





www.parkwayucc.org

May 11, 2025

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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

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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.

Worship Serving Today

Scripture Reader is Kari Borgmann.

Flowers given by Cindy and Ralf Wessel in celebration of their son Andrew's birthday.

Treats after worship - please consider signing up.

If you would like to volunteer for any of these serving opportunities or join the corresponding group, please scan the QR code and click on the **Serving Opportunities Calendar**. Thanks!



Subscribe to our email lists Sign up at 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

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

5/12 William Stappenbeck

5/12 Angie Downing

5/14 Scott Masterson

5/15 Andrew Wessel

5/15 Elin Patel

Anniversaries

5/12 Kevin & Steffanie Rauscher

5/12 William & Kelly Lawson

4th Sunday of Easter

Sunday, May 11, 2025 | 10:00am | Sanctuary & YouTube Live

Prelude *Rosalina in the Observatory* by Koji Kondo

Welcome Let us know you are here!

Meditation Stand for something, or you will fall for anything. Today's mighty oak is yesterday's nut that held its ground. ~ Rosa Parks

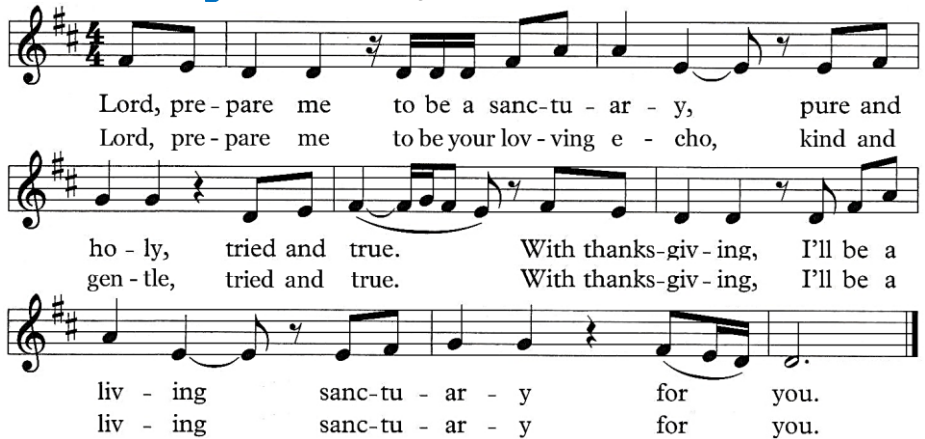
Passing the Peace of Christ

"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

Welcome Song #2164—*Sanctuary* | [Blue Songbook](#) (with additional PUCG verse)



Lord, pre - pare me to be a sanc - tu - ar - y, pure and
Lord, pre - pare me to be your lov - ving e - cho, kind and
ho - ly, tried and true. With thanks - giv - ing, I'll be a
gen - tle, tried and true. With thanks - giv - ing, I'll be a
liv - ing sanc - tu - ar - y for you.
liv - ing sanc - tu - ar - y for you.

Scripture Psalm 23 | King James Version—KJV

The Lord is my shepherd; I shall not want.

He maketh me to lie down in green pastures:

he leadeth me beside the still waters.

He restoreth my soul:

he leadeth me in the paths of righteousness for his name's sake.

Yea, though I walk through the valley of the shadow of death,

I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

Thou preparest a table before me in the presence of mine enemies:

thou anointest my head with oil; my cup runneth over.

Surely goodness and mercy shall follow me all the days of my life:

and I will dwell in the house of the Lord for ever.

***Call to Worship** based on words by Mary Petrina Boyd

One:	Come, lie down in green pastures.
Many:	We trust the Shepherd.
One:	Come, walk by still waters.
Many:	We follow the Shepherd.
One:	Come, find refreshment.
Many:	We are restored by the Shepherd
One:	Come, discover a guide.
Many:	We are led by the Shepherd.
One:	Come, dine at the table of abundance.
Many:	We are fed by the Shepherd.
One:	Come, though there are things to fear.
Many:	We are encouraged by the Shepherd.
One:	Come, stop along the way if you need to.
Many:	We are met with goodness and mercy by the Shepherd.
One:	Come, dwell in God's house.
Many:	We live in the Shepherd's care.
All:	Let us worship our God together—Creator, Christ and Spirit.

