



## PASTOR'S POST

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

*Due to Pastor Brady being in Iowa to be with his mom, the following is a newsletter article written earlier this year, that seems applicable anytime.*

I'm not much into New Year's Resolutions, but it seems the beginning of new year (*or anytime*) is a perfect time to reflect on and adjust, where necessary, the way we go about our daily lives. I have a plaque that hangs by my entry door at home offering a daily reminder of good practices. These are appropriate actions every day. They follow the A, B, C's:

*"Accept Differences, Be Kind, Count Your Blessings, Dream, Express Thanks, Forgive, Give Freely, Harm No One, Imagine More, Jettison Anger, Keep Confidences, Love Truly, Master Something, Nurture Hope, Open Your Mind, Pack Lightly, Quell Rumors, Reciprocate, Seek Wisdom, Touch hearts, Understand, Value Truth, Win Graciously, Xeriscape, Yearn for Peace, Zealously Support a Cause."*

There are other worthwhile actions that could be matched up with the letters of the alphabet, but this serves as a very good start.

And funny thing, while typing this list, it struck me that most of these could be done through the church (hint, hint). Maybe we should start singing the alphabet song together on Sunday mornings.

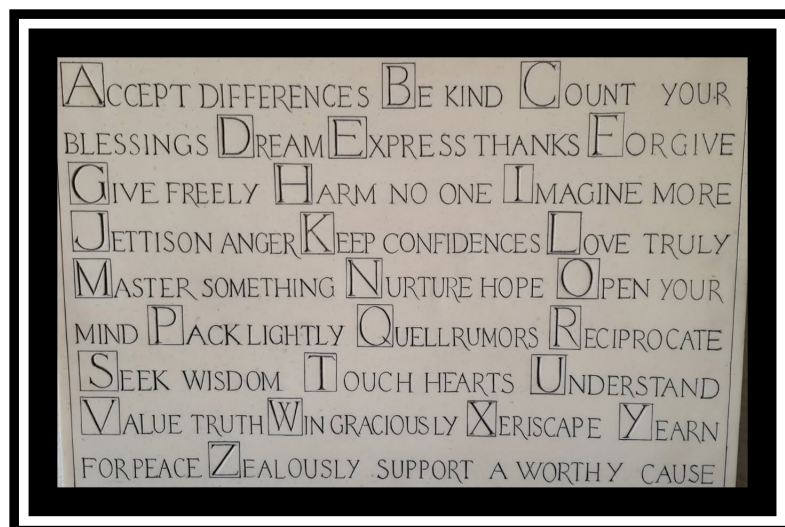
Regardless, I continue to look forward seeing you at United Church in 2025!

Peace,

*Pastor Brady*

P.S. Thanks for all the warm wishes, good thoughts, prayers, and messages while I was with Mom in Des Moines the first two weeks of July for her open-heart surgery and the first days of her rehab recovery. She is home and doing well.

Also, thanks for all the birthday greetings! I appreciated each one.





## Happy August from your Music Ministry department!

A big thank you to my friend, **Miguel Jackson**, for blessing us with his beautiful tenor voice at our July 20 service! He promises to be a visitor again soon!



Unfortunately, on that same weekend, I heard that we lost one of our faithful choir members, **L. Joe Ford**. Joe was involved in church music his entire life. There were several Sundays when I could tell his walking wasn't stable, when he came up the steps to thank each member of our Praise Team plus Beverly and Floyd because he was so moved by our music that morning. I can imagine that God's heavenly choir is rejoicing to have Joe in their ranks. Rest in peace, my friend.

Another musician who blesses us every Sunday is Reverend **Floyd Ellison**, with his incredible expressive piano solos. We'd like to feature a little more background on Floyd today:

Floyd was born and raised in Illinois, the fifth of eight children. He completed elementary, high school and college in IL and later received seminary degrees in Berkeley CA.

In his early years and through college he served as accompanist for high school choirs and band soloists, and for college music recitalists. He was an accompanist for the Augustana College (IL) Choir, rehearsal accompanist for the Oakland (CA) Light Opera Association, and more recently an accompanist for Broadway Shows at Sun City (AZ) Community Theater. He served as well as an organist in numerous churches in IL and CA.

Ordained in 1964, he served two churches before he was called to active duty as a Navy Chaplain. He served thirteen tours of duty over twenty-five years of service. Duty stations included a squadron of destroyers, an aircraft carrier, a Marine Airwing, numerous chapels throughout the US, and overseas tours in Europe, Okinawa, Korea, Guam and at a Navy Hospital. His travels have taken him to all fifty states and forty-seven countries.

