

## PASTOR'S POST

Greetings,

I have never been one for making New Year's Resolutions. But this year I developed a New Year's mantra for 2023. And that mantra is – "Go to church!"

It seems to me, from what I read and what I hear in conversation is that people are finding it much easier to miss church. Don't get me wrong. I know people get sick and need to miss or have unexpected issues, or even crises, which cause them to miss. I can certainly understand, and I sure relate to the latter. But it's becoming far too common to hear about people missing worship simply because they don't want to attend. And more concerning are people who actually quit the church simply on a whim (I decided I didn't like the color of the carpeting).

Covid is partially to blame. It has played havoc with our lives in multiple ways and one of those ways was interrupting our church going habit. I have had people tell me that they got in the habit during Covid of staying home, worshiping online, and that's what they prefer. Others just got out of the habit of attending worship altogether. I know there are numerous other reasons people have for not attending church.

I told a story in worship awhile back about a fantastic new church building built in the late 1800's. Yet, it had no lanterns to give light to the interior of the building. When the church members asked about the missing lanterns, they were each given one. The idea was when they came to worship, they would bring their lantern and would supply the light. When they missed worship, the church building would be darker because they were gone, and their light was missing.

Will the church building be brighter or darker in 2023 because of your light? Friends, your light is needed. "Go to church!"

Peace,

*Pastor Brady*





## Greetings from your Parish Nurse!

Happy New Year! How often do we say that without thinking about what we are wishing for! It becomes part of a habit of greetings at this time of the year. But what would really make this a Happy New Year?

For me, a year of growing in my relationship with God, and improving relationships I have with others as well as forming new relationships is a big part of it. Also, I always hope for a physically healthy New Year – but I know that means working on healthy habits like eating better, exercising regularly and stressing less. I'm preaching to the choir, aren't I? You have heard me talk about these same things month after month, year after year.

Just because these principles are repeated doesn't mean they are not important. In fact, I focus on them because they are important! Focusing on healthy habits helps to balance our lives as they change and challenge us. In fact, the one thing we can ALL count on this year is change!

That being said, I am going to offer you several opportunities to improve your chances of a Happy New Year!

First, an opportunity to develop healthy physical habits. We are expanding our SilverSneakers Class and will be having an orientation for new members on Thursday, January 5 at 2:30 pm in the Beehive. Talk with those who have taken part and invite others to join you in this information session.

Then on Tuesday, January 10, we will begin our next session of exercise! At 1:00 will be the SilverSneakers Classic – for those who want a bit of a challenge. This class will focus on progressing from where it left off this past fall and will focus on more intense exercises to improve our strength, balance and endurance. Don't be intimidated, our instructor Ginger always progresses us slowly and steadily.

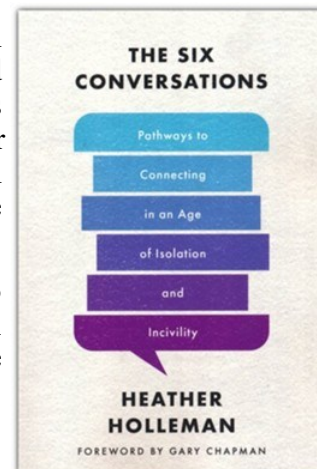
At 2:30, we will begin a new group of SilverSneakers which will focus on strengthening and balance. This group will start with low level stretches and exercise and advance as our class in the fall did. So join us! Start the New Year with focusing on your physical health.

We will also continue our walking group on Monday and Wednesday from 1-2 p.m. This group allows you to monitor your blood pressure and pulse, and to walk at your own level in a controlled setting. It also provides an opportunity to talk and connect to others.

I will also be starting a Wednesday morning group on January 11 at 10:00 am. I am calling it "Healthy Living, Learning and Connecting". We will be using a book called *The Six Conversations*. It focuses on learning about loving conversations. In this post-COVID period, I certainly can use a refresher course on connecting with other people. Many of us have been more isolated and depending on technology rather than connecting with people around us. Come join in the fun of sharing together as we learn and practice loving communication.

Our Speaker Series in January will feature Darren Holmes, a local lawyer who focuses on common sense approaches to trust planning. Join us for this very practical presentation on planning for the future on Tuesday, January 10, at 11 am in the Beehive. Most importantly, have a Blessed New Year

*Lisa Dunbar,*  
Parish Nurse



## SILVER SNEAKERS 2023

January 5<sup>th</sup> is the orientation day for the next series of classes.

