





[www.parkwayucc.org](http://www.parkwayucc.org)

January 28, 2024

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## Limitless Love | Courageous Action | Spirited Inquiry

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### 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

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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 or sending an email.

**Welcome Children** We invite children to full participation in worship. We also have activity bags for young children to use while they are here.

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

**Scripture Reader** Dawn Jones-Goldstein

If you would like to volunteer to be a reader, sign up online **here**.

**Flowers** today are donated by Dottie and John Dwyer. Consider signing up to donate flowers on the large bulletin board in the Gathering Space!

**Subscribe to our email lists:** Sign up at [www.parkwayucc.org](http://www.parkwayucc.org)

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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](http://www.crisistextline.org)  
Behavioral Health Network of Greater St Louis 314-449-6713

The numbers below are called Warmlines (not Hotlines).

They are peer run by people with lived experience.

Not all of them are 24/7/365

Teen Warm Line: 1 800-248-8336

Black Warm Line: 1-800-604-5841 (They are divested from the police)

Trans Warm Line: 1-877-565-8860

Project Return Warm Line: 1-800-448-9777 (run away)

Learn more about warm lines: <https://warmline.org/warmdir.html>

## **Birthdays**

01/31 Molly Grisham  
01/31 Mona Herberg  
02/01 Randall Beck  
02/01 Andrew Stappenbeck  
02/02 Michael Zoller  
02/03 Kayla Williams  
02/03 Natalie Muchnick  
02/04 Alexa Waddell

## **Anniversaries**

01/31 Ben & Marilyn McDougall

# 4<sup>th</sup> Sunday *after* Epiphany

Sunday, January 28, 2024 | 10:00am | Sanctuary & Facebook Live

**Welcome** Let us know you are here!

**Meditation** You are not obligated to complete the task, but neither are you free to desist from it. ~Pirke Avot 2:21

## Passing the Peace of Christ

“May the peace of Christ be with you.”

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

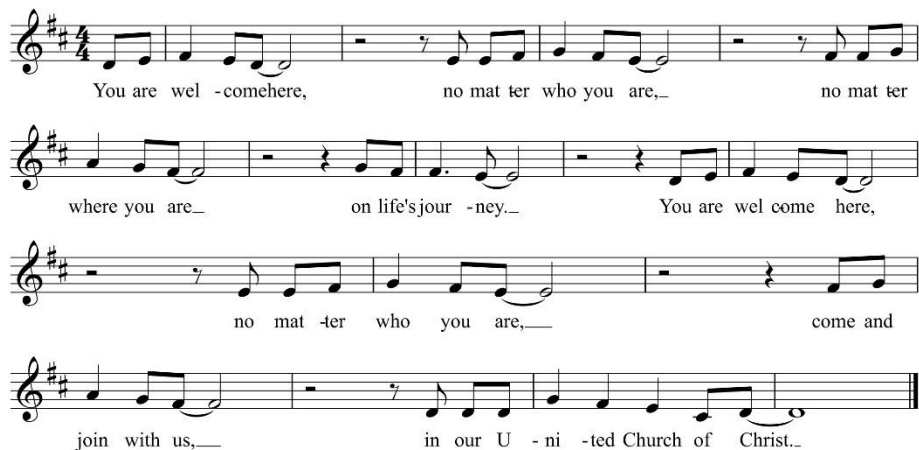
**Prelude** *Prelude in C Major (for the organ) – by a. Rosenstengel, arr. by Carlo Rossini*

**Introit** *Hear Us, O God* – words by Nancy Price and Don Besig / music by Don Besig (sung by the Sanctuary Choir)

Hear us, O God, as we come now in prayer,  
Sharing our joys, our troubles and our cares.  
Help us, O God, to be open to your word,  
And teach us to put our trust in you!

## Lighting of the Candles & Ringing of the Bell

**Welcome Song** *You Are Welcome Here*



## Scripture Mark 5:24b-34 (CEB - Common English Bible)

A swarm of people were following Jesus, crowding in on him. A woman was there who had been bleeding for twelve years. She had suffered a lot under the care of many doctors, and had spent everything she had without getting any better. In fact, she had gotten worse. Because she had heard about Jesus, she came up behind him in the crowd and touched his clothes. She was thinking, If I can just touch his clothes, I'll be healed. Her bleeding stopped immediately, and she sensed in her body that her illness had been healed. At that very moment, Jesus recognized that power had gone out from him. He turned around in the crowd and said, "Who touched my clothes?" His disciples said to him, "Don't you see the crowd pressing against you? Yet you ask, 'Who touched me?'" But Jesus looked around carefully to see who had done it.

