



PASTOR'S POST

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

Greetings,

February always feels like a bridge month to me. The holidays are behind us, the calendar has settled slightly, and we find ourselves looking ahead toward Lent. Even before the ashes, hymns, and familiar scriptures, something begins to shift.

Lent is often described as a season of reflection, repentance, and preparation. Those are good words. But at its heart, Lent is really a season that asks something of us. It invites us to slow down just enough to notice what we usually rush past. It encourages honesty - about our lives, our faith, our relationships, and even our habits. And it gently reminds us, that growth rarely happens without intention.

People often think Lent means giving something up. For others, it means doing something new: a practice of prayer, a renewed commitment to generosity, a willingness to listen more deeply, or the courage to let go of something that no longer gives life. However we observe the season, Lent is about God's love. Not trying to earn it but instead, making room to experience more of it.

As a congregation, we will start this Lenten journey together on Ash Wednesday, February 18. I hope you will join in worship and fellowship as often as you are able. There is something powerful about moving through this holy season side by side, reminding one another that we do not walk the path of faith alone.

My prayer this February is simple: that we might notice God's presence in both the ordinary and the unexpected, and that as Lent approaches, we all feel invited - not burdened - into a deeper awareness of God's ever-present grace and love.

Blessed by God, we journey on.

Peace,

Pastor Brady

Lenten Schedule 2026



Community Ash Wednesday ~ February 18, 2026

Wednesday, 12:00 noon
First Presbyterian Church
(12225 N 103rd Ave., Sun City)

Palm Sunday ~ March 29, 2026

Sunday 10:00 am UCCSC
Easter Cantata with Phoenix Symphony

Maundy Thursday ~ April 2, 2026

Thursday, 5:00 pm
United Church of Sun City

Good Friday ~ April 3, 2026

Easter Sunday ~ April 5, 2026

7:00 am Sunrise Service at the Sun Bowl, SC
10:00 am Easter Brunch Service UCCSC





Greetings from your Music Ministry!

Hopefully, I'm finished putting away all of our Christmas music because it's already time to plan for Lent and Easter music!

But first, we have a wonderful free will concert planned for our Valentine's Day weekend featuring the popular women's trio known as "TLC" or "Tender Loving Crooners" featuring our own Caryl Leander and two equally talented friends on **Sunday, February 15 at 3:00 pm!**



This wonderful performance (think 'modern-day Andrews Sisters') will be followed by a delicious SPAGHETTI DINNER for only \$10.00 each. Please purchase your spaghetti dinner ticket in advance, at a table near the back of our sanctuary or at the church office. The concert is a free will offering. This is a great opportunity to invite friends and neighbors to our church!

LENT begins with ASH WEDNESDAY on **February 18** already! Ash Wednesday worship will be at First Presbyterian Church (12225 N 103rd Ave., Sun City) at 12:00 noon. Rev. Brady Abel will be participating in this Ecumenical Service. Our Choir and Praise Team not only have beautifully written music to share with you each Sunday in Lent, but of course one of the highlights will be our CANTATA on PALM SUNDAY, **March 29**, at our 10:00 am service. This year's Cantata is entitled *Come, Touch the Robe* composed by one of our favorite composers, Pepper Choplin. We will be joined by some special guest singers, and members of the Phoenix Symphony! Again, a wonderful, inspirational time to invite people who might be new to our church or community.

Looking Ahead...

Holy Week will include a MAUNDY THURSDAY service at our church at 5:00 pm on **Thursday, April 2** with special music by our Praise Team.

April 5: EASTER SUNRISE SERVICE at the Sun Bowl, a few blocks south of our church at 7:00 am, plus an informal Easter Sunday Brunch gathering at 10:00 am in our sanctuary.

April 12: HOLY HUMOR SUNDAY!

A personal note: my partner, Greg Yagi, and I have been so touched and moved by the outpouring of love, prayers and concern during the long illness and death of his dear mother, Nancy Yagi. We both feel so blessed that United Church is our church home, because of all of you, our friends. "God brings us to church to multiply our joys and divide our sorrows."

God bless you!

Alan Paulson

Minister of Music



Photo Credit: Greg Yagi

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



Greetings from your Parish Nurse....

Do you know what you call a can opener that doesn't work? A can't opener! I hope I got a few chuckles with that joke or maybe at least a few groans. But today I want to talk to you about laughter. We all know having a good laugh makes us feel better. But did you know that laughter significantly benefits your physical, mental, emotional health as well as your social well-being? Let's take a look.

