

# PASTOR'S POST

2023 Mantra: "Go to Church!"

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



Greetings! "What's with the bear?" That's a question I get asked regularly. Perhaps you noticed, there is a small bear sitting to my left when I am in the pulpit. I know from the number of people who ask, that it does get noticed. I also know that people who watch our worship videos online have commented when they don't see the bear. So, we make sure to include the bear in the sermon videos.

Well, here's the story. It is a prayer bear. The church I grew up in, the Cromwell, Iowa Congregational United Church of Christ (UCC), received the prayer bear from a church in Northern Iowa. The folks at Cromwell didn't know how or why they were selected to receive the prayer bear. But they kept the prayer bear in worship for several weeks. Then, the instruction was for them to share the prayer bear with another church.



So, when I was at Cromwell Church in March of 2019 for my Dad's Memorial Service, I was given the bear. I was told to take it to United Church and let it be a blessing for our congregation. And so, I did. I was also told that we should share the prayer bear with another church. However, since I received it at Dad's Memorial Service, I have found it hard to give away. So, it sits on my left side, on the pulpit, week after week.

What I have decided is this: I will get another bear, we will bless it through our worship and praise of God, and then we will share that prayer bear with another church. I don't know what church we might share it with, but I am sure that will become clear.

So, you might see a second bear in the sanctuary in the coming weeks. Just know it's not a small bear takeover. It's a double blessing.

And that's a long answer to the short question, "What's with the bear?"

Peace,

Pastor Brady

P.S. Look closely and you will also see a Koala Bear hanging around the pulpit, too.





## Greetings from Our Music Ministry!

A big THANK YOU to everyone who attended our annual spring Cantata, *A Journey to Hope* on Sunday, April 2<sup>nd</sup>! Our choir and I were very blessed by your kind response and instant standing ovation! In addition to thanking our talented, dedicated choir members, I'd like to offer a heartfelt

THANK YOU to our talented Soloists: Kira Kadel-Funk, Craig Zimmerman, Nicholas Kuhn, and Renee Kathleen Koher.

THANK YOU to our inspiring narrators: Brenda Goodenberger and Bill Zimmer.

THANK YOU to the 13 professional instrumentals; members of the Phoenix Symphony and our own accompanist Beverly Fletcher.

THANK YOU to our talented and gifted technical team: Greg Yagi and Robin Lemkuil.

THANK YOU to Steve Halasz, who always has our Sanctuary and grounds looking so spectacular! (and served donuts and made coffee for all those musicians!)

THANK YOU to all of YOU in the congregation, who contribute to the "Friends of Music" Fund in addition to your regular giving, to make these events possible.

Please invite others to watch this moving musical journey of Christ's Holy Week experience on YouTube! Just search "United Church of Sun City."



Easter Sunday! What an incredible blessing to celebrate Christ's victory over the grave at the beautiful SUN BOWL! Glorious music, wonderful message, communion for a huge crowd, and perfect spring weather! He has Risen indeed!



Holy Humor Sunday (Have YOU ever tried to find funny Christian music?? Thanks for your help, Dolly Parton!!) ... and thank you, Praise Team for all the extra jokes! (Good and bad!)

Were you lucky enough to be at the TLC Concert on April 23rd? Those three talented ladies really brought the music of the 40's, 50's, and 60's back to life in a spectacular way for us that day! A big thank you, ladies: Laurie Shragge, Celeste Montegue and our own Caryl Leander!



We hope you'll be around to sing and celebrate with some of our favorite Patriotic Music at our Memorial Day Observation service on Sunday, May 28th!

Forever Singing His Praise,

*Alan Paulson*

Minister of  
Music

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



## Greetings from your Parish Nurse,

I was talking to my daughter...she is having to make some important decisions for her family and herself. It may involve a new job and a major location change. We chatted about how difficult it is to make these decisions because we try to think about all the effects the decision will have—not only now but affecting the future of her children.

Are you going through the process of making major decisions? Are you or your family considering moving to another location? Are you considering a new treatment for an illness? Are you waiting for news of an upcoming procedure? Are you dealing with anything out of your control? Well, join the crowd! I would venture to say that all of us have had to make some tough decisions, not really knowing what the full impact of that decision would be.

In chatting about it, I reminded my daughter that we can't be in control of the future. We can't make everything "just right" for our children or ourselves. Sometimes we just have to take the next step and remind ourselves that though we are not perfect, we are promised that God will be with us. She had just read how Jesus had healed lots of people right in front of his disciples, had made water into wine, had even raised a young girl from the dead; all with the disciples experiencing the miracle of the moment. And yet, when he asked them to take care of feeding the 5000, they panicked and told him "We have only 5 loaves and 2 fish." Was that true? Yes, in a physical sense. But what they had in front of them was Jesus—who was god's own Son and through Whom, many miracles had already been done. The author my daughter had read made the point that Jesus doesn't ask us to do it all on our own, but to turn to Him and trust Him.

