



www.parkwayucc.org

July 20, 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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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.

Worship Serving Today

Scripture Reader is Michelle Brueggemann.

Flowers given by Kathleen Tarr in memory of her parents George and Lucille, sister Dorothy and brother Johnny.

Treats after worship Fruit. 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

7/21 Judy McLachlin

7/23 Kelly Biest

7/25 Caitlin Scharf

7/25 Jill Schatz

7/26 Corey Mix

Anniversaries

7/22 Sheila & Brian Waddell

7/25 Doug & Sally Dischinger

6th Sunday *after* Pentecost

Sunday, July 20, 2025 | 10:00am | Sanctuary & YouTube Live

Prelude *Pineapple Rag* by Scott Joplin, arranged by Andrew Middleton

Welcome Let us know you are here!

Meditation This is what the Lord God showed me: a basket of summer fruit. ~Amos 8:1

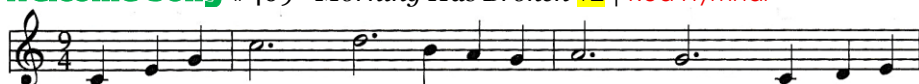
Passing the Peace of Christ

“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

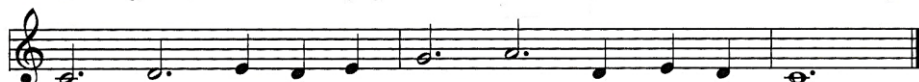
Welcome Song #469—*Morning Has Broken* v2 | Red Hymnal



1. Morn-ing has bro - ken Like the first morn - ing, Black-bird has
2. Sweet the rain's new fall Sun - lit from heav - en, Like the first
3. Mine is the sun - light! Mine is the morn - ing Born of the



spo - ken Like the first bird. Praise for the sing - ing! Praise for the
dew - fall On the first grass. Praise for the sweet - ness Of the wet
one light E - den saw play! Praise with e - la - tion, Praise ev - ery



morn - ing! Praise for them, spring - ing Fresh from the Word!
gar - den, Sprung in com - plete - ness Where God's feet pass.
morn - ing, God's re - cre - a - tion Of the new day!

Scripture Luke 10:38-42 | New Revised Standard Version Updated Edition
Now as they went on their way, Jesus entered a certain village where a woman named Martha welcomed him. She had a sister named Mary, who sat at Jesus's feet and listened to what he was saying. But Martha was distracted by her many tasks, so she came to him and asked, “Lord, do you not care that my sister has left me to do all the work by myself? Tell her, then, to help me.” But the Lord answered her, “Martha, Martha, you are worried and distracted by many things, but few things are needed—indeed only one. Mary has chosen the better part, which will not be taken away from her.”

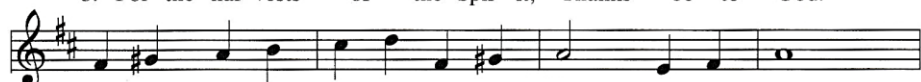
***Call to Worship** based on Luke 10:38-42

One:	Come, beloved community - whether you are busy and burdened, like Martha, or sitting still and seeking, like Mary - God welcomes you here. So do we.
Many:	We come as we are - distracted or focused, anxious or calm - ready to meet the One who sees and loves us completely.
One:	In this space, there is room for deep listening, for sacred pause, for choosing what is life-giving and good.
Many:	We are here to turn toward Jesus, to sit at the feet of wisdom, and to center our hearts in love.
One:	The Spirit calls us from all the noise into peace, from our striving into presence, from nagging fear into freedom.
Many:	We come to set certain things down – the things that overwhelm and frustrate and derail us.
One:	We come in order to have a fresh perspective, to be inspired and encouraged, to feel capable and commissioned.
All:	Let us worship our God together - Creator, Christ and Spirit.

***Song** #552—For the Fruit of All Creation | Red Hymnal



1. For the fruit of all cre - a - tion, Thanks be to God.
2. In the just re - ward of la - bor, God's will be done.
3. For the har-vests of the Spir - it, Thanks be to God.



For the gifts to ev - ery na - tion, Thanks be to God.
 In the help we give our neigh-bor, God's will be done.
 For the good we all in - her - it, Thanks be to God.



