 at 2:30pm. The ticket price is \$5.00 per person and the money from the tickets will be going to Treasurers 4 Teachers, a project that is supported by the church. We do have a limited number of spaces available: but invite your lady friends to accompany you to this event.

Come and try a tea you may not have had in the past and we will have a tisane for those of you that may not care for tea. There will be entertainment, prizes and besides the wonderful food that will be served, gifts for all. Wait till you see the waiters.

Tickets need to be purchased in advance. You may purchase them from Maria Coesens or at the church office. Let's welcome Spring with this fun event. Hope to see you at the tea.

Dress: Black or White - Hats preferred – White gloves optional.



A MEMBERS TESTIMONY OF FAITH.....

My name is Denise Pattin. I accepted Jesus as my personal Savior when I was 9 years old and understood exactly what I was doing when I went up the church aisle to the altar.

Recently, I have been having serious health issues and have been hospitalized every month since November, 2018. I've also been treated and released from the ER even more times. Saturday, February 2, 2019, I was rushed by ambulance to the hospital in critical condition. I had an internal bleed and was immediately rushed to ICS where they began working on me. I had lost a lot of blood and was losing more as fast as they could give it to me. After working on me for about 3 hours, the doctor pulled my mother aside and told her they didn't hold out much hope, and she should call the family in to say their goodbyes.

I didn't die. My vitals started coming around and the bleeding had stopped! The doctors said it was a miracle, but I was going to pull through. I was in ICU for a total of 6 days. On the last day, 8 doctors came by to see me because they just couldn't believe that I had survived and wanted to see for themselves.

Praise the Lord! Thank you for letting me tell my story. I hope it touches someone's heart in some way.

A. Denise Pattin



Get your tickets for the Sun City Players Community Theater production of "PHANTOM OF THE COUNTRY OPERA". All tickets are \$10.00 reserved. They are available on line at suncityplayerscommunitytheater.org Show dates are: March 15, 16, 22, 23 at 7:00PM and March 17, 21 and 24 at 2:00PM at Mountain View Recreation Center, 9749 N. 107th Ave, Sun City. Ginni Summers plays Sally Barker aging country western diva. (Type cast?) Great fun!

**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.

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 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.



Called Home to the Lord

KRUCKE, ANNA

JANUARY 25, 2019



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

From the Church Office.....

An Irish Blessing

May you always have
Walls for the winds
A roof for the rain
Tea beside the fire
Laughter to cheer you
Those you love near you
And all your heart might desire

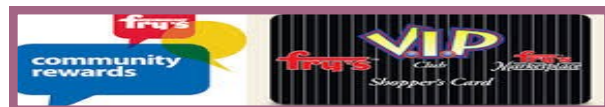
Blessings from Caroline



**Boards & Council
Meet Thursday, March 14th.**

Boards meet at 9:00 a.m.

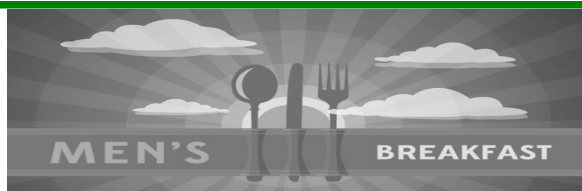
Council meets at 10:00 a.m. in the Beehive.



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.



**Mark Your Calendars!
Wednesday, March 13th
Wednesday, March 27th
At 8:00 a.m. at the Royal Café
All men are invited!**

Valley View Food Bank

Jesse Ramirez, Valley View Director, is so appreciative of all donations from United Church throughout 2018 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



Music Notes.....

A talented wordsmith, turned lyricist; a Music Director/singer who hasn't written music since college; and a superb musical artist came together to create a new spiritually embracing song that was performed in church in late February.

The words to "Thank You, Lord," were written by choir member, Diana Graettinger. The melody was composed by the church's Minister of Music Ginni Summers. Ms. Graettinger is a retired journalist and a member of the RCSC Board of Directors and Ms. Summers is well recognized in the community not only for her voice, but also for her talents as a choir director and for her participation in the West Valley Chorale, Southwest Singers and the Sun City Players.

"I kept hearing the words in my heart and I knew I had to get them out. Once I touched my computer, the words just flowed. It was as if a spirit was guiding me. Plus, I wanted to write a song with words that speak to us today. I then handed the finished words to Ginni and she worked wonders with them," Ms. Graettinger said.

The words and Ms. Summer's melody were then given to church Organist, Beverly Fletcher, who has been a sacred musician for some 63 years. She wrote the arrangement for the song that was performed by Ms. Summers and Ms. Fletcher.

The collaboration began last year.

"Diana came to me and said that she was writing words that she believed would fit beautifully with music," Ms. Summers said. "She asked me to collaborate and help her create a song. I doubted I could do it but the melody flowed with Diana's words. And I am glad I did."