***Song** #464—*Joyful, Joyful, We Adore Thee* | Red Hymnal



1. Joy - ful, joy - ful, we a - dore Thee, God of glo - ry, Lord of love;
2. All Thy works with joy sur - round Thee, Earth and heav - en re - flect Thy rays,
3. Mor - tals, join the hap - py cho - rus Which the morn - ing stars be - gan;



Hearts un - fold like flowers be - fore Thee, Open - ing to the sun a - bove.
Stars and an - gels sing a - round Thee, Cen - ter of un - bro - ken praise.
Love di - vine is reign - ing o'er us, Join - ing all in heav - en's plan.



Melt the clouds of sin and sad - ness; Drive the gloom of doubt a - way;
Field and for - est, vale and moun - tain, Flower - y mea - dow, flash - ing sea,
Ev - er sing - ing, march we on - ward, Vic - tors in the midst of strife,



Giv - er of im - mor - tal glad - ness, Fill us with the light of day.
Chant - ing bird and flow - ing foun - tain, Call us to re - joice in Thee.
Joy - ful mu - sic leads us sun - ward In the tri - umph song of life.

***Opening Prayer**

Holy One, our hearts are unfolding as we learn to love more in all directions. We have obstacles and doubts in our faith – help us to work through them. Give us voices like the birds that our praise may be unbroken. Guide us into places where we can be more giving and forgiving. Bind us to our siblings though we may differ. Stir in us as we go deep and wide with our faithful speech and actions. Amen.

***Response** *Spirit of the Living God* | #322 Red Hymnal

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 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 and youth will gather in Room 13 (lower level) for the Opening Session. Children from age 3 to 5th grade will then go to Room 12, and youth from 6th to 12th grade will go to Room 15. 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 Gathering Space just outside the Sanctuary after worship, as the teachers will bring them back upstairs after class.

Blessing the Children *Jesus Loves Me* | #304 **Red Hymnal**

**Jesus loves me, this I know, for the Bible tells me so;
Little ones to him belong, they are weak but he is strong**

**Yes, Jesus loves me. Yes Jesus loves me!
Yes, Jesus loves me. The Bible tells me so.**

**Jesus loves me still today, walking with me on my way,
Wanting as a friend to give, life and love to all who live**

Yes, Jesus loves me...

Scripture Acts 9:36-43 | Common English Bible—CEB

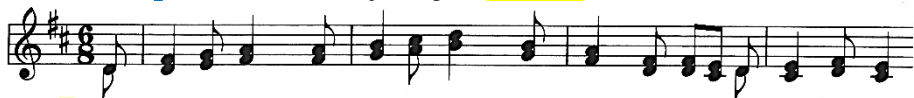
In Joppa there was a disciple named Tabitha (in Greek her name is Dorcas). Her life overflowed with good works and compassionate acts on behalf of those in need. About that time, though, she became so ill that she died. After they washed her body, they laid her in an upstairs room. Since Lydda was near Joppa, when the disciples heard that Peter was there, they sent two people to Peter. They urged, “Please come right away!” Peter went with them. Upon his arrival, he was taken to the upstairs room. All the widows stood beside him, crying as they showed the tunics and other clothing Dorcas made when she was alive.

Peter sent everyone out of the room, then knelt and prayed. He turned to the body and said, “Tabitha, get up!” She opened her eyes, saw Peter, and sat up. He gave her his hand and raised her up. Then he called God’s holy people, including the widows, and presented her alive to them. The news spread throughout Joppa, and many put their faith in the Lord. Peter stayed for some time in Joppa with a certain tanner named Simon.