And we reminded each other and encouraged each other with the fact that each season of our lives has ups and downs, steps forward and steps back, joys and sorrows, and health and illness. God is asking us to learn the very same lessons that His disciples learned. He told them "Bring them (the fish and loaves) here" and then He proceeded to lead them through the steps to accomplish what needed to be done.

What is on your mind today? Will you take it to Jesus in prayer and trust Him to lead and guide you through? He is the Son of God who works miracles and answers prayers each day. Will you trust Him?

*Lisa Dunbar,*

Parish Nurse

*Trust*  
IN THE *Lord*  
WITH ALL YOUR HEART.  
Proverbs 3:5-6



# Holy Humor and Sacred Silliness



Holy Humor Sunday, April 16, 2023  
was celebrated in style with  
Holy Humor and Sacred Silliness!  
Jokes, funny stories, silly music and LAUGHTER!



Photo credits: Brady Abel and Robin Lemkuil



Easter Sunrise service at the Sun Bowl at 7:00 am Easter Sunday morning. There were an estimated 550 guests attending the service and Holy Communion led by Rev. Brady Abel. Beautiful music directed by Alan Paulson, Minister of Music and the United Church Choir, Praise Team and special guest singers; accompanied by Beverly Fletcher and page turner Bill Zimmer.



Rev. Brady Abel led 75 people in a 10:00 am Easter Continental Breakfast Service in the Friendship Center with Holy Communion. The Praise Team provided special music while friends enjoyed delicious refreshments from the Beehive.

**Thank you to all who attended and a special Thank You to the volunteers that made both services possible.**

Photo credits: Greg Yagi and Robin Lemkuil

## Special Music at United Church during the Month of April

Sunday, **April 2** Alan Paulson, Minister of Music, directed the United Church Choir and guest soloists along with the Phoenix Symphony as they presented *A Journey to Hope* Easter Cantata.

Over 190 were in attendance for this spectacular event as we prepared for Holy Week and the Resurrection of our Lord and Savior Jesus Christ.

On Sunday, **April 23**, the vocal trio "TLC" (Tender Loving Crooners) entertained over 100 guests for their music of the 1940s '50s and '60s.

Laurie Shragge, Celeste Montegue and our own Caryl Leander performed an outstanding concert followed by ice cream sundaes!



Photo credits: Alan Paulson and Robin Lemkuil





Please Welcome  
**Ron Standley**  
 to our United Church Family.  
 Ron was received into membership  
 on Sunday, April 16, 2023  
 (Pictured with Rev. Brady Abel)



**Greg Bradley** has accepted the position of  
 Vice Moderator at United Church of Sun City.

Greg and his wife Vicki have been attending  
 United Church for about five years, first as  
 Snowbirds and now as permanent residents of  
 Sun City. They joined the church on 2/2/2020.

Greg and Vicki have been married for 49 years  
 and have two children, six grandchildren and one  
 great-grandchild. Greg is from Mt. Zion, IL and  
 is a 35-year retired Educator with 26 years as a  
 High School Principal.

Greg and Vicki love the activities available in  
 Sun City including but not limited to Softball,  
 Line Dancing, Golf, and Hand/Foot Card Club.

Thank you Greg, we look forward to utilizing the  
 wealth of knowledge and experience you bring  
 to United Church!

**What's  
 Going  
 On?**



**Have you noticed the big red dumpster!!  
 Kind of hard to miss!**



It was discovered the A/C ventilation system (ductwork) on the south side of the church collapsed! Clear Choice Mechanical, LLC has begun work to remove the collapsed ductwork and install replacement ductwork which will improve the efficiency of our air conditioners. With the new system, less cool air will be escaping in the coiffeurs of the church and be efficiently re-routed to cool the Sanctuary and Beehive. The project should be completed in time for the increase in summer temperatures!

# The Mission Field



**Benevilla** Enriching Lives.

Started by and for our community in 1981, Benevilla enriches lives of West Valley residents by serving older adults, adults with disabilities, children and the families who care for them. For more information, to volunteer or to make a donation, please visit [www.Benevilla.org](http://www.Benevilla.org)

Recently, United Church presented Benevilla with a \$900 check to support their mission. Their response to that gift:

*Dear Rev. Abel,*

*Please express our gratitude to your congregation in their latest donation to Benevilla. We value your partnership and look forward to continuing our relationship. Thanks again,*

*Pastor Kim Sterner, Board Chair*



Pastor Brady Abel and Hedy Hall presented the Easter Sunrise Service offering of \$2,746 to William Conner, MSGT. USAF Retired President, of Veterans Furniture Center.