Ms. Fletcher, who has written music in the past, agreed to put the words to music. She said: "I looked at the words and the melody, sat down at the piano and it all came together as if it was just waiting to be born."

Summers agreed. "She gave us this hauntingly beautiful arrangement. It was exciting," Ms. Summers said.

"And what a rare opportunity our congregants had to come and hear a new song. One that was inspired by life. We have a caring congregation, a very talented Organist and great Minister of Music; we are very blessed here at United Church of Sun City," Senior Pastor Brady Abel said.

~Excerpt from news article in the Feb. 13, 2019 Sun City Independent~



United Church Keeps the Silver Ladle

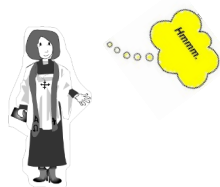
Thank you to everyone who made our Souper Bowl 2019 Drive such a big success! All the donations went to Valley View Food Bank.

The counts were:

Church of the Palms
2,612




United Church of Sun City
4,036





MUSINGS FROM PASTOR SUSAN

DID YOU KNOW???

- A Strawberry isn't a Berry but a Banana is.
- Avocados and Watermelon are Berries, too.
- Chocolate Milk was invented in Ireland.
- Ketchup used to be sold as Medicine.
- Carrots were originally purple. 
- McDonald's sells 75 Hamburgers every second of every day.
- Yams and sweet Potatoes are not the same thing.
- Ripe Cranberries will bounce like rubber balls.
- An average ear of Corn has an even number of rows.
- Humans share 50% of their DNA with Bananas. 
- Honey never spoils. You can eat 32,000-year-old Honey.
- Peanuts are not Nuts. They grow in the ground like this, so they are legumes.
- Apples, like Pears and Plums, belong to the rose family.
- The official state Vegetable of Oklahoma is the Watermelon. 

Well, now you do know!

Blessings, Pastor Susan



Some interesting facts about Lent:



Mardi Gras is French for "**Fat Tuesday**," also called Shrove **Tuesday**. It is the day before Ash Wednesday, which marks the start of Christian Lent season leading up to Easter. During Lent, many Christians fast, and the name **Fat Tuesday** refers to the last day of eating richer foods before the leaner days of Lent begin.




In the United Kingdom, Ireland and parts of the Commonwealth, **Shrove Tuesday** is also known as "**Pancake Day**", as it became a traditional custom to eat pancakes as a meal. Elsewhere, the day has also been called "Mardi Gras", meaning



The name "Lent" comes from the Old English word "lencten" meaning spring. It refers to the lengthening of the days as spring draws near.

ASH WEDNESDAY SERVICE AT UNITED CHURCH—5:00 P.M.—MARCH 6TH

March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 OFFICE CLOSED	2 OFFICE CLOSED
3 8:30 Choir 10:00 Worship- Communion 11:00 Coffee	4 7:30 Tai Chi 9:00 VIP 10:00 Color- ing 3:30 All Star Band Practice	5 9:00 Friendly Service	6 Ash Wednesday 5:00 Worship Service	7 11:00 Bible Study	8 OFFICE CLOSED	9 OFFICE CLOSED
10 8:30 Choir 10:00 Worship- B'days & Anniv. 11:00 Coffee	11 7:30 Tai Chi 9:00 VIP 10:00 Color- ing 3:30 All Star Band Practice	12 9:00 Friendly Service 1-2:30 Faith & Memory De- mentia Work- shop	13 8:00 Men's Breakfast at Royal Café	14 9:00 Boards 10:00 Council 11:00 Bible Study	15 OFFICE CLOSED	16 OFFICE CLOSED
17 8:30 Choir 10:00 Worship- 11:00 Coffee 11:15 Healing Service	18 7:30 Tai Chi 9:00 VIP 10:00 Color- ing 3:30 All Star Band Practice	19 9:00 Friendly Service 1:00 Treas- ures 4 Teach- ers Journal Making	20	21 11:00 Bible Study 6:00 Ice Cream Con- cert, <i>Dave Clark Trio</i>	22 OFFICE CLOSED	23 OFFICE CLOSED
24 8:30 Choir 10:00 Worship- 11:00 Coffee 2:30 Ladies Tea	25 7:30 Tai Chi 9:00 VIP 10:00 Color- ing 3:30 All Star Band Practice	26 9:00 Friendly Service 12:30 Jubilee Bells	27 8:00 Men's Breakfast at Royal Café	28 No Bible Study		

*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 Youngtown, AZ

Permit No. 14

Or Current Resident



March 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

Lisa Dunbar, Parish Nurse

Luanne Hanks, Financial Secretary

Sara Shryock, Financial Administrator

Douglas Gourley, Custodian

Steve Halasz, Sunday Custodian

Robin Lemkuil, Audio/Visual Tech

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

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