



PASTOR'S POST

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

Greetings,

Last month I wrote about celebrating the joy of Easter throughout the entire Easter Season (fifty days from Easter through Pentecost) and how Holy Humor Sunday helps to draw out our Easter joy celebration. So, I want to ask, how is that celebration of joy going for you thus far this Easter Season?

The world, and especially our nation, seem pretty topsy turvy right now, so any joy filled experiences are welcome. That's why I was happy to see the two astronauts, Sunita "Sunni" Williams and Barry "Butch" Wilmore, who had gone to space in June of 2024, for what was schedule to be one-week, but ended up being nine months, finally get back to earth in March of this year. It truly was a joy filled moment as I watched their space capsule splash down off the Florida coast.

I heard Sunni Williams say that she was looking forward to time with family, good home cooking, and swimming in the ocean, as favorite activities bringing her joy. It made me wonder, for all of us earthlings, what brings us joy?

Julie Andrews sang, "These Are a Few of My Favorite Things" in "The Sound of Music." *"Raindrops on Roses and whiskers on kittens, bright copper kettles and warm woolen mittens, brown paper packages tied up with strings, these are a few of my favorite things."*

Friends, favorite things are everyday stuff! Watching a stunning Arizona sunset, sipping a cool glass of iced tea, laughing, and breathing in the fresh air on a hiking trail can do it for me. What about you? Our days are packed full of joyful moments. It helps to look for them. And if you are having trouble seeing any, then basking in the joy of others can be an uplifting experience as well.

What are a few of your favorite things? Celebrate them today and all season long. My sense is that the God who made Easter possible, revels in our joy filled moments. In fact, those just might be some of God's favorite things.

Joyfully,

Pastor Brady





Happy 'Merry month of May' from your Music Ministry!

THANK YOU for all the support, the compliments, the standing ovation, and other kindness shown to me and our choir after our very moving Easter Cantata, *From Silence to Song* on April 13th! And THANK YOU, Choir members for all of your hard work, dedication, and talent to praise God together through this beautiful, inspired music!

And when you see her, please help me say "THANK YOU" to Beverly Fletcher, for holding us all together through each rehearsal and performance; She is still absolutely the best musician I have ever known (and she won't mind that I'm telling you she's 81 years young!). What a blessing!

May brings us to the end of the choir season until September. Sunday, May 18 will be their last performance, and I'm not taking it easy on them...they're learning a song in Italian for that day!

Sunday, May 25, we will all be joining in on Patriotic music for Memorial Day, so bring out all of your red, white and blue attire. Unfortunately, that will also be the day that we say goodbye to our incredible alto soloist, Cheryl Tucker. Cheryl's sweet presence and incredible singing voice have been such a blessing to our congregation for the past few years, but she wants to spend more time with her daughter and her husband. Bless you, Cheryl, and thank you so much! Please come back for a solo anytime you want!



Cheryl Tucker, Soloist

Grateful and Blessed,

Alan Paulson, Minister of Music



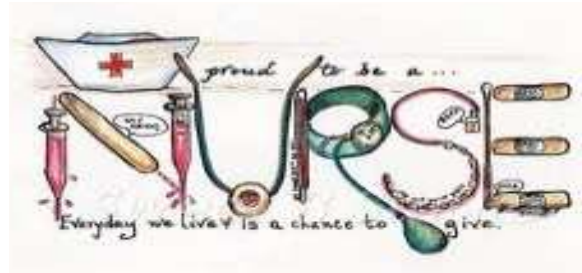
AV Technicians: Robin Lemkuil, Greg Yagi, Lester Atkinson



Alan Paulson directs the United Church Choir and Phoenix Symphony

Photo Credits: Brady Abel, Robert Allen, Robin Lemkuil

Suggestions? Requests? Text 602-427-7035 or alanpaulson1@gmail.com



Greetings from your Parish Nurse.

As you know, my brother-in-law continues to recover slowly from a stem cell transplant. Going through this process with Ron and my sister has been amazing. All the frustration and confusion in dealing with the medical community to even get a diagnosis. Then the difficulty of being approved for the next steps and all the arrangements that had to be made including finding housing in Minnesota for 4 months. It hasn't been easy.