He gave the table blessing at a luncheon honoring the visit of Prince Andrew and Princess Fergie onboard USS NIMITZ and directed the first-ever Christmas Cantata sung on this carrier.

Upon retirement from the Chaplain Corps, Floyd was cited by the Secretary of the Navy and the Chief of Naval Operations "for superior service in delivering Ministry and Social Services to service personnel" and was awarded the Legion of Merit Medal.

He then began a dual Pastoral and Music Ministry, serving as organist and frequent preacher at a church in CA. Simultaneously, he provided care for three young grandchildren and became their legal guardian upon the death of their mother when they were in elementary school. Retiring from his dual ministry after twenty-two years, he moved to Surprise to be near his former wife, who died in 2023. You see Floyd in church at the piano and in the pulpit when he is not traveling.

continued.....



Rev. Floyd Ellison continued...

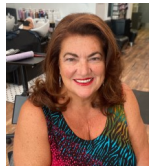
When he is asked his age, Floyd normally responds “I’m still this side of eighty.” Recently when asked, he responded “I am the same age as the number of keys on a piano.”

Floyd’s spiritual gifts are music, preaching, and friendship (he communicates regularly with twenty surviving high classmates out of a class of forty-two). His friends are many. His family includes three children (one deceased), seven grandchildren and three great-grandchildren, two younger sisters and a whole bunch of nieces and nephews.



On Sunday, March 17, 2024, United Church helped Floyd celebrate his 60th anniversary year of Ordination (see the April 2024 Newsletter for details and pictures). We thank you, Floyd, for being a vital member of our Ministry!

We also thank **Andrea Dixon** for being our “guest tenor” for the months of June and July. She’s always so well prepared and a joy to work with!



**Boni Locke** has generously agreed to be our guest tenor for the months of August and September. Boni not only solos on her flute whenever I ask, she also sings soprano, alto and tenor very well, plus being the chair for our Music Ministry Board on the Church Council. Thank you, Boni!

We are currently auditioning, interested tenors, male and female, to be in our praise team, Quartet, and our choir. If you know of anyone who might be interested, please let them know.

In His Glory,

*Alan Paulson*, Minister of Music

BEST TO TAKE THE MOMENT PRESENT AS A  
PRESENT FOR THE MOMENT...

- STEPHEN SONDHEIM -

LIBQUOTES.COM

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





## Greetings from your Parish Nurse....

Our “Converse and Connect” group on Wednesday mornings is studying a book called *As Silver Refined*. In it, the author has helped us to look at a cycle that we often fall into of discouragement and depression. She calls them “The Deadly D’s.”

The list begins with **disappointment**. How often have you been disappointed in your circumstances, your job, or disappointed in other people—your family or friends, your church. Disappointment is usually when our expectations of our circumstances or relationships was not met—or not met in the way we wanted.

When we are disappointed, it is easy to fall into **discouragement**. We often rehearse all the ways we have been disappointed over our lifetime. We feel disheartened and may just want to give up. It would be so easy to walk away.

Next may come different levels of depression. The first is **dejection**. This is a lowness of spirit, a feeling of spiritual and emotional fatigue. Have you ever thought, “I’m just too tired or too old to deal with this!”? This lack of energy and finding yourself sleeping more during the day may be a symptom of this kind of fatigue.

Dejection may be followed by **despair** when we are just not sure what we can do about anything. It may leave us questioning and struggling with the simplest of decision.

And finally, **demoralization**. At this point, our hope is often replaced by apathy and numbness. It feels like “I just don’t care anymore.” “Nothing I can do will make a difference.”

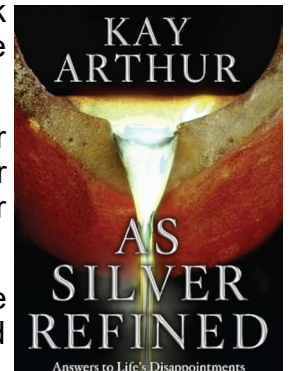
Have you ever felt these things? I know I have. It’s a very easy cycle to fall into in our ever changing and sometimes frightening world. Things seem to be so out of control.

But the author makes the point that God IS in control. And that the disappointments and difficulties we face are actually an opportunity to see God and ourselves in a new way. To recognize that these are His Appointments for us in learning to lean on Him in difficult (or impossible) situations.

Please let me know if you are struggling with feelings like these. Being able to talk about it helps us to recognize that we are not alone. And feel free to join us on Wednesdays at 10:00 am in the Beehive as we continue to study this book. All are welcome.

Sun Health will be here on August 12 at 10:30 am in the Beehive. They will be discussing Durable Medical Equipment (DME). They will be talking about different applications of equipment that work to keep us independent. So often, we don’t know that there are resources available to us to help us in our continuing quest for independence. Please join us as we learn together.