The physical benefits of laughter include:

Stress relief and muscle relaxation - Laughter activates and then calms the stress response, relaxing muscles for up to 45 minutes.

Immune System Boost – Laughter also lowers stress hormones and increases immune cells and antibodies which fight infections.

Heart Health – Laughter improves blood vessel function and blood flow, which can help lower blood pressure and protect against cardiovascular problems.

Pain Relief – It releases endorphins, the body's natural painkillers.

Oxygenation – Laughter increases oxygen intake, stimulating the heart, lungs, and muscles, and improving circulation.

Mental and emotional benefits affected by laughter include:

Mood Enhancement – Laughter releases dopamine and serotonin which help to combat anxiety, depression and anger.

Improved Memory and Creativity – By reducing cortisol, laughter may improve short-term memory and encourage creative thinking.

Enhanced Resilience – A sense of humor helps you gain perspective on challenges and to bounce back more easily.

There are also social benefits to laughter:

Strengthens Relationships – Sharing a laugh creates positive bonds, fosters belonging, and helps people connect. It also helps in diffusing conflicts and improving relationship satisfaction.

Improves Approachability – Laughter makes you seem more approachable and helps build strong social bonds.

Longevity – Studies suggest a strong sense of humor may contribute to a longer life.

So go out and find something to laugh about today! Spend some time with friends that make you laugh. Or read a funny book. Or watch an old slapstick movie.

Whatever it takes, make it happen! Because we all know "Laughter is the best medicine".

Lisa Dunbar, Parish Nurse

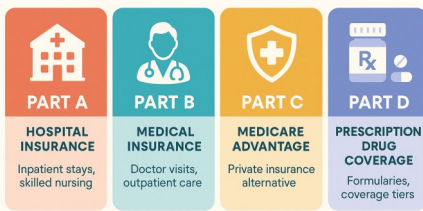


On Tuesday, **January 13th, 2026** at 10:30 am in the Beehive, Nutritionist Sarah Fagus talked about ***Living Well with Diabetes***. Sarah gave a presentation on the basics of diabetes, the impact it can have on our overall health, and practical strategies to help manage the condition.



Photo Credit: Robin Lemkuil

UNDERSTANDING MEDICARE



Join us on **Tuesday, February 10 at 10:30 am** for **Understanding Medicare**. Learning about Medicare can be overwhelming. Deborah Bates, owner and educator at Bates Retirement Services, will discuss how and when to enroll in Medicare, what is and is not covered, and the pros and cons of Medicare Advantage Plans and Medicare Supplemental Insurance.

A MATTER OF BALANCE CLASS: A.T. Still University has begun classes here at United Church, to discuss practical strategies for managing fall risks including balance, flexibility, and strength exercise to enable increased activity. These free classes are being held on Fridays, through March 6. Pre-registration was required. This class is usually offered every year in January, so if you missed this year, be sure to sign up next year!



Photo Credit: Robin Lemkuil

FEBRUARY 8, 2026

11:00 AM

**ANNUAL
MEMBERSHIP
MEETING**

The United Church of Sun City Annual Membership Meeting will be held after our 10:00 am worship service on:

Sunday, February 8.

There are several items that will be discussed for a vote including a change to the Church Bylaws, the 2026 budget and the slate of officers for 2026.

A quorum of 25% membership is required, so your vote counts!

Please plan on attending this important meeting and make a difference in the life of your Church.

(Guests are welcome to attend without vote.)



Sunday, February 15, 2026

TLC Concert begins at 3:00 pm
(Freewill offering will be collected for the concert)

AND...

Get your tickets now for the
Spaghetti Dinner
following the TLC Concert!

(tickets are available Sunday mornings
or by visiting the church office)



Spaghetti Dinner Ticket **\$10.00** per person



Buy a ticket for your sweetheart,
friends or neighbors!



All proceeds will go to the A/V Upgrade Project



It's time to THINK SOUP!

The 2026 Souper Bowl of Caring Campaign KICKED OFF on Sunday, January 4. Will United Church of Sun City keep the Silver Ladle? Will we be SOUP-erior over the competition?

All donations of non-perishable food items and checks (designate soup in the memo line) will be given to Valley View Food Bank. Every selfless gift helps tackle hunger for a child, senior or family.

Go Team UCCSC!!!

Your generous support is always appreciated!

Thank you to those who organized and joined us on Sunday, January 25 for our special soup luncheon after worship!



