





www.parkwayucc.org
Sunday, August 21, 2022

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Limitless Love | Courageous Action | Spirited Inquiry

Purpose Statement

Parkway United Church of Christ strives to be an inclusive community embracing: spiritual nourishment, open—minded inquiry, courageous action, and interfaith partnerships to fulfill God’s calling to create a just world for all.

Congregational Statement

Parkway United Church of Christ, with God’s grace, seeks to be a congregation that includes all persons, regardless of race, ethnic, or socio—economic background while respecting differences of gender, marital status, age, sexual orientation, and mental and physical ability. We aspire to act justly, to love mercy, and to walk humbly with our God. We invite all to share in the life and leadership, ministry, fellowship, worship, sacraments, responsibilities and blessings of participation in our open and affirming congregation.

PARKWAY UNITED CHURCH of CHRIST

2841 North Ballas Road | St. Louis, MO 63131 | 314-872-9330 [p] | 314-872-9014 [f]
parkwayucc.org | contact@parkwayucc.org

Linda Tossing, *President of the Church Council* [puccpresident@parkwayucc.org]

Kevin Cameron, *Pastor* [kevin@parkwayucc.org]

Barry Luedloff, *Music Director* [barry@parkwayucc.org]

Mona Smith Herberg, *Office Administrator* [mona@parkwayucc.org]

Kathy Ferrell, *Office Assistant* [kathy@parkwayucc.org]

John Dwyer, *Treasurer* [treasurer@parkwayucc.org]

Dawn Friedmann, *Bookkeeper* [dawn@parkwayucc.org]

Julie Connors, *Nursery* [juliestl1992@yahoo.com]

Kim Livengood, *Church Historian* [historian@parkwayucc.org]

Joyce Ruiz, *Alzheimer’s Assn Faith Outreach Ambassador* [JoyceRuiz7@gmail.com]

Polly Rutherford, *Environmental Justice/Sustainability Seekers* [pollyrutherford@gmail.com]

John Nourse, *Pastor Emeritus*

Welcome to Parkway

Thank you for joining us this morning. If you are with us virtually, please let us know you are here by commenting in the chat.

Welcome Children. We invite children to full participation in worship.

Today's scripture reader: Evelyn Buretta

Today's flowers: Kris & Tom McKenzie in honor of Lucia & John Bieg

Bell Rung During Lord's Prayer. A tradition begun when farmers working in surrounding fields would stop work and join in prayer.

Subscribe to our email lists: Text your email address to 22828 or sign up at www.parkwayucc.org

Communications Requests: Please use the form at www.parkwayucc.org/communications for all announcements for all our media. Bulletin and eNews deadline is noon Monday.

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Mental Health Support

988 (new nationwide 3-digit number similar to 911... call or text)

24/7 Crisis Hotline 800-273-8255 (TALK)

800-SUICIDE: 800-784-2433

24/7 Missouri Department of Mental Health 800-811-4760

Text 741741 and someone will text right back... www.crisistextline.org

Behavioral Health Network of Greater St Louis 314-449-6713

Anniversaries

- 8/20 SIEBER, Jack & Peggy (56)
- 8/20 WINKELMANN, Jim & Polly (28)
- 8/23 TALLYN, Jameson & April (14)
- 8/24 RUSSELL, John & Carol (54)
- 8/26 DETJEN, Val & Doug (50)

Birthdays

- | | |
|--------------------------|-----------------------|
| 8/21 MASTERSON, Nancy | 8/23 SCHOWALTER, Todd |
| 8/21 MAXEINER, Mary | 8/24 POUNDS, Madison |
| 8/21 SCALION, Karen | 8/26 LYONS, Summer |
| 8/21 SCHULENBURG, Cassie | 8/27 RACE, Helen |
| 8/23 SCHATZ, Dave | |

