



## PASTOR'S POST

*...as church, we must keep doing what we do,  
serving and caring for others in the name of the Lord.*

Greetings,

The end of the semester was approaching and it was time for the end of the semester exams prior to summer break. A less-than-stellar student went to talk to his instructor:

"Can you tell me what score I need to get on the exam to pass the course?" the student asked.

The teacher replied, "Well, this exam is worth 100 points. You, however, would need 113 points to earn a D."

"OK," said the student sounding upbeat. "And how many points do I need to get a C?"



I shared that story with the church council recently and made the point that about this time every year, I get the same sense of excitement I used to feel when school was going to be out for the summer. No more homework. No more teachers. No more exams!

While it's not summer break for us at United Church, there is no doubt things change during the summer months. Our regularly scheduled monthly meetings for the boards and church council are on hiatus, the snowbirds go north, the choir takes the summer off, and we stop fellowship time after worship from Memorial Day Weekend through Labor Day Weekend.

Still, while our routine changes, we don't take a break from God. And glory be, God never takes a break from us! So, we join in the worship and praise of God each Sunday morning at 10:00 am all summer long. With the air conditioning units turned low, we stand ready to welcome everyone into our beautiful sanctuary. Please plan to be here for worship (or check in on-line). Truly, it's not the same without you when the people of God gather.



Peace,

Pastor Brady

P.S. And remember to stay hydrated all summer long.





## Happy June from your Music Ministry!

**“June is bustin’ out all over! 🎵”** But God willing, the weather will cool down by Thanksgiving 🦃 Our Music Ministry has shifted gears to ‘summer mode’ giving the Choir a break until their first rehearsal of the fall season on September 21! (please consider joining us then, we need voices!!)

That means that our Praise Team is even more dedicated than usual to providing our congregation with inspired, worshipful, well rehearsed choral and solo music to enhance everyone’s worship experience each Sunday!

We are saddened to say goodbye to our wonderful alto soloist, **Cheryl Tucker**, who chooses to spend more weekend time with her husband and daughter. We know she will continue to inspire her choral students at Centennial High School for many years to come. Thank you, and good luck, Cheryl! And, yes, she promises to come back and sing for us occasionally.

As we search for a new tenor (can you recommend anyone?) we are very grateful that we can include the talents of Boni Locke and Andrea Dixon to help with our Praise Team music this summer.

Hopefully, you are reading this before Sunday, **June 1<sup>st</sup>**, so you don’t miss a very special Sunday morning at United Church. A group of 14 singers called “New Generation” from Community of Grace Lutheran Church will be providing our music that morning! We rarely get to enjoy our service with students from grades 6 through 12, so please plan to be there!



My sincere thanks to our ongoing summer crew: Kira Funk, Brenda Goodenberger, Floyd Ellison, Beverly Fletcher and of course, “it takes an audio/video village” including Greg Yagi, Lester Atkinson and Robin Lemkuil.

Blessings,

*Alan Paulson,*  
Minister of Music



Suggestions? Requests? Text 602-427-7035 or [alanpaulson1@gmail.com](mailto:alanpaulson1@gmail.com)



## Greetings from your Parish Nurse....

Greetings from your Parish Nurse. You may be tired of me talking about this subject, but it is very important. We are getting to the hot weather again and drinking enough water can be a game changer.

Let me begin by saying that some studies report that 40% of older adults are somewhat to severely dehydrated. Dehydration is a common reason for hospitalization in our community. It is the primary diagnosis in up to 30% admissions, and a secondary diagnosis in many more hospitalizations. It contributes to dizziness, falls, poor kidney function and at times confused thinking.

So what do we do to prevent it? First of all, find a way to drink more water. There are many strategies that can be used to do this. You can flavor water so that it is more palatable by adding a small amount of fruit juice to a glass or bottle of water. There are also flavor packets for this purpose. I would suggest to begin by diluting it lightly to see what flavor is satisfying without adding a lot of calories or artificial sweeteners.

You can also make a goal for the day and know how many glasses or bottles of water you need to drink during the day and spread that out with and between meals. You can also fill a pitcher or large water jug with water and work to consume the contents over the day.

Many people drink coffee and tea, and for years we have said that those ounces of fluid “don’t count” because they contain caffeine and we often add extras of sugar/sweeteners, and fat. Now, the recent studies say that drinking coffee and tea, though not as beneficial as water, still have some role in preventing dehydration. So, drink coffee or tea, limiting the additives and drink water, too.

Also after exertional activities like exercise, gardening or lawn work outside, be sure to drink extra water as we lose our body’s water through our skin, through our sweat and evaporation, as well as through our elimination system.

Be sure to pay attention to how you feel and function. Are you feeling more tired and weak? Dizzy? These can be significant signs of dehydration.