For the plow - ing, sow - ing, reap-ing, Si - lent growth while we are sleep-ing,
 In our world-wide task of car - ing For the hun - gry and de - spair-ing,
 For the won - ders that as-tound us, For the truths that still con-found us,



Fu - ture needs in earth's safe-keep-ing, Thanks be to God.
 In the har-vests we are shar-ing, God's will be done.
 Most of all that love has found us, Thanks be to God.

*Opening Prayer

Holy One, in a world that often measures worth by productivity, remind us that Your presence is the better portion - one that cannot be taken away. Slow our racing thoughts. Quiet the noise that distracts. Open our hearts to receive what You are speaking to us today. May this be a place where all are welcome to listen, to question, to rest, and to rise again in love. Speak, Lord - through word, through silence, through song and Spirit - for we Your people are here, eager and ready to listen. 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 *Samantha to the Rescue*

Written by Marsha Peek and PUCC Youth; Performed by our PUCC Youth

Response *They'll Know We are Christians by Our Love*

We will walk with each other, we will walk hand in hand

We will walk with each other, we will walk hand in hand

And together we'll spread the news that God is in our land:

And they'll know we are Christians by our love, by our love.

Yes, they'll know we are Christians by our love.

Commissioning of Youth Mission Week

Blessing the Children *They'll Know We are Christians by Our Love*

We will walk with each other, we will walk hand in hand

We will walk with each other, we will walk hand in hand

And together we'll spread the news that God is in our land:

And they'll know we are Christians by our love, by our love.

Yes, they'll know we are Christians by our love.

Psalter Lesson Psalm 1 | Inclusive Language Psalter

Happy are they who have not walked in the counsel of the wicked, nor lingered in the way of sinners, nor sat in the seats of the scornful! Their delight is in the law of God, and they meditate on God's law day and night. They are like trees planted by streams of water, bearing fruit in due season, with leaves that do not wither; everything they do shall prosper. It is not so with the wicked; they are like chaff which the wind blows away.

Therefore the wicked shall not stand upright when judgment comes, nor the sinner in the council of the righteous. For God knows the way of the righteous, but the way of the wicked is doomed.

Gospel Lesson John 15:1-8 | The Message

Jesus said, "I am the Real Vine and God is the Farmer. God cuts off every branch of me that doesn't bear grapes. And every branch that is grape-bearing, God prunes back so it will bear even more. You are already pruned back by the message I have spoken.

“Live in me. Make your home in me just as I do in you. In the same way that a branch can’t bear grapes by itself but only by being joined to the vine, you can’t bear fruit unless you are joined with me.

“I am the Vine, you are the branches. When you’re joined with me and I with you, the relation intimate and organic, the harvest is sure to be abundant. Separated, you can’t produce a thing. Anyone who separates from me is deadwood, gathered up and thrown on the bonfire. But if you make yourselves at home with me and my words are at home in you, you can be sure that whatever you ask will be listened to and acted upon. This is how God shows God’s self - when you produce grapes, when you mature as my disciples.”

Sermon

A Time of Prayer #2128—Come and Find the Quiet Center | [Blue Songbook](#)

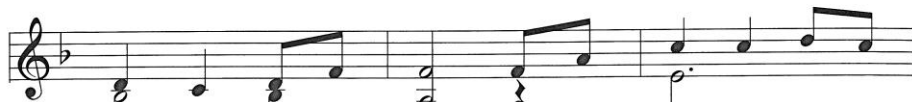
Unison



1. Come and find the qui - et cen - ter in the crowd-ed life we
2. Si - lence is a friend who claims us, cools the heat and slows the
3. In the Spir - it let us trav - el, o - pen to each oth-er's



lead, find the room for hope to en - ter, find the
pace, God it is who speaks and names us, knows our
pain, let our loves and fears un - rav - el, cel - e -



frame where we are freed: clear the cha - os and the
be - ing, touch - es base, mak - ing space with - in our
brate the space we gain: there's a place for deep - est



clut - ter, clear our eyes, that we can see all the
think - ing, lift - ing shades to show the sun, rais - ing
dream - ing, there's a time for heart to care, in the



things that real - ly mat - ter, be at peace, and sim - ply be.
cour - age when we're shrink - ing, find - ing scope for faith be - gun.
Spir - it's live - ly schem - ing there is al - ways room to spare!

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.]