11th Sunday after Pentecost

Sunday, August 21, 2022 | 10:00am | Sanctuary & Facebook Live

Meditation *When my mother passed, I inherited an iron cooking pot brought over on the Trail of Tears that belonged to her mother's mother. Some of the most important stories are not in words, not in poems or other forms of speaking, but in objects of use and beauty. The cooking pot is one of the most potent stories I carry, made at the end of the century before last, one of many such pots used by Native people east of the Mississippi. The one that was passed through generations of women came to me from my mother. It tells of survival, of the labors of women who cooked, cleaned, and uplifted everyone with stories and songs. The pot is sitting by my feet while I am writing. It was pressed with fury and fire. It was made of the same materials as weapons. It made soup and fed those who gathered around it to eat.*
~Joy Harjo

Welcome Let us know you are here!

Passing the Peace of Christ

“May the peace of Christ be with you.”

(We are intentional about bringing more peace into the world.)

Prelude *Sweet Hour of Prayer*—arr. James Mansfield

Based on the tune *Sweet Hour* by William B. Bradbury

Lighting of the Candles & Ringing of the Bell

Welcome Song *You Are Welcome Here*

The image shows the musical notation for the Welcome Song 'You Are Welcome Here'. It consists of four staves of music in G major (one sharp) and 4/4 time. The lyrics are written below the notes.

You are wel - come here, no mat ter who you are, no mat ter
where you are_ on life's jour - ney... You are wel come here,
no mat - ter who you are, come and
join with us, in our U - ni - ted Church of Christ..

Scripture Jeremiah 1:4-10 (NRSV—New Revised Standard Version)

Now the word of the Lord came to me saying, “Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations.” Then I said, “Ah, Lord God! Truly I do not know how to speak, for I am only a boy.” But the Lord said to me, “Do not say, ‘I am only a boy’; for you shall go to all to whom I send you, and you shall speak whatever I command you. Do not be afraid of them, for I am with you to deliver you.” Then the Lord put out a hand and touched my mouth; and the Lord said to me, “Now I have put my words in your mouth. See, today I appoint you over nations and over kingdoms, to pluck up and to pull down, to destroy and to overthrow, to build and to plant.”

***Call to Worship**

One: We gather to worship in this sacred space.

Many: The Holy invites us to find love, peace and reassurance here now.

One: We come as we are—with our faith and our doubts, with our successes and our failures.

Many: God meets us where we are and brings us close.

One: We come with what we have, bringing with us the events and experiences of this past week.

Many: “Come to me,” Jesus says, “all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls.”

One: The Spirit infuses us with gifts immeasurable.

Many: We are vulnerable, available and ready to receive this hour—and then to share what we have been given.

All: Let us worship our God together—Creator, Christ and Spirit.

***Song** *Long Ago, God Reached in Love*—Carolyn Winfrey Gillette

JESUS LOVES ME 7.7.7.7

Long ago, God reached in love, sending Noah back a dove,
Promising a world made dry, with a rainbow in the sky.

REFRAIN:

God, you are faithful (x3)
Your covenant is love!

Abraham and Sarah heard God's surprising, joyful word:
God would give them land and more: children they had long hoped for. REFRAIN

Ten Commandments were the way God called people to obey,
For God wanted us to see: In obeying, we are free. REFRAIN

Jesus came to show the way we can have new life today;
God fulfilled that loving plan, made for us when life began. REFRAIN

***Opening Prayer** Christine Longhurst

O God, we come with expectation, hungry for an encounter with you, eager to hear your Word. Open our eyes and ears to the presence of your Holy Spirit. May the seeds of your Word, scattered among us this morning, fall on fertile soil. May they take root in our hearts and lives, and produce an abundant harvest of good words and deeds. May we become more like Jesus. Amen.

***Response** *Spirit of the Living God*

**Spirit of the living God fall afresh on me;
Spirit of the living God fall afresh on me.
Melt me, mold me, fill me, use me!
Spirit of the living God fall afresh on me.**

Children's Time Children are invited to Room 12 (Lower Level) and Youth to Room 15 (Lower Level) following this Children's Time. Today is a Back-to-School Carnival with games, snacks and a special story.