Two classes will be offered in January, the Classic Class and the Strength and Balance Class. Join us on January 5 at 2:30 pm in the Beehive for the orientation meeting to find out which class is best for you.

January 10<sup>th</sup> is the startup date for the new classes to begin:

1:00 pm is the Classic class

2:30 pm is the Strength and Balance class.

Come and join us in the Beehive on Tuesdays and Thursdays!

(See the Parish Nurse article in this newsletter)



December 4th Birthday Cake for  
Alan Paulson and Beverly Fletcher

**HAPPY NEW YEAR!**

Don't be fooled  
by the calendar.

There are only as many  
days in the year as  
you make use of.

- Charles Richards -



### Pumpkin Crunch Cake

- 1 large can evaporated milk
- 3 eggs
- 1 teaspoon salt
- 2 teaspoons cinnamon
- 1 teaspoon ground ginger
- 1 ½ cups sugar

Mix all together and put into 9 x 13 ungreased glass pan

- 1 Box Yellow Cake Mix
- ¾ cup melted margarine or butter
- ½ cup chopped walnuts

Sprinkle dry cake mix over top of pumpkin mix.  
Drizzle melted margarine or butter over dry cake mix.  
Sprinkle nuts on top of butter.  
Bake at 350° for 45 minutes.







UNITED CHURCH  
OF CHRIST



### Message from the Mission Board

Thank you and God Bless you for showing compassion  
for our homeless and hurting neighbors during this past year.  
As a mission donor, your gifts are all about bringing hope,  
healing and restoring our community.  
Wishing you health and happiness in the New Year.



Hedy Hall, Mary Ann Fairbanks, Diane Gahm, Donna Walter  
Your Mission Board



### Christmas Ham and Potluck Dinner December 10, 2022

Alan Paulson made arrangements for the Centennial High School (Peoria) to entertain us with their acapella voices during our dinner.

A delicious meal and festive fellowship was enjoyed by many.

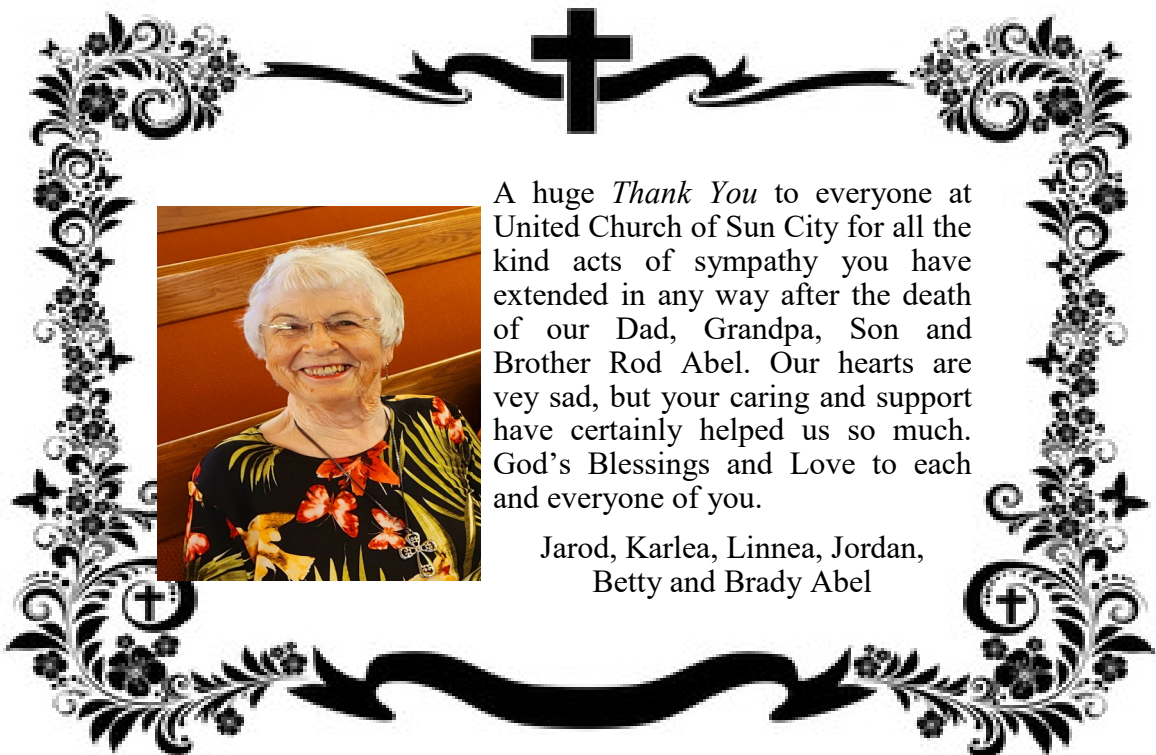
Thank you to all who attended and everyone who helped organize this event!



