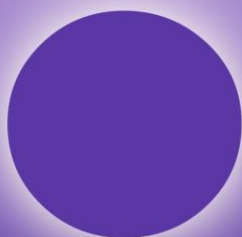
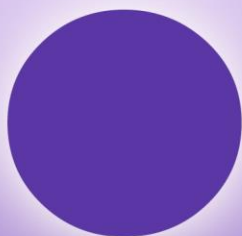


*The*  
**Punctuation**  
*of* **JESUS**  
*Keep Awake*





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

March 17, 2024

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- 3 Birthdays and Anniversaries
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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** Ashley Viehmann Milam

**Please** consider signing up to read scripture in 2024:  
<https://www.signupgenius.com/go/60BoD4CA4AC23AB9-scripture1>

**Flowers** given in celebration of John Ruiz's birthday – March 19. Please 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

03/17 John Degroote

03/20 Lara Reed

03/18 Patrick Clifford

03/21 Meara Schneider

03/19 John Ruiz

03/23 William Langton

03/20 Andrew Simonson

03/20 Armie Milam

# 5<sup>th</sup> Sunday in Lent – Colon

Sunday, March 17, 2024 | 10:00am | Sanctuary & Facebook Live

**Prelude** *The Lamb of God* – by James Mansfield, based on the traditional English Passiontide/Easter carol, © 2017 Lorenz Publishing Co.

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

**Meditation** Arise! Awake! and stop not until the goal is reached.  
~Swami Vivekananda

## Passing the Peace of Christ

“May the peace of Christ be with you.”

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

## Lighting of the Candles & Ringing of the Bell

### Introit *Kyrie*

[Please follow the Cantor's directions]

*Kyrie Eleison...Kyrie Eleison* (Lord, have mercy)

*Christe Eleison...Christe Eleison* (Christ, have mercy)

*Kyrie Eleison...Kyrie Eleison* (Lord, have mercy)

### Scripture Psalm 16 | Inclusive Psalter

Protect me, O God, for I take refuge in you; I have said to God, "You are my Sovereign, my good above all other." All my delight is upon the godly that are in the land, upon those who are noble among the people. But those who run after other gods shall have their troubles multiplied. O God, you are my portion and my cup; it is you who uphold my lot. My boundaries enclose a pleasant land; indeed, I have a goodly heritage. I will bless God who gives me counsel; my heart teaches me, night after night. I have set God always before me; because God is at my right hand I shall not fall. My heart, therefore, is glad, and my spirit rejoices; my body also shall rest in hope. For you will not abandon me to the grave, nor let your holy one see the Pit. You will show me the path of life; in your presence there is fullness of joy, and in your right hand are pleasures for evermore.

### \*Call to Worship George Stewart

One:	One thing is for certain. We are all welcome. This is the Jesus way.
Many:	<b>Jesus called people to him; he asked people to come to him; he welcomed them.</b>
One:	Jesus got cranky with his disciples when they tried to prevent anyone, anyone at all, from coming to him.
Many:	<b>Jesus ate with outcasts, those despised; he befriended tax collectors, those regarded as thieves; he encouraged children, usually ignored in adult community, to sit on his knees.</b>

One:	Jesus had meals with the elite and the shunned; he conversed publicly with women although that was taboo;
Many:	<b>Jesus, unlike the religious leaders of his day, he sought the company of all kinds and types of people, to affirm them, to challenge them, to call them to an abundant way of life.</b>
One:	So, we are all welcome. Each and every one of us. We are affirmed and blessed here.
Many:	<b>This is the Jesus way.</b>
All:	<b>Let us worship our God together—Creator, Christ and Spirit.</b>

### \*Song *Jesus Calls Us O'er the Tumult*



1 Je-sus calls us, o'er the tu - mult of our life's wild, rest-less sea;  
 2 As of old, Saint An-drew heard it by the Gal - i - le - an lake,  
 3 Je-sus calls us from the wor-ship of the trea - sures we a - dore,  
 4 In our joys and in our sor - rows, days of toil and hours of ease,  
 5 Je-sus calls us! By your mer-cies, Sav-ior, may we hear your call,



Day by day that voice still calls us, say - ing, "Chris-tian, fol - low me."  
 Turned from home and toil and kin-dred, leav - ing all for Je - sus' sake.  
 From each i - dol that would keep us, say - ing, "Chris-tian, love me more."  
 Je - sus calls, in cares and plea-sures, "Chris-tian, love me more than these."  
 Give our hearts to your o - be-dience, serve and love you best of all.