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 Improvisations on *Servant Song* by Donna Marie McGargill, OSM

*Response #560—*We Plow the Fields and Scatter* | Red Hymnal



1. We plow the fields and scat - ter The good seed on the land,
2. You on - ly are the Mak - er Of all things near and far;
3. We thank You, then, Cre - a - tor, For all things bright and good,



But it is fed and wa - tered By God's al - might - y hand;
You paint the way - side flow - er, You light the eve - ning star;
The seed-time and the har - vest, Our life, our health, our food;



God sends the snow in win - ter, The warmth to swell the grain,
The winds and waves o - bey You, By You the birds are fed;
Ac - cept the gifts we of - fer, For all Your love im - parts,



The breez-es and the sun - shine, And soft, re - fresh-ing rain.
Much more to us, Your chil - dren, You give our dai - ly bread.
And what You most would wel - come, Our hum - ble, thank-ful hearts.

*Prayer of Dedication

Holy One, we thank You for these gifts, given freely with joyful hearts. May they bear much fruit - fruit of justice, mercy, and love - in our church, our community, and throughout the world.

Bless the hands that gave - and the hands that will use - these offerings to sow seeds of welcome, compassion, and hope.

Let this be a place where all are nourished, and where the harvest reflects Your boundless grace and radical inclusion.

May we continue to grow together, as one diverse body, rooted in Christ, bearing the fruits of the Spirit - love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

Amen.

*Song of Parting #536—Lord, Make Us More Holy | Red Hymnal



- | | |
|------------------------------------|---------------------------------|
| 1. Lord, make us more ho - ly, | Lord, make us more ho - ly, |
| 2. Lord, make us more lov - ing, | Lord, make us more lov - ing, |
| 3. Lord, make us more pa - tient, | Lord, make us more pa - tient, |
| 4. Lord, make us more faith - ful, | Lord, make us more faith - ful, |



Lord, make us more ho - ly,	Un - til we meet a - gain.
Lord, make us more lov - ing,	Un - til we meet a - gain.
Lord, make us more pa - tient,	Un - til we meet a - gain.
Lord, make us more faith - ful,	Un - til we meet a - gain.



Ho - ly, ho - ly, ho - ly,	Un - til we meet a - gain.
Lov - ing, lov - ing, lov - ing,	Un - til we meet a - gain.
Pa - tient, pa - tient, pa - tient,	Un - til we meet a - gain.
Faith - ful, faith - ful, faith - ful,	Un - til we meet a - gain.

*Benediction

*God's Light Goes Forth

*Music for Going Forth *For the Fruits of All Creation*

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 [@parkwayuccsl](https://www.youtube.com/@parkwayuccsl). 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

Speaker Series Occasional opportunities after worship at 11:15am **“Artificial Intelligence (“AI”) Defined and Demystified,” by Richard Losciale.**

TODAY | 11:15am | Heritage Room

Richard Losciale, a Certified Senior Advisor, will present an enlightening journey into the expansive realm of AI. In this immersive class, Richard will explore AI's fundamental principles, mechanisms, and its vast potential for the future. Prepare for a comprehensive exploration of the rapidly evolving world of AI and its multifaceted effects on our future.

Any questions or comments about programming, please visit with Richard Scherrer; any complaints, take it up with a member of his staff. For questions, kindly contact Richard Scherrer at 90fivetpr@gmail.com

PUCC Night at the Cardinals

Thursday, July 24 | 6:45pm | Busch Stadium

Get ready for a Cardinals Game! As a fun endcap to our Youth Mission Experience week, some of the congregation is going to a St. Louis Cardinals game vs. the San Diego Padres! **Quick PSA:** Aside from the parents who will be there, to ensure we keep our youth safe, a minor will need to be accompanied by an adult whenever they leave the stands.

You can pick up your ticket this Sunday, or when Kevin or Gabriel are in the office during the week.

Come cheer on the Cardinals, share fellowship, and celebrate the incredible work our youth have done. Let's play ball together! For more info, contact Gabriel at gabriel@parkwayucc.org

Summer Opportunity with Isaiah 58 Back to School Fair

Saturday, July 26 | 10am-12:30pm | 2149 S. Grand Blvd, Saint Louis, MO 63104

Adults and youth are invited to host activities for children and youth for the Isaiah 58 Back to School Fair. Bring your own activity or use one from the Fair organizers. Students look forward to this day of fun and receive a backpack with gifts of school supplies for the upcoming school year 2025. Help make this day memorable for students in our neighborhoods. Click or scan QR code to register for free!