**OPERATION WARM HEART** is a Christmas Angel toy & clothing drive for the children of Airmen & Airwomen at Luke Air Force Base. For many years, members, family and friends of United Church of Sun City are proud to be a part of it.

Thank you for taking time to shop, your generosity and making Christmas memorable. A special thank you to Donna and Steve Halasz for coordinating this fundraiser with the help of Kristi Geiger and Sue Stryker.

Mission Board: Hedy Hall, Mary Ann Fairbanks, Diane Gahm and Donna Walter



A huge *Thank You* to everyone at United Church of Sun City for all the kind acts of sympathy you have extended in any way after the death of our Dad, Grandpa, Son and Brother Rod Abel. Our hearts are very sad, but your caring and support have certainly helped us so much. God's Blessings and Love to each and everyone of you.

Jarod, Karlea, Linnea, Jordan,  
Betty and Brady Abel





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

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



Sounds of the Southwest Singers performed on December 4th. It sounded like Christmas!



**FOREVER 55 (+/-)  
Ladies Luncheon**

Pastor Brady enjoyed a  
festive Christmas lunch with  
the FOREVER 55 (+/-)  
Ladies Luncheon on  
December 8, 2022 at  
George's Lakeview Café.

Pastor Brady, Barb Norton,  
Nancy Nay, Donna Walter,  
Mary Lynn Heyne,  
Dolores Belevich,  
Mary Sue Andreason  
and Hedy Hall

# January

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

AQUARIUS  
CAPRICORN  
COLDEST MONTH  
FIRST MONTH  
GREGORIAN  
IANUARIUS  
JANUS  
JUVENALIA  
ROMAN MYTHOLOGY  
THIRTY ONE DAYS  
WINTARMANOTH  
WULF-MONATH

CALENDARS  
CERVULA  
DOOR TO THE YEAR  
GARNET  
IANUA  
JANUARY  
JULIAN  
NEW YEARS DAY  
SNOW  
WARMEST MONTH  
WOLF MONTH





## January Birthdays

## January Anniversaries



Mary Ann Fairbanks	01/02
Karen Handy	01/02
Janice Paine	01/04
Sandy Krahn	01/10
Victoria Faulkner	01/11
Sharon Bargrain	01/16
Ona Ralston	01/18
Lawrence Faulkner	01/26

Steve & Diane Gahm	01/13
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### Ladies Luncheon

Happy New Year (what's your resolution for 2023)  
 Ladies Luncheon FOREVER 55 (+/-).  
 Thursday January 12, 2023  
 George's Lakeview Café.  
 We will celebrate  
 the New Year



Hedy Hall,  
 Activity Fellowship Committee.  
 RSVP Hedy Hall or  
 the office at 623-933-0058

### 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. We are again collecting food items for the food bank. See the list below of the items Jesse needs.

Jesse Ramirez  
 Director, Valley View Food Bank  
 12321 NW Grand Ave  
 El Mirage, AZ 85335

Canned vegetables, canned fruit, canned tuna fish or canned chicken, peanut butter and jelly, canned spaghetti, or canned meat or box mac and cheese.



### Men's Breakfast

Tuesday, January 3rd at 8:00 am  
 George's Lakeview Café.

Please join us.



### Starts January 1, 2023 thru February 12, 2023

Can we top the 2022 campaign food pantry items collected **4690** and beat the competition?

The "Silver Ladle" sure looks nice situated at United Church!

All soup cans, bowls, packages and donations will be given to Valley View Food Bank.