## Lenten Candles

We lit seven candles as we embarked on this Lenten journey. We want the light of the Holy to illumine our path as we seek to be the words and ways of Jesus. We commit to being more infused by the Spirit as we travel. Even as we know this is good and important work, we recognize that it isn't easy—and we will come upon the shadow side of humanity and some of our own unique darkness.

We extinguish one candle each time we gather for worship this season, acknowledging that this can be tough and exhausting work. As we approach the desertion and depletion of Good Friday, we also prepare ourselves for the dawn and love of Easter morning...the light that never goes out.

## Prayer at the Candles

The Punctuation of Jesus: *How and What He Communicates*

**Holy One, send your spirit that we might find more clarity around what it is that Jesus is trying to share with us. He uses different forms of communication in an effort to reach each and every one of us - regardless of our learning styles, life experiences and ability to**

**focus. He is eager and effective in his attempts. Help us to open our heart, mind, spirit and all of our senses - that we might be more available to receive, understand and pass along what he wants and needs us to know now. Amen.**

**Response** *Here Are Our Hearts* by Susan Drake and Julie Jennings



Here are our hearts.\_\_\_\_\_ Here are our hands.\_\_\_\_\_

Here are our lives.\_\_\_\_\_ Use them as You can.\_\_\_\_\_ Show us those who hurt.

\_\_\_\_\_ Show us those in need.\_\_\_\_\_ Show us how to serve.

\_\_\_\_\_ Teach us how to see.\_\_\_\_\_

**Children’s Time** For children under the age of 3, parents are invited to take them to Room 01 (upper level) where one of our teachers will meet them at the door. Children from age 3 to 5<sup>th</sup> grade can follow one of our teachers down to Room 12 (lower level), and youth from 6<sup>th</sup> to 12<sup>th</sup> grade can follow a teacher to Room 15 (also lower level). For children in Room 01, parents please pick them up after worship. Children and youth from age 3 thru high school can be met in the Gather Space just outside the Sanctuary after worship, as the teachers will bring them back upstairs after class.

**Blessing the Children** *Amen!* – based on the traditional arrangement by Charles F. Brown (offered by the All New Children’s Choir & Kinderchimes)  
**A-men!...A-men!...A-men, a-men, a-men!**  
**All of God’s Children, praise the great Creator.**  
**Sing the song together! A-men!**

**Scripture** Mark 13, selected verses | New Revised Standard Version  
As Jesus came out of the temple, one of his disciples said to him, ‘Look, Teacher, what large stones and what large buildings!’ Then Jesus asked him, ‘Do you see these great buildings? Not one stone will be left here upon another; all will be thrown down.’

When Jesus was sitting on the Mount of Olives opposite the temple, Peter, James, John, and Andrew asked him privately, "Tell us, when will this be, and what will be the sign that all these things are about to be accomplished?" Then Jesus began to say to them, 'Beware that no one leads you astray. Many will come in my name and say, "I am he!" and they will lead many astray. When you hear of wars and rumors of wars, do not be alarmed; this must take place, but the end is still to come. For nation will rise against nation, and kingdom against kingdom; there will be earthquakes in various places; there will be famines. This is but the beginning of the birth pangs. 'But in those days, after that suffering, the sun will be darkened, and the moon will not give its light, and the stars will be falling from heaven, and the powers in the heavens will be shaken.