Mr. Conner stated the donation would furnish two apartments for veterans. VFC is a volunteer-based non-profit that plays a unique role in coordinating the move of homeless veterans into permanent housing.



## Mission Board Quarterly Report January - April 2023

Valley View Food Bank	\$800
Benevilla	900
Olive Branch Senior Center	800
Treasures 4 Teachers	100
Soldiers Best Friends	500
Recorded Reading for the Blind	200
Advanced Independent Charities	300
Sun City Foundation	500
Sun City Community Assistance Network (SCCAN)	1,000
Youngtown Community Fund - Medical Equipment Lending	200
Northwest Valley Connect	400
Hospice of the Valley	1,000
Sun Valley Animal Shelter	600
Veteran's Furniture Center - Easter Sunrise	
Sun Bowl donations received	2,746
<b>Total</b>	<b>\$10,046</b>

**Thank you United Church Congregation,  
YOU make what we do possible!**

Hedy Hall, Mary Ann Fairbanks,  
Diane Gahm and Donna Walter

## COMMUNION at United Church

Please join us on  
Sunday, May 7  
at 10:00 am.

All are Welcome!



Are you in need of  
pastoral care?  
Please contact the  
Church office at  
623-933-0058.



## SILVERSNEAKERS CLASSES

Tuesdays and Thursdays

Classic Class (1:00 pm) and  
Strength and Balance classes (2:30 pm)  
will continue throughout the summer months.

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



Contact Ginger Dawson  
at 623-695-6489

“Five minutes is better than  
no minutes—half a mile is  
better than no miles.  
At the end of the week,  
it all adds up!”



The deadline for the  
June Newsletter is  
**Monday, May 22.**  
Please submit your  
articles to Robin at  
office@uccsc.com.

If you would like to submit articles in  
the Sun City Newspaper *The  
Independent*, please submit your  
articles to Mary Sue Andreason the  
Monday of the week before you want it  
published. Send your information to  
Mary Sue at [suncitysquares@q.com](mailto:suncitysquares@q.com).

## Breakfast Salad



### Ingredients

3 tbsp. hummus  
2 c. baby spinach  
1/4 avocado, sliced  
5 grape tomatoes, halved  
Salt, to taste  
Black pepper, to taste  
1 tbsp. olive oil  
1 tsp. red wine vinegar  
1 hard-boiled egg, halved  
Greek yogurt, optional  
Hot sauce, optional  
5 Pita chips  
1/2 tsp. Everything Bagel  
Seasoning

### Directions

- 1 | Spread the hummus across the base of a wide bowl with the back of a spoon. Top with baby spinach, avocado slices, and grape tomatoes. Sprinkle with salt and pepper, then drizzle with olive oil and red wine vinegar.
- 2 | Top with the egg, then add a dollop of Greek yogurt, dash of hot sauce (optional), and broken pita chips, and sprinkle with Everything Bagel Seasoning, if you like. Stir it all up, mixing in the hummus from the bottom of the plate, and enjoy immediately.



David Nelson	05/05
Sheila Rooney	05/05
Ellyn Mae Ullman	05/09
Sue Stryker	05/10
Steve Halasz	05/12
Bill Zimmer	05/12
Ron Wiebold	05/16
Sharon McKinney	05/19
Debbie Still	05/19
Brenda Gunther	05/20
Martha McBroom	05/21
Suzanne Yankowski	05/24
Charlene Niederhauser	05/28



Gregg & Mindy Ochoa	05/20
Arthur & Leslie Chrissan	05/30

### Valley View Food Bank

Valley View Food Bank has provided us with two new collection drums for your food donations. Check them out... one is in the Beehive and the other is near the Welcome Table and north entrance door in the Sanctuary. Let's fill the barrels!!

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

Canned vegetables, canned fruit, canned tuna fish or canned chicken, crackers, **can openers**, peanut butter and jelly, bread, boxed milk, cereal, oil, spices, tea bags or coffee, sugar and flour, fresh produce, seeds for planting, boxed stuffing, fresh meat butter or margarine, eggs, boxed cake mixes and frosting, dish detergent, and feminine hygiene products, any hygiene products (soap, deodorant, shampoo, toothbrushes and paste).