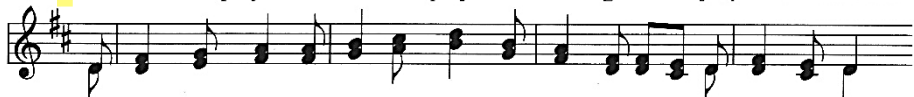
Moment of Silent Reflection

Sermon

Call to Prayer *Sweet Hour of Prayer*, vi and 3



- 1 Sweet hour of prayer! Sweet hour of prayer! that calls me from a world of care,
- 2 Sweet hour of prayer! Sweet hour of prayer! the joys I feel, the bliss I share
- 3 Sweet hour of prayer! Sweet hour of prayer! whose wings shall my pe - ti - tion bear



and bids me at my Ma-ker's throne let all my needs and wants be known.
of those whose anx-ious spir-its burn with strong de-sires for your re-turn!
to One whose truth and faith-ful - ness en - gage the wait - ing soul to bless.



In sea - sons of dis-tress and grief, my soul has of - ten found re - lief,
With them I has-ten to the place where I would know my Sav - ior's face,
And since I'm bid to seek God's face, be - lieve God's word, and trust God's grace,



and oft es-caped the tempt-er's snare by your re - turn, sweet hour of prayer!
And glad - ly take my sta - tion there, and wait for you, sweet hour of prayer!
I'll cast a - way my ev - ery care, and wait for you, sweet hour of prayer!

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.]

Litany *A Wide Continuum of Mothering*—based on messymiddle.com

One: To those who gave birth this year to their first child or expanded their family...

Many: We celebrate with you.

One: To those who lost a child this year...

Many: We mourn with you.

One: To those who are in the trenches with little ones every day and wear the badge of food stains and are sometimes afraid they don't know what they are doing...

Many: We see you and appreciate you.

- One: To those who experienced loss through miscarriage, adoption or running away and may feel they have failed...
- Many: We ache with you.**
- One: To those who walk the hard path of infertility, fraught with pokes, prods, tears, and disappointment...
- Many: We walk with you. Forgive us when we say foolish things. We don't mean to make this harder than it already is.**
- One: To those who are foster moms, mentor moms, and spiritual moms...
- Many: We need you.**
- One: To those who have warm and close relationships with your children...
- Many: We give thanks with you.**
- One: To those who have disappointment, complications and distance or separation with your children...
- Many: We sit with you.**
- One: To those who lost their mothers this year and may feel lonely in their lives and in their mothering...
- Many: We grieve with you.**
- One: To those who experienced abuse at the hands of their own mother and therefore didn't have a healthy model for mothering...
- Many: We acknowledge your experience.**
- One: To those who lived through driving tests, medical tests, and the overall testing of motherhood...
- Many: We are better for having you in our midst.**
- One: To those who have aborted children or who became mothers against their will...
- Many: We pray for you this day and many days.**
- One: To those who are not mothers and do not want to be.
- Many: We respect and celebrate your decisions.**
- One: To those who are single or married and want to be parenting...
- Many: We sigh with you that life has not turned out the way you long for it to be.**
- One: To those who step-parent...
- Many: We walk with you on these complex paths.**
- One: To those who envisioned lavishing love on grandchildren, yet that dream is not to be...
- Many: We come to grips with you.**
- One: To those who will have emptier nests in the upcoming year...
- Many: We grieve and rejoice with you.**
- One: To those who are pregnant with new life, expected and surprising...
- Many: We anticipate with you.**

Offering Our Gifts to God



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

www.parkwayucc.org/giving

Offering Interlude *Magnificat (Mary's Song)* by John Michael Talbot

*Response #2176—*Make Me A Servant* | [Blue Songbook](#)

Make me a ser-vant, hum-ble and meek, Lord, let me
lift up those who are weak. And may the prayer of my
heart al-ways be: Make me a ser-vant, make me a
ser-vant, make me a ser-vant to - day. _____

*Prayer of Dedication

Holy One, you call us to serve. You equip us to respond to the needs of your people. You gather us in communities that we might pool our resources, wisdom and generosity. Work within each of us - and all of us - as we find old and new ways to be generous and thoughtful in order to align with You and love one another. Amen.