'From the fig tree learn its lesson: as soon as its branch becomes tender and puts forth its leaves, you know that summer is near. So also, when you see these things taking place, you know that he is near, at the very gates. Truly I tell you, this generation will not pass away until all these things have taken place. Heaven and earth will pass away, but my words will not pass away. 'But about that day or hour no one knows, neither the angels in heaven, nor the Son, but only God. Beware, keep alert; for you do not know when the time will come. It is like a man going on a journey, when he leaves home and puts his slaves in charge, each with his work, and commands the doorkeeper to be on the watch. Therefore, keep awake—for you do not know when the master of the house will come, in the evening, or at midnight, or at cockcrow, or at dawn, or else he may find you asleep when he comes suddenly. And what I say to you I say to all: Keep awake.'

## Response *Where Cross the Crowded Ways of Life*



1. Where cross the crowd - ed ways of life, Where sound the
2. In haunts of wretch - ed - ness and need, On shad - owed
3. From ten - der child - hood's help - less - ness, From hu - man
4. The cup of wa - ter given for Thee Still holds the



cries of race and clan, A - bove the noise of  
thresh - olds fraught with fears, From paths where hide the  
grief and bur - dened toil, From fam - ished souls, from  
fresh - ness of Thy grace; Yet long these mul - ti -



self - ish strife, We hear Thy voice, O Son of Man.  
lures of greed, We catch the vi - sion of Thy tears.  
sor - row's stress, Thy heart has nev - er known re - coil.  
tudes to see The sweet com - pas - sion of Thy face.

## Sermon

### A Time of Prayer *Cares Chorus*



I cast all my cares up-on you, I  
lay all of my bur-dens down at your feet, and  
an-y-time that I don't know what to do, I will  
cast all my cares up-on you.

### Pastoral Prayer & Prayers of the People, Lord's Prayer

**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.**

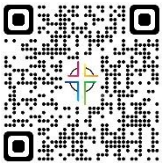
[A variety of names for God are welcome here – including in the Lord's Prayer.]

### Mission Moment <sup>2nd</sup> Mile Lent/Easter

Pam Manning

Heifer International | **Lydia's House** | Unleashing Potential | Eden Seminary

### 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 Interlude** *Lenten Meditation* – arr. by Ron Loree, based on 'Near The Cross' by Wm. H. Doane / © 1991 Lorenz Publishing Co.

### \*Response

**Praise God who gives us hearts to care.  
Praise God who gives us gifts to share.  
Praise God for helping us to give.  
So others in the world might live. Amen.**



## \*Prayer of Dedication

Holy One, we are fortunate to be able to give from our abundance. Help us to see the needs around us and respond in tangible and prayerful ways. Lead us into places where we can bear burdens and solve problems. Shine a light on our vulnerabilities and interdependencies that we can live as givers and receivers. Amen.

## \*Song of Parting *Sent Out in Jesus' Name #2184* | [Blue Hymnal](#)

Sent out in Je-sus' name, our hands are rea-dy now to  
make the earth the place in which the king-dom comes.  
The an-gels can-not change a world of hurt and pain in -  
to a world of love, of jus-tice and of peace. The  
task is ours to do, to set it real-ly free. O  
help us to o - bey and car - ry out your will.

The image shows a musical score for the hymn 'Sent Out in Jesus' Name'. It is written in G major (one sharp) and 4/4 time. The melody is simple and hymn-like, with lyrics written below the notes. The score consists of six lines of music, each with a treble clef and a key signature of one sharp (F#). The lyrics are: 'Sent out in Je-sus' name, our hands are rea-dy now to make the earth the place in which the king-dom comes. The an-gels can-not change a world of hurt and pain in - to a world of love, of jus-tice and of peace. The task is ours to do, to set it real-ly free. O help us to o - bey and car - ry out your will.'

## \*Benediction

## \*God's Light Goes Forth

## \*Music for Going Forth *Cantabile*— by Nicolas Jacques Lemens

### **LAST WEEK**

Jesus denounces the scribes who do not live out the commandments to love God and neighbor, then points out a widow who gives all she has as an example of one who does (Mark 12:28-44).