But through it all, watching them having to navigate the emotional ups and downs of a long process has been amazing. My sister texted me last week with this thought. "At the lab yesterday, Ron and a stranger, who was waiting for his wife with a serious brain tumor, briefly shared their stories. In parting the man shared, 'Everyday when I wake up, I have a choice. I can choose faith and light or...fear and darkness.' Don't we all make that choice in our difficult times? Ron and I choose faith and light!"

Isn't there a profound truth in those words? All of us have a choice each day when we wake up. Yes, Ron and this stranger may be more aware of the choice before them because of their circumstances. But all of us have many choices each day and in every part of our lives. We have choices about how to spend our money and how to spend our time. We have choices about who we choose to "hang out" with and where we look for connections to other people. We have choices about what we listen to and read, and what we believe and act on.

But, perhaps most importantly, we have choices to make about our attitude in every situation. We can choose to be discouraged or frustrated when things are not going our way. Or we can choose to look at those setbacks as another opportunity to grow. We can give grace to ourselves and others as we make missteps or have conflicts and choose to reconcile rather than hold on to the pain and anger. We can wallow in self-pity about our circumstances, or we can choose to be thankful and begin to change our lives in little or big ways. The important thing is: We do have a choice.

So what will you choose today? Faith and light and joy or darkness and fear? Be willing to take an honest look at yourself and your actions/attitudes. Where is God prompting you to change and make a different choice. Ask Him to help you. He will!

Lisa Dunbar, Parish Nurse





Photo Credits:
Brady Abel
Robin Lemkuil



In the
Morning
When I Rise
Gve Me Jesu



FROM SILENCE TO SONG

A CHAMBER CANTATA FOR HOLY WEEK OR EASTER



BY JOSEPH M. MARTIN

SHAWNEE PRESS

United Church of Sun City
Easter Cantata
April 13, 2025
United Church Choir
and the
Phoenix Symphony

Photo Credits: Robert Allen, Brady Abel, Robin Lemkuil

A few hundred guests celebrated Easter at the RCSC Sun Bowl on April 20. An incredible worship service celebrating the Risen Christ with Holy Communion.

"The Brady Brunch" gathered at 10:00 am in the Friendship Center celebrating Easter with Holy Communion, Brunch, fellowship and a special message by Pastor Brady!

THANK YOU to all the volunteers who made this Easter Sunday extra special in every way!

Photo Credits: Robert Allen, Brady Abel, Robin Lemkuil



Join us on Tuesday, **May 13 at 10:30 am** in the Beehive, as Sun Health presents **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. Learn about the auditory system and how to hear well from Dan Hewson with Ascent Audiology.

On April 8, Sun Health and the Parkinson's Foundation, Southwest Chapter, presented **PD101: Understanding Parkinson's Disease**. Thirteen guests learned about the signs and symptoms of Parkinson's Disease, how it is diagnosed and what treatment options are available. A valuable Hospital Safety Guide was included in several of the handout materials.

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



Photo Credits: Robin Lemkuil

United Church Walking Group.... staying fit and healthy!



Seated L to R: Diane Gahm, Nadja Irons, Martha McBroom, Lois Menefee, Beverly Eaton, Diane Linville, Mary Lynn Heyne. Standing: Liz Scriven and Lisa Dunbar, Parish Nurse

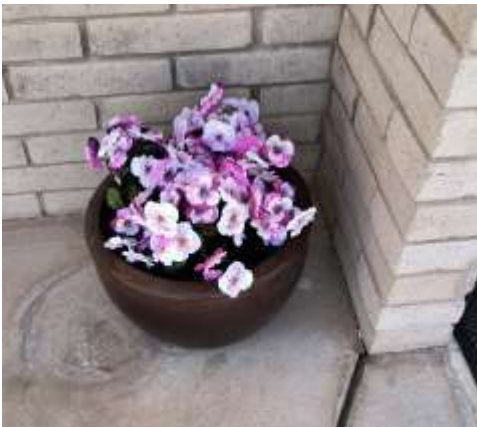
Photo Credit: Robin Lemkuil

Join Lisa Dunbar, our Parish Nurse, on Mondays and Wednesdays at 1:00 pm in the Sanctuary.