Blessing the Children *Jesus Loves the Little Children*

**Jesus loves the little children,
All the children of the world.
Every child in every land,
Jesus holds them by the hand.
Jesus loves the little children of the world.**

Children's Response *I've Got the Joy*—George W. Cooke

Sung by the New Children's Choir

I've got the joy, joy, joy, joy,
Down in my heart (...where?)
Down in my heart (...where?)
Down in my heart,
I've got the joy, joy, joy, joy,
Down in my heart (...where?)
Down in my heart to stay,.

refrain

And I'm so happy, so very happy,
I have the love of Jesus in my heart, Down in my heart,
And I'm so happy, so very happy,
I have the love of Jesus in my heart!

I've got the love of Jesus, love of Jesus, down in my heart...

I've got the wonderful love of my Blessed Redeemer way down in the depths of my heart...

The Sacrament of Baptism

Invitation, Questions and Promises

Child: Brayden Michael Comens

Parents: David Eugene Comens and Megan Graham Comens

Godparent: Connor Graham

Congregation

One: Jesus Christ calls us to offer the gift of grace in baptism. Do you, who witness and celebrate this sacrament, promise your love, support and care to Brayden, David and Megan as they all live and grow in Christ?

All: **We promise our love, support, and care!**

Act of Baptism and Baptismal Prayer

The Right Hand of Fellowship and Gifts from the Church

Response *I Was There to Hear Your Borne Cry*

I was there to hear your borne cry, I'll be there when you are old.

I rejoiced the day you were baptized, to see your life unfold.

I was there when you were but a child, with a faith to suit you well;

I'll be there in case you wander off and find where demons dwell.

When you found the wonder of the Word, I was there to cheer you on;

You were raised to praise the Living God, to whom you now belong.

Should you find someone to share your time

and you join your hearts as one,

I'll be there to make your verses rhyme from dusk till rising sun.

In the middle ages of your life not too old, no longer young,

I'll be there to guide you through the night, Complete what I've begun.

When the evening gently closes in and you shut your weary eyes,

I'll be there as I have always been with just one more surprise.

I was there to hear your borne cry, I'll be there when you are old.

I rejoiced the day you were baptized, to see your life unfold.

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Psalter Lesson Psalm 71:1-6 (NRSV—New Revised Standard Version)

In you, O Lord, I take refuge; let me never be put to shame. In your

righteousness deliver me and rescue me; incline your ear to me and save me.

Be to me a rock of refuge, a strong fortress, to save me, for you are my rock

and my fortress. Rescue me, O my God, from the hand of the wicked, from the

grasp of the unjust and cruel. For you, O Lord, are my hope, my trust, O Lord,

from my youth. Upon you I have leaned from my birth; it was you who took

me from my mother's womb. My praise is continually of you.

Gospel Lesson Luke 13:10-17 (NRSV – New Revised Standard Version)

Now Jesus was teaching in one of the synagogues on the sabbath. And just

then there appeared a woman with a spirit that had crippled her for eighteen

years. She was bent over and was quite unable to stand up straight. When

Jesus saw her, he called her over and said, "Woman, you are set free from

your ailment."

When he laid his hands on her, immediately she stood up straight and began praising God. But the leader of the synagogue, indignant because Jesus had cured on the sabbath, kept saying to the crowd, “There are six days on which work ought to be done; come on those days and be cured, and not on the sabbath day.” But the Lord answered him and said, “You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to give it water? And ought not this woman, a daughter of Abraham whom Satan bound for eighteen long years, be set free from this bondage on the sabbath day?” When he said this, all his opponents were put to shame; and the entire crowd was rejoicing at all the wonderful things that he was doing.