*Song of Parting *God of the Women* (tune: *Be Thou My Vision* #339)

words by Carolyn Winfrey Gillette

**God of the women who answered your call,
Trusting your promises, giving their all,
Women like Sarah and Hannah and Ruth —
Give us their courage to live in your truth.**

**God of the women who walked Jesus' Way,
Giving their resources, learning to pray,
Mary, Joanna, Susanna, and more —
May we give freely as they did before.**

**God of the women long put to the test,
Left out of stories, forgotten, oppressed,
Quietly asking: “Who smiled at my birth?” —
In Jesus’ dying you show us our worth.**

**God of the women who ran from the tomb,
Prayed with the others in that upper room,
Then felt your Spirit on Pentecost Day —
May we so gladly proclaim you today.**

**O God of Phoebe and ministers all,
May we be joyful in answering your call.
Give us the strength of your Spirit so near
That we may share in your ministry here.**

***Benediction**

***God’s Light Goes Forth**

***Music for Going Forth** *Now Thank We All Our God*

Women in the Bible

She was the first wife of the King of Persia and was banished for failing to appear at the King’s banquet.

Leah’s handmaid who becomes wife of Jacob and bears him two sons.

Who is the only female judge mentioned in the Bible, in the Old Testament?

The aged Jewish Prophetess who prophesied about Jesus at the Temple?

What is the name of Moses’ sister?

Who is the mother-in-law of Ruth?

Jacob had twelve sons, who became the Patriarchs of the 12 tribes of Israel, and one daughter, what was her name?

The mother of Moses, Aaron and Miriam?

What was the name of Moses’ wife and the name of his father-in-law?

Who was the daughter of Herod II and Herodias, who demanded the head of John the Baptist?

Who was the woman responsible for Sampson’s hair being cut?

Who was King Saul’s wife and mother-in-law of King David?

Who was the wife of Uriah the Hittite and later King David?

Who was the woman in Joppa who died and Peter brought her back to life?

Who was the mother of John the Baptist?

Who was the prophetess who dedicated her son to the Lord and he stayed at the Temple?

Who did Boaz marry?

Who was the woman from Thyatira who was a dealer in purple cloth and worshipped God?

Who was the woman that bore the first set of twins, Jacob and Esau?

Who said that her sister Mary would not help her prepare food as Jesus taught them?

Announcements

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

Our Communications Team is very active and is exploring all kinds of avenues. Please subscribe to our YouTube Channel today. Our YouTube Channel is [@parkwayuccsfl](https://www.youtube.com/@parkwayuccsfl). There is a subscribe button under the main heading and brief description of our church. Thank you! Questions? Please contact barbharris@charter.net or cynthianouri@gmail.com

Mother's Day Brunch

TODAY after worship in the Fellowship Hall.

We're excited to announce that we're hosting a special pancake breakfast on Mother's Day to celebrate mothers of all kinds—animal, plant, or human! We would love for you to join us right *after* the service **TODAY**, for a delicious meal. The meal will feature pancakes, bacon, sausage, scrambled eggs, and your choice of beverage, including orange juice, apple juice, coffee, or water. It's a great opportunity to celebrate motherhood and enjoy a tasty brunch with friends and family. To show our appreciation, mothers and children 12 and under eat free. For all others, we kindly request a donation of \$5 per person. Your contributions will help us cover the costs of the event.

Prayer Corner: an opportunity to pray with someone

Monday, May 12 | 6-8pm | New Sanctuary

Drop-in Prayer Time. Kevin will be in the Prayer Corner in the Sanctuary. Come on by if you'd like to pray together.