*Lisa Dunbar*, Parish Nurse





Join us on Tuesday, **August 12 at 10:30 am** in the Beehive, as Sun Health presents:  
**What is DME? A guide to Staying Independent**

What is durable medical equipment (DME)? What do I need? Should I buy or rent? Chris Haas with Haas Medical Equipment will teach you everything you need to know about DME! Sign up at the sign-in table near the Welcome Table.

Sun Health is driven by commitment to helping West Valley residents live longer, healthier, and more purposeful lives. For more than 55 years, they've embraced the rich history as a long-standing Arizona nonprofit organization that supports healthy living and superior health care.

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)



Tenor Miguel Jackson joined United Church on Sunday, July 20, 2025 as a guest soloist. Miguel, his wife and 4 year old daughter live in Surprise and he currently works at the Recreation Centers of Sun City.

Miguel has toured all around the world on cruise ships, and on many continents singing and entertaining people. He has performed at the AZ Broadway theater and Theatre Works.

If you would like to see him in action, he will be performing in *The Prince of Egypt* with TheatreWorks.com.

Thank you for joining us, Miguel! We look forward to your return!

Photo Credits: Robert Allen and Alan Paulson



## Fry's Community Rewards

Did you know you could partner with Frys and provide income for your church with every dollar you spend at the grocery store?

Once you link your Fry's card to our church, all you have to do is shop at Fry's and swipe your Shopper's Card.

Visit <http://www.frysfood.com/> or call them at 623-907-4965.

**This quarter, United Church has earned \$40.66 shopping rewards from Kroger!**



**Community Rewards Program**



# STUFF the BUS SCHOOL SUPPLY DRIVE



United Church will collect  
School Supplies through September 14!

## Don't forget...

- The Librarian: Reading awards and bookmarks.
- The Nurse: New Pants, shorts, underwear for ages 5—6.
- The Athletic Dept.: Awards, medals and sports equipment.
- The Paraprofessionals: Office Supplies: staplers, binder clips, post it notes, pens and stickers.

- Large Backpacks
- Water Bottles
- Spiral Notebooks
- 3 Ring Binders: 1 inch with a clear sleeve cover
- Crayons
- Glue Sticks
- Pencils
- Colored Pencils
- 2 Pocket Folders: No Prongs
- Headphones / Earbuds
- EXPO Markers  
(Please NO "Cra Z" Art Brand)



Monetary donations—Make check payable to United Church of Sun City, mark the memo line "School Supplies". For cash donations, use the Church contribution envelope and mark it "Other—School Supplies." Deposit the envelope in the collection plate or mail your donation to the Church office.





Photo Credits: Greg Yagi & Robin Lemkuil





### Ladies who Lunch....

...connecting after worship on Sunday  
July 20, 2025 at Cracker Barrel.

A group of ladies decided to go for lunch after worship. Just another example of connections made at United Church.

Gerry Paul, Mary Lynn Heyne,  
Liz Scriven, Ginger Dawson,  
Joyce Symmonds, Hedy Hall,  
and Nadja Irons



*For Such a Time as This...*

*Para un Tiempo Como Este...*

**Arizona Disciples Women's Ministry  
Fall Retreat September 12-14, 2025**

Chapel Rock Retreat Center in Prescott, AZ

*Register Today!*

<https://azdisciples.org/dwm-retreat/>



Keynote Speaker

**Rev. Lori Tapia**

National Pastor for Hispanic Ministries of the  
Christian Church (Disciples of Christ)



*¡Ungida y Designada!*

*Anointed and Appointed!*





## COMMUNION at United Church

Please join us on  
**Sunday, August 3**  
at 10:00 am.

All are Welcome!



## Are you in need of pastoral care?

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



## TAI CHI CLASSES MONDAY AFTERNOONS AT 2:00 PM IN THE BEEHIVE

As an exercise, Tai Chi is performed as gentle, low-impact movement in which practitioners perform a series of deliberate, flowing motions while focusing on deep, slow breaths.

If you are interested in Tai Chi, please contact Bill Zimmer at 480-492-5364 for more information.



The deadline for the  
**September** Newsletter:  
**Monday, August 18.**

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).

## AUGUST MISSION MOMENT

Mission Board annual "Stuff the Bus" school supply drive is August through September 14.



Flyers at the School Supply table,  
and in this Newsletter, list the  
needed classroom supplies.  
Teachers Sally Schwenker and  
Nancy Wohlhuter are coordinators for  
the Palo Verde Elementary  
School District #49

## 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!

(July location was in the musical notes under  
Beverly's picture in Alan's article.