Moment of Silent Reflection

Sermon

A Time of Prayer *Lord, Listen to Your Children Praying* #2193

**Lord, listen to your children praying,
Lord, send Spirit in this place;
Lord, listen to your children praying,
Send us love, send us power, send us grace.**

Pastoral Prayer & Prayers of the People

Lord's Prayer sung to the tune by Nate Stout

Our [Creator/Mother/Father/Holy One] who art in Heaven, hallowed be thy name. Thy kingdom come, thy will be done on Earth as it is in Heaven. Give us this day our daily bread; and forgive us our debts as we forgive our debtors; and lead us not into temptation but deliver us from evil. For thine is the Kingdom and the power and the glory forever. Amen.

[A variety of names for God are welcome here – including in the Lord's Prayer.]

Offering Our Gifts to God

If you have an offering today, please place it in the plate on the communion table before the end of the closing hymn. There are also offering plates in the Gathering Space just outside the sanctuary. Thank you for your generosity.

Offering Interlude

There Is a Balm in Gilead—arr. Anthony Giamanco
Based on the traditional spiritual

***Response** *For the Fruit of All Creation* (tune: *Ar Hyd Y Nos*)

**For the fruit of all creation, thanks be to God;
for the gifts of every nation, thanks be to God;
for the ploughing, sowing, reaping,
silent growth while we are sleeping,
future needs in earth's safe-keeping, thanks be to God.**

*Prayer of Dedication Alissa Bender

Thank you, God our Maker, for gifts that are huge and gifts that are small, gifts that quench our desires and gifts we didn't know we needed, gifts we can hold in our hands and gifts we can hardly articulate, comforting gifts in which we rest and challenging gifts that push us beyond ourselves. We have gifts for you, humble as they are within your immense love. Here are a few of them now, we let them go and ask you to make them bigger. Amen.

*Song of Parting *O for a World* #386



1. O for a world where ev - ery-one Re - spects each oth - er's ways,
2. O for a world where goods are shared And mis - er - y re - lieved,
3. We wel - come one world fam - i - ly And strug - gle with each choice
4. The poor are rich, the weak are strong, The fool - ish ones are wise.



Where love is lived and all is done With jus - tice and with praise.
Where truth is spo - ken, chil - dren spared, E - qual - i - ty a - chieved.
That o - pens us to u - ni - ty And gives our vi - sion voice.
Tell all who mourn; Out - casts be - long, Who per - ish - es will rise.

Postlude *March in G*—John S. Dixon (2018)

Announcements

Grizzlies Baseball Game Sunday, August 21 | TODAY Gametime 5:45pm

Take me out to the ballgame! Cheer on our Gateway Grizzlies with a dozen or more PUCers as they face the Windy City ThunderBolts!

The Gateway Grizzlies are a professional baseball team based in the St. Louis suburb of Sauget, Illinois, in the United States. The Grizzlies are a member of the West Division of the Frontier League, which is a partner league of Major League Baseball.

This is a much more manageable excursion than going to a Cardinals game... so if you enjoy baseball and/or want an 'easier' adventure, this is the opportunity for you.

Please reserve your ticket(s) by contacting PUCer Blake Lyons via phone/text 314-681-0620.

Tickets are \$16 each. Please make checks to PUC with Grizzlies in memo. We can also work out carpooling a few days ahead.

Please join us on Tuesday evening August 23 for Potluck at 6:00pm followed by book discussion at 7:00pm. We will be finishing up our current book called "Ordinary Grace" by William Kent Krueger. We will also be discussing ideas for future book selections. Topics generally are related to spirituality, humanity, culture, ethical issues, social justice, environmental, climate change but sometimes it's just a random choice that sounds interesting. All are welcome. Masks are strongly recommended.

Helen Race | raceh@att.net | (314) 401-4382

New Member Sunday August 28 Our church family is constantly changing. People come and go. Babies are born. Children grow up. People commit themselves to one another. Loved ones and friends among us come to the end of their lives. Individuals move into our community and church life. Others leave us, moving away to new places, new experiences, new opportunities. It is with joy and gratitude that we plan to welcome new members into our worship, work and witness at Parkway UCC on Sunday, August 28 during our 10am worship service.