Also, Parkway UCC is being asked to donate 130 boxes of 12-count colored pencils for school year 2026. As you are shopping now and through the summer, please pick up boxes of 12-count colored pencils. Walmart is currently offering Crayola color pencils at 97 cents a box if ordered online.

Watch for other stores offering school supplies throughout the summer. Please place donations in the blue, marked box located in the lobby. This drive will end Sunday, 31 August.

For more info, email Evelyn Buretta at burettaevelyn@gmail.com

AWOL - Adventurous Women Out Late – Summer 2025

Come build relationships with other PUCers.

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

Saturday, July 26: A New Expression of Pride & Prejudice: A Musical at the Kirkwood Theater. Join us for AUSTEN'S PRIDE! Jane Austen's most beloved tale is reimaged when the esteemed author begins her own journey of self-discovery. As the stormy romance between Elizabeth Bennet and Fitzwilliam Darcy unfolds in a fresh narrative, Austen gains new insights into both her creations and her own identity. AUSTEN'S PRIDE presents Pride and Prejudice as never before, blending wit and wisdom with a gorgeous original score that whisks audiences away to an era rich with passion and longing. Scan or click QR code to register. Cost is \$48.



Question? Contact Carmen Bumgarner at cfbum@charter.net

Prayer Corner an opportunity to pray with someone

Tuesday, July 29 | 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.

Upcoming dates:

Saturday, August 16 from 7-9am;

Monday, September 22 from 4-6pm

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 – Summer Break

We will be back on August 12.

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

Tuesday Afternoon Dialogue – Summer Break

TAD will take August off and resume in September. Please send Jackie Eiffert ideas of books you'd like to read, prior book suggestions and/or new ones, and she'll send out a list again.

For more info, please contact jeiffert2@gmail.com

Freedom From Hunger Community-Wide Food Drive

Saturday, August 2 | 10am-12pm | Multiple Locations (see below)

Help Isaiah 58 Ministries feed children. Donate food at one of the convenient drop-off locations! Your support helps Isaiah 58 Ministries provide healthy, nutritious food to families this summer and through the year.

Collection Sites:

- Southminster Presbyterian Church – 10126 East Watson Rd
- Parkway UCC – 2841 N Ballas Rd
- Hope UCC – 6273 Eichelberger
- Gethsemane Lutheran Church – 3600 Hampton Rd
- Afton Christian Church – 9626 Tesson Ferry Rd

Requested Food: Peanut butter, beef stew, spinach & greens, and chili.

For more info, email Evelyn Buretta at burettaevelyn@gmail.com

Coffee and Conversation at Panera

Friday, August 22 | 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!

Upcoming dates:

Wednesday, September 24 at 2pm

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

DOWNLOAD OUR NEW PUCC 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 PUCC 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

ECO STEWARD REPORT for July

We've pulled together some interesting and important FACTS learned from the recent MICROPLASTICS Documentary held on June 29.

The Plastic Pollution Crisis

The world is awash in toxic and polluting single-use plastics made from hazardous chemicals and climate-damaging fossil fuels.

“As experts in children’s environmental health, we know that what we do to the environment, we ultimately do to ourselves and to our children. Products like polystyrene create pollution where they are produced, where they are discarded, and inside our bodies. They dirty our air, contaminate our water, and get into the food chain. Because polystyrene threatens human health and cannot be practically recycled, we support a polystyrene ban.”

~ Dr. Perry Elizabeth Sheffield, MD, MPH Deputy Director, Mount Sinai School of Medicine Departments of Pediatrics and Preventive Medicine

Beach litter is full of polystyrene foam. Polystyrene is consistently reported as one of the top 10 items of debris recovered from shorelines and beaches worldwide (Ocean Conservancy).

“There’s an estimated 51 trillion pieces of plastic in the ocean, most of it broken up into bits smaller than the nail on your pinkie finger. Marine animals eat this plastic when they mistake it for fish eggs, plankton and algae. And so do people when they slurp down oysters, consume crab or eat other types of fish and shellfish, according to the latest research on the presence of plastic in fisheries and aquaculture issued by the United Nations Food and Agriculture Organization.”

How does plastic foam threaten our seafood? Plankton typically eat algae, but with 8 million metric tons of plastic being dumped into our oceans annually, Plankton, the base of the sea food web, are eating microplastics, laden with other toxins.