## God's Phone Number

Call to me and I will answer you  
and tell you great and unsearchable  
things you do not know.  
**Jeremiah 33:3**



Nancy Fredette	08/01
Mary Segers-Koscielny	08/03
Mike Behl	08/08
Sue Roden	08/09
Boni Locke	08/11
Shari Spishak-Spielberger	08/14
Joan Cassaw	08/18
Barrett Rainey	08/19
Judy Chastain	08/24
Lorraine Crane	08/24
Dickie Duniver	08/24
Anne Scrivner	08/27
Greg Yagi	08/27
Linda Zimmerman	08/29



Jim & Jean Smithback	08/27
Daryl & Linda Zimmerman	08/29

### Ride Resources

Northwest Valley Connect driver program. No cost, no guarantee. 623-282-9300

Loving Angels—Home care and rides. Will stay with you during procedures. Shopping, meal prep, showering help, etc. for home care. 480-600-7878

Wanda—Senior Transport with all the help you need. 855-735-1222

Quality Transit Services—High level of service—accessible for wheelchairs. 602-371-1000

Wheels on Wheels (WOW) - Transit for seniors and persons with disabilities. 480-262-0000

Tiger Transports—Accessible transport to appointments, medical escort for surgery, prescriptions etc. 602-499-2975

Royal Express—10 years experience of safe, affordable accessible transport. 602-391-1001

Airport Shuttle of Phoenix—long distance shuttle trips. 480-710-3441

Sun City Concierge—Ambulatory trips and airport. 623-401-2001

*Information provided by the Sun City West Foundation "Find Your Ride" 623-584-6851*



### Ladies Lunch Bunch

Thursday, August 14, 2025  
at 1:00 pm

George's Lakeview Café  
10502 W. Thunderbird Blvd., Sun City  
**All Are welcome!**

THE  
**DOG**  
DAYS OF  
SUMMER! 

Please RSVP Hedy Hall  
or the church office



Meets Tuesday, August 5  
at 8:00 am

**MEN'S  
BREAKFAST**

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



# August 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 OFFICE CLOSED	2 OFFICE CLOSED
					8 OFFICE CLOSED	9 OFFICE CLOSED
3 8:15 Praise Team 10:00 am Worship <b>Holy Communion</b> Worship online	4 1:00 pm Walking group 2:00 pm TAI CHI in the Beehive	5 <b>8:00 am Men's Breakfast George's Lakeview Cafe</b>  1:00 pm Senior Exercise Class in Beehive	6 10:00 Converse and Connect 12:00 Power of the Pause 1:00 pm Walking group 7-8 pm AA in the meeting rm	7 11:00 am Bible study Pastor's study 1:00 pm Senior Exercise Class in Beehive	8 OFFICE CLOSED	9 OFFICE CLOSED
10 8:15 Praise Team 10:00 am Worship Worship online <b>2:30 pm Joe Ford Memorial Service</b>	11 1:00 pm Walking group 2:00 pm TAI CHI in the Beehive	12 <b>10:30 Sun Health: Durable Medical Equipment</b> 1:00 pm Senior Exercise Class in Beehive	13 10:00 Converse and Connect 12:00 Power of the Pause 1:00 pm Walking group 7-8 pm AA Mtg.	14 <b>No Bible Study Today</b> <b>1:00 pm Ladies Lunch George's Lakeview Café</b> 1:00 pm Senior Exercise Class in Beehive	15 OFFICE CLOSED	16 OFFICE CLOSED
17 8:15 Praise Team 10:00 am Worship <b>with Healing Service</b> Worship online	18 <b>Newsletter Deadline</b> 1:00 pm Walking group 2:00 pm TAI CHI in the Beehive	19 1:00 pm Senior Exercise Class in Beehive	20 10:00 Converse and Connect 12:00 Power of the Pause 1:00 pm Walking group 7-8 pm AA Mtg.	21 11:00 am Bible study Pastor's study 1:00 pm Senior Exercise Class in Beehive	22 OFFICE CLOSED	23 OFFICE CLOSED
24 8:15 Praise Team 10:00 am Worship with Love Offering Worship online	25 1:00 pm Walking group 2:00 pm TAI CHI in the Beehive	26 1:00 pm Senior Exercise Class in Beehive	27 10:00 Converse and Connect 12:00 Power of the Pause 1:00 pm Walking group 7-8 pm AA Mtg.	28 11:00 am Bible study Pastor's study 1:00 pm Senior Exercise Class in Beehive	29 OFFICE CLOSED	30 OFFICE CLOSED

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



**August 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  
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—Begins again in September  
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**