If you see someone else there, simply wait a bit in the Gathering Space. We can arrange a phone call or Zoom for another time if you'd like. Just reach out to kevin@parkwayucc.org

Tuesday Evening Dialogue

Tuesday, May 13 | 6-8pm | Heritage Room

Zoom Meeting ID: 849 4403 9731; Passcode: 792617

Please join us in person or on ZOOM as we read and discuss our new book entitled *Anxious People* by Frederic Bachman. It is described as an “endlessly entertaining mood-booster” and who doesn't need that these days? Starting out at a real estate open house where a failed bank robber takes a group of strangers hostage. Each of them carries a lifetime of grievances, hurts, secrets, and passions that are ready to boil over. And all of them—the bank robber included—desperately crave some sort of rescue. As the authorities and the media surround the premises, these reluctant allies will reveal surprising truths about themselves and set in motion a chain of events so unexpected that even they can hardly explain what happens next. The story demonstrates the enduring power of friendship, forgiveness, and hope can save us—even in the most anxious of times.

We will discuss this book in one final session on May 27.

Bring a dish to share for our potluck and join us for our next conversation! Newcomers are always welcome!

For questions, please contact Helen Race at raceh@att.net.

Speaker Series Occasional opportunities after worship at 11:15am

"Why We Can't Understand the Brain Without Sleep," by Prof.

Keith Hengen, Washington University.

Sunday, May 18 | 11:15am | Heritage Room

Keith Hengen is an Asst. Prof. of Neuroscience. at Wash. U. His research reflects a central interest in the mechanisms by which the brain is simultaneously stable and exquisitely powerful. Keith's research seeks to understand the mathematical principles of complex computation. Such principles are an endpoint to evolution and development, the ultimate target of stabilizing forces in the brain, and by first principles, the locus of neurodegeneration's impact on brain function. The Hengen Lab is home to theoretical physicists, chemists, physiologists, computer scientists, a practicing neurologist, and a fleet of young students who are drawn to neuroscience. Keith grew up in Concord, NH and received his BA from Bates College in Lewiston, ME, his PhD from the University of Wisconsin-Madison, and completed his postdoctoral training at Brandeis University in Waltham, MA. Outside of research, Keith spends his time with his family (a wonderful wife and three children), with as much rock climbing and mountain biking as he can possibly squeeze in. Description of the presentation: Says Keith, "I'll aim to provide a gentle background on how brains and neurons work and then give an accessible tour through our central hypothesis: that sleep ties together brain function, development, and disease."

For questions, kindly contact Richard Scherrer at 90fivetpr@gmail.com

Congratulations Class of 2025!

We are excited to announce a special celebration honoring our 2025 graduates! Join us after worship on **May 18** for cupcakes as we recognize their hard work, dedication, and faith-filled journey. Let's come together as a church family to celebrate this milestone and pray over our graduates as they step into the next chapter of their lives. All are welcome to attend! If you or your child is graduating this year and would like to be recognized, please contact Gabriel by **May 11** at gabriel@parkwayucc.org. "Commit to God whatever you do, and God will establish your plans." - Proverbs 16:3

Spring Family Friendship Potluck—Sunday, May 18

For families with children, you are invited to a Friendship Potluck on Sunday, **May 18**. After service, we will head to the church playground where the kids can run around and play while the parents relax, get to know one another, and enjoy the day! If it rains, we'll move indoors to the Fellowship Hall. Bring the entire family and a dish, snack, dessert, or drinks to share! Hot dogs will be provided. Please RSVP to a Cindy by TODAY. Cindy Wessel cindywessel@yahoo.com; Cindy Nouri cynthianouri@gmail.com

Tuesday Afternoon Dialogue – May 20

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 on Zoom on May 6, May 20, and June 3 for discussion of the book *The Island of Sea Women* by Lisa See. At each meeting we'll gather at 1:45 on Zoom to check in with each other and get to know each other better, and then discuss the book in thirds, one third of the book at each meeting. This is the second Lisa See novel that TAD has read. The author accurately provides historical detail and context, and tells a fascinating story in each book that she writes. From the book jacket, this historical fiction book, set on the Korean Island of Jeju, follows two girls from very different backgrounds as they begin working in the sea with their village's all-female diving collective in the 1930s. The book spans wars and generations. After hundreds of dives and years of friendship, forces outside their control will push their relationship to the breaking point. This beautiful, thoughtful novel illuminates a unique and unforgettable culture, one where the women are in charge, engaging in dangerous physical work, and the men take care of the children.