Men and women gather to learn about health, fitness, get answers to health questions, check blood pressures and **WALK!**

Laps around the sanctuary in a cool, controlled environment with friends always makes staying healthy easier!

It's **FREE!** Just join them and stay in shape during the hot summer months!



Thank you, Hedy Hall,
Bill Zimmer and Joyce
Symmonds for using
your talents to spring up
our campus just in time
for Easter!



Photo Credits:
Brady Abel &
Robin Lemkuil

Hedy made sure our flower pots looked fresh and welcoming for Cantata and Easter Sunday! Decorated with peonies in loving memory of Donna Halasz and the Jade greeneries (3 plants each for Trinity) are for abundance and prosperity.

If you haven't checked out the Memorial Garden, you might want to take some time to smell the roses! Bill Zimmer tends our rose garden and they are spectacular!! If you love roses and would like to see more of them, donations for our memorial garden are always welcome!



And Joyce Symmonds, our in-house florist, has created so many beautiful arrangements for us to enjoy this spring! Thank you, Joyce, for sharing your talents with us!!!



On Maundy Thursday, Sun City area churches: **United Church of Sun City, Desert Garden, Sun City West, Sun City Christian DOC** and clergy, gathered at **Church of the Palms** to celebrate the Last Supper and the extinguishing of lights in memory of Christ's passion, called the Office of Tenebrae (Latin: darkness, shadows) which dates back to the fourth century.

The gradual extinguishing of lights is symbolic of the flight of the disciples, the approach of the enemies, and the suffering of Jesus. Maundy, derived from the Latin word Mandatum which means mandate. On this night, Jesus gave his disciples a mandate: ***Love one another.***



Photo Credit: Not Sure



✝ Bible Class
Pastor's Study
Thursdays at 11:00 am
All are welcome!

From left: Roger Smoldon, Deana Gonzalez, Marsha Peek, Fran Flick, Nadja Irons, Linda Zimmerman, Bruce and Mary Ann Anderson, Kathy Geiger, Donna Walter, Barbara Ann Cox, Gracie 🐾, Barb Kolacki and Pastor Brady.

Photo Credit: Robin Lemkuil

Fun Facts About Mother's Day! May 11, 2025

♥ People all over the world celebrate Mother's Day. ♥ This holiday is set aside to express our love and appreciation for our moms. ♥ The first Mother's Day celebration in the United States was held by a woman named Anna Jarvis ♥ There are about 84 million moms in the United States ♥ Mother's Day is the busiest day of the year for restaurants ♥ There are more phone calls on Mother's Day than any other day of the year! ♥ Mother's Day is the third largest day for selling greeting cards ♥ The carnation is the traditional flower for Mother's Day

Check out the Shadow Box in the Beehive!

Hedy Hall painstakingly put together a collage of events from 2024.

We've been a busy church!



Thank You, Hedy!



Photo Credit: Robin Lemkuil

COMMUNION at United Church

Please join us on
Sunday, May 4
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 spring.



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
June Newsletter:
Monday, May 19.



Please submit your
articles to Robin at:
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.

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, brush-
es 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 16 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.

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!

(April location was in the Ash Wednesday
Pastor's picture on the cross.)

NEW MEMBERS CLASS

Sunday, May 4 at 11:00 am



J. David Nelson	05/05
Gerald Ferguson	05/07
Dana Annis	05/08
Ellyn Mae Ullman	05/09
Sue Stryker	05/10
Steve Halasz	05/12
Bill Zimmer	05/12
Ron Wiebold	05/16
Cheryl Tucker	05/17
Debbie Still	05/19
Brenda Gunther	05/20
Martha McBroom	05/21
Lori Sheets	05/22
Joe Ford	05/24
Cathy Machala	05/30



Stephen & Barbara Ann Cox	05/14
Greg & Vicki Bradley	05/18
Gregg & Mindy Ochoa	05/20
Bob & Boni Locke	05/27
Arthur & Leslie Chrissan	05/30
Joe & Elise Ford	05/31

Thank You United Church Choir!