Are you thinking clearly and able to complete your tasks easily? Or are you struggling more than usual? Is your urine light yellow to clear? Or dark yellow to gold? Our urine should normally be light colored. I know that there are a few vitamins or medications that may color it a bit, but when it becomes darker, there’s a good chance that we are not drinking enough water.

So find a way to “buddy up” and encourage those around you to join you in increasing your intake of water and other fluids. Stay safe and out of the hospital.

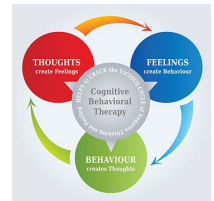
We do have some upcoming events. **June 9 at 10:00 am** in the Beehive, we are sponsoring a painting class led by Julie Larson. We will be painting a blossoming cactus. Be sure to sign up in the back of the sanctuary as our class size is limited to 12. (no painting experience or artistic talents are necessary).

On **June 10 at 10:30 am**, Sun Health Presents will have a speaker talking about Stem Cells Therapy being used to treat pain. It should be a very interesting presentation. Sign-up near the Welcome Table.

*Lisa Dunbar*, Parish Nurse







Join us on Tuesday, **June 10 at 10:30 am** in the Beehive, as Sun Health presents **Stem Cell Therapy for Pain Management**. Learn the What? Why? And How? Of Regenerative Therapy. As a treatment option in place of traditional surgery, the use of regenerative medicine is aimed at healing the body instead of treating symptoms with medication and procedures. Join Dr. Ruchir Gupta for his talk on the conditions that benefit from the use of stem cells and platelet-rich plasma therapies.

On Tuesday, May 13, thirteen guests joined Sun Health and Ascent Audiology as they presented **The Basics of Hearing Loss**. Hearing health has a significant impact on your overall health, and is associated with balance problems, falls, social isolation, cardiovascular health, and cognitive decline.

Sun Health Foundation is a 501(c)(3) Arizona nonprofit organization supporting the health and wellbeing of the West Valley. Learn more at: [SunHealthFoundation.org](http://SunHealthFoundation.org)



Photo Credits: Robin Lemkuil

## Paint Tutorial

On **Monday, June 9** from 10:00 - 11:30 am, we will be offering another "Paint Tutorial" class. Julie Larsson will once again guide us step-by-step in creating our master-pieces! All supplies of acrylic paints, brushes and canvas will be supplied.

Men and women, be sure to sign-up (at the Welcome Table or call the office) as the class will be limited to 12 participants.

This is a chance to try something new and stimulate some creative areas of our brain. No past experience with painting is required. Just come and have fun!

This program is being sponsored by the Ridges at Peoria Senior Living.



Photo Credits: Robin Lemkuil



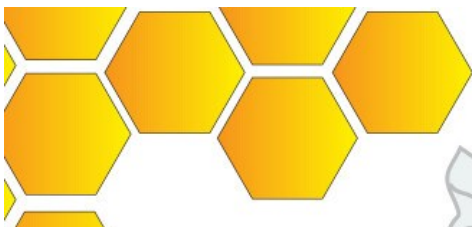


Photo Credits: Robin Lemkuil

On May 6, Arizona Professional Pest Control was called to remove a Bee hive on the campus.

A swarm of bees alerted us that there may be a hive nearby. Sure enough, there were two hives of Africanized Honey Bees near the employee parking and A/C storage area. Removal was required.

These bees are labeled with the "Killer Bee" title because when swatted at, they can become aggravated and tend to swarm around you and chase you for a longer distance than a regular honey bee. They tend to attack your face and head due to the history of defending their hives from hungry bears.

I guess this is why our Fellowship Kitchen is called the "Beehive!"



United Church of Sun City Library

Photo Courtesy of Robin Lemkuil



## SUMMER READING.....

According to a recent study by neuroscientists, reading a novel can improve brain function on a variety of levels.

The shelves in the Friendship Center and Beehive have a great variety of multi-faceted fiction, non-fiction, mystery, biographies, thrillers, spiritual and self-improvement books.

Grab a book or two for yourself or a friend. It's a great way to relax, get outside yourself and become exposed to new places, interesting people, and different times in history. You'll be happier and so will your brain.

- ◇ No library card required.
- ◇ No time spent in a cashier line
- ◇ No waiting for delivery.

Hedy Hall,  
Activities Fellowship Committee

**Greetings to everyone at United Church of Sun City!** Again and as always, Hello and as always a Huge Thank You for the wonderful time I had visiting in AZ In April!

I enjoyed seeing all of you and attending the many activities at the church! I loved everything and of course, I enjoy the pastor there!!!!

Everything is looking good in IA, lots of green grass and the crops are coming up and looking good. But of course, we hope and pray for nice rains to keep them growing! Our saying this time of the year is "Rain Makes Grain!"