The woman, full of fear and trembling, came forward. Knowing what had happened to her, she fell down in front of Jesus and told him the whole truth. He responded, "Daughter, your faith has healed you; go in peace, healed from your disease."

## Call to Worship

based on words by Jim Burklo

One: Let us worship and adore God:

**Many: source, essence, and aim of all things, spirit that enlivens all beings.**

One: Let us follow the way of Jesus, who found God in himself and shared a way for others to find God in themselves:

**Many: He was born through love, lived for love, struggled for love, died for love, but love never ends.**

One: Let us give ourselves over to the leadings of the love that is God:

**Many: to be compassionate to all beings, to live and serve in community with others, to ask for and offer forgiveness, that we may be infused and inspired in the Spirit.**

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

## Song *Christ Be With Us*

Tune: HYFRYDOL ("Love Divine, All Loves Excelling")

**Christ be with us, Christ behind us,  
Christ before us — all around!**

**Christ in busy, noisy cities,  
Christ where hardly rings a sound.**

**Jesus, you're our Lord and Savior;  
On your love we can depend.**

**Help us see your presence clearly  
In each stranger and each friend.**

Christ in lines of people fleeing,  
Praying that a war will cease;  
Christ in battered women's shelters,  
Looking for a place of peace.  
Christ with people sick or dying,  
Loved ones trying hard to cope  
In this world of so much suffering,  
Christ, you give your people hope.

Christ with children who must struggle,  
Working hard for daily food;  
Christ in classrooms, learning, growing,  
Asking questions, seeking good;  
Christ in diners, waiting tables;  
Christ in homes where children play  
In this world of people working,  
Christ, you work through us today.

Christ with all who keep on struggling,  
Helping others to be free;  
Christ with churches working, searching  
For a greater unity;  
Christ, in bread and wine, be with us,  
Giving strength for each new day  
In this world of daily crosses,  
Be our joyful, living Way.

## Opening Prayer

Holy One, You have come to us and shared our common lot. You poured Yourself into human form in order to be with us. You understand us from the inside out. You know our limitations and our potential. Be with us in old and new ways so we can feel, know and trust You. Lead us into places where we can bring your healing and your hope for there are many who are hurting. 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** Parents are invited to take children under the age of 3 to Room 01 (upper level) where one of our teachers will meet them at the door. Children from age 3 to 12<sup>th</sup> grade can follow our teachers down to Room 13 (lower level) for our Sunday School Opening Session. An offering will be passed around for children during that time for them to give as they feel called. For children in Room 01, parents please pick them up after worship. Children and youth can be met in the Gathering Space just outside the Sanctuary after worship, as the teachers will bring them back upstairs after class.

## Blessing the Children *Jesus' Hands Were Kind Hands There*

Je - sus' hands were kind hands, do - ing good to all. Heal - ing pain and  
Take my hands, Lord Je - sus, let them work for you. Make them strong and

sick - ness, bless - ing child - ren small. Wash - ing tir - ed feet and  
gen - tle, kind in all I do. Let me watch you, Je - sus,

sav - ing those who fall. Je - sus' hands were kind hands, do - ing good to all.  
till I'm gen - tle too. Till my hands are kind hands, quick to work for you.

### Scripture Mark 5:21-24a, 35-43 (CEB - Common English Bible)

Jesus crossed the lake again, and on the other side a large crowd gathered around him on the shore. Jairus, one of the synagogue leaders, came forward. When he saw Jesus, he fell at his feet and pleaded with him, “My daughter is about to die. Please, come and place your hands on her so that she can be healed and live.” So Jesus went with him.... messengers came from the synagogue leader’s house, saying to Jairus, “Your daughter has died. Why bother the teacher any longer?”