If this is something you might be interested in, please let us know...

kevin@parkwayucc.org; 314-872-9330

Joy to your Palate and to your Sense of Wonderment and

Curiosity On Sunday, August 28th, following worship in the back parking lot, the Speakers Series staff brings to the members of Parkway and its visitors, free ice cream treats and a mystery; an exhibit of an iconic, mythological landmark of historic and cultural significance. Bring the kids.

Festival of Nations Sat & Sun August 27-28 | festivalofnationsstl.org/

We are a diverse, inclusive and thriving community in St Louis!

An inclusive society is a festival! The FESTIVAL OF NATIONS! It is a time to enjoy amazing foods, toe tap to a musical spectacle, listen deeply to a story told, and support the thriving entrepreneurial spirit of this diverse community.

This is one of the best annual events in St Louis. We will let you know when the full schedule of events is available so we might arrange carpools.

Festival of Nations is again brought to you by the International Institute of St. Louis. For more than 100 years, IISTL has been building a more connected and productive society to benefit immigrants, their families, and the wider community. Our vision is for a diverse, inclusive and thriving community.

Today, IISTL provides a whole host of services annually to more than 5,000 immigrants and refugees, including English classes, citizenship preparation, job services, counselling, and small business development. We are also working to help immigrants and the wider community to build connections by promoting cross-cultural understanding. Join us at www.iistl.org

You can also help make it a huge success by volunteering. This isn't possible without lots of volunteers like you...

Volunteer Opportunities: iistl.volunteerlocal.com/volunteer/?id=63243

Thank you! A big, hearty thank you to our generous congregants for donating 300 2-pocket folders and lots of socks and underwear to Isaiah 58 Ministries for their annual back-to-school event on 30 July. The ministry was so pleased with the donations for the school children. ~Evelyn Buretta

AWOL - Adventurous Women Out Late

Sun. Sept 18 12:15pm - lunch nearby after 11:15am Speaker Series

Sat. Oct. 29 7:30pm - *Discover Hannah Gadsby* @ church

Sat. Nov. 12 5:30pm- Dinner at J. Gilberts Steaks + shopping at mall

Fri. Dec 16 6:30pm- Golden Globe nominated movie TBA Thurs.

Jan 26 matinee at the FOX Theater - *SIX* the musical

Contact Carmen Bumgarner: cbum@charter.net | (314) 330-0813

Alzheimer's News August 2022

The following are excerpts from the "What It's Like Living with Alzheimer's" article in the summer 2022 edition of ALZ Magazine:

Five Things People Want You to Know—

1. Some days are better than others – and that is ok. Everyone has good and bad days, but for those living with dementia or Alzheimer's an "off" day means difficulties with everyday life. Validate the person's efforts to be successful and understand that some tasks or conversations may need to be picked-up at another time.
2. You don't need to fear people with Alzheimer's. Much of the stigma surrounding Alzheimer's is rooted in fear. Take the time to learn about it. Knowledge can create empathy and shows you care about the person.
3. Don't make assumptions based on a person's diagnosis. An Alzheimer's diagnosis is life-changing, but it's not the end. Don't count a person out. People with the diagnosis will have to adjust routines. A person may experience some deficits, some behavioral or memory problems, but their lives don't stop.
4. No two journeys are the same. Recognize and respect how each individual feels and what they need, even if it's the opposite of someone else you know living with dementia. No matter what, each person deserves grace and peace.
5. Talk to each person directly. Engage with them the way you always have. It might take them longer to respond or you may have to repeat yourself, but they still need and want to communicate and feel included. They would much prefer to talk and help clarify things that don't make sense rather than being ignored.