For more info, please contact Jackie Eiffert jeiffert2@gmail.com

Coffee and Conversation at Panera

Tuesday, May 20 | 2pm | Panera on Manchester Road in Des Peres

Join us for a beverage and sweet treat. Come connect!

No need to RSVP - just show up!

Questions? Contact kevin@parkwayucc.org; 314-872-9330

Virtual Program: 21-Day Racial Equity & Social Justice Challenge

May 1-21 | Virtual... it's not too late to sign up!

Accept this challenge to expand your understanding of equity and social justice. This challenge asks participants to make daily time and space for 21 days (May 1-21) to foster understanding and identify ways to dismantle racism and end discrimination. Presented by YWCA Metro St. Louis. Adults. Registration required. Click or scan QR code!



Registrants will receive a daily list of activities and an opportunity to participate in facilitated discussions on Wednesdays at 10 am

Meet Up With the PUC Adventurers at Session Taco

Thursday, May 22 | 11:15am | Town and Country, MO

Would you like to meet more PUCers? Meet some old or new Parkway UCC friends as we have lunch at Session Taco in Town and Country on Thursday, May 22nd. We'll meet at the restaurant at 11:15 am and enjoy a meal and conversation. This month is a busy one for many, so we will have lunch only and in June we will once again have an outing and then lunch after. We look forward to seeing you! Please RSVP to Jackie Eiffert so that the restaurant knows how many of us to be prepared for at jeiffert2@gmail.com

AWOL - Adventurous Women Out Late 2025

Come build relationships with other PUCers.

Hey ladies! We are looking at our summer plans! Ideas? Just send me what you'd like to do! I am hoping to add some old and new things.

UP NEXT: Saturday, May 24: PJs and a Rom-Com in the Heritage Room 6pm. Bring a snack to share! Movie TBA

Question? Contact Carmen Bumgarner at cfbum@charter.net

Bread for the World Opportunities for Activism

Join the Offering of Letters Team: Our annual Offering of Letters event will be **Sunday, June 1**, when our congregation will write to Congress together to protect nutrition programs. Be part of our team crafting our worship experience and helping folks write letters. Contact Cynthia Changyit Levin to join the team at changyit@icloud.com.

Attend the 50th Bread for the World Summit in Washington DC: Travel to DC for a profound experience **June 9-11**, including inspiration, training, and lobbying offices of your members of Congress! Meet Bread volunteers and organizers from around the U.S. speaking out against hunger. Join Cynthia for a Zoom Q&A info session Tuesday, May 6 at 8pm

<https://tinyurl.com/PUCCBread>

Visit <https://www.bread.org/advocacy-summit/> for the summit schedule, lodging info, and registration. If finances are a barrier for attending, contact Cynthia at changyit@icloud.com

SAVE THE DATE: Habitat for Humanity Project—July 12

Parkway UCC is doing our annual Habitat for Humanity housing building project on Saturday, July 12. More info to come. Donate to the STL Habitat for Humanity at <https://www.habitatstl.org/donate/>. For more info, or if you'd like to be on the 7/12 crew, contact Tom at mckenzie1947@att.net

SAVE THE DATE: Youth Mission Experience – July 20-24

Pickup a flier today in the Gathering Space or from gabriel@parkwayucc.org

May 2025 Alzheimer's News Uncovering Dementia's Environmental Triggers

A new study from the University of Georgia College of Public Health focuses on the powerful role our surroundings play in shaping dementia risk. Led by Assistant Professor of Health Policy and Management, Suhang Song, this meta-analysis demonstrates that factors including air pollution and access to green or blue spaces can significantly raise or lower the odds of cognitive decline and developing dementia.

“These numbers show that living in a dementia – friendly environment is important to delay or prevent cognitive decline and the onset of dementia,” Song said. The research combined 54 studies in a systematic review and 21 in the meta-analysis, enabling researchers to quantify the impact of several factors.