But Jesus overheard their report and said to the synagogue leader, “Don’t be afraid; just keep trusting.” He didn’t allow anyone to follow him except Peter, James, and John, James’ brother. They came to the synagogue leader’s house, and he saw a commotion, with people crying and wailing loudly. He went in and said to them, “What’s all this commotion and crying about? The child isn’t dead. She’s only sleeping.” They laughed at him, but he threw them all out. Then, taking the child’s parents and his disciples with him, he went to the room where the child was. Taking her hand, he said to her, “*Talitha koum*,” which means, “Young woman, get up.” Suddenly the young woman got up and began to walk around. She was 12 years old. They were shocked! He gave them strict orders that no one should know what had happened. Then he told them to give her something to eat.

### Moment of Silent Reflection

### Sermon



## Invitation to Prayer *Make Me A Channel of Your Peace*



1. Make me a chan-nel of your peace. \_\_\_\_\_ Where  
2. Make me a chan-nel of your peace. \_\_\_\_\_ Where

there is ha-tred, let me bring your love. \_\_\_\_\_ Where  
there's de-spair in life, let me bring hope. \_\_\_\_\_ Where

there is in - ju - ry, your par-don, Lord, \_\_\_\_\_ and  
there is dark - ness, \_\_\_\_\_ on - ly light, \_\_\_\_\_ and

where there's doubt, true faith in you. \_\_\_\_\_  
where there's sad - ness, ev - er joy. \_\_\_\_\_

## 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.

[www.parkwayucc.org/giving](http://www.parkwayucc.org/giving)

### Offertory Anthem *I Want to Walk as a Child of the Light* – by Paul Manz, based on Houston by Kathleen Thomerson

I want to walk as a child of the light.  
I want to follow Jesus.  
God sent the stars to give light to the world.  
The star of my life is Jesus.



*(Refrain)*

In him there is no darkness at all.  
The night and the day are both alike  
The Lamb is the light of the city of God.  
Shine in my heart dear Jesus

I want to see the brightness of God.  
I want to look at Jesus.  
Clear Sun of righteousness, shine on my path,  
And show me the way to Creator. *(Refrain)*

I'm looking for the coming of Christ.  
I want to be with Jesus.  
When we have run with patience the race,  
We shall know the joy of Jesus. *(Refrain)*

## **Response**

**Praise God whose many names abound;  
Our Peace, our Rock, Our Holy Ground,  
Our Home, our All, Earth's Majesty,  
Love, Spirit, Light and Mystery. Amen.**

## **Prayer of Dedication** based on *Now Thank We All Our God*

**Now thank we all, God, with heart and hands and voices. You wondrous things have done, in whom this world rejoices. From our parents' arms, you've blessed us on our way - with countless gifts of love, and still is ours today. Guide us into places where we can share and care to help meet others' hungers and thirsts. Amen.**

## **Response** *Thank God*

**Thank God, thank God, thanks in the morning, thanks in the  
noontime Thank God, thank God, thanks when the sun goes down.**

## **Prayer of Dedication** Suzelle Lynch

**Ever-present God, may these gifts - given with generosity and love  
help our church and our world become more peaceful, caring, fair  
and free. Amen.**

## Song of Parting *The Servant Song*



- 1., 6. Broth-er, sis - ter, let me serve you, let me be as
2. We are pil - grims on a jour - ney; we're to - geth - er
3. I will hold the Christ-light for you in the night-time
4. I will weep when you are weep-ing; when you laugh, I'll
5. When we sing to God in heav - en, we shall find such



Christ to you; pray that I may have the grace to  
on this road. We are here to help each oth - er  
of your fear; I will hold my hand out to you,  
laugh with you. I will share your joy and sor - row  
har - mo - ny, born of all we've known to - geth - er



let you be my ser - vant, too.  
walk the mile and bear the load.  
speak the peace you long to hear.  
till we've seen this jour - ney through.  
of Christ's love and ag - o - ny.

## Benediction

### God's Light Goes Forth

**Music for Going Forth** *Postlude (in C) – by Ch. H. Rinck (oooo),*  
arr. by Carlo Rossini



## A Woman Healed, A Girl Raised

### Unit 7: The Power of the Kingdom

#### LAST WEEK

Jesus provides the shelter and comfort of God's kingdom when he heals a man with an unclean spirit (Mark 5:1-20).

#### THIS WEEK

Jesus heals a woman and raises a young girl from the dead (Mark 5:21-43).