You can learn more by going to www.alz.org/help-support/resources or the Alzheimer's Helpline which is accessible 24/7 via 800-272-3900 and staffed by master's level clinicians to assist with crisis situations, decision making, and disease information. You can find virtual dementia caregiver resources online at alz.org/covid19help. Tools and support are also available in Spanish. Want to learn more about the Alzheimer's Association and what they do here in St. Louis? Visit alz.org and/or contact PUC's Faith Outreach Ambassador with the Alzheimer's Association, Joyce Ruiz at joyceruiz7@gmail.com



We can keep them smiling



**3,800 Volunteers
Needed To Pack
1 Million Meals**
2,750 Kids fed for a year

Sept. 8-11, 2022
Kennedy Rec Center
6050 Wells Rd.
St. Louis, MO 63128

Adults and kids (age 5 and up)
work together to
hand-pack FMSC
MannaPack meals



Packing Shifts are just 2 hours
and there is no cost to pack!

Every day 10,000 children die
from hunger related causes

**Our Mission:
Until ALL Are Fed**

**To register or for
more information go to
FeedTheNeedSTL.org**

Feed The Need STL



We CAN do this St. Louis!



**IT'S PRETTY AMAZING THAT
OUR SOCIETY HAS REACHED A POINT
WHERE THE EFFORT NECESSARY TO**

**EXTRACT OIL FROM THE GROUND,
SHIP IT TO A REFINERY,
TURN IT INTO PLASTIC,
SHAPE IT APPROPRIATELY,
TRUCK IT TO A STORE,
BUY IT, AND BRING IT HOME**

**IS CONSIDERED TO BE LESS EFFORT THAN WHAT IT TAKES
TO JUST WASH THE SPOON WHEN YOU'RE DONE WITH IT.**

Prayer List

as of Wednesday, August 17, 2022

Celebrations

Lucia McKenzie and John Bieg - wedding here this Saturday 8/20.
All the acts of kindness, justice and equity near and far.

Concerns

Cindy & Ralf, Andrew Wessel and circles of family & friends as we continue to grieve/give thanks for Tyler - 1 year after death by suicide.

Jo Grove - hospitalized with the flu; just back from big family trip.

Jim Winkelmann - strengthening after more health challenges.

Amy Yakel - healing from recent knee replacement surgery.

Bart Coleman - good progress as he preps for 9/7 heart procedure.

Cassie Rosenberger - healing after recent surgery.

Ella - healing from major back surgery (teen granddaughter of Biondos).

Linda Tossing - knee replacement surgery on August 24.

Gail Haack's brother - hip replacement surgery on August 24.

All impacted by Covid-19 - individuals, families, healthcare workers; If anyone needs help getting vax/booster or if anyone vaccinated would like to be on the Care Team, please reach out to kevin@parkwayucc.org

The war in Ukraine.

Women's Justice issues.

Continuing

Joan Biest - radiation treatments wrapped up recently.

Mary Kay McKenzie - unable to communicate (sister of Tom's sister).

Kathy Ferrell - healing for her broken wrist.

Jackie - special needs adult battling Parkinson's, cancer, and dementia.

Josh - receiving chemo; needs a bone marrow transplant (Tarr).

Sharon - variety of health challenges (Rogers).

Sue Linson - recently diagnosed with leukemia (McKenzie).

Dusty & Lindsay; Matt & Kim - expecting babies with complications.

The Haack's neighbor - stage 4 cancer... single parent of a 2.5 yr old.

Janet Schoedinger - chemotherapy for 3rd cancer battle (Litzinger).

Lynda Ruby - living with cancer (Lindner).

Val - strength and patience (Jim Winkelmann's 101 year-old mother).

Christopher, Gail & Bill Haack - chronic health challenges.

Cherie & Mike Stolze - her health; her father's kidney disease.

Ruth Peace & Pinky Wilcoxon - PUCC sisters with health challenges.

Bill Darland - ongoing health issues.

Lizzie - awaiting liver transplant (niece of Barb Kuhlmann).