Thank you everyone, looking forward to seeing all of you again! Lots of love and God's Blessings to all of You!! **Betty Abel**

**THANK  
YOU!**

Photo Credit: Brady Abel



Photo Credit: Andrea Dixon



### WELCOME ANDREA DIXON!

*"I was originally from Washington State (born and raised in Bremerton) but I graduated from Interlochen Arts Academy in Michigan. I have been singing in choirs from grade school to high school but I went to college for nursing. My favorite thing about college was performing in the swing choir 'Collegians.'*

*I spent 45 years as an RN....Critical Care to disease management and triage. I came to AZ in 2007 and moved to Sun City in 2020. I retired in 2021...first doing some pandemic remodeling but then became very active in the swimming pool scene and theater. I love musical theater and am an active member of the Sun City Players. I have sung with the Sounds of the SW Singers since 2011. (That's where I met Alan Paulson... we sang next to each other in Carnegie Hall travel choir). I also sing at weddings and parties for fun."*

**Welcome Andrea!**

**We look forward to having you sing in the Praise Team this summer!**



On Sunday, May 18, United Church celebrated the end of our Choir season with a picnic lunch including a sub sandwich, salads, chips, beans and of course delicious desserts!

**THANK  
YOU!**

Photo Credits: Boni Locke

We also said goodbye to Cheryl Tucker, our alto soloist!

Fellowship has ended for the summer and will resume again in September. Thank you to Vicki Bradley and her helpers!





## COMMUNION at United Church

Please join us on  
**Sunday, June 1**  
at 10:00 am.

All are Welcome!



## Are you in need of pastoral care?

Please contact the  
Church office at  
**623-933-0058.**



## SENIOR EXERCISE CLASSES

**Tuesday/Thursday  
Classes at 1:00 pm in the Beehive**

**Led by Lisa Dunbar, Parish Nurse**

With SilverSneakers still on hiatus,  
Senior Exercise Class  
will continue  
through summer.



Join us in the Beehive  
and invite others to  
exercise with you.

Contact the Church Office for more  
information at 623-933-0058



The deadline for the  
**July** Newsletter:  
**Monday, June 16.**

Please submit your  
articles to Robin at:  
[office@uccsc.com](mailto:office@uccsc.com).

*Remember to check the  
calendar for special events.*

If you would like to have an article  
submitted in the Sun City Newspaper  
*The Independent*, please forward your  
articles to Robin in the Church office  
the Monday of the week before you  
want it published.

Send your information to Robin at  
[office@uccsc.com](mailto:office@uccsc.com).

Walking offers numerous health benefits,  
including improved heart health, weight  
management, boosted mood, and reduced  
risk of chronic diseases. It is a low-impact  
exercise that strengthens bones and  
muscles, while also benefiting cognitive  
function and immune system strength.



**Join the United Church  
Walkers every Monday  
and Wednesday at 1:00  
pm in the Beehive.**

Lisa Dunbar, our Parish  
Nurse, monitors your heart rate, checks  
your blood pressure and provides valuable  
health information.

As the hot days of summer approach, join  
them as they walk in a cool, controlled, safe  
environment to stay fit and healthy!

## Find the Cross †

Each month we will hide a cross  
somewhere in the Newsletter.

Either in the writing, in a picture,  
it could be anywhere!

Enjoy trying to find it  
but don't tell your friends..  
they will have to find it on their own!

(May location was in the Bible Class Article)

Be sure to join us at 10:00 am on  
Sunday, June 1 for worship!  
Special guests will be the New  
Generation Youth Group Choir  
from the community of Grace  
Lutheran Church and will include  
14 performers in grades six  
through 12.





Jo Ann Lightfoot	06/03
Carl Machala	06/03
Phil Costa	06/04
Lois Menefee	06/05
Dwight Brown	06/07
Liz Scriven	06/11
Maurice Kelsall	06/12
Laurie Allen	06/15
Bill Lemkuil	06/21
Rose LaPlant	06/22
Bud Andreason	06/25
Joe Johnson	06/25
Kayla Wiebold	06/26
Jean Cross	06/28
David Wirth	06/29
Norm Still	06/30



Bill & Joyce Hill	06/09
Marris & Gail Warmath	06/29

### When you don't know...

There's a simple prayer called the "I don't know" prayer.

You just go off somewhere quiet and hidden, and walk right up to the heart of God and say, "I don't know. I don't know where to go from here. I don't know how to process this. I don't know what to do with these emotions. I don't know how to handle this situation." It covers a lot of "I don't knows."

And with even the tiniest bit of faith you have left, you say, "But You Know." And you leave it there. God always hears that prayer, and it brings peace. I find myself praying this prayer often. If this prayer brings you peace, Amen.