Hedy Hall



# January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 8:40 Choir Rehearsal Worship 10:00 am Communion Coffee Hour 11:00am Worship online	<b>2</b> OFFICE CLOSED 1pm Walking group	<b>3</b> Men's Breakfast 8 am at George's Lakeview café AA meeting rm 7-8 pm	<b>4</b> 1 pm Walking group AA meeting rm 7-8 pm	<b>5</b> Silver Sneakers Orientation Meeting 2:30 pm Beehive AA meeting rm 7-8 pm	<b>6</b> OFFICE CLOSED	<b>7</b> OFFICE CLOSED
<b>8</b> 8:40 Choir Rehearsal Worship 10:00 am Coffee Hour 11:00am Worship online	<b>9</b> TAI CHI 7:30 in the Beehive Walking group 1pm Taking down the Christmas decorations 9am	<b>10</b> 11:00 am Speaker Series in Beehive SilverSneakers 1pm and 2:30 pm Beehive AA meeting rm 7-8 pm	<b>11</b> 10 am Healthy Living, Learning and Connecting Walking group 1pm AA meeting rm 7-8 pm	<b>12</b> Finance Pastors study 9:00am Mission Bd 9:00 am in Meeting Room Council 10 am in the meeting Room Bible study 11:00am Pastor's study SilverSneakers 1pm and 2:30 pm Beehive Ladies luncheon George's Lakeview Café 1pm	<b>13</b> OFFICE CLOSED	<b>14</b> OFFICE CLOSED
<b>15</b> 8:40 Choir Rehearsal Worship 10:00 am Coffee Hour 11:00am Worship online	<b>16</b> OFFICE CLOSED TAI CHI 7:30 in the Beehive Walking group 1 pm	<b>17</b> SilverSneakers 1pm and 2:30 pm Beehive AA meeting rm 7-8 pm <b>Annual Reports Due!</b>	<b>18</b> 10 am Healthy Living, Learning and Connecting Walking group 1pm AA meeting rm 7-8 pm	<b>19</b> Bible study 11:00am Pastor's study SilverSneakers 1pm and 2:30 pm Beehive AA meeting rm 7-8 pm	<b>20</b> OFFICE CLOSED	<b>21</b> OFFICE CLOSED Audrey Goudy Memorial Service 11:00 AM
<b>22</b> 8:40 Choir Rehearsal Worship 10:00 am Coffee hour 11 am New member class Worship online	<b>23</b> TAI CHI 7:30 in the Beehive Walking group 1 pm	<b>24</b> SilverSneakers 1pm and 2:30 pm Beehive AA in meeting rm 7-8 pm	<b>25</b> 10 am Healthy Living, Learning and Connecting Walking group 1pm AA meeting rm 7-8 pm	<b>26</b> Bible study 11:00am Pastor's study SilverSneakers 1pm and 2:30 pm Beehive AA meeting rm 7-8 pm	<b>27</b> OFFICE CLOSED	<b>28</b> OFFICE CLOSED Fairway Court West Annual Meeting 10am to 12:30 pm in Beehive
<b>29</b> 8:40 Choir Rehearsal Worship 10:00 am Coffee hour 11 am New member reception Informational meeting at 11am Worship online	<b>30</b> TAI CHI 7:30 in the Beehive Walking group 1 pm	<b>31</b> SilverSneakers 1pm and 2:30 pm Beehive AA meeting rm 7-8 pm				

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



**January 2023**

**STAFF:**

**Rev. Brady Abel, Senior Pastor**  
**Bill Zimmer, Moderator**  
**Alan Paulson, Minister of Music**  
**Soloists: Kira Kadel-Funk, Brenda Goodenberger,**  
**Caryl Leander and Craig Zimmerman**  
**Beverly Fletcher, Organist**  
**Marcus Essig, Acolyte**  
**Robin Lemkuil Office Manager/ Asst. to the Pastor**  
**Donna Halasz, Office Assistant**  
**Lisa Dunbar, Parish Nurse**  
**Steve Halasz, Team Supervisor & Facilities Manager**  
**Roger Cole Asst. Custodian**  
**Greg Yagi, Video Tech**

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

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**Office Hours 8:30a.m. to 1:30p.m. —Monday through Thursday**  
**The office is closed on Friday and Major Holidays**  
**Sunday Worship Service 10 a.m. in the Sanctuary and also online.**  
**Coffee Fellowship—After Worship**  
**Communion the 1st Sunday of each Month**  
**Bible Study—Thursday 11:00 a.m. each week**  
**Phone: 623-933-0058**  
**Email: [Office@uccsc.com](mailto:Office@uccsc.com)**  
**Website: [uccsc.com](http://uccsc.com)**  
**Facebook: United Church of Sun City**