### **THIS WEEK**

Jesus leaves the public appearances behind and interacts with his inner circle in private, telling them about the end of the age (Mark 13:1-8, 24-37).

### **THE POINT**

Trusting in Jesus, we can do God's work.

### **BIBLE NUTS & BOLTS**

The world to come refers to a future age of global peace. This peace extends to all of creation. Wolves will lie down with lambs and children will play with snakes without any fear of harm (Isaiah 11:6-9). The earth will have no more hunger, war, jealousy, or rivalry. Scripture often describes the time leading up to the world to come as full of violence and upheaval. Although frightening images can be found in these writings, they promise that God is ultimately in charge and God's love will triumph over all of the evil and pain the audience might be experiencing. This promise brings hope in the assurance that Christ will return bringing a world of peace, and God will always be present, even in these times of trial.

### **STORY SUMMARY**

Jesus tells his disciples that the temple in Jerusalem will be destroyed and that they should beware of being led astray. He speaks of an unknown time when the Son of Man will come. Jesus warns that there will be great pain and suffering. He reassures them of God's presence in these times of trial and tribulation. Although there may be pain and suffering, God's love is still in the world, and God will not abandon us. There is hope that Jesus will return and that there will be a time when no one will experience pain or suffering.

### **PRACTICE: WORSHIP**

Look at a clock on the wall or on your phone. Watch a few minutes go by. Worship God who will work out all things in God's time. Set the alarm for a specific time for tomorrow. When it goes off, worship God for the hope we have in Jesus. Continue this each day of the week.

### **NEXT WEEK**

Jesus enters Jerusalem triumphantly but is soon arrested, tried, and crucified. However, Jesus is victorious as he is risen from the dead three days later (Mark 11:1-11; 15:16-39; 16:1-8).

## 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? Bedtime? Be creative and flexible with how you practice and keep your devotions!

## DAILY BIBLE READINGS

### SUNDAY: Mark 13:24-27

The Son of Man is coming. Where will Jesus appear when he returns? In what way is the end really a new beginning?

### MONDAY: Mark 13:28-31

Jesus explains the lesson of the fig tree. What can you be sure of about the Word of God?

### TUESDAY: Mark 13:32-37

Believers are warned to keep awake. How are we to wait for Jesus' return? How often do you give thought to Jesus' return?

### WEDNESDAY: 1 Thessalonians 5:1-5

We should pay attention to the times and seasons. How do children of light live? What is the Day of the Lord?

### THURSDAY: 1 Thessalonians 5:6-11

Believers are advised not to fall asleep. What can you do to comfort someone today?

### FRIDAY: Romans 13:11-14

Salvation is near. What do you need to cast off? How do you put on the Lord, Jesus Christ?

### SATURDAY: Mark 14:1-2

A plot is hatched. Why did the chief priests and scribes delay their plot to kill Jesus?

# 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.

## **Chili Cookoff/Brownie Smackdown - TODAY**

Sunday, March 17 | 11am-1pm | Fellowship Hall

**LET'S GET READY TO RUMBLE!!!!**

It's time for our annual Chili Cookoff/Brownie Smackdown!

The event will be held on Sunday, March 17th, St. Patrick's Day, following the worship service.

So, wear your green, bring your best chili and/or brownies, and with a wee bit o' luck, you will be the 2024 champion and receive the coveted trophy (ribbon for the brownies) and braggin' rights for the next year!

This is a fundraiser for the youth to raise money for their annual mission projects; so, come out, support our youth, and enjoy some fun, fellowship and good-natured competition!

Thanks for your support! Contact Amy Yakel for more info: [da\\_yakel@att.net](mailto:da_yakel@att.net)

## **Go to Jerusalem: A Lenten Devotional**

Sundays during Lent, 9-9:30 am | Heritage Room

In the Heritage Room, we'll come together to reflect on how our Lenten journeys are going from our readings of Go To Jerusalem, the challenges we've faced, and kernels of truth gleaned as we grow closer to God, that we may support each other in covenantal fellowship together.