#### Story Summary

A local leader asks Jesus to heal his daughter. On the way, a woman touches Jesus' cloak and is healed from her illness. When Jesus reaches the leader's daughter, she has already died. Jesus raises the daughter from the dead. Jesus meets the needs of a man, a woman, and a child. He meets the needs of the leader of the synagogue and a poor woman. Jesus is not stopped by the Jewish laws or obstacles. His life-giving power is for everyone, everywhere, at all times.

#### Practice: Prayer

We can feel confident in boldly approaching God in prayer, just as those in today's Scripture were confident approaching Jesus in person. Bring a concern to Jesus today that you may feel is too small or too embarrassing. He has the power to meet your needs.

#### The Point

Jesus has the power to heal and bring life.

#### Bible Nuts & Bolts:

##### *Translation and Interpretation*

The Bible was not originally written in a modern language like English. In fact, the Bible was originally written in different ancient languages, including Hebrew and Greek. Over time, people have translated the Bible from these ancient languages into languages we understand today. As a scholar chooses how to express a word, sentence, or passage in a modern language, they use their understanding of the greater context of Scripture to do so. They interpret the original text in the most faithful way possible, but different translators interpret passages in different ways. We can see this when we read the same text in different Bible translations. As we read Scripture, we also bring our own beliefs and life experiences, creating our own interpretations.

#### NEXT WEEK

Jesus returns to his hometown and finds that there is little faith among them. Jesus then sends out the twelve disciples to heal and spread the good news (Mark 6:1-29).

## Going Deeper

As you hear and study these stories each week, consider what God has to say to you and your family. What is God's message to us? Consider the following basic pattern as a way of forming family devotions:

- ✦ Light a candle to help you focus this time as "God time." Pray a simple prayer together.
- ✦ Take a moment to check in with each other; what are each person's "highs" and "lows" today?
- ✦ Read aloud from the Daily Bible Readings from below. Discuss the questions following each.
- ✦ End with a blessing, by simply tracing a cross on each other's forehead. The Lord's Prayer is a good way to end your devotion time. If you used a candle, extinguish it as a sign of the end of the devotions.

*Note: This is only a suggested pattern. It will vary with your household's context and patterns. What works best for you? First thing in the morning? Over breakfast? Bed time? Be creative and flexible with how you practice and keep your devotions!*

## Daily Bible Readings

### Sunday—Read Mark 5:35-43

Jesus raises a girl from death to life.

- Which examples of faith can you relate to?
- Which examples of doubt can you relate to?

### Monday—Read Psalm 46

God is our refuge.

- List the things that, with God as your refuge, you need not fear.
- Be still and focus on God.

### Tuesday—Read Psalm 100

Go ahead, make a joyful noise to the Lord!

- What are you thankful for today?
- Sing a praise song.

### Wednesday—Read Psalm 121

God is our help.

- Does God's protection mean we will not experience hard times?
- How do you ask and receive help from God?

### Thursday—Read Psalm 126

The Lord restores us.

- What have you lost that you would like restored?
- In what way have you seen your life or the lives of others restored?

### Friday—Read Mark 6:1-6

A prophet comes home.

- Have you been rejected by family, friends, or classmates because of your faith in God or other reasons?
- Why do the people who know us sometimes get embarrassed by us?

### Saturday—Read Mark 6:7-16

Jesus sends out the twelve disciples.

- Why did Jesus tell the disciples to leave when people refused to welcome or listen to them?
- How were the disciples able to cast out demons and heal the sick?

# Announcements

Please use the form at [www.parkwayucc.org/communications](http://www.parkwayucc.org/communications) for all announcements for our media. Bulletin and eNews deadline: noon Monday.

## Parkway UCC Speaker Series

**Occasional opportunities after worship from 11:15am-12pm**

### **Jan. 28 - The Kim Gardner Saga**

By all objective standards, Kim Gardner was a stunning failure as the City of St. Louis' top prosecutor, but she stubbornly refused to give up her position. Our speaker, Bill Corrigan served as the number two person in the Missouri Attorney General's office and will recount his story as the lead attorney in the court case that successfully forced Ms. Gardner out of office.

Our Speaker Series is in person in the Heritage Room and on Zoom.