### Men's Breakfast

**Tuesday, May 2**  
at 8:00 am  
George's  
Lakeview Café.  
All are welcome!



### Ladies Luncheon

Ladies Luncheon FOREVER 55 (+/-).  
**Thursday May 11, 2023 at 1:00 pm**  
George's Lakeview Café.

Please join us!

We will celebrate  
Mother's Day (May 14) Share  
your unique traditions and  
celebrate your families!



Please RSVP Hedy Hall  
or the Church office.

# MOM

## Nutrition Facts

Serving Size: 1 Incredible Mom

% Daily Value

Unconditional Love*	1000%
Guidance	500%
Sleepless nights**	300%
Good cook	600%
Caring	300%
Multitasking	500%

\*A good source of daily hugs and kisses

\*\*And she'd do it all over again, too

# May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 7:30 am TAI CHI in the Beehive 1:00 pm Walking group	<b>2</b> 8:00 am Men's Breakfast at George's Lakeview Café SilverSneakers 1:00 pm and 2:30 pm Beehive 7-8 pm AA in meeting rm	<b>3</b> 1:00 pm Walking group 7-8 pm AA in the meeting rm	<b>4</b> 11:00 am Bible study Pastor's study SilverSneakers 1:00 pm and 2:30 pm Beehive 7-8 pm AA in meeting rm	<b>5</b> OFFICE CLOSED	<b>6</b> OFFICE CLOSED
<b>7</b> 8:40 Choir Rehearsal 10:00 am Worship with Holy Communion 11:00 am Coffee Hour Worship online	<b>8</b> 7:30 am TAI CHI in the Beehive 1:00 pm Walking group	<b>9</b> SilverSneakers 1:00 pm and 2:30 pm Beehive 7-8 pm AA in meeting rm	<b>10</b> 1:00 pm Walking group 7-8 pm AA in the meeting rm	<b>11</b> 9:00 am Finance Pastors study 9:00 am Mission Bd in Grace Chapel 10:00 am Council in the Meeting Room 11:00 am Bible study Pastor's study 1:00 pm Ladies Lunch George's Lakeview Café SilverSneakers 1:00 pm and 2:30 pm Beehive 7-8 pm AA in meeting rm	<b>12</b> OFFICE CLOSED	<b>13</b> OFFICE CLOSED
<b>14—Mother's Day!</b> 8:40 Choir Rehearsal 10:00 am Worship 11:00 am Coffee Hour Worship online 	<b>15</b> 7:30 am TAI CHI in the Beehive 1:00 pm Walking group	<b>16</b> SilverSneakers 1:00 pm and 2:30 pm Beehive 7-8 pm AA in meeting rm	<b>17</b> 1:00 pm Walking group 7-8 pm AA in the meeting rm	<b>18 Ascension Day</b> 11:00 am Bible study Pastor's study SilverSneakers 1:00 pm and 2:30 pm Beehive 7-8 pm AA in meeting rm	<b>19</b> OFFICE CLOSED	<b>20</b> OFFICE CLOSED
<b>21</b> 8:40 Choir Rehearsal 10:00 am Worship 11:00 am Coffee Hour Worship online	<b>22 Newsletter            Deadline</b> 7:30 am TAI CHI in the Beehive 1:00 pm Walking group	<b>23</b> SilverSneakers 1:00 pm and 2:30 pm Beehive 7-8 pm AA in meeting rm	<b>24</b> 1:00 pm Walking group 7-8 pm AA in the meeting rm	<b>25</b> 11:00 am Bible study Pastor's study SilverSneakers 1:00 pm and 2:30 pm Beehive 7-8 pm AA in meeting rm	<b>26</b> OFFICE CLOSED	<b>27</b> OFFICE CLOSED
<b>28</b> 8:40 Choir Rehearsal 10:00 am Worship 11:00 am last Coffee hour until fall! Worship online 	<b>29 Memorial            Day</b> 7:30 am TAI CHI in the Beehive 1:00 pm Walking group 	<b>30</b> SilverSneakers 1:00 pm and 2:30 pm Beehive 7-8 pm AA in meeting rm	<b>31</b> 10:00 am Healthy Living, Learning and Connecting 1:00 pm Walking group 7-8 pm AA in the meeting rm			

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



**May 2023**

**STAFF:**

**Rev. Brady Abel, Senior Pastor  
Bill Zimmer, Moderator  
Greg Bradley, Vice Moderator  
Alan Paulson, Minister of Music  
Beverly Fletcher, Organist  
Robin Lemkuil Office Manager/ Asst. to the Pastor  
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 1:30 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**