Photo Credit: Brady Abel

Paint Tutorial

On **Monday, January 12** nine brave souls joined together for Julie Larsson's Paint Tutorial class. Julie joined us compliments of The Ridges and shared her artistic talents with us as we attempted to paint a red fox resting in the woods during winter. Each of us created our own masterpieces and had a few laughs as we attempted to make our fox look like an actual fox along with the challenges of the trees, background and snow! Julie's step-by-step instructions along with supplying all the art materials, resulted in a fun-filled morning allowing us to forget, for a little while, everything else going on in the world.



Photo Credit: Julie Larsson



Photo Credit: Brady Abel

Greetings to United Church of Sun City!

It was wonderful seeing and visiting with all of you during my visit in December. Praise God I was able to make the trip there and back home. Also, a huge thanks to Brady for being so kind and helpful to me!

I loved the Christmas Cantata and the Phoenix Symphony, the cookie walk, and the very meaningful Christmas Eve Service. They were all very, very special events. Thank you to everyone who were responsible for them!

I also appreciate the kindness and concern shown to me. I am continuing to improve slowly, but surely. Love to all, and I wish you a blessed 2026!

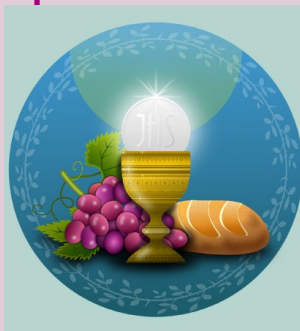
Your friend forever!

Betty Abel.

COMMUNION at United Church

Please join us on
Sunday, February 1
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

Led by Ginger Dawson, Certified Instructor

Tuesday/Thursday

**Strength & Balance Class
at 1:00 pm!**



SilverSneakers will
be offering the
Strength & Balance Class
**Tuesdays/Thursdays at
1:00 pm only.**

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

Contact Ginger Dawson
at 623-695-6489



The deadline for the
March Newsletter:
Monday, February 16.

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.

**Join us for our Community
Ash Wednesday Worship
at First Presbyterian Church**
(12225 N 103rd Ave., Sun City)

Ash Wednesday

12:00 Noon on
Wednesday, February 18, 2026.
Rev. Ann Utke will be officiating.
Rev. Brady Abel and pastors
from our sister congregations
will be participating.
Please make it a priority to
attend this worship service to
begin our Lenten journey
to the cross.

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!

(January location was on the Video Village page,
at the bottom in AV Experts.)

Be sure to mark your calendars and
invite your Sweetheart for the Valentine
TLC Concert and Spaghetti Dinner on

Sunday,
February 15
beginning at 3pm



(Tickets for the dinner are on sale now \$10.00 per person)

\$54,300 Goal!

\$4,800

Replace and upgrade
Video Projector to a
Laser projector

\$15,700

Additional Point and
Zoom Cameras and
updated camera
program.

\$15,500

Replace and upgrade
wireless mics and mic
systems with
recharging stations

\$18,300

Replace and upgrade
the digital sound board,
stage monitors and
sound system
processor.

\$26,686

**\$25,000 Council &
Congregation
approved funds
from the 2025 7%
Endowment
Allocation**

Funds raised so far:

Donations \$622

Cookie Walk \$341

Craft Fair \$556

Christmas Party Raffle
\$157



Hedy Hall	2/01
Jim Smithback	2/05
Craig Zimmerman	2/06
Dennis Bates	2/08
Elizabeth Burke	2/08
Peggy Barth	2/13
Nancy Wohlhuter	2/13
Terri Behl	2/14
Dwight Ammeson	2/16
Steve Gahm	2/19
Mary Lynn Heyne	2/22
Arlen Freeman	2/24



Korby & Sheri Spishak-Spielberger

2/14

A special note from Bud and Mary Sue Andreason

Bud and I have moved to Palos Verdes Independent Living (18441 N 87th Dr., Peoria AZ, Apt. #317). We have decided that after 62 years, we shouldn't be separated. They have so much to offer, I think both of us will be much better off.



I would like to thank everyone that has been so kind and encouraging, it really has meant the world to us. The prayers and all the other help, we are just so grateful to each and every one of you.

*We won't be back to church for a while, but hopefully someday soon. We have been members for a least 18 years. We were the "young ones" when we joined. So glad we have had so many new people join now. May God Bless each and every one of you, **where everyone is someone special.** That is what brought us to the church having that saying on the sign outside.*

Bud and Mary Sue



Ladies Lunch Bunch

Thursday, February 12, 2026 at 1:00 pm

George's Lakeview Café.