<https://uso2web.zoom.us/j/84691476997?pwd=aEM2ZURYWURLNmkwdoEzVoVHV1IyQT09#success>

Meeting ID: 8469147 6997 | Passcode: 181565 | Dial (312) 626-6799

Questions? contact Richard Scherrer - [90fivetpr@gmail.com](mailto:90fivetpr@gmail.com); 314- 591-6803

### **AMOE: Adventurous Men Out Early**

Thursday, Feb. 01 | 9:15-11:00am | Heritage Room

Did you know that it is common to observe mature men sharing donuts, coffee and conversation in various places in the United States, like the friendly confines of the Heritage Room at Parkway? Participating in a coffee group can facilitate a sense of belonging and provide a way to engage socially and stay connected. Can this possibly be true? And all I have to do is show up and be a good listener? Yes and yes. For more information, contact Richard Scherrer at [90fivetpr@gmail.com](mailto:90fivetpr@gmail.com)

### **AWOL: Adventurous Women Out Late**

**Join us as we make new connections and strengthen existing ones.**

Thursday, Feb. 15

*Mamma Mia* at The Fox Theater 7:30pm

Sunday, March 3 at 1pm- ART IN BLOOM @ The St. Louis Art Museum.

This event requires RSVP also

Saturday, April 13 at 1pm- Spend a couple of hours with us at Laumière Sculpture Park

Friday, May 10 at 6pm- Dinner on the patio - details TBA.

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

### **Post-Dispatch Trivia Night to Benefit STL 100 Neediest Cases**

Fri, Feb. 16 from 6-9pm; Moolah Shrine - 12545 Fee Fee Rd | St. Louis, MO 63146

We need some trivia minded folks to fill out a table for the 100 Neediest Cases fundraiser. Trivia will focus on St. Louis history, music and general knowledge. Cash prize, silent auction, raffles, free beer, BYO food.

\$35 per person.

Contact Dan Connors at [connorsd@aol.com](mailto:connorsd@aol.com) by February 1 if interested.

## **Tuesday Afternoon Dialogue – February 6**

### ***The Anthropocene Reviewed* by John Green**

1<sup>st</sup> & 3<sup>rd</sup> Tuesday | 1:45pm fellowship | 2:00pm discussion | Zoom  
<https://us02web.zoom.us/j/83670617428?pwd=bUxPZEdDMlU4ay9oNndTWw4yZUYwUT09>  
(312) 626-6799; Meeting ID: 836 7061 7428; Passcode: 480007

TAD's new book is John Green's *The Anthropocene Reviewed: Essays On a Human-Centered Planet*. From Amazon: “*The Anthropocene* is the current geologic age, in which humans have profoundly reshaped the planet and its biodiversity. In this remarkable symphony of essays adapted and expanded from his groundbreaking podcast, bestselling author John Green reviews different facets of the human-centered planet on a five-star scale—from the QWERTY keyboard and sunsets to Canada geese and Penguins of Madagascar. Funny, complex, and rich with detail, the reviews chart the contradictions of contemporary humanity.” TAD would love to have you. Contact Jackie Eiffert: jeiffert2@gmail.com

### **Annual Youth Lock-In for Middle and High Schoolers**

Friday Feb. 09-10, 5:00pm-8:00am | Parkway United Church of Christ  
Bring your kids to our Annual Lock-In! Dinner and a movie, snacks and games galore, a scavenger hunt, and awesome fellowship. Best part, it's free! Contact Gabriel@parkwayucc.org for more info.

## **Tuesday Evening Dialogue – February 13**

2<sup>nd</sup> & 4<sup>th</sup> Tuesday | 6:00pm potluck | 7:00pm discussion | Heritage Rm  
Please join us in the Heritage Room as we finish up our discussion of *The Book of Charlie*. We will also be choosing our next book to read. This is the true story of the author's neighbor, 109-year old Charlie. Von Drehle came to understand that Charlie's resilience and willingness to grow made this remarkable man a master in the art of thriving through times of dramatic change. *The Book of Charlie* is a gospel of grit—the inspiring story of one man's journey through a century of upheaval. The history that unfolds through Charlie's story reminds you that the United States has always been a divided nation, a questing nation, an inventive nation—a nation of Charlies in the rollercoaster pursuit of a good and meaningful life. For more info, contact Helen Race: raceh@att.net | (314) 401-4382

### **New Members Officially Joining the Church**

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, February 11 during our 10am worship service. This can happen in person or virtually.