POLYSTYRENE never biodegrades but breaks up into tiny toxic microplastics that harm wildlife and poison our food web. Microplastics mimic plankton, an important food source for fish and seabirds. They also act like sponges, absorbing toxins commonly found in polluted waters, like PCBs, pesticides and flame retardants, carrying those additional toxins with them.

As a part of the recent “New Plastics Economy” report produced by the World Economic Forum and the Ellen MacArthur Foundation, leaders of 15 global brands - including Dow Chemical, Coca-Cola, L’Oreal, Unilever, and Procter & Gamble - recommended that polystyrene products be phased out.

Recycling dirty Styrofoam is not economically feasible and keeps styrene toxins in our environment. Styrene, the main component of Styrofoam, remains toxic from start to forever!

Prayer List

Wednesday, July 16, 2025

Celebrations

Ellie Svenson - transitioning to *Mason Pointe* (see info next column).

UCC General Synod from July 11-15 in Kansas City - generalsynod.org

Concerns

Kathy and Bill Hilgeman - her new knee; his medical challenges.

Tina - septic pneumonia (stepmom of Dawn Jones-Goldstein).

Baby Saylor Yettaw - PICU with Type 1 Diabetes (Jones-Goldstein).

Rick - undergoing multiples treatments for cancer (Laura Waite's dad).

Elaine - cancer treatments; surgery 7/29 (Melanie Muchnick's mom).

The families of Camp Mystic (including the Feruzzos) and all the people in Texas overwhelmed with the fatal flooding (McMillon).

Ongoing chaos and grief in the Middle East.

The continuing war with Ukraine and Russia.

Our StL neighbors after the tornado in May.

Continuing

John & Dottie Dwyer - gaining strength after his heart procedure.

Peggy & Jack Sieber - as she continues to heal after knee replacement.

Kari and Keith Borgmann - grieving/giving thanks for her mother.

Paige Penico and Family - as they grieve and give thanks for Steve.

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

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

Judy Brueggemann - new health challenges (Brad's mother).

Richard - treatments for congestive heart failure (Greg Schmelig's dad).

Derek - residential treatment for substance addiction (Akers).

Kenton & Teal Blacksten - K's many health challenges due to diabetes

Bob Messey - serious health concerns (Svenson).

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

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

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

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

Danny Venverlo - awaiting a kidney transplant (McDougall).

Pam and David - divorcing after 55 years of marriage (Akers).

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

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

Haack's doctor and his wife Christine - her ongoing health crisis.

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

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

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; 314-983-025 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]

Ellie Svenson - *Mason Pointe* - 13190 South Outer Forty Rd, #2213; Town and Country, MO 63017; 314-323-7194 [birthdate: June 19]

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, PUCCers 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.

Worry Knots

by Kaji Douša

July 8, 2025

[Jesus said,] “...Worry not about your life, what you will eat, or about your body, what you will wear.” – Luke 12:22 (as translated by Wilda C. Gafney in Year A)

“Worry not,” Jesus says.

And most of us respond, “I’d love to. But how?”

Anxiety doesn’t ask for permission. It lingers. It follows us like a shadow, whispering worst-case scenarios, tracking every move. Under the gaze of expectations, deadlines, and fears, we’re just supposed to “not worry”?

Here’s what I think. Jesus isn’t scolding or telling people facing real struggle simply to “calm down.” Jesus is speaking to folks carrying generational trauma and economic uncertainty. People like us. And he’s not offering a quick fix. He’s offering a shift.

Look at the ravens, he says. They don’t stress, and they’re fed. Look at the lilies. They don’t hustle, and they’re clothed in glory. If God cares for them, how much more for you?

Jesus’s words aren’t about minimizing your anxiety. They’re about reminding you that anxiety doesn’t have to be in the driver’s seat. While anxiety’s with you, so is God. So much more powerfully.

If you’re anxious today, you’re in good company. Listen, still, for another voice. One that says: “You are more than your worry. You are already held.”

Prayer:

Thank you for lilies, ravens, the portrait you paint that shows us the bounty of your glory. In Jesus’s name. Amen.

+ Kaji Douša is the Senior Pastor of The Park Avenue Christian Church, a congregation of the Christian Church (Disciples of Christ) and the United Church of Christ, in New York City.

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from our God is Still Speaking writers:

<https://www.ucc.org/daily-devotional/>