Living near major roadways was associated with a roughly 10% higher risk of dementia, and exposure to fine particulate matter in the air – something that

if generated by vehicles and industrial emissions – was associated with a 9% increase in risk. Nitrous Oxide increased risk by 10% and noise pollution was shown to increase risk by about 9%.

Alternatively, some built environments help reduce the risk of cognitive decline. Green and blue spaces, which include built and natural parks, as well as bodies of water, reduced risk by about 6%. Walkability in a community, as well as access to local amenities including food stores, community centers and health care, also reduced risk.

“Based on these findings, we can suggest that people visit parks or forests more often and also live further from major roads,” Song said. “Also living in a community where there is more walkability, or being close to local amenities like bookstores, healthcare center and more is helpful.”

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. 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 www.alz.org and/or contact PUC’s Faith Outreach Ambassador with the Alzheimer’s Association, Joyce Ruiz at **joyceruiz7@gmail.com**

DOWNLOAD OUR NEW PUC APP TODAY!

Parkway UCC's App is a robust tool that helps us connect and communicate easily. One Church is a gamechanger that will help us to be more vital. Scan the QR code to see the instructions for downloading the app:



Our online member directory is a feature many of you have been waiting for! We take your privacy seriously. The directory is accessible only to PUC members and staff who use their password to login.

We have also begun using our new front door keypad installed on the brick wall to the right of the doors by our Safety Team. Please select your own unique 4-digit code and send it to **gabriel@parkwayucc.org** so we can load it into the keypad and troubleshoot as needed.

We are happy to help you with anything and everything One Church – including taking your profile photo on a Sunday morning! Just ask!

Most Sundays there is someone well-versed in One Church standing over by the large bulletin board in the Gathering Space. Please let them know if you have any questions or need assistance.

Questions? Contact: Cindy - **cynthianouri@gmail.com**;
Barb - **barbharris@charter.net** or Gabriel - **gabriel@Parkwayucc.org**

Prayer List

Wednesday, May 7, 2025

Celebrations

We are Easter people: *Traveling with Jesus.*

Giving thanks for Pope Francis - grieving with our Catholic siblings.
Praying alongside the Conclave and blessing the new Pope.

Concerns

Paige Penico and Family - as they grieve and give thanks for Steve.
Visitation at 10am, Memorial Service at 11am here on Monday, May 12.
<https://www.schrader.com/obituary/stephen-steve-penico>

Keith Borgmann - continuing to gain strength after illness and surgery

Kathleen Tarr - healing and strengthening at home.

Cathy and Rick Hasler - both in midst of health challenges, treatment

Sally Dodge - grieving/giving thanks for sister & brother-in-law.

Cliff Saxton and family - as they grieve and give thanks for Gail.

Connie Weber and Family - as they grieve and give thanks for Debbie

Ongoing chaos and grief in the Middle East.

The continuing war with Ukraine and Russia.

Continuing

Bill and Kathy Hilgeman - as he maneuvers medical challenges.

John and Dottie Dwyer - as he continues medical tests and consults.

Randy and Karla Beck - healing after recent leg surgery and rehab.

Carole Gwyn - ongoing health issues (David's mother).

Phil and Amy and daughter B - as his terminal illness progresses.

Vicki - healing after back surgery (sister-in-law of John/Joyce Ruiz).

Mark McKenzie - for healing, clarity, refreshment (Tom's brother).

Rick - receiving chemotherapy (father of Laura Waite).

John Ruiz's oldest brother and wife - healing in Cape Girardeau.

John & Nancy Tallyn - his heart condition; her recurring leukemia, etc

Sharon and Chuck - a variety of health issues (Gerry Rogers' cousins).

Rev Mark Boyea (Sanibel UCC) - cancer treatments (Svenson).

Craig Hoffman - career Navy officer receiving hospice care (Svenson).

Haack's general practitioner and his wife - healing happening.

Kari Borgmann - her mom turns 101 in 2025; health issues.

Renee Pellegrino & family - as she deals with multiple health issues.

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

Ruth Hughes - recent discharge from hospice; PT now (Schneider).

Seger Ruiz - paralyzed from car accident (John and Joyce Ruiz).