If this is something you might be interested in, please let us know...  
kevin@parkwayucc.org; 314-872-9330

## **Gateway Open and Affirming Convocation**

Saturday, March 2<sup>nd</sup>; 8:30am-3:00pm

Join area churches at Parkway UCC for an inspirational day of learning and providing support for the LGBTQIA Community. Participants can attend three workshops during the day following a worship service and keynote address. We encourage Parkway members to live up to their commitment from years ago when Parkway voted to become ONA and learn more about the movement and how we can be partners with the LGBTQIAI community. The workshops are led by experienced individuals who are well-prepared. The worship service and keynote address are inspirational. This year, Rev. Dr. Katrina Roseboro-Marsh, UCC ONA Coalition's Executive Director, will give the Keynote address. We are encouraging Parkway members to attend, but also volunteer to assist in various roles. Thanks for letting us know if you can volunteer and where you would be willing to serve. For more info, contact Carol Cobb [ccjcobb@aol.com](mailto:ccjcobb@aol.com) or Greg Schmelig [greg\\_schmelig@hotmail.com](mailto:greg_schmelig@hotmail.com). Let's learn and love the LGBTQIA+ Community!

## **MONTH OF GRACE + PRAYER (A Retreat in Everyday Life)**

Make 2024 the year when your relationship with God blossomed by participating in the Month of Grace + Prayer retreat in everyday life. Pray on your own each day and meet privately with a spiritual companion for one hour, once per week for four consecutive weeks. This retreat is personalized to what you are hoping for, whether that is to make more time for prayer, to learn new ways to pray, to pray about a certain issue in your life, deepen your personal relationship with Jesus, or to receive whatever God is offering to you at this time. During the weekly sessions, your spiritual companion will listen with love and affirmation, offer questions that will lead you deeper into your prayer experiences and offer prayer suggestions for the coming week. Offered in person and completely virtually, all adults are welcome regardless of denomination or affiliation. Committed couples also have the option to participate as a couple.

The retreat will begin with a 90 minute group gathering (in person/virtual) of all participants on Sunday, Feb. 25. In person meetings with spiritual companions take place at church on Monday mornings, afternoons or evenings, and virtual meetings are scheduled on any day and time mutually convenient with the companion and participant. All participants will gather again in celebration on Sunday, March 24.

For even more information or to register, visit

[www.momentsofgraceandprayer.org](http://www.momentsofgraceandprayer.org) or contact Clarence Heller

([clarenceheller@gmail.com](mailto:clarenceheller@gmail.com); 314.258.9066). There is no registration fee, but retreatants are invited to share the costs of the retreat as they are able.

Clarence will be joining us for worship on January 28 and will be available afterwards to answer any questions you may have.



## Annual St. Patrick's Diner to Benefit Habitat for Humanity

March 09, 4:00-7:00pm | Samuel UCC 320 N. Forsyth Blvd., Clayton MO

Suggested \$20 donation, children \$6. EVERY CENT you give goes to Habitat for Humanity St. Louis. All meat and other food are either a gift from the Kern Meat Company or others. Corned beef and cabbage, Irish mashed potatoes, soda bread and a home made dessert buffet like no other. For more info, please contact Tom McKenzie at [mckenzie1947@att.net](mailto:mckenzie1947@att.net).

## Join the Children's Ministry Team

We are looking for two additional volunteers to join the team and help teach Children's Ministry in 2024. It's an excellent way to serve in this church, and we have a vibrant Children's Ministry program. So, if you have a joy teaching children from PreK to 3<sup>rd</sup> Grade, we'd love to have ya! It's pretty low commitment, so not too demanding, so if you feel you'd have a couple weeks out of the month free, or even just one week a month, then this could be the right fit for you.

If interested, please reach out to Gabriel Requadt, our Director of Christian Education, for more information: [gabriel@parkwayucc.org](mailto:gabriel@parkwayucc.org); 314-872-9330

## Looking for More Singers for PUCC Sanctuary Choir

If you've always imagined singing in the choir—or the thought is just occurring to you for the first time right now, why not give it a try?

We're needing extra singers right now—reach out to [barry@parkwayucc.org](mailto:barry@parkwayucc.org) 636-485-5378 to let him know!

We have an intergenerational choir called *First Sunday Choir* that gathers at 9am on the first Sunday of each month to learn a simple song or two to sing that morning in worship.