Join us on Sunday, **May 18** as we celebrate the United Church Choir!!

May 18 will also be our last day of Fellowship before the summer months so be sure to plan on joining us.

We will celebrate with a light lunch after worship with plenty of time to visit with our Choir members and thank them for an incredible season of singing!

They've worked especially hard the month of April in preparation for the Cantata and Easter.

United Church is always looking for new choir members. Chat with our Music Minister, Alan Paulson, about joining in the fall.

Special Thank You and goodbye to Cheryl Tucker for her many years of sharing her talents with us every Sunday. Our dedicated Praise Team will continue amazing us with their incredible voices throughout the summer months.

Plan to join us after worship on Sunday, **May 18** for food, fellowship and conversation!

Thursday, May 8, 2025 at 1:00 pm

George's Lakeview Café.
10502 W. Thunderbird Blvd., Sun City

"Remembering Mom"
Bring your favorite picture
of mom and share her story

All are welcome!
Invite a friend
and start a new tradition!
Please RSVP Hedy Hall
or the church office



MAY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 11:00 am Bible study Pastor's study 1:00 pm Silver Sneakers-Strength & Balance Beehive	2 OFFICE CLOSED	3 OFFICE CLOSED
4 8:00 Praise Team 8:40 Choir Rehearsal 10:00 am Worship Holy Communion 11:00 am New Member Class Worship online	5 1:00 pm Walking group 2:00 pm TAI CHI in the Beehive	6 8:00 am Men's Breakfast George's Lakeview Cafe 1:00 pm Senior Exercise Class in Beehive	7 9:00 Converse and Connect 12:00 Power of the Pause 1:00 pm Walking group 7-8 pm AA in the meeting rm	8 9:00 am Board Meetings 10:00 am Council Meeting 11:00 am Bible study Pastor's study 1:00 pm Ladies Lunch George's Lakeview Café 1:00 pm Senior Exercise Class in Beehive	9 OFFICE CLOSED	10 OFFICE CLOSED
11 Mother's Day 8:00 Praise Team 8:40 Choir Rehearsal 10:00 am Worship with New Members Received 11:00 Coffee Fellowship Worship online	12 1:00 pm Walking group 2:00 Activities & Fellowship 2:00 pm TAI CHI in the Beehive	13 10:30 Sun Health: The Basics of Hearing Loss 1:00 pm Senior Exercise Class in Beehive	14 9:00 Converse and Connect 12:00 Power of the Pause 1:00 pm Walking group 7-8 pm AA Mtg.	15 11:00 am Bible study Pastor's study 1:00 pm Senior Exercise Class in Beehive	16 OFFICE CLOSED	17 OFFICE CLOSED
18 8:00 Praise Team 8:40 Choir Rehearsal 10:00 am Worship 11:00 Thank You Choir Fellowship lunch Worship online	19 Newsletter Deadline 1:00 pm Walking group 2:00 pm TAI CHI in the Beehive	20 1:00 pm Senior Exercise Class in Beehive	21 9:00 Converse and Connect 12:00 Power of the Pause 1:00 pm Walking group 7-8 pm AA Mtg.	22 NO Bible study today 1:00 pm Senior Exercise Class in Beehive	23 OFFICE CLOSED	24 OFFICE CLOSED
25 8:00 Praise Team 8:40 Choir Rehearsal 10:00 am Worship 11:00 Coffee Fellowship Worship online	26 Memorial Day OFFICE CLOSED 1:00 pm Walking group 2:00 pm TAI CHI in the Beehive	27 1:00 pm Senior Exercise Class in Beehive	28 9:00 Converse and Connect 12:00 Power of the Pause 1:00 pm Walking group 7-8 pm AA Mtg.	29 11:00 am Bible study Pastor's study 1:00 pm Senior Exercise Class in Beehive	30 OFFICE CLOSED	31 OFFICE CLOSED

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



May 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, Cheryl Tucker, Brenda Goodenberger
Robin Lemkuil Office Manager/ Asst. to the Pastor
Craig Zimmerman, Office Assistant
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
Website: uccsc.com

Facebook: United Church of Sun City