10502 W. Thunderbird Blvd., Sun City

HAPPY Valentines Day!

All are welcome!

Please RSVP Hedy Hall or the Church office



February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Satur-
1 8:00 Praise Team 8:40 Choir Practice 10:00 am Worship with Holy Communion Worship online Soup Collection for Souper Bowl of Caring	2 1:00 pm Walking group 2:00 pm TAI CHI in the Beehive	3 1:00 pm SilverSneakers Exercise Class in the Beehive 8:00 am Men's Breakfast George's Lakeview Cafe	4 10:00 Converse and Connect 12:00 Power of the Pause 1:00 pm Walking group	5 11:00 am Bible study Pastor's study 1:00 pm SilverSneakers Exercise Class in Beehive	6 OFFICE CLOSED 9:30 am Matter of Balance	7 OFFICE CLOSED
8 8:00 Praise Team 8:40 Choir Practice 10:00 am Worship and Holy Communion Worship online Soup Collection for Souper Bowl of Caring	9 1:00 pm Walking group 2:00 pm TAI CHI in the Beehive 2:00 Activities Board Meeting	10 10:30 am Sun Health Understanding Medicare 1:00 pm SilverSneakers Exercise Class in the Beehive	11 10:00 Converse and Connect 12:00 Power of the Pause 1:00 pm Walking group	12 11:00 am Bible study Pastor's study 1:00 pm SilverSneakers Exercise Class in Beehive 1:00 pm Ladie's Lunch at George's Cafe	13 OFFICE CLOSED 9:30 am Matter of Balance	14 OFFICE CLOSED
15 8:00 Praise Team 8:40 Choir Practice 10:00 am Worship Worship online 3:00 pm Valentine's Concert and Spaghetti Dinner 	16 Newsletter Deadline 1:00 pm Walking group 2:00 pm TAI CHI in the Beehive	17 1:00 pm SilverSneakers Exercise Class in the Beehive	18 Ash Wednesday 10:00 Converse and Connect 12:00 Power of the Pause 12:00 Ash Wednesday service (see below) 1:00 pm Walking group	19 11:00 am Bible study Pastor's study 1:00 pm SilverSneakers Exercise Class in Beehive 9:00 Finance Meeting 9:00 Mission Meeting 10:00 Council Meeting	20 OFFICE CLOSED 9:30 am Matter of Balance	21 OFFICE CLOSED
22 8:00 Praise Team 8:40 Choir Practice 10:00 am Worship Worship online	23 1:00 pm Walking group 2:00 pm TAI CHI in the Beehive	24 1:00 pm SilverSneakers Exercise Class in the Beehive	25 10:00 Converse and Connect 12:00 Power of the Pause 1:00 pm Walking group	26 11:00 am Bible study Pastor's study 1:00 pm SilverSneakers Exercise Class in Beehive	27 OFFICE CLOSED 9:30 am Matter of Balance	28 OFFICE CLOSED



Get your tickets now for the Valentine Spaghetti Dinner!
Only \$10.00 per person on sale Sunday mornings after worship or in the church office.

TLC Concert (free will offering) will be at 3:00 pm, buy your ticket and stay for the spaghetti dinner after the concert!

United Church of Sun City SPAGHETTI DINNER		TICKET  \$10 <small>bring your sweetheart, friend or neighbor for a fun filled afternoon of music and food!</small>
Sunday February 15 <small>Following the 3:00 pm TLC Concert</small>	Friendship Center 11250 N 107th Ave. Sun City, AZ 623-958-0058	



Join us for Ash Wednesday Worship on February 18, 2026 at 12:00 noon.