The *Sanctuary Choir* sings on the second and fourth Sundays of each month from September – May and practices on Thursday evenings.

Our *Children's Choir* sings on the third Sunday of each month.

## January Sustainability Suggestions

### 7 Easy Ways to Use Less Plastic

Have you ever thought about all the items we buy in stores or shop for online and how so many are either made of plastic or packaged in plastic? Not blaming the stores, they stock what we buy. But there's the vision of all these items overloading our landfills and slowly degrading into endocrine disruptors such as toxins that can cause cancers and alter the development of our children. Currently, every year, humans produce about 400 million tons of plastic waste (we recycle about 2 million). In the U.S., we average about 300 pounds a year per person. What can we do about that?

We can start at home. In 2024 let's learn ways to use less plastic, even if it's less convenient.

1. Skip single use plastic utensils. Stainless steel portable cutlery under \$15 is easy to find.

2. Choose compostable or metal straws. I keep a few in my car, because you just never know when they'll throw a plastic straw at you.
3. Store food in compostable, reclosable bags. Cleanomic sells various sizes of zip-close bags for around \$12 a box.  
Cleanomic | Planet-Friendly Cleaning Product for the Entire Home
4. Bag your fleece. Turns out that fleece (your beloved ones made from recycled bottles) can shed hundreds of thousands of microfibers every wash. One answer? A Guppyfriend Washing Bag that captures those tiny bits before they get into our rivers and oceans. <https://zerowastestore.com/>
5. Try Earth Breeze (Laundry Detergent ECO SHEETS) or Sheets LaundryClub. Zero plastic waste. Buy online: <https://www.earthbreeze.com/> or Laundry Sheets & Cleaning Supplies | Sheets Laundry Club
6. Drink from metal water bottles. Try to REFUSE/ or at least REDUCE use of single use plastic water bottles. Enough said!
7. Choose restaurants that use paper or cardboard takeout containers. (PLEASE - AT LEAST NO STYROFOAM – ASK FOR AN ALTERNATIVE/ OR OTHER OPTIONS) Customers letting their preferences be known will perhaps encourage restaurants (their owners) to move towards these eco-friendly options.

If we demand it. Companies will respond. Vote with your wallet. Be willing to try something new. Join your sustainability committee in lessening our personal plastic waste in 2024.

(Parts of this article were edited from the Healthy Planet – January 2024 with their approval)

## **Progressive Christians Are Christians Who:**

1. Believe that following the way and teachings of Jesus can lead to experiencing sacredness, wholeness, and unity of all life, even as we recognize that the Spirit moves in beneficial ways in many faith traditions.
2. Seek community that is inclusive of all people, honoring differences in theological perspective, age, race, sexual orientation, gender identity/expression, class, or ability.
3. Strive for peace and justice among all people, knowing that behaving with compassion and selfless love towards one another is the fullest expression of what we believe.
4. Embrace the insights of contemporary science and strive to protect the Earth and ensure its integrity and sustainability.
5. Commit to a path of life-long learning, believing there is more value in questioning than in absolutes.

**Check out [progressivechristianity.org](https://progressivechristianity.org)**

# Prayer List

Wednesday, January 24, 2024

## Celebrations

**All the acts of kindness, justice and equity near and far.**

**25 Years in our New Sanctuary!**

**Mike & Gerry Rogers** - hosting exchange student, Beiberys ('Baybars') from Kazakhstan; started school last week at Parkway North. Go Vikings!

## Concerns

**Pinky Wilcoxon** - strengthening at Delmar, Creve Coeur after surgery (Please consider writing or visiting Pinky - see info next column).

**Becca Palmgren** - healing from surgery on January 11.

**Sally Dodge** - in Philly for granddaughter's tonsillectomy and healing.

**Kent Tallyn** - eye surgery tomorrow - January 23.

**Jackie** - receiving hospice care at home (sister of Nick McMillon).

Family/friends of **Dave Emge** - grieving and giving thanks (McDougall).

Family/friends of **Pete Doyle** - grieving and giving thanks (McKenzie).