Anthony - multiple challenges as he lives his post-incarceration life.

Gary - risky behaviors; seeking balance and stability.

St Louis Association UCC Covenant Partner

Week ending August 21 - **St. Johns UCC**, Chesterfield;

stjohnsuccchesterfield.org

Week ending August 28 - **St. Johns UCC**, St. Louis; stjohnsbeloved.com

Home/Care Facility/Rehab Center

Marv Herpel - *Brookdale West County*; 785 Henry Ave, #217;

Ballwin, MO 63021; 636-227-5838 [birthdate: March 3]

Sue Houser - *Bethany Ctr for Rehab & Healing*; 421 Ocala Dr - #209B;

Nashville, TN 37211; 615-577-2049. [birthdate: July 8]

Pat Klein - *Anthology Senior Living of Wildwood*; 251 Plaza Dr,

#325; Wildwood, MO 63040 [birthdate: September 21]

Bill Klein - *Anthology Senior Living of Wildwood*; 251 Plaza Dr,

#104; Wildwood, MO 63040 [birthdate: March 8]

John Nourse *The Village at Cape Albeon*; 3300 Lake Bend Dr, #166;

Valley Park, MO 63088 [birthdate: October 26]

Ruth Peace - 10379-D Forest Brooke Ln; StL MO 63146; 314-983-0253;

meadletter222@gmail.com [birthdate: August 8]

Naomi Runtz - 272 N Lindbergh Blvd; StL MO 63141; 34-993-0469

naomiruntz@sbcglobal.net [birthdate: August 30]

Gladys Sims - *Friendship Village - 15200 Village View Dr, #2418*;

Chesterfield, MO 63017; 636-898-8873 [birthdate: July 4]

Pinky Wilcoxen - 10379-D Forest Brooke Ln; StL MO 63146; 314-983-

0253; meadletter222@gmail.com [birthdate: April 7]

Dick Witte - Meramec Bluffs Assisted Living; 40 Meramec Trails Dr; Apt

#104; Ballwin, MO 63021; 636-368-7324 [birthdate: March 25]

Other

The Shelton Family - as Killian prepares to welcome a baby sister.

Brussee/Dario/Race Family as Skyler and Justin prep to be parents.

Pres Biden, VP Harris, Congress, all local, national, world leaders.

The “me too” Movement - shining a light on sexual abuse.

All people who live with mental illness.

Caregivers of all shapes and sizes.

PUCC Family struggling with employment; healthcare costs and limits.

Our Missouri Mid-South Conference and St Louis Assn UCC

Gun violence and other violence across the US and other lands.

Conversations about the Death Penalty in the United States.

Victims of Natural and Created Disasters around the world.

Healing of relationships between the public and the police.

Peace and Justice near and far

US Military around the globe.

11th Sunday after Pentecost

August 21, 2022

Luke 13:10-17

Healing Reign

For eighteen years the woman in today's story suffered an ailment that kept her bent over and in pain. Jesus knew how to bring healing to the woman who suffered, but those around him wanted him to wait until after the sabbath. Jesus knew that suffering could not wait. If healing was available and ready at once, then it should be enacted.

Look around. What kind of suffering do you see in your region or neighborhood? Is there suffering that has been allowed to linger because it seems that it is never the right time to heal? What kind of healing can you and your congregation bring to those broken places?

Pray this prayer as you open your heart and mind to the suffering in your midst and the healing that might be available to alleviate that suffering.

Jesus, our friend and brother,
We breathe in and we breathe out.

With each breath in,
we receive the suffering of our neighbors.
With each breath out,
we exhale your healing power.

With each breath in,
we pray for courage and insight
With each breath out,
we become more like you.

With each breath in,
we feel your strength and clarity
With each breath out,
we step forward, reach toward.

Jesus, our friend and brother,
Guide us, we pray, as we breathe, pray, become, feel, step, reach, heal. Amen.