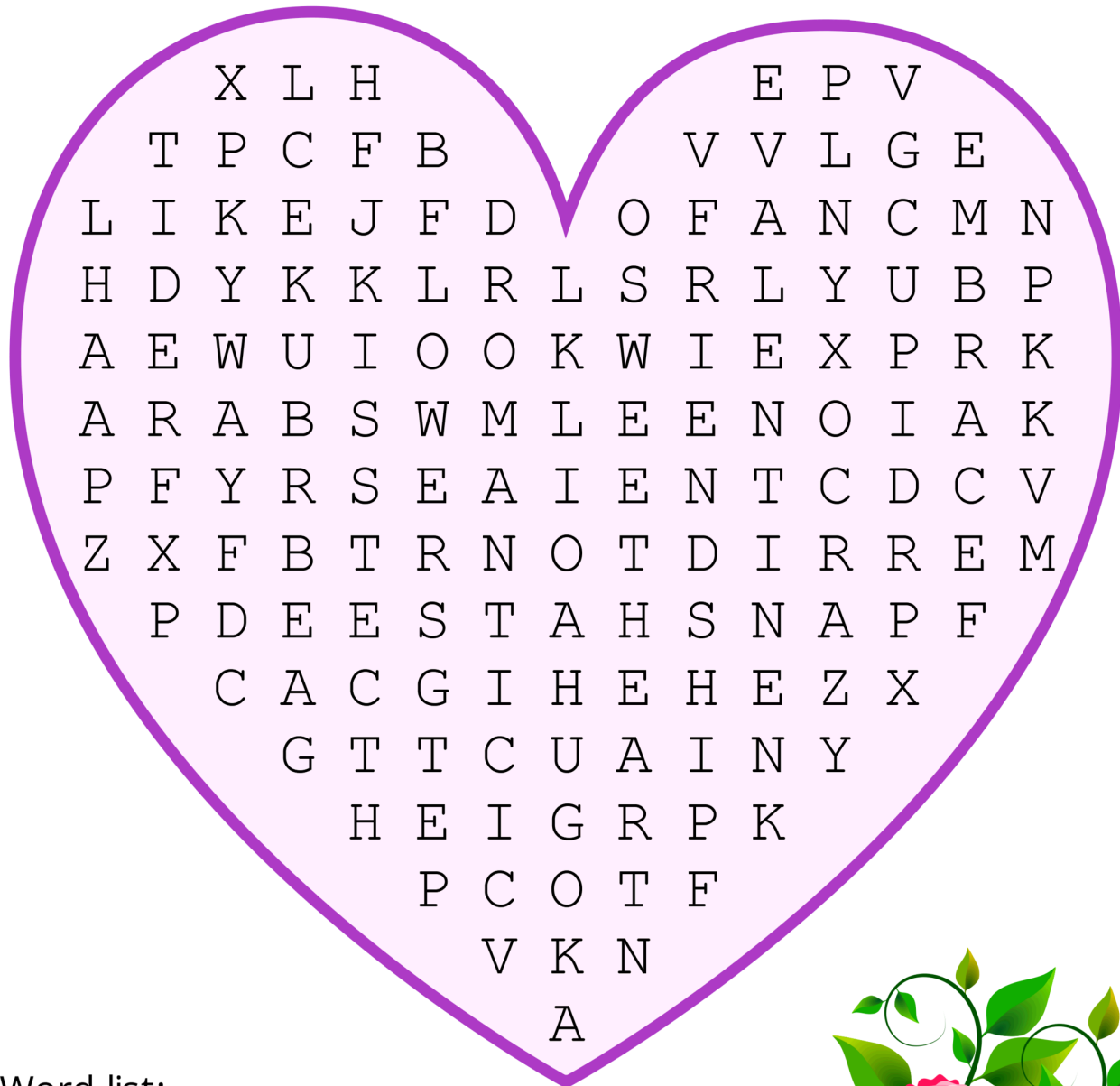
Hosted by First Presbyterian Church, this Community Worship Service will be officiated by Rev. Ann Utke. Pastor Brady along with pastors from our sister congregations will participate.

First Presbyterian Church is located at 12225 N 103rd. Ave., Sun City. Please contact them for questions regarding the service or accessibility at 623-974-3605.

Valentine's Day

Word Search

Name: _____



Word list:

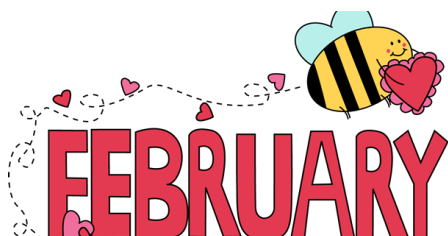
AFFECTION
CRAZY
CUPID
DATE
EMBRACE

FLOWERS
FRIENDSHIP
HEART
HUG
KISS

LIKE
LOVE
ROMANTIC
SWEETHEART
VALENTINE



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



February 2026

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, Michael Nanney
Robin Lemkuil Office Manager/Asst. to the Pastor
Craig Zimmerman & Boni Locke, Office Assistants
Lisa Dunbar, Parish Nurse
Dickie Duniver, Custodian
Holly Lentini, 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
YouTube: United Church of Sun City**