Ladies Lunch Bunch

Celebrating  
"Red Rose Day"

**All are welcome!**  
Please RSVP Hedy Hall  
or the church office

Stop & Smell The Roses

*Happy  
Red Rose  
Day*

**Thursday, June 12,  
2025 at 1:00 pm**  
George's Lakeview Café  
10502 W. Thunderbird Blvd.,  
Sun City

National Red Rose Day is observed on June 12 and is a day to celebrate and appreciate the iconic red rose, a symbol of love, romance, and passion. The day was originally part of Valentine's week but has since been moved to June 12. It's a time to share red roses with loved ones, decorate with them, or even participate in rose-themed activities like planting rose bushes.

First Tuesday of Every Month  
at 8:00 am

**MEN'S  
BREAKFAST**

George's Lakeview Café  
10502 W. Thunderbird Blvd. Sun City  
All are Welcome!



# June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 10:00 am Worship <b>Holy Communion and</b> <b>New Generation</b> <b>Youth Group Choir</b> Worship online	<b>2</b> 1:00 pm Walking group 2:00 pm TAI CHI in the Beehive	<b>3</b> <b>8:00 am Men's Breakfast</b> <b>George's Lakeview Cafe</b> 1:00 pm Senior Exercise Class in Beehive	<b>4</b> 9:00 Converse and Connect 12:00 Power of the Pause 1:00 pm Walking group 7-8 pm AA in the meeting rm	<b>5</b> 11:00 am Bible study Pastor's study 1:00 pm Senior Exercise Class in Beehive	<b>6</b> OFFICE CLOSED	<b>7</b> OFFICE CLOSED
<b>8 Pentecost Sunday!</b> <b>Wear RED!</b> 8:15 Praise Team 10:00 am Worship with Strengthen the Church special offering Worship online	<b>9</b> <b>10:00 am Paint Tutorial</b> 1:00 pm Walking group 2:00 pm TAI CHI in the Beehive	<b>10</b> 1:00 pm Senior Exercise Class in Beehive	<b>11</b> 9:00 Converse and Connect 12:00 Power of the Pause 1:00 pm Walking group 7-8 pm AA in the meeting rm	<b>12</b> 11:00 am Bible study Pastor's study <b>1:00 pm Ladies Lunch</b> <b>George's Lakeview Café</b> 1:00 pm Senior Exercise Class in Beehive	<b>13</b> OFFICE CLOSED	<b>14</b> OFFICE CLOSED
<b>15 Father's Day</b> 8:15 Praise Team 10:00 am Worship Worship online	<b>16 Newsletter Deadline</b> 1:00 pm Walking group 2:00 pm TAI CHI in the Beehive	<b>17</b> <b>10:30 Sun Health: Stem Cell Therapy for Pain Management</b> 1:00 pm Senior Exercise Class in Beehive	<b>18</b> 9:00 Converse and Connect 12:00 Power of the Pause 1:00 pm Walking group 7-8 pm AA Mtg.	<b>19</b> 11:00 am Bible study Pastor's study 1:00 pm Senior Exercise Class in Beehive	<b>20</b> OFFICE CLOSED	<b>21</b> OFFICE CLOSED
<b>22</b> 8:15 Praise Team 10:00 am Worship Worship online	<b>23</b> 1:00 pm Walking group 2:00 pm TAI CHI in the Beehive	<b>24</b> 1:00 pm Senior Exercise Class in Beehive	<b>25</b> 9:00 Converse and Connect 12:00 Power of the Pause 1:00 pm Walking group 7-8 pm AA Mtg.	<b>26</b> 11:00 am Bible study Pastor's study 1:00 pm Senior Exercise Class in Beehive	<b>27</b> OFFICE CLOSED	<b>28</b> OFFICE CLOSED
<b>29</b> 8:15 Praise Team 10:00 am Worship with Love Offering Worship online	<b>30</b> 1:00 pm Walking group 2:00 pm TAI CHI in the Beehive					

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



**June 2025**

**STAFF:**

**Rev. Brady Abel, Senior Pastor  
Greg Bradley, Moderator  
Heather Purtle, Vice Moderator  
Bill Zimmer, Past Moderator  
Alan Paulson, Minister of Music  
Beverly Fletcher, Organist**

**Praise Team: Kira Kadel-Funk, Brenda Goodenberger, Andrea Dixon  
Robin Lemkuil Office Manager/Asst. to the Pastor  
Craig Zimmerman & Boni Locke, Office Assistants  
Lisa Dunbar, Parish Nurse  
Dickie Duniver, Custodian  
Tracy McRoy Assistant Custodian  
Greg Yagi, Lester Atkinson and Robin Lemkuil, Audio/Video Tech**

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

**Office Hours 8:30 am to 1:30 pm —Monday through Thursday  
The office is closed on Friday and Major Holidays  
Sunday Worship Service 10 am in the Sanctuary and also online.  
Coffee Fellowship—After Worship  
Communion the 1st Sunday of each Month  
Bible Study—Thursday 11:00 am 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**