For more information, or if you would like a devotional mailed to you, please contact Gabriel Requadt [gabriel@parkwayucc.org](mailto:gabriel@parkwayucc.org)

## **A Night at the Opera - TODAY**

Sunday, March 17 | 2:30pm | Parkway UCC

Join the Town & Country Symphony Orchestra and guest conductor Paul Davis in the more intimate setting of Parkway UCC for a time of operatic and orchestral favorites. Baritone Jacob Lassetter and soprano Karen Kanakis will perform a selection of arias and duets. In addition, the orchestra will present Haydn's "London" symphony and selections from Bruch's violin concerto. Please welcome the first of our three Rising Talents winners, violinist Charis Shing. Seating is open and tickets are not required.

## **Tuesday Afternoon Dialogue – March 19**

*Horse* by Geraldine Brooks

1st & 3rd Tuesday | 1:45pm fellowship | 2:00-3:00pm discussion

[Zoom Link](#) (312) 626-6799; Meeting ID: 836 7061 7428; Passcode: 480007

Please join us with Tuesday Afternoon Dialogue as we read and discuss *Horse* by Geraldine Brooks. Join us for fellowship at 1:45, and book discussion from 2 - 3. We'll discuss the book in thirds, on March 5th, 19th, and April 2nd.

The book begins before the Civil War with the record-breaking thoroughbred Lexington and his enslaved groom, and ends in our current time period. Most of the details regarding Lexington's racing career are true. *Horse* is a novel of

art and science, love and obsession, and our unfinished reckoning with racism. TAD would love to have you. For more info, contact Jackie Eiffert [jeiffert2@gmail.com](mailto:jeiffert2@gmail.com).

## Ramadan Iftar Dinners

As the Holy Month of Ramadan approaches, Turkish American Society of Missouri would like to invite you to attend our Community Iftar Dinner. Community Iftar Dinners bring individuals from different religious and cultural communities together to learn about the significance of the month of Ramadan in Islam, engage in friendly table conversation, and break the fast with an Iftar dinner. All faiths are welcome and encouraged to attend.

Note: Registrations will be closed once we reach full capacity, and a waitlist will be initiated. Act fast to secure your attendance and avoid missing out on this fantastic experience.

Where: TASOM (Turkish American Society of Missouri)  
664 Lemay Ferry Rd., St. Louis, MO 63125

When: 7:00 pm on Tue, March 19, 2024

**The RSVP date has passed, but you can try [here](#).**

Cost: This is a free event, but donations are welcome

## Tuesday Evening Dialogue – March 26

2nd & 4th Tuesday | 6:00pm potluck | 7:00pm discussion | Heritage Rm

TED's current book selection is **The Book of Longings** by Sue Monk Kidd. This is a fictional novel about a young woman who becomes the wife of Jesus. Grounded in meticulous historical research and written with a reverential approach to Jesus's life that focuses on his humanity, The Book of Longings is an inspiring account of one woman's bold struggle to realize the passion and potential inside her, while living in a time, place, and culture devised to silence her.

We meet every second and fourth Tuesday at 6pm for potluck dinner and book discussion.

For more info, contact Helen Race [raceh@att.net](mailto:raceh@att.net)

## PUC Adventure at the Frank Lloyd Wright House

Thursday, March 21 | 10am-1pm | 120 N. Ballas Rd, Kirkwood, MO 63122

PUC Adventure will be touring the Frank Lloyd Wright House in Ebsworth Park in Kirkwood on Thursday, March 21st. The tour lasts 1 to 1 1/2 hours. They will meet at church at 9:30 for carpooling, or 10 at the Frank Lloyd House, 120 N. Ballas Road.

The RSVP date has passed, but if still interested, try contacting Jackie Eiffert, [jeiffert2@gmail.com](mailto:jeiffert2@gmail.com). The cost of the tour is \$20 per person, which can be paid in cash on the day of the tour. Whether or not you can come on the tour, afterwards, join us at Wan Fu Chinese Restaurant in Des Peres, 12033 Manchester Road.