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

Bill & Nancy Darland - his ongoing health issues.

Gail, Bill and Christopher Haack - chronic health challenges.

Home-Centered/Care Facility/Rehab Center

Lewis Junior Burcham - *The Glenwood*; 1635 N. Baltimore Ave #25; Mt. Zion, IL 62549; 217-864-1757 [birthday: January 15]

Mildred Hoxie - *Sunrise at Bluemont Park*, 5900 Wilson Blvd. #253, Arlington, VA 22205; [birthdate: January 15]

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]

Judy Waddell - 13510 Weston Park Dr; STL, MO 63131; 314-369-4885 [birthdate: August 13]

Other

Pres Trump, VP Vance, Congress, all local, national, world leaders.

Our trans siblings as they deal with harmful state/federal policy plans.

All who depend on USAID programs that have been eliminated.

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.

Drivers Needed

From time to time, PUCers are in need of rides to medical appts when their usual circle of support is unavailable. Some in our church family also need help getting to worship. Please let kevin@parkwayucc.org know you are willing to help. You will be added to the list of potential drivers and will receive an email once we have a request for a ride.

LAST WEEK in Sunday School

After Pentecost, a disciple named Stephen taught about Jesus and performed miracles. He preached to the religious leaders, but then he was stoned to death (Acts 6:1–7:2a, 44-60).

TODAY in Sunday School

The Holy Spirit directs Philip, another disciple, to continue to spread the good news. Philip encounters an influential person from Ethiopia and teaches him about Jesus (Acts 8:26-39).

THE POINT

We can learn about God through the most surprising people.

BIBLE NUTS & BOLTS

Like the Ethiopian, we seek to understand Scripture, but it can be overwhelming. We do not automatically understand the historical context. Bible resources provide a means for us to dig deeper and gain a more thorough understanding of Scripture. These resources include concordances, Bible encyclopedias, Bible dictionaries, and commentaries, which can be found in books or online. These resources can help us interpret what we read.

STORY SUMMARY

Today's story continues the spread of the gospel. Philip is told by an angel to travel south toward Gaza. Here, he encounters a man from Ethiopia traveling in a chariot. The Ethiopian was a high official in the queen's court and was also very intelligent, as demonstrated through his reading of the Scripture. The man demonstrates humility by inviting Philip to teach him, which leads to the man's request to be baptized. The Spirit works through them both to further the spread of the gospel.

PRACTICE: Worship

After learning more through the study of Scripture, the Ethiopian man asks to be baptized. We, too, can remember our baptisms and God's promises to us daily. Before or after a meal, during devotional time, or at bedtime, invite family members to dip their finger in a bowl of water and make the sign of the cross on each other's forehead. Use the words, "You have been sealed with the Holy Spirit and marked with the cross of Christ forever! Amen!"

NEXT WEEK in Sunday School

A major disagreement arises in the early church, so the apostles gather together to discuss it and come to an agreement. This is the first church council (Acts 15:1-18).

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: Acts 8:26-39

Philip baptizes an Ethiopian. In what ways are we always students learning about the good news of Jesus?

MONDAY: Acts 9:1-19

Saul had a violent history of persecution against Christians until a life-changing encounter. What does this story say about God's ability to change even the most stubborn people?

TUESDAY: Acts 9:20-31

Saul's conversion is so dramatic that his entire way of life changes, angering—and frightening—the Jews who used to be his friend. How can people change their reputation?

WEDNESDAY: Acts 9:36-43

Peter raises Tabitha from death, leading many people to believe in God. What might inspire people to believe in God in our modern world?

THURSDAY: Acts 10:34-48

Peter repeats the story of Jesus to a crowd of Gentiles. What does this tell us about God's grace?

FRIDAY: Acts 11:19-30

The early church continues to grow, both in membership and geography. The disciples begin to teach the new believers. What are some ways that we continue to teach the story of Jesus today?

SATURDAY: Acts 12:6-19

Peter is released from prison. How might you have reacted if you were in Peter's situation and an angel woke you up at night to rescue you from jail?