**The continuing war in Ukraine.**

**War in the Mideast** - Israel and Hamas....Lebanon, Syria, Iran, Yemen

## Continuing

**Bill Hilgeman** - continued healing after serious injuries.

**Rebecca Ray** - that her book on suicide prevention will be published.

**Kari Borgmann** - her mom becoming more feeble, lack of awareness.

**Cassie Rosenberger's mother Martha** - ongoing cancer treatments.

**Gram Ruth Hughes** - Lymphoma; receiving hospice care (Schneider).

**Seger Ruiz** - paralyzed from car accident in September.

**Joseph Miller** - long road to healing (son of Deb Carter).

**Nelson Spencer** - continued treatment for multiple issues (Svenson).

**Trudy** - living with cancer; healing after a fall (Scharf).

**Barb** - complications with cancer tx and at odds with insurance co (Tarr)

**Cherie & Mike Stolze and family** - her chronic health challenges.

**Bill & Nancy Darland** - his ongoing health issues.

**Gail, Bill and Christopher Haack** - chronic health challenges.

**Chris** - hospice care after brain cancer surgery (Doug's sister-in-law).

**Theresa** - surgery/treatment/recovery - aggressive cancer (Schwarz).

## Home-Centered/Care Facility/Rehab Center

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

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

**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; 314-993-0469; naomiruntz@sbcglobal.net [birthdate: August 30]

**Gladys Sims** - Friendship Village - 15200 Village View Dr, #2418; Chesterfield, MO 63017; 636-898-8873 [birthdate: July 4]

**David Smith** - Anthology of Town & Country; 1020 Woods Mill Rd; #310; St Louis, MO 63017; 636-200-5076 [birthdate: July 24]

**Judy Waddell** - McKnight Place; 3 McKnight Pl, #229; StL MO 63124; 314-312-1129 [birthdate: August 13]

**Pinky Wilcoxon** - Delmar Gardens Creve Coeur; 850 Country Manor Ln; #130; Creve Coeur, MO 63141; 314-434-5900 [birthdate: April 7]

## Other

**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 & those dealing with meds.**

**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

## Speak Your Truth to Power

A bill currently in the Missouri House of Representatives (HB 1708) relaxes current restrictions on where weapons can be carried, lowers the age for permits and would allow persons with permits to carry firearms in churches, repealing the current prohibition for places of worship. At a recent meeting, Council suggested offering a way for those interested in this legislation to express their views. Cindy Changyit Levin will be drafting some initial thoughts as the basis for personal letters to individual legislators. Details for letter-writing on February 25 will be posted on our website and in the eNews. Questions? Please contact Nancy Litzinger for the Church Council [nancywlitzinger@gmail.com](mailto:nancywlitzinger@gmail.com)

# 4<sup>th</sup> Sunday *after* Epiphany

January 28, 2024

**Fourth Sunday after Epiphany**

Mark 1:21-28

Power to Do

*Health and Human Service Sunday*

In the story today, Jesus casts out an unclean spirit in the temple. As he gazes with love on the broken person in front of him, Jesus thinks only of how that person could be healed. He is not concerned about distracting others from the way things “should be” or making a mess in that holy space. Jesus only lovingly wants to act in ways that bring wholeness where there is brokenness, health where there is illness, community where there is isolation.

Today is Health and Human Service Sunday when we honor the work of the United Church of Christ’s The Council for Health and Human Service Ministry (CHHSM).

Last year CHHSM’s annual meeting was held in Denver, which gave Archway Homes a chance to showcase the work they have been doing in Colorado for fifty years.

“Since its founding in 1974, Archway Communities, initially established as Mountain United Church Housing, became Rocky Mountain HDC in 1995 and is now Archway Communities, has remained steadfast to its commitment to provide service-enriched affordable housing for very low-to-moderate income families in the Denver Metro region and Colorado Springs.

With 8 properties in the Denver metro and Colorado Springs (and two more in development!), we have been developing affordable housing communities, expertly managing properties, and providing essential supportive services to individuals and families for almost 50 years.

By integrating housing and supportive services, Archway Communities is helping 1,516 residents improve economically and socially. We are a faith-based non-profit that is affiliated with the United Church of Christ.

Archway wishes to create communities of dignity and respect for families, neighbors and staff.

Creating community requires a commitment to seeing the humanity and interconnectedness of all that we do.

It requires a willingness to step up with courage and decency, to do the hard tasks, and the ability to celebrate each triumph joyfully.”

Find out more at Archway’s website: <https://www.archwaycommunities.org/mission/>.

What are the health and human service organizations in your area? How can you celebrate and support them?