## Community Easter Egg Hunt

Saturday, March 23 | 9:30am | Parkway UCC

Parkway UCC's Annual Easter Egg Hunt is around the corner! The event will begin with craft making at 9:30am, with the Easter egg hunt starting at 10am. There will be refreshments and pictures with the Easter Bunny!

We are also looking for plenty of volunteers for set-up and tear-down, as well as for donuts/coffee. We would appreciate donations of individually wrapped Easter candy as we prepare for the Community Easter Egg Hunt. Please drop in marked Easter Pail in the Gathering Space. Thank you very much!

For more info or if interested in volunteering, email:

Gabriel Requadt [gabriel@parkwayucc.org](mailto:gabriel@parkwayucc.org).

## Easter Prayer Vigil ~ March 29-31

Our Annual Easter Prayer Vigil begins Good Friday Night and continues through our Easter Sunrise Service. Please sign up here to be in prayer for at least one of the 36 hours at your home - not at church. If you would like some suggestions about what to do during your hour, refer to this booklet [here](#)!

## Spring Friendship Dinners

Spring is Right around the corner, and so are Friendship Dinners. Sign up in The Gathering Space to be a host or guest. Hosts can also sign up to be a guest at another dinner.

We ask the host volunteers to indicate how many guests they will invite. The Friendship Dinner team will organize the dinners, considering where people live.

Then, the host will call the guests on the date suggested. The host provides the main dishes, and guests bring a side dish or dessert. The host can also decide to host a Dutch dinner at a local restaurant. Questions? Contact Cindy Wessel [cindywessel@yahoo.com](mailto:cindywessel@yahoo.com).

## Trans/Queer Youth Clothing Swap

Happening March 2024

Complete Harmony and partners are proud to announce the first annual Trans/Queer Youth Clothing and Community Swap. From family and financial barriers to mental health diagnoses, there are many reasons why our Trans/Queer youth are feeling disconnected and unseen. In response, we're creating a community space for these amazing youth to swap clothes and connect in the community. When Trans/Queer-identifying youth gather they have the power to validate, represent, connect, and celebrate who they each authentically are, as well as their community. Registration is required, the event and items are free for youth. Out of safety for everyone, **you must register [here](#)** to receive the event date, time, and location.

## AWOL: Adventurous Women Out Late

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

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)

## **Speaker Series Occasional opportunities after worship at 11:15am** **"Lobbying with Our Better Angels: Working with Congress to Build Bridges," by Cynthia Changyit Levin.**

April 14 | 11:15 am | Heritage Room

Author and activist Cynthia Changyit Levin shares real stories from her non-partisan advocacy experiences to illustrate the importance of working with members of Congress even when we don't agree with them. She will also give an update on Bread for the World's advocacy on the Farm Bill and offer a letter-writing action for participants to help bring nutrition to people in poverty in the U.S. and around the world. For more information contact Richard Scherrer 90fivetpr@gmail.com.

## **Looking for More Singers for PUCS 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 for Lent, Holy Week and Easter.

Please 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.

## **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 5th 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)

## **Children Offering Envelopes**

PUCS provides offering envelopes on Sunday mornings at the table where the bulletins are for families to take for their children to put a tiny offering in; a dollar or even just a few coins. This money will go towards our fund for Heifer International that will be used to help give an animal to families in need! The kids are able to then give their envelope to an usher on their way down to Sunday School, or Gabriel can collect it during their Opening Session he does with them all as well.

Once we've collected enough money for an animal, we'll see if the kids would like to have it go towards that animal or wait to donate a bigger one. And for any animal we donate to from the kids' offerings, PUCS will match that, living into what I will call our Noah's Ark. Two by two we help the world!

For any questions about this, contact me, Gabriel [gabriel@parkwayucc.org](mailto:gabriel@parkwayucc.org).

## Reducing Microplastics in Your Drinking Water

Article by Cristen Jaynes

Nano- and microplastics (NMPs) have become so pervasive in air, water and soil that they have made their way into the bodies and blood of humans and animals.

While many methods have been attempted to remove the tiny plastic particles, a new study has found that a simple solution for reducing their presence in drinking water may be to boil it, as when you make a cup of coffee or tea. In fact, filtering and boiling tap water containing calcium carbonate could help remove almost 90 percent of the plastics, a press release from the American Chemical Society (ACS) said.

The side effects of NMPs on humans are still being investigated, but recent studies indicate that their ingestion could impact the gut microbiome, the press release said. While some advanced water filtration systems are able to capture the plastic bits, less expensive strategies are necessary in order to help reduce their passive consumption on a larger scale.

In order to find out if boiling water could help effectively remove NMPs from soft and hard tap water, the research team collected hard water samples and “spiked them” with various amounts of NMPs. They boiled the water for five minutes, then allowed it to cool. When naturally mineral-rich hard water is boiled, it forms a chalky calcium carbonate substance known as limescale. The researchers then measured the remaining plastic content floating in the water.

The results indicated that crystalline structures — or “incrustants” — formed as the temperature of the water increased and encapsulated the NMPs. Eddy Zeng, one of the authors of the study, said the incrustants would build up over time as limescale usually does, and could then be scrubbed clean to remove the plastics. Zeng explained that any remaining incrustants could be removed by straining them through a coffee filter or other simple filter.

The experiments found that harder water produced a more pronounced encapsulation effect. For example, boiling a water sample with 300 milligrams of calcium carbonate in each liter removed as much as 90 percent of the free-floating NMPs. Roughly 25 percent were removed by boiling soft water containing less than 60 milligrams of calcium carbonate per liter.

The researchers said the results indicated that boiling water could be an easy and effective way of reducing NMP ingestion. Full article [here](#).

Polly Rutherford for  
Sustainability Seekers

## Join Us for a Fun Day of Building with Habitat for Humanity!

Saturday, June 22

Looking for 10 volunteers to help build a home for a local family

Contact Tom McKenzie for more info: [mckenzie1947@att.net](mailto:mckenzie1947@att.net)

Learn more about Habitat for Humanity: [www.habitat.org](http://www.habitat.org)



# 2<sup>nd</sup> Mile Lent & Easter 2024

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## **Lydia's House** [lydiashouse.org](http://lydiashouse.org)

Lydia's House offers secure housing and immediate community for women and children who are victims of domestic violence. We have 50 confidentially located, fully furnished apartments where families can find refuge, safety and support. Our transitional housing is one of the largest in the country and the only program of its kind in eastern Missouri.

Each family at Lydia's House is provided an advocate to help guide them through the process of recovering from abuse. All family members are connected to support services, including individual and group resources, to help them build the skills that are necessary not only for surviving but thriving in the wake of trauma.

**UP - *Unleashing Potential*** [formerly Neighborhood Houses] [upstl.org](http://upstl.org)  
Neighborhood Houses has loved children in St Louis and helped resilient families to be even more so since 1913.

*Early Childhood Education:* Caroline Mission is a licensed and accredited Early Childhood facility operated by UP.

*After School Programs:* UP is the #1 provider of before and after school programming in the St Louis Public Schools... fun & creative activities, homework assistance, character education, cultural awareness, health & fitness focus, arts & crafts, supervised recreation, and much more!

*GeoQuest Program:* expands access to education, hands-on learning, and skill training in geospatial technology for children in K-8 grades.

## **Heifer International** [heifer.org](http://heifer.org)

Heifer International does more than put food in the mouths of hungry people. Heifer helps people to feed themselves. The goal of every Heifer project is sustainability -- project partners achieving self-reliance. And year after year, as partner families "pass on the gift" of knowledge and one or more of their animals' offspring to others in need, they become links in a network of hope, dignity and self-reliance that helps hundreds of others care for themselves.

## **Eden Seminary** [eden.edu](http://eden.edu)

Eden Theological Seminary is a graduate school preparing people for ordained Christian ministry. One of the six seminaries of the United Church of Christ, Eden is a community that seeks God's justice and peace in the world.

Eden was established in 1850. It was established because a European education was not adequate to prepare pastors for Evangelical churches on the North American frontier. From its beginning, Eden has embodied an ecumenical spirit. Its first graduating class included six Evangelicals as well as a Methodist and a Mennonite.

Today, students from many different denominations are engaged in theological education at Eden as it remains committed to educating faithful and effective leaders for church and society. The seminary counts among its

Please be sure to clearly mark your financial gifts '2<sup>nd</sup> Mile' throughout the season of Lent, Holy Week and Easter so that these four mission partners can receive evenly from our generosity.

# Prayer List

Wednesday, March 13, 2024

## Celebrations

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

**Ramadan Mubarak** to our Muslim family and friends!

## Concerns

**Lana Biondo and family** as her mother begins hospice care in Ohio.

**Barbara W** - currently in the ICU of a nearby hospital (Reinhardt).

**Family and friends of Susan Davis** - grieving and giving thanks.

**The continuing war in Ukraine.**

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

**US Southern Border Crisis** and our immigration policies/practices.

## Continuing

**Val and Doug Detjen** - doing well after her surgery earlier this winter.

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

**Kevin and Rosanna Hogarty** - healing from his recent triple bypass.

**Keith Mohl** - stage 4 lung cancer (Mike's brother).

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

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

**Mike Kolman** - healing and discerning his future care (Svenson).

**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).

**Dennis Giever** - healing momentum in rehab after a fall (Connors).

**Tom Manor** - prostate cancer; widowed 2022; parenting 3 (McKenzie).

**Sharon Thiemann** - undergoing cancer treatment (Svenson).

**Kate** - medical tests for lupus, rheumatoid arthritis, more (Borgmann).

**Pam** - cancer diagnosis while receiving care for injuries from a fall.

**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 Stolz and family** - her chronic health challenges.

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

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

**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; 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]

**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; #126; 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.

**March 17, 2024**  
**Fifth Sunday in Lent**  
**“Deep In Our Hearts”**  
**Jeremiah 31:31-34**

*The days are surely coming, says the LORD, when I will make a new covenant with the house of Israel and the house of Judah. Jeremiah 31:32*

One of the distinct features of many United Church of Christ conferences, associations and congregations compared to other faith communities is their commitment to become Open and Affirming (O&A). O&A is a stance of radical welcome to LGBTQIA+ people. Because church communities have historically been places of hurt and exclusion, it is even more imperative that churches who are Open and Affirming take a strong and public stance.

A little over a year ago, the ONA Coalition welcomed a new executive director, The Rev. Katrina Roseboro-Marsh. According to a UCC news story that came out at the time,\* She is the first Black woman to head the coalition. “I am honored and excited for this opportunity,” she said. “I realize how important my selection is, and I recognize the magnitude of what this opportunity will mean for the LGBTQIA+ community. I accept this challenge because the coalition has laid the sturdy groundwork to make its next steps forward in reimagining and revisioning, with regeneration as a goal.”

Roseboro-Marsh has more than 16 years of experience as a clinician. Her particular focus has been working with clients who identify as LGBTQIA+, as well as those who also identify as African American with an active religious and/or spiritual practice.

“We are excited to welcome Dr. Katrina to our team because of her unique voice, energy and experience,” said search committee chair and Coalition Leadership Team member the Rev. Derek Terry. “With the current attack on queerness in schools and communities across the country, we feel an obligation to protect and ensure the rights of the LGBTQIA+ community.

Terry added that “while some work to erase the experiences of BIPOC people from the pages of history books,” Roseboro-Marsh will “increase our advocacy work through an intentionally more intersectional approach.”

Roseboro-Marsh is ordained clergy and holds ministerial standing with the Christian Church (Disciples of Christ) and the Fellowship of Affirming Ministries. She is married to the Rev. Tana Roseboro-Marsh; they reside on the east coast with their Morkie, Xola Darling Roseboro-Marsh.

\*<https://www.ucc.org/new-ona-director-global-ministries-exec-among-recent